

“My dear, In the midst of hate, I found there was, within me, an invincible love. In the midst of tears, I found there was, within me, an invincible smile. In the midst of chaos, I found there was, within me, an invincible calm. I realized, through it all, that...In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there’s something stronger – something better, pushing right back. Truly yours, Albert Camus”

Albert Camus (1913-1960) 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 question and so forth. A person can pass.

- 1. Share how you relate to, feel, and/or understand Albert Camus’ words “In the midst of hate...tears...chaos.” “I found there was, within me, an invincible love...smile...calm.”**
- 2. Tell a story or experience about being in the “midst of winter,”** (or a time of transition, isolation, relationship breakup, loss of job, healing from an illness, trauma, death of a loved one, terminal illness, etc.) **“I found there was, within me, an invincible summer.”** (warmer days, brighter sun, new beginnings, good childhood summer memories, love, faith, trust, hope, romance, connections, etc.)
- 3. Share about some awareness you have that within yourself “there’s something stronger – something better, pushing right back.” Say more.**

Check out and download at <https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹[Albert Camus: "My dear, in the midst of hate" - Historical Snapshots](#), (assessed October 26, 2023).