

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:

“Good actions give strength to ourselves and inspire good actions in others.”

– Samuel Smiles

“You practice mindfulness, on the one hand, to be calm and peaceful. On the other hand, as you practice mindfulness and live a life of peace, you inspire hope for a future of peace.”

– Thich Nhat Hanh

Samuel Smiles was a British author, editor, and government reformer who promoted the idea that more progress would come from new attitudes than from new laws.