



## הַלְכָה 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 **פֶזֶת** of bread before reciting **ברכת המזון**.



## פרק א' פְּרָקִי אֲבוֹת of the Week

פרק ד  
ח' רבי יוסי אומר, כל המכבד את התורה, גופו מכבד על הבריות  
ובכל מהחליל את התורה, גופו מחליל על הבריות:

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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