

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?

=====

=====

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

Posted by Yosef Hatzadik - 06 Oct 2010 16:52

I learnt that lesson a while ago. My thread has been locked for a loooooong time.

(What? You never even tried the door?)

=====

=====

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

Posted by Yosef Hatzadik - 06 Apr 2011 00:49

[Me3 wrote on 06 Apr 2011 00:16:](#)

We didn't realize you let other people post on your threads. We thought you locked them all.

[Me3 wrote on 08 Sep 2009 14:03:](#)

I WAS BETTER!

I MADE IMPROVEMENTS!

[Me3 wrote on 20 Jan 2010 15:07:](#)

Since you decided to lock ***'s thread, I had to dig out mine

)

[Yosef Hatzadik wrote on 05 Oct 2010 22:42:](#)

Hello **Reb Me3**,

Just popping in to introduce myself in YOUR thread.

[Me3 wrote on 05 Oct 2010 23:23:](#)

This is what happens when you forget to lock the door when you leave.

[silentbattle wrote on 21 Jan 2010 01:23:](#)

Yes, Me3, I see you found your thread...I found it a while ago

[Me3 wrote on 12 Nov 2009 20:42:](#)

So I actually managed to find my own thread

[Me3 wrote on 17 Sep 2009 22:54:](#)

Need somewhere to post and something to write

[Me3 wrote on 27 Jan 2010 14:45:](#)

Hey! You start hijacking my thread, I'll post all over your.....Oh, nevermind.

[Me3 wrote on 01 Sep 2009 22:42:](#)

[Me3 wrote on 01 Sep 2009 22:31:](#)

Been neglecting my own thread for a while, however I've come back here for saftey.

[Me3 wrote on 07 Sep 2009 16:08:](#)

Just looking out for you
Just hit me, maybe I'm slow

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

And I started crying.

[Me3 wrote on 02 Sep 2009 17:37:](#)

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

[Me3 wrote on 12 Nov 2009 20:42:](#)

So what did I accomplish?

[Me3 wrote on 06 Oct 2010 16:50:](#)

I really have to get that lock fixed.

[Yosef Hatzadik wrote on 06 Oct 2010 16:52:](#)

I learnt that lesson a while ago. My thread has been locked for a loooooong time.

(What? You never even tried the door?)

=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by ToAdd - 06 Apr 2011 05:57

So what happens if you don't lock it?

Oh Hi, I'm ToAdd!

=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Eye.nonymous - 06 Apr 2011 06:36

Hi.

=====
=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Me3 - 27 Apr 2011 19:14

Pesach thoughts. (Based on Nesivas Shalom and similar to Chizuk email #1011)

Yetzias Mitzrayim represents leaving behind lust. Mitzrayim was the most depraved place in the world (Save modern day America) and yet the Jews with Hashem's mercy were able to pull themselves away. We too have undergone our own Yetzias Mitzrayim perhaps several times and pulled ourselves away from lust (Likewise with Hashem's help).

But the battle doesn't end there. Mitzrayim chases after you, it doesn't let you go so easily! Untill you see no way out, lust has you cornered, either you fall or you drown.

But in reality, there is a way out. See if you put all your trust in Hashem and march confidently forward you will find the that the seemingly impenetratable wall of water melts away before you, and you can walk on the easiest and driest of paths untill the danger is but a distant memory.

And the only fitting reaction is to sing praise and thanks to Hashem for carrying you.

=====
=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by ZemiroShabbos - 28 Apr 2011 16:50

beautiful!

thanks for sharing that

=====
=====

====

Re: Me3's Musings.

Posted by Me3 - 31 May 2011 13:47

So recently we were discussing whether the 12 steps included several levels of Teshuva or was it all part of Azivas Hachet.

