

TRUTH CENTERED TRANSFORMATION

MODULE



**DIRO ME YOT KOM, BUK
PWONY PA LAPWONYDE**

Truth Centered Transformation—Module: diro me yot kom dule me 4. Copyright ©2019 Reconciled World, Phoenix, Arizona, United States of America. www.reconciledworld.org

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Me tic kede – myero in itii ki buk man kun nongo iketo lok man me wel: Copyright © 2017 joo ma oyubu aye Reconciled World (www.reconciledworld.org) kun nongo cung ilok me Creative Commons Attribution–ShareAlike 3.0 license. Pi ngec matut, nen www.creativecommons.org.

Pe me acata – in pe ibitiyo ki buk man me acata.



Ka in itye ki miti me gonyo buk man ileb mukene , cet kany info@tctprogram.org.

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Pol lok me yot kom eni weng ki kwanyo ki ki poro ki kabedo ma nongo dakta peke iye – kit diro me tic ikin gang, David Werner with Carol Thuman and Jane Maxwell (Hesperian Health Guides, revised ed., 2015). © Copyright 2016 Hesperian Health Guides. www.hesperian.org.

Lok me pwony mukeen kikwanyo ki bot dul me Food for the Hungry’s Food Security Programs. Food for the Hungry (2014). FH CFCT Toolkit: Health Toolkit, A Toolkit for Implementing FH’s Child-Focused Community Transformation (CFCT) Model, Washington, D.C.: Food for the Hungry.

Pwoyo joo ma ocoyo

Joomapol omiyo tamgi ikit ma buk man myero onen kwede dok gutimo tic madit mada. Apwoyo matek joo ducu ma otimo man - wun ongeyo wun obedo anga!

Buk pa Hesperian', kama dakta peke iye ki Arnold L Gorske's World Health Organization majenge ikom dul me yot kom me lobo, lok me yot kom pi dongo kabledowa (*ngec mapire tek loyo*) aye lok mapire tek ilok me buk me yot kom man. Kacel dul magi dong oyubo buk matye ileb maromo 90 ilobo lung 90. Bukeni dong kitic kwede ki joo man daktari kin gang, lucolo, Peace Corps volunteers, missionaries, lupwonye, lutic ma yot komme konyo medo lok me yot kom ilobo lung. Gin tiyo ki joo ma nywko tic kedgi maromo 100 me konyo neon kit ma buk man twero tic kwede me nenoni lok ma iye tye atir dok me kony. Duli weng miyo jami metic man irwom me lobo.

Amito pwoyo Karen Callani, ma otiyo Latin Americapimwaki mapo bot Food for the Hungry, Inc. (FH).EN OMIYO LABONGO WANwanya moo keken jami me tic me yot kom ki bot dul me FH. En bene omiyo cawane me neon dok ngino matut pol pwony weng matye ibuk man mlube ki lok me yot kom. An anongo mit pa tic ki Karen idok tic mapatpta pi mwaki mapol ma okato anged ki dong makato buk man weko apwoye dong matek tutwal. Apwoyo, Karen.

Buk eni pat ki kit macon ongo tye kwedeni, joo macon ma onongo gutiyo tic man ma oneno kit macon ongo tye kwede (Chelsea, Tun Tun and Judith), wun okonyo dok oweko wan waloko kit ma myero watii kwede ki buk man me pwonyo luteal dini. Ycawawu ki karewu omiyo alokaloka madit tutwal ikit me tic! Dong bene wapwoyo diyo cwinywu ki konwu iweko buk man obed maber. Wun ongeyo ni onongo amito!

Tye ngat moo maki lwongoni Glynka. En tye ki ngec madwong ikom lok, yubo ododo. Hki tice me agiki ki Anna oweko buk man oo kama dong tye iye ni! In iber mada Glynka. Apwoyo matek cawa mamegi ma in iketo me nenoni tic man owoto kakare! Kun ma in ongo itye ka gwokolutino 3 gang.

Tye joo mapol ki lutic mapol ma Lubanga otiyo kwedgi me cukucwinya ki dong gulego pira me mede anyim ki tic kadi bed dong nongo wiya olingo. In ingeyo in ibedo anga kimakato ducu Lubanga ngeyo in ibedo anga. Wun wubedo lurem maber dok lutic pa Yecu kristo ki lubak dog. Joo ma oyee kacel kwedani Lubanga olwongo an idog tic man pi kare man! Deyo obed bot En keken.

Heather Hicks
Reconciled World

Mapwod pe icako

Lok bot lapwony buki mapire tek Buk me yot koalth Module

Kit ma buk eni te kweda pat ki buk mukeneni. Pwonye man tero cawa1-5 pi kanica. Gin tito matut lok me igin acoya madok ilok kom yot kom, lok ma pet ye ada ilok kom yot kom ki kit ma kanica twero tic kwede me gedo kabedo ma tye ki yot kom

Pwonye mukene ni loko lok ikom pwony macek cek ma dong kirromo pwonyo kin gat mo keken ikin paco. gin tye pole ki labol matye ikin paco ma kitwero pwonyone inge dakika 15 – 20. Pwonye man tye ki cal anyuta ma konyo kit me pwony ki dong weko bedo yot me niang lok mapire tek ki acel acel

Diro me yot kom kiromo pwony iye maber niwok ki itimone ki nywako ki joo mukene matye ikabedowa.cuk cwiny joo me kanica me nnywako ki lupacogi gin ma gin opwonye iye ki lupacogi ki joo mukene ma ikabedogi.

Pe tye buk me pwonye pa lutino kwan I buk eni kono doo gin romo tic ki buk maceko ceko me yot komikin paco. Mii mman bot lutella dini me konyo gin.

Tye dul mogo ma miyo pwonye maber adada ilok kom yot kom.in itwero yero me kwanyo buk tic mamegi me pwonyo dano ilok me yot kom, ka itiyo ki buk me kin gang wacuku cwinyi me medo ki pwony me 1-3 ikom pwonye me kanica ma pwod pe icako pwonyo diro me yot kom.

Kit me tic ki buk man pa lapwony

1. **Lok madito ki jami me tic:** pwonye weng cake ki lok man.
 - a. **Lok madito** - – man aye lok mapire tek ma lutino kwan myero oniang maber ka pwony ki acel acel ceto ka gik. Inge pwonye, kwany kare me ppenyo me niang ka gin oniang lok man mapire tek.
 - b. **Jami me tic** - jami mamite me pwony weng nongo kicoyo maleng adada pi pwonye weng. Wan bene waciko me bedo ki karatac ma nongo inyuto ki cal me anyuta, ki whiteboard, onyo chalkboard me tic ki tic atima idul malac.
 - c. Buk pwonye pa lapwony binyuto boti awene me tic ki:
 - i. **CAL ME ANYUTA** – KIBINYUTO KT MAN.
2. **LOK ME ALUBA BOT LAPWONY:** Man aye lok mapiretek me ciko bot lapwony we ken opwony maber. Eni pe me anywaka ki lutino kwan. Kwan man con wek okonyi kit me telo dano ipwony ki acel acel ki tic me atima. Lapeny mukene bene tye ki lagam matye ki coc ma kipyelo apyela me konyo lapwony me neno lok ani mapiretek bot in me wacone matek bot lutino kwan. Eni aye pe lagam maber ento tye ikin lagam mabeco.

Pwonye me 1: Pingo Loyeyo Myero onen Lok Me Yot Kom Calo Gin Mapire Tek

Lok madongo

Baibul tito botwa me woro Lubanga ki komwa ki me gwoko joo ma komgi lit.

Jami me tic – gin me coc, kalam me ce, ki karatac me coyo lok.

Nyuto wii lok

Tic me atima idul matino tino

Lok me aluba bot Lapwony: *kwan ododo lok kom lakwat Jon ci ipok dano idul maromo 3-4 me gamo lapeny matye pinyi.*

Kwan ododo:

Lakwat Jon onongo ka two abarawic tye ka bino ikome. En onongo pwod odwogo adwoga ki ikacoke gin ki latel matidi, ci cwinygi pe obedo yom matwala iye. Lakwat Jon onongo nyen ikabedo enoni, ki dong en pe oneno ki wang maber kit ma cilo me kabedo ma orumu gin. Coron peke, ngat moo pe lwoko cingi, lutino bedo ma komgi col, ki yugi onongo tye kaweng. Joo mukene owaci jami enoni weng tye kit macalo jami myero obed kwede. Ento lakwat onongo cawa weng nongo cim pi kwac me lega pi dano. En dong otamoni pire tek me me cuku cwiny lwak me yubo lengo me kabedogi, ci dong en ocako keto dakika 15 me pwony maloko lok kom lengo cawa weng ka en tye kapwony. Ento lutel matino tino onongo wigi onywene ma kun gin tamoni pwony malube ki yot kom myero pe kipwony iot lega, tutwale pwony enoni myero pe obed icabit – nino pa Lubanga. Ma gin mede kid done ni lakwat cako pwonyo lok me lengo nining icabit. En pe obedo dakta matidi onyo madit. Lakwat Jon lworu omako, en onongo dong pe ngeyo ngo ma myero en otim.

- In itamoni lakwat Jon onongo myero opwony lok me yot kom I kanica?
- Kit pwony ango ma wan wanongo ki pwony mukene mukato anged ma nyuto ber pa pwonyo lok me yot kom?
- In itamoni Yeco onongo maro lok me yot kom? Kit labol ango ma in ineno I Baibul?

ODWOK CEN

Ngo ma Baibul Waco ilok me yot kom?

TIC ME ATIMA IDUL MALAC

Wiwa oppo ilok kom jami ma wan wapwonye iye malube ki Neno pa Lubanga ilok kom yot kom.

Kwan Jabuli 139:13-16.

- Ngo ma wan jiri man pwonyo ilok kom ber/ tic pa komwa
 - *Lubanga oketo dano weng me wel. Dano weng pgi tek.*
- Anga ma oketo komwa?
 - *Lubanga*
- Pigi tek? Ngo ma weko pigi tek?
 - *Komwa pigi tek pien Lubanga oketo wan.*
- Ka inen Lubanga oketo komwa maber, in itamoni en paro kit ma wan watero ki komwa kwede?

- *Eyo, En paro.*

Kwan Galatia 5:14, Roma 13:10.

- Lubanga ociko wan ni watim ngo iwang jiri eni?
 - *Maro luwatwa*
- Iyoo mani ma gwoko lengo me kabedo ma orumowan tye maro jiraniwa?
 - *Wan wamaro jiraniwa pein nongo wagwoko lengo me gengo cilo makelo two ikomgi.*
 - *Wan watwero maro luwatwa niwok ki igwoko gin ka komgi lit.*

Kwan Luke 2:52.

- Kit yoo angwen mani ma Yecu odongo iye?
 - *Ryeko (wic/ adam), ikom (dongo me kom), iwat maber ki Lubanga (I Cwiny) ki wat maber ki dano (kit me bedo maber ki dano)*
- Kit kwayi yoo me dongo ango ma Lukwati myero guket cwinygi iye iyoo me dongo pa kanica gi?
 - *Yoo angweni weng*
- In itamoni lok me yot kom tye ikom lok angweni ma omyero wakony ki kabedowa me bedo ki lengo enoni wek kabedowa odong iye bene?

Kwan Acaki 1:28.

- Kit tic me acel ango ma Lubanga omiyo bot dano? Ngo ma En mitoni watim?
 - *Me loyo gin aketa.*
 - *Me gwoko maber Jami Ma Lubanga omiyo botwa.*
- Ka inen wan watye kaloyo gin aketa, myero gin aketa obed ki kero ikomwa ma weko wan wabedo ma komwa lit? (*pekumenoo*)
- Lubanga omiyo komwa botwa? (*eyo*)
- In itamoni Lubanga mitoni wan wagwok komwa maber? (*Eyo*)

Jabuli 100:3 ki Jabuli 24:1.

- Ngo ma pa Lubanga God?
 - *Jami weng, wawanweng iye!*

IKORINTI 6:19-20.

- Pingo wan myero wagwok komwa?
 - *Komwa obedo yakalo pa Lubanga.*
 - *Wan waromo woro Lubanga ki komwa.*

Baibul Waco kamaleng mi wan Lubanga aye ma ocweyo wan. Komwa obedo yakalo pa Cwiny maleng. Tye gin me wel. Lunbanga omiyo komwa botwa en en ye rwet kom. Ka inen ngat moo Waco botwa ni wagwok lutinogi pi nino acel, ci dong wagwoko maber. Ikit yoo acelu, myero wan wagwok dul kom ma wan watye kwedeni. Pe myero wagwok komwa keken kit ma gin obedo mic ma Lubanga ye omiyo ki dong obedo mere, wan myero wagwok jami ma ikabedo ma orumowan macalo yoo me nyuto maa ki gin ki me konyo gin me dongo kit ma Lubanga mito.

Kit ma Yecu neno kwede Lutwo

TIC ME ATIMA IDUL MALAC

- Kit neno ango ma dano tye kwede ikom joo ma komgi lit ikabedowu?
- Yecu onongo tero joo ma komgi lit nining?

Kwan Matayo 4:23-24 ki Matayo 14:14.

- Kit mang jiri eni loko ningo ikom kitma Yecu onongo tero kwede jo ma komgi lit?
 - *En oceto obedo ka miyo cango ikom joo ma komgi lit.*
- Eni tye maromarama botwa kwede apokapoka moo tye iye?

Kwan Matayo 25:34-40.

- i caralok man Yecu owaci, ngo ma joo ma kitgi atir otimo ma kabaka opwoyo gin pire?
 - *limo lutwo ki joo ma tye I mabauc, miyo cam ki joo ma kec neko gin, pii ki joo ma orwo neko gin ki jolo welo. Gin otimo man ki joo mukene’.*

Yecu omiyo labol me maro jiraniwa ki ki timo jami kijoo ma komgi lit, miyo jami ma nen calo dek, pii bongo. Lubanga ociko wan me gwoko joo ma komgi lit. eni tyen lok ma gonyo lok me gwoko nyo paro pi luwotwa.

Myero wan bene wabed ki kit cwiny acel ikom joo ma lutwo kit ma Yesu obedo kwedeni. Myero watee gin ki kica. Myero wan bene waleg pi cango ikomgi wek gin bene gunong cango. Ka inen wagwoko joo ma komgi lit nongo wan watye ka pwonyo labol pa Yecu kricito ki dong nongo waketo woro ikom Lubanga.

Pe kumeno keken, wan bene waromo konyo me neon ni wagengo dano wek two pe omak gin ikabedo ma orumu wan! pe mite ni in kong ibed latic me yot kom ka dong itim man. Dano weng room pwonye lok kom yot kom ka dok bene pwonyo ki luwotgi. Pwonyo lok me yot kom obedo obedo yoo acel me weko kabledowa me dongo ki yoto kom. Dano weng room pwonye ilok me yot kom dok bene twero nywako ki joo mukene. Pwonyo lok me yot kom obedo yoo acel ma twero weko kabledowa bedo ki yot kom. Lok mapol mamako yot kom obedo gin ma yot tutwal. Ipwonye ini wabipwonyo jami ma yot ma yot ma dano weng twero pwonye ki iye I dok twreo ketone itic.

TIC ME ATIMA IDUL MALAC

Kwan lok kom ododo pa gang me Tai Ping

Tai Ping obedo gang me caro adada. Joone obedo joo ma puro mucele, ento imwaka lim 2005, jami apura obedo peke me konyo cam I kabedo enoni pi mwaka acel kulu. Yoo bee onongo peke me donyo ikabedo gi, dano ki acel acel okayo gin ma nok ma gin onongo romo kato kwede ki iyoogi ma ding dingi. Ot konye bene onongo peke. Dano onongo pe maro lok me lwok. Onongo dong yot tutwal ki lwak me kabedo enoni me bedo ma kogi lit cawa weng ki dong twocado onongo mako gin cawa ki cawa. Lutino manok woto igang kwan. Adane dano ma ikabedo enoni onongo komgi lit, kec onongo neko gin ki dong kwiya piny onongo tye matek. Kwo onongo tek mada ikabedo enoni.

