

## הלכה of the Week

### ~ ברכות השחר ~ (The Morning Blessings)

Every morning we recite a number of ברכות thanking Hashem for His constant kindness to us.

These ברכות are called ברכות השחר (the Morning Blessings).

These blessings, that our great rabbis have instructed us to say, remind us that everything we possess comes from 'ה. Reciting ברכות השחר with concentration and feeling gives us a strong sense and belief that our lives, clothes, vision (ability to see) and all of man's other abilities and possessions are gifts from Heaven.

When thinking seriously about life, a person realises how much it is necessary to thank his / her Creator for the abundance (enormous amount) of good that he / she has been given. Saying ברכות השחר enables us to express our feelings of gratitude to 'ה.

## פירקי אבות of the Week

פירק א  
י"ב הלל ושמאי קבלו מהם. הלל אומר, הוי מתלמידיו של אהרן,  
אוהב שלום ורודף שלום, אוהב את תבריות ומקרבן לתורה:

Hillel and Shammai learned תורה from them (Shemayah and Avtalyon). Hillel taught: "Be one of the followers of אהרן (the גדול). Love peace, run after peace, love people and bring them closer to the תורה

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