



## הַלָּכָה of the Week

~ The Text of בְּרַכַּת הַמְּזוּן ~

בְּרַכַּת הַמְּזוּן is made up of four בְּרַכּוֹת:

1. בְּרַכַּת הַזֵּן - In this בְּרַכָּה we thank 'ה' for His kindness in giving us food;

2. בְּרַכַּת הָאָרֶץ - This blessing begins with the words " נוֹדָה לְךָ, ה' ". In this בְּרַכָּה we express general gratitude for having been given the beautiful land of יִשְׂרָאֵל and we thank 'ה' for taking us out of Egypt, making a covenant (agreement) with us and giving us the תּוֹרָה. On בְּרַכָּה we add עַל הַנְּסִים and פְּרִים וְחֲנוּפָה.



3. בְּרַכַּת בּוֹנֵה יְרוּשָׁלַיִם - This blessing begins with the words " רַחֵם נָא ה' ". This בְּרַכָּה includes a prayer requesting Hashem's compassion on His people, on יְרוּשָׁלַיִם, and on His הַמִּקְדָּשׁ, and a request for the הַמִּקְדָּשׁ to be rebuilt quickly, in our own lifetime.

On שְׁבַת, we add רְצָה in this בְּרַכָּה. On יוֹם טוֹב and ראש חודש, ראש חודש and יַעֲלֶה וְיָבֵא, is included in this בְּרַכָּה.

4. הַקַּל אֲבִינוּ - This blessing begins with the words " הַקַּל אֲבִינוּ ". In this בְּרַכָּה we thank Hashem for the great kindness He has done for us in the past, and we ask Him to continue to grant us His kindness in the future.

These four בְּרַכּוֹת are followed by additional prayers that begin with the word "הַרְחֵמֵנוּ".

## פְּרָקִי אֲבוֹת of the Week

פְּרָק ד

י"ז רַבִּי שִׁמְעוֹן אֹמֵר, שְׁלֹשָׁה כְּתָרִים הֵם, כְּתַר תּוֹרָה וְכְתַר כְּהֻנָּה וְכְתַר מְלָכוּת, וְכְתַר שֵׁם טוֹב עוֹלָה עַל גְּבִיּוֹתָן:

**Rabbi Shimon** says: There are **three crowns** -

- i) the crown of תּוֹרָה,
- ii) the crown of **priesthood** (that is, the crown of the כֹּהֲנִים),
- iii) and the crown of **Kingship**,

but the crown of **a good name** is above (or, must be upon) all of them.

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