

## **KEEPING MY SISTER'S PAIN**

**SYNOPSIS:** A clinical counselor, hiding from dealing with her own demons spiritually and emotionally, decides to create a group counseling session for a small group of women who are all confessed Christians. Her stated goal is to help these women shift to living in an empowered and present place. Outside of her company's corporate setting, she is able to delve deeper into Christian and Biblical teaching, using them as tools of examination and strategy. What we learn, however, is Dr. Fowler, is perhaps a doctor writing her own prescription and hoping someone in the group will be bold enough to call her out and force her to be accountable to her own spirit.

**SETTING:** A conference room of some kind, with a side table with munchies and beverages that each of the women periodically visit. There is also a book shelf, and a desk. Throughout the play, the women work the space in the room, but largely stay in a center area which has comfortable side chairs and possibly a couch or love seat. The room is nicely decorated with floral arrangements, etc.

### **CAST:**

DR. FOWLER - A 40 something year old woman, very Afrocentric in her appearance, and very straightforward in the way she speaks. She does not allow her patients/these women to play victim. She has some unresolved relationship matters that force her to be driven, uber focused and almost unwillingly to accept love.

CATHY – About 28, is struggling with generational baggage and because she is, she seems to seek validation from various family members and it makes her uncomfortable with others who struggle in their lives. She is college educated. She is somewhat arrogant. She seems to be the most uncomfortable one in the group setting.

PAULA - About 45, raised 3 boys, yet feels unless she is taking care of others her life has no meaning, she is struggling to find her own place in life after her boys leave home and her husband dies. Has been struggling with alcoholism. Is quietly realizing that she never learned to love and be with her self and life's transitions have left her with no remembrance of self-esteem or divine power.

JAYLA – About 36, has so many hang ups about who she was - a former hooker and drug addict, and who she is meant to be and what she can accomplish, she uses women not responding to her in church in the way she thinks they should as a crutch. She is smart, intuitive and able to achieve more than she will shoot for.

LOIS – About 40, is a professional woman, an attorney and while she appears well rounded and holistically on top of life, she is stagnant and stuck when it comes to how to live. She seems to like to study people and society, almost as though she will find some clues to her through them. Was a stripper before going to law school and worked her way through law school stripping.