

Me3's giving it a shot (For the unpteenth time but 1st time here).

Posted by Me3 - 13 Aug 2009 15:26

Clean for about 5 minutes now, do I count today as 1 or 0?

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).

Posted by jerusalemsexaddict - 02 Sep 2009 07:07

thanks me3

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).

Posted by Me3 - 02 Sep 2009 17:37

Just an observation, nothing new, nothing that hasn't been said here countless times but I think worth repeating.

There are 2 aspects to our fight, or really any fight against the Y'H.

1. The battle not to fall.
id like to see someone try

2. The battle not to fall in to depression because we fell.

The second battle I feel is the more important one, because that stops us from picking ourselves up after a fall. However, I believe that a big part of winning the 2nd battle is just recognizing it for what it is. We read about certain members feeling hopeless, suicidal, unable even to put on tefillin after falling, etc... This my friends is plain old depression rearing its ugly head, nothing more and nothing less. This needs to be addressed before you can get back on

track with battling fight #1.

Now a side thought, there are some incredibly talented people posting here, Uri's song writing (and singing) abilities and Habib's poems writing skills and the others, are really really impressive.

Me3

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Noorah BAmram - 03 Sep 2009 00:02

Very well said dearest chaver! The holy seforim write (Nesivos Shalom?) That it is the second battle that the YH really wants to win!

the fall is just incidental to his ultimate and main goal which is the depression that follows the "fall".

The Germans ym"s had a saying "the mut farloiren is alles farloiren" when the mood is lost all is lost

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Me3 - 07 Sep 2009 16:08

Just hit me, maybe I'm slow, but 90 (as in 90 days) is "Tzadik"

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).

Posted by Me3 - 08 Sep 2009 14:03

For several years I've come before the Ribono Shel Olam before Rosh Hashana with one kabalah.

"Ribono Shel Olam, this year I plan on being better with my Shmiras Anayim.

Both in the street & on the computer.

No Internet surfing

No image searches

No blog searches

No inappropriate blog reading

etc...

And Ribono Shel Olam although You and I know that I made this kabalah last year and I have nothing to show for it. And I am not worthy of your mercy or of being kept alive this year, it was not because I wanted to go against Your will, it's because of this terrible addiction that plagues me. So Ribono Shel Olam, please forgive me for my aveiros of last year, grant me another year of life and give me the strength to do Your will this year."

This year I will be making almost the same kabalah and much of the same statements, with one important difference.

Ribono Shel Olam, this past year ...

I WAS BETTER!

I MADE IMPROVEMENTS!

I GUARDED MY EYES!

Now You and I know that I was far from perfect, and have worlds to improve in this area, but please grant me a new year of life and allow me to continue to grow and improve.

me3

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Kedusha - 08 Sep 2009 14:27

Sounds like you have something to bring to the Tish!

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by bardichev - 08 Sep 2009 21:40

TISH WHO SAID TISH????

OY YOY ITS ONLY TUESDAY OY YOY

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Me3 - 17 Sep 2009 22:54

Need somewhere to post and somthing to write for my 100 post.

K'siva ViChasima Tov & A Gut G'Bench Yur to all!

I ask mechilla if I offended anybody.

Wishing you all a year of health, happiness, shalom bayis/ zivugim, nachas from your children/ children for those who don't have.

Umaaleh Hashem M'shaalos Libcha L'Tova

And of course a year of kedusha V'Thara.

and last of all

Thank you Guard I owe you a debt that I can never repay

Gut Yom Tov.

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).

Posted by Efshar Letaken - 18 Sep 2009 01:58

Just to go back a few posts ago regarding the two Y"H the one before the sin telling us to do it & the second one after the sin telling us that we are losers.

Someone has mentiond on GYE I think its Reb B. That "V'Hoseir Soton Milfoneini U'Meiachreini" means just that.

I wish you all a Guarded Year & all the brachos will automaticly follow

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Me3 - 18 Sep 2009 14:40

Thank you Efshar

I will Bli neder keep that in mind during davening.

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Me3 - 29 Sep 2009 15:19

So I struggled a little during selichos with reconciling my attempts to keep in a positive frame of mind and saying selichos with emotion about how bad I've been. Everybody here was helpful in me getting past that. Thank you.

Rosh Hashana was good, I focused on being *Mamlich* Hashem as one should.

I wasn't sure where I was going regarding Yom Kippur. I had plenty to ask forgiveness on, however I was also going in with a 45 day streak behind me B'H. I always try to bring myself to tears as one should, but really I was feeling that I had already put into place the things that I planned on working on this year.

So I began davening, went through Kol Nidrei, started Maariv and I reached the words in Shemona Esrai of *Somaych Noflim* "He supports those who fall"

And I thought of falls.

And I thought of GYE.

And the feelings that come with a fall.

The darkness

The despair

The depression

The blackness

The guilt

The numbness.

And then I thought of Hashem Who is *Somaych Noflim*.

Who lifts us up after a fall,

Puts us back on the right path.

Gives us the strength to continue.

And I started crying.

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).

Posted by bardichev - 29 Sep 2009 15:48

So I began davening, went through Kol Nidrei, started Maariv and I reached the words in Shemona Esrai of Somaych Noflim "He supports those who fall"

And I thought of falls.

And I thought of GYE.

the same machshava crossed my mind

but I think it was by mincha

B

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Kedusha - 29 Sep 2009 16:03

[Me3 wrote on 29 Sep 2009 15:19:](#)

And I thought of GYE.

And the feelings that come with a fall.

The darkness

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And then I thought of Hashem Who is *Somaych Noflim*.

Who lifts us up after a fall,

Puts us back on the right path.

Gives us the strength to continue.

And I started crying.

Beautiful!

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Re: Me3's giving it a shot (For the unpteenth time but 1st time here).

Posted by habib613 - 30 Sep 2009 03:24

never posted here before, but i had to comment

someich noflim!!!!

i never thought of that. not once.

but now i'm pretty sure it's going to add a lot to my tefilos.

thanks me3

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