

OA Skit April 2018

Family at OurTown restaurant on a Friday evening.

Cast. In Order of Appearance

Susan (the eldest, abstinent OA member)

Larry (youngest child, overweight, overeater),

Mary (Susan's sister, middle child, lots of resentments, hard to please)

Judy (Larry's wife, bulimic)

Mike (waiter)

Heidi, Mary's friend, yo-yo dieter),

Sponsor. (Susan's OA sponsor).

Table is center stage. Judy sits, downstage left, next to Larry (upstage left) , Susan upstage center, Mary upstage right, Heidi downstage right.

Bathroom is downstage right. Sponsors house is offstage, downstage left.

Act I

Restaurant. As curtain rises, family and friend are walking in the restaurant following waiter Mike to the table. They sit and Mike distributes the menus and moves upstage to the right slightly behind Susan.

SUSAN. I'm so happy we could all get together today!

MARY. Thanks for inviting your siblings to this tiny restaurant. I hope the kitchen is big enough to cook a decent meal. This is my new friend, Heidi (*gesture to Heidi*). Heidi, this is my big sister, Susan and my little brother, Larry and his wife, Judy. (*Aside to Susan*) I hope we aren't disappointed by your restaurant choice.

LARRY. I hope it is not too expensive. You know I watch the stock market every day and things look pretty scary.

SUSAN. Oh, Larry, I didn't know you were in the stock market.

LARRY. I 'm not.

JUDY. Well, let's look at the menu. I'll probably skip the meal so I can eat dessert. You know I only have so many calories a day. I skipped breakfast and lunch just so I can enjoy tonight.

MIKE. Hello. My name is Mike. I'll be helping you today. Welcome to Ourtown Café.

SUSAN. Thanks, Mike. I have some questions about the menu, can you help?

MIKE. Yes.

SUSAN. I am allergic to sugar and flour. Can I have the salad with plain grilled chicken and a plain backed potato on the side?

LARRY. Oh boy, here we go again. The special food lady. This is so embarrassing.

MIKE. No problem. We can easily make the salad with plain chicken.

LARRY. Ok, I'll have the blue plate special, but toast the bread, please double the sauce, and change the side to the specialty fried option.

MIKE. Got It.

JUDY. Nothing for me. I'm waiting for the double desert special. I need to leave by 8 PM. You know the gym closes at 9 tonight and I need time to work off these calories.

MIKE. Ok, I'll go put your orders in.

LARRY. Tomorrow is a big day for me. The doctor is going to test me to see if I can have heart bypass.

SUSAN. Oh no! I didn't hear about that. Didn't you already have bypass surgery a few years ago?

LARRY. (*Shrugging*) Yep, I guess I just have bad genetics.

JUDY. (*patting her husbands arm, awkward pause*) Susan, you seem to have stayed the same weight for years now. What is your exercise routine? How much cardio and strength training do you do?

SUSAN. I do go to the gym to exercise moderately, but my weight really stays the same because I follow a food plan and work a program of abstinence and the 12 steps in Overeater's Anonymous.

HEIDI. (*confused*). Hmm, Overeater's Anonymous? Never heard of it. Where is that gym?

LARRY. (*throwing up hands*) Oh, here we go again with the cult!

SUSAN. (*defensively*) It's not a cult and it's not a gym. It's a 12 step program and a way of life. (*standing*) I'll be back in a few minutes.

(*all improvise talking about Susan's issues and freeze at sponsor's hello*)

(*Walks down right toward restroom with purse, pulls out and opens cell phone, simulate making a call*)

SPONSOR. (*enters from down left as phone rings, answers cell phone cheerfully*). Hello Susan!

SUSAN. Help! I'm with my family at a restaurant and they are driving me crazy. One is eating himself into heart disease, his wife is hooked on fasting and exercise, another blames me for everything, and they say I'm the crazy one!

SPONSOR. Take a breath.

(*Susan and sponsor pause, center and exhale*)

Let's say the serenity prayer. God, grant me the serenity to accept the things I can not change, courage to change the things I can and the wisdom to know the difference. It helps me to remember it's not my business what other people think of me. We can share the message of recovery from compulsive eating and we both know people will change when they are ready and it may not be on my time table. I do know God will help your family whenever they are ready.

SUSAN. I know. I didn't mention anything about OA until someone asked me directly.

SPONSOR. Good job! Now, let go of the outcome. Remember, instead of focusing on how other people are acting, focus on service – (*amused*) what can you bring to table.

SUSAN. I know. You're right. (*sighs*) I just needed the reminder. I'll call later and let you know how the rest of the evening goes. Thanks. (*puts away cell phone, straightens shoulders and walks with confidence back to table, sitting looks at Larry smiling, folding hands under chin*)

Larry, tell me about your last vacation.

LARRY. Sure! I've got tons of pictures. (*pull out cell phone and begins looking through gallery*)

MARY. (*standing, sarcastically*). It's my turn to leave this delightful conversation. (*glares at Susan, walks off stage right muttering to self*)

HEIDI. (*leans in to Susan*) Can I go to one of those OA meetings with you? (*confidentially*) I can't keep up this yo-yo dieting anymore.

SUSAN. (*taking Heidi's hand, smiling warmly*). Of course, I'd love that.

(*All freeze, lights out*)