

August 18, 2020

## P.A.S.S. Meeting #17

### **Topic: Accepting our situation and living life to its fullest**

What has helped you accept the alienation and move on? In what ways are you living life to its fullest?

#### **Accepting my situation:**

- At first, I thought that I'm the only one. But knowing that there are so many others experiencing the same problem made me feel less alone.
- Doing a 12-step program helped me accept the alienation. On the hardest days, it was easier to throw my problems up to Hashem.
- Being in this group and feeling less alone has helped me move on.
- I'm having faith and accepting that it's from Hashem.
- Acceptance is very difficult. It's very hard to watch children move farther away and blame parents.
- Time helped me accept the alienation.
- At first, not having my kids home was super painful. Over time, I started enjoying my freedom and the ability to use my time for personal and career development.
- The 12-step program I'm in helped me see that it's a spiritual journey. I'm connecting to my creator, having compassion for myself and my children.
- I've learned that alienation did not occur in a vacuum.
- I'm focusing on the things that I can and cannot change.
- Because of the publicity, I find there's less judgement.
- This group has helped me a lot to deal with this situation and to move on. I have good family support. I spend a lot of time processing this experience.
- When I cry, I know there are so many other people who are crying with me. Having a community was so important. Accepting the alienation has been a process.
- Davening for my kids, connecting to their rebbeim, and trying to find out how they are doing has made me feel more connected to them despite that they're not around.
- My sisters and brothers, my family members, nieces, and nephews have been wonderfully supportive. I give my abundant love especially to my nieces and nephews.
- I'm spiritual and I connect to Hashem.
- One side of my heart is achy and one side is beautiful. I give Hashem my achy side and I enjoy the beautiful side.
- I work on myself daily. Self-love, self-compassion, self-kindness...
- I remember "I AM ENOUGH."
- I do EFT. I say to myself, "Even if they reject me and abandon me, I still love myself."
- I write down my gratitude and victories. I'm a spiritual warrior. I help and give chizuk to people and give them encouraging words. I daven for others.
- I haven't been able to accept the situation. It's helpful to hear how other people are moving on.
- I learn spiritual books in the morning.
- I have HOPE which helps me move on. In positive moments, I remember how much I've grown from the alienation. I've become a less judgmental person.

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**Living life to its fullest:**

- I took art classes and I'm doing a portrait of my father. I also gave myself permission to throw out the painting if I don't like it.
- I go away for Shabbosim so that I have a life.
- I appreciate the little miracles in life.
- I made quick plans within a few hours and ending up going to Lake George to be as close to New Hampshire so that I can pick up my son from camp on Thursday.
- I decided to go to college and got my Associates Degree.
- When my kids left, I decided to fulfill my lifelong dream and go to graduate school. As of tomorrow at 10:30 am, I will officially be Dr...
- My dream is to be an advocate for alienated parents.
- I'm busy at work and I hardly have a minute to breathe. But it still doesn't take away the pain of not having my children around.
- I'm investing in my career, my own personal work.
- I'm learning to drive as I've wanted to do that for a long time.
- I'm remembering that I deserve to live, to be happy.
- My identity was wrapped up in being a mother. Now I'm finding new things to do that give me back positive feedback.
- I'm making new friends, being more open, sharing with people, becoming a better listener. I'm deepening my friendships and relationships.
- I'm continuing my volunteer work and staying in a bungalow colony which I enjoy.
- I live with some of my children so I'm busy with them. I have more time for the kids that are still with me. I put ALL the extra love in my heart into the kids who are with me.

**Ideas for having a fun day with our fellow group members:**

- Swimming pool
- Shabbaton in Brooklyn. Relli would host a meal...
- Kumzitz – Relli plays guitar. Perhaps we can do it in Lakewood.
- Bowling
- Dance party with lights and great dancing
- Game time: board games, Pictionary
- Paint party: (Rachel Antebi)
- Kanga dancing
- Baseball, machanayim
- Picnic
- Relay races
- Barbecue
- Inspirational speaker: Shimon Russel, Charlie Harary, YY Jacobson
- Taking a walk together
- Eating out dinner
- Debbie Baum, sing-alongs

See YouTube clips: "My Heart on My Sleeve" – I miss my son terribly.