

הלכה of the Week**ברכות הנחנין (2)**

(ברכות recited before enjoying a food or fragrance)

One must recite a ברכת 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 ברכת. A person who is left-handed holds the food or drink in his left hand.

One should not pause between reciting the ברכת and eating the food over which he made the ברכת. If one paused but did not speak, he does not have to repeat the ברכת 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 ברכת.

פרק א' פראקי אבות of the Week

פרק ג' ב"א רבי אלעזר בן עזריה אומר, אם אין תורה, אין דרך ארץ. אם אין דרך ארץ, אין תורה. אם אין חכמה, אין יראתך. אם אין יראתך, אין חכמה. אם אין דעתך, אין בינה. אם אין בינה, אין דעתך. אם אין דעתך, אין קמלה. אין תורה, אין קמלה.

Rabbi Elozor Ben Azarioh 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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