- Kit gin anggo I Tai Ping ma onongo oweko kwo tye matek tutwal?
- Kit kwayipeki anggo ma in ineno rom aroma I kabedo man ki kabledowu ma weko kwo tek botwu? (*lagam ikoo oot*)
- Kit kwayi tek pa kwo mani ikabledowu mabino macalo adwogi me yot kom (atii ati ki ma pe atii atii? Lung ma tye pinyi)

Lok maber tye ki ikom lok ma Tai Ping.

Kanica me Tai Ping ocako pwonye ilok kom TCT. Gin okwano dul pwonye me acel ma waconi Yecu aye tye kabaka me jami ducu me kwowa, ni Yecu omiyo botwa kero ki jami, kid ok ni en mitoni gin onyut botgi maa mamege bot joo mukene. Gin ocako penyo wiigi kit macalo gin gitwero timo kwede ki tic man me nyuto maa ikabedo ma orumu gin. Gin otamo lok me adaa ni gin gipeke ki ot konye ikabedo gii ento gin ceto kakonye inget kulu. Ka gin gutamo ci guniangni gin gitye ka balo pii ki dano matye kabedo kangetgi bThey thedo ma komgi lit. me nyuto maa bot luwogi, gin ocako gedo ot me lwok.

Kanica oniangni komgi lacwec aye omiyo ni gugwok maber, kid ok nip e obedo yub pa Lubanga ni cawa weng myero gin gibed ma komgi lit. latic pa laubanga ocalo pwonyo lok me yot kom ki inge pwony me cabit ducu me ot Lega. Gin omede ki miyo pwony enoni bot joo mukene kit ma calo gin mede ki kwogi – kit macalo gin ywe kwede ipoto ki ka gua ki ka twomo pii., kit ma luyeyo guketo kwede pwony ilok kom yot kom ikwogi, joo ma ingetgi guneno ci gin bene dong gucalo timone kumeno. Cut gin gucalo yubo yoo wek dong pee guting jami ki ngegi, madwoko arem me ngec. Gin gukwinyo pii wek dano ocalo nongo pii amata, gin bene gukwinyo bur yugi. Lupaco weng ocalo pito pot dek ma dano weng ocalo camone ci komgi odoko mayot. Two odwoko nok ikin dano, lutino dong two cado pe ocalo makogi, pien dong gin ocalo cango two mako matini tinoni ki ganag, dano dong pe ocalo keng tic ki dong pe gubedo ka balo lim ikom cango two ki bot daktari.

- Kit kwayi tam mapatpat angoma dano ma l kabeto me Tai Ping gupwonye iye?
- Kit aloka loka angoma joo me Tai Ping gunongo?

KETTO NE ITIC

TIC ME ATIMA IDUL MATINO TINO

Lok me aluba bot lamii pwony: onywak lapeny man idul ma pe kato 3-4.

- Kit yoo angoma in ibedo kagwoko ki lok kom yot kom me paconi?
- Tye kit gin mooo ma kanica room timone calo lok me nyuto maa me yubo yot komme me kabetogi?

ODWOK CEN

TIC ME ATIMA IDUL MALAC

Kwany tic moo acel me nyuto maa main itwero timone me yubo medo lok me lengo ikabeto ni ki dong igoo yub kit me tiyo tic enoni kwede.

LEGA

Leg pi ngat acel acel wek obed ki cwiny ma Yecu obedo kwedeni ikom joo am komgi lit. peny Lubanga wek omini ryeko ki tek cwiny me bedo calo Yeco me nyuto maa ki joo ma komgi lit. leg pii joo ma komgi lit ma ingeyo.

Pwony me 2: tam ma pe tye atir ilok kom yot kom

Lok ma Dito

Bedo ki tam ma pet ye atii room gengo wan pe me tic ki komwa me woro Lubanga ki me gwoko joo ma komgi lit.

Jami me tic

1. Cal me anyuta: tam ma pet ye atii (cal 3 – yeci onyo dol karatac wek obed nucu me nyuto ki acel acel)
2. Karatac 1-2 ma iye tye nono

Nyuto wii pwony

TIC ME ATIMA IDUL MALAC

- Kit lok mogo ma dano yee iye ni kelo two ikom dano tye ningo?
- Kit kwayi jami ma dano yee iye anga ma kiwaci myero ki tim ki ma pe myero ki tim wek dano obed ma kogi tye mayot ki me cang ki itwo?

Kt kwayi lok ma pet ye atii ma dano yee iye ilok me yot kom

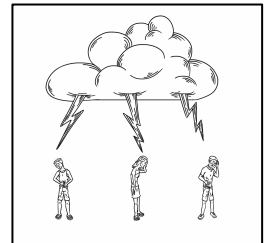
TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: nyut cal me anyuta: nyut kit cal moko ma loko lok me goba ma dano yee iye ilok kom yot ko kit ma onywako kwede ki acel acel.

Kon dong kombedi wanen gin ma Baibul Waco ilok kom tam ma pet ye atii ikom two. kom wanen ka tye kakare nyo kuu?

Lok ma pet ye atii ma dano yee iye1: two eni obedo pwod ki bot Lubanga (lubanga) (CAL ME ANYUTA)

- In dong irwate kin gat moo ma waconi two obedo pwod ki bot Lubanga?
- Man dong okelo kit yoo ma obedo nining ma gin cango ki two man?
 - Bedo labongo kica ikomgi, pe ki konyo, ngolo kop ni meno adwogi me bal
- Man dong kello aloka loka nining kit ma gin dok kwede ilok me two?
 - Pe myero imuny yat onyo imiyo gin tum onyo bedo lakristayo ma lawiny
 - Pe gin yee ni meyeru gin gicang wek gibed maber
- Ka inen wan wayee ni two obedo pwod, ci dong man weko wan wadokiye nining iyoo me gengo two?
 - Dong wan pe wabitamo yyo me gengo two calo lwoko cing ki cabun ki tic ki coron calo yoo maber me gengo two.



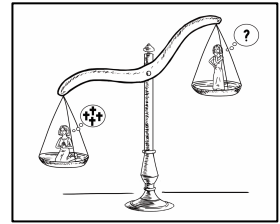
Kwan John 9:1-3.

- Lok me too wang pa laconi obedo pwod ki bot Lubanga?
 - Yecu owaci kuu pe kuemeno.
- Tyen lok anga ma Yeco owaci oweko lacoo man wange oto?
 - Wek tic pa Lubanga onen niwok ki ien. Me kelo deyo bot Lubanga.

Bible tito botwa bene tekare mgoko ma dano kome bedo lit pi bal wek gin gunguti, ento pe two weng bino pi adwogi me bal.

Gin ma pet ye atii me 2 ma dano yee iye: ka wan watye ki niyee matek wan dong komwa pe bedo malit (CAL ME ANYUTA)

- Kit lok me goba man tye madwong ikabedwu?
- Man kelo adwogine nining kit macalo watero kwede ki joos ma komgi lit?
 - *Weko wacuku cwiny dan me legaki ji obed ki niyee ento dong nongo pe watiyo gin moo me cobo mitigi.*
- Man dong loko kit yoo ma wan wadok kwede ikom two nining ka inen komwa lit?
 - *Wan dong pe wamunyu yat ento dong walego alega*
- Ka inen wan watye ki yeyoni wan dong ka watye ki niyee matek wan dong komwa pe bedo lit enoni dong loko kit ma mwero wan wgeng ki two kwede nining?
 - *Wa dong nongo waketo cwinywa ilok me cwiny keken. Dong pe wanen jami calo lwoko cing ki tic ki coron calo gin ma pire tek ikwowa.*



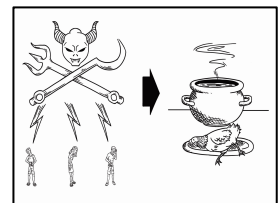
Kwan 2 KORINTI 12:7-10.

- Ngo ma Paul Laco ma ocoyo but baibul eni olego pire?
 - *'kwany okuto eni ki iringo koma', cango ma tye idel kom*
- Lubanga ocango en?
 - *Pe, pe ocango.*
- Pingo Lubanga pe ocango en? Lubanga owaci en dok mito niye matut?
 - *Lubanga pe owaci end ok mito niyee moo mukene. En pe ocango en wek teko pa Lubanga dok onen igoro pa Paul.*

Tye adaa ni Lubanga cango wan, ento baibul bene Waco atye ni Lubanga pe cango two weng. Pi tyen lok ma nongo wan dong bene pe waniang iye, Lubanga pe cango.

Lok ma pet ye atii me 3: two jogi aye kelo ci dong myero wan wamii kgitum (CAL ME ANYUTA)

- In dong irwate ki dano moo ma waconi two jogi aye kelo?
- Eni dong oloko kit yoo ma gidok iye nining ka inen gin onyo dano ma gin maro komgi lit?
 - *Obalo lim, ceto bot ajwaka, nyo miyo gitum*
- Yeyoni two catan aye kelo miyo deyo bot Lubanaga?
 - *Pe kumeno pien wan watamoni jogi tye ki teko kato Lubanga.*
 - *Wan waworo joki makato Lubanga ka inen wan watamoni jogi aye kelo two ikom dano dok bene wamiyo gitum botgi.*
 - *Dong pe wagwoko lutwo maber ka inne wan dong lim weng watero me miyo gitye bot jaogi.*



Kwan Marako 3:11.

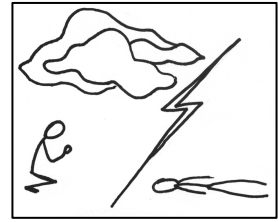
- Anga ma wang jiri man loko ikome?
 - *Yecu ki jogi maraco*
- Anga ma tyeki teko loyo lawote iwang jiri man?
 - *Yecu*

Ka ine wan watye ka lweny ki cen maraca myero pe dong wamii gitum, ento myero walowong Yecu macalo lakny wa. En tye ki twero ikom cen maraco. Kadi bed tyen mapol ibaibul yeco koko dok ryemo cen maraca, tye bene tyen mapol ibaibul ma yecu otero dano dok konyo dano labongo ryemo cen maraca calo John 9:1-3, ma dong wan waneno wii atii; labol mukene Matayo 8:1-13). Man nyuto botwani two mapol pe cen maraca aye

kelo. Kadi bed myero cawa weng walek pi joo ma komgi lit myero bene watute me cobo jami ma mte iwkogi kit macalo Yecu owaconi myero wan watim.

Yeyo me goba me 4: Lubanga pe paro pi yot kom pa Dano (CAL ME ANYUTA)

- In dong iwate ki ano oo ma waconi alaubanga pe paro yot kom dano?
- Eni dong oweko gin tero dano a kome lit nining?
 - *Gin dong pe giparo pigi.*
- Man dong oloko kit ma gin dok iye nining ka inen komgi lit?
 - *Gin dong gunngo ni konygi peke.*
 - *Gin dong ojenge ikom daktari ki ajaki wek gin ginong cango.*
- Ka inen wan dong wtamoni Lubanga pe paro yot kom dano eni dong weko wan wadok nining ilok kom yot kom ki kit me gengo two?
 - *Wan dong pe wabiparo kit me gengo two wacel. Ka Lubanga pe paro lok kom two ci wan dong myero bene pe wapaa?*

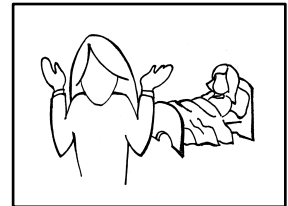


Wan waneno wangjiri mapol ipwony ma okato ma nyutoni Lubanga paro pi yot komwa.

- Wi room poo ilok ma wapwonyi Lubanga paro p yot komwa?
 - *En oyubo komwa maber. (Jabuli 139)*
 - *Wan watye jone. (jabuli 100:3)*
 - *Yecu kica omako ikom joo ma komgi lit. (Matayo 14:14)*
 - *Yecu iye bedo yom ikom joo ma paro pi joo ma komgi lit. Matayo 25:34-40)*
 - *En omiyo cik ki joone malubo lok kom lengo ki ki lok kom two. (Lulevi, Nwoyocik)*
 - *komwa aye obedo yakalo pa Lubanga. (1Korinti 6:19-20)*

yeyo me goba me 5: pet ye gin moo ma wan watwero timone me gengo two (CAL ME ANYUTA)

- Kodi yeyo goba eni downg kany nining ni gin moo pe kitwero timone me gengo two?
- In ingeyo lok me tam me gengotwo man I Baibul?



Inge ma ADam ki Eva gubalo, ki ikare ma Yecu pwod pe obino ilobo, Lubanga oyero me miyo cike bot kaka acel kiken. Gin onongo kilwongo gin ni lutino icreal, ki dong lok madwong I cik macon ma ibaibul tito kit ma onongo Lubanga tiyo kwede ki Lutino icreal. Lubanga onongo mitoni lutino creal oniang miti pa en Lubanga ikom yoo me kwo pa dano weng ki acel acel, wek ki bedo lawiny mamegi, wek gin gubed labol dok kaka me gum ikom yalwak me lobo weng. Dong, en omiyo botgi cik ma kwako kwo weng ki acel acel. Wang jiri ma wan wabieno ma lubo man kwako wang jiri mapat pat ma Lubanga omiyo bot Lutino Icreal.

Nwoyocik 23:12 – cik ikom kama myero gin okonye iye
 lulevi 11:27-28, 32-33 – ngo ma myero gutim ikom lee ma otoo kene
 Lulevi 15:2-5 – cik kit me tero dano matye ki ony pa jami ki ikome
 Lulevi13:47-52 –ngo me atima k adobo omaki

- Pingo itamo ni Lubanga omiyo botwa cik mapatpat makwako jami man?
 - *Pien en paro pi lengo me kom dano.*
 - *En paro pi yot kom pa jone.*
 - *Wek lutino icreal obed labol me tot kom ki lengo.*

Ki iwang jiri ma wakwano ki Lulevi ki Nwoyo cik, Lubanga omiyo cik ki jone makwako lok kom yot kom ki lengo.

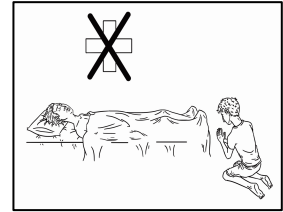
- In itamoni ka gin gulubo cik eni ci gin bedo makomgi yot?
 - *Eyo komgi obibedo yot!*

Lubanga ocweyo komwa dok ngeyo ngo mabeco ma opore pire.

- Dong, wan watwero timo gin moo me gengo two?
 - Eyo! wan waromo yero me yenyu Luabanga ki woro en ki komwa.

Yeyo me goba me 6, ka inen komwa lit myero wan walek alika ento pe wanen dakta kip e wamunyo yat (Cal me anyuta)

- In dong irwate ki dano moo ma waconi pe myero inen dakta ka komi lit?
- Enoni oloko kit ma gin tero ki joo ma komgi lit nining?
 - Gin oleko pigi ento pe gumiyo yat ki pe gutero gin iot yat
- Enoni oloko kit ma gin dokiye nining ka inen komgi lit?
 - Gin pe oceto ityat nyo omunyo yat
- Ka inen wan dong wayee ni meyro kilek alika pi ngat moni ento pe ki mii yate noni twero kelo adwogi ma obedo nining?
 - Danoenoni two room diyone dok bene mede ma nongo pe onongo ony moo.
 - Wan dong pe wanyuto maa pa Kristo bot joo ma komgi lit ka ianen wan pe watimo gin moo me neon lok me cango komgi.



Kwan Luka 10:25-37.

Lok me aluba bot Lapwony: ka inen lutino kwan dong ngeyo lok kom lacamaria maber, poo wigi kom lok enoni ka dong ikwan Luka 10:33-35.

- Lacamaria onyuto kica niwk ki ilega keken ikom latwo man?
 - Pe kumeno
- Ngo ma lacamaria otimo bot laco ma laret man?
 - En otiyo ki moo (me cango) ki wine (dunyo wang ret)
 - Otweru wang buu
 - Oculo pi kony mamege
- Yecu owaco ni lacamaria onongo myero oleg alega pe dano eneoni me kaka gin ma en otimoni?
 - Pe keumeno, en owaci, 'cet itm kumeno bene.'

Kakare meyero wan walek pi joo ma komgi lit ento Lubanga aye lacango! Ento en bene mitoni wan bene watii jami ma cobo miti pa latwoo. Twero bedo ni mitine tye ni kanica aye meyero ocung me cobo miti pa joo ma komgi lit.

