

Kumzitz in the Holy Land

Posted by imtrying25 - 08 Dec 2009 16:48

We , imtrying25 and Uri, are trying to organize a kumzitz for all us Holylanders. I would of posted in annoucments but its locked. Ok im thinking next thursday night at around 6. Of course Uri will be there with his guitar to entertain us. Oh and by the way Guard and Mom are invited too. So if your interested please post here. Although we dont need a big crowd we still have to

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Re: Kumzitz in the Holy Land

Posted by TrYiNg - 21 Dec 2009 18:40

I use vista too..

feel its worthwhile. And maybe Guard can even work out a guest speaker for us. Always gotta work with word when it gets too long.. Then all the quotes an stuff get messed

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Re: Kumzitz in the Holy Land

Posted by Kollel Guy - 21 Dec 2009 18:44

Bidieved, you can deal with it for a few lines. If you want to see the line your typing - just hold down the right direction button.

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Re: Kumzitz in the Holy Land

Posted by Eye.nonymous - 21 Dec 2009 19:58

Yeah, I'm using XP and I also have this problem.

Yeah, I gotta do it manually. It's a real pain to see it or edit it at all. Can't keep on typing, but

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Re: Kumzitz in the Holy Land

Posted by jerusalemsexaddict - 21 Dec 2009 21:09

This is a very deep and thoughtful conversation and I have alot to say about it, but let me detract for a second to what elya posted

[Elya wrote on 21 Dec 2009 18:09:](#)

About 70 years ago a doctor and a drunk went to the famous Carl Jung and asked him what would it take

to take away the guilt and shame, the stigma and the hopelessness from drinking too much alcohol, raging

and then feeling bad about it later.

Carl Jung answered "let people get together in a group and tell their stories and when they are finished

telling their stories, do not criticize or give advice - just accept that person for who they are."

We are all in this together. The proven way to get better and heal is to literally speak the shame and

guilt out of your mouth and out of your body, similar to what we do on Yom Kippur at Viduy time. It

is difficult to admit your faults and falls in public AND THAT IS EXACTLY WHY WE MUST DO IT. We

co-dependent, addictive, compulsive, lonely souls must learn to fill up the gaping holes in our souls

with honesty instead of with acting out in our dis-ease.

What we hold in our bodies and our minds grows more powerful, like le'havdil a cancer, chas v'sholom,

and the more power we give it and let it grow the more it affects us negatively.. Rigorous honesty is

the key.

The power of the group concept cannot be overstated. Isolation and loneliness are our worst enemies

and our addiction's most treasured friend. And he reminds us constantly that our isolation will shield us

from having to be honest with ourselves and others. and this is the power our addiction has over us, until

we kill the obsession by talking about it.... about our feelings... about our loneliness.... and yes, about the

details of our acting out. Not in vague generalities like , " I did that m word thing" but actually saying it

and getting it out. Not necessarily here on the forum, but also in person.

Not that you need my haskama rabbi, but this is absolutely brilliant.

I've made this mistake myself quite a few times.

"do not criticize or give advice - just accept that person for who they are."

sometimes a person does not need advice. it can even be detrimental. just hear the person out and nod and empathize and show u feel his pain and struggle.

we're all in this together. all of us here are sex addicts. no one is better than anyone else.

and this is our strength.

Thank you Elya.

Just one person's humble opinion...

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Re: Kumzitz in the Holy Land
Posted by imtrying25 - 21 Dec 2009 21:21

Thanks for the beautiful post Uri. please stay around longer. :(:(

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Re: Kumzitz in the Holy Land
Posted by Kollel Guy - 21 Dec 2009 21:48

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Re: Kumzitz in the Holy Land
Posted by TrYiNg - 22 Dec 2009 04:39

This is a very deep and thoughtful conversation and I have alot to say about it,but let me detract for a second to what elya posted

stick around uri...I forgot how funny u r

but this **is** a very imp conversation, I want to know if anyone has any tips/ideas...

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Re: Kumzitz in the Holy Land
Posted by Momo - 22 Dec 2009 07:22

[letakain21 wrote on 21 Dec 2009 16:00:](#)

nu? so do we get to hear the recording?

Sorry, but I asked IT25 to let me first hear it and make sure it didn't record me saying anything private before I give my OK. Although, I'm 99.5% sure I'll OK it.

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Re: Kumzitz in the Holy Land
Posted by Momo - 22 Dec 2009 07:25

[ovadia wrote on 21 Dec 2009 14:24:](#)

I am not sure. I think like this. B"h I am still clean since I started the 90 days three weeks ago. I dread the day that I might fall, but if I do c"v then I will be able to speak about it with everyone. Now if I know everyone personally, I am sure that it is going to be much harder to be open about it. Maybe the first time c"v I will still be ok with it, but if c"v it happens again I am sure that at some point I will begin to be embarrassed, and then.....

Rav Ovadia,

I don't really understand your logic. We've all fallen over and over, so no reason to feel embarrassed. What's inspiring is that we are all still trying, and keep on trucking, believing that

the day will come when we've finally arrived.

Then again, I can't tell you how to feel or not feel.

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Re: Kumzitz in the Holy Land

Posted by TrYiNg - 22 Dec 2009 07:29

[Momo wrote on 22 Dec 2009 07:22:](#)

[letakain21 wrote on 21 Dec 2009 16:00:](#)

nu? so do we get to hear the recording?

Sorry, but I asked IT25 to let me first hear it and make sure it didn't record me saying anything private before I give my OK. Although, I'm 99.5% sure I'll OK it.

So IT? C'mon. Get the ball rolling.....

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Re: Kumzitz in the Holy Land

Posted by Momo - 22 Dec 2009 07:30

I think he has to convert the files to MP3 or Judaism, or something like that.

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Re: Kumzitz in the Holy Land
Posted by ovadia - 22 Dec 2009 09:58

Guys thanks for listening but I think that I was misunderstood. I would love to meet everyone and I am not embarrassed to do so. But I am very new to all this and have not experienced any falls yet B"H. I think that I have expressed before my fear of falling c"v. This is because I feel that if I break my "record" of "being clean" I am sure that the motivation and feeling will not be the same. (I know that this attitude is wrong but I am describing what I think are my natural feelings). If c"v there is a fall it is natural to feel failure, and no one likes to feel failure - even at GYE. And then what ? Am I going to have the courage to tell everyone "Guys I have just had a fall." Maybe, but I don't want to take the chance.

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Re: Kumzitz in the Holy Land
Posted by Momo - 22 Dec 2009 10:56

But I think we've all fallen.

Yes, you'll probably feel depressed after a fall, but we can help cheer you on and tell you that your clean days were worth gold and not meaningless.

If you make a connection with us before you fall (C"V), you'd be bringing the refuah (cure) before the makka (fall).

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Re: Kumzitz in the Holy Land
Posted by imtrying25 - 22 Dec 2009 11:11

[Kollel Guy wrote on 21 Dec 2009 21:48:](#)

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Thanks KG. The credit goes to letakain for giving me the idea.