What occurred to me was the attitude of 1 day at a time is clearly only Azivas hachet. My understanding of living 1 day at a time (and really it's not even that it's really one second at a time) is this. I'm walking down the street and I pass by an attractive woman without thinking, I give her a second look. Or maybe I clicked on an article or picture that's not appropriate. This was wrong. Do I start thinking ,

Oy Vey, my streak!

Was that a slip?

Come on you've come so far!

Why?

Why?

How could you have looked?

Or do I completely ignore it and tell myself that my action of 2 seconds ago has no bearing on what I will do now, and the next opportunity to resist temptation, I will act in the way that I'm supposed to.

The problem is if I keep on ignoring all slips and even falls, keep on putting it out of my head, when do I do Teshuva?

And the answer is, I don't know. But it's not now. Now this isn't really any big chiddush. This is almost exactly the method prescribed by Rabainu Yona in "Yesod HaTeshuva". He says make yourself like a Briah Chadasha, throw off all your aveiros, and only later after you've been clean start being misvaadeh and the other aspects of Teshuva.

So in short the attitude of 1 day at a time is only azivas hachet, but I can live with that.

=====

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

Posted by pinokio - 31 May 2011 13:59

why all the philosophy?

just do the program, what does program have to do with judaism? they're two seperate things

did bill w. daven nusach sfard?

can step 2 be stood al pi sod?

did roy k. ever be zoiche to giluy eliyahu?

harvey-is he a poel yishuos?

when it discusses the malchei edom and the shvirah, in torah code it says how dov is mashiach ben yosef, in kol hator he mentions GYe in passing in the rivlin ed.

i know that the program works for low evil goyim who are helplessly yoneik from the 3 klipos mentioned in yichezkel- hey, it works for some talmidei chachamim i know two as matter of fact

i love you me3

just throwin out the ha'arah, that's all

hatzlacha friend

=====

=====

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

Posted by Me3 - 31 May 2011 14:19

I thought you left?

For me, the steps and recovery is all about my relationship with Hashem. It's about total reliance on Him. I don't know what Roy k. or Harvey did to beat their addictions. All I know is that when I come to a nisayon that I can't conquer by myself, and I ask Hashem to help me, He does. Badok U'Menusa.

And I came to realize that the things that I thought I do have under control by myself and I don't need to rely on Hashem, I don't have those under control either. My Parnasa? One small misstep and suddenly there are major problems. Rely on Hashem..... What problems? Everything is under control.

If that doesn't meet your definition of "The program" I apologize. I'm in this for me. me. me.

=====

=====

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

Posted by Yosef Hatzadik - 31 May 2011 14:27

Way-to go, Mr. **Me3!!!**

Me3 was very much speaking MY language in this post. If it does not match **Tzaddik90's** newfound SA style, he is welcome to avoid the misguided GYE forum.

While SA may have worked for some people, it may have not worked for others. It is not for

everyone. GYE has worked for other many of the guys who were here!

Is there a need to come back to show us the 'light'?

Is there a purpose to try to squelch one of the most senior GYE Members who is currently still active on the forum?

Is there a benefit of trying to stop Me3 when he posts something nice for a change - without any sharp remarks?

Tzaddik90, you like strong words, hence I wrote this post in a sharp manner. Excuse me if i was wrong & please report it to a Moderator for editing.

=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Yosef Hatzadik - 31 May 2011 14:35

*The early members rose, filled the GYE with simcha and Recovery, then faded to dream-stuff and went away; other popular guys followed; and made a vast noise, and they are gone; other people have sprung up and held their torch high for a time, but it burned out, and they sit in twilight now, or have vanished. **Me3** saw them all, beat them all, and is now what he always was, exhibiting no decadence, no infirmities of age, no weakening of his parts, no slowing of his*

*energies, no dulling of his alert and aggressive mind. All things are mortal but **Me3**; all other forces pass, but he remains. What is the secret of his immortality?"*

- Mark Twain

=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Me3 - 31 May 2011 14:56

Take it easy Yosef, Tzaddik90 didn't insult me (If I got insulted that easily I'd be even more hypocritical then I am already), he was stating his views which are really Dov's opinion that recovery and religion are not connected. In some ways they are not. However, in the path that I'm following they are one and the same.