- Pingo in itamoni Lunbanga pol pa kare yero me tic iyoo ma kit enoni, tiyo tago?
 - Dong, dano obinongo maa me kanica.
 - Me miyo kare ki kanica me nyuto maa.
 - Wek kanica obed ki nying maber ki wat maber ki kebedo ma orumo gin

Tic me atima

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: wek lutino ma tye idul guket cal me anyuta ma lok yeyone goba tye iye I dul 2: "dwong ikabedowa" ki pe dwong ikabedowa ". Kit ma dul mapatpat tyeko kwede nywako lapeny man dong in bene itwero peny kit yeyo me goba maogo matye ikabedomagin tye iyeni.

- Tye kit yeyo mogo matye ikabedowu?
- Lok pa Lubanga waconi iomgi? Ikom wang jiri mapwony iyeni, kit yeyo enoni tye adda kwede goba?

NYWAKO KI LUWOTI

- KIT LOK YEYO ME GOBA NGO ma in kipwonyi kwede ilok kom yot kom?
- In itamoni Lubanga mitoni itim dok iyoo mapat

- Tye joo moo ma komgi lit ikabedwu ma in itamoni myero dok inyut botgi maa pa Lubanga iyoo mapat l cabiti?

Lega

Lek bot Lunbanga wek wangee ada dok wek wakwee lok me yeyo me goba ilok kom yot kom ki two. peny
Lubanga wek onyut boti wek inyut maa mere bot joo ma komgi lit. lek pi ngat oo keken ma kome lit ma in
ingeyo.

Pwonye me 3: Tic pa kanica me gedo kabedo ma yot kom tye iye

Lom madito

Nywako gin ma wapwonye iye ilok kom yot kom obedo yoo acel me nyuto ma pa Lubanga ikabedo ma orumo wan.

Jami me tic – pet ye me dic: karatc me coc nyo kalam me coc (me cono tic me nyuto maa).

Wan dong wakonyo jo mukene

Tic me atima idul malac

- Kit tic ma nyuto maa anga ma Indong itimo ikom joo makomgi lit, me medo yot kom joo mukene nyo me me gengo two?
 - *Labole: limo ngat ma kome lit, lega pi yat ngo tero ngat ma kome lit iot yat, yubo lengo me dok pii nyo jwero lum ki inget gangkwan nyo ot yat, gedo coron, nyo coko yugi..*
- Kit tic me nyuto maa man okonyo me yubo yot kom pa dano nining?
- Kit alokaloka anga me lube ki yot kom ma ineno ikabedo a orumowu?

ODWOK CEN

Tic me yot kom ma lube ki tic me nyuto maa

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: in itwero loko lok man ki lokma ikabedowu ma kelo yot kom ki meedo kero me lengo ikabedowu.

Magi aye kwayi lok mapatpat ma kanica otimo me medo yot kom me kanbedo ma orumo gin.

Bulu oyubo wang pii me marare

Kabedo me Marare obedo kabedo ma dano dong iye tuetwal I Uganda kanya. Dano mapatpat iyoo me lim, mwaka ki leb bedo iye. Gin ma kelo gin kacel aye pii eni aye gin ma dano neno calo gin ma pire tek madaa I kabedo enoni. Kadi bed ni kabedo enoni tye ki wang pii, kare me cwer pa kot pii kalele mapol ringo ki iagani pa dano ceto iwang pii enon. Inge kare moo pii ni onywene ki yugi, pi kit jami ma pe leng enoni, kabedo enoni dong ocalo nonbgo two ma bno macalo adwogi me tic kip ii macol. Dano mapol dong obedo ki yeyoni obedo tic pa gamente ki NGO ki jo ma gwoko wang pii me yubo lengo me kabedo enoni.

Luteal 2 me kanica aryo ikabedo enoni owinyo pwonye ilok kom nyuto maa ci gin guceto guyubo buli maiakbedo gi me ceto kanyuto maa I kabedo ma orumo gin niwok ki I yubu lengo mae wang pii I ceng abicel moo acel. Ikare ma mon obino ka twomo pii, gin oneno ka buli gutore kacel me tiyo tic man. Ikare ma dul ma meno lengo me wang pii oneno ka joo oo gubino kacel me tiyo tic me yubo lengo me wang pee, ocuku cwinygi me cako tiyo tic me gwoko wang pii dok odoco. Inge tic me nyuto maa aceli, lwak ma ikabedo enoni cwinygi otuege me cako gwoko wang pii enoni dok odoco. Mego moo acel kiwinyoka pwonyo latineni wan watwero bedo jo ma gwoko lengo me komwa wan kikomwa “Wan waromo gwoko lengo me komwa ki komwa.” Kipak Lubanga pi niroce iyoo me tam me yot kom I Mararae

- Angagi ma dano ma ikabedo meno onongo tamoni myero gin gunen lok kom yoto me kabeo me meno ki lengo me piil?

- Ngo ma okelo alokaloka ikom kwo pa dano maikabedo meno ikit me kelo aloka loka me gwoko wang piil?

Kanica odongo pien onongo gwoko lok me yot kom

Inge ma New Life Church otyeko pwony ilok kom yot kom, gin wigi otamoni gitye ki daktari mapol madaa idyegi iot lega ma twero bedo me kony me pwonyo lok kom yot kom ikabedogi.

Lutela me kanica okwanyo nino acel wek daktari opwony lok kom yot kom iot lega wek lwak me kanica gi ocet obed labol maberr ikabedogi malube ki lok kom yot kom. Lutic me yot kom opwonyo tutwale lok kit me gwoko lakgi ki del komgi. Man okonyo joo me kanica me bedo ki yot kom. Kanica omoko tamgi me timo tic me nyuto maa niwok ki nywako lok me yot kom man ceng abicel weng me nywako lok ma gin opwonye iyeni ceng abicel weng.

Man oweko kabedo meno ongeyo ber pa Kanica ikabedo ma orumo gin. Joo mapol ada ocalo bino ikanica. Kanica odongo wa iwelgi wa ki yoto komgi bene. Nicake ikare enoni, cake iakre enoni kanica okwanyo lok me pwony me yot kom kun gipwonyo ki luwotgi bene

- Kit lonyo diro nyo jami tic ango ma tye I kanicani ma itwero tic kwede me pwonyo ki lok me nyuto maa ikabedo ma orumuwu?
- Kit kwayi lok me yot ko ango matwero bedo yot me pwonyone ki joo mukene?
- In itwero nywako ne ki joo ma orumowun nining?

Tic meTucu jiri I yoo me gwoko lengo

Kanica me ikabedo me Kyabahesi oneno miti me yot kom ikabedogi, gin dong otamo me ceto ka cobo miti eni inge pwonyo lok me lengo ikabedo mamegi. Gin guniangni gwoko lengo obedo gin acel mapire tek pien niwok ki iye, dano twero bedo ki wko ma opong ki yot kom ki kabedo gi bene bedo ki lengo mabet. Kit ma kabadwa nen kwede nyuto atii kit nga ma wan wabedo ki kabedo ma wan watye kabedo iye.

Kanica me tye Kyabahesi obino kacel me cobo miti mapatpat maty ikabedo ma gin tye kabedo iyeni ma kun nongo gityi ki jami ma gin tye kwede ikingi. Jami mamite ni kitii iye onongo ayee:

- Gedo lamoo jami
- Gedo coron ki kalwok
- Kwinyo buu yugi
- Keto jerican pii inget coron me lwoko cing ki ine tic ki coron

Man kitimo iganngi abic ci kelo alokaloka me lengo matek tutwal ikabedo enoni. Dano ma ikanica odoko joo ma kelo alokaloka I kabedo enoni ki dongo lobo bene. Kare matye kere me tucu jiri dong bene odongo maber.

Lakwat opwonye ni ticwa nyuto jami mabeco loyo lok aloka. Dano ma ikabedowa nenoni wan dong adada watye ki maa pa Lubanga. Dong tyen loke ni JIRI kitucu maber ki tic loyo ki lok.”

- Ngo ma oloko iyoo kit ma kanica me Kyabahesi “otucu ki jiri”?
- Kit alokaloka ngo ma tim man okelo ikabedogi?

Tic me atima idul matino tino

- Wkit tam manyen ango ma in itye kwede pi kanica n ma lwak twero timone me kelo yot kom ikabedo ma orumo wun mme kelo aloka loka iyot kom?

Odwok cen

Lok me aluba bot lapwony: *wek dul ki acel acel onywak tamgi me tic atima ki dong icoo lok mapatpati piny.*

Konyo joo mukene me pwonyo diro ma pire tek ilok me yot kom

TIC ME ATIMA IDUL MALAC

TIMO TIC ME ATIMA OBEDO YOO ACEL ME NYUTO TIC ME NYUTO MAAA IKABEDO MA orumowan. ento pwonyo dano ilok me yot kom bene pire tek ka inene dano neon alokaloka ikom yot kom. Gin gubibedo ki miti me pwonyo dong niang jami ma nyen. Pol pwony mukene me dul ponye man loko matut ikom kit me cango two, gwoko jo mapatpat matye ki two bene mapatpat ki awano maptpat, gedo kabedo matye ki lengo maber. Pwonye cek dok yot ka iporo ki pwonye mekene me dul pmapatpatni. Kare ducu ma ipwonye ilok kom yot kom moo keken, teme me pwonyo ki joo mukene. Pwonyo joo mukene bene room bedo yoo mukene me nyuto maa. Kit yoo mapata pat madono onyuto ki yoo me nyuto maa en aye:

1. Pwonyo lok maceko ceko ma ipwonye ki iye ki ikanica. Lwok lwak mapat pat me ikabedowu me bino kacel me winyo lok me pwony.
2. Tii ki gure moo keken me miyo pwony ma lube ki lok me yot kom ikabedo ma itye iye— calo cuk, ka twomo pii, klwoko bongo, igang tic, ipoto, , me labole , tam kare ducu ma irwate ki dano in itwero nywako gin moo ma ipwonye iye icabit weng?
3. Tpwony lok me yot kom ikagure pa dano dye woo acel icabit acel.
4. Pwony lok me yok kom I dul pa mon, dul me cup, nyo dul mapatat me kabadwu.

Kwan dok jami makicoyo dok odoco.

- Kit yoo anga ma wan watwero pwonyo ki lok me yot kom ikabedowa? Watwero timo gin anga wek dano mapol ikabedowa onongo pwonye man?

Goyo yub me kabadowa

kom bedi dong cawa me goyo yub pi kabedo:

- Lek wek ibed ki cwiny pa Lubanga ikom lutwo. Lek ni okonyi me gedo kabedo ma opong ki yot kom. Peny Lubanga pi ryeko ingo ma myero itim.
- Onywak kit tic me nyurto maa anga ma myero itim pi dwe matye kabino me weko okel alokloka me yot kom ikabedowu. Mok mani me cako kwede me acel me aryo ki mukene.
- Nen kit yub ma itye kwedeni me nywako pwony mameki—itye gin moo ma miteni iyub kombedi me pwod pe iyabo pwonyi?

Ka inen dong ityeko, mii yubi ki Lubanga, oleg kacel dok I penye me konyi me me cobo yup ma igoyoni me medo yub me yot kom ikabedowu.

Pwonye ma lubo koreni obibedo me pwony maceko ceko me yot kom ma myero inwak ki joo ma ikabedowu

DUL ME 1: GENGO

Dul pwonye macek: Watwero gengo two

Lok madito

Kwayi two mapol kitwero gengone ki dong gengo two loyo cangone.

Jami me tic

- Ka itye ka yero nyuto w ilk, yoo me 1:cupa me pii nyo karatac (nyo gin moo mapat awatwero bolone)

Nyuto wi lok

TIC ME ATIMA IDUL MALAC onyo NWAKO

Lok me aluba bot lapwony. Ye teku onyo ododo moo me cako wii pwonye man.

Yoo me 1: Tuku

Lok me aluba bot lapwon: kwan kikopo me pii ci kiet gweng iye l wi meca onyo nyo kama tye twolo. Mii bot ngat acel acel karatac ma kidolo nyo gin moo maber ma kitwreo bayone. Now tuku man tyen mapol ki joo mudyere mapatpat idye lawala.

1. Obin ocung idye lawala.
2. Wamito joo mudyere 2 me cung ki kikopo me pii ma kiketo iwi kom idye lawala.
3. Tic pa joo mudyere 2 me nneo ni ginmoo pe oyoko cupa pii makiketo iwi komi. Joo mudyere pe gitwero gwoko cupua ni ento giromo tic ki gin moo keken matye iot kengo calo bag onyo buk coc me neneoni gin gigwoko cupani pe opoto.
4. Joo ma ocung ilawalani myero gin guneni gitiyo ki gin moo keken calo nyik muranaga nyo karatac ma kidolo me celo cupa enoni me poto piny ki iwi kom.
5. In itye ki dakika 2 -3me tyeko tic enoni.

Neon kit ma tuku otum kwede

- Tic pa joo 2 ma idyere ni onongo tye mengo?
- Yoo anga ma gin otiyo kwede me gwoko cupani ki idyere?
- Yoo mani ma otine maber?

Macalo tuku man wan watwero pwonye me gwoko dano ma ipacowa pe me nongo two. Eni kilwongoni gengone.” two moko matye madwong ikin danoni twero genge dok beene twero dwoko piny. Gengo two mapud pe yaa ocake konyo tutwal gangi tutwal me bedo ki yot kom. Tye jami mapol ma wan watwero timone me nenoni wagengo two ki me nenoni two pe omede.

Yoo me 2

Lok me aluba bot lapwony: kwan lok man, tee lwak me nywako lapeny matye pinyi.

Yang tye kabedo moo ma tye okube ki yoo madit niwok ki l yo moo atye mading. Ka inen yamo tye kakoto matek dano yamo bayogi cut pien yoo enoni tye cere dok ding bene tutwal ci gin nongo awano marac, jooo mapol gutoo. Kanica matye ikabedo eni onongo mito miyo kony, gin weng gujoko lim ci guwilo ki lela me loro lutwo, ma gin gugwoko inget yoo madingi ma ka inen ngat moo opoto ki iyoo madingi cut kiting ci kiloro ki lela pa lutwoni cut! Kwo mukene kilaro. Ki gum marac cere caa onongo otinge tutwal joo mukene pwod omede ki too ki joo mukene onongo awano marac ki joo mukene bene onongo ngolo.

- In itamoni ngo? onongo kanica tye ka nyuto maa bot kabedo ma orumo gin?

- Ngoo mukene ma kanica twero timone ma kun dano pwod tye kamede ki tooni?
- Tye kit yo moo me gengo dano me poto ki kama tutni, tye yoo ma tiyo maber?
 - *Eyo gin twero gedo cell moo ma gengo teng cere enoni wek dano pe opot, wek dano pe opoti.*

Kakare ber ni dano pe myero onong awano mookeken. Kadi bed konyo dano me oo iot yate bene obedo gin maber— kid ok bene pi tyen mapol man obedo tic me nuto maa maber tutwal- Kat were ber me gengo dano pe me nongo eko enoni matwal.

Pingo gengone pire tek?

TIC ME ATIMA IDUL MALAC

Macalo ber tutwalo ki dano me kanica me nenoni gigengo dano pe me poto ki malo, ka dok ringo kwede iot yat, rom bene aroma ni ber me gengo two loyo cangone.

- Dano ma ipaconi two mako gin tere tere marom mani?
- Ka inen dano oo a igangi kome lit, ngo matwero time ma weko kwo doko tek tutwal?
 - *Joo mukene ni bene komgi doko lit (two makobo ki igud)*
 - *Rwenyo pa lim nyo rwenyo pa tic*
 - *kwanyo lim I icing dano, wot ki dwoko ki iot yat, culu daktaa ki mukene*
 - *Ceto k adeno banya kipeke pa lim ki icing dano*
 - *Balo cawa mukene me gwoko lutwo ki ipacowa*
 - *Ngat ma myero ogwok lutinono peke pien lanywal nongo kome lit onyo oceto ka gwoko latwoo)*
 - *Lutino keng kwan*
 - *Weko dano doko daa too nyo lutino kic*
 - *Para ki tuu cwiny ki itoo pa ngat ma ingeyo*
 - *Penyo niyee mamegi nyo aa pa Lubanga*
- In itamoni kwo pa lupaconi oonongo kono tye mapat ka onongo pe pitwo ma tye iye teretere?

