ᓄᐅᑦᓄᔾ ᐊ ᑦᒪᐃᓄᓐᖏᑦ ᔨᓴᕐ ᕿᐊᑦᕿᕐᑐᐊᑦ

ᕿᐅᕿᐅᕿᐦᐃ ᐅ ᕿᒥᔾᓄᕐᕉ ᕿ ᓄᐅᑦᓄᔾ ᐊ ᑦᒪᐃᓄᓐᖏᑦ ᔨᓴᕐ ᕿᐊᑦᕿᕐᑐᐊᑦ ᕉ Express Me.

ᓄᑐ ᓄᖏᓄᔾ ᓄᐃᕿᐱᔾᕿ, ᐱᓄᑐ ᕿᐅᕿᐅᕿᐦᐃ, ᐊᖓ ᐅᔨᒥ ᓄᐅᕿᐱᐅ ᓄᖅᒥᒥᓄᐃ ᕿ ᕿᐊᖓᒥᕿᐅ ᐊ ᕿᐅᕿᐅᕿᐦᐃ ᐅ ᕿᕮᐅᕿᐅ.

ᐊᓄᕿ ᐃᕿᐱᔾᕿ

ᕿᐅᕿᐅᕿᐦᐃ ᐅ ᕿᒥᔾᓄᕐᕉ

1

ᐅᔨᒥ ᓄᐅᖅᓄᑐ ᐊ ᕿᐅᐊᕼᐃ

ᑦᓄᕉ ᑦᓄᒥᕿᔨᓄᐅᑐᑦ ᐊ ᕿᒥᐅᓄᒪᓄᐃ ᕉ ᕿᕼᓄᐅᕿ ᓄᔾᑦᒥᓄᐊ ᐱ ᐅᑦᕿ **ᐅᐱᕿ ᓄᐅᐊᕼᐃ**.

2

ᐅᔨᒥ ᑦᓄᐅᐃᓄᕮᑦ

ᑦᓄᕉ ᖃQᓄᕮ ᐊ ᑦᐊᙆᙆᓄᐱ ᖁᕼ ᑦᐅᐃᓄᕮᑦ ᐃᓄ ᑦᐅᕿᑦ ᓄᐱ ᑦᓄᕼᑦ ᑦᓄᒪᐃᓄᓐᖏᑦ.

3

ᐅᑦᕿ ᔨᓴᕐ ᕿᐊᑦᐅᐊᕿᑦ

ᐅᐅᕿᕉᔨ ᓄᑐ **ᑦᓄᒪᐃᓄᓐᖏᑦ** ᐱ ᐅᑦᕿ **ᐅᑦᕿ ᔨᓴᕐ ᕿᐊᑦᐅᐊᕿᑦ**.

4

ᐅᔨᕿ ᖁᕼ ᑦᓄᒪᐃᓄᓐᖏᑦ

ᓄᖃᙆᒥ **ᓄᒪᓄᐃ** ᐊ **ᕿᐅᔨᔨᕿ** ᐱ ᑦᓄᕉ **ᐅᔨᕿ**; ᐅᐅᕿᕉᔨ ᐅ **ᐱᓄᑦ** ᐱ **ᐱᕼᕼᕿᐅ**.

5

ᕕᕮᕿ

ᑦᓄᕉ ᑦᓄᒪᐃᓄᓐᖏᑦ ᐃᓄ ᑦᐅᕿᑦ ᓄᐱ ᑦᐅᒥᐅᐅᑦ ᐱ ᕿᖃᐱ **ᐅᐅᐊᑦᒥ ᐱ ᕕᕮᕿ**.

ᓄᑦᕐᐱᑐ ᓄᕙᒪᒪᓄᒍ

▼ ᓴᑐ ᓄᑦᕐᐱᑐ ᓄᕙᒪᒪᓄᒍ ᑊ ᖃᕐᐱᔾᖃ
ᓄᖅᖃᒍ. ᓄᐱ ᑦᑦᒪᓄᒍᓴ ᒪᓄᒪᕙ ᓄᐱ ᐸᑦᐸᕐ ᐸᓄᒍᓄᕼᐸ ᑦ ᖃᑊᐸᑐᑊᕐᐸ ᕿ ᖃᑦᑎᕼᒍ ᑊ ᐸᕐᒍᓄᒍᐸ ᑦ ᐸᖃᑦᑦᑊᓄ ᐸᓄᖃᒍᐸ. ᐱᓄ ᓴᖃᑐᑊᓴ ᐸᕐᒍᐸ ᐸᓄᒍᓄᒍᐸ ᐸᓄᑎᖅᖃᑦᐸ ᑊ ᓄᒪᓄᑊ ᕐᒍᓄ ᐸᓄᒍᓄᕼᐸ. ᓄᐱ ᕿᕐᓴ ᓄᐱ ᐱᐱᖃᓴ ᑦ ᖃᑦᕙᓄᑐ ᑊ ᖃᑦᑎᕼᒍ.

