

At The Ready – Guides Own

Old Regrets

First Performed at Boonah, Moogerah Region in 2002

Materials needed:

- All members of audience supplied with two pieces of paper ½ A5 is sufficient, and a pencil/pen.
- Chair with label “Old Regrets” on back.
- Two buckets positioned at end of rope tied to chair.
- Large bin labelled with Forgiven and Forgotten nearby
- A narrator willing to dress up and play Pirate

Ceremony:

All aboard me hearties, I'm Captain Livealot and this is my gude ship Old Regrets. Why is my gude ship called Old Regrets - well how many of you have regrets - those bad feelings you can remember from things you have done that you wish you hadn't or from things that were done to you that were mean or unfair - just yucky things you can't get out of your mind. Think about one of those regrets and on one of the papers you were given I want you to write in the top bit who did the nasty, mean or yucky thing to you and then in the bottom what they did. Little girls who can't write can draw me pictures instead.

On your second piece of paper I want you to write or draw me a picture of another regret, this time one that made you feel small, embarrassed, weak or just bad. Now I want you to take your pieces of paper fold or screw them up and put them in my anchors - the buckets at the end of the ropes.

Now after that rather unpleasant job we're going to cheer ourselves up. When you are happy you show it in lots of ways maybe by smiling or singing. If we aren't feeling so happy we can make this work backwards - by showing we are happy (even though we are not) we can soon forget we're not happy and start to feel better. When you know this, it is much easier to keep that Guide law that says "A guide is cheerful in all difficulties".

So we're going show we're happy by singing "When You're Happy and You Know It".

If You're Happy and You Know It

If you're happy and you know it, clap your hands!
If you're happy and you know it, clap your hands!
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, clap your hands!

If you're happy and you know it, stamp your feet!
If you're happy and you know it, stamp your feet!
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, stamp your feet!

If you're happy and you know it, shout hooray!
If you're happy and you know it, shout hooray!
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, shout hooray!

If you're happy and you know it, do all three!
If you're happy and you know it, do all three!
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, do all three!

As you can see Old Regrets is at anchor in the Marina, which means for the time being, that my gude ship is going nowhere. Being a sea-faring man, I am most happy out on the ocean when my ship's under full steam and headed straight for its destination (the place where it has to go). My gude ship's a bit like life really - most of us are more happy when our lives are full of action and heading in the right direction towards the goals we have set for ourselves.

In fact being at sea is even more like life when I think about it. Lots of risky things happen at sea, lots of risky things happen in life. Even everyday things can be a risk like falling overboard when sweeping the decks - as someone once said:

If you laugh you risk being seen as a fool,
If you cry, you risk being thought of as a caring person,
If you need a friend, you risk becoming a part of their lives,
If you show your feelings, you risk people not caring about them,
If you share your dreams, you risk people making fun of them
If you love someone, you risk them not loving you back,
If you go on with some project even when the going gets tough,
you risk failing in what you set out to do.

Now I can tell you that the easiest way for me to avoid the risky things that happen at sea is to stay here at anchor in the Marina, but what use is a ship that doesn't ply her trade, sailing the seven seas delivering her cargo around the world. As that same wise person said:

Risks must be taken because the worst thing in life is to risk nothing. You might avoid all the bad feelings of suffering and sorrow, but you cannot learn, feel, change, grow or love.

Only a person who takes risks is free.

I think he was trying to say that you can only really live if you take risks.

Now I need to weigh anchor and put out to sea. Oh! The anchors are too heavy. I'm going to have to make them lighter - anyone got any ideas.

Empty the buckets - of course! I know I'll empty them in this bin. Mmmm! I wonder why this bin is labelled Forgiven and Forgotten. Forgiven means you don't keep any bad feelings about something that has happened to you and Forgotten means you put right out of your mind. Actually that's a good name for a ship - in fact I might even rename mine. There - don't you think that looks good. Now me hearties I can weigh anchor and sail with the next tide but before I do, I'd like to tell you a good sea-faring yarn. The last voyage I did was to India. Whilst there I had the good fortune to run into a remarkable woman. This lady was no less than Mother Theresa.

Mother Teresa was born August 27, 1910, Macedonia, and she was the youngest of three children. Mother Teresa's family was a devoted catholic family, they prayed every evening and went to church almost everyday. It was her family's generosity, care for the poor and the less fortunate that made a great impact on young Mother Teresa's life.

By age 12, she had made up her mind, she realized that her life's work was helping the poor. She decided to become a nun, and travelled to Dublin in Ireland, to join the Sisters of Loretto. After about a year in Ireland, she left to join the Loretto convent in the northeast Indian city of Darjeeling, where she spent 17 years teaching and being in charge of St.Mary's high school in Calcutta.

While riding a train to the mountain town of Darjeeling to recover from suspected tuberculosis, she said she received a calling from God "to serve him among the poorest of the poor." Less than a year later she got permission to leave her order and moved to Calcutta's slums to set up her first school. "Sister Agnes" who was a former student, became Mother Teresa's first follower.

Others soon followed, starting up a religious order of nuns called the Missionaries of Charity.

To identify with the poor Mother Teresa chose as the uniform a plain white sari with a blue border and a simple cross pinned to the left shoulder. Their mission is as she would say when she accepted the Nobel Peace prize: "to care for the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone."

With the help of Calcutta officials she converted part of the abandoned temple to Kali, the Hindu goddess of death and destruction into Kalighat Home for the Dying, where even the poorest people would die with dignity.

Soon after she opened Nirmal Hriday ("Pure Heart"), also a home for the dying, Shanti Nagar (Town of Peace), a leper colony and later her first orphanage.

Mother Teresa and the sisters continued opening houses all over India caring for the poor, washing their wounds, soothing their sores, making them feel wanted. But her order's work spread across the world after 1965, when Pope Paul VI granted Mother Teresa's request to expand her order around the world. Whether it was in Ethiopia feeding the hungry, the ghettos of South Africa or it was her native country Albania when the communist regime collapsed, Calcutta's Mother Teresa "the living saint" was there.

In 1982, at the height of the siege in Beirut she convinced the parties to stop the war so she could rescue 37 sick children trapped inside. Mother Teresa became a symbol to the poor and suffering. She was probably the most admired women of all time, received many rewards and prizes for her outstanding work and she used her reputation travelling all over the world raising money and support for her causes. Mother Theresa took many risks and she left us with this advice:

Life is an opportunity, benefit from it.
Life is beauty, admire it.
Life is bliss, taste it.
Life is a dream, realize it.
Life is a challenge, meet it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfill it.
Life is a sorrow, overcome it.
Life is a song, sing it.
Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is too precious, do not destroy it.
Life is life, fight for it.

Well, me hearties, the tide is in and now that Old Regrets is Forgiven and Forgotten, I, Captain Livealot will now weigh anchor and set off to sail the seven seas - farewell!

WHY NOT...

Have everyone turn up as fellow pirates or make pirate hats out of newspaper before the ceremony (while everyone is waiting to get started).

Use this in a Pirate themed camp and follow it up with a Pirate themed wide game on the Sunday.