Yoto komwa pire tek bedo ki yoto kom kelo adwogi maber tutwal ikwowa. Bedo ki two tye ki adwogi marac madaa I kwo makamegwa. Cango two iyoo maber obedo gin mapire tek. Ento gengo two en aye gin maber loyo. Wii opooni wamito gedo ce mapwod pe yaa wawilo lela me loro joo ma opoto ki icere!

Ngo ma watwero timone me gengo two?

TIC ME ATIMA IDUL MATINO TINO

Lok me aluba botlapwony: *coo jami weng makiwaco ki ka moo ikingini pwe kiwaco ci nywak kacel kwedgi ki dong ipeny ka gin onongo dong owinyo pire con:*

- Kit yoo angoo ma I dong onongo ingeyo me gengo two?
 - *Tic ki coron*
 - *Coko yugi*
 - *Gwoko lee I otgi*
 - *Mato pii maleng*
 - *Lwo cingi mapwod pe icamo nyo ki inge tic moo keken macido cing dano*
 - *Jwa laki*
 - *Lwok jami me kabutuni*
 - *Ted dek ikabedo maleng*
 - *Tii kip ii maleng ka itye atedo dek*
 - *Cam pot dek mapatpat madwong*
 - *Dok lutino ki cak koo*

Ka wan waneno co magi, wanongoni tye jami 2 ma konyo gengo two:

- Diro gin moo keken ma weko komwa bedo lit tenge. Watimo man niwok ki inenoni jami kabedo, otwa ki kanget peke ki cet dano nyo cet lee nyo yugi moo keken.
- Weko dul askari me kom ma iye obedo matek, kom matek pe bedo katwone cawa weng, ka inene otime ci twone nongo pe bedo matek dok pe teretere. Wan watimo man niwok ki idoto lutino, (pien cak koo aye dek maber ma Lubanga oyubo pi lutino) ki niwok ki icammo dek mamoce tye, lubanga ngeyoni ka dek ma wan wacomoni tye ki moc cam ma wan wamitoni, pien moc cam mapatpat wek nyik yen ki pot dek loke l kala moo keken, mukene ryeny maleng, ci ka inene wan wacamo cam moko ma pote ryenny maber, weko wabedo ma komwa tye matek dok mayot bene.

I pwonye mukene matye kabino, wabineno magi iyoo matut. Pi tin myero wiwa opponi myero wowa oponi wagengo two niwok ki lengo ki weko komwa obed matek. Gengone obedo gin ma wan weng myero watim.

ME ATIMA IDUL MALAC

LOK me aluba bot lapwwony: kony lutino wan me timo cingi manyuto jami 2. Me acel gengo cing me nyuto gengo two ki ngwelo bad me nyutoni keto komwa matek me nyutoni gwoko komwa wek obed matek. Mede ki timone tyen mapol me nyuto kit yoo me gengo kwayi peko man.

Ketone itic

TIC ME ATIMA IDUL MATINO TINO

- Ikom yoo me gengo two weng ma kipwonyo tini, mani ma in dong onongo ibedo katimone onongo con?
- Mani m ingeyo ento pe itimo (ma pe imaro timone)?
- Kit gin anga ma in tin itwero timone ikabedoni me dwoko deyo bot Lubanga ki me gengo two ikabedoni? Pi kabedoni kono?

LEGA – Leg bot Lubanga wek okonywa me gengo two ki ikabedowa ki ikomwa bene.

Pwonye - Macek: wan komwa doko lit nining?

Lok madito

Two kobo niwok ki ikwidi ento wan watwero gengo nya pa kwidi ki two ikabedowa.

Jami me tic

- Gin tukku matidi
- Cal me anyuta: kit ma two kobo kwede

Lok me aluba

-
- Ngo ma dano waconi kobo two ikabedowu?

There are many beliefs – from curses to God. And a number of these are true. We do, as a church, need to pray and look to God to heal or release people from curses. However, we also need to understand that much illness is caused by what we call ‘germs’. If we want to prevent illness in our community, then we need to understand a little about how germs work.

Niang ikom kwidi makelo two

TIC ME ATIMA IDUL MALAC (TUKU)

LOK ME ALUBA BOT LAPWONY: *Peny jo mukene mecung inge lawala ki cingi manongo odok tung ingegi. Wac kin gat ma odyere me cung ki idye lawala. Ki dong wac bot ngat a odyere ni in ibiwoto ki inge lawa ci ibimiyo gin oo icing ngat acel imung me cung pi kwidi. Ngat ma kiketo kwidi icingeni myero omedeki kobo kwidi bot joo mukene ma nongo ngat maodyereni neon mot ci biko kwene ma kwidi oo iye ka en obyeko kakare ci ngat mukene dok donyo I lawala. Mede ki tukune pi dakika 5.*

NGINO KOO TUKU

Inge tuku man, titigin ni ituku wa ni gin makibedo ka koboneni cung pi kwidi makelo two. Dano weng ma gin man okato ki icingi ongo dong tye ki two icingi. Kwidi makelotwo obedo tino ma wang dano petwero nenone ento tye inget dano dok bene kikobo bot jo mukene. gin donyo ikomwa ci weko komwa bedo malit. Pien gin tino tutwal gin kato niwok ki bot ngat acel dok bot ngat mukene maweko wan pe waneno ki wangwa.

Kwidi ma kelo twoni kitwero kobone bot ngat mukene.

- Kit cawa mani ki kare mani ma twero Bedoni igudu ngat moo tini? Twero bedo cingi, tyengi, nyo kamoo keken ikomgi? (lagam makicoyoni meno me labol keken.)
 - *Moto cing dano*
 - *Kwako koo*
 - *Tuku ki latin*

Kwidini bene kikobo ka inen wan wagudu gin moo ma ngat moo bene ogudo – me labole lim.

- Cawa mani main itamoni igudu gin moo ma ngat moo bene ogudo?
 - *Katedo dek*
 - *Mato pii ki kikopo acel*
 - *Nywako kabutu*

Kit macalo in dong ineno kwede, dyeceng lung nongo watye ka kobo kwidid bot luwotwa. Cawa ducu kawagudu gin mapeleng ka dok wagudu ki luwotwa, nongo wakobo kwidi bot joo mukene! Wan pe wawtero neo kit kwidi man weng, ento ka wakobo bot joo mukene nongo watye ka kobo two bot joo mukene. Lee ki otwongo bene twero kobo two botwa. Kong wanen ki yoo moko mapatpat ma kwidi twero kobo kwede ikwo pa luwotwa dok weko wabedo makomwa lit.

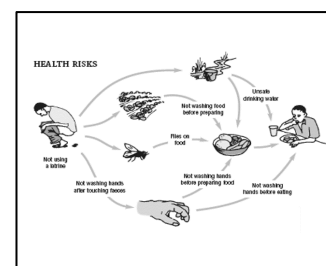
yoo ma kwidi weko weko komwa doko lit

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony CAL ANYUTA: *karatac manyuto kit ma two kobo kwede.neni lutono kwan oniang yoo weng ma kwidi kobo kwede ikomwa ki idekwa.*

Cal eni nyuto bowa yoo 7 mapatpat ma kwidi donyo kwede ikomwa dok bee kelo two ikomwa.

1. **Ka pe itiyo ki coron** – nyut laco ma onyongo tye ka konye wokoni.
Tit botgi n cet pa dano ki pa lee tye ki kwidi matino tino iye ma kilwongo ni 'bacteria'. Konye woko kama leng weko wan waweko kwidi enoni weng kamaleng, dong weko kwidi enoni kelo two ingom, jami matye kenyo jami makipito, pi icing dano, tyenwa, ki komwa weng. Lwangi pye ikom jami enoni ci tingo dong kelo igin acama ma the ipaco.
2. **Ka pe ilwoko cingi inge gudo cet** – nyut cing dano matye kengoni kun itit ni wan watiyo ki cinwa me cam dok bene me yubo ginacama ki dano. Tit botgi ni ka inen wan wageyo dud lutino, gudo ngom, ceto iotkonye nyo ot lwok, nongo wan wagudu cet pa dano nyo pa lee (kadi bed wanga petwero nenone) ki k



ape walwoko cingwa, wan mede wamede ki kobo two-man bot joo mukene ka moo keken ma wan wagudu.

3. **Ka pe ilwoko cingi ma pwod pe icako tedo** – nyut cal cing dano ki gin mabedo calo cupuriya ma cam tye iyeni, ka wan pe walwoko cinwa ka wamito tedo dek ci wan wamiyo cet bot lupacowa ki acel acel
4. **Lwango mapye igin acama** – nyut lwango ki cupuriya ma dek tye iyeni. Tit botgi kit ma lwongo aa ki kamoo keken kun tingo kwidi kelo gin acama ki dano.
5. **Ka pe ilwoko jami ateda kip ii maleng ka imito tedone** – nyut pii macol matye maloni ki dek me ateda. Titni pii macol kelo kwidi ma kelo two ikom dano ka inen dek tye makome col dok bene pe walwoko—nyo ka walwoko kip ii macol—wan wakobo two.
6. **Ka wamato pii macol** – nyut pii macol ki lacomatye kamato pii macoli. Titni mato pii macol obedo yoo acel me nongo two ki kobone bene.
7. **Cam mape ilwoko cingi** – nyut cing ki lacoo matye ka cam ki mat mape olwoko cingeni. Tit botgini man aye kama wanyweno, cam pi ki two bene dong cake ikomwa.

Lok me aluba bot lapwony: *kwany cawa me nwoyo yoo 7 ni weng wang ma dano guniang maber dok gumako mabe. Pok lutino kwan idul ka dong icak cimo dul ki accel acel wang ma wanongo joo madong omako weng maber. Ka ilwongo dul moni nongo imitoni gin dok owac gin mukene matye ki pinyi. Ka pe gin twero, dong kikwanyo gin woko ki ituku. mede kwede wang ma dong idong ki dul acel keken.*

TIC ME ATIMA IDUL MALAC

- Mani ki ikngi matero peko madong dit lyo ki kabledowu
- Mani mapetime teretere?
- Ngo ma wan watwero timone wek wajwik poko kwidi?
- Anga a wiye ooikom yoo meko me lageng mawatito pire ipwonye waa mukato? Man twero konyo wan nining pe me kobo kwidi makelo two?

Pire tekni waniangni two kwidi aye makelo.

Ketone ikwowa

TIC ME ATIMA IDUL MATINOTINO

- Kit gin acel angu ma wan watwero timone me gengo nya pa wtwo l kabledowa?

LWODONE

- Ngo acel ma wan watwero timone me gengo nya pa two ki ipacowa?
- Anga ma itwero nywako lok man kwede icabit manyen?

Pwony-macek: gang maleng ki kom maleng

Mlok maditito

Myero wagwok komwa ki gangway maleng wek two pe onya.

Jami me tic

- Got matinotino 20, pot yat onyo gin moo ma kanone yot.
- Cal Anyuta: kit me yubo gin me mako lwango

Nyuto wi pwony

TIC ME ATIMA IDUL MALAC - NGIYONE

- Wii poo ikom pwony ma okato kwidi obedo gin ango?
- Wii poo ikom yoo moko mapatpat ma kwidi makelo two kobo kwede ikom dano?

TUKU IDUL MALAC (PE DIC)

Lok me aluba bot lapwony: *mapwod peya ngat moo odoyo it kwan, kwan jami me tukuni weng it kwan kun itito botgi:*

I cabit maakato wan watuku tuku ma kilwongoni miyo kwidi bot joo mukene, ber icabit eni wan dong wakwidi wan kikomwa ma okane weng iot kany. Wot iot kany iyeny gin. Gin tye calo lagweng en maty icingani nyut labol me lagweng ma imako icingini). Ngat ma onongo madwongloyo en aye nongo oloyo tuku. Lwong gin cen ka ipeny gin ngat ma onongo madwong loyo weng.

Macalo gweng en mainongo oaken ka wengi, kwidi makelo two bene kane kumeno kaweng ipaciwa. Tini wamito pwonye ki iyoo mapatpat ma wan watwero gengo ki kwidi ma kelo two ipacowa wek pe okel botwa twoki lupacowa bene.

Gwoko pacowa maleng

TIC ME ATIMA IDUL MATINOTINO

- Pingo pire tek me gwoko odiwa maleng?
- Ngo ma paconi timo me gwoko gangiwa maleneg?

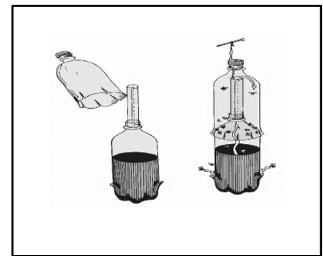
ODWOK CEN – Peny lagam maromo 3-4 mapatpat

Lok me aluba bot lapwony: *kit ma iceto kwede ilabol mapinyi, teme me gono lanyut ma nyuto weng mapatpat I karatac mapatpata bene. (in bene itwero penyo ngat moo ki idul me bedo lagoo cal katwere).*

Man aye yoo mapatpat me gengo paciwa ki ikwidi ma kelo two:

1. **Pe ingul aa idye ot. Pe ingul laa idye ot nyo kabedo kama lutino tuku iye, pien, laa kelo two ki weko komwa bedo lit.**
 - Ngat moo twero nyuto yoo ma atii me jiro ki ono?
 - *Neni gin ngeyo kit me loko wigi ki ikomdano ki me ono nyo jiro I otwengi.*
2. **Gwok, cuka, lingiti, bongo kikabutu maleng.**
 - Kit kwayo yoo ango ma in ingeyo me gwoko kabuto, cuka ki bongo maleng?
 - *Moo cuka ki lingiti icing teretere.*
 - *Ka inen cwari ki nyuki tye, ti kip ii malwyet me lwokoe.*
 - *Tii ki yat akira me neko anyangi cawa weng pien gin kelo two.*
3. **Tii dok igwok coron malaeng.** Pe itii ki lum nyo poto macalo kabedo me pyelo cet. Ged coron obed kama dano weng cet iye ka inene konye tye ka neko gin. Neni ilwoko agulu cet pa latin obedo maleng ka latin otyeko konye iye ma kun iketo inget gang kun ipwonyo gin kit me tic ki coron maber. Um wii coromn wwek lwangi pe obed ka wire iye ki dong gwok kabedo enoni obed maleng.
4. **Gwok dii ot ko ot ki meja me paco maleng. Lwok ot cawa weng, ywe dok iduny dye ottere tere.** Duny wakoo ot bene, duny wii meja bene, ot maro cito pii oyot mada. Myero kitii iye kare ducu.
5. **Bol yugi maber ibur.**
 - Yugi makany dano gwoko nining ikabeowa?
 - Yoo mani ma watwero yubo ki tic man?

- *Guu dok iwqng maitwero wangone weng. Yugi mape kitwer wangone myero weng kibol ibur yugi, bur yugi konyo weko yugi pe ket ataa igang ki dong konyo me gengo ya pa kwidi ma kelo two ma wok ki lwango ki oyo.*
- Me tongo bur yugi maber tye jami ma myero inen calo gin ma ire tek.
 1. Bur yugi myero obed malac maromo meta 1 ki boone bene mita 1. Man twero rii kong ki paco moi maber pi kare malac.
 2. Bone ki wang pii ki dye kal myero ikal tyen 20.
 3. Pbur yugi myero obed iwi cere wek pii pe opong iye ka kae ma kot tye ka cwe madwong.
 4. Um ngom manok ki iwi bur yugi wek pe ngwece obed tyeki lwango pe oting anyangi ikel gang ki gwokone ki lutino ki lee mawoto.
- 6. **Gwok lee ki otwongo woko. Lee tino kwidi ma kelo two kelo gnag ma weko kom dano bedo malit.**
 - Kit yoo ngo ma wan watero dwoko ki dwong pa lee ki ayangi iodiwa? (*neni iloko igudu lok magi weng.*)
 - *Pe iwek lee obin iot nyo kabedo kama lutino tuku iye.*
 - *wek lee obed kama kicelo.*
 - *Neni iculu bur ma nayangi kane iye ki iot ammegi.*
 - *Oyot oyot ywe cet leyi ki gangi ki ma cok ki gang.*
 - *Ngat mot ye mageyo kit me neko lwango (now ne **CAL ANYUTA**: Kit me yubo lamak lwango)*



Gwoko komwa maleng

TIC ME ATIMA IDUL MALAC

MYERO wan bene wagwok komwa maleng.

