

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:*

"Spread love everywhere you go."
– Saint Mother Teresa

"Kindness in words creates
confidence. Kindness in thinking
creates profoundness. Kindness in
giving creates love."

– Lao Tzu