

## הלכה of the Week

~ ברכות התורה ~

(The Blessings on Learning Torah, part 2)

The ברכות התורה express the great importance of Torah study. These blessings must be recited with feeling and with joy as we are thanking Hashem for choosing us as His chosen people from among the other nations, and for giving us His Torah.

We may not study תורה or any holy subjects before reciting these ברכות. A person who wishes to study early in the morning before reciting שחרית should recite ברכות התורה before he begins to study.

## פרקי אבות of the Week

פרק א

י"ז שמעון בן גמליאל אומר, כל ימי נדלתי בין החכמים, ולא מצאתי לגוף טוב אלא שתיקה. ולא תמדרש הוא העקר, אלא תמעשה. וכל המרבה דברים, מביא חטא:

Shimon, his son (Rabban Gamliel's son), says:

All my days I have been raised among the Rabbis and I have found nothing better for oneself than silence;

not study, but practice is the main thing, and one who talks too much brings on sin.

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