

# 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:*

“Forgiveness is not weak.  
It takes courage to face and  
overcome powerful emotions.”  
– Desmond Tutu

“Forgiveness is above all a personal  
choice, a decision of the heart to go  
against natural instinct to pay back  
evil with evil.”  
– St. John Paul II