

Week 3 - Monday Call - "SIMPLE BUT NOT EASY" - pgs 13 & 14

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Chevra

Do you feel it?

I know I do. It's that feeling that we are really moving out and into uncharted waters; exploring new places, new thoughts; trying on new feelings and attitudes - unlike any of us have seen or felt before!!

That's what's going on in our BBSGL&L. And I am so impressed with the growing openness and trust and confidence that I am seeing in the Group.

As we discussed today, I encourage "**all y'all**" to take a look at the beginning of the 5th perek of Bava Basra; especially with the help of the Art Scroll commentary. Where we learned today about "their journey on a Ship" (see - even 2,000 years ago, they had a Fellowship on a Ship!) "And how in their journey they saw a wave that could sink a ship" Thanks to the Gra, we know that the *sea* is this world; the *ship* is man's body, the *passenger* is his soul and the wave is the *yetzer hara*.

Thank G-d, we are all on a Ship that today gave over the following take away messages:

- Bill shares his Story at this point and we see how he is taking various Steps in the Program - all of them prefaced with a recognition that we have to "place ourselves unreservedly under His care and direction."
- How we must "face our sins and become willing to have G-d take them away"
- How we must fearlessly face our defects and make amends with people we have harmed.
- How we must pray to G-d, "not for myself, except as my requests bore on my usefulness to others"
- And then to carry this message to others.
- To maintain the **new order of things**, we must act **with humility and honesty**.

- In brief, we must use these tools as the ***antidote to our EGO*** - which we learned stands for ***EDGE G-D OUT***.

So please continue to join us on this amazing and life changing Journey.

***Keep coming back, because it WORKS, if you work it and you're WORTH IT!***

Duvid Chaim

PS - While you may have seen "Is Lust a Problem in Marriage?" from the GYE Daily Blast, it was so important that I wanted to make sure you saw it again. Please see Chizuk e-mail #620 on [this page](#)(scroll down). Thank you Boruch, moderator of the ["Back to Basics" phone conference](#)!!

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