

“Solitude does not necessarily mean living apart from others; rather, it means never living apart from one’s self. It is not about the absence of other people – it is about being fully present to ourselves, whether or not we are with others.”

Parker J. Palmer, *A Hidden Wholeness*, p. 55.

Storytelling in small groups 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 about what you learned in childhood about solitude? How did your parents or others make time for solitude in their lives?**
- 2) Tell about an experience in your life where you made time for solitude. How was that experience for you?**
- 3) Share about how you understand and feel about Parker Palmer’s words: “Solitude...means never living apart from one’s self... It is about being fully present to ourselves...”**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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