

הַלְכָה of the Week

~ בְּרַכַּת הַמְזוֹן ~

בְּרַכַּת הַמְזוֹן is made up of four בְּרָכוֹת:

1. בְּרַכַּת הַזֵּן - In this בְּרָכָה we thank 'ה' for His kindness in giving us food;
2. בְּרַכַּת הָאָרֶץ - This blessing begins with the words " נֹדַה לְךָ, ה' ".
In this בְּרָכָה we express general gratitude for having been given the beautiful land of יִשְׂרָאֵל and we thank 'ה' for taking us out of Egypt, making a covenant (agreement) with us and giving us the תּוֹרָה.
On בְּרָכָה and פְּנִינָה we add עַל הַנְּסִים in this בְּרָכָה.
3. בְּרַכַּת בּוֹנֵה יְרוּשָׁלַיִם - This blessing begins with the words " רַחֵם נָא ה' ".
This בְּרָכָה includes a prayer requesting Hashem's compassion on His people, on יְרוּשָׁלַיִם, and on His בֵּית הַמִּקְדָּשׁ, and a request for the בֵּית הַמִּקְדָּשׁ to be rebuilt quickly, in our own lifetime.
On שְׁבֵת, we add רְצָה in this בְּרָכָה. On יוֹם טוֹב and ראש חודש , ראש חודש וְיָבֵא, is included in this בְּרָכָה.
4. בְּרַכַּת הַטוֹב וְהַמְטִיב - This blessing begins with the words " הַקֵּל אֲבִינוּ ".
In this בְּרָכָה we thank Hashem for the great kindness He has done for us in the past, and we ask Him to continue to grant us His kindness in the future.

These four בְּרָכוֹת are followed by additional prayers that begin with the word "הַרְחֵמֵנוּ".

פְּרָקִי אֲבוֹת of the Week

פְּרָק ד

י"ז רַבִּי שִׁמְעוֹן אֹמֵר, שְׁלֹשָׁה כְּתָרִים הֵם, כְּתָר תּוֹרָה וְכְתָר כְּתָנָה וְכְתָר מַלְכוּת, וְכְתָר שֵׁם טוֹב עוֹלָה עַל גְּבִיּוֹתָיו:

Rabbi Shimon says: There are **three crowns** -

- i) the crown of תּוֹרָה,
- ii) the crown of **priesthood** (that is, the crown of the כַּהֲנָיִם),
- iii) and the crown of **Kingship**,

but the crown of **a good name** is above (or, must be upon) all of them.
