



*Written by
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"Heart Break Café" Episode 2: "Here's To Your Health"

Scripture: Psalm 23

Dramatic Category: Heart Break Café

NOTE: The pastor presents his sermon under the guise of having lunch with someone who is having a problem with some spiritual issue. Set a table and two chairs on stage. Follow the main cue lines in the menu/script, but adlib the rest. Have fun; this can be hilarious!

Topic: Spiritual health as it is described in Psalm 23

Performance Time: 20 minutes: (*This is the pastor's sermon, so it may be longer*)

Number of Players: 4 players (*2 men, 1 woman*)

Objective:

The 23rd Psalm is a recipe for mental and emotional health as it sketches out the attitudes we, as "sheep," should have when it comes to trusting God, who is our "Shepherd."

Synopsis:

Carl is a health nut, who still isn't feeling good. Pastor Barry shares with Carl that true health is spiritual, while LaRoue, the waitress, tries to meet Carl's dietary requirements. Pastor Barry encourages Carl to find the "peace that passes all understanding" when we trust in Jesus as Savior, and shepherd; second, a clean conscience gives us the bold assurance that the Lord is with us even when things go wrong or when we face a tragedy; and third, we are encouraged to focus on the table of blessings the Lord has set before us even in the face of our failures and our fears that come against us as enemies.

Cast:

LaRoue: *A comical character. She is a truck stop-type waitress, gum chewing, raspy, wearing a food-stained apron, hair up in a bandanna, and has an attitude.*

Adam: *The music pastor*

Carl: *A young man who is on a health food "kick."*

Pastor: *The pastor of the church, who delivers his sermon using Carl as the example and LaRoue as comic relief.*

Props:

- 2 place settings
- 2 glasses
- A serving tray
- A sandwich
- A bowl of spinach
- Scissors
- A few pieces of celery
- An apron with handprints
- 2 "Heartbreak Café" menus with logos on the outside, and "cheat scripts" on the inside.

NOTE: At the end of this script, a "cheat script" is included. It is recommended that this "cheat script" be placed in the menu and left open on the table for the pastor and Carl to consult as the sermon progresses. LaRoue can also place a "cheat script" on her tray.

Sound:

- The sound of a phone ringing (*optional if you decide to begin with "The Appointment"*)
- Play "Rock Around The Clock" or some other 60's hit.
- A backstage microphone for Noreyne
- 3 wireless microphones

Stage:

- Set up one table with 2 chairs, center stage
- Design a "Heart Break Café" logo and display it on the screens before the skit starts
- Make scripture slides to display during the course of the sermon; they add "meat" to the moment, and make it appear less theatrical.

Lighting:

Change the lighting from the skit portion of the sermon to something different when the pastor gets up to talk. This protects the integrity of the sermon.

NOTE: A "FREEZE" or a stage "tableau" for Carl and LaRoue is recommended on a cue from the pastor, so that he can get up from the table and address the audience. This will give more of a "regular sermon" feel. When the pastor sits back down at the table, it is a cue for Carl and LaRoue to resume the scene. Lighting changes will add to this 2-dimension feeling.

NOTE: The following is very loosely scripted and relies heavily on ad-lib because the dialogue between Carl and the pastor has to sound relaxed and casual. They can say whatever seems natural as long as the script's main points are covered.

Every pastor has his own way of crafting a sermon on spiritual well-being. The following are only the main points that LaRoue will be setting up and illustrating.

Please add whatever else the pastor wishes to say on the subject, and encourage LaRoue and Carl to antagonize one another to their hearts content beyond the scripted lines.

The Script:

Optional Scene 1: "The Appointment"

(This is optional. You may decide to go straight into the "Heart Break Café" when it comes time for the pastor's sermon.)

(Carl calls Barry during the greeting portion of the service. The phone rings on stage. The worship leader is puzzled about why a phone is ringing on stage. He begins to look for the phone. He finds it and picks it up.)

Adam: *(To the audience)* Is that a phone? I'm sorry; I don't know what this phone is doing here. *(He answers.)* Hello.

Carl: Hello, hey Adam, is Barry there?

Adam: Well, yes he is, but this is not a good time to call.

Carl: Sorry. Can I talk to him, please?

Adam: I guess, but do you have to talk to him now?

Carl: I'll just be a minute.

Barry:

(making his way to the podium while sheepishly glancing at the audience, trying to make all of this seem normal. He takes the phone from Adam.)

Hello, this is Pastor Barry; can I help you?

Carl: Hi Barry! Hey, congratulations! I just heard about the award you received. I'm proud of you.

