

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 a strange thing. It can sometimes be easier to forgive our enemies than our friends. It can be hardest of all to forgive people we love.”

– Fred Rogers

“As we know, forgiveness of oneself is the hardest of all the forgivenesses.”

– Joan Baez

Joan Chandos Baez is an American singer, songwriter, musician, and activist. Her contemporary folk music often includes songs of protest and social justice. She has performed publicly for over 60 years, releasing more than 30 albums.