

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:*

“Mistakes are always forgivable,
if one has the courage
to admit them.”

– Bruce Lee

“Forgiveness is the fragrance
that the violet sheds
on the heel that has crushed it.”

– Mark Twain