

## הַלְכָה of the Week

### ~ בּוֹרָא נְפָשׁוֹת ~

The בְּרָכָה recited after foods and drinks for which neither בְּרָכַת הַמְזוֹן nor מַעֲיֵן שְׁלוֹשׁ is the אַחֲרוֹנָה

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, בּוֹרָא נְפָשׁוֹת רַבּוֹת וְחֹסְרוֹנָן, עַל כָּל מַה שֶּׁבָרָא(ת) לְהַחַיּוֹת בָּהֶם נֶפֶשׁ כָּל חַי. בְּרוּךְ חַי הָעוֹלָמִים.

**“Blessed are You, Hashem, our G-d, King of the universe, Who creates many living things, as well as their deficiencies (ways in which they are incomplete or imperfect), for all that You have created with which to keep every living being alive. Blessed is He, the life of the worlds.”**

בוֹרָא נְפָשׁוֹת is recited after eating foods and drinks for which neither בְּרָכַת הַמְזוֹן nor מַעֲיֵן שְׁלוֹשׁ is the אַחֲרוֹנָה.

One must recite this בְּרָכָה after eating at least a כְּזַיִת (olive size) of food or drinking a רְבִיעִית of a drink. There are different opinions regarding the measurements of a כְּזַיִת and a רְבִיעִית. Remember, **כְּזַיִת is a measurement used for food and רְבִיעִית is a liquid measurement used for measuring drink.** Three of the great rabbis whose opinions are most often followed are the **Chazon Ish, Rabbi Chaim Na'eh and Rabbi Moshe Feinstein.** (We shall not discuss the actual measurements here.)

It is preferable not to leave the place where one ate before reciting בּוֹרָא נְפָשׁוֹת.

When reciting בּוֹרָא נְפָשׁוֹת we thank Hashem for creating mankind as well as for all that we must have in order to live. When we say, “for all that You have created” We thank Him particularly for our most important needs, like bread and water, but also for many other things that benefit us but are not essential for our existence.

## פְּרָקֵי אָבוֹת of the Week

פְּרָק ד

י"ט רבֵי יַנַּאי אוֹמֵר, אֵינן בְּיַדֵּינוּ לֹא מַשְׁלֹת הַרְשָׁעִים וְאֵין לֹא מִיּוֹרֵי הַצְּדִיקִים.

Rabbi Yannai says:

We are not able to understand why some רְשָׁעִים (wicked people) have an easy life or why some צְדִיקִים (righteous people) suffer.

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