

Year 4 ~ Week 4

## הַלְכָה of the Week

~ בְּרָכוֹת אַחֲרוֹנוֹת ~  
(ברכות recited after eating)

One must recite a בְּרָכָה אַחֲרוֹנָה - an 'after bracha' - after eating a כְּזַיִת (olive size) or more of food, or drinking a רְבִיעִית or more of liquid. (We shall return to this in week 12.)

When one recites this בְּרָכָה he thanks and praises ה' for the good things he just enjoyed.

A בְּרָכָה אַחֲרוֹנָה is only recited if a כְּזַיִת of food was eaten within a certain time - 2-4 minutes, if possible, but certainly no longer than nine minutes.

Besides בְּרַכַּת הַמֶּזֶן, which is recited after eating bread, there are two other בְּרָכוֹת אַחֲרוֹנוֹת ('after brachot') which are recited after eating food: בּוֹרָא נְפָשׁוֹת and מַעֲיֵן שְׁלוֹשׁ.

## פְּרָקִי אֲבוֹת of the Week

פְּרָק ד'  
ב בֶּן עֲזַאי אוֹמֵר, הָיָה רִץ לְמִצְוָה קְלָה, וּבֹרַח מִן הָעֲבֵרָה. שְׂמִצְוָה  
גּוֹרֶרֶת מִצְוָה, וְעֲבֵרָה גּוֹרֶרֶת עֲבֵרָה. שְׂשֹׁכֵר מִצְוָה, מִצְוָה. וְשֹׁכֵר  
עֲבֵרָה, עֲבֵרָה:

Ben Azai said: "Run to perform even (what seems to be) a minor mitzva, and run away from sin; for doing one mitzva leads you to do another mitzva, and doing one sin leads you to do another sin. The reward for doing a mitzva is (the opportunity to do) another mitzva and the reward for doing a sin is (the opportunity to do) another sin."

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