

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.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 13 Jul 2012 16:54

gevaldig!

thanks for sharing

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Re: Thank you Hashem

Posted by Blind Beggar - 17 Jul 2012 05:54

A great thought.

Thank you.

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Re: Thank you Hashem

Posted by ur-a-jew - 17 Jul 2012 15:07

In less than two weeks we will sit on the floor and mourn a beis hamikdash that was destroyed 1944 years ago. Ideally, I would cry and feel pain over this loss. But 1944 years is a long time ago. A Beis Hakidash that I never saw or experienced. And frankly, it is hard to cry over it. It's even harder to "remember" that destruction in my daily living. To somehow recognize that at least for these three weeks I shouldn't be going about my business the way I do the rest of the year. I shouldn't be laughing and joking. It is hard. This morning I realized I have plenty to cry for. I got the ever so slightest glimpse of the tzar heshechina means.

I got one of my friends webchaver reports and it didn't look pretty. The truth is it hasn't looked pretty for a while. It's a churban that is happening now in 2012. It's one the wouldn't be happening had there been no churban 1944 years ago. It's sad and painful to watch. Beneath all of that shmutz is a pained yid who knows that he doesn't belong there. Beneath that shmutz is a wife who cries herself to sleep every night. It is very sad. It is something that I should be and could be crying for.

At the same time I think this is what tzar heshechina may be about. You want to help this person, sometimes by coaxing, sometimes by wringing his neck, for the life he is squandering, to patiently tell him and to scream at him how he is ruining his life and if only he would just give it up, it would be so much easier (even if it may be at times harder). But it's no use, because it simply won't work. He has to take that step and recognize it himself.

No doubt the RBSO looks down at me. And wonders look at the life that he is squandering. Yes, I have plenty of it that I am squandering even if today I managed to control my eyes. All the RBSO wants is for me to take those steps and look at what a beautiful life is waiting for me. There is so much to cry for ... and yet now I just go back to work, back to my mundane life laughing, squandering and all. :'(

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Re: Thank you Hashem

Posted by mifatfait - 17 Jul 2012 17:41

That's so true, the only one who can help me is myself - ?? ??? ??? ?? ?? ??.

Maybe that's why the ??? ?????? is so great, it's not the situation or the neighbor's cat that is being ??? ?? ????, it's me myself and I whit my wrong bechirah.

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Re: Thank you Hashem

Posted by Machshovo Tova - 17 Jul 2012 20:03

There is a vort, I believe from the Chiddushei Harim: The Shulchan Aruch (O.C. 1:3) says: It is proper for every G-d fearing Jew to mourn the Churban Bais Hamikdosh. So the kashya is, and what about one who is not G-d fearing? And his answer is, one who is not G-d fearing should mourn his own churban.

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Re: Thank you Hashem

Posted by ur-a-jew - 10 Aug 2012 16:00

Thoughts on Parshas Eikev

If you flip through a chumash Rashi is everywhere. There are few parts of chumash that Rashi doesn't have something to say such. I thought about this when I was learning the parsha this morning and learned through the following possukim:

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There is no Rashi on an these 10 possukim and I think the absence of Rashi is itself a message. Rashi is telling us that these 10 possukim are simplicity itself. No extra commentary is needed. Having more is not the answer to life's problem. If we have more we forget who gives us all the good we have in life. Hashem put us through the midbar and tested us so that we

should know who is our true source of sustenance. It is Him and only him. And if we forget that we are finished.

I have a non-frum colleague, who I've been taking to about daf yomi. He tells me last night as we were leaving, "Urajew, if I win the lottery this week I'll do daf yomi." In these possukim the torah addresses the fallacy of this view. If you win the lotto, you'll think what a smart person I am that I picked these numbers. I have no need to learn daf yomi or to do anything to get my close to the RBSO I have it made. And Rashi through his silence says this is basic no elaboration necessary.

Thank you Hashem for bring me to where I am to date. For helping through the difficult times and for being with me in the good times. A wonderful shabbos to all.