Barry: Thank you, Carl. It's nice of you to call; perhaps we can talk more about this later.

Carl: Did I call at a bad time?

Barry: I'm with some people right now

Carl: Okay, I'll make this quick. I want to take you out to celebrate.

Barry: *(obviously uncomfortable having this conversation in front of the entire congregation.)* That would be nice; we'll have to set a time.

Carl: How about the "Heart Break Café" for lunch today?

Barry: That would be fine.

Carl: Okay then. See you at noon.

Barry: Thanks for calling. *(He hands the phone to Adam.)*
Have this stage phone disconnected.

Adam: Right. *(He goes on with the service.)*

Scene 2: "The Meeting"

MUSIC: "Rock Around the Clock"

GRAPHIC: Display the "Hearth Break Café" logo.

LIGHTS: UP back wall, colorful stage lighting

(Carl and Barry make their way to the front of the stage. A table and chairs have been set in place. They greet each other and proceed to sit down. Carl carries with him a tray of vitamin and mineral supplements that he takes with him to every meal. He sets this cumbersome tray on the table.)

Carl: Congratulations, man. I am so proud of you! We're going to celebrate. You can have anything on the menu. It's on me.

Barry: Anything, huh? Well, that's mighty generous. I'll have a steak.

Carl: A steak?

Barry: Too much? I could have hamburger?

Carl: No, it's not the money; it's just that red meat is bad for you.

Barry: Not good, huh?

Carl: Did you know that the average person has up to five pounds of undigested red meat in his colon by the time he is fifty-five?

Barry: No kidding, fifty-five?

Carl: That's why I take garlic after every meal; it cleans out the system; good for the arteries. *(He sorts through his vitamin tray and pulls out the garlic capsules.)* See, I've got it right here. It's odorless, so they call it social garlic. *(He opens the bottle and offers one to Barry.)*

(Enter LaRoue. She carries two waters and two menus.)

LaRoue: Hi fellas. Welcome to the “Heart Break Café.” Stay for a while, leave with a smile. *(She gives them a forced, smile.)* My name's LaRoue, and I'll be your server. What can I get you to drink?

Carl: Do you have herbal iced tea? I don't drink caffeine.

LaRoue: One decaf iced tea. *(looking to Barry)* And for you sir?

Carl: *(interrupting LaRoue.)* Is it herbal?

LaRoue: *(extending her wrist for Carl to smell)* No, it's "Ocean Mist."

Carl: No, I mean the tea? Do you have herbal iced tea?

LaRoue: Herbal iced tea? I don't think so, but we do have some herbal bath gel back there that whips up real nice.

Barry: *(Seeing that these two are starting up again.)* I'll just have regular iced tea, please. The caffeine is fine.

LaRoue: One leaded and one unleaded iced tea. I'll be right back to take your order. *(She exits.)*

Barry: *(Resuming his interest in Carl's tray of pills.)*
So, tell me what you've got there.

Carl: *(presenting the tray for Barry's examination.)*
This? Oh. This, my friend, is the secret to your good health.

Barry: The secret?

Carl: Absolutely. You should be in the know about this stuff.
I mean, you're a pastor; people will presume you know about health.

LaRoue: *(enters carrying two iced teas. She sets one down for Barry and one in front of Carl.)*
Okay gentlemen, what'll it be?

Carl: Is your spinach fresh?

LaRoue: Funny you should ask. We are famous for our fresh spinach.
We grow it right out back.

Carl: I'll have the fresh spinach salad.

LaRoue: *(To Barry)* And you, sir?

Barry: I'll have the steak sandwich.

LaRoue: All right then, one steak sandwich and one (*leaning in to Carl*) fresh spinach salad.

Carl: (*Catching her as she leaves.*) Is that fresh cut? Once you cut spinach it loses so much of the vitamin A if it just sits. It's not just laying around all cut up already is it?

LaRoue: I'm sure it's all in one piece, just wait'in for 'ya. (*She leaves*)

Carl: (*calling after her.*) Can I have some celery with that?

LaRoue: Why not. (*She exits.*)

Carl: Did you know that vitamin A has a calming effect?
You see, Barry, good health is an exercise in chemistry.
You've just got to know your Herb's and minerals.
Chamomile, is right next to vitamin A, for tranquility.
There's a secret to staying calm and cool; it's all in what you take in.

FREEZE #1: (Carl freezes)

LIGHT: CHANGE TO SERMON LIGHT AS BARRY STEPS INTO CENTER STAGE.

SERMON PART 1:

The pastor contrasts this advice by declaring that the "peace that passes all understanding" comes through trust in Jesus as Savior, as shepherd.

