

# Sustaining the Journey presents...



*As a tool to draw us out of the COVID-19 vortex, and to help sustain your journey through the week,  
Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

“Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius – and a lot of courage – to move in the opposite direction.”  
– E. F. Schumacher

“We shall never know all the good that a simple smile can do.”  
– Saint Mother Teresa of Calcutta

*Schumacher was a statistician and economist who wrote the book, Small Is Beautiful. He was known to think outside of the box.*