

ABSTINENCE SKIT

Narrator (also waitress and the one holding the signs) tells the audience who & what the 5 performers in the skit will be.

Bob - OA'er in relapse for 2 years after 5 years of abstinence

Lisa - OA'er relative newcomer who can't figure out the abstinence thing and is a bit upset about it

Donna - OA'er with long time abstinence

Stephanie - OA'er with 90 days of abstinence and amazed at what's happening in her life

Waitress (also holds the signs)

The set up: There are 4 chairs on stage. Lisa is sitting on a chair (this is her car). Bob is sitting on a chair holding a cell phone. In this first part they are facing the audience.

Sign: FRIDAY NIGHT

Lisa : (*driving her car*) Dear Higher Power of my understanding I know that you will restore me to sanity; at least that's what they say. So I will look for a sign from you. **IF** there is a parking spot by the bakery, then I am meant to get a whole wheat, no sugar added, cake. **IF** there is no parking spot, then I know I should go home and eat an apple instead.

Lisa : A Parking spot! Thank you Higher Power, I know I can get the cake. But please, please, please don't let me get a box of cookies also. Please make me refrain.

Bob : (*speaking on the phone*) But I'm telling you I'm willing to pay the price for a full pizza. I want you to make a full size pizza, that's 8 slices but only put two of the slices in the box. No! No! I don't want the whole pizza. You don't understand! I will eat ALL of whatever you put in the box and I don't want that to happen. Thanks a lot! (*hanging up*) Dear God why can't you make them understand!? I need some help here! I can't do this all by myself. Give me something to work with here!

Lisa : O...why did I eat everything? What was I thinking!? What am I going to do now? Oh fine. FINE! Who cares!?! I'm getting a pizza! (*she picks up the phone and dials, listens then hangs up*) Oh FINE!!!! ...the line is busy.

Bob : (*she has been dialing the phone while Lisa is talking*) HELLO? Yes this is...oh you know my name. Okay, yes... my...oh you know my address already... my phone is...you have that too. I'd like two small pizza's, one with extra cheese, for my son...a growing boy you know! And one Veggie pizza with no mushrooms. Oh and well, I really shouldn't but...put some extra cheese on that too. Thank you. (*hanging up*) So that's protein, starch and veggies. Done.

Scene Change-

The actors move all the chairs to a semi circle in the middle of the stage. Donna enters, walks on the stage. Lisa is behind her.

Sign : SATURDAY MORNING

Donna : Hey Lisa! Nice to see you in the meeting this morning. Do you want to come out for coffee or tea or lunch? We're all going to the little coffee shop on the corner.

Lisa : Umm. I don't know.

Donna : What's the matter?

Lisa : Well... you all eat in front of each other?

Donna : Yes, Lisa. I 'm bringing part of my lunch with me and I'll order the rest there. It's a good place and easy to find abstinent food on the menu and they don't mind special orders. It's okay Lisa. We all eat and we have a good time doing it together too.

Lisa : But I'm not abstinent.

Donna : Lisa, you don't have to be abstinent to be a member of OA. And you really don't have to be abstinent to hang out and have lunch.

Lisa : But what will I eat? What if I embarrass myself?

Donna : If you like, I'd be more than happy to help. Why don't we figure that out together? Did you eat a breakfast?

Lisa : *(shaking her head)* I didn't feel I should, considering everything I ate last night.

Donna: You deserve to eat Lisa. Believing that you've been bad and don't deserve to eat a meal is part of the disease. Abstinence is about freedom from the compulsion to overeat, not punishing yourself for what you ate yesterday.

Lisa : But I ate chocolate chip cookies... one whole-wheat cake, no sugar added, ... and pizza.

Donna : You sound like me! The pizza was always the last thing I ate, it was suppose to help me get over the remorse for all the ice cream and candy I had binged on. You may not believe this but you really don't have to do that to yourself again. I didn't know that was true. But it really is true.

Lisa : Well, I'll join you. I'm not sure I know what I can eat.

Donna : Oh good, I'm glad you're coming. I can help you make a quick food plan for this one meal or you can eat whatever you want. What do you say?

Lisa : Okay.

Lisa and Donna sit down-

Bob & Stephanie walk in while they're talking and sit down. Stephanie sits next to Lisa .

Bob : *(loudly)* Ten Years!! Really ? Ten Years it took you ten years in OA to get abstinent??? Wow! I thought I was bad...oops sorry. Oh Hi Donna!

Stephanie : Hey Donna and ...I'm sorry I forgot your name.

Lisa : No problem...Lisa.

Stephanie : I'm Stephanie and this is Bob, maybe you already know that. I see you sitting in the back of the room sometimes. I'm glad you came to coffee.

Donna: So what took ten years?

Waitress: Well, well, well...my favorite group of customers. What do you want? Drinks first? You can tell me about all your "with this, without that and put it on the side" blah, blah, blah later.

Stephanie : A diet coke for me.

Bob : I'll just have ice water..

Waitress: (to Lisa) You're new. I hope you know what you're getting into with this crowd.

Lisa : (looking at Donna) So... I'll have a...um

Donna : (leaning over in a loud whisper) Get what you want but just for this meal...

Waitress : I can hear you!

Donna : ...steer clear of the things that might trigger you, like sugar or wheat or extra fats.

Lisa : A cup of coffee...no sugar. Don't even bring the half and half. And a glass of water.

