

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:*

“What lies behind you and what lies
in front of you, pales in comparison
to what lies inside of you.”

– Ralph Waldo Emerson

“Love many things, for therein lies
the true strength, and whosoever
loves much performs much, and can
accomplish much, and what is done
in love is done well.”

– Vincent Van Gogh