- Kit tam ango ma in iwinyo malube ki lok me gwoko komwa maleng?

ODWOK CEN – Ngii lokeni maber tutwale kama wan pe onongo waloko iye.

1. **Lwok kom**– myero wan walwok wangwa nino ducu ki komwa bene ki 2-3 ki pii ki bongo madyak I cabit acel. Tutwale ka inene piny tye malyet. Lwoke ki inge tic matek, tuku ma komi onywene, nyo ka inen kwok omaki. Eni pire tek mada pi joo ma komgi lit, lutino matino, ki lulal. Lwok teretere konyo me kawanyo kwidi ki gengo komwa me pe me onyo. Tii ki lalwok kom mapatpat me jwano lutino wek pe opok two ma kobo ki idel kom.
2. **Jwa laki** – lakwa myero ijwa kiryo nino acel acel tutwale ka inen wacamo gin malim. Cak jwano lak latini kit ma cako kati kwede dok pwony gin me jwayone ki komgi ka inen gin dong oromo kwan. Tii ki lajwa lak nyo tal ma kinyamo wiye maber ki odii lajwa lak nyo bilo ki kado ma nongo irudo laki I dule eng pi dakika 2 cawa weng.
3. **Gwok tyeni** – piretek me ruku waa, tutwale I coron onyo kabedo ma kwidi dwong iye. Kwidi eni obidonyo ki idye tyeni. Lwok tyeni teretere me gengo two me donyo ityeni ki dong me nenoni ret ki bur peke ityeni ma twero wek two donyo iye.
4. **Lwok bongo** – bongiw amyero kilwok bene teretere. Moyogi iwi lum nyo to lento pe ingom konyo me gengo kwidi mogo madonyo ibongo ki ingom.

Kabedowa

Lok me aluba bot lapwony: *nen cal 6 mapatpat ma onongo iyubo gini: mawaconi gwok gangwa maleng. Wek lutino kwan ocan idul 3 mapatpat malube kit ma kitimo kwede I kabedogi –dwong, pe dwong tutwal, pe nonge nyo acel acel.*

Pi ma tye acel acel, gam lapeny magi:

- Kit yoo angu ma in itwero weko kit tic man mede madwong ikabedowu?
- Kit lageng angu ma weko pet ye katime kumeno?
- Tye gin moo ma itwero timo me gengo lageng man?

Ketone itic

Ki lawoti

Tam pi paconi kikomey:

- Kit kwayi tic magi mani ma dong itye ka timone me wek ibed ki gang maber?
- Mani ma in itwero yubone wek obed maber?

Odwok cen – cuk cwiny ngat acel acel wek ocike me cako timo gin manyen. Ma weko gin bedo ki gang maleng

Pwonye - macek: Cing maleng

LOK Madito

Gwoko cingwa maleng gengo two ki kwidi me nya.

Jmai me tic

- Cal me Anyuta me Tippy Tap
- CAL ME ANYUTA: ged lalwok cing Tippy Tapmamegi

Nyuto wii pwony

Tic me atima idul malac- NGINO

Ikare ma okato anged, wan waloko ilok kom gwoko paciwa maleng ki me gwoko komwa wek two peomak wan. Dano weng ma onongo tye okwanyo gin ma gin ceto timo calo tic me cabit enoni.

Wii opoo, myero wamede ki timo jami maeco pi lupacowa wek wanen adwogi maber ki kabedo ma tye ki yot kom. Wan pe waromo kelo alokaloka icabit acel keken. Dong mede me timo gin maber igani kare ducu kadi bed cawa muekne inongo timone tek!

I opwonye eni, wan wabiloko lok ikom gwoko cinwa wek obed maleng. Dano weng kong one cingi, tye maleng?

Kare ducu ka inen wan waneno cingwa nongo nen calo gin maleng ento, kit macalo wan wneno ipwony mikato cing twero nen calo leng ento nongo kwidi matino ma wangwa pe neon okane tye iye kunu. Ki dong kwidi enoni weko komwa bedo lit. pien wan wagudo jami mapol kwidi bedo icinwa ki dong wan watero ketone bene idogwa, iumwa, iwangwa ki ikom joo mukene bene. En gin mumiyo lwoko cinwa obedo gin moomapire tek tutwal ki wan me bedo katimone me gengo two., kadi bed kumeno joo mapol pe lwoko cingi maber. Kong dong walok ikom awene ki kit me lwoko cing maber.

Yoo me lwoko cing maber

Tic me atima idul malac

Magi aye yoo 5 maber menoni cingi ilwoko maleng.

1. Lwok cingi ki cabun. Lwoko cing maber ki cabun konyo menenoni cilo wen goa ki icingi, lwoko cini kip ii keken pe neko kwidi, ka inen cabun peke tii ki buru.
2. Rud cingi pi second 20 mapwod pe yaa ilako. Kare muekene pire tek me cako wer ma tero second 20 ma iwponyo ki lutinoni wek okony.
3. Rud te lwedi ki kin cingi pein kwidi mapol kane iye.

4. Pol kar eti kip ii maline me lwoko cing. Pe itii kip ii acel me loko cing ki me lako cing ibaba.
5. Lwok cingi ikabedo ma pe kitedo iye dek kip e inegt dek me acama.

Awene ma meyro ilwok ki cingi

TIC ME ATIMAILDUL MALAC

Man aye cik me lwoko cing, ka inen in itimogin moo eken ma weko in igudo kwidi myero ilwok cingi ma pwod pe dok icako timo gin moo manyen. 'tic ma weko wagudu kwidi' en aye ma wekowan wagudu kwidi ma donyo nya weko wan wanongo two.

- In itwero Waco kit tic mmoko ma weko wan wagudu kwidi? (*neni iwaco mukene ma dano pe guwaco.*)
 - *Tic me kelo lengo weng, tutwalo yweyo coron.*
 - *Gudo cet niwok ki ilatin, lee ki in kikomi ka itye ka geyo dudui weng kelo kwidi.*
 - *Tic ki icoron.*
 - *Gudo ringo ma pe ocek, tong gweno ki lee.*
 - *Tic ipoto.*
 - *Coko yugi.*
 - *Gwoko joo ma komgi lit.*
 - *Ono, jiro, ngulu laa, twonyo aburo—pig kom enoni weng kwlo kwidi ma poko two.*
 - *Gudo lwango, otwongoki lee.*

Myero kare ducu walwok cingwa tutwale ki inge timo jami ma maloni. Tye kit kare moo maromo adek ma myero pol akre wanenni walwoko cinwa iye kare ducu, pien niwok ki ikare enoni kwidid donyo kwede ikomwa niwok ki idokwa

- Win itamoni kare mani ma man mite?
 1. *Ma pwod pe itedo nyo*
 2. *Ma pwod pe icamo dek*
 3. *Mapwod pe ipito latin*

Kombedi kog wakwano lok ma tye pinyi ka dong wagamo lapeny malubo ki pinyi:

Ruth ngeyoni myero ilwok cinge inge tic ki coron, ki mapwod pe icako tedo, ento en nongo timone tek kine mukene pii tumu ka inene en mito lwoko cinge, kine mukene nongo cabun bene peke ma dong nongo pe twero nongone. Kine mukene en aa ki icoron ci wiye wilo me lwoko cing, kadi bed en mito lwoo cinge iawa mamite kikome, en nongo tek tutwal me timone wiye wilo me timone.

- Ngo ma weko lwoko cing kit mamiteni tek beot Ruth?
- Kit tam anga ma itwero miyone ki Rut wek wiye opoo olwok cinge?

TIC ME ATIMA IDUL MATINOTNO

- Dano pol kare gilwoko cingi ki ipaconi? Ikabedo ma orumowu? pingo ongo pingo kuu?
- Kit lageng anga ma dano maikabedowu tye kwede ma gengo lwoko cingi?
- Wan waromo tic ki kodi tam pa Ruthni nining ikabedowa?
- Wan watwero cuku cwiny lutino nining me lwoko cingi inge tic ki coron ki ma pwod pe yaa gucamo?

ODWOK CEN

Yub lalwok cing matic kwede yot ki Tippy Tap

TIC ME ATIMA IDUL MALAC

Ka inene wan wabilwoko cingwa (ki wangwa ki tyenwa) ikare ducu, myero wawek obed oyot dok matimone pe tek, eni aye kit yoo aryo ma watwero weko man bedo mayot:

1. Yub lalwok cing inget coron.
2. Yub lalwok cing inget kama in itedo iye dek ento mape cok tutwal

Tye yoo mapol me lwoko cing manongoitiyo kip ii manok. In pe imito pii madwong tutwall ka wek ilwok cingi. Yoo acel me tic kip ii manok en aye me gedoTippy Tap. In itiyo ki Lanyon tyen me weko pii ma imito omol piny wek itii kwede. Pii makitye katic kwedeni dok kiromo tic kwede me dunyo nyo lwoko coron nyo me akira ipoto me paco.

Lok me aluba bot lapwony: Nyuto **TIPPY TAP** nyo yub tippy tap ma pwony pwod peya ocake wek inyut botgi.

- In itye ki gin moo kit man inget oron mammegi?
- Ber pa tippy tab kip ii ma kionyo ilalwok cing alwak tye ningo
- Bedo ber ka ibedo ki gin moo kit man?



TIC ME ATIMA IDUL MALAC (Dic peke iye pwonye me 2)

Lok me aluba bot lapwony: ka lutino kwan cingi mito tippy tap ci yub pwony me nino me 2 wek iyub kacel kwedgi. Tutwale ka itye ikabedo ma pine nok, ci tute me yubu Tippy tap ma nongo itiyo ki cal anyuta. Ged tippy tap mamegwu kacel ki lutino itye ka pwonyo gini. Neni lutino kwan oyube con me nenoni gin gikelo jami ma mite me yubo tippy tap.

Ketto itic

TIC ME ATIMO IDUL MATINOTINO

Mapat ki yubo tippy tap ngo mukene mawan watwero ketone itic icabit man? Ngo matwero weko timmone bedo tek? Watwero tyeko peko man nining?

Pony macek: lengo me kabledowa

Lok madito

Kawan wangeyo gin makelo two ikabedow awan watwero imo gin mooo me gengo nya pa two iakbedowa.

Jami mamite me tic – Peke

Nyuto wii lok

TIC ATIMA IDUL MATINOTINO – GINO

I dul ma romo 3-4, nywak gin ma in itimo me nenoni kabledowu obedo ki ki pacowu tye ,maleng ki dong dano lwoko cingi kit ma mite kwede cawa weng.

- Obedo yot kwede tek me timo tic man?
- Tye gin moo ma in onongo imito me timone?

ODWOK CEN – mii kilukwan dakika ma room 10 me nywako, ci dong iyee joo 2 nyo adek me nywako tam mabeco ma obino ki idulgi.

TIC ME ATIMA IDUL MALAC

- Yoo acel tye tin kany, ngat moo oneno yugi? Ngat moo ongweyo ngwec gin moo maraca? Ikato ki kama obake a lume olot?
- Obedo ic pa anga yubo kabeo enoi wek obed maleng?

Tini wabiloko lok ikom kitma wa watero weko ki kabedo ma orumuwan bedo kwede ki lengo. Pien macalo pacowa, cinwa ki komwa—kabedo maleng weko two pe nyaa wek wan weng wabed ki lengo maber. Me ka kuro ngat moo me beino katimone, wan watwero timo tic enoni wan ki komwa.

Yoo m gwoko pacowa maleng

TIC ME ATIMA IDUL MALAC

LOK ME ALUBA BOT LAPWONY: *Lagam mukene ki coyo piny me gamo lapeny ma ma kinywako. Enoni obedo lagam mukene ma tye kakare. Tyen loke tye me wek dano otam pekoe noni ki nongo lagam pi peko eni.*

- I pwonywa ma okato anged, wapwonyeni cet dano lee ki yugi myero kicoko weng ma pe obed inget dano. pingo man pire tek? Kit kwayi peki anga ma gin man twero kelone
 - *Kwidi kelo two.*
 - *Kelo lwango ki anyangi a kelo two.*
 - *Pii ma onywene ki cet ki kwidi kelo cado.*

Kong wanen kabedo mogo inget wama yugi ki cet lee ki pa dano tye iye

Iyoo wa

- Tyen lok angoo ma weko yoowa petye maleng? *(in itwero bedo kilagam madwong makato kany)*
 - *Dano bolo yugi.*
 - *Lee woto ciweko cet.*
 - *Dano nyo lutino layo, ngulo laa nyo konye iyoo.*
 - *Lwangi ki anyangi*
- Ngoo ma watwero timone me weko kabedo magi obed maleng makato ianyim?
 - *Ywe yoo.*
 - *Pwonyo lwak me gwoko yoo maleng.*
 - *Yubo ot konye pa lwaok.*
 - *Tongo kaonyo yugi pa lwak.*
 - *Ket tenge onyo tii inino me yubo lengo kicel idwe acel.*

Yubu kamol pa pii

- Kit gin angoo ma weko piiwa bedo col? Tye kabeomooo ikabedowa ma pii maco gure iye?
 - *Dano ceto konye inet kuku.*
 - *Yugi ma mol ki kalele ka inen kot ocwer.*
 - *Wang piii ma yugi gure iye ci culoo*
- Ngo ma kitwero timone wek wang pii obed leng l anyim?
 - *Yub wang pii ki wang kelele obed maleng.*
 - *Pwony lwak me tic ki coron kip e me balo wang pii.*
 - *Wang pii.*
 - *Gwok lee l adwol.*
 - *Bal pii maogure ki kama lum odongo iey mabolco madoko ka nywal pa nyangi ki obee.*

- *Ket nino me leng tenge pi kabdowu kicel idwe acel.*

Bar me gang kwan

- Bar me gang kwn tye maleng? Ka kuu ngo ma watwero timone me gwoko yot kom pa lutinowa ki igang kwanl?
 - *Ged coron ikgang kwan l gang kwanl*
 - *Ged lalwok cing igang kwan*
 - *Jwee lum ma odongo mapol inget gangkwan*
 - *Kwany pii ma ogure ki yugi weng*

Ot yat (ka tye ot yat moo macok)

- Ot yat leng iye wa ki woko? Ka kuu, ngoo ma kitwero timone wek obed leng kombedi waa pi anyim?
 - *Bed ki nino me lengo pi ot yat*
 - *Jwee lum madongo*
 - *Kwan pii ma oloko ki yugi*
 - *Lwok koo ot, dii ot ki iye wak woko weng.*

Ketone itic

TIC ME ATIMA IDUL MATINOTINO

- Ikom jami weng ma kiloko tini, mani a inenoni en aye peko madit loyo ki ikabedowa?

ODWOK CEN – *wek lutino kwan onywak kabedo moko matye l iakedgi mamoyo kiyub wek obed maleng. Wek lukwan oyub awene ki kit ma gin ibitiyo kwede ki tic me lengo man. Wek gin oket tic acel pi kare moni ki dong yub ma twero cobe.*

Pwony macek: coron

Lok me madito

Dano weng waki lutino myero otii ki coron me gengo nya pa two.

Jami me tic

- Cal me Anyuta. Kit coron mapatpat 4 (2tungcel ki pot karatac ki acel acel)

Nyuto wii lok

LTIC ME ATIMA IDUL MALAC

- Dano tiyo ki coron ikabedowu, joo adii mape tiyo kwede?
- Ingo dano pe tiyo ki coron?
- Paci adii matye ki coron?
- Tyen lok mogo ango ma weko pire tek me tic ki coron? Wii poo ki ikom pwony ma okato?
 - *Me gengo kwidi ma kelo two pe me nyaa*
 - *Me gwokokabedowa maleng –wek dano pe okonye inget pii nyo yoo.*
 - *Me gwoko gang maleng.*

Kit kwayi coron 4

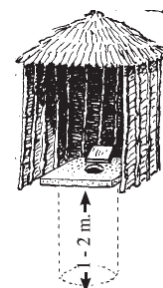
TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: nyut **CAL ME ANYUTA:** kit kwayine 4 ma tyeical kit macalo itito kwede. Ka inen in nyo dano ma ikanicawu mito niang matut kit macalo myero iged kwede ki kwayi coron eni ci dong peny lapwony adit ki buk malubo ki yoo me yubo coron.

