

ups and downs

Posted by upwards - 29 Jun 2022 15:56

i just want to share this story with you as i think it will help a lot of people.

i went to visit a customer to try and make a sale, he was in a very bad mood and i tried to cheer him up, he said that his father died and he is very broken by it, so i asked him how he manages? he said that he went to his rabbi and his rabbi asked him if he was in the room when his father died. he said yes. and when he was alive? he said yes! so the rabbi asked, when he was alive, the line on the hart monitor went up and down correct? Yes, And when he died the hart monitor was one straight line, correct? Yes, the rabbi replied, IN LIFE IF THERE IS NO UPS AND DOWNS YOU ARE A DEAD MAN!!!!!!!!!!!!!!!!!!!!!!

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Re: ups and downs

Posted by Gevurah1918 - 29 Jun 2022 17:01

My father passed away recently and having a very hard time of it, too. Thanks for posting this and giving some much-needed chizuk.

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Re: ups and downs

Posted by sleepy - 30 Jun 2022 16:59

[Gevurah1918 wrote on 29 Jun 2022 17:01:](#)

My father passed away recently and having a very hard time of it, too. Thanks for posting this and giving some much-needed chizuk.

im sorry to hear, hamakom yinachem eschem bisoch sharei aveyley tzion virushalayim!

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Re: ups and downs
Posted by ty645 - 03 Jul 2022 02:14

bde

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Re: ups and downs
Posted by A. green - 11 Jul 2022 18:24

[Gevurah1918 wrote on 29 Jun 2022 17:01:](#)

My father passed away recently and having a very hard time of it, too. Thanks for posting this and giving some much-needed chizuk.

Mazel Tov for your 90 Day Streak!

Many many years to come, 1 Day at a Time!

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Re: ups and downs
Posted by DavidT - 11 Jul 2022 18:29

[Gevurah1918 wrote on 29 Jun 2022 17:01:](#)

My father passed away recently and having a very hard time of it, too. Thanks for posting this and giving some much-needed chizuk.

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And, **Mazel Tov for your 90 Day Streak!**

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Re: ups and downs

Posted by Gevurah1918 - 13 Jul 2022 00:51

Thank you very much; definitely been a great nisayon for me all around. Couldn't do it without bitachon and the great chevra on this site. One day at a time, indeed, as I'm constantly tested. Much simcha and hatzlacha to you and everyone here!

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Re: ups and downs

Posted by Gevurah1918 - 13 Jul 2022 01:27

Many thanks DavidT - definitely appreciate the uplifting words as I still grapple with the loss. But, I must say that the GYE community has helped me through a lot of this, even as I passively read posts and update my chart. I gain much strength and inspiration from reading your, and everyone's, stories here. This is the first time I'm really opening up about my story. At least the last 7 months of it anyway.

I started my first streak the end of November, 2 weeks before my father fell I'll from a lingering respiratory infection motzei shabbat. His antibiotics weren't strong enough, or started too late. At 4am he was coughing and yelled for help. Luckily I had been sleeping nearby and woke up to aid him and call for help as he requested. I wonder if I did P and M like I normally have, would I have been in too deep a sleep to even hear/respond. Or if I had been doing P and M at the time, maybe I would've responded faster. The yetzer hara still messes with me in this.

Finally EMTs arrived and resuscitated him 4 times, but he remained unresponsive (only opening eyes but no real movement, recognition of me, or speech - basically a vegetative state) due to lack of oxygen and placed on life support. I wasn't as active on the site, but no P&M helped me deal. On the 90th day, the acute care hospital staff dropped my father by accident, and I had to go to the ER with him at 3am. Then I fell on my 109th day (my record) after he had a cancer scare (growth was found benign). Was really bummed and fell for 3 weeks, but came back to GYE.

The day I restarted, later that same day, my father was sent from rehab back to ER. Crazy timing. Then on my 60th day he passed. Now I've made it to 90 days and beyond, right at Shloshim. I've given a brief synopsis of an incredibly trying time, and left out a lot of the past

leading up, and the journey with Hashem -- that's been quite something to behold all around.

Lots of changes without him, and major adjustments with our home and all, but taking the great advice suggested - one day at a time. Thank you again, and wishing much simcha and hatzlacha to you and the great people here!

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Re: ups and downs

Posted by Ready2work - 03 Aug 2022 03:13

Sometimes I feel like I'm on a Roller coaster.. I feel that I can't control it and sometime completely lost

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