

THE SWALLOW AND THE FROGS

Live don't not just Exist

Jump Out Of The Well

Adaptation of a Spanish Audiovisual

Script by P. Ribes, s.j.

Intent of the Story and session

- ✓ *An easy, lazy and pleasurable life does not satisfy our human hearts*
- ✓ *There is more to life than just exist, eat, drink and sleep*
- ✓ *In life there has to be love, friendship, companionship, fun and frolic*
- ✓ *Have the courage to take command of your life.*

1 Introductory Session

- Meet the Participants
- Start with some uplifting songs and hymns. .
- Spend a some time in prayer;

2 Starter

THE STORY

Hidden in the woods you could find an abandoned well. The forest over it was so thick that the sun on its daily rounds could hardly peep into the well. From many years past, the well was inhabited only by frogs .

On a tree top near the well the swallows had built a nest. They swung from branch to branch, enjoyed the warmth of the sun and the scent of the flowers. In the meantime the frogs at the bottom of their gloomy well were only eating, drinking, idling, and croaking. All they were craving for was security and easy life. In their world there were no flowers, no bees, no scents, no colors, beauty! They were not living, just existing in the bottom of their well,

On a summer day, when the sun rays could peep through the thicket , a daring Little Swallow ventured into the well. Flying all over, she sung to the frogs a song of joy and freedom.

In her song, the swallow invited the younger frogs to live a better life , a happy life the joys of sunny days , of blue skies and warm afternoons . She praised the blessedness of love and of friendship in the world outside the well. . She exhorted them: "Come on leave the security of your well, come out to the light. Only then, you will find a fuller life `

The little frogs listened to her in wonder and amazement. Then, all of a sudden the "big frogs cut in and shouted "What are you doing, silly frogs, listening to fairy tales from this crazy swallow? What? Freedom? Joy? Love ? Warmth? Friendship? poo! What really matters in life is ease, , rest eating and drinking . . Do not take notice of this deceitful bird; she comes here to disturb our peace and to ruin our lives. Shut your ears

to her.! There are more important things in life than love, friendship and freedom”.

That night, the little frogs could not have a wink of sleep. They kept thinking of the Little Swallow and of her words. Next day, the younger frogs met secretly and argued like this: "Yes, the little swallow has to be right! There has to be more to life than just exist, eat, drink and sleep. Yes, we want that satisfying life of freedom and friendship the little swallow spoke to us. We do not want just to vegetate here at the bottom of this gloomy well!

Very soon there was a revolution in the well. The young frogs stood against the "big frogs" and after a painful struggle, they won the day. They left their dark and frozen well and began to enjoy the light of the day and the warmth of the sun, freedom and friendship. They were very grateful to the little swallow who had given them the inspiration and the courage to search for a better and fuller life!.

3. Points for Discussion

In small groups or all together.

1. What does the well signify? Explain.
2. Who do the "big frogs" stand for in real life?
3. Who do the "small frogs" stand for in life?
4. What were the values of the frogs living in the well? Mention them.
5. Were the frogs - big and small - aware of them? Why?
6. What did the little swallow do for the small frogs? Explain
7. Why did the big frogs try to stop the small ones from listening to the swallow?
8. When did the small frogs find that fullness of life and happiness the Little Swallow promised them?
9. Is there any similarity between what happened in the story of the swallow and the frogs and what is going on in our world today? Explain
10. Who does the "Little Swallow" stand for in life? Explain.
11. Are we aware of the petty and worthless values ruling our lives today? Why??
12. Mention some of the wrong or worthless values most common among us today?
13. Where and how did we imbibe them,? Explain
14. Have you ever met a "Little Swallow" in your life? Who was he or she? What did he or she do for you? Explain.
15. Have you ever been a "Little Swallow" to someone in your past life? Explain

4 Thoughts for an Input

- There is more to life than leisure, eat, drink and sleep
- Life has to be lived to the full in the company of others.
- Life is for joy not for gloominess.
- Satisfying only our bodily needs does not bring real happiness .
- Do not take for granted that the life you live is the best. It can be better.

- A life without friendship is not worth living
- Keep always trying for a more meaningful life. .
- By sheer routine, we settled ourselves in a colorless mediocrity
- Be satisfied with what you have, but never with what you are,.
- Do not try to imitate the other Joneses. Be your better self.
- Do not follow the crowds, lead them
- Do not be a coach be the engine
- To yourself be true
- Take courage to jump out from the well live confined you in.
- In life walk on your path, not on a rut.,

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