

Sample page #2 for "Mama Knows Best" by Frederick Passmore

Louie: Mama, why are you always so negative? Positive thinking is the key to success.

Mama: All right, I'm *positive* this is going to end in tears.

Louie: *(Indicating CD player on table.)* Do you mind if I use your CD player for this? The one I bought you last Christmas?

Mama: And for which you continually remind me? Sure... be my guest. *(She pulls up a chair off to one side and sits down in it with crossed arms.)* This oughtta be good. I almost don't mind missing my soap!

Louie: *(As he puts in the CD.)* When this is over, I'm going to be a "Miss Fitt" Christian!

Mama: *(With a cynical laugh.)* Hah! I don't doubt it. *(She picks up her Bible and opens it to read, but looks back up at Louie occasionally as things get interesting.)*



(Begin Track #5 on the CD: Miss Fitt's Program. This one sequence runs nearly seven minutes.

Louie listens anxiously and nods frequently.)

Miss Fit: Hello there, this is Miss Fitt, your trainer and guide to spiritual fitness!

Louie: *(Lifting a hand to wave to the CD player.)* Hi!

Miss Fit: Welcome to the beginning of a new way of life. One of dynamic and powerful living for God.

Before we start, let me tell you something very important; the money back guarantee if complete satisfaction is only good if you follow all my instructions to the letter, in conjunction with the proper and consistent use of the items included in your Spiritually Fit Kit. Now, let's begin, shall we?

Louie: *(Giving an enthusiastic thumbs up.)* Ready!

Miss Fit: First, we have to let everyone know that we are Christians. Too many believers hide their light under a bushel, but I have developed a little something to help you shine your light for Jesus. Please look in your Spiritually Fit Kit for the item marked #1.

(Louie takes out a large plastic cross on a string, with a label on it marked #1. He looks at it a little doubtfully.)

Miss Fit: This little item will show you that you are a shining beacon in a dark world. Everyone that you see that you are a Christian! Come on now, you're not ashamed of Jesus, are you?

(Louie shakes his head "no," and puts on the large cross, hanging it about his neck.)

Miss Fit: Wonderful! Now do the Miss Fitt Victory Dance, and sing along!

Louie: *(Excitedly.)* I saw her do that on TV!

(He begins a goofy dance as he sings along with the soundtrack.)

Miss Fit: "This little light of mine, I'm gonna let it shine, this little light of mine I'm gonna let it shine, let it shine, let it shine, let it shine."

(Louie finishes the dance with arms raised in a victory stance, grinning and a little out of breath.)

Miss Fit: Oh, that's so good, now everyone you see will know that you are different somehow.

(Louie makes a rueful face and nods, as he acknowledges that they probably will! Mama just shakes her head.)

Miss Fit: Would you want to live in a run down dilapidated old shack? Well, neither does the Holy Spirit, so we've got to start getting that body of yours brought under subjection and in better shape.

(Louie pinches the extra fat around his waist and sadly nods.)

Miss Fit: Next, we'll pump some iron. Pumping iron is a great self discipline... Take out item Number Two!

(Louie reaches into the box and brings out an iron, holding it up and looking at it askance. He mimes plugging it in under the table.)

Miss Fit: Now, let's lift it up over our head in a arc and pump it 20 times. And begin! 20, 19, 18, 17, 16, 15, 14...

(As Louie hefts the iron repeatedly, he is tiring quickly and trying to keep up.)

Miss Fit: ...Keep it up! 12, 11, 10, 9, 8... **Go for the burn!**

(Louie accidentally touches the iron to his cheek as he brings it down, coinciding with the "burning hiss" sound on the soundtrack!)

Louie: *(Yelling, as she continues the countdown.)* I'm burning, I'm burning!

Miss Fit: ...6, 5, 4, 3, 2 and 1! Excellent! We're already starting to fill more fit, aren't we?

Louie: *(Holding his neck.)* I'm starting to feel a big blister right here!

Miss Fit: Now you're on the road to spiritual fitness.

Louie: I'm on the road to the burn unit, that's where I'm on the road to... *(He puts the iron down on the table.)*

Miss Fit: Now that your mind is open and clear, we'll begin the mental disciplines.

Louie: Oh, this will be easy.

Miss Fit: The Bible says, "As a man thinketh in his heart, so is he." If you want to be spiritually fit you've got to bring every thought under subjection. Now go over to your Spiritually Fit Kit and take out item # 3.

(Louie puts down the iron on the table and reaches back into the box, bringing out a hand-held mirror, with the #3 tag hanging off of it. He looks at it, confused.)

Miss Fit: Look at yourself in the mirror... what do you see?

(Looking into it, he sees something in his teeth and begins to pick it out.)

Louie: I see a piece of spinach in my teeth!

Miss Fit: You see a pathetic loser, don't you?

(Louie does a double-take into the mirror with concern on his face. Mama stifles a laugh.)

Miss Fit: You see a person with low self esteem...

(He pulls a face at himself.)

Miss Fit: ...A person with no personality, and you feel lazy, lazier than a hound dog on valium!

(He lolls his tongue out the side of his mouth and weaves his head as if about to fall asleep.)

Miss Fit: Well, it's time to change, you lazy loser! Now repeat after me: I am a good person...

Louie: I am a good person.