

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

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Re: Home of Gibbor120

Posted by gibbor120 - 12 Sep 2011 14:18

I saw a great quote recently.

"Don't tell Hashem how big your problems are. Tell your problems how big Hashem is."

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Re: Home of Gibbor120

Posted by gibbor120 - 12 Sep 2011 14:38

I don't see too many people giving money to GYE. I posted this recently

[www.guardyoureyes.org/forum/index.php?topic=4466.0.](http://www.guardyoureyes.org/forum/index.php?topic=4466.0)

C'mon guys, circle the wagons, or monster trucks, whatever, just GIVE!

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Re: Home of Gibbor120

Posted by ZemirosShabbos - 12 Sep 2011 17:48

[gibbor120 wrote on 12 Sep 2011 14:18:](#)

I saw a great quote recently.

"Don't tell Guard how big your problems are. Tell your wallet how big Guard's bills are."

is that what you meant?

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Re: Home of Gibbor120

Posted by gibbor120 - 12 Sep 2011 17:59

[ZemirosShabbos wrote on 12 Sep 2011 17:48:](#)

[gibbor120 wrote on 12 Sep 2011 14:18:](#)

I saw a great quote recently.

"Don't tell Guard how big your problems are. Tell your wallet how big Guard's bills are."

is that what you meant?

Another winner!

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Re: Home of Gibbor120

Posted by obormottel - 12 Sep 2011 20:13

[gibbor120 wrote on 12 Sep 2011 17:59:](#)

[Zemiroshabbos wrote on 12 Sep 2011 17:48:](#)

[gibbor120 wrote on 12 Sep 2011 14:18:](#)

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I don't get it.... did you mean that?

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Re: Home of Gibbor120

Posted by gibbor120 - 12 Sep 2011 20:21

[obormottel wrote on 12 Sep 2011 20:13:](#)

[gibbor120 wrote on 12 Sep 2011 17:59:](#)

[ZemirosShabbos wrote on 12 Sep 2011 17:48:](#)

[gibbor120 wrote on 12 Sep 2011 14:18:](#)

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is that what you meant?

Another winner!

I don't get it.... did you mean that?

no, but it's a great idea anyway.

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Re: Home of Gibbor120

Posted by gibbor120 - 13 Sep 2011 14:59

Here's a nice article by Rabbi Avi Shafran.

[G-d Positioning System](#)

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Re: Home of Gibbor120

Posted by gibbor120 - 13 Sep 2011 15:13

I was just reading [GYE Wisdom From Rebbe Nachman](#). It says there...

But what is the antidote for the person who feels so heavy, so depressed, that no words of encouragement or advice have any effect? To the one who feels he has reached the end of his rope ... feeling so low and discouraged about himself that he can only term himself "dead."
Rabbi

Nachman throws a lifeline: He stresses the statement of the Gemara that in the future, Hashem will resurrect the entire body through a certain bone known as the "Luz". Invisible to the eye, the Luz defies destruction. Placed on a stone and pounded repeatedly with a sledgehammer, eventually the sledgehammer will break in two and the stone will shatter into a thousand pieces -

but the Luz will remain intact and unharmed. "Thus we see," says Rabbi Nachman, "that no matter how low a person has fallen, there exists an indestructible part in him, that can form the basis for a new resurrection - a new life."

Focus on your Luz , advises Rabbi Nachman. Ask HaShem to help you find that indestructible part, that essence of yourself that no sin or misfortune can erase. Bind yourself to it. Concentrate

on it. Allow it to gladden you and make you happy. Then, even if you find yourself in the deepest,

darkest pit without the slightest trace of hope or light - still, you will always find your way out.

I thought this was very interesting since many people here have said that Motzei Shabbos is the hardest time for them. I know that I can feel down on motzei shabbos. We even use besamim because of this sadness. It's interesting that melaveh malka is supposed to nourish the luz bone.

Something to think about.

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Re: Home of Gibbor120

Posted by ZemirosShabbos - 13 Sep 2011 15:43

for elaboration on this idea see Likutei Moharan 1:282

another idea for Motzei Shabbos, especially in the winter when it's long. make a really nice seudah. set the table. prepare some cooked food. light candles. prepare a good story to tell the kids. make some hot cocoa, tea, coffee (decaf), soup or lemonade. pass around some zemiros booklets and rock the house. (learn some good songs if need be). all this is prescribed by the Shulchan Aruch. it's an opportunity for a beautiful mitzva, and it can keep you out of the doldrums.

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warm (food/drink/bath) on motzai shabbos brings healing (*Gemara*)

R' Yisrael Rizhiner zy"a

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Re: Home of Gibbor120

Posted by gibbor120 - 13 Sep 2011 15:47

When I see that someone's been in my house, there's a good chance that it's zemmy.

Thanks for stopping by!

Hey, maybe we could have a GYE melaveh malka. The days are getting shorter. I would love to sing those zemiros with you.

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Re: Home of Gibbor120

Posted by gibbor120 - 13 Sep 2011 16:09

[Excerpt From Rabbi Frand](#)

Our Sages tell us that after the destruction of the Temple, "all the Gates (which prayers travel through) were closed, except for the Gates of Tears"[Bava Metzia 59a]. It is much more difficult for our prayers to penetrate the Heavenly Court after the destruction of the Temple. But there is one Gate that remains open -- the Gates of the Tears.

It is said that the Kotzker Rebbe asked: if the Gates of Tears never close, then what is the purpose of the Gates? A gate implies that some get in and some do not. He answered that tears of desperation don't get through. **When a person cries because he feels he needs the help of G-d, when the tears represent the innermost and purest of a person's thoughts ('the sweat of the soul') those tears have terrific power.** But not if they are tears of helplessness and hopelessness -- those tears don't get in and that is why the gates are necessary.

(emphasis mine)

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Re: Home of Gibbor120

Posted by gibbor120 - 13 Sep 2011 16:29

Heard from Rabbi Akiva Tatz

Omdim tzefufim umeshtachavim revachim

When we stand up - meaning we are prideful - we feel crowded by everyone else. They are a bother to us.

When we bow down - meaning we are humble - then there is plenty of space for everyone. We can all live happily.

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Re: Home of Gibbor120

Posted by gibbor120 - 14 Sep 2011 04:34

Here is a great story from Rabbi Frand. It's about 6 minutes. Hashem will always take us back!

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Re: Home of Gibbor120

Posted by gibbor120 - 14 Sep 2011 04:36

Here's another great story this time from Rabbi Pesach Krohn. It's about 8 1/2 minutes. If you don't think that what you do is important, listen to this!

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Re: Home of Gibbor120

Posted by gibbor120 - 14 Sep 2011 04:38

If you are not moved by at least one of the above clips - please check your pulse to make sure

Let me know how you like them.

g120

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