TYE KIT KWAYI CORON MAPATPAT.

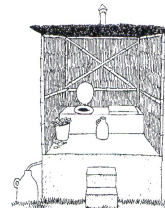
Kite me acel: coron ma kiumo wiye

- Tye ma kiumo wiy do tye ki lawum dok bur wek lwango pe oak woko (ma weko lwango bedo peke ki wngwece bene pe kati woko).
- Lawum wiye twero bedo yen, bao onyo adit ki cementi.
- Ka ien opong myero iged coron mukene nyo bureni itii kwede me pito yen



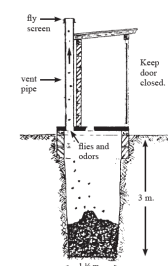
Kwayine me 2: coron mapoko lac dok woto pat

- Eni kigedo madok kicweyo ceto malo.
- tye ki yoo aryo mpokolac ki ikom cet.
- Ber ttwal ikabedo ma nongo pii maro pong iye.



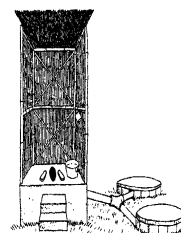
Kwayine me 3: matye ki paipoo ma tero ngwec cet wokot (VIP) Toilet

- Tye ki paio ma tero ngwec cet ki lwango.
- pien iye col lwangi bino l poto ye dok too cut.
- Myero iye obed col wek onek lwango weng.



Kwayine me 4: coron ma tiyo ki pii

- Tye ki kama pi mol ceto iye kit ye ki bur maromo 1-2 .
- Ber kama pii mapiny tye matut.
- Ber kama dano tiyo kip ii adiya.

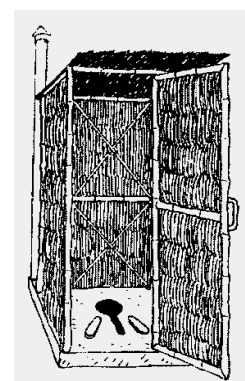


GWOK CORON MALENG

TIC ME ATIMA IDUL MALAC

- Kit kwayo yoo ang o main ingeyo me gwoko coron maleng?
 - Gwok coron maleng, lwok dye ot me coron teretere.
 - Neni bur ma idye coron tye ki lawume k lawume kigwok kamalnge.
 - Neni ionyo gin magengo lwango nyo ngwecc coron calo buru nyo yat.
 - Neni iruku waa ityeni kaitye kadonyo icoron.

Wek ibed maber, nnei coron weng kigedo maromo meta 20 ki gang dek ki wang pii bene, kip ii amata.



Lutino ki coron

Tic me atima idul matinotino

- **Dano weng myero otii ki corone.** Ento lutino matino pol kare pe gimaro tic ki corn. Ngo ma weko lutino matino pe tiyo ki coron?
 - Pe twero yabo dok coron
 - Lworoni ipoto ibur coron
 - Pe maro ngwec coron
 - Petwero wot me oo icoron ka konye odingo

- Pingo pire tek ki lutino me tic ki coron?
 - *Weko gidongo ki kit maber me lengo*
 - *Weko ngom bedo maber dok pe bedo ki kero me poko kwidi makelo two kaweng.*
- Lutino twero pwonyo kit me tic ki coron nining? Ngo ma watwero timo me cuku cwiny lutinowa me tic ki coron maber?

ODWOK CEN

TIC ATIMA IDUL MALAC

KIT YOO ACEL ME GWOKO LENGU KI ME WEKO KABEDOWA OBED MALENG EN AYE ME GEDO OT KONYE PA LUTINO COK KI OT.

- Tong bur mape tut tutwal, matute romo meta 5.
- Wun wii bur man kid ok gin me wumu wi dok corone bene (timone yot itwero ti ki cemnti, nyo daba nyo yen me riyo wiye)
- Pemite ni icwer corn enoni.
- Cuk cwiny lutino me tic ki coron ki me wumu wii corn cawa ducu ka iene gutiyo kwede (lawum wiye konyo me juko lwango ki ngwece pe me kato woko.)
- Neni ionyo buru nyo ngom teretere me gengo ngwece.
- Neni ikobo lawum wii bur ka inen coron dong cok pong. Ony ngom iwi corom ma dong opongi. (ka ipito yen ibur enoni obidongo maber)

Ketone itic

TIC ME ATIMA IDUL MATINO TINO:

- Paconi tye ki coron? Ka eyo, kit kwayine mene ma itwero gedone? Kit jami tic ago ma mite bodi me tic?
- Tyen lok ango ma dano ma ikin paco pe tiyo ki coron? Wan watwero konyo gin me tiyo tic man nining?
- Kit gin ango acel ma ipwonye iye tin ma itwero nywako ki luwoti I cabit eni?

PWONYE MACEK: PII MALENG

LOK MADDITO

PE PII WENG MANEN LENG TYE MALENG. Myero wan walii dok wagwok pii maber wek obed leng.

Jami me tic

- CAL ME ANYUTA: YOO 4 ME GWOKO NYO LIYO PII WEK OBED MALENG (CAL 2 I POTE KI ACEL ACEL)
- CAL me anyuta: kit me tic ki ceng me gwoko pii maleng
- Jami mukene mamite
 - Kikopo mato 2 me mato pii (kikopo mato aye ber)
 - Malaga 2 me kado
 - Pii me nyuto kit yoo man
 - Cupa pii matye marep 2 me nyuto yoo man. Katwero cuk cwiny lwak me bino ki jerican mameg.

Nyuto wii pwony –pii weng manen leng pe leng

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: *kel kikopo aryo mato ma pii tye iye weg acel ma irubu ki kado ki acel mape irubu ki kado. Ket gin weng iwi meca me anyuta bot dano weng. Pe iwac botgini acel tye ki kato acel pee ki kado ke kikopo maty kip ii iye 2:*

- Pii maty I kikopo aroni rom aroma?
- Pii leng mammate?

Aromo lwongo jo a2 kong me bino mato pii matye icupa 2 mapatppati (*cuk cwiny joo ma dyere 2 m mato pii ma ickikoponi kun iwaco ki lutino kwan me neon kit ma gin time kwede.*)

- Wpii ma ikikoponi rom aroma?
 - *Pe kumeno, kikopomacel tye ki kado iye ento ineno calo rom aroma.*

Pe pii weng ma inenoni leng tye leng me amata! Kine mukene pii tye maleng dok ineno calo leng aaa ento nongo tye ki kwidi iye ma nongo in pe itwero nenone ki wangi (kit macalo kado matye I pini). Pii macol kelo two cado ki two mukene.

Pii maleng ma kiliyo

TIC ME ATIMA IDUL MALAC

- Wan wanongo piwa kikwene?
- Twero bedi iine peleng? Ngo matwero bedi oweko pine col? (*wek lukwan omii tamgi, kidong ka gin pe owaco magi ci in dong itwero wacone botgi.*)
 - *Lee woto dok pyelo cet bene.*
 - *Dano bene pyelo cet inget pii.*
 - *Anyangi bene bedo iye.*
 - *Pe tye leng tyeki afat.*
 - *Yugi bene tye ipine.*
 - *Kwii mogo ma aaki ipoto ma kiporu cok ki kulu*
 - *Cabun madano lwoko ki bongo ki maa gilwoke kwede.*

Tek me waconi pii tye maleng pein jami mapol ma weko pii pe bedo leng pe watwero nenone ki wangwa. Ka iene wan pe wangeyo, myero walii pii obed maleng mapwod pe kimato.

Me acel lii ygi mane ki coto ki I pii niwok ki yoo mayot. Yoo tye 2:

1. Twom pii ci iwek kong opye nino me acel. Kadok iony ijerican uekene ka dok iony wek dok omede ki pye.
2. Lii pii niwok ki bongo maleng.

Eni obikelo pii maleng ento nongo pwod pe opore e amata.

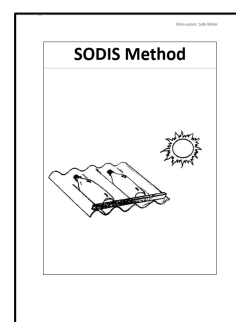
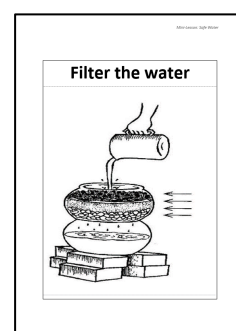
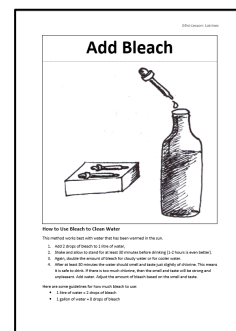
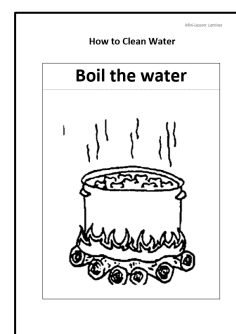
Eni aye yoo 4 me weko pii amata obed maleng. Eni wye pe yoo me weko pii amata oed maleng keken ento gina ye yoo mayot mayot mada

lok me aluba bot alwony; Nyut **CAL ME ANYUTA:** CAL MANYUTO KIT ME LIYO PII WEK OBED MALENG (4) ka dong inyuto jami mapinyi.

1. **Tet pii amata:** tet wang maieneo byoyo madongo onen ka pii tye ka yenyo ka dok imemd pi dakika 10 mukene (kabedo ma oyile tye icere med dok dakika 5 mukene. Wum wii pii wang ma ope maber me amata.
 - Ber ki rac pa tic ki yoo eni tye ningo?
 - Bene – yot me timone, jami me tice weng none maber.
 - Race – weko ot bedo lyet, ki koko yen nyo culu pi mac ma kitiyo kwede ni.
2. **Tic ki yat:** watwreo tic ki yat alangwece ma kilongoni klorin, ento myero wabed ryek me onyo ma pe dok bedo dwong tutwal ipii. Ka iinen dok ionyo matidi tutwal, pe neko kwidi. ka dok ionyo madwong tutwal loko mit pa pii dok bene yate room wano kom dano. Yat man twero wngo wangwa, komwa wabongo bene yeco ka ien oony iye. Pe ber me amata ento me lwoko cing, pot dek ki jami
 - Ngat moo tye madong otiyo ki yoo eni?
 - Bene ki race tye ningo?
 - Bene – yot me tic kwede, tiyo oyot dok goba peke iye.
 - race – loko ngwec pii, myero ipim maber, myero ibed ki kero me wilone.
3. **Linone:** watwero tic ki yoo me linone niwok ki ilali pii manongo wawilo awila
 - Ngat moo tye matiyo ki yoo eni?
 - Bene ki race tye ningo?
 - Bene – tic kwede yot dok tiyo ki jami manonge.
 - Race – myero kiyub kit me tic kwede dok bene myero obed maleng.

lok me aluba bot lapwony: pwonye nei pe nuto kit me yubo lalii pii. Ka imito ngeyone, kube ki lutic pa NGO matye ikabedowu wek gukonyi mani matye iki dano.

4. **Tic ki ceng** (macung pi tic ki lyeto ceng me yubo pii') obedo yoo me tedo pii niwok ki ilyeto pa ceng. Lyeto me ceng room neko kwidi dok bene bedo ki kero calo pii makitedo.
 - Has anyone tried this method?
 - Ngat moo otemo tic ki yoo eni. Bene ki race tye ningo?
 - Bene – yot me timone ikabedo ma ceng lyet iye.
 - Race –pe yot me timone ki lupaco mamito pii amata ma pol. Pe yot me tic kwede I oro nyo ikare me kot.



Nyuto kit me tic kede (dic peke iye)

TIC ME ATIMA IDUL MALAC

LOK ME ALUBA BOT LAPWONY: in itwero timone I kikopo nyo dano weng me kelo jerican marep me temone gin kikomgi. Cet ical nauta kit me tic ki ceng me lyto pii.

Man aye tic ki lyeto m ceng me tedo pii.

1. Tii ki jerican nyo cupa ma rwatte maromo lita 1-2 . ka iene man tidi nyo dit ci dong pe obitiyo maber. Neni cupane leng dok kwany kit coc moo keken makimwono ikome. Cupa moko ma kicato ki jami mata ni tiyo amber ento



mape kalane tye alumalaum, ka iane cupane dong otii ci loko ngwec pii weko pe bedo maber.

2. Lwok cupane maber ka inen pwod itye katic kwed pi tyen me acel.
3. Neni ionyo pii ma opong pien man yoo ma pet were ka inen pine tye ikore. .
4. Neni iono pi ma oopong dok bene icul wii jerican.
5. Ket cupa pii ci iket iwi bati.
6. Neni cupa man obedi icing ocake odiko oo kwede wangma oo cawa 6.

Pine dong nongo tye atera me amata oruune cut! Neni imato pii eni ikine me nino 1-2 wek kwidi dok pe ocak donyo iye ododco.

Ketone itic

KI LAWOTI

- IN ILIYO PII AMATANI? KA KUU PINGO?
- In itwero temo yoo man acel icabiti? Mani ma ibitemo?
- Anaga ma in itwero nywako ngec man kwed icabiti?

Pwonye macek: dek maber

Lok madito

Wan watwero gwokolupacowa ki itwo niwok ki tedo, yubo ki gwoko dek maber.

Jami me tic

- Cal me ANYuta: cal tandaro lamoo jami
- Okaa ki jami me yubo tandaro: okaa 4, ki yen mabeco 4 me lari ki matinotino me ariya ikine ki tol me tweyone.

NYUTO WII PWONYE

TIC ME ATIMA IYOO MALAC

- Kit kwayi yoo angoo maromo gwoko ki dekwa maber ma weko komwa pe bedo lit?

ODWOK CEN

Gwoko lupacowa niwok ki gwoko dek maber

TIC ATIMA IDUL MALAC

Dano twero nongo kwidi, cado ki two moko marac niwok ki igin acam. Ento ka inen wan wapwonye ikit yoo moko me timo jami moko ci wagwoko lupaco ki inongo two.

Eni aye yoo ma weko lupaloni camo dek maber:

1. **Lwok cingi mapwod pe yaa icako tedo ki mapwod pe icam dek.** Kit ma wapwonye kwede anged, myero wan walwok cingwa mukwngo mapwod pe ya wacamo dek ki mapwod pe watwedo dek wek kwidi pe okob ki icingwa I dek.
2. **Lwok nyik yen ki pot dek.** Lwok pot dek ki nyik yen weng ki ii maleng (pii manongo kitedo nyo kionyo yat iye , kiliyo onyo kileto ki ceng) eni tutwale ka ien in ibicao mape ki tedo (mape kitedo). Nyo inguu kama ogudu ngo wek pe onbed ki kwidi ki anyangi.

3. **Ted ringo, gweno, tong gweno ki ringo kulu weng wek ocek maber.** Kwidi makelo two yot kigin tutwal me bedo ikom nyo ii irino, ento kineko gin niwok ki itedone maber. Ringo manongo kitedo maber nongo pike dong pe bedo remoremo dok nongo ocwiny maber. Yoo mukene me ngeyo ka ringo ocek en ayeni nongo ki iye pe kwa nyo pe bedo yelo yelo ki iye. Pire bene tek m nenoni myero kapok ringo ki ikom dek mogo calo pot dek wek kwidi ma aaki iringo pe dok ocet ogud pot dek. Ngol nyik yen ki pot dek moo makicamo mapeki tedo ki jami tic mapat wek kwidi me ringo pe dok okob iye, pe ittii ki jami calo pala ma ingo lo ki ringo, nyo kong ilwoko ki cabun ka dong iti kwede. Lwok cingi ki cabun ka igudu ringo madyak.
4. **Wum wii ringo kid ok pe iwek obed woko. Pe iwek dek ma dong ocek obed woko pi cawa mromo 2 kulu.** Piretek me gwoko ringo nyo gin mabedo calo cak malyet wangma dong kicamo mapwod lyet. Mapire tek pe iwek lwango nyo anyangi moo dok owot idek me acama. Lwangi ki anyangi tye ki kwidi dok kelo two bene. Dek makiwoko woko ma wiye twolo lwongo lwango. Neni iumo wii dek nyo ibok nyo igin e gwoko dekme gwokone.
 - What are some ways to make sure that meats stay hot once they are cooked?
 - What do you use to cover or protect food?
5. **Tii ki cupuriya maleng ki atabo maleng.**
 - In ilwoko jami cami niningin igwoko gin kwene ka cawa cam pwod pe oromo?
 - Lwangi ki anyangi cawa mukene donyo idek?

