

September 26, 2019

P.A.S.S. Meeting #5

Reminder:

- Sue Cornbluth is giving an excellent, practical workshop on November 17, 2019 from 11-5. Call 518-941-6316 or email brokenties3@gmail.com to register.
- It's ok to be passive/aggressive sometimes, especially when we've had so much aggression dumped on us. So if our kids say, "Don't ever say to me, 'I love you'", we can find other ways to express our love and thoughtfulness to them without being direct:
 - I was walking down the street and noticed.... And I started thinking of you.
 - I went to so and so's chasunah and I met.... And I was thinking of you.
 - I walked past ____ store and I remembered how you used to enjoy the ____ from this store. It made me think of you.
- Sadly, there are a number of rabbanim who are giving heterim to kids and telling them that they don't need to have a relationship with their parents and siblings. We need to make rabbanim and askanim aware of this by talking about it in the community. We also need lay people in the community to become aware of this so that this kind of abuse will not keep growing because of our silence.

Self-support strategies:

- Remember: Tzaddik V'Ra Lo, V'Rasha V'Tov Lo – perhaps we are suffering because we are tzaddikim.... Bad things happened to us NOT because we were bad parents. On the contrary, Tzaddik V'Ra Lo...
- Use imagery:
 - Imagine being in Gan Eden after 120 and being allowed to go down for a moment to Earth and thanking our kids for the tzoros and pain they caused us because now we have a beautiful spot in Gan Eden.
 - Imagine being in a lovely garden in Gan Eden and taking a stroll there. We then discover a tiny peephole through which we can peek into gehinom. Right there in gehinom are the monsters that caused the alienation and estrangement. We feel vindicated...
- One day we shall write a comedy book about all the stupid comments people say to us to try to be consoling.
 - "Yeah, you don't have a relationship with two of your kids, but at least you're still talking to the other four."
 - How would you feel if someone said that to you after you lost one of your limbs???
 - "Just 'reis kriyah' and forget about that child."
 - Did Yaakov Avinu ever stop crying about his Yosef???

Ideas for the Future:

- Programs and workshops by Ohel and other community organizations titled "Do you feel you have been alienated from your parents? Did you stop having a relationship with your parents at some point in your life? Repairing relationships after alienation or estrangement."

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- The community should have a center for Family Reunification and should advertise it on a regular basis.
- Nefesh International, Agudah, and OHEL should have speakers discussing this topic at their conventions for professionals, rabbis, and the larger community.
- Future group named “A.P.A.R.T.- Active Parental Alienation Reunification Team” focused on strategies to help parents and children reunite.

Resources:

- Guli Weinfeld runs a grandparent/parent alienation group. Call or text to join: 1 (917) 589-1836
- Sue Cornbluth is giving a workshop on November 17, 2019 from 11-5. Call 518-941-6316 or email brokenties3@gmail.com to register
- Book: Done With The Crying by McGregor M.A., Sheri
<https://www.amazon.com/Done-Crying-Healing-Estranged-Children/dp/0997352205>
- Book: When I got busy I got better by Al-Anon Family Groups
https://www.amazon.com/When-Got-Busy-Better/dp/0910034990/ref=sr_1_1?crid=RP2986WLSDV9&keywords=when+i+got+busy%2C+i+got+better&qid=1569549812&s=books&prefix=when+i+got+busy%2Cstripbooks%2C163&sr=1-1

Rabbinical and Professional Support:

- Exciting News: Rav Moshe Tuvia Lieff recently gave his rabbinical endorsement to Guli Weinfeld’s group! We need more rabbis to join.
- Rabbi and Mrs. Debbie Greenblatt would be great to get on board.
- Rabbi Moshe Weinberger would also be great to be supportive of our organization.
- Moshe Plotkin, LCSW is a therapist with a good track record of not encouraging alienation and being a rational and reasonable therapist, especially when kids are complaining about their parents. [\(347\) 756-4999](tel:3477564999)