

Just sharing

Posted by heuni memass - 18 Aug 2011 14:53

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Chevra- I have not been posting updates much, But recently I got caught up in chat rooms and it is bad.. Even though all I am doing is passing time but deep down its killing my healthy life away. I had convinced myself not to lie - so I make sure to be honest and tell them I am married and kids.. But guess what now I am married and have kids and a woman in the chat rooms that waits for me every moment and I am killing away my life.

It has not been a bad fall however it is a struggle to get out of it. I have been watching Hashem giving me signs to stop... I have been well aware that I should not do this and keep on telling myself and hashem I want to end this.. But then just one more hello - that goes for a few hours.. And leads to bad talking and unclean thoughts and some images...etc.

Just a few signs I have watched hashem give me I believe- I was on my way to go to my office to have a good juicy conversation with her and I watches a huge accident with near death and had to stay and help out for a hour.. I was shaken up and said I am not continuing it.. Next morning I let her know about the accident and the wake up call and I am stoping.. It lasted 4 days and I went back.. Then as things were getting back to good conversation.. she had to run because her daughter was in a accident... Nothing bad but a big shake up.. Next night as we are getting in to conversation - Daughter is in pain from whiplash and needs to go to ER.. (these are all things I am watching and telling myself Ok- time to get the message, but silly powerless me goes for just one more..) Already at this point -I sent a email to filter gabbai that I need to add this site to my black list because I cannot stay away. But untill he responds and gets it done I let myself just some last conversations.. Then as we get in to conversation ... she logs off out of the blue.... I am sitting there like -Ok Hashem you are being So good to me, You are not letting me fall in to the mess.. I am not sure in what zchus.. But I do talk to hashem and ask him to help me out of this... And it seems like he definitely is doing his...if I may say that..

So Today is my Hebrew Birthday - I am still in the proses of getting the sites blocked.. But I decided I am not going back untill the block is in place... I will make this birthday A real Birthday...

Sorry for rambling- I know by talking about whats going on around me will bring it to the surface vrsus just keeping it a thought. I can say that this slip or whatever I can call it has been very different then it would be a year + ago before I used any of the 12 steps...and site..

Thanks guys... I am not rereading before posting, so I hope it makes sense... (I think its more direct from the heart w/o editing..)

With love- HM

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Re: Just sharing

Posted by heuni memass - 18 Aug 2011 18:17

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[ur-a-jew wrote on 18 Aug 2011 17:40:](#)

[ben durdayah wrote on 18 Aug 2011 17:27:](#)

PS -What does BFF stand for? Is that the opposite of FFB?

You got to get up with the lingo: Best Friends Forever

Thanks for helping me with that one - BD,

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Re: Just sharing

Posted by ben durdayah - 18 Aug 2011 18:21

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[ur-a-jew wrote on 18 Aug 2011 18:01:](#)

[ben durdayah wrote on 18 Aug 2011 17:59:](#)

[ur-a-jew wrote on 18 Aug 2011 17:40:](#)

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KOT!

Wait until you have teenage daughters.

I was makdim refuah lemakkah...

My kids speak no English!

I prefer not to, thanks.

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Re: Just sharing

Posted by heuni memass - 18 Aug 2011 18:27

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[ZemirosShabbos wrote on 18 Aug 2011 16:34:](#)

lichvod gibor milchama reb Heuni Memass ??? ????? ??????

an idea to consider:

maybe make some type of new project to enhance your relationship with your eishes chayil, like a daily walk/tea/crumpets session, to build the same type of connection you felt with a screen name with your eishes chayil

wishing you the very best and hoping you treat yourself to a nice 2-foot sub to celebrate

Interesting point.. The issue here is not shalom with the ashes chail - its shalom with the yetzer hara.. hear me.. it can be all love dove with wife but hey .. just a time killer in the office... and from there on is history.. (Sure all the guilt and why It only lasted for a few days at a time is because of the eishes chail... So not sure if in this case that is the answer... But hey - ZS maybe next idea will hit home.. I am listening..