Donna : Water without lemon for me. Thank you. So... What were we saying? Oh yeah, what took you ten years?

Stephanie : Me getting abstinent. I don't recommend it. It wasn't a whole lot of fun. I was carrying a lot of extra weight and I was miserable. (directly to Bob) But sometimes it takes what it takes and there's no more room in our lives for shame. If you want ten more years of misery, it's your right to take it but I don't recommend it.

Bob : Oh ...what if it takes me ten years! I don't think I could handle it.

Stephanie : Then don't take ten years. Get a sponsor today, work with your sponsor to come up with a plan of eating and get busy on the steps.

Bob : Oh, I've got a lot to do today.

Stephanie : Excellent. Don't start your program today. You can always start it tomorrow...like a diet. Today is the first day of the next ten years of your life.

Bob : Oh, yeah, I see what you're saying.

Lisa : That's a bit harsh.

Donna : It sounds harsh but it's not. I have to be reminded that this is a disease. We aren't bad people; we aren't defective people. We have a disease, like cancer. What if you needed chemotherapy? Would you put it off because you were busy?

Lisa : I'm finding this conversation a bit irritating.

Donna : Yeah, I know. Sometimes I wish recovery was different, comfortable like a soft blanket. But for a long time food was that blanket and it was suffocating me.

Waitress delivers their drinks.

Everyone says : Thank you/thanks (to the waitress).

Lisa : I just want to say this. The first step says we are powerless over food. If I'm powerless and it's not my fault that I'm an overeater, how am I supposed to stop?

Stephanie : I couldn't stop overeating until I realized that being abstinent was not just about me. I had to include other people in the process. I am powerless over food but we are not. Once I got a sponsor, she helped me put together a plan. Then she had me working the steps right away. Then I talk or email someone in OA or listen to a phone meeting practically everyday.

Lisa : I don't get why I have to stop eating whole wheat no sugar added cake every five minutes as long as I'm working the steps.

Stephanie : No one is here to tell you what you can or can't eat. The question is simply this : do you want to stop struggling with the food? Do you want to stop hurting your body and your mind with the things you do with food? If you do, then, I think...and it's just my opinion...I think you'll need to ask for help.

Lisa : Why not work the steps and leave the whole food part alone?

Stephanie : In the front of the OA 12 and 12 it says this: 'Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.' That's why we're here.

Lisa : Yeah but who's business is it to tell me what to eat?

Donna : No one's.

Lisa : But....but...I thought you were going to help me figure out what to eat so I don't...well...

Stephanie : First getting abstinent may seem really hard but you know what they say...nothing tastes as good as abstinence feels!

Donna : I look at it this way. For me, food is a drug. My sponsor says abstinence is Step 0. We get off the drug to clear our minds so we can work the steps and live a sane life. The big book says the purpose of AA is not to get sober, it's to stay sober.

Bob : Tell me what seems so hard about it. When I was abstinent I realized I had to surrender a bit more than the food. I had to surrender my pride too. Actually that was what made the difference. I was finally willing to put down the foods that were troublesome to me, like ice cream, peanut butter, popcorn and pizza. I know this sounds weird but I never thought abstinence would mean actually giving up the food.

Stephanie : I get it. I do. I never thought it meant giving up the food either. I spent ten years playing a game with OA. How could I have my food the way I wanted it and still get all the benefits of working a program and magically lose weight.

Lisa : I'm hearing so many conflicting things I don't know what to think. First you tell me there is no shame in not being abstinent and then you tell me I need to surrender my pride.

Donna : I really don't think there is one soul at this table judging you for what you eat. That's what I meant. There is no one here who thinks they are better than you because they have put the food down.

I don't care how long I've been abstinent, the minute I stop working this program I'll go back to the food. That I know.

Stephanie : The question is this: Do you want abstinence and are you willing to do what it takes to have it? If you do, I suggest you get a sponsor and get started. There's no time like now. Tomorrow never comes.

Lisa : I want abstinence, I can't take the constant worrying and thinking and obsessing anymore. It's taking up my whole day. I need to ask you an important question ...in private.

Bob : Look, I am an overeater. I AM powerless over food. If I could be abstinent, I wouldn't need OA.

Donna : You are powerless over food by yourself. You are empowered to be abstinent by working with your fellowship.

Lisa : SO EXPLAIN WHAT ABSTINENCE IS!

Donna : Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

Stephanie : Once you really surrender your food, the desire to overeat goes away. I'm not fighting cravings anymore.

Lisa : For real?

Donna: And it clears up your mind. You'd be surprised how much time can be freed up by putting your abstinence first. It's the most important thing I do everyday.

Waitress : Are we all ready to order now?

Scene Change - Everyone sitting away from each other with their cellphone.

Sign : SATURDAY NIGHT

Lisa : Stephanie - thank you so much for agreeing to be my sponsor.

Stephanie : I want to thank you, Lisa, for asking me to be your sponsor. You've helped me keep my abstinence for one more day. Call me as often as you need to.

Bob : I really don't want to do this, Donna...but I really don't want anymore of this nightmare relapsing. I will do whatever it takes. So what time should I call you tomorrow and what should I use as my food plan until I can get to my nutritionist.

Donna: Bob, use mine for now and we'll see if you get too hungry or full.

Lisa & Bob say together: I'm ready to start today.

(Taken from a skit by Region 4).