LIGHT: RETURN TO "CAFÉ" LIGHTING

BARRY RETURNS TO THE TABLE; CARL COMES BACK TO LIFE

LaRoue: (*Enters carrying Barry's steak sandwich and Carl's spinach salad. She sets them both down.*)
Here you go. One steak, one foliage.

Carl: (*examining the spinach*) This looks a little wilted.

LaRoue: (*fingering the spinach*) It looks fine to me.

Carl: You don't understand. See these edges? They were cut hours ago. This is not fresh cut. Look here. (*He holds up a leaf for her to examine.*) I'd like fresh cut spinach.

LaRoue: (*grabs the bowl and marches off*) Oh, for heaven sake.

Barry: Do you have to be so fussy, Carl?

Carl: I'm not being fussy; just forceful. I took my Magnesium and Calcium this morning. It helps you stand up for yourself in the face of just about anything. It really works, but occasionally, you need that burst of energy that pulls you through a tough time. Cocoa beans will do that for you. You pop two of these cocoa beans (*He grabs the bottle*) and you'll have the courage to stand up to anybody.

LaRoue:

(carrying an empty bowl, spinach sticking out of her apron, scissors in her other hand. She sets the bowl down in front of Carl, pulls out the spinach, and begins cutting it so it lands in the bowl. Carl is looks on in amazement. Barry covers his laughter.)

There you go, sir, fresh cut spinach. (*She exits.*)

Barry: (*Reaching for the cocoa beans.*) Here, have a cocoa bean.

FREEZE #2: (*Carl freezes*)

LIGHT: CHANGE TO SERMON LIGHT AS BARRY STEPS INTO CENTER STAGE.

SERMON PART 2:

Barry contrasts this advice by telling Carl that a clean conscience gives you the bold assurance that the Lord is with you when things go wrong or when you face a tragedy.

LIGHT: RETURN TO "CAFÉ" LIGHTING

BARRY RETURNS TO THE TABLE; CARL COMES BACK TO LIFE.

Carl: (*with his head in his hands.*) I can't believe she did that.

Barry: The feeling is probably mutual.

Carl: (*Reaches for some St. John's Wart, opens the bottle, and takes two.*)
There, I'll be all right.

Barry: (*after taking a bite of his steak sandwich.*) What's that one for?

Carl: This? Oh, this is St. John's Wart. It helps with depression. It's a natural pepper-upper and mood equalizer. When you run into people like LaRoue, here, it can really get you down.

LaRoue: (*Re-enters carrying a plate of celery. She sets it down in front of Carl.*)
I forgot your celery, sir. Here you go. I want everything to be just perfect for you. It is just perfect, now isn't it?

Carl:

(examining the celery, and just about to speak, when Barry reaches for his arm to quiet him. Carl holds up his hand to Barry to say he's all right.)

Well, actually, this celery looks a little distressed to me.

LaRoue: *(doing all she can to be civil.)* Distressed?

Carl: *(holding it up for her to see)* Yes, look, this is clearly a distressed vegetable.

LaRoue: *(She can't believe this whole thing.)*
A distressed vegetable?

(She grabs the celery and bangs it against the side of the table several times, then puts it back on the plate.)

There, now that's a distressed vegetable. Don't let that bother you, though, this process releases all those trapped vitamins. *(She exits.)*

Carl: *(He frantically grabs the St. John's Wart, takes several, puts head in hands.)*

FREEZE #3: *(Carl freezes)*

LIGHT: CHANGE TO SERMON LIGHT AS BARRY STEPS CENTER

SERMON PART 3:

Barry contrasts this effect of mood menders, like St. John's Wart, by encouraging us to focus on the table of blessings the Lord has set before us even in the face of our failures and our fears that come against us as enemies.

LIGHT: RETURN TO "CAFÉ" LIGHTING

BARRY RETURNS TO THE TABLE; CARL COMES BACK TO LIFE.

LaRoue: *(enters briskly)* So, is there anything else I can get you gentlemen?

Carl: *(with his head in his hands)* No, I'm not feeling so well.

LaRoue: *(slapping him on the back)* Feeling a little distressed are ya?

Barry: We're ready for the check.

LaRoue: *(noticing that Barry has hardly eaten his sandwich.)*
Would you like a bag for that sandwich?

Barry: No thank you.

LaRoue: How about you? You want to take that salad home?

Carl: No, just toss it.

