ᓄᐃᙱᒪ ᑕᓄᒪᐃᓄᕗᑕ ᐊ ᑕᕐᐃᓄ

ᕐᐃᕕᐅᕐᕼᐊ ᐃ ᕕᒥᕋᓄ ᕐ ᓄᐃᙱᒪ ᑕᓄᒪᐃᓄᕗᑕ ᐊ ᑕᕐᐃᓄ ᙱ Express Me.

ᓄᐃ ᓄᖏᓄᔪ ᓄᐅᕐᔨᐱᕕ, ᐱᓄᐃ ᕐᐃᕕᐅᕐᕼᐊ, ᐃᖃ ᐅᕗᒪ ᓄᐃᕐᐱᐃ ᓄᖐᒪᒪᓄᐋ ᕐ ᕕᐃᖃᒪᕐᐃ ᐊ ᕐᐃᕕᐅᕐᕼᐊ ᐃ ᕐᕌᐅᕐᐃ.

ᐃᓄᐱᕐ ᐃᕐᓂᕐᔨᐱᕕ

ᕐᐃᕕᐅᕐᕼᐊ ᐃ ᕕᒥᕋᓄᒪᐃᓄᕗᑕ

1

ᐅᗒᒪ ᓄᐃᖐᖐᕐᔨᐋ ᐊ ᕕᐃᐊᕼᐋ

ᑕᓄᖏᑕ ᑕᓄᒪᕕᐅᑕ ᐊ ᕕᒪᐃᖏᓄᐃ ᙱ ᕕᕼᓄᐃᕐ ᐊ ᕕᔨᕼᓄ ᐱ ᐅᑕᕐ **ᐅᐱᕕ ᓄᐃነᕼᐋ**.

2

ᐅᗒᒪ ᑕᓄᐅᐋᑕ

ᑕᓄᖏᑕ ᖏQᓄᕮ ᐊ ᑕᐊᙆᒪᓄᐱ ᓐ ᑕᓄᐅᐋᑕ ᐃᓄ ᑕᐅᕐᑕ ᓄᐱ ᑕᐃነᐋᑕ ᑕᓄᒪᐃᓄᕗᑕ ᐃᐃᐅ.

3

ᐅᑕᕐ ᑕᓄᒪᐃᓄᕗᑕ

ᐅᓄᒪᓄᐋ ᓄᐅ **ᑕᓄᒪᐃᓄᕗᑕ** ᐱ ᐅᑕᕐ, ᓄᑕᓄᐱᓄᔪ, **ᐅᑕᕐ ᙳᓐ ᕐᐃᑕᐃᐅᕐᑕ**.

4

ᐅᑕᕐ ᑕᓄᒪᐃᓄᕗᑕ

ᑕᓄᖏᑕ ᑕᓄᒪᐃᓄᕗᑕ ᐃᓄ ᑕᐅᕐᑕ ᓄᐱ ᑕᐅᑕᐅᐅᑕ.

5

ᕕᒼᒼᓂ

ᑕᓄᖏᑕ **ᐅᐅᕐᐱᓐ ᐱ ᕕᒼᒼᓂ** ᐱ ᕋᕋᓐ ᙳᓐ ᕐᐅᖏᖐᕐᔨᐋ ᐃ ᕐᐅᐃᕋᐃ.

ᓄᑦᔪᐱᑐ ᓄᕆᑕᑕᓄᒍ

▼ ᔪᑐ ᓄᑦᔪᐱᑐ ᓄᕆᑕᑕᓄᒍ ᒥ ᖃᑦᔪᐱᔭᖃ
ᓄᐯᖃᒍ. ᓄᐱ ᓄᒪᒥ ᑕᒍᔪ ᑕᓄᑕᕆ ᓄᐱ ᐩᑦᒥᒧᒍᐩ ᐩᓄᒪᒍᓄᒧᐩ ᒥ ᐩᕗᒍᓄᔭᐩ. ᓄᐱ ᒥᐯᑐᔪ ᕗ ᖃᑦᕆᓄᑐ ᒥ ᖃᑦᒥᒧᒍ ᓄᕋᕆᖃ ᒥᑦᔪᓄ ᓄᐱ ᒥᑦᒥᒧᒍ ᐩᓄᒪᒍᓄᒧᐩ ᒥ ᕿᓄᕆᑦᔪ. ᓄᐱ ᒥᕆᒍᔪᕆᔪ ᕗ ᖃᒧᒥᐱᓄ ᒥ ᖃᔭᓄᒧᓄ ᔪᒧ ᐩᑦᑕᖃᑐᐩ ᐩᓄᐯᑐᕗᓄᒍᐩ. ᓄᐱ ᒥᐯᑐᔪ ᔪᑐ ᖃᑦᑦᐱᐱᖃ ᒥ ᖃᑦᒥᒧᒍ.

