

Thank you Hashem

Posted by ur-a-jew - 07 Sep 2010 17:24

Ahh what a feeling. 90 days. Thank you Hashem for sending me here and walking me along, to Guard for setting up the site and to all the wonderful members for giving me chizuk and advice all the way. I started writing this post after just being on the site for two weeks but it somehow got deleted and then I kept pushing it off. I figured once I got 90 days I would just write a whole long megilla as to what the GYE community means to me.

1. I once met a chasuva balabus who works with at-risk kids and he told me over a conversation he once had around Yom Kippur with one of these kids. He was telling the kid that on Yom Kippur we can do teshuva and our aveiros become zechuyos. The kid turns to him and says you explain to me how the XXX movie I just watched will be a zechus. The balabus turns to me and says I didn't know what to say but Hashem put the following in my mind which I told the kid. He said, I'll tell you. Because you're going to resole to change and you're going to become better and work on raising a jewsih family and you're going to meet a kid like you where who feels they were hopeless. At that point you'll tell the kid, never lose hope, you can never sink too low. I also saw the shmutz that you saw, I saw the same XXX movies, but look I was able to turn around. At that point says the balabus you'll understand how that XXX movie can be a zechus. The message hit home and the kid went on to change. All I can say is that there are a lot of interesting and unique "zechusim" on this site.

2. I've learned how to grow in Ahavas Yisroel. Just like the addiction does not discriminate neither does the site. All walks of yiddishkeit are here and the camaraderie that is displayed is trully remarkable.

3. My tefillos have improved. There are a lot of people to thank for this. Most promenantly is Dov who has encouraged me to talk to Hashem on a regular basis. Just two days ago, Jooboy wrote me something which gave me a tefilah that I now add. Hashem give me the ability to place my trust and my dependance only in You and not in any human including my wife.

4. I realize I am not alone.

5. I have hope. In the back of my mind I also had this fear that I had completely ruined my chances to be mekabel pnei moshiach and for olam haba based on my actions. Would I ever really be able to do teshuva. The site tells me that although it is hard work (as could be expected given the reward) teshuva is possible. It really is possible to stop.

6. The 12 Steps. In the past as part of my efforts to stop. I had always looked into ways to online SA meetings. It never worked in large part because I could not relate to any of the people that were members. Here I feel that I am amidst family since we are all bnei av echad. B"H I am making my way through the steps.

7. The knowledge that sex is optional. This is a hard one. But I am grateful for the knowledge and one of these years I hope to be truly able to implement it in my life.

8. Making shemiras einyayim part of my conscience. I can proudly say that for the past 90 days I have not picked up a New York Post or a New York or New Yorker magazine, all of which were part of my daily or weekly routine since they are readily available in my office. I have come to realize I don't need them and the potential triggers they bring with them.

9. A filter. After years of just saying I need one I know have one both in the office and at home.

10. No facebook. This was probably my biggest michshal in the past year. What a wonderful feeling when I click on a link that directs me to facebook and K-9 comes up to block it.

11. No youtube. Another source of anguish consumed by the canines.

12. A garden of peace. I found this book here. And anyone who has read it knows what I mean. Anyone who hasn't, what are you waiting for.

13. A better marriage. When I don't have all the baggage, things necessarily are better.

14. The daily chizuk emails, all three of them. Even if I don't always get to read them. There is a certain comfort knowing that they are there just for the looking. There is a noticeable absence when Guard is away.

15. The GYE Handbooks.

16. Virtual meetings.

17. Google chat to know that someone can check on me and the ability to offer chizzuk to others.

18. Rather than mention names and mistakenly leave someone out. I appreciate everyone who has helped me along this journey. You all know who you are. I hope to continue with you all to the next level.

My list can go on and on (and I hope to continue it but I got to work a little today). My tefillah to Hashem is that I recognize that this first 90 days is just a stepping stone along the path and that I merit to continue to stay sober day by day, and that I not forget that I was never able to do this alone so I should never think of moving away from the site and the wonderful people that I have met and continue to meet here.

Ksiva V'Chasima Tova to all.

=====
=====

Re: Thank you Hashem

Posted by Yosef Hatzadik - 17 Jun 2011 19:27

Ha!

You are the guy who inspires me to come up with them!!!

=====

Re: Thank you Hashem

Posted by ur-a-jew - 17 Jun 2011 19:31

[Yosef Hatzadik wrote on 17 Jun 2011 19:27:](#)

Ha!

You are the guy who inspires me to come up with them!!!

Yosef Hatzadik's Ha'oros

« on: **February 18, 2010**, 03:05:02 PM »

ur-a-jew

Date Registered: **June 08, 2010**, 11:44:16 AM

The facts speak for themselves.

=====

====

Re: Thank you Hashem

Posted by ur-a-jew - 17 Jun 2011 20:41

Just read this in an email: This week we read about how the spies went to Eretz Yisroel and carried, among other things, giant grapes on a wooden pole. Rashi explains that one person can carry 1/3 of the weight that two people can carry. For example, if one person can carry 100 lbs. on his shoulders, then two people can carry 300 lbs. together. From here, the Chassidishe seforim teach us an uplifting message: Two Jews have more power to uplift together than one alone!

This in essence is the power of GYE. Alone I can't overcome my Yetzer, but together with this wonderful chevra we can do it together.r

Thank You Hashem and all his local emissaries on this wonderful site.