LaRoue: *(scooping up the salad and holding it far away from Carl, then leaning down toward Carl.)* Shhh. We don't want to upset the vegetables. *(She pulls the check out of her apron and lays in on the table.)* Have a good day, gentlemen. *(She exits.)*

Barry: *(leans over to Carl)* So, you're not feeling well, huh?

Carl: No. I don't understand it. I've taken all the right vitamins. Maybe my electrolytes are off. I'll go home and have a protein drink.

Barry: Maybe your problem isn't physical.

Carl: Isn't physical. You mean it's mental? Oh, come on. Are you saying I'm that there's something wrong with my...I'm fine. Here, take some Echinacea with Golden Seal. It stimulates the immune system. That's what's wrong with me, my immune system is depressed. I'll be good as new in no time. *(He offers Barry a pill.)* Here, this stuff can save your life.

Barry: *(takes the pill out of Carl's hand, lays it on the table, and looks him straight in the eye.)* Listen to me, Carl. I'm more interested in saving your life after you die.

Carl: After I die?

FREEZE #4: *(Carl freezes)*

LIGHT: **CHANGE TO SERMON LIGHT AS BARRY STEPS INTO CENTER STAGE**

SERMON PART 4:

Barry makes the point that "Goodness" and "Mercy" follow those who have made a commitment to follow Jesus as the Shepherd of their lives. This is a time to include a commitment time into the message.

LIGHT: **RETURN TO "CAFÉ" LIGHTING**

BARRY RETURNS TO THE TABLE; CARL COMES BACK TO LIFE.

Carl: Save my life after I die, huh?

Barry: Yes, Carl. It all boils down to a spiritual choice.

Carl: You know, this could be just what the doctor ordered. *(They exit.)*

MUSIC: **"ROCK AROUND THE CLOCK"**

GRAPHIC: **HEART BREAK CAFE LOGO**

The End

Here's To Your Health "Cheat Script"

(Place this inside Carl and Barry's legal-sized menus, and tape it to LaRoue's tray.)

Carl: proud of you! - celebrate.

anything on the menu... on me.

(Steak gag... 55 = 5 lbs. undigested meat)

Carl: garlic, clean out... social

LaRoue: with water, "Welcome..."

Carl: herbal tea...no caffeine...is it herbal?

(herbal gag... "Ocean Mist" perfume)

(Barry notices vitamins... looks at bottles)

Carl: secret to good health.... pastors know health.

LaRoue: *(enters with tea... takes orders)*

Carl: spinach fresh?

LaRoue: famous for fresh spinach... grows out back

Carl: fresh spinach salad

Barry: steak sandwich.

Carl: *(spinach gag)*

...fresh cut... vitamin A ...Celery with that?

vitamin A + Chamomile + Calming

FREEZE CUE 1:

Carl: there's a secret to staying calm and cool it's all in what you take in...

SERMON PART 1:

True calm = "peace that passes all understanding" comes through trust in Jesus as Savior, as shepherd.

BARRY BACK AT TABLE; CARL BACK TO LIFE

LaRoue: *(enters with food)*

Carl: *(sends spinach back)*
... wilted edges ...not fresh cut

Barry: **Carl = fussy!**

Carl: **Not fussy, forceful! Magnesium + Calcium = forceful. Cocoa beans =courage!**

LaRoue: *(cutting the spinach gag)*

FREEZE CUE 2:

Barry: **Here. have a cocoa bean.**

SERMON PART 2:

Courage = A clean conscience gives you the bold assurance that the Lord is with you when things go wrong or when you face a tragedy.

BARRY BACK AT TABLE; CARL BACK TO LIFE

Carl: **insulted St. John's Wart = mood control**

LaRoue: *(celery gag)*
... distressed vegetable... slaps it

FREEZE CUE 3:

LaRoue: **...this process releases trapped vitamins (*exits.*)**

Carl: *(takes St John's Wart and freezes... head in hands.)*

SERMON PART 3:

Even mood = focus on the table of blessings the Lord has set before us even in the face of our failures and our fears that come against us as enemies.

LaRoue: Anything else?

Carl: Not feeling so well.

LaRoue: Distressed are ya?

Barry: Ready for the check.

(Take home bags.. .gag... don't upset vegies)

Barry: Not well?

Carl: Maybe my electrolytes are off... protein drink.

Barry: Problem isn't physical.

Carl: Mental? Oh, come on. Echinacea with Golden Seal = immune system.
Offer Barry pill.

FREEZE CUE 4:

Barry:more interested in saving your life after you die

SERMON PART 4:

Goodness and mercy = Commitment to Jesus

Carl: Save my life after I die, huh?

Barry: Spiritual choice.

Carl: Just what the doctor ordered. *(They exit.)*