

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 - 16 May 2014 21:38

Thoughts on Parshas Bechokosai

Nomophobia or NoTophobia - The choice is yours

All of us are familiar with Rashi's explanation of the words ?? ?????? ???? that the Torah is

demanding of us ????? ??????. In an age when the distractions in life are at its peak, let alone the distractions from ???? and certainly from ????? ??..., being an ??? ????? almost seems like an impossible and unattainable goal. But it is precisely in today's day and age when the distractions from ???? are so great that ????? ????? is attainable.

Rav Dessler says a ???? that one of the principles on which the world is run is ?? ????? ?? ??? ??????. For every force for bad that there is in this world there is a countervailing force of good and vice versa. What that means is that if there is now a concept of nomophobia (the fear and anxiety associated with not having your mobile phone) then notophobia (the fear and the anxiety associated with not having Torah at your fingertips) should be at its highest. The only question therefore is how does one move from nomophobia to notophobia.

I believe that one solution is to go back to basics and I'd like to pose a challenge to anyone who is reading this. Just like most of us wouldn't think of going anywhere without our phones we should work on not going anywhere without our Torah. And the answer is not by putting Torah onto our phone. As Rav Reuven Feinstein observed, the possuk says ???? ?? ??? ??? we should write the Torah on the tablet of our hearts not on our mobile tablets. One suggestion is by learning ?????? ??? ??. Start with something simple like the first ??? of ????? ???? and build from there. If you stick to this challenge you will be amazed at how life transforming this can be. For example, now when you are waiting on line with nothing to do you don't have to reach for your phone, instead you can learn a mishna or two and gain eternity.

Best of all unlike you phone you don't have to worry about the battery dying. So long as your breathing your Torah is there and you can be learning. There are other benefits as well. Many of us have minds clouded with the shmutz that we've been looking at for years and years. At downtimes these thoughts have a way of creeping into our mind. Now we can change the channel and subject. Thought pops up just start learning right where your standing. Consider it like a dishwasher for your brain.

So the next time your standing talking to yourself and someone asks you is everything okay? Just say "I'm alright it's just notophobia." Try it today!

Thank you Hashem for the brocha in my life. A wonderful Shabbos to all.

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Re: Thank you Hashem

Posted by ur-a-jew - 17 Nov 2014 23:24

I was able to go to the last day of the Agudah Convention and one thing I heard struck me. The speaker was discussing the matzav in Eretz Yisroel and the unfortunate "need to look left and

right" when on the street for example at a bus stop making sure there was not c"v some terrorist crazy poised to attack.

I don't profess to know why Klal Yisroel is suffering from this particular tragedy now. I do know as the speakers said we have an obligation to partake in the tzorahs of acheinu bais yisroel, a particularly difficult task when we are thousands of miles away and "seemingly" not effected by it.

One thing however, I was thinking that we can do and which I have no doubt will help. If we are extra careful a what we "look at on the left and right" when we walk down the street, perhaps in that zechus it will help divert disasters from our brother, sisters and children in Eretz Yisroel as they walk down the street.

Thank you Hashem for another day and for bringing me back to the site.

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Re: Thank you Hashem

Posted by ur-a-jew - 27 Mar 2015 20:04

Chazal say "Ain Paraniyos Bah Lolam Eleh Bshvil Yisroel." I was thinking what message could Hashem be sending me by causing some copilot in Europe to crash a plane with 150 innocent passengers into a mountain side killing them all. I don't profess to know the ways of Hashem but a thought occurred to me. People are wondering how it could happen that someone will lock the world out and kill innocent victims but the reality is that we do it all the time. We lock ourselves into our room thereby shutting out the world and then we descend into the abyss. Too often the result can be not only crash landing our own lives but bringing down our innocent families as well. If only we would unlock the door and let in help, a catastrophe can be avoided and many people would be alive.

We can't bring back the people that were killed but we all (hopefully myself included) can hear at least one of the messages and bring about a positive change from this disaster.

Thank You Hashem for giving me a place to open the door to.

