

הלכה of the Week

~ ברכות אחרונות ~
(ברכות recited after eating)

One must recite a ברכה אחרונה - an 'after berocho' - after eating a כזית (olive size) or more of food, or drinking a רביעית or more of liquid.
(We shall return to this in week 12.)

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

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

Besides ברכת המזון, which is recited after eating bread, there are two other ברכות אחרונות ('after berochos') which are recited after eating food: בורא נפשות and מעין שלוש.

פירקי אבות of the Week

פירק ד
ב בן עזאי אומר, יהי רצן למצוה קלה, ובזירה מן העברה. שמצוה
גוררת מצוה, ועברה גוררת עברה. ששכר מצוה, מצוה. ושכר
עברה, עברה:

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