

Thank you Hashem

Posted by ur-a-jew - 07 Sep 2010 17:24

Ahh what a feeling. 90 days. Thank you Hashem for sending me here and walking me along, to Guard for setting up the site and to all the wonderful members for giving me chizuk and advice all the way. I started writing this post after just being on the site for two weeks but it somehow got deleted and then I kept pushing it off. I figured once I got 90 days I would just write a whole long megilla as to what the GYE community means to me.

1. I once met a chasuva balabus who works with at-risk kids and he told me over a conversation he once had around Yom Kippur with one of these kids. He was telling the kid that on Yom Kippur we can do teshuva and our aveiros become zechuyos. The kid turns to him and says you explain to me how the XXX movie I just watched will be a zechus. The balabus turns to me and says I didn't know what to say but Hashem put the following in my mind which I told the kid. He said, I'll tell you. Because you're going to resole to change and you're going to become better and work on raising a jewsih family and you're going to meet a kid like you where who feels they were hopeless. At that point you'll tell the kid, never lose hope, you can never sink too low. I also saw the shmutz that you saw, I saw the same XXX movies, but look I was able to turn around. At that point says the balabus you'll understand how that XXX movie can be a zechus. The message hit home and the kid went on to change. All I can say is that there are a lot of interesting and unique "zechusim" on this site.

2. I've learned how to grow in Ahavas Yisroel. Just like the addiction does not discriminate neither does the site. All walks of yiddishkeit are here and the camaraderie that is displayed is trully remarkable.

3. My tefillos have improved. There are a lot of people to thank for this. Most promenantly is Dov who has encouraged me to talk to Hashem on a regular basis. Just two days ago, Jooboy wrote me something which gave me a tefilah that I now add. Hashem give me the ability to place my trust and my dependance only in You and not in any human including my wife.

4. I realize I am not alone.

5. I have hope. In the back of my mind I also had this fear that I had completely ruined my chances to be mekabel pnei moshiach and for olam haba based on my actions. Would I ever really be able to do teshuva. The site tells me that although it is hard work (as could be expected given the reward) teshuva is possible. It really is possible to stop.

6. The 12 Steps. In the past as part of my efforts to stop. I had always looked into ways to online SA meetings. It never worked in large part because I could not relate to any of the people that were members. Here I feel that I am amidst family since we are all bnei av echad. B"H I am making my way through the steps.

7. The knowledge that sex is optional. This is a hard one. But I am grateful for the knowledge and one of these years I hope to be truly able to implement it in my life.

8. Making shemiras einyayim part of my conscience. I can proudly say that for the past 90 days I have not picked up a New York Post or a New York or New Yorker magazine, all of which were part of my daily or weekly routine since they are readily available in my office. I have come to realize I don't need them and the potential triggers they bring with them.

9. A filter. After years of just saying I need one I know have one both in the office and at home.

10. No facebook. This was probably my biggest michshal in the past year. What a wonderful feeling when I click on a link that directs me to facebook and K-9 comes up to block it.

11. No youtube. Another source of anguish consumed by the canines.

12. A garden of peace. I found this book here. And anyone who has read it knows what I mean. Anyone who hasn't, what are you waiting for.

13. A better marriage. When I don't have all the baggage, things necessarily are better.

14. The daily chizuk emails, all three of them. Even if I don't always get to read them. There is a certain comfort knowing that they are there just for the looking. There is a noticeable absence when Guard is away.

15. The GYE Handbooks.

16. Virtual meetings.

17. Google chat to know that someone can check on me and the ability to offer chizzuk to others.

18. Rather than mention names and mistakenly leave someone out. I appreciate everyone who has helped me along this journey. You all know who you are. I hope to continue with you all to the next level.

My list can go on and on (and I hope to continue it but I got to work a little today). My tefillah to Hashem is that I recognize that this first 90 days is just a stepping stone along the path and that I merit to continue to stay sober day by day, and that I not forget that I was never able to do this alone so I should never think of moving away from the site and the wonderful people that I have met and continue to meet here.

Ksiva V'Chasima Tova to all.

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Re: Thank you Hashem
Posted by Dov - 06 Feb 2011 05:28

So far it looks like the Shabbos right before R"C Adar Beis, iy"H...and the oilam is invited.

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Re: Thank you Hashem
Posted by Yosef Hatzadik - 07 Feb 2011 17:55

Storytime!!

Rav Dessler Zt"l walked into the Gateshead Kollel Harabonim one morning and informed the first person whom he encountered, "I quit smoking today."

The man wondered why he was being told this information. His amazement increased when he saw the great Rav Dessler walking up to a few other people and making the same pronouncement. Finally, one of the Kollel members gathered his courage and questioned what is the purpose of sharing this information with them?

"It is now my fourth time that I am stopping to smoke!" was the Mashgiach's reply.

