

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:

"It is not death that a man should fear, but he should fear never beginning to live."
– Marcus Aurelius

"Whatever you want to do, do it now. There are only so many tomorrows."
– Michael Landon

Marcus Aurelius was a Roman emperor who acquired the reputation of a philosopher king within his lifetime. His Stoic philosophy centered on self-restraint, duty, and respect for others.

Michael Landon was an American actor, singer, and filmmaker.