=====

====

Re: Thank you Hashem

Posted by ur-a-jew - 20 Jun 2011 15:36

BH Shabbos was great and inspiring. Had the following insights on Parshas Shlach

A Lesson from the Mapilim:

It happens all the time we have a nasty fall and we finally get back up and all of the sudden we act like big tzaddikim. In a way we are acting no different than the maplim. The cheit of the meraglim a tremendous yeridah that we are still paying the price for today. Yet, what happens. They realize they made a mistake, they do what they think is teshuva, and the next day they are in their own eyes tzaddikim and they are off to Eretz Yisroel. The Torah teaches us that this is not the way. You need to slowly slowly work on yourself. Forty years in the midbar and with all of the connotations of what a midbar is. And even then you may not see the fruit of that labor in yourself but in your kids. **There are no shortcuts in life.**

A Lesson from the Meraglim:

Picture what the scene must have looked like. Moshe tells the Bnei Yisroel everyone that is twenty years old and up should bring a machtzis hashekel to be counted. These coins are going to be used for the foundation of the mishkan. Do we have a concept of what it means to contribute to the very yesod of the mishkan. Chazal tells us that had the goyim understood the benefit the mikdash brought to the world they would never have destroyed it. And here you have an individual who has the opportunity to contribute to the very foundation of this edifice. Off to the side is Moshe. Moshe is 19 years old. He was hoping to contribute a Machtzis Hashekel, but alas he is too young. Imagine how devastated he is. Fast forward the Meraglim come home and Hashem issues a decree everyone from 20 years and up will not enter into Eretz Yisroel. Moshe breathes a sigh of relief. He was saved from this terrible gezairah. There are times throughout our lives where we see someone who has something that we don't have. It may even be what appears to be a spiritual achievement that someone else has that we don't. One never knows the price tag that comes along with it. We say in davening "Visen Chelkaynu B'torahsecha." Give us our chelek in torah. We each have a unique mission. Don't lose out on your own opportunity because you feel like you haven't lived up to someone else's.

I would imagine that someone on this site must have said something about the chinuch on Parasha Shelach, but I encourage everyone to read it.

???? ???? ??? ????? ??? ?????? ???

The chinuch compares one who pursues lust to an alcoholic: ?? ?????? ?????? ?????? ?????? ?????? ?? ??????. How's that for an endorsement of AA.

The chinuch also writes that there is no malkus for one who violated this lav since it's impossible to set a shuir

?? ?????? ?????? ?????? ?????? ??? ?????? ?? ??? ?????

??????? ???????? ?????? ????????????

So next time you walk down the street and you see some attractive woman. Don't get all bent

out of shape. Our job starts once you've seen, to now avert your eyes because Hashem commanded you to do so (and because continuing to take in the sight will bring to a place that you don't want to be).

The Minchas Chinuch comments on the Chinuch for this Mitzvah:

????? ??????"? ????? ?? ??? ??? ?????? ????? ??

=====
=====

Re: Thank you Hashem

Posted by ZemirosShabbos - 20 Jun 2011 16:08

your lessons from the Mapilim and the Meraglim are absolutely awesome. thank you for sharing them

=====
=====

Re: Thank you Hashem

Posted by ur-a-jew - 28 Jun 2011 17:04

Today is the hebrew anniversary for one-year of sobriety (I had to wait longer this year because of the leap year). Thank You Hashem for bringing me to this point. Thank you for giving me this Ir Miklat to run to, Thank you for the wonderful chevra and friends that I've made. Thank you for the wonderful advice and tools that I've learned. Thank you for life itself.

=====
=====

Re: Thank you Hashem

Posted by ZemirosShabbos - 29 Jun 2011 20:24

Thank you UAJ for being part of what makes GYE such a special place!

=====
=====

Re: Thank you Hashem

Posted by 1daat - 30 Jun 2011 23:47

Great vort. Mazel tov. I loved, "there are no shortcuts in life". The Alter Rebbe speaks about the short way being the long way around. You've shown us all what one day at a time, baby steps and kot really mean.

=====
=====

Re: Thank you Hashem

Posted by ur-a-jew - 05 Jul 2011 19:31

I was driving my son up to Yeshiva this week. Along the road there is a stream (which I've written about before). In the winter you see the stream along the whole trip. In the summer the foliage is so thick that it is hard to see that there is even a stream behind the trees. If you saw it in the winter you would never believe that these trees would ever have leaves again, let alone with such thickness. On the flip side when you see the trees now you would never believe that these same trees looked dead a couple of months ago. Which image represents the real tree? I think all would agree that it's the tree full of leaves. Many of us, have lived or are living double lives. One of them is a vibrant live, the other resembles death. We have to realize that the one with vibrancy and color is the real life. And that as hard as it may seem to believe that when in our "dead" state there is no more chance for life, it's simply not true. We all have our ups and downs. But our essence is the green vibrant life-giving tree.

=====
=====

Re: Thank you Hashem

Posted by lookingforwisdom - 05 Jul 2011 19:36

UAJ

Very well said

=====

=====

Re: Thank you Hashem

Posted by ur-a-jew - 05 Jul 2011 20:21

A thought from Parshas Chukas: ???????????? ???-??????????? ?????????? ???????-' ?????????? To see Hashem you need some sort of fall. Either in our own view of ourself, i.e., through humility, or to fall on our faces, by hitting rock bottom and realizing that there is nowhere else to turn.

=====

=====

Re: Thank you Hashem

Posted by ZemirosShabbos - 05 Jul 2011 20:49

beautiful!

=====

=====

Re: Thank you Hashem

Posted by Yosef Hatzadik - 05 Jul 2011 21:00

Like!

=====

=====

Re: Thank you Hashem

Posted by ur-a-jew - 06 Jul 2011 22:47

Thank You Hashem and Thank You Guard for this website. Its days like today that I have little doubt if I hadn't discovered GYE that I would've acted out. Fortunately, I now know that its not an option.

=====

=====