

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:

“The arts, quite simply, nourish the soul. They sustain, comfort, inspire. There is nothing like that exquisite moment when you first discover the beauty of connecting with others in celebration of larger ideals and shared wisdom.”

– E. Gordon Gee

“The essence of all beautiful art, all great art, is gratitude.”

– Friedrich Nietzsche

Elwood Gordon Gee is an American academic administrator, currently serving as President of West Virginia University.