



הַלְכָה of the Week

~ . . . שְׁהַחֲיֵנוּ וְקִיַּמְנוּ וְהַגִּיעֵנוּ לְזֶמַן הַזֶּה. (1) ~

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהַחֲיֵנוּ וְקִיַּמְנוּ וְהַגִּיעֵנוּ לְזֶמַן הַזֶּה.**

**“Blessed are you, Hashem, our G-d, King of the Universe,  
Who has kept us alive and looked after us and enabled us to reach this time.”**

This בְּרָכָה is recited when one eats a seasonal fruit from the new crop for the first time. שְׁהַחֲיֵנוּ is recited in addition to the regular בְּרָכָה for the fruit (which would be הַעֵץ).

It is preferable (more correct) to recite שְׁהַחֲיֵנוּ before the regular בְּרָכָה, but if שְׁהַחֲיֵנוּ is recited after the regular בְּרָכָה it is not considered an interruption (between saying “הַעֵץ” and eating the fruit).

שְׁהַחֲיֵנוּ is also recited for foods requiring “בֹּרֵא פְּרִי הָאָדָמָה,” such as melon, watermelon and strawberries, since these foods are only available during the new season. One does not recite שְׁהַחֲיֵנוּ for fruits that are available throughout the year, because it is not obvious when their season begins.

פְּרָקִי אָבוֹת of the Week

פְּרָק ד'

**כ"א רבֵי יַעֲקֹב אָמְרַי, הָעוֹלָם הַזֶּה דוֹמֶה לְפָרוּזְדוֹר בְּפְנֵי הָעוֹלָם הַבָּא. הַתְּקוּן עֲצֻמָּה בְּפָרוּזְדוֹר, כִּדִּי שְׂתַכַּנְס לְטָרְקֵלִין:**

Rabbi Yaakov says:

This world is like a lobby before the World to Come. You must prepare yourself in the lobby so that you will be able to enter the banquet hall.

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