



## הלכה of the Week

~ ברכת המזון ~  
(Grace After Meals - part 3) ~

A person who forgot to recite ברכת המזון immediately after his meal may still recite it as long as he still feels sated (full/satisfied with what he has eaten). Once the person is hungry again he may no longer recite ברכת המזון.

One should try to recite ברכת המזון within 72 minutes after finishing his meal. If there was a large time gap during this period it is preferable that the person should eat a כזית of bread before reciting ברכת המזון.



## פירקי אבות of the Week

פירק ד  
ח רבי יוסי אומר, כל המכבד את התורה, גופו מכבד על תבריות.  
וכל המחלל את התורה, גופו מחלל על תבריות:

Rabbi Yose taught:

Whoever honours the תורה will himself be honoured by people;  
whoever disgraces the תורה will himself be disgraced by people.

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