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Re: Thank you Hashem

Posted by SamJoe - 27 Mar 2015 20:09

Wow! Nice lesson, I'm definitely happy to finally be and to open the door...

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Re: Thank you Hashem

Posted by ur-a-jew - 13 Oct 2015 21:29

Thoughts on Parshas Breishis

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I saw a wonderful vort this week. The Torah describes how after Lemech killed Kayin and Tubal Kayin his wives refused to have sex with him and he argued to them that he should not be punished for the accidental deaths he caused using the following kal v'chomer: ?? ??????? ?????-??? ????? ?????? ??????. If ??? only got punished after 7 generations then I who acted unintentionally should not be punished for multiple 7 generations later. Rashi explains that Lemech's kal v'chomer was a foolish kal v'chomer since it would mean no one would ever get punished. Reb Nissim Alpert asks that if in fact it was a foolish kal v'chomer why is the Torah recording it. Answers Reb Nissim Alpert that Lemech was a very smart person. It was no accident that his 3 children were major innovators in all aspects of the world, cattle raising, metal works and music. If that's the case how could Lemech come to make such a foolish kal v'chomer. Explains Reb Alpert the Torah is coming to teach us the effect that lust can have on a person. A person can be a genius but when lusts kicks in, all the brains in the world go out the window.

The solution is that when we are under the influence of the lust drug our own judgment is useless and we have to turn to others, which is why I am grateful for GYE.

???? ????? ????

There ?????? makes an important point. After the RBSO accepted Hevel's korban and not Kayin's Hashem came to Kayin and gave him a pep talk. The ?????? elaborates on the statement "why are you so down?" Says the ??????:

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Says the RBSO the past is the past you cannot change it. BUT the future can be fixed and if you can fix it don't get down just work on fixing the problem for the future.

Thank You Hashem for a wonderful place like GYE

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Re: Thank you Hashem

Posted by Shivisi_Hashem - 24 Apr 2017 23:36

[ur-a-jew wrote on 11 Oct 2013 19:51:](#)

Thoughts on Parshas Lech Lecha

I saw the following story this morning and I was wondering what lesson is there in it.

Man who appeared in court is legally dead, judge says

An Ohio man who appeared in court on Monday is legally dead, a judge has ruled.

Donald Eugene Miller Jr. was declared dead in 1994, eight years after he disappeared from his home in Arcadia, the Courier reports. On Monday, Judge Allan Davis of Hancock County said Miller is still legally dead because a death ruling cannot be changed after three years have passed. UPI and Yahoo News noted the story.

Miller, 61, told the court he was an alcoholic and he left town because he lost his job and he was unsure what to do. He wants to reverse the death ruling so he can get a driver's license and reinstate his Social Security number.

Miller's former wife, Robin Miller, opposed Miller's attempt to reverse the ruling. She has been receiving Social Security death benefits for her children and she says she can't afford to repay

the money.

The Torah concludes last week's Parsha by stating that **???? ??? ????.** Rashi explains that Terach had not really died, he was just legally dead in the eyes of the Torah. **????? ???? ?????** **?? ??????? ?? ?????? ?????? ????.** Yet, let say this legally dead person wants to come back to life. In the United States it appears he cannot. But the Torah is different. Hashem gave us a gift called Teshuva and it allows us to be Mechaya ourselves. Indeed, the Torah tells us that this is precisely what happened with Terach. The Torah tells us in this week's parsha that Hashem promised Avrohom **???? ???? ?? ?????? ?????,** explains Rashi Hashem informed Avrohom that Terach his father did teshuva. He may have been legally dead before but he did Teshuva and now he's alive again.

Most of us came here because we had overdosed ourselves on a drug called lust and we may have killed ourselves from it. But one can come back from the dead. We just can't let the opportunity slip our grasp.

Thank You Hashem for giving me the opportunity to come back, please help me live up to that potential. A wonderful Shabbos to all.

i just bumped into this, woo, that's a good one, a real chizuk, and actually when you became

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