

“We gain the insight to see ourselves through the friendships we make. They mirror us to ourselves. In them we see clearly what we do not have as well as what the world cannot do without. They do not judge us or condemn us or reject us. They hold us up while we grow, laughing and playing as we go. They bring us to the best of ourselves. “One’s friends,” George Santayana wrote, “are that part of the human race with which one can be human.”

by Joan D. Chittister

Between the Dark and the Daylight: Embracing the Contradictions of Life ¹

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1. Share what you learned in your childhood about making friends and creating good and lasting friendships.** Did your parents and others in your family have good friends?
- 2. Shared an experience where a friendship broke down.** What happened after that? What have you learned from that experience?
- 3. Share what thoughts and feelings arise when you read Joan D. Chittister’s words: “They (friends) do not judge us or condemn us or reject us. They hold us up while we grow, laughing and playing as we go. They bring us to the best of ourselves.”**

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¹ https://www.goodreads.com/author/quotes/47093.Joan_D_Chittister (accessed January 27, 2024).