



## הַלָּכָה of the Week

~ . . . שְׁהַחֲיָנוּ וְקִיַּמְנוּ וְהִגִּיעְנוּ לַזְמַן הַזֶּה. (1) ~

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהַחֲיָנוּ וְקִיַּמְנוּ וְהִגִּיעְנוּ לַזְמַן הַזֶּה.**

**“Blessed are you, Hashem, our G-d, King of the Universe,  
Who has kept us alive and looked after us and enabled us to reach this time.”**

This בְּרָכָה is recited when one eats a seasonal fruit from the new crop for the first time. שְׁהַחֲיָנוּ is recited in addition to the regular בְּרָכָה for the fruit (which would be פְּרִי הָעֵץ).

It is preferable (more correct) to recite שְׁהַחֲיָנוּ before the regular בְּרָכָה, but if שְׁהַחֲיָנוּ is recited after the regular בְּרָכָה it is not considered an interruption (between saying “הָעֵץ” and eating the fruit).

שְׁהַחֲיָנוּ is also recited for foods requiring “בֹּרֵא פְּרִי הָאֲדָמָה,” such as melon, watermelon and strawberries, since these foods are only available during the new season. One does not recite שְׁהַחֲיָנוּ for fruits that are available throughout the year, because it is not obvious when their season begins.

## פְּרָקִי אֲבוֹת of the Week

**פְּרָק ד' כ"א רַבִּי יַעֲקֹב אָמַר, הָעוֹלָם הַזֶּה דּוֹמֶה לְפָרוּזְדוֹר בְּפָנֵי הָעוֹלָם הַבָּא. הַתָּקֵן לְעֲצֹמֶה בְּפָרוּזְדוֹר, כִּדִּי שְׂתַכַּנֵּם לְטָרְקָלִין:**

Rabbi Yaakov says:

This world is like a lobby before the World to Come. You must prepare yourself in the lobby so that you will be able to enter the banquet hall.

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