

## הַלְכָה of the Week

~ בְּרָכוֹת הַנְּהַנִּין (2) ~

(בְּרָכוֹת recited before enjoying a food or fragrance)

One must recite a בְּרָכָה before eating or drinking, no matter how small the quantity of food.

One should hold the food or drink in his right hand while reciting the בְּרָכָה. A person who is left-handed holds the food or drink in his left hand.

One should not pause between reciting the בְּרָכָה and eating the food over which he made the בְּרָכָה. If one paused but did not speak, he does not have to repeat the בְּרָכָה as long as his attention was not diverted from eating the food. If, however, the person spoke about something other than the food he is about to eat, he must repeat the בְּרָכָה.

## פְּרָקִי אֲבוֹת of the Week

פְּרָקִי ג

כ"א רבי אלעזר בן עזריה אומר, אם אין תורה, אין דרך ארץ. אם אין דרך ארץ, אין תורה. אם אין חכמה, אין יראת. אם אין יראת, אין חכמה. אם אין דעת, אין בינה. אם אין בינה, אין דעת. אם אין קמת, אין תורה. אם אין תורה, אין קמת:

Rabbi Elazar Ben Azaria says:

“If there is no Torah, there is no worldly occupation; if there is no worldly occupation, there is no Torah. If there is no wisdom, there is no fear of Hashem; if there is no fear of Hashem, there is no wisdom. If there is no knowledge, there is no understanding; if there is no understanding, there is no knowledge. If there is no flour, then there is no Torah; if there is no Torah, there is no flour.”

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