

Sustaining the Journey presents...



*As a tool to draw us out of the world's negative vortex, and to help sustain your journey through the week,
Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

“As we express our gratitude, we
must never forget that the highest
appreciation is not to utter words
but to live by them.”

– John F. Kennedy

“Do not spoil what you have by
desiring what you have not;
remember that what you now have
was once among the things you only
hoped for.”

– Epicurus
(Ancient Greek philosopher)