

# The "I Can't" Funeral

Give members a sheet of paper and have them write all their "I Can'ts". EXAMPLES: "I can't lose weight ." "I can't exercise ." "I can't do a program ."

Give them 5-10 minute to think and write.

Members who wish can share what they write but only voluntarily.

instruct them to fold the papers in half and bring them to the front. Have them place their "I Can't" statements into an empty shoe box. . put the lid on the box, Get a shovel .

Find a place outside to dig a hole. if you meet somewhere where digging is a problem use a can for burning or just shred the paper and do ceremony indoors.

They were going to bury their "I Can'ts"!

Place The box of "I Can'ts"

position at the bottom of the hole and then quickly cover with dirt. At this point Leader announces, Members , please join hands and bow your heads." quickly forming a circle around the grave, creating a bond with their hands.

Leader delivers the eulogy.

"TOPS Friends, we gathered here today to honor the memory of 'I Can't.' While he was with us here on earth, he touched the lives of everyone, some more than others. We have provided 'I Can't' with a final resting place and a headstone that contains his epitaph. He is survived by his brothers and sisters, 'I Can', 'I Will', and 'I'm Going to Right Away'. They are not as well known as their famous relative and are certainly not as strong and powerful yet. Perhaps some day, with your help, they will make an even bigger mark on the world. May 'I Can't' rest in peace and may everyone present pick up their lives and move forward in his absence. ."

As part of the celebration, t a large tombstone can be made from butcher paper. and write the words "I Can't" at the top and put RIP in the middle. The date was added at the bottom. The paper tombstone can hang in meeting every week as a reminder. .