

## הַלְכָה of the Week

~ בְּרִכַּת הַמְּזוֹן (1) ~  
(Grace After Meals - part 1) ~

וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ אֶת־ה' אֱלֹהֶיךָ עַל־הָאָרֶץ הַטֹּבָה אֲשֶׁר  
נָתַן־לְךָ: (דְּבָרִים ח: י)

“When you have eaten and are satisfied you shall bless Hashem,  
your G-d” (Devarim 8, 10)

בְּרִכַּת הַמְּזוֹן is recited after eating bread.

One is only required to recite בְּרִכַּת הַמְּזוֹן if he ate a כֹּזַיִת or more  
of bread within a time period of 2-4 minutes, if possible, but  
certainly no longer than nine minutes.

## פְּרָקִי אֲבוֹת of the Week

פְּרָק ד  
ג. הוּא תֵּיהָ אֹמֵר, אֵל תֵּיהָ בּוֹ לְכֹל אָדָם, וְאֵל תֵּיהָ מִפְּלִיג לְכֹל דְּבָר,  
שְׂאִין לָךְ אָדָם שְׂאִין לוֹ שְׂעָה וְאִין לָךְ דְּבָר שְׂאִין לוֹ מְקוּם:

He (Ben Azai) used to teach:

You should never treat any person as if he is worthless, and you should  
never think that something is useless; because there is no person who does  
not have a time when he is needed, and there is no thing that does not have  
a place where it is needed.

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