

הלכה of the Week

~ בְּרָכוֹת אַחֲרוֹנוֹת ~
(ברכות recited after eating)

One must recite a בְּרָכָה אַחֲרוֹנָה - an 'after berachah' - after eating a כְּזַיִת (olive size) or more of food, or drinking a רְבִיעִית or more of liquid.
(We shall return to this in week 12.)

When one recites this בְּרָכָה he thanks and praises ה' for the good things he just enjoyed.

A בְּרָכָה אַחֲרוֹנָה is only recited if a כְּזַיִת of food was eaten within a certain time - 2-4 minutes, if possible, but certainly no longer than nine minutes.

Besides בְּרַבַּת הַמֶּזֶן, which is recited after eating bread, there are two other בְּרָכוֹת אַחֲרוֹנוֹת ('after berachot') which are recited after eating food: בּוֹרָא נִפְשׁוֹת and מַעֲיֵן שְׁלוֹשׁ.

פְּרָקִי אֲבוֹת of the Week

פְּרָק ד'
ב בֶּן עֲזַאי אוֹמֵר, הָיִי רֵץ לְמִצְוָה קְלָה, וּבּוֹרַח מִן הָעֲבֵרָה. שְׂמִצְוָה
גּוֹרֶרֶת מִצְוָה, וְעֵבֶרָה גּוֹרֶרֶת עֲבֵרָה. שְׂשֹׁכֵר מִצְוָה, מִצְוָה. וְשֹׁכֵר
עֲבֵרָה, עֲבֵרָה:

Ben Azai said: "Run to perform even (what seems to be) a minor mitzvah, and run away from sin; for doing one mitzvah leads you to do another mitzvah, and doing one sin leads you to do another sin. The reward for doing a mitzvah is (the opportunity to do) another mitzvah and the reward for doing a sin is (the opportunity to do) another sin."
