



הלכה of the Week

~ מעין שלוש ~

The שבעת המינים recited after cake, wine, and fruit of the ברכה

מעין שלוש is recited after eating food made from the five species of grain (wheat, barley, rye, oats and spelt), such as cake, biscuits and pasta.

מעין שלוש is also recited after drinking wine and grape juice, and after eating one of the fruits for which the Land of Israel is praised in the Torah: grapes, figs, pomegranates, olives and dates.

This ברכה is called מעין שלוש (“a summary of three”) because it contains the first three ברכות of המזון in a short form.

פירקי אבות of the Week

פרק ד

י"ח רבי נהוראי אומר, הוי גולה למקום תורה ואל תאמר שהיא תבוא אחריה, שתבריד יקמוה בידה. ואל ביתך אל תשען:

Rabbi Nehorai says:

Exile yourself (leave your home town) to settle in a place of תורה, and do not think that the תורה will come looking for you. Only your study partners will make the תורה remain with you. (as שלמה המלך taught) “and do not rely on your own understanding.” (Mishlei 3:5)