A person who is presently sunk in filth and is watching porn or whatever, for them to start preaching about Gehenom or aveiras, etc. I agree with them. Leave the religion out. Get
). My work on remaining clean has to
do with how I attach myself to Hashem.

=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by pinokio - 31 May 2011 15:03

i dont get it. maybe im too dumb.

i know the 12 steps are to get us a real connection with God. In fact, it's oozing outta their literature.

i also know that i have a neshama and am jewish, with a specific mission to keep the 613 mitzvot, which is the torah def. of SA's "usefulness" they talk about.

but, i dont know if your'e in an sa group or winging it on your own- but the 12 steps can work independent of ever mentioning rabbeinu yonah or tshuva meiahava or yirah

so why mix things? its like mixing cheulent with chocolate-mah kesher?

ask my sa friends-i walk into each meeting with a sefer that i learn on the bus

the sefer tells me god's specific and expansive will for me to carry out

then i close the sefer and sit with some jews and some priests in a meeting to do some group therapy

and then i walk out healthier and pop open my sefer again

are you going to tell me that you can only use a therapist who is a gadol batorah? what the fish does a therapist have to do with torah? if he speaks out against the torah, that's one thing. but if not, what the dickins do the 12 steps need to have to be in the same sentence as rabeeinu yonah? it works for priests, black druggies, non religious, agnostics, bhuddists

do i really crave and enjoy telling program members how this or that paragraph is a mifuresh gra in mishlei or rashi in parshas noach? yes, i love it. i even tinker with writing mekoros for the white book, wherever i saw it blaringly obvious that it was something i know exists in a sefer

but to see if the 12 steps can help you directly and only to become a tzaddik? not at all, sally!

you can be sober and not be yagea in torah, or keep shabbos, or take off chalah

our job is to become a tzaddik, see tanya, 1st paragraph

the steps cant make you any more than a beinoni, but a tzaddik aino gamur, or tzaddik, who actually hates lust like r akiva i think in avos direbbi nasan?

to actually not crave for chocolate

to learn 24/7 with all your might?

no siree.

and the steps dont claim to do that.

they are just there to get you sexually sober in the loosest of terms, and help you temper your ego

real bittul like the besht talks abt.? yes, the steps help majorly to get you started

but the rest is up to you, and without the torah you'll never do hashem's will for you the way it was fully meant to be

=====

Re: Me3's giving it a shot (For the unpteenth time but 1st time here).
Posted by Me3 - 31 May 2011 15:30

Dear Tzaddik90

You wrote a lot of words and I have no idea what you said. In my first post today I merely observed what my understanding of what "1 day at a time" means. I acknowledgd that based on my understanding there did not seem to be a place for compete teshuva there, and I was OK with that. You seemed to have a problem with my mentioning a Jewish word in the same paragraph as recovery.

I replied that I don't have 2 different mihalchim in life. I don't have a "seder in recovery" and a seder in learning. I happen not to be part of any phone conference, SA group live or virtual meetings. I even fell out of any of the GYE accountability groups I joined because I didn't gain from them. (But winging it on my own? No silly, Somebody is carrying me on their wings).

I also don't care what Harvey, your priest, or any other Jew or non-Jew is doing to bring about their recovery. I care about what I can do.

I saw ideas in the 12 steps that resonated with me, I saw that reliance on Hashem that non-reliance on me3 would take me places that I never went before.

Am I misunderstanding what Harvey was saying or whoever wrote the 12 steps? I could care less! So if you tell me that I'm not following your ideas of recovery, why do you think I care? Why is this relevant?

If through looking for sexual sobriety I found a G-d that I never knew existed, that I had completely misunderstood till now (That I still probably completely misunderstand) is that so terrible?

With all my love.

me3

=====