

# “Jash-a-getz-ook” Placemats (Armenian Prayer Before Mealtime)



Your students can use these simple placemats at home to continue to learn the Armenian prayer before mealtime. Allow students to make a placemat for each of their family members and instruct them to set tonight’s dinner table with them and lead the mealtime prayer.

Teach students the “Jash-a-getz-ooz,” (Armenian Prayer before mealtime), in Armenian and English, by reciting and repeating:

#### ARMENIAN:

Jashagestsook khaghaghootyamp ezgeragoores,  
vor badrasdyal eh mez ee Dyarneh.  
Orhnyal eh Der ee barkeves yoor.  
Amen.

#### ENGLISH TRANSLATION:

In peace let us eat this food which the  
Lord has provided for us.  
Blessed be the Lord in His gifts.  
Amen.

#### Materials:

- Colored construction paper (12x18 size) OR Paper placemats (can be found at Smart & Final)
- Colored markers, crayons, or Paint (*NOTE: If using paint, you will also need Paintbrushes*)
- Glue sticks
- Templates (to follow)

#### Directions:

1. Print a copy of Template for each student.
2. Have students each select a piece of colored construction paper (or paper placemat) and decorate using markers, crayons, or paint.
3. Glue Prayer Template to the middle of construction paper.

Jashagestsook khaghaghootyamp ezgeragoores,  
vor badrasdyl eh mez ee Dyarneh.

Orhnyal eh Der ee barkeves yoor.

Amen.



In peace let us eat this food which the Lord has  
provided for us.

Blessed be the Lord in His gifts.

Amen.