





Vision and Commitment Sunday 'Sammy the Salmon' monologue

OK, you can do this. I got this feeling that I want to get home.

(Sings 'Can't stop the Feeling' by Justin Timberlake) 'I got this feeling inside my...'. No, no - this is no time to be singing Justin Timberlake! Come on, Sammy, you want to get home, you're gonna get home. What did they tell you to do? They said it's going to be hard. It's going to be hard because you're going to feel as though you're swimming the wrong way. You're going against the tide but you gotta keep going. You may get distracted by people like...

(Stops and signals to an imaginary fish swimming past) Oh, hey, Tommy! Tommy the Trout! How you doing? (to himself) I know I'm going the wrong way, but somehow this is the right way! Why can't I just go play with Tommy the Trout?

(Continues to 'swim') OK, I'm swimming. One fin forward, and back and back. OK, keep going... Oh look at that! There's a piece of dead wood. It just floats on by itself. It's so easy to float that way; how come I gotta go this way? But I don't want to be a piece of dead wood. It's so easy to float by, but no - I got to go the opposite way.

But I'm still not getting anywhere. OK, let's think about this. If you find you're treading in water, you got to go deeper. So - here we goooo!! (Sound fades out)

Wooow! Hey, it's so cold down here, but there's no tide. I can do this.

(Swims easily and happily) I can go swimming. I'm swimming! And it's just me and the deep blue sea. (Pauses) Erm - it's so lonely down here on my own. My buddies are up there going the other way and I'm just swimming in the sea going home. But it's not hard, I can do this.

(Swims to the left and to the right) Wow, I'm going left... I'm going right... what's going on? It's OK, it's just a stone - there have been stones before. You know you come out the other side, let's just keep going.

(Stops swimming, shocked) Wow what is this? I've reached the end. It's a great big waterfall in front of me! I can't go under it, can't go round it, I've got to go through it. If I







don't do that I can't get home. It's OK, I can do this, I just need a bit of faith. It's OK, it's OK... it's not OK! It's too much, it's too hard. It was OK when I was just swimming - a bit lonely, but just swimming. But I want to get home, so I know I've got to do this. It's hard, but I've got to do this.

(Looks around) Wow, hello there! Hey, there's more salmon. Hi guys! Maybe we can do this together. We're going to have a gooooooo! (fading out)

Did I make it? (Whispering) I think I made it! We all made it! (Rejoices) We did it! It was hard, but let's keep going. We're swimming, we're deep, nothing can go wrong, life is good! Wow, what was that? There's a mighty ripple. I'm going to go and investigate; you guys stay here. I'm going to go and see... Oh noo! There was a big hairy monster! It was a bear, wanting to gobble us all up. Let's goooo! (Swims frantically)

(Talks sadly) What do you mean? He got Salmon Sara? Oh no! This is all my fault, guys. I was distracted, I was tempted, I should have just kept going. You were following me, I had a responsibility and I let you down. I'm so sorry. I don't think I can keep going.

(Stops and looks to the other fish and starts swimming) What? You're right, we gotta keep going. We gotta get home. OK, we can do this, let's keep swimming, let's keep thinking about where we're going, let's keep swimming and we're gonna get home, we're gonna... Oh guys, we made it! We're home!