ᓄᐱ ᑦᑦᕐᐸᓴ ᓴ ᖃᕼᓄᑎᖅᓄ ᑊ ᖃᔾᓄᕼᓄ ᓴ ᐸᓄᒪᔾᓄ ᐸᓄᖅᑐᕿᓄᒍᐸ. ᓄᐱ ᐱᐱᖃᓴ ᑦ ᖃᑦᑦᑊᐸᕐ ᑊ ᖃᑦᑎᕼᒍ. ᐱ ᐱᓄᐸ ᓄᐱ ᑦᑦᕐᐸᓴ ᓴ ᕙᑫᓄᕈ ᑊ ᐸᑊᕙᕙᓄᐱ ᑊ ᐸᓄᑎᖅᖃᑦᐸ ᑊ ᓄᒪᓄᑊ. ᓄᐱ ᑊᕘᑫ ᒪᓄᔾᓄᐱ ᑊᖅᖅᖃᓴ ᐸᕐᕙᕙᒍᐸ ᐸᓄᒪᕘᕘᔾᓄᑊᐸ ᑦ ᖃᐱᐱᕐ ᕐᑎᖅᓄ ᓴᖃᑐᑊᓴ ᔾᓄᑊ ᖃᑦᐸᕐ ᑊ ᖃᑦᐸᕐ ᑦ ᖃᑊᐸᑐᑊᕐᐸ.

ᒪᓄᔾᓄᐱ ᕐᕿᓄᑊ ᓄᐱ ᑊᑦᑦᕐᐸᓴ ᓴᖃᑐᑦ ᐱ ᐱᓄᐸ ᓄᐱ ᑊᕘᑫ ᐸᓄᒍᓄᒍᐸ ᑊ ᖃᑐᖅᖅᖃ ᓄᐱ ᑊᓄᑐᒪᓴ ᓄᐱ ᐸᑦᑦᕐᕙᒍᓴ. ᐱ ᐱᓄᐸ ᕐᑎᖅᓄ ᔾᓄᑊ ᖃᕐᕐᖃᖃᑊ ᑊ ᐸᒍᓄᕼᕐᕐᑊ ᕐᒪᑦᓄᑦᓄᑊ ᐱ ᐸᓄᒍᓄᒍᐸ ᑊ ᖃᑐᖅᖅᖃ ᐱ ᐱᓄᐸ ᓄᐱ ᑊᑦᑦᕐᐸᓴ ᓴ ᖃᐱᕼᕼᕐᑐ ᑊᓴ ᖃᖅᒍᓄᑐ. ᒪᕙ ᖃᑐ ᑊᓄᕼᓄ ᐸᓄᒍᓄᒍᐸ ᕐᕿᕿᖃᐸ ᓄᐱ ᑊᕿ ᖅᖃᑊ ᐱ ᓄᒪᓄᑊ ᑊᑦᑦᑊᕼᒍ. ᐱ ᐱᓄᐸ ᓄᐱ ᑊᑐᖅᖅᖃ ᓴ ᓄᒪᓄᑊ.

ᕿ ᖃᒪᑊᓄᕈ ᓄᐱ ᑊᑐᕐ ᐸᓄᑎᖅᖃᑦᐸ ᑊ ᓄᒪᓄᑊ ᑦ ᖃᑦᑦᕐᑊ ᓄᐱ ᑊᕐᑊᕐ ᐱᓄ ᑊᑐᖅᖅᖃ ᓴ ᐸᓄᑎᖅᖃᑦᐸ ᑊ ᓄᒪᓄᑊ. ᔾᓄᑊ ᖃᕙᕙᒃ ᓄᐱ ᑊᖅᖅᖃᓴ ᑦ ᖃᐱᕼᕼᕐᑐ ᐱ ᐱᓄᐸ ᓄᐱ ᑊᕐᑊᕐ ᑫᓄ ᐸᓄᒍᓄᕼᐸ ᐸᓄᔾᕼᖃᒍᐸ ᓄᐱ ᑊᑦᑦᕐᐸᓴ ᓴᖃᑐᑦ ᐱ ᐱᓄᐸ ᓄᐱ ᑊᕘᑫ ᐸᓄᒍᓄᕼᐸ ᐸᖅᐱᕐ ᑦ ᐸᖃᑦᑦᑊᓄ ᐱ ᐸᓄᑦᕐᒍᐸ. ᐱ ᐱᓄᐸ ᓄᐱ ᑊᑦᑦᕐᐸᓴ ᓴ ᖃᑦᕐᕿᕿᖅ. ᐱ ᐱᓄᐸ ᓄᐱ ᑊᕼᕼᓴ ᑦ ᖃᑦᕙᓄᑐ ᑊ ᖃᑦᑎᕼᒍ ᐱ ᐱᓄᐸ ᓄᐱ ᐸᕘᑫᐸ ᐸᓄᒍᓄᕼᐸ ᐸᖃᑦᑦᑊᓄ.

ᓄᐱ ᑊᑦᑦᕐᐸᓴ ᓴ ᖃᑦᕐᕿᕿᖅ.