

# 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:*

"A real friend is one who walks in  
when the rest of the world walks  
out."

– Walter Winchell

"At the end of life, we will not be  
judged by how many diplomas we  
have received, how much money we  
have made, or how many great  
things we have done. We will be  
judged by 'I was hungry, and you  
gave me something to eat, I was  
naked, and you clothed me. I was  
homeless, and you took me in.'"

– Mother Teresa

*Walter Winchell was a syndicated American newspaper columnist and radio news commentator, known for an innovative style of gossipy staccato news briefs, jokes, and Jazz Age slang. Originally a vaudeville performer, in his later career he was the narrator of the 1930s-set crime drama television series *The Untouchables*.*