

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:*

“Mentors have a way of seeing more of our faults than we would like. It’s the only way we grow.”
– George Lucas

“Taking care is one way to show your love. Another way is letting people take good care of you when you need it.”
– Fred Rogers