

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:*

“...meditation and contemplative prayer are not so much a way to find God as a way of resting in him whom we have found, who loves us, who is near to us, who comes to us to draw us to himself.”

– Thomas Merton

“Solitude is very different from a ‘time-out’ from our busy lives. Solitude is the very ground from which community grows. Whenever we pray alone, study, read, write, or simply spend quiet time away from the places where we interact with each other directly, we are potentially opened for a deeper intimacy with each other.”

– Henri Nouwen