"Rav Dessler was a Baal Mussar. He was using one midah to fight another. He was using his Gaavah to help him permanently cease from lighting up again. Now that everyone around him knows, his pride won't allow him to smoke anymore." Such was the commentary that I heard on this story.

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Re: Thank you Hashem

Posted by ur-a-jew - 08 Feb 2011 16:47

Being swamped at work, the usual financial woes, B"H upcoming simcha, cleaning lady quitting, kid issues and sheer exhaustion are all ingredients in the recipe for major RID. At the suggestion of one of the guys (you know who you are) I made up with my wife to have a 10 minute nightly tea time so we can catch up and she can feel like she's not being neglected.

Hope it will work out. But the suggestion alone made my wife happy so I am thankful to Hashem and GYE for that. Makes me want to sing.

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Re: Thank you Hashem
Posted by Yosef Hatzadik - 08 Feb 2011 22:11

Can we sing along?

^Tra L^a L^{aa} La_{aaa}

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Re: Thank you Hashem
Posted by ur-a-jew - 08 Feb 2011 22:22

We only sing Zemiros Shabbos on this thread.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 08 Feb 2011 22:26

do you know this song:

ki nafal**tea** kam**tea**, ki aishaiv bachoshech hashem ohr li?

p.s. don't forget the crumpets

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 08 Feb 2011 23:12

[Yosef Hatzadik wrote on 08 Feb 2011 22:11:](#)

Can we sing along?

^{rr}ra-^ll-^{aa}La_{aaa}

^{Mei}ein O^{lam} H^{aa}bb_{aaa}

Any better?

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Re: Thank you Hashem

Posted by Dov - 09 Feb 2011 01:14

Please stop this stuff. My children are getting annoyed with my weird singing as I follow along with your b^um_p^y w^od_rs!!

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 09 Feb 2011 01:46

[ur-a-jew wrote on 08 Feb 2011 22:22:](#)

We only sing Zemiros Shabbos on this thread.

We all LOVE **ZemirosShabboss!!!**

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Re: Thank you Hashem

Posted by ur-a-jew - 09 Feb 2011 23:41

[ZemirosShabbos wrote on 08 Feb 2011 22:26:](#)

do you know this song:

ki nafal**tea** kam**tea**, ki aishaiv bachoshech hashem ohr li?

Okay so last night was nafal**tea** or no-tea. I feel like I was lucky to make it out alive. The stress-level is building in the house. Fortunately, I finished one of the projects I was working on so maybe things will mellow a little, but the major project is still in full force.

What I noticed today is that it seems that alot of guys here these days are stressed out. Some are skidding on ice, others crashing and other with near misses and alot of RID and street. Now

it can either be just a symptom of if you buy a blue car you start noticing that everyone else has blue cars. So since I'm stressed out myself I notice everyone else that is too. But I have a different theory, that in fact more people are stressed out and it has to do with Adar. It's like Erev Shabbos. There is so much to be gained spiritually from Shabbos that the Yetzer hora works in overdrive to get us down on Erev shabbos causing us to miss the opportunities of Shabbos. Adar is a time for simcha, and therefore it is time for extreme spiritual growth. There is a reason that Yom Kippur is Yom KiPurim. The Yetzer Hora is therefore intense on preventing us from taking part in that simcha, hence the increased RID these days. Hashem please help us out and don't let the yetzer hora succeed. Thank You.

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Re: Thank you Hashem
Posted by Dov - 09 Feb 2011 23:59

Lets let go of 'getting' anything out of Shabbos, Adar, Purim, or anything this year. Instead we can be concerned only with what we contribute, even if it means that we gain nothing spiritually at all, have no schar from any of the mitzvos we do, and feel no simcha from it, at all. Zero.

Try it. Go all the way with it with no expectations. It's a different avodah. A bit nearer to liShma, as far as I am concerned. So there. :-*

These things are all opportunities for becoming pipes for Hashem's hashpo'oh to His people and His world. That's not so bad.

And it is *much* more fun than being one of the 'main players'...especially just in our *own* heads!

"We are just bozos on this bus" - Firesign Theatre

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Re: Thank you Hashem
Posted by 1daat - 14 Feb 2011 03:25

Dov, A few days ago I bought a poor old lady a meal. I knew I was in trouble immediately when the back patting started. I know, I know, do the mitzvah anyway.

I'm an addict. Look at me, still salivating over being so generous.

Do I get to be on the hundred greatest Anavim thread?

There's no "get"-free giving for me yet.

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Re: Thank you Hashem
Posted by Dov - 15 Feb 2011 04:03

Join the club, join the club.

But this is the point, and avodah in yiddishkeit is *filled* with this idea:

Just cuz you are not holding by something is no excuse not to keep walking in that direction. If you *keep walking in the right direction* you will get somewhere. If you stop walking, you will get nowhere, no matter *why* you are stopping.

That's *humble* progress.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 15 Feb 2011 19:38

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a-jew wants to know where **u r...**