Macalo dek, cing , kip ii amata, jami me cam bene kare mukene nen calo leng ento nongo tye ki kwidi ma kelo two ikomwa. Gin ma pire tek en aye me nenoni wan wagwoko jam cam maber wek kwidi pe dony iye.

- In itye ki kit yoo moo me timo meno? (*waci gin dok bene itit ma gin pe oloko iye.*)
 - *Lwok jami cam ki cabun*
 - *Tii kip ii malyet me lako jami (pii malyet nek kwidi*
 - *Tii kip ii maleng me lwoko jami (kiliyo, kitedo, nyo kilyeto ki ceng)*
 - *Pe iwek jami maleng dok ogud ngom*
 - *Wek jami otwo iceng (wi opoo ikom lyeto me ceng? Lubanga omiyo botwa ceng me neko kwidi!). eni ber loyo tic ki bongo matwero bedo ki kwidi iye ki keto jami madyak manongo jami mogo calo anyangi romo dongo iye.*
- In itwero gwoko jamini kene wek anyangi pe odony iye me kelo kwidi?
 - *Kiromo gwokon iwitandaro ci kiumo ki bongo ka inen kaketone tye calo agulu nyo kabat ci neni iumo ewiy idwoko piny wek anyangi makelo wto pe odony iye ka inen kiwoko idye ot.*

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: kony lutino kwan me mako yoo 5 mapatpat me gwoko dek wek pe obed ki kwidi makelo two. Ka gin otitto weng ci dok inwo titone. Cidong otuk tuku: pk dano idul maromo 2-3. Ka in ilwongo ccalo mnam 4, ka ngat ma oa ki idul nama acel ce owaco lagam matye kakare ci nongo pints 15 pi dulgi labolee: in iwaci 4; ngat moo aa ci waci um wii cam' dul mukwongo me nongo points 15, nongo oloyo tuku.)

TANDARO

TIC ME ATIMA IDUL MALAC

LOK ME ALUBA BOT LAPWONY: katwere , tii ki lutino kwan kacel me yubo tandaroo manongo ilubo kit me yubone matye l cal me anyuta: buk me cal anyuta kit me yubu tandaro.. neni icoko jami mamite me tico weng wi atii. Ka pet were me yubone kacel ci neni inyuto cal kaore kikore kit me yubo tandaro, ka dong inut cal me ctandeo: tandaro lamoo jami ci itit kit me yubone.

lok ma cimo kit me yubo tandaro:

cok kacel:

- Cok okara madongo 4 ma dongo, man myero obed boo makato badi dok bene kore it ma loyo nyit lweti maditi`
- Larii wi oka 4 marom aroma.
- 10-20 yat larii wi tandaro ma rom aroma.
- Nen tol labolo nyo tol moo kken manonge me tweyone.

Gedi:

1. Neni ipito yat oka ma nongo iloko okaaneni cimo malo. Neni igedo tandaro eneoni ikabedo matye ceng). Oka angeni myero ineni icibo makelo rectangle nyo square. Man aye obibedo tyen tandaro.
2. Neni iketo yat larii wi oarani ma kubo oara acel acel ki lawote wek gukube maber
3. Neni dong iriyo yat matinotinoni iwi larii ka dong itweyo matek kacel.

Man dong in itye ki tandaro!

Kit me tic ki tandaro:

1. Neni icano jami dong iwi tandaro me kon ka dong in ityeko lwokone.
2. Ka dong otwo cok jami ki iwi tandaro icwal iot onyo iromo umo wiye ki latam iot wek pe dok ocidi.

Ketone itic

TIC ME ATIMA IDUL MATINOTINO

- Ngo ma in itwero cako timone tin me mio dek maber ki lupaconi?
- In iromo Waco jami acel nyo 2 ma ipwonye iye icabiti ma itwero nywako ki luwotwu?

PWONYE MACEK: CAM MATYE KI MOCE

Wilok madito

Cam maber mite bot dano we ken odong maber, otii maber, ki dong obed makome yot. Pol patwo bino ikom dano pien pe gin camo cam maber.

Jami mamite me tic

- Cal me Anyuta. Karatac manyuto cal mamoce tye (4) (rudi ka ingol nucune)

Nyuto wii pwony

TIC ME ATIMA IDUL MALAC

- In itwero wacone nining ka latin kipito maber?
 - *Nongo yue ki gufu, ngweco maber, tuku, penyp lapeny madwong.*
 - *Wange ryeny, lemo olunge maber.*
- In ingeyo nining k ainen moc cam pe tyeka romo lupaco makamegi?
 - *Bedo ma kome goro cawa weng nongo tye kapenyo gin acama.*
 - *Wange nongo pe nen maber, doge two, ki iye nongo oleneg.*
- Kit kwayi peki angoo ma dano ma ipacowu nongo e nongo cam matye ki moce?



Ngat ma pe camo cam maye ki mce maber pol kare bedo ki ma goro dook cawa weng nongo kome tye malit, eni kilwongoni two neto nyo two ma moc cam nongo peke ikomi. Mede ki jami doong in iwaconi, cam marac twero kelo:

- Lutino pe dongo maboco ki bene oe bedo tek.
- Lutinoni pe bedo ryek iot kwan pien gn pe wigi romo mako jami
- Komwa bedo goro madong pe twero lweny ikom two ki twone teretere.
- Lutino makinywalo gin bedo tino ka inen migi tye ma moc cam nok ikomgi.
- Mege lutino madot bedo ma ool l dong cak pe dwong bot lutino.

Dong pire tek me nenoni lupaco weng ocamo cam ma moce tye

Miyo cam ma moce tye – dul pa cam 4

TIC ME ATIMA IDUL MALAC

Lubanga ocweyo komwa me mito kwayi moc cam mapatpat nino ki nino. Cam mukene mino wan kero, mukene weko komwa ngwel matek, mukene me gedo coko ki lakwa wek obed matek, mukene konyo wan pe me bedo ma komwa lit.

Wan waromo timo jami 2 me weko lupacowa bedo ki moc cam maite ma atii ikomwa:

1. **Pito lutino teretere**—lutino pe camo mapol iawa me cam, komgi bedo yot ka inen gin camo teretere. Ber me miyo ki lutino cam matino tino (jami matinotino) iikin cam madit ma nongo gin ocamo
2. **Med cam matino tino ikom cam adit me paco**— kwayi cam man miyo kero ma komwa mito. Obikonyo komwa ki itwo dok miyo kwayi jami mamite wek lutino odong maber.

Cam weng kipoko gin idul 4. Kit kwayi dul cam ki acel acel tye ki tice ma mite ikom dano. Wan wabineno kwayi dul cam 4 mapatpat: dul pa cam ki cam matinotino.

Cam madit:

- Kit kwayi cam madito angoma lupaconi cawa ki kare ducul? (*lubo kam ma in iaa iye , man twero bedo mucele, anyoki, kal, gwana, layata, nyo labolo.*)

Kwon en aye obedo cam ma kelo gufu dok ka wacamo ongo wanongoni wayeng'. Ento ngeni kwon keken [e weko komwa bedo ma dong odongo maber.

Lok me aluba bot lapwony: tii ki **CAL ME ANYUTA:** nyut karatac ma nyuto dul cam angweni weng ki dong inyut cam ma pe ber me yot kom.

Cam matino tino:

- Kit kwayi cam matino tino angoma lupaconi polkare gicamo me medo ikom cam madit makicamo kace. (Ka inen lutino kwan pet ye ki kero me niang maber peny gin ilok kom nyig yen magicamo, pot dek, ringo, muranga, tong gweno, cak ki moo.)

Cam matinotino tye me konyo kom dano me bedo mayot. Ki kit kwayoi cam mapatpat ma wacamo, ki kit ma komwa twero bedo mayot kwede. Dano weng mito kwayicam enoni ki acel acel, ento tutwale pire tek ki lutino matye kadongo , mon ma oyac ki ma tye ka dot ki ludito madong otegi. Wabineno wit cam man matinotino me konyi l 3 mapatpat.

1. **Cam matino tino matye ki kony me miyo gufu.** Man miyo botwa gufu ka inen moc cam ma ikomwwa dong otumu; gin bee konyo wii lutino me dongo. Cam man makelo gufun gin aye cam ma momoo, ki ma lim. labole

- Cam ma moo dwong iye (nen ka lutinokwan twero Waco jami calo: moo, moo dyang,)
 - Cam ma moo pol iye calo (ovacado, ki ringo mabedo moo moo)
 - Nyig cam matye ki moo calo (coconut, pul, , almonds, walnuts, cashews)
 - Nyik (okono, , melon, nyim, sunflower)
 - Cukari (cukari, moo kic, tyang, ki nyik yen, molasses, jaggery, t
- Kit kwayi cam makelo gufu angoma indong itye kacamone?
 - Kit kwayi cam makelo gufu angoma indong itwero kelo bot lupaconi?
2. **Kwayi cam ma dongo kom dano: Cam ma dongo kom ano.** Kom dano tye ki moc cam ma dongo kom dano ci dong cam ma dongo kom dano weko kom dano dongo maboco ki matek bene. Komwa bene mito gin me gedo cogo lak ki mwot kom. Labole:
- Ringo, gweno, tong gweno ki rec
 - Cak, cak mawac, ki jami maogo mabedo cak cak
 - Muranga ki nyig jami mukene
 - Nyik jami calos (pul, , walnuts, cashews, ki almonds)—enoni kakare , cam mapol konyo wan iyoo apatpat, ci dong gin donyo ikwayi dul cam mapatpat makato acel.
- In icamo kwayi cam man madongo kom danoni inge kar marom mani?
 - Kit kwayi cam madongo kom danoni in imiyo iki lupaconi inge kare ma rom mani?
 - In igwoko lee ma romo in nongo kwayi cam madongo kom danoni?
3. **Cam magwoko kom dano** man aye nyik yen ki pot dek. gin tye ki cam mabedo ma gwoko kom dano dok weko kom dano bedo mayot, man dong weko komwa pe bedo lit teretere. Gin bene konyo del komwa, yee wiwa, ki wangwa me nene maber. Kit kwayi moc jami ma wamitoni en aye weko nyik yen ki ki pot dek rangigi bedo mapatpat.
- Labole:
- Pot e m tye alum alum, carrots, tungulu, broccoli, cabbage, okon, squash, kam lara, avocados, nyany
 - Nyig yat – muyembe, mucungw, papayi, labolo ma ocek, nacinaci, grapes, ki mapera.
 - Kit rangi kom nyik yen ki pot dek angoma pol kare in icamo?
 - In itye ki poto ma ipito iye kwayi nyig yen ki pot dek mapatpat me gwoko komi? Kit kwayi pot dek kma rangine patpat angoma tye I potowu? W Kit kwayi ne mueken angoma dok itye ka mito medone?

KETONE ITIC

TIC ME ATIMA IDUL MATINO TINO

- KIT KWAYI CAM MA KONYO ANGO MA I INONGO NONGONE TEK KI LUPACONI? NGO MA WEKO NONGONE TEK?
- Kit tam angoma itye kwede me gengo kwayi peko man?
- Wun otwero tic kacel nining me nongo kwayi cam magi mapire teki I abedowu

Lok me aluba bot lapwony: *cuk cwiny lukwan me yenyo yoo moo me konyo luwotgi tutwale ikit yoo ma gin twero konyo kwede lupacogi me ki jo ma ikabedogi ikit ma gin twero konyo joo matye ki two me peke pa moc cam—joo ma otegi, lutino matino, ki mon ma oyac ki ma dot.*

ODWOG CEN – Peny joo ma twere dyere me nywako yubgi ki lukwan weng. *Oleg macalo dulni Lubanga myero okonygin me ceto ka keto yb ki neon enoni itic me konyo yot kom pa dano.*

Pwonye macek: Ngino Kit Tic Me Yot Kom

Lok madito

Tic ma kelo yot kom kom konyo gengo two ki konyo me yubo yot kom mamegwa.

Jami me tic

1. Cal me Anyuta: kit tic me kelo yot kom (cal angen ki kit kwayi tic aryo aryo I pot karatac ki acel acel)

Nyuto wi pwonye

TIC ME ATIMA IDUL MATINO TINO

- Kit kwayi tic anga ma in itimo me wgoko in ki lupaconi wek gin obed ki yot kom?
- Kit gin manyen anga ma in iketo itic icabit ma okato nage me kelo yot kom?

ODWOK CEN

Kabed ma tye ki yot kom timo tic ma kelo yot kom

TIC ME ATIMA IDUL MALAC

Kabedo ma ma yot kom tye iye tye ki paci ma timo tic ma kelo yot kom iye. Tic me yot kom en aye kwayi tic ma dong nongo odoko kitwa ma watimo kare ducu ma dong pe watimo gin moo mapat iye. Tic ma tye kitwa doko in ma watimo kare ki kare dong.

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: kit macalo iceto kwede ki pwony eni anyim, nyut **CAL ME ANYUTA:** nyut kit tim ma kelo yot kom mapapat ma kibedo apwonye iyesi ki acel acel ma kipwonye iyesi. Peny dul mapatpat me tito ka inen kit tic me yot kom enoni kitimo ikabedogi. Ket kit karatac man ma ye idul me 'joo mapol timo man', 'joo mukene timo', onyo 'joo manok timo menos'.ka inen karatac weng dong kiketo idul, wek lukwan onen karatac matye idul me 'joo manok aye timo man'.peny gin me neon tyen lok anga ma weko joo manok aye timo man ki yoo e gengo gin ma weko jo mapol pe timo.

Wan wabineno yoo 7nme tic makelo yot kom ki igin ma dong wan wapwonye ki iyesi. Ka inen wan dog watimo tic me yot kom mai ci dong wan pe wabiedo ki peko moo me two madwong I kabedowa, ci dong kacel wabineno ka:

1. Joo mapol tye katimo tic me yotkom man ONYO
2. Jo mogo manok timo tim me yot kom man ONYO
3. JOO MANOK MADA MATIMO MAN

Ka inene wan dong waneno cal magi weng ci dong abipenyi me moko dano adii ma timo kit tic me yot kom ki acel acel I kabedowu. Wan wabiketo kit kwayi tic me yot kom idul me 'joo mapol timo man', 'joo mogo timo man', onyo 'joo manok aye timo man.'

Yoo aboro me tic ma kelo yot kom aye:

1. Gwoko lengo me paco, kabedo ki kom.
 - Lwoko komwaki bongo wa ki jami me butuwa teretere
 - Tic ki coron
 - Ur yugi
 - gwoko lee I dwol
2. Lwoko cing ki cabun mapwod pe iamo tedo dek ki kiinge cam 'tuku me kwidi.



- Gedo lalwok cing inet kaedo ki ka cam manongo cabun bedo iye
- Lalwok cing ki cabun inget coron

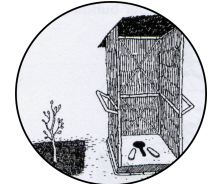
3. gwok kabledowu obed maleng.

- Pii maleng, gugu, , bar gangkwan, ki ot yat matye ikin dano



4. tic ki coron.

- Coron ma nongo bor kin nget pii ki kacama
- Wa lutino bene myero otii ki coron
- Gwok coron obed maleng ki dong wek lwango pe obed kakato ki iey



5. Tii kip ii maleng me amata, lwoko jami ki me tedo.

- Gwoko pi amata wek obed maleng niwok ki I tedone, tic ki yat , liyone ki ketone ilyeto me ceng



6. Gwoko lengo me tedo dek.

- yweyo kabedo me tedo
- Tandaro me moyo jami
- Gwoko ringo madyak pe me ko kwidi ikom jami me acama
- Tedo ringo wek ocek maber pe me kelo kwidi ma kelo two



7. tedo dek matye ki moc cam bot lupaconi.

