

**מְלֻכָּה** of the Week

~ בָּרָכוֹת אַחֲרוֹנֹת ~  
(ברכות after eating)

כִּזְיִת בָּרָכה אַחֲרוֹנָה - an 'after berocho' - after eating a (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 בָּרָכה he thanks and praises ה' for the good things he just enjoyed.

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

Besides בָּרָכת הַמְּזֹון, which is recited after eating bread, there are two other בָּרָכוֹת אַחֲרוֹנֹת ('after berochos') which are recited after eating food: בָּזָרָא נְפָשָׁת and מַעַיִן שְׁלֹזֶשׁ.

**פָּרָקִי אָבוֹת** of the Week

פָּרָק ד  
בְּבָנֵי עַזָּאי אֹמֵר, הַיִּרְאָה לְמִצְוָה קְלָתָה, וּבָזָרָה מִן הַעֲבָרָה. שְׁמִצּוֹה  
גָּוֹרְתָה מִצּוֹה, וַעֲבָרָה גָּוֹרְתָה עֲבָרָה. שְׁשִׁבָּר מִצּוֹה, מִצּוֹה, וַשִּׁבָּר  
עֲבָרָה, עֲבָרָה:

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."

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