

Thank you Hashem

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

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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 eynayim 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.

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Re: Thank you Hashem  
Posted by ZemirosShabbos - 23 Mar 2012 17:32

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Thank you UAJ, awesome and timely reminders (as usual), thank you for sharing  
have a gevaldiger shabbos!

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Re: Thank you Hashem

Posted by ur-a-jew - 06 Apr 2012 15:43

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Thoughts on the Hagadah. What's the point. If you want to accomplish something you need to know what it is your are trying to accomplish if you want to be successful. So what is it that the Seder is designed to accomplish. The answer I believe is that the Seder is the critical link in the mesorah. By engaging in Maggid and relating what happened in mitzroyim from father to son from generation to generation we continue the chain of the mesorah that started from the events themselves. We know that Hashem exists, that he is the masgiach over the world in general and us individually and that there is reward and punishment because klal yisroel experienced all of that during yetzias mitzrayim and we received it directly from those who experienced it in an unbroken chain. If this is the goal it becomes obvious that 1) if we walk away from the seder and we have not passed on to our kids those fundamentals than have we really accomplished the mitzvos hayom. So you may have to put aside your hagaddah and tell it in a way that your kids understand. This is after your job for tonight. 2) if the job is to pass over these fundamentals you have to do it in a way that it will be accepted, that is in a calm manner. If you start acting like a grouch because the world is not working out the way you envisioned the message you are trying to give over will not be that well accepted. So take a deep breath and make the experience fun and exciting. And if the kids or wife are not "cooperating" the way you hoped take another deep breath, drink a coffee and try your best. That's all Hashem wants of you. It's a tall task. Some may think how can I do it. I don't even believe these things myself. In matter of fact I may have even been watching schmutz this week, last night. Thats the lesson of matzah. It seems to have a dual role. It's the bread of affliction yet it is also the bread of freedom. One message is that Hashem can transform all of us instantaneously one minute something can be the bread of slaves the next it is the bread of kings. Yesterday you could have been down in the dumps today you can be a new man. This also explains the order of the 4 sons. One would think the rasha should come last after all he is the rasha. Why is he put right next to the chochom. The answer is that if he makes the effort he is almost there.

Mah nishtana. I was wondering why is it called the four questions. It seems its really either five or one. Either its one since its a general question why is this night different and we give four examples. Or its five why is this night different and then 4 additional why are these four things different. I was thinking that in reality its 4+1. But the one is not counted because it is not a question that's exclusive to Pesach. It's a question that a Yid must constantly ask himself. What's my tafkid right now. How will this night be different from every night. How will I bring about kvod shomayim in the situations I'm faced with tonight. Each night is a new avodah. And its a constant analysis that is required of us.

Biforech. The gemara explains that Pharaoh gave the men women's jobs and women men's job. Rav Galinsky asks what was the point. It is counterproductive. Obviously Pharaoh would not achieve good results. The answer is Pharaoh did not want the shibbud to burden us but rather to embitter us. To play with our minds. And if making a man do a woman's job makes the frustrated. Then he accomplished his task. The proof says Rav Galinsky is that after Moshe came and pharaoh made the burden heavy he decreed that a person should get no straw. Why didn't he just increase the output requirement. The answer is that his goal was to make the bnei yisroel meshuga. That would have to worry where will I get straw, what if there is not enough,

what if someone gets there before me. Will I get beaten, etc. The design was to make the people lose their mind. Rav Galinsky concludes that chazal tell us that Pharaoh represents the yetzer hora. And he uses the same tactics. Know your enemy.

Wishing all a wonderful Yom Tov. Thank you Hashem for bringing me to this day and for helping me get there sober.

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Re: Thank you Hashem  
Posted by 1daat - 06 Apr 2012 20:02

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[ur-a-jew wrote on 06 Apr 2012 15:43:](#)

It's a question that a Yid must constantly ask himself. What's my tafkid right now. How will this night be different from every night. How will I bring about kvod shomayim in the situations I'm faced with tonight. Each night is a new avodah. And its a constant analysis that is required of us.

The whole vort is beautiful. This stood out for me. All brochos to you and yours. I'm honored to march next to you.

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Re: Thank you Hashem  
Posted by ur-a-jew - 20 Apr 2012 14:28

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Thoughts on Parshas Shmini

We know "sheva yipol tzaddik v'kum". To fall seven times you have to have been up in between. The possuk tells us don't worry you will eventually stand without falling. But what about someone who remains on the ground the whole time. For where does he know that there is hope for him to keep on trying. How many times can he try without success and still expect to see relief. This weeks parsha tells us don't give up trying. For 7 days Moshe put the mishkan up and no shechina came. The Bnei Yisroel said what was the point in building the mishkan we are

doomed. The cheit hegel was too great. Moshe told them don't despair. And them Aharon did the avodah. Still no fire from Hashem. Moshe said don't despair. Ultimately they daven and lo and behold the Shechina comes. When on the 8th day. Why only on the 8th day. I was thinking that perhaps the message is. It's true under natural circumstances there was no hope. But teshuva is supernatural. The RBSO can do anything even in the otherwise hopeless situation. And the message also was that don't try it alone. Moshe on his own was unsuccessful. Aron on his own was unsuccessful. They went together and the Shechina came down. Thank you Hashem for GYE a place were together we can achieve the supernatural.

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Re: Thank you Hashem  
Posted by ur-a-jew - 27 Apr 2012 21:04

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Parshas Tazria:

If someone gets what appears to be a nega the Cohen secludes him and checks it in 7 days, if no change the Cohen again places him in seclusion for another 7 days. If after this the nega is still the same the Torah says "v'chibes begodov v'tohair." The meforshim question the purpose and need for this purification, after all the person was determined not to be a metzora? Answers Rashi since he required seclusion he is considered tomai. In other words when we isolate ourselves it is problematic. In essence its a form of tumah.

This hit home to me last week. I was slipping into my old ways in the bedroom. But I came "clean" first to my wife and then to a recovery friend and I have to say things looked much better since. Especially when my recovery friend identified with everything I told him. I was no longer living in isolation.

Thank You Hashem for reminding me of this message and helping me recover.

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Re: Thank you Hashem  
Posted by ur-a-jew - 04 May 2012 19:11

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Parshas Achrei Mos:

In essence I think one can stop with just Rashi's statement on the possuk ????? ??? ????? ?????? to which Rashi comments ?? ?? ?? ??? ?????? ?????? ???????

Even in our lowly state, Hashem is with us.

But I was wondering if perhaps there is a deeper message. Seemingly, there is a contradiction. Earlier in the parsha, the possuk writes that the Kohen should not come into the Kodosh Hakodshim at all times. Why? ?? ????? ?????, since the ??? is always there Rashi elaborates: ?? ????? ??? ????? ?? ?? ????? ????? ????? ??????

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Hashem's presence is there constantly, and since his shechina is constantly revealed there are person should be careful not to come regularly. So which one is it. Is it good to be in the Shecina's presence.

I was thinking two possible resolutions. First, there is a difference between ???? ????? that is where Hashem's presence is out there in the open on the one hand and when Hashem's Shecina resides among us, that is it is among us but not seen out in the open (it is not obvious). Many times we say to ourselves why do I have to have things so hard? The Torah is telling us Hashem's shecina is there. Even in our lowly state ?? ?? ?? ??? ??????. but it has to be this way, in a way that is not obvious. It is only for the rare and special occasion will Hashem's shecina be out in the open and things wil make sense crystal clear.

A second message however is there is a difference between being in the shecina's presence that is we enter the Shechina's space and bringing the shechina within ourselves. To enter into the shechina's presence requires intense preparation and purity. But that is not the only way to go. One can bring the shecina within himself. And that can be done even in our lowly state. By working to internalize Hashem within ourselves through little small actions we slowly bring the shechina within us bit by bit and we can succeed at that even when we are far from perfection.

Thank you Hashem for another wonderful week.

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Re: Thank you Hashem

Posted by ur-a-jew - 08 Jun 2012 15:38

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Parshas Beholscha:

Vayas Cane Aharon. Rashi explains that the Torah teaches us the praise of Aharon that he did not deviate. The meforshim explain what the gadlus was of Aharon that he did not deviate. I saw in the Artscroll Rashi they bring down from the Derashos Chasam Sofer that the chiddush was that although Aharon as Kohen Gadol could perform any avodah and in fact for the rest of his life he would perform the hatavos and hadlakos haneiros I would have thought on the first day since he was in aninnus that he would have delegated the avodah on that day. Aharon did not deviate to show his acceptance of Hashem's decree. We all have better and worse days. The lesson of Aharon is that even on the "bad" days we still have our daily routine and obligation which Hashem wants us to carry out.

Thoughts from Parshas Bamidbar and Shavuos that I never got around to post:

I heard a wonderful shuir from Rav Orlofsky. He explains that the greater my relationship towards someone the more obligations I have towards that person. So I have more obligations towards my wife then I do towards my neighbor and likewise I have a greater obligation towards

my neighbor then I do towards the guy I meet on the street. And that is why we Hashem gave us mitzvos so that we can have a great relationship with Hashem. The semel for this is marriage. Since that's where the strongest relationship is. I was thinking this could be why hakol modim dbatzres bainone lachem. In other words, to come to a true kaballah you have to work on your "lachem" relationships, which will bring you to the "laHashem" relationship. Rashi says that when Hashem was coming to rest his shechina on us he counted us. A prerequisite to having the shechina on us is to be "Seu" we have to recognize our own self worth at the same time it has to be Bamidbar we have to recognize how low we are. There is the same ability to attain shechina in marriage.

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Re: Thank you Hashem  
Posted by ur-a-jew - 08 Jun 2012 15:49

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I just updated my chart and Boruch Hashem today is Two Years.

Two Years in which I did not look at porn.

Two years in which I didn't log into Facebook

Two years in which I didn't read through a tabloid newspaper or magazine

Two years in which I recognized that acting out is simply not an option

Two years of Filtered Internet.

Two years of GYE

Two years of getting to know a great chevra

Two years of knowing that sex is optional (even if I wasn't always happy about it).

Two years of knowing that I am not alone in this struggle.

Two years of knowing that I can always find a listening ear when the going gets tough.

Thank you Thank you Thank you RBSO (and all of His local emissaries) for all of these tovot and many, many, many more.

And please let me be able to continue in all of this today as well.

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You are a holy Jew.

Keep on trucking and we will try to follow you.

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Re: Thank you Hashem  
Posted by ImGonnaWin - 10 Jun 2012 02:14

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Amazing!!

Mazal Tov!

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Re: Thank you Hashem  
Posted by obormottel - 10 Jun 2012 06:12

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Mazel tov! You're an honor to call a brother.

Two years, wow. I just met someone who got 11 years of sobriety. In the meeting they didn't have an 11-yr chip, so they gave him two chips: 5yr and 6yr.

Many more by you, starting today.

Mottel

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