- Cam matye ki gufu (moo ki gin malim)
- Cam ma dongo kom (cam ma dongo kom)
- Cam ma gwoko kom (nyik yen ki pot dek)
- Miyo bot lutino matino cam teretere inino ki cael acel



Kon dong kombedi wanen kit ma watye ka keto kwede lok man itic.

- Kit tic me yot kom mani ma dong wan watye ka timone maloyo? (*kwan kit karatac matye idul me dano mapol gitimo ci dong okwe kacel*).
- Tic me yot kom mani ma joo manok keken aye matimo? (*kwan wel karatac ma jo ma omako joo manok ki joo manok adada aye matimo*.)

Ketone itic

Lok me aluba bot lapwony: pok dye lutino kwan idul matinotino, kun nongo ipoko el gimarom aroma ki wel karatc matye idul me 'jo manok' ki 'nok adada'. mii ki dul acel acel karatac man ci dong iwek gin gunywak lapeny magi.

TIC ME ATIMA IDUL MALAC

- Kit kwayi lageng angoo am gengo dano me tio tic me yot kom man?
- Lageng mani ma gegone dong tek maloyo?
- Ngo matero konyo wan me gengo lageng man?

Idulwu oleg ikom lageng man, leg Lubanga wek okonyi me gengo lageng man. Kwany kare me winyo ki bot Lubanga wek omii ryeko.

ODWOK CEN – ye wek dul man onywak lageng ma dng nen tek tutwali ki kit ryeko moo madong gin onongo me gengo lagng man IKARE ME NYWAKO KI LEGA BOT IUBANAG.

PWONY MACEK: kit me gwoko Mege ki Lutino lukere

Lok madito: coo ki joo mukene room miyo kony me gwoko mege ki lutino matino me bedo ki yot kom.

Jami me tic –peke

Nyuto wii pwonye

TIC ME ATIMA IDUL MALAC

LOK ME ALUBA BOT LAPWONY: *Ka inen ngat moni omiyo lagam peny dano adii ma lagamgi rom aroma. (labole ka inen ngat moo owaci an ki nywala gang, peny dano adii ma gn waconi gin bene kinywao gin gang?’ ka dok ipeny ka inen joo mukene tye mawaconi gin kinywao gin ikabedo mapat ki dong inen jo adi mawaconi gin bene kinywalo gin kunu). Tim kit men wang ma inogo lagma pi lapeny mukene I weng ka dong imede anyim*

- In ki nywali kwene? (*gang, I ot yat matdi, iot yat madit*)
- Lutinoni kinywalo gin kwene? (*gang, ot yat matidi ot yata madit*)
- Ber ki rac pa nywalo lutino gang? Ot yat matdi/ KI OT YAT MADIT/?

Mege ki lutino matino mito gwok makite pat ka inen gin pwod gunywal anywala. Man aye kare ma wege, jirani ki lupaco myero onyut mar pa Lubanga bot luwotgi.

Gwoko mege ma onywal

TIC ME ATIMA IDUL MALAC

Mon ma onywal mito gwok madwong tutwal wek okonygin me dwoko kero ki gufu ma gin gurweyo ikare me nywal.

1. Mege ma onywal myero guywe pi cabitwek gin onong kero ki ige nywal. Myero gin obut madwong wek gin dok gunong kero me tiyo tic mukene me tiyo tic matino tino. Jo mukene me paco room konyo me timo tic mukene calo tic poto, tingo jami mapek ki konyo me gwoko lutino mukene madongo.
2. Mego maonywal nyen mto ocam cam ma moce tye matek wek okony en me kelo calk ki latin ki me dwoko gufu ikome. Mege man mito cam calo cam madongo kom, cam mabedo moo moo, nyig yat ki pt dek.
3. Neni dako ma onywal nyen omato jami amata madwong pien yubocak koo ito pii madwong ki ikom mego, ki kit macalo wakwano lok kom two cado, bedo mapii nok ikomi obedo gin marac madaa.
 - Ngat moo wiye twero poo gin ma konyo dwoko pii ikom dano mapat ki mato pii madwong? (*coconut water, jami amata, yat ORS*)
 - Ngat moo twero Waco botwa kit me rubuyat makilwongoni ORS?
4. Pol pa mege matoo pi lok me nyotdo maro too inge nino 2-7 ki inge nywal cawa 48 ki inge nywal pa dako en aye cawa ma pire tek tutwal!

Nen lanyut maraca ikwo pa mego mapwod onywal anywala:

- Lyeto
- Abar wic matek ma umo wangi
- Tek pa yweyo
- Ony pa remo madwong inge nywal per ac ento inge nino manok myero ocak dok, ka inen mede ameda ci nongo gin marac twreo bedo tye.

Ka ineno kit lanyut magi, cet cut iot yat!

5. Mege matye ka dot pe omyero omwony yat moo keken. Kit gin moo keken ma gin mato nyo camo – mayat bene tye iyeni – obinongo yogi me ceto wa icak ki latin. Yat mukene pe ber bot lutino matino

Lok me aluba bot lapwony – *ngi lok madito 5 eni weng dok ineni lutino kwan wigi opo iye ki acel acel.*

- Kit kwayi lok magi mani ma kimaro timone ikabedowa?
- Mani ma petye ngene tutwal?
- Watwero konyo mege ma pwod onywal anywala ngeno man nining?

Goko lutino lukere

TIC ME ATIMA IDUL MALAC

- PINGO PL PA LUTINO LUKERE MARO TOO IKARE ME NYWAL KI CUT KI INGE NYWAL?
- Eni adwogine tye ningo ikom paco?
- Kabedo ma orumu wan kono dok iye ningo?

Lubanga mittoni lutino weng okwo dok odong. Ka inen lutino otoo wan wabedo ki ngeg ni Lubanag bene kumo kacel kwedwa. Pe too pa lutino weng watwero gengone. Kong wanen ngo ma watwero timone wek lutino okwo dok odong maber.

1. Gwoko lutino cake ma nongo pwod pe kinywalo. Pire tek ni mege ma igi odongo ki ma onywal kimiyo botgi jami me amata ma madwong wek lutino odong l ot nyodo kit macalo Lubanga mito.
2. Ka inen latin kinywalo cut, duny kome maleng kip ii maleng, duny kome mot ki bongo mayom dok maleng, ci dong imii cut ki mine. Wek ipyel ikome cut konyo kom latin me bedo ki lyeto. Ka ien koyo ngic ci um kom latin ki banket.
 - a. Tey adaa ni latin matidi myero pe kilwok wang ma pene opoto? kakare! Tol pen latin myero kigwok ma otwo wang ma pen latin enoni opoto. Ento latin kiromo dunyo kome ki bongo maleng dok mayom ma nongo tye dyadyak.
3. CAK DOTO LATIN CUT. Cak koo en aye obedo cam maber ma Lubnga omiyo ki lutino:
 - a. Cak me acel (pek ma nongo tye yellow) konyo lutino ki ikom two dok konyo lutino me dongo maber dok matek. Kadi bed ka inen calo cak oo peke kabino, mede ameda me miyo cak ki latin—kadi cak mabino matidi moo konyo tutwal latin me bedo ma kome yot.
 - b. Mi cak ki latin teretere – kadong rac ci ki ine cawa 2 wek okony cake ma bino mataa dok repni me caki bino ki ikoo min latin (taa dok rep) me bino do me mede ki bino.
 - c. Mii bot lutino matino cak koo keken pi dwe 6 mukwongo. Man obedo mic pa Lacwec botgi me dongo dok bedo ma komgi yot. PE IMII botgi cam mapat nyo gin amata moo keken. Ber pe me miyo gin amata moo keken kadi bed piny lyet onyo ceng lyet.
 - d. Two ma moc cam nongo peke ikom dano time tutwale ka inen in ijuko doto latin cut. Mege mukene juko dot pien gin tamoni cak koogi pe room lutino matye ka dot. Pe igiki. Med kit me miyo cam ki jami amata bot min latin wek obed ki cak madwong.
 - e. Mede ki miyo cak koo, ka twere, wang ma latin tye mwak2 nyo 3. Ka latin dong tye dwo 6 ki ma kato cak miyo cam moko dong bot latin ma kun nongo imedo ki cak koo. Pol kare cak ki miyo jami acama mukene ka dong imedo ki cak koo. Pol kare ber me cakone ki l nyuka marep ma iyubo ki ikom moko anyoki, mucele nyo muceel ma kitedo kip ii onyo cak. Inge dwe manok cak miyo cam ma dano madongo ben camo ki ipaco (cam manyen man myero kited ocek maber dok ben kinyoto). **Pe igik miyo cak koo pe oyotoyot l atura.** Cak koo en aye pwod obibedo cam madit bot latin wang ma latin dong oo mwaka acel
 - f. Ka pet were me miyo cak koo ki latin, mine cam ki Malaga ki kikopo. **Pe itii ki cupa me pa lutino** pien pe yot me lwokone maleng cawa weng dok bene room kelo two mukene. Ento wii opooni itwero timo man ka inen in pe itwero dato latin keken, cak koo en aye obedo cak maber loyo, ma Lubanga oyubo ki lutino.
4. Gwok kom latin maleng— ki dok bene ikabedo maleng. Teme me gengo gin pe me keto jami macol idogi.
5. Pe imii yat ataa ki latin wangma dakta aye owaci imii.

Ketone itic

TIC ME ATIMA IDUL MATINOTINO

- Kit jami manyen ango ma ipwonye ki ilok man?
- Tye mego moo ma oyac nyo ma onywal manyen ma ingeyo? Kanica twero nyuto botgi maa ningin?

Dul me 2: MATYE MADWONG IKIN DANO

Pwonye macek: nok pa pii i kom dano ki two cado

Lok madito

Two cado kin ok pa pii (nok pa pii) twero bedo marac tutwale bot lutino ki lukere. Twero kelo too, ento yot me cangone ki yat ORS.

Jami me tic

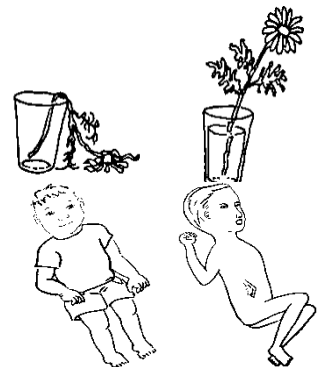
- Cal me Anyuta:
 - a. Cal atura 2 (pe dicl)
 - b. Lutino 2
 - c. Kit me yubo yat me amata – ORS rud karatc bot dul matinotino)
- Jami mukene ma mite:
 - a. Atura makome yot ki atura ma otoo (dic peke)
 - b. Cupa me cak ma opoto (nyo marom rom kwede) matye ki bur iwiye nyo gin ma kinmwono ibur enoni (ka ipe ki lawum burni ci dong idii ki cingi)
 - c. Cupa nyo kikopo ma pii tye iye
 - d. Pii, kado, ki cukari ki kikopo me yubo yat me amata

Yat me cado

Tic me atima idul malac

LOK ME ALUBA BOT LAPWONY: Mapwod lukwan put pe oketo atura mako kimuto iikopo mapatpa (**pe itye ki kero me nongo kom atura kikome ci nyut cal me anyuta bot lutino kwani cal**)2 . bene ibimito cupa me cak mawac, nyo cupa pii ma tere otuc ki pii moo mukene.

1. Nen cal atura aryo eni (nyo **CAL ANYUTA**).
 - Pingo atura cael tye ka neee ki atura cael tye maber? (Minigin kare lom wangma gin dong owaci apokapoka tye ni cupa cael tye kip ii ki acel pii peke iye.)
2. Dong kombedi inen cal aryo pa latin (**CAL ME ANYUTA**). Latin acel nen makome yot ki acel nen ma one dok kome lit.
 - Ngo ma mite bot latini wa ki aturani weng? (pii)



Macalo atura, wek wan wakwo wamito pii i komwa. Adada pii gin madwong loyo i kom lutino. Ento ka inen komwa orwenyo pii madwong, weko komwa two dok bene meno kilwongoni bedo manongo pii nok ikomi. Dok bene meno rac tutwal

Lok me aluba bot lapwony: kwany cupa malo ci iket pii iye (katwere ket gin moo imwon ki pini onyo di wange ki cingi). Dong kwany gin ma imwono ki wange ma otuci ci iwek pii ocwero weng ki iye. Wac ni kai ne dano tye ki two cado komgi rwenyo pii madwong. (cak kwanyo pii ci iony ki malo dok cupa ii icupa

Ka inen kit ma pii oo kwede ki ikomdano rom kip ii madonyo bene i kom dano, c komgi dong pe obitwo. Ngat enoni pe obitoo. Ka inen kome obedo ma otwo, ci dong gin room too. Man tutwale rac ki lutino. Dano pe to kitwo cado ento ki inok pa pii i kom dano.

Cango two cado ki yat aruba ORS (yat ma medo pii ikom dano)

TIC ME ATIMA IDUL MALAC

- INDONG IBILO PIK WANGI NYO KWOK KOMI? INONGO BEDO NINING?
 - *Bedo kado kado ki limlim*

Pii Tma ikomwa tye kit meno—tye kadokado ki limlim. Kaado myero in idwok pii ma orweny ki ikomini kip ii mabedo kado kado ki cukari. Kit yat man makiruboni kilowngoni ORS, dok bene yot me yubone. Ka imato pii makirobo ORS in pe ibibedo ka komi otwo. ORS obidwoko ikomi jami weng ma orwenyo, dwoko pii ma orweny ni wk ki iacdo ki ngok konyo me gwoko kwo!

Tini wan wabipwonye kit me rubu yat ORS ma kitiyo kip ii, cukari ki kado wek nongo wan watye kadowoko kakare ngo ma komi mito.

Twero bedo yat ORS madong kirubo maber tye I packet onyo madong kirubo ty eater a me amata. Ber pa rubo mamegi en aye dong in itwero rubo ne in kikomi dok cawa weng nongo tye. Yot me yubone dok bene wele pe tek.

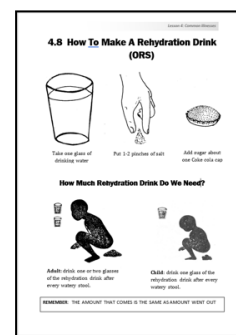
TIC ME ATIMA IDUL MALACN

Lok me aluba bot lapwony: *tii ki **CAL ME ANYUTA**: KIT ME YUBO YAT ME cato me nyuto yoo me kwanya me yubone. Nyut yoo ma atii ki lutino kwan.*

Kit ME Yubo yat cado ORS:

Yoo me atii me rubo yat amat I kikopo acel en aye ORS:

- PII KIKOPO 1
- 1-2KADO MATINOT
- CUKARI MALAGA1



Kong iony kado ipii ka ibill. Ka inen kado dwong iye loyo pig wango, ci onyo. Kado ka dwong tutwalo wano dano. Onyo ci icak odoco ento dong ki kado manok. Ka inen kado kip ii ni dong kiribo maber ci dong iony cukari iye. (ka in pe imito onyo pii makato oakto iye, ci dong imed pii wangma inongo bedo calo kado pig wang, kun wii poo me medo kit ma cukari myero kiony kwede bene).rubi ci dong nongo tye atera me amata

TC ME ATIMA IDUL MATINOTINO (DIC PEKE)

Lok me aluba bot lapwony: *bed kip ii, cukari ki kado ki kikopo aera wek lukwan opwony kit e ruboyat calo ORS.*

Idul maromo 2-3, pwoy yubo yat cado ORS.

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: *nyut te cupa ma otuc I CAL ANYUTA: Wan wamito marom mene?*

Wan wamito yat ORS marom mani?

1. Ka inen ngat moo tye ki two cado, mine yat ORS ki nge cado weng. Pe ikuu kong ni inenlanyut me nokpa pii ikom dano— cak miyo yat ORS cut! Wii opoo, myero imat mapol kit macalo mapol bene mol kato wokni. Me dwoko pii ma orwenyoni:
 - Dano madit mito pii kikopo1 onyo 2 me pii ki inge cado weng (pii kikopo 8 / 2 onyo lita makato nino ki nino).
 - LUTINO MAKATO MWAKA 2 MITO PII maromo kikopo acel inge konye weng mabedo pii pii.
 - Lutino ma mwakagi pe mwaki kato 2 mito nucu pa kikopo me yat ORS INGE PