

# 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.