



הלכה of the Week

~ בִּרְכַּת הַמֶּזֶן ~
(Grace After Meals - part 3) ~

A person who forgot to recite בִּרְכַּת הַמֶּזֶן 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 בִּרְכַּת הַמֶּזֶן.

One should try to recite בִּרְכַּת הַמֶּזֶן 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 כֶּזַיִת of bread before reciting בִּרְכַּת הַמֶּזֶן.



פְּרָקִי אֲבוֹת of the Week

פְּרָק ד'
ח רַבִּי יוֹסִי אָמַר, כָּל הַמְכַבֵּד אֶת הַתּוֹרָה, גּוֹפּוֹ מְכַבֵּד עַל הַבְּרִיּוֹת.
וְכָל הַמְחַלֵּל אֶת הַתּוֹרָה, גּוֹפּוֹ מְחַלֵּל עַל הַבְּרִיּוֹת:

Rabbi Yose taught:

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