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Re: Just sharing

Posted by ur-a-jew - 18 Aug 2011 21:30

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[ben durdayah wrote on 18 Aug 2011 18:21:](#)

[ur-a-jew wrote on 18 Aug 2011 18:01:](#)

[ben durdayah wrote on 18 Aug 2011 17:59:](#)

[ur-a-jew wrote on 18 Aug 2011 17:40:](#)

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You mean so its ????

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Re: Just sharing

Posted by heuni memass - 19 Aug 2011 14:13

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Morning guys- Just a quick point that I got and figured I will share to bring out how fast something like this can effect a relationship.. Yesterday was the day I said No more of this, No listening to the y"h at least to be a mentch and say good bye and explain as I had done in the past -It only led to more.. So I stopped the Virtual relationship cold turkey.. Blocked all sights that gave me access to the person.. And moved on to learning from my motives and actions.. At night as I am getting in to bed.. My wife asks me - did something special happen today? You've been so nice and happy?! (ok- Now I am generally the happy type, if I may say so, thoughtful husband and father, spend many hours a day with the family in harmony) So I said I am usually happy- what do you mean? And she said you've been a bit out of it and today you seem happy, content and very nice mood.

I figured I would bring that up - Even though I realized I was zoning out from family a bit( for the week or so) but to have your loved ones get so effected besides for the terrible deed, just from your moods.. Its another point to remember.

One more thought - I thought to myself as I was sitting in conversation in the private chat room I closed out any other issues that may be in my mind.. like financial or what ever else it may be( as we all know that's why the escape is so enjoyable..no pressures while your intensely involved..) By davening this morning I tried to feel that with Hashem.. It's me and Hashem in a room talking.. get myself fully involved and no other thoughts or pressures can interfere while I am in this closed door conversation with hashem... .I should try that more often..

Chevra- have a wonderful Shabbos.. hm

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Re: Just sharing

Posted by ur-a-jew - 19 Aug 2011 14:23

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Thanks for sharing that. We often fail to realize how much our "private" actions effect others.

With respect to the davening Reb Chaim Shmuelevitz says that ?????? ??? we are going to be our own prosecutors. For example, a person will say I couldn't maintain concentration during davening I had too much going on in my life, and they will pull out the videotape what do you mean look at the way you concentrated and zoned out the world when you were sitting in the chat rooms. So thanks for giving us this wonderful lesson now when there is still time to rectify it.

Have a wonderful Shabbos.

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Re: Just sharing

Posted by heuni memass - 19 Aug 2011 14:36

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UAJ- thanks for that, wow. It's a pa'chad bud true.

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Re: Just sharing

Posted by ZemirosShabbos - 19 Aug 2011 14:55

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wow, thanks for sharing that, HM, it's both sobering and heartening to see how much in tune with your feelings the wife is.

and it's great that this story is having a positive ending, and hopefully we can all learn to keep moving up and up

have a great shabbos HM

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Re: Just sharing

Posted by david712 - 19 Aug 2011 15:41

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ZS-I will try remembering to sing with a geshmack -???? ???? ?????

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Re: Just sharing

Posted by ZemirosShabbos - 19 Aug 2011 15:56

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[david712 wrote on 19 Aug 2011 15:41:](#)

I will try remembering to sing with a geshmack -???? ???? ?????

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Re: Just sharing

Posted by heuni memass - 19 Aug 2011 16:07

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Thank you ZS for your kind words - Good shabbos.