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Re: Thank you Hashem
Posted by Dov - 10 Aug 2012 21:10

Sweet, thanks.

It's not quite a bechinah of "kochi v'otzem yodi", but it is a bechinah of "im shachoach tishkach es Hashem Elokecha"...when a person like me finds himself sober for a year, ten years, or twenty years...and says in his own heart that he is healed now.

For "*healed*" is code. It has only one nafka-minoh: that I can now afford to use lust for fun - use porn just a little, touch myself sexually just a little, manipulate my wife for sex just a little...normal Yidden can do those things. They are not right - but they have the ability to do them - and then maybe regret them bitterly and do Teshuvah. But when *I* do them, it's another story: my life gets all complicated and messy. I get into a rut and can't get out cuz *I* keep doing it over and over, or *I* stay clean but get all nasty to live with, or *I* get depressed and hate everybody, or worse....it's not fair (whine, whine...anybody have some cheese for this whine?).

OK, enough outa me.

Hey, UAJ, I'm on a bus and hungry and it's getting late on Erev Shabbos. Daven for me, ok buddy?

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 13 Aug 2012 17:10

[ur-a-jew wrote on 17 Jul 2012 15:07:](#)

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Quite a strong post!!!!

Thank you for the constant inspiration!

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Re: Thank you Hashem

Posted by ur-a-jew - 26 Oct 2012 15:01

It's been a long time since I have been actively on the site. Way too long. Thankfully I'm still sober, but something is missing when I'm not here thinking about recovering. Hope to stay back.

Thoughts on Parshas Lech Lecha:

Reb Yeruchum in this week's parsha that a maymin is one who is anchored and secured. Whereas someone who doesn't have emunah is bobbing through life since he is not attached to Hashem. Reb Yeruchum says this is the pshat in the possukim:

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A maymin is like a secure tree that cannot be uprooted. Whereas the rasha is like the flimsy leaf that flutters all about. I was thinking that it could be that this is the nisayon of Lech Lecha. The RBSO tells Avrohom Avinu to go to Eretz Yisroel when he gets there he needs to go mitzrayim a constant state of motion, all to test him whether despite all the movement Avraham would remain stable and anchored to the true source, Hashem. The nisyanos were given to the Avos to empower us their children when we are faced with these same nisyanos. When we are thrown challenges that threaten to upset our equilibrium we have to remember that Avrohom Avinu threw us a security line in our ability to anchor ourselves to Hashem. For an addict this is gift. Speaking from personal experience, acting out would come when things weren't going right. Something didn't work out "my" way. Our sometimes it was just because I was floating through life, like a leaf just blowing around in the wind. The antidote for this is to attach myself to Hashem. Then even if the wind blows, I know I'm safe. A wonderful Shabbos to all.

Thank you Hashem for being there for me always.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 26 Oct 2012 15:18

That monk who wrote the Serenity Prayer was on to something!

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Or this:

"When I am disturbed it is because I find some person, place, thing, or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake." (The Big Book)

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Re: Thank you Hashem
Posted by Dov - 26 Oct 2012 15:32

beider zachen ez beutiful, thanks UAJ and yosef hatzaddik!

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Re: Thank you Hashem
Posted by ZemirosShabbos - 26 Oct 2012 15:46

thank you Reb UAJ!

thanks for sharing such good thoughts

and it's good to see you in these parts

[ur-a-jew wrote on 26 Oct 2012 15:01:](#)

Hope to stay back.

i'm with you on that

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 26 Oct 2012 15:56

[ZemirosShabbos wrote on 26 Oct 2012 15:46:](#)

Hope to stay back.

i'm with you on that

Is staying back something like those KEEP BACK signs?

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Re: Thank you Hashem

Posted by ZemirosShabbos - 26 Oct 2012 16:04

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Staying "back"

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[ZemirosShabbos wrote on 28 Sep 2011 14:19:](#)

(for those that did not know yet, UAJ wears a white bekeshes and a white shtreimel and can turn you into a frog if you are not careful, or so the legend has it)

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