

# 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:*

“Knowing is not enough,  
we must apply.  
Willing is not enough,  
we must do.”  
– Bruce Lee

“It’s easy to make a buck.  
It’s a lot tougher to  
make a difference.”  
– Tom Brokaw