



הלכה of the Week

~ ברכת המזון The Text of ~

ברכות המזון is made up of four ברכות:

1. ברכת הָאֵן - In this ברכה we thank 'ה' for His kindness in giving us food;

2. ברכת הָאָרֶץ - This blessing begins with the words "נוֹדָה לְךָ, ה'". In this ברכה we express general gratitude for having been given the beautiful land of יִשְׂרָאֵל and we thank 'ה' for taking us out of Egypt, making a covenant (agreement) with us and giving us the תּוֹרָה. On בְּרָכָה we add עַל הַנְּסִים and פְּדוּתָנוּס and חַנוּכָּה.



3. ברכת בּוֹנֵה יְרוּשָׁלַיִם - This blessing begins with the words "רַחֵם נָא ה'". This ברכה includes a prayer requesting Hashem's compassion on His people, on יְרוּשָׁלַיִם, and on His בֵּית הַמִּקְדָּשׁ, and a request for the בֵּית הַמִּקְדָּשׁ to be rebuilt quickly, in our own lifetime.

On שְׁעָתָה, we add רְצָה in this ברכה. On יוֹם טוֹב and רֵאשׁ חֹדֶשׁ, is included in this ברכה.

4. ברכת הַטּוֹב וְהַמְּטִיב - This blessing begins with the words "הַקֵּל אֲבִינוּ". In this ברכה we thank Hashem for the great kindness He has done for us in the past, and we ask Him to continue to grant us His kindness in the future.

These four ברכות are followed by additional prayers that begin with the word "הַרְחֵמֵנוּ".

פְּרָקִי אֲבוֹת of the Week

פְּרָק ד

י"ז רַבִּי שִׁמְעוֹן אוֹמֵר, שְׁלֹשָׁה כְּתָרִים הֵם, כְּתָר תּוֹרָה וְכְתָר כְּהֻנָּה וְכְתָר מַלְכוּת, וְכְתָר שֵׁם טוֹב עוֹלָה עַל גְּבִיּוֹתָם:

Rabbi Shimon says: There are **three crowns** -

- i) the crown of תּוֹרָה,
- ii) the crown of **priesthood** (that is, the crown of the כֹּהֲנִים),
- iii) and the crown of **Kingship**,

but the crown of **a good name** is above (or, must be upon) all of them.