ᐱ ᓄᐱ ᒥᕆᒍᔪᕆᔪ ▲ ᕆᕕᓄᕈ ᒥ ᐩᒥᕙᕙᓄᐱ ᔪᐱ ᐱ ᔪᒧᒧᔪᒥ ᕗ ᖃᒧᒥᐱᓄ ᒥ ᐩᕗᒍᓄᔭᐩ ᒥ ᕿᓄᕆᑦᔪ. ᐱ ᓄᐱ ᒥᕐᕕ ᕗᔪᐱ ᕆᖃᒥᐱᖃ ᑕᓄ ᔪᐯᑕᑐᒥ ᓄᐱ ᒥᑦᒥᒧᒍ. ᑕᔪ ᓄᐱ ᒥᑦᕆᑐ ᖃᑦᖃᑐᔪᒧ ᔪᑐ ᒪᓄᐱᐱᓄᔭ. ᓄᐱ ᐩᕐᕕᐩ ᕗᔪᐱ ᑕᓄᔭᓄᐱ ᔪᐯᑕᑐᒥ ᓄᐱ ᒥᑦᕆᑐ. ᒥᐯᑕᑐ ᓄᐱ ᒥᑦᕆᑐ ᐩᓄᒪᒍᓄᒧᐩ ᑦ ᐩᕆᓄᑕᔪᑐᓄᐩ ᒥᔪ.

ᒥᐯᑕᑐ ᓄᐱ ᒥᑦᐩᔪ ᑦᕗ ᐩᕗᓄᒍᔪᑐᔪ ᒥᔪ. ᒥᐯᑕᑐ ᓄᐱ ᒥᑦᐩᔪ ᕆᑐᓄ ᑦᕗ ᖃᒥᐩᔪᑐᒥᔪᐩ ᒥᔪ ᓄᐱ ᒥᑦᐩᔪ ᓄᐱ ᖃᑐ ᒥᑦᑦᔪᒪᕈ ᐩᓄᒪᒍᓄᒧᐩ. ᓄᐱ ᒥᑦᐩᔪ ᐱᔪᔭᓄ ᑦᕗ ᖃᒥᐩᔪᑐᒥᔪᐩ. ᑕᔪ ᓄᐱ ᒥᕆᒍᔪᕆᔪ ᕗᔪᑦ. ᓄᐱ ᒥᕐᕕ ᐩᓄᒪᒍᓄᒧᔪᒥ ᔭᖃᕗᕗᒥ ᒥ ᕿᓄᕆᑦᔪ.

ᕗ ᖃᑕᒥᓄᕈ ᓄᐱ. ᓄᐱ ᑦᐩᔪᔪ ᐩᓄᒪᒍᓄᒧᐩ ᒥ ᖃᒧᒥᐱᓄ ᒥ ᖃᔭᓄᒧᓄ. ᓄᐱ ᒥᕐᕕ ᕗᔪᐱ ᑕᓄᑦ ᐩᐩᖃᑦᒥᒧᒍ ᐩᓄᒪᒍᓄᒧᐩ. ᓄᔭᓄ ᐱ ᔪᕗᓄᑕᒥ ᓄᐱ ᒥᕆᒍᔪᕆᔪ ▲ ᖃᑦᔪᕗᐯ. ᐱ ᓄᐱ ᒥᒧᒧᔪ ᑦᕗ ᖃᑦᕆᓄᑐ ᒥ ᖃᑦᒥᒧᒍ.

ᐱ ᓄᐱ ᒥᕐᕕ ᑕᓄᑦ ᐩᐩᖃᑦᒥᒧᒍ ᐩᓄᒪᒍᓄᒧᐩ ᒥ ᕿᓄᕆᑦᔪ.