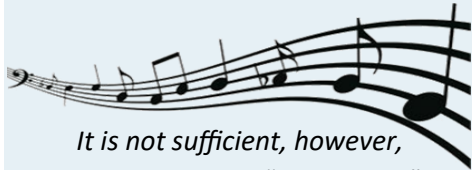


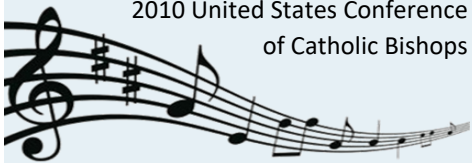
Sharpening the Saw means preserving and enhancing the greatest asset you have...**YOU**... It means having a balanced program for self-renewal in your life... Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish.

Stephen R. Covey



It is not sufficient, however, simply to have a "warm body" filling a given role. Those engaged in liturgical roles need to be well prepared for those roles and to know how to carry them out with reverence, dignity, and understanding.

2010 United States Conference of Catholic Bishops



There are different kinds of spiritual gifts but the same Spirit; **there are different forms of service but the same Lord**; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit.

2 Corinthians 12:4-7

Workshops:

Liturgical • Theological • Inspirational
Focus on Wholeness & Balance

Retreats • Days of Recollection

Concerts • Missions

Taizé Prayer • Evenings of Praise

**Contact us for Inspiration,
Enthusiasm, and Refreshment**

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Workshops

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Sustaining what journey?

Maintaining balance in life requires regular self-renewal, through education, prayer, stress relief, etc. We are better disciples when we are **peaceful, mindful, and supported**.

Whether in Church ministry or in secular life, we all need to nurture our spirits. With a combined 75+ years of ministerial experience, Bob Soeder and Mary Hrich use their synergistic gifts to encourage, develop, and affirm all who wish to seek **renewal and refreshment** on the journey to being happy, healthy, and whole.

Through workshops, retreats, concerts, and written materials, *Sustaining the Journey* offers food for thought and nourishment for the soul.

In-Person

Life can be fulfilling and draining all at once. It's like a bicycle tire—when all of the spokes are in balance, the tire rolls smoothly. If some of the spokes are out of whack, the tire moves, but perhaps awkwardly. When many of the spokes are broken, the tire doesn't move forward. The different parts of our lives—**physical, mental, and spiritual**—are the spokes that work best when balanced. The ultimate goal is to be **happy, healthy, and whole**.

We all need to nurture our spirits, and *Sustaining the Journey* nourishes body and soul!

We've all attended Mass at a different church, or with a visiting presider, and found it refreshing to hear a different perspective. *With Sustaining the Journey*, attendees benefit from two voices—sharing one faith...and occasionally, dueling pianos.

Through stories and song, prayer and reflection, *Sustaining the Journey* events provide an opportunity for participants to enjoy an evening of **renewal and refreshment**.

Recharge your batteries, let someone else do the planning for a change, and **be inspired!**

Online

Recent times have threatened to drown us in a deluge of anxiety, stress, and bad news. **We are committed to finding the positive on this journey.**

By publishing twice-monthly blogs and weekly inspirations on our website, we wander on the journey of **self-discovery and mindful growth**. Online offerings are continuously in development, responding to needs as personal technologies advance. Check out current offerings and register to receive updates through our website:

www.SustainingtheJourney.com

Feeding your brain “the good stuff” — **inspiration, reflection, positivity, and prayer**—can have a fruitful impact on daily life. Think of it as a regular source of nourishment for your brain!



The He Said-She Said blog is published on the 1st and 15th of every month.