

# Jashagestsook

(Prayer before Meals)



Jashagestsook khaghaghootyamp  
ezgeragoores, vor badrasdyal 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.