

Kumzitz in the Holy Land

Posted by imtrying25 - 08 Dec 2009 16:48

We , imtrying25 and Uri, are trying to organize a kumzitz for all us Holylanders. I would of posted in annoucments but its locked. Ok im thinking next thursday night at around 6. Of course Uri will be there with his guitar to entertain us. Oh and by the way Guard and Mom are invited too. So if your interested please post here. Although we dont need a big crowd we still have to

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Re: Kumzitz in the Holy Land

Posted by imtrying25 - 21 Dec 2009 16:45

[ovadia wrote on 21 Dec 2009 14:24:](#)

feel its worthwhile. And maybe Guard can even work out a guest speaker for us.

I am not sure. I think like this. B"h I am still clean since I started the 90 days three weeks ago. I dread the day that I might fall, but if I do c"v then I will be able to speak about it with everyone. Now if I know everyone personally, I am sure that it is going to be much harder to be open about it. Maybe the first time c"v I will still be ok with it, but if c"v it happens again I am sure that at some point I will begin to be embarrassed, and then.....

Im not here to to say your feeling arent valid. But i will say; Embarresed?? Embarressed of what dude?? We are all in the exact same boat!!

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Re: Kumzitz in the Holy Land

Posted by silentbattle - 21 Dec 2009 17:10

I hear his point - it's embarrassing to look someone in the eye and admit that you fell, especially in this area...

But still, the support and relief you get from being able to do so is SO worth it!

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Re: Kumzitz in the Holy Land

Posted by Elya K - 21 Dec 2009 18:09

About 70 years ago a doctor and a drunk went to the famous Carl Jung and asked him what would it take

to take away the guilt and shame, the stigma and the hopelessness from drinking too much alcohol, raging

and then feeling bad about it later.

Carl Jung answered "let people get together in a group and tell their stories and when they are finished

telling their stories, do not criticize or give advice - just accept that person for who they are."

We are all in this together. The proven way to get better and heal is to literally speak the shame and

guilt out of your mouth and out of your body, similar to what we do on Yom Kippur at Viduy time. It

is difficult to admit your faults and falls in public AND THAT IS EXACTLY WHY WE MUST DO IT. We

co-dependent, addictive, compulsive, lonely souls must learn to fill up the gaping holes in our souls

with honesty instead of with acting out in our dis-ease.

What we hold in our bodies and our minds grows more powerful, like le'havdil a cancer, chas v'sholom,

and the more power we give it and let it grow the more it affects us negatively.. Rigorous honesty is

the key.

The power of the group concept cannot be overstated. Isolation and loneliness are our worst enemies

and our addiction's most treasured friend. And he reminds us constantly that our isolation will shield us

from having to be honest with ourselves and others. and this is the power our addiction has over us, until

we kill the obsession by talking about it.... about our feelings... about our loneliness.... and yes, about the

details of our acting out. Not in vague generalities like , " I did that m word thing" but actually saying it

and getting it out. Not necessarily here on the forum, but also in person.

Once I get to a certain point on this board it doesn't let me type anymore. Do you have this problem?

Elya

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Re: Kumzitz in the Holy Land
Posted by Kedusha - 21 Dec 2009 18:15

[Elya wrote on 21 Dec 2009 18:09:](#)

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Elya

I have the same problem on my home computer.

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Re: Kumzitz in the Holy Land

Posted by imtrying25 - 21 Dec 2009 18:16

[Kedusha wrote on 21 Dec 2009 18:15:](#)

[Elya wrote on 21 Dec 2009 18:09:](#)

Once I get to a certain point on this board it doesn't let me type anymore. Do you have this problem?

Elya

I have the same problem on my home computer.

Yes i do. I wonder if it has to do with my computer or the forum. :-\

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Re: Kumzitz in the Holy Land

Posted by TrYiNg - 21 Dec 2009 18:17

hey, i thought im the only one. I also do...

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Re: Kumzitz in the Holy Land

Posted by Kollel Guy - 21 Dec 2009 18:20

Yeah, I thought it was another vista defect.

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Re: Kumzitz in the Holy Land

Posted by Kedusha - 21 Dec 2009 18:22

[Kollel Guy wrote on 21 Dec 2009 18:20:](#)

Yeah, I thought it was another vista defect.

That might be right. At home, I have Vista and, at the office, I have XP.

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Re: Kumzitz in the Holy Land

Posted by imtrying25 - 21 Dec 2009 18:23

[Kedusha wrote on 21 Dec 2009 18:22:](#)

[Kollel Guy wrote on 21 Dec 2009 18:20:](#)

Yeah, I thought it was another vista defect.

That might be right. At home, I have Vista and, at the office, I have XP.

Ive got Vista too. Bad vista.

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Re: Kumzitz in the Holy Land

Posted by Kollel Guy - 21 Dec 2009 18:24

[Kedusha wrote on 21 Dec 2009 18:22:](#)

[Kollel Guy wrote on 21 Dec 2009 18:20:](#)

Yeah, I thought it was another vista defect.

That might be right. At home, I have Vista and, at the office, I have XP.

So do u only have the problem on your vista?

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Re: Kumzitz in the Holy Land
Posted by Kedusha - 21 Dec 2009 18:26

[Kollel Guy wrote on 21 Dec 2009 18:24:](#)

[Kedusha wrote on 21 Dec 2009 18:22:](#)

[Kollel Guy wrote on 21 Dec 2009 18:20:](#)

Yeah, I thought it was another vista defect.

That might be right. At home, I have Vista and, at the office, I have XP.

So do u only have the problem on your vista?

Correct.

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Re: Kumzitz in the Holy Land

Posted by habib613 - 21 Dec 2009 18:29

i only have the problem on the work xp.

at home, vista works fine.

didn't know everyone had this prob

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Re: Kumzitz in the Holy Land

Posted by Kedusha - 21 Dec 2009 18:34

[habib613 wrote on 21 Dec 2009 18:29:](#)

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didn't know everyone had this prob

That sounds like Vista is not the problem.

A workaround is that, when your post gets long, cut and paste it to a document (Word, WordPerfect, etc.). Then type the rest of your post. Finally, copy and paste the earlier text from the document to your post.

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Re: Kumzitz in the Holy Land

Posted by Kollel Guy - 21 Dec 2009 18:35

[Kedusha wrote on 21 Dec 2009 18:26:](#)

[Kollel Guy wrote on 21 Dec 2009 18:24:](#)

[Kedusha wrote on 21 Dec 2009 18:22:](#)

[Kollel Guy wrote on 21 Dec 2009 18:20:](#)

Yeah, I thought it was another vista defect.

That might be right. At home, I have Vista and, at the office, I have XP.

So do u only have the problem on your vista?

Correct.

[habib613 wrote on 21 Dec 2009 18:29:](#)

i only have the problem on the work xp.

at home, vista works fine.

didn't know everyone had this prob

That means it has something to do with our individual settings, nothing to do with vista.

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