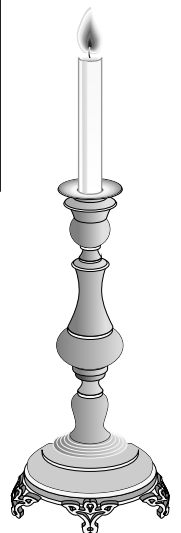
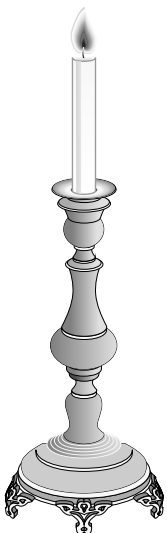
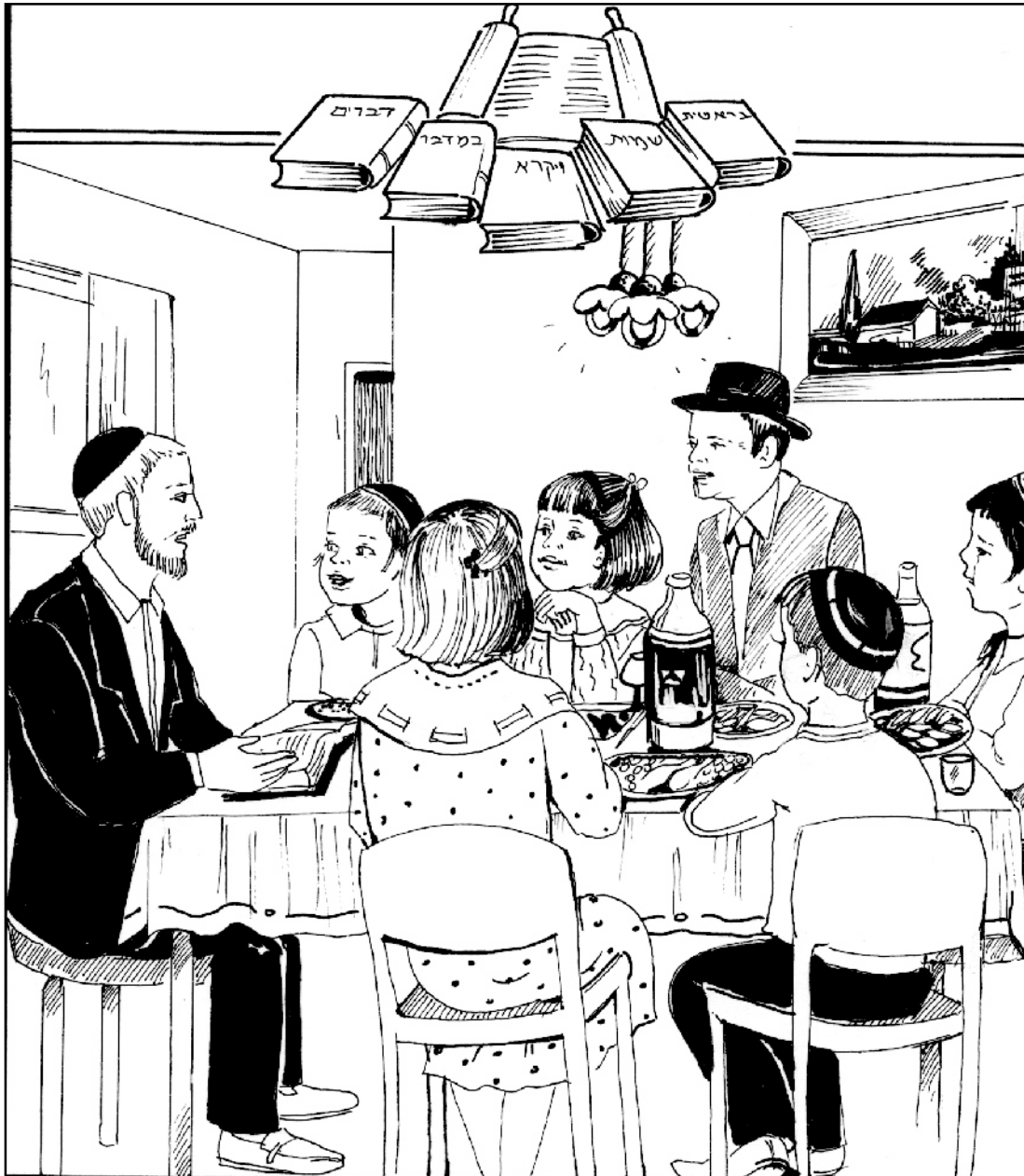


**SAYING WORDS OF TORAH
DURING THE MEAL**



Words of Torah should be said at every one of our meals. On Shabbos there is a special chance to talk about things we

have learned in the Torah. We are not in a rush, and we feel closer to Hashem and His Torah. It is a good time to speak about the weekly Torah reading.