

## בָּרָכָה of the Week

... שְׁחַחְנָנוּ וּקְיַמָּנוּ וּהְגִיעָנוּ לְזַמָּן הַזֶּה. (1) ~

**בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,** שְׁחַחְנָנוּ וּקְיַמָּנוּ וּהְגִיעָנוּ לְזַמָּן 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 **בָּרָכָה** is recited when one eats a seasonal fruit from the new crop for the first time. **שְׁחַחְנָנוּ** is recited in addition to the regular **בָּרָכָה** for the fruit (which would be **בָּזָרָא פְּרִי הָעָץ**).

It is preferable (more correct) to recite **שְׁחַחְנָנוּ** before the regular **בָּרָכָה** but if **שְׁחַחְנָנוּ** is recited after the regular **בָּרָכָה** it is not considered an interruption (between saying “**הָעָץ**” and eating the fruit).

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

## פָּרָקִי אָבוֹת of the Week

**פָּרָק 4**  
**כ"א** רַבִּי יַעֲקֹב אָוֹרָה, הָעוֹלָם הַזֶּה דֹּמֶה לְפָרֹזִידּוֹר בְּפָנֵי הָעוֹלָם הַבָּא  
הַתְּקֻן עַצְמָךְ בְּפָרֹזִידּוֹר, כִּדְיַי שְׁתַכְבָּס לְטַרְקָלִיז:

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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