

One Day at a Time

Posted by serenity - 07 Oct 2016 21:06

It's worthwhile to listen to the entire recording of Dov's pre Yomtovim talk that can be found here:

guardyoureyes.com/GYEFiles/MP3s/Dov/Dov%20-%20surviving%20the%20Yomim%20Noraim.mp3

It's pretty long and worth every second to me. There was one part I wanted to share about here and it can be found at the 77:10 point. Dov spends a few minutes talking about what "One Day at a Time" means to him. As is often the case with Dov, his explanation was nothing like what I would expect on that topic. He essentially explains that what he does "One Day at a Time" is his step 3 avodah and he beautifully explains that and ties it in to his Rosh Hashanah bakashos. If you have time to listen to the end that would be nice, but if you don't skip to the last few minutes for a beautiful bracha for a recovering addict. Please come back here and share your experience with that portion of the recording and how you think that approach might fit into your life.

I did write out the basic points in those 1st few minutes at 77:10, but I think it's worthwhile to listen to it. If for some reason you can't listen to it maybe somebody will volunteer to wrote it out.

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