

## הַלְכָה of the Week

### ~ מַעֵין שְׁלוֹשׁ ~

The בְּרָכָה recited after cake, wine, and fruit of the שְׁבַעַת הַמִּינִים

מַעֵין שְׁלוֹשׁ is recited after eating food made from the five species of grain (wheat, barley, rye, oats and spelt), such as cake, biscuits and pasta.

מַעֵין שְׁלוֹשׁ is also recited after drinking wine and grape juice, and after eating one of the fruits for which the Land of Israel is praised in the Torah: grapes, figs, pomegranates, olives and dates.

This בְּרָכָה is called מַעֵין שְׁלוֹשׁ (“a summary of three”) because it contains the first three בְּרָכוֹת of הַמְזוּן בְּרַפְתָּ in a short form.

## פְּרָקִי אָבוֹת of the Week

פְּרָק ד

י"ח רַבִּי נְהוֹרַאי אוֹמֵר, הָיִי גוֹלָה לְמָקוֹם תּוֹרָה וְאַל תֵּאמַר שֶׁהִיא תְּבוּא אַחֲרֶיךָ, שֶׁחֲבֵרֶיךָ יִקְיִמוּהָ בְיָדֶךָ. וְאַל בִּינְתֶךָ אֶל תִּשְׁעֶן:

Rabbi Nehorai says:

Exile yourself (leave your home town) to settle in a place of תּוֹרָה, and do not think that the תּוֹרָה will come looking for you.

Only your study partners will make the תּוֹרָה remain with you.

(as שְׁלֹמֹה הַמֶּלֶךְ taught) “and do not rely on your own understanding.” (Mishlei 3:5)

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