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Re: Just sharing

Posted by bardichev - 19 Aug 2011 16:09

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good shabbos



send me a pm i have an eitzah for u

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Re: Just sharing

Posted by heuni memass - 30 Aug 2011 14:42

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Just read this and figured others may like it - from <http://www.lazerbrody.typepad.com/>

Not the Time for Silence

This evening, we usher in the new month of Elul, the month of teshuva and the last month of the Jewish New Year. This was the day that Moses began his 40-day prayer stint atop Mount Sinai, begging Hashem to forgive the Children of Israel for the golden calf fiasco. The forty days ended on Yom Kippur, when Hashem told Moses, salachti kidvarecha - "I have forgiven as you have requested."

Today, I met with one of Israel's leading rabbis. I asked him, "Honorable Rabbi, why are all our spiritual leaders silent in the face of everything our people are facing now? Why don't they get up and speak? Why are you silent?"

The Rabbi answered me, "Our people are broken. They can't stomach any chastising now. We shouldn't speak if they won't listen. Besides, it will only make things worse."

I humbly disagreed. I told the Rabbi that in the army, the only way to bring a shell-shocked soldier out of his stupor is to slap him in the face. I also told him that in my humble opinion, all our troubles are the result of continued intramural hatred. Sure, there are so many wonderful things about our people - their Torah, the thousands of new BTs, mutual aid societies of every shape and form. But, the petty jealousies and the stupid infighting are still there - both of which are manifestations of lack of emuna. The Rabbi shrugged, indicating that the discussion was over.

Business as usual? Yesterday, we lost another magnificent tzaddik, Rabbi Moshe Yosef Reichenberg of Monsey, of blessed memory. Rabbi Reichenberg gave his life trying to save a child who in all likelihood he didn't even know. This was an act of the greatest form of ahavat Yisrael that can be. I have no doubt that Rabbi Reichenberg has already been ushered in the highest portals of Gan Eden.

Leiby Kletzky, Baba Elazar, and now Rabbi Moshe Yosef Reichenberg, all of saintly and blessed memory. Who needs more martyrs? Sorry Rabbi, I'm tired of funerals and Katyusha rockets. And what about Syria's doomsday arsenal of the most unthinkable deadly chemical warheads, all aimed at us? And what about a whole new stream of weapons pouring into Gaza from Libya? And what about the new wave of terror from Egypt and from the so-called Palestinian Authority? And what about the continued bombing of Israel's south? And what about Egypt's new regime that also wants to destroy us, starting with Eilat? And what about the back-to-back earthquake and hurricane in the USA? Is Hashem not raising the volume to make us listen? In 3 short weeks, the nations of the world will try to delegitimize our country by recognizing our enemy's so-called right to a homeland on our tiny piece of G-d given real estate. Do you know what that means? How can you be quiet?

Honorable Rabbi, with such a stormy start of Elul, you - who so many people look up to - can no longer be quiet. As a leader of our people, it's your task to raise your voice even if it's not the most popular thing to do right now. Now is a time for action. Being frum doesn't help much if you turn your nose up at a dark-skinned Jew. When Rabbi Moshe Yosef Reichenberg jumped out of his car in the middle of a hurricane to save a little boy, he didn't ask the injured lad what shtiebel his father davened in. Rabbi Moshe Yosef acted like Hashem's bravest commando. That's how we all must act - with dedication and willingness to risk everything for a fellow Jew, no matter who he or she is.

I'm sorry, Rabbi. You have forgotten more Torah than I have learned. I am dust at your shoes. But I'm sick of the sacrifices and sick of seeing my neighbors wince every time they hear a siren. Hashem expects us to cry out in behalf of our people and to repair what we need to repair. That's exactly what Moshe Rabbenu did for the 40 days that begin today. Please forgive my insolence, Honorable Rabbi, but this is not the time for silence.

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Re: Just sharing

Posted by cordnoy - 12 Nov 2014 02:40

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So, Mr He'uni Mi'Maas,

Zemmy was kind enough to point Mr. Duddy in this direction, for he has a similar story now to the one you were goin' thru.

Care perhaps to give us an update?

If anyone knows his contact info, can they ask him for a cameo appearance?

Thanks

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