

Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 07 Jun 2009 17:27

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Shalom Alleichem to all my friends on this holy forum,

Today is with the help of Hashem day 61 on my sobriety journey.

I choose the name Noraah BAmram based on the famous story at the end of Kidushin where Reb Amram Chasida was faced with the battle we are all battling on this site. when he was halfway up the ladder to sin he shouted out **"FIRE IN THE HOUSE OF AMRAM - "FIRE IN THE HOUSE OF AMRAM -** I too scream out "fire in the house of Amram" "fire in the house of Amram" and all the sages came running to save him>

I hope and pray that thru my continued posting on the forum and being on the 90 day chart, somehow the fires of the YH that is waging inside me will be also be extinguished.

The chizuk and understanding that I received from all the members on this forum since I found this site about 2 months ago is absolutely indescribable and immeasurable.

Thank u to each and everyone of you- starting of course with our beloved webmaster, affectionately known around here as "Rabienu Guard" for opening up and sharing your own struggles, tips and suggestions and thereby giving me such tremendous chizuk.

I'm not the best typist in the world but i will try to keep posting as time allows.

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Re: Noora BAmaram's Journey and Journal  
Posted by cleareyes613@gmail.com - 19 Apr 2010 02:04

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Mazel Tov!! What a simcha. 365 l'chaims!!

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 19 Apr 2010 15:14

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[dov wrote on 18 Apr 2010 23:48:](#)

Mazel Tov on another day of freedom from this mishegaas!! May the next day in your life be "just right"!

It may be a year, *but it's also **a day!*** (s'firah helps us types remember that!)

Much love, chaver!

Dov

Same to U Dearest Rebbe Reb Dov!!

How TRUE!! How TRUE are your wise words!!

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 19 Apr 2010 15:26

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[cleareyes613 wrote on 19 Apr 2010 02:04:](#)

Mazel Tov!! What a simcha. 365 l'chaims!!

Absuloutlly! 365 Lchaims to each and everyone of us here :D :D :D

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Re: Noora BAmaram's Journey and Journal  
Posted by Steve - 19 Apr 2010 16:00

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[Noorah BAmram wrote on 19 Apr 2010 15:26:](#)

[cleareyes613 wrote on 19 Apr 2010 02:04:](#)

the official drink of GYE Woodford (of course  
Mazel Tov!! What a simcha. 365 l'chaims!!

Absuloutlly! 365 Lchaims to each and everyone of us here :D :D :D

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Let's all sing the REAL addict's song:

How Dry i am.....

How wet i'll be...

If I don't find...

The bathroom key....

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 27 Jun 2010 20:52

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hello to all,

I haven't posted in a while and hope that Guard wont deactivate my account and user-name due

I'm feeling a little weak and blue here and realize that a "post' will do me good. (so would some physical exercise but posting on GYE is less caloric expenditure so i will stick to "the typing )

the summer really does something to my spirits, and summer Sundays are the absolute worst. im almost at the point where i will even look for a chavrusa :D :D

does any one else here experience the "Sunday Summer Blues"?

how do you deal with it?

Kosher Isle <http://www.guardureyes.com/GUE/Time/time.asp> is good but needs updating - especially the clean books section - How many times can i read Sherlock Holmes?

if anyone has any ideas and suggestion for classic clean books (or any other updates please respond to me and too "the Guard"

Love to all

Noorah the littlest of the house of Amram

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Re: Noora BAmaram's Journey and Journal  
Posted by Dov - 27 Jun 2010 21:33

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Humility is the answer to all my problems, so is there any way you can approach this one with even more humility? Small steps, small expectations, small projects....hatzlocha..... and we love Noora!

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 11 Jul 2010 21:15

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back again -

been away soooooo long ....there is so many new members that i fell like a newbie  
....overwhelming ...

need to vent a bit ..

the Sunday blues ....the summer Sunday blues are the absolute pits....coupled with visiting day in the Catskills ..... the 9 days .... the heat..... if that doesn't make one suicidal.....

**.....and my shrink can send all his kids and gran-kids to Harvard on my dime ;D ;D ;D ;D**

until next time

Love to each and everyone of you forever

Noorah

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Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 12 Jul 2010 06:21

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Noorha!!

Cmon!

The summer is great

The kundtree is soo nice

Here are some activities

#1. Relive the Mem Bais Maasoas... Drive on the furrly-two (42) on visiting day

#2 relive the missoninim in the bidbar. Go to the walmart on the furRy-two

(Wear good sneakers. You will be standing in line

#3 do some middos excersize. Buy pizza in falssburg or woodboine. (Yes u will need a lot of savlanus)

#4 have fun "stare at a local like he's from the moon" ( yes all people come from brooklyn. The rest are here just to make sure the water gets turned on in May)

#5 savlanus 2

Visit all your family in every kundtree

TBC

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 18 Aug 2010 17:16

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Dearest Chevra all the holy warriors on GYE-

Need to share:

Maybe not right away but the end result is guaranteed

Here i am over a year on the WOH - and what does the jerk do - he tries to bypass his filter

> > >

an absolute utter MORON

**Thank you Hashem for opening up my eyes to this stupid game of Russian roulette that i began to play Thank You Hashem a million times!!!!!!!!!!**

I must never ever forget the *yh*/addiction - call it what you want - is just waiting for me get complacent, to get smug, to forget that no matter how many "days" clean i have ...CAUSE

THE ONLY DAY THAT REALLY COUNTS IS **TODAY**

and TODAY IS ALWAYS DAY NUMBER ONE!!!!

LOVE TO ALL

a very humble

noorah the little

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Re: Noora BAmaram's Journey and Journal  
Posted by david712 - 18 Aug 2010 18:42

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Noora,

Good to have you back.

You hit the nail on the head. "Complacency+boredom+burnout = absolute disaster :(Maybe not right away but the end result is guaranteed "



If we can stay focused on today.....

As you say...

We wont let our self start to play..

Since addicts we are...

never step in to the bar..

only one drink ....

we think.....

Before we know it- we're back in the clutter....

um...How did we get in to the gutter.....

Always remember

TODAY- is only ONE DAY

Thanks for Screaming fire.... Noora.

Great lesson for us all.

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Re: Noora BAmaram's Journey and Journal  
Posted by destructive cycle - 18 Aug 2010 22:23

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Thanks noorah.

It is great to see such people like yourself that was able to protect yourself. Unfortunately, there is no such thing as one quick look and lets get back to sobriety.

Keep on trucking, man.

-MT

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Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 24 Aug 2010 21:22

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we want noorah!!

we want noorah!!

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we want noorah!!

did I say "we want noorh"

yup I did

we want NOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOORAH!!!!!!!!!!!!!!!!!!!!!!

bardichev

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Re: Noora BAmaram's Journey and Journal  
Posted by kutan - 01 Nov 2010 18:34

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[Noorah BAmram wrote on 11 Jul 2010 21:15:](#)

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**.....and my shrink can send all his kids and gran-kids to Harvard on my dime ;D ;D ;D ;D**

until next time

Love to each and everyone of you forever

Noorah

Try Hitchhiker's guide to the galaxy. It is a trilogy. Perfectly clean. Except I think the 4th book he writes, as a preface to one of the chapters, that "people complain that he writes too clean, so this chapter is.... ahem, and you can perfectly skip it since it has nothing to do with the plot..."

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Re: Noora BAmaram's Journey and Journal  
Posted by ZemirosShabbos - 01 Nov 2010 18:50

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check out James Herriott as well. clean as far as i remember and hilarious and well-written. oh, and the book is thick enough to double as a support for height-challenged drivers so it should keep you going a bit.

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