

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:*

“There will be obstacles. There will be doubt. There will be mistakes. But with hard work, there are no limits.”

– Michael Phelps

“The question isn’t who is going to let me; it’s who is going to stop me.”

– Ayn Rand

Ayn Rand was an author, philosopher, and one of the most influential thinkers of the 20th century.