

*The painting in the exhibition was inspired by the culinary culture of Eskipazar, Karabük*

### **The Final Word of the Table: Meals Concluded with Prayer**

In Eskipazar, food was not merely a blessing that entered through the mouth, but a form of gratitude that touched the heart. This spiritual atmosphere, which began the moment the tablecloth was spread, was completed at the end of the meal with the words "Alhamdulillah." When the bites were finished and the spoons came to rest, the conversation once again turned toward God. For it was understood that the true owner of every blessing was not humankind, but the Most Merciful.

The eldest person at the table, or someone whose words carried weight in such matters, would gather themselves, raise their hands toward the heavens, and a deep voice of prayer would fill the home. Even if this prayer was not spoken loudly, it resonated within the hearts of everyone seated at the table.

Children learned from their mothers how to open their hands in prayer; the younger generation gradually learned to whisper "amen" within themselves to the prayers of their elders. This was not merely a ritual, but a quiet yet powerful expression of respect for both the table and the blessings it carried in Eskipazar.

This tradition, passed down from the Ottoman era to the present day, served as both a religious and cultural element that brought individuals face to face with humility at the end of a meal. For in these lands, it is known that:

**If a meal ends with prayer, its blessings will reach the next table as well.**

*Sergideki resim Karabük Eskipazar yemek kültüründen esinlenerek yapılmıştır.*

### **Sofranın Son Sözüdür: Dua ile Kapanan Yemekler**

Eskipazar'da yemek yalnızca ağızdan giren bir nimet değil, kalbe değen bir şükürdü. Sofra bezinin serildiği andan itibaren başlayan bu manevi atmosfer, yemeğin sonunda dile gelen "Elhamdulillah" ile tamamlanırdı. Lokmalar bittiğinde, kaşıklar durduğunda, söz yeniden Allah'a dönerdi. Çünkü bilinirdi ki, nimetin sahibi insanoğlu değil, Rahmân'dı.

Sofranın bařındaki en yařlı kiři ya da bu konuda sz geer biri, dizlerini toparlar, ellerini semaya kaldırır ve evin iini derin bir dua sesi sarardı. Bu dua yksek sesle edilmese bile, sofradaki herkesin yreğinde yankı bulurdu.

ocuklar, ellerini dua iin nasıl aacaklarını annelerinden ğrenir; genler, byklerinin duasına ilerinden "min" demeyi zamanla ğrenirdi. Bu, yalnızca bir ritel deėil; Eskipazar'da sofraya ve nimete saygının sessiz ama gl bir ifadesiydi.

Osmanlı'dan gnmze tařınan bu gelenek, hem dini hem de kltrel bir ėe olarak; yemeėin sonunda bireyi tevazuyla buluřturan bir eřik oluřtururdu. Zira bu topraklarda bilinir ki:

**Yemek dua ile biterse, bereket bir sonraki sofraya da uėrar.**