

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 ur-a-jew - 07 Jul 2011 18:52

From the Medrash Talpios, the lesson of the 24,000 widows from Shevet Shimon, as a result of the ??????????:

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In other words, one geder to watch yourself from lust is not enough. And lust can cause the destruction of families and the loss of parnasa. Hashem should save us.

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Re: Thank you Hashem

Posted by ur-a-jew - 11 Jul 2011 18:48

It is well known that a segula for health is to say Asher Yatzar with kavanah. Presumably this is because when we show gratitude to Hashem for what he has given us, He allows us to enjoy these things to their fullest. What we may not realize, however, is that hidden in ??? ??? is a tefillah for shemiras eiynayim as well. One of the praises in ??? ??? is the fact that we are created with many openings (?????), the ?????? writes that among the openings that we are praising Hashem for are our eyes and the eyelids that accompany them:

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In other words, when we say Asher Yatzar, included in our praise to Hashem should be the fact that Hashem gave us a built-in tool to help us Guard our Eyes. No doubt that if a person keeps this in mind during the many times during the day that he recites this brocha, Hashem will assist him in ensuring that the tachlis his eyelids were meant to serve will be carried out.

Thank You Hashem for giving me the tools to Guard my Eyes.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 11 Jul 2011 21:38

thank you for sharing that great idea

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Re: Thank you Hashem

Posted by ur-a-jew - 12 Jul 2011 22:18

Life Lessons from a Donkey:

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It happens to all of us. We want, expect, desire something from our wives, and they just don't do it. We have two choices, we can get upset, think they don't understand us, don't love us, don't take the time to think about us, **or** we can take the advice of a donkey and give them the benefit of the doubt: I take care of you during the day, run the house, take care of the kids, I've been there for you all these years, I haven't put you in danger. And that's not all ?????? ?????? -- I give you sex at night (????? ??? ?? ?,?) (even at times when it's not natural since I didn't desire it) -- do you think I am doing this without reason? There very well maybe a very good explanation for this, which you are just blind about.

(and if you're wondering why, if there is such a good reason, I just don't say it ----- it would take
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Re: Thank you Hashem

Posted by Yosef Hatzadik - 13 Jul 2011 14:43

Great (but a bit sad) point made!!!!

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Re: Thank you Hashem

Posted by 1daat - 03 Aug 2011 04:31

I hope your wife knows how well you "get it". Beautiful vort.

Asher Yatzar will never be the same. Thank you for that.

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Re: Thank you Hashem

Posted by ur-a-jew - 05 Aug 2011 19:49

I went to see a client today and I had to wait for him to arrive. I didn't have my cellphone, access to a regular phone or a sefer or anything. Basically, it was myself with a pad and a pen. I thought to myself what can I do. So I figured I would make a list that went something like this.

Hashem created me. A complete act of chesed since He was under no obligation to create me.

Hashem gave me a functioning body. It has

Working eyes -- there are people that are blind

Working ears -- there are people that are deaf

Working nose -- there are people that can't smell

10 fingers -- there are people that have less or none

10 toes -- there are people that have less or none

Working mind -- there are people that are mentally not well

Working lungs and respiratory system -- there are people that need a machine to help them breath

Working stomach and digestive system -- there are people that need a machine to help them process their food

Working legs and the ability to walk -- there are people that are lame

Working mouth and the ability to talk -- there are people that are mute

Working mouth and the ability to eat -- there are people that need a feeding tube

Hashem gave me shelter -- throughout my life I have had a home

Hashem made me a Yid -- I didn't have to be created a Yid, it gives me the opportunity to get close to him and a sense of purpose

Hashem gave me a Family -- there are people that are orphans, there are people that have no children

Hashem gave me friends -- there are people that are social outcasts

Hashem gave me a job -- there are people that are unemployed.

These all relate to my own personal space and it doesn't even get into the gift of the greater world around me. It also doesn't get into the chochma of each of these individual things. But the magnitude of the kindness is unfathomable.

And then my client came in.

It pays to have some solitude every once in a while.

Thank You Hashem for all the Brocha in my life and for the ability to contemplate it and to thank you for it.

Good Shabbos to all.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 08 Aug 2011 16:10

beautiful!

(if you ever start a newspaper or a magazine, please subscribe me)

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Re: Thank you Hashem
Posted by ur-a-jew - 08 Aug 2011 18:12

A thought for Tisha B'Av. The Gemara in Kesubos (??,?) recounts the following incident:

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Part of our difficulty in appreciating the severity of the churban and the significance of Tisha B'av is that we sit in America with access to every conceivable amenity. Thus, unlike in generations past we don't feel like we are have any connections to being handed over to an

Thank you Hashem for giving me the opportunity to be a part of this wonderful chevra.

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9 / 11

Earlier in the summer I had a little sex argument with my wife (I.e., I felt "entitled" she knew I wasn't) which put me in a bad mood. We were on our way somewhere and being in a bad mood I was driving faster than I should have. Hashem sent me a message pretty clearly when I got pulled over by a cop. I knew right away that it was a message from Above telling me don't for a second think you're right. So today was judgment day and I guess having hopefully rectified the situation I got off pretty painlessly. Thank You Hashem for the original message and for the favorable outcome.

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Re: Thank you Hashem

Posted by gibbor120 - 18 Aug 2011 15:13

[ur-a-jew wrote on 08 Aug 2011 18:12:](#)

???? from my good from Zemiros Shabbos. According to this pshat it is ????? why it was the gemara says ????? ?????? ???? ???? ????? ?? ??????. The gemara in Kiddushin (??,?)says: ?' ???? ???? ???? ?????? ???? ???? ??????

Yeah, it's funny these terrorists are super makpid about "tzniyus" and they are all found to have

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Re: Thank you Hashem

Posted by Dov - 18 Aug 2011 16:47

Thanks so much for sharing that here, UAJ. I feel it is so important to help us all remember that this business is not about perfection or looking good, but all about real living. And real life is not always so pretty.

Along those lines, I want to share here that I davened shacharis at home today and hate when

that happens, but was simply up too late a few nights in a row. It makes me feel yuchy when I am late to shul , and even yuchier when I daven at home. Nu. KOT, right?

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Re: Thank you Hashem

Posted by ZemirosShabbos - 18 Aug 2011 19:22

Seems like UAJ got a little carried away with all the talk of keeping on trucking. maybe we

Dov, you teach us all what living honestly and humbly means and we are very fortunate to have you ?????? ???? ??????

should post speed limit signs and write that they apply to Monstuh' Truckers too
ps. a little birdie told me that if you ask Guard or one of the moderators they will allow you to open a thread dedicated to "Dov's Trucking Triycling Recycling Baby-Stepping Progress".
hopefully UAJ will continue hosting you for weekends and for Chanukah break on his thread

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