

Sustaining the Journey presents...



*As a tool to draw us out of the COVID-19 vortex, and to help sustain your journey through the week,
Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

“If you believe what you like in the gospels, and reject what you don’t like, it is not the gospel you believe, but yourself.”

– St. Augustine

“Do not be upset if things are not as you would want them to be for a long time to come. Do the little you can very peacefully and calmly so as to allow room for the guidance of God in your lives. Do not worry about the rest.”

– St. Louise de Marillac

In the midst of this past year, it can be a challenge to not be upset. Try to let go of the frustration and worry, so you can hear the Spirit’s gentle whisper.