

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by bb0212 - 16 May 2017 14:59

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The last two poems were very moving. Kinda puts the awesomeness of GYE in a nutshell. encouraging and thoughtful that i know i can do this for good. I  
Thank you Mayan, thank you HIM. Thank you for writing from your heart. Mayan, hang in there and keep putting one foot in front of the other. I can see your pain, but I definitely can't feel it, not anywhere close to what you do. But your beautiful poem wasn't just words, it's was a prayer. Our Father upstairs, he feels what you feel, he knows exactly how you feel. Keep reaching out to Him. He loves you and cares about you more than all of us here at GYE, which is a big statement. I'm crying for your pain now, but please believe, this to shall pass. The day will come where you'll look back, you'll see the pain, but perhaps you'll see the reason too. And even if not, just remember Hashem loves you.

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Re: I will make it b"h

Posted by MayanHamisgaber - 16 May 2017 18:18

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Thank you all

I am sorry if I made anyone nervous or brought out emotions that were not ready to be dealt with.

I am still feeling down but there is a light at the end of this tunnel. Might need to right another poem/prayer.

Thank you everyone for the responses both here and private they mean a lot even if I do not respond.

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Re: I will make it b"h

Posted by Shivisi\_Hashem - 16 May 2017 18:34

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[MayanHamisgaber wrote on 16 May 2017 11:16:](#)

Dear G-D

I know you know all that is happening to me

I know you do only the best for me

But please just listen to a child in pain

Maybe there is what to gain

I had a father

He kept harmony between sister and mother

When our father was around

everything was sound

Then you called him to you

and without further ado

He suddenly was no longer with us

?Having fulfilled his job with us

But the shock and pain stayed  
did not go away and hence did not aid  
?the turmoil and anger  
underfoot came out and now there is much danger

A mother and daughter  
that can't be at peace with another  
No longer with a father to talk to  
No longer with a husband to turn to

The others look on sadly  
and miss the harmony badly  
Taking sides is not a choice  
but how to still their angry voice

Tensions rise everyday  
and let's forget the holiday  
Gratitude what is that  
if my pain is not a fact

Oh how I wish this were all  
the problems big and small  
then there would be silence

and at home maybe even peace

But no that is not to be

?mediators we were meant to be

And hearing all the gripes

has kept us up many nights

Walking on eggshells is not possible

but to break them will be probable

so add to the stress

who cares if we are in distress

Bank accounts with monet what's that

Thank g-d someone else pays the flat

Bills too are a treat

but what will there be to eat

Thank g-d we are not in debt

but our pillows are still wet

sweat and tears we shed

for our kids to be happy and fed

But lack of sleep is not good

if we want to be in the mood

this is our lot we say

so we are here to stay

We know others have much worse

but that doesn't make it easy of course

So now that I've said a little

why I am so brittle

May it be understood

that this is a cry to the g-d that's good

should continue with the way that is planned

but can we see your helping hand?

My learning and prayer is not up to par

it would be easier to wish upon a shooting star

or break a wishbone

just not my backbone

We feel locked up in a cage

with no room to rage

choking,gasping,holding our breath

hoping soon to get some breadth

So I hold out my hand to you

Yes you are always holding it it's true  
but can I ask to see the hand of a father  
holding me up, I hope it's not a bother

Can I cry on your shoulder  
maybe it can lift the boulder  
weighing me down  
I think I might drown

Thank you for hearing me out  
I hope it did not sound like a shout  
I know you only do the best for me  
One day I hope to understand and see

would you compose for me a poem? I need it for my 12 step partner

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Re: I will make it b"h  
Posted by MayanHamisgaber - 16 May 2017 19:04

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Shivisi

Thanks for the vote of confidence  
I do not know how to do a 12 step poem but can try what do you need?

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Re: I will make it b"h

Posted by Mesayin - 16 May 2017 21:01

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A wellspring of inspiration. We are all very happy for you Mayan.

I just want to ask, I have noticed on this thread that you get stressed out some, have you considered perhaps seeing a therapist that can perhaps identify something within you and perhaps helping you through it?

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Re: I will make it b"h

Posted by MayanHamisgaber - 17 May 2017 10:28

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Therapy for the family to deal with the loss - maybe

but I do not think I need therapy for stress I am not as stressed as the posts make it seem

But thanks for thinking of me

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Re: I will make it b"h

Posted by cordnoy - 17 May 2017 11:31

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[MayanHamisgaber wrote on 17 May 2017 10:28:](#)

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But thanks for thinking of me

How do the posts accomplish that (make you seem very stressed)?

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Re: I will make it b"h

Posted by MayanHamisgaber - 17 May 2017 13:16

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[cordnoy wrote on 17 May 2017 11:31:](#)

[MayanHamisgaber wrote on 17 May 2017 10:28:](#)

Therapy for the family to deal with the loss - maybe

but I do not think I need therapy for stress I am not as stressed as the posts make it seem

But thanks for thinking of me

How do the posts accomplish that (make you seem very stressed)?

Seems people see it in them

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Re: I will make it b"h

Posted by cordnoy - 17 May 2017 13:24

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[MayanHamisgaber wrote on 17 May 2017 13:16:](#)

[cordnoy wrote on 17 May 2017 11:31:](#)

[MayanHamisgaber wrote on 17 May 2017 10:28:](#)

Therapy for the family to deal with the loss - maybe

but I do not think I need therapy for stress I am not as stressed as the posts make it seem

But thanks for thinking of me

How do the posts accomplish that (make you seem very stressed)?

Seems people see it in them

Do you see stress in them?

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Re: I will make it b"h

Posted by cordnoy - 17 May 2017 13:25

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Il always accept congratulations, but I'm not sure what balance you're referrin' to.

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Re: I will make it b"h

Posted by MayanHamisgaber - 17 May 2017 13:30

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balance= 10101 (as per the rebbe reb Bards)

No I do not see them unless I am posting in caps and complaining about the wife

So no I will not stress about them

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Re: I will make it b"h

Posted by bb0212 - 17 May 2017 14:27

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[MayanHamisgaber wrote on 17 May 2017 13:30:](#)

balance= 10101 (as per the rebbe reb Bards)

No I do not see them unless I am posting in caps and complaining about the wife

So no I will not stress about them

Congrats to you on **your** balance in posts.

balance = 777

Don't let the Rebbe Reb Bards see this, but it's time for some brandy...

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Re: I will make it b"h

Posted by MayanHamisgaber - 14 Jun 2017 18:26

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Dear G-D

Sorry that I have not spoken to you in while

I am not doing so well

I am tired of all this

I just want get on with life

I want to feel good about myself

I want to stop slipping and spinning out of control

I cannot hold on much longer

SO WHERE THE HELL ARE YA

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Re: I will make it b"h

Posted by Aaronhopeful@gye.com - 14 Jun 2017 18:31

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HaShem bless you!

good luck!

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