SHABBAT: TORAH AT THE TABLE

Torah at the Table

Saying some *Torah* at each meal--anytime bread is eaten and at least two people are eating--is a custom but not a *halacha*. But, *Torah* can be said anytime!

Shir HaMa'alot as Torah

Saying *shir ha'ma'alot* before *birkat ha'mazon* fulfills the custom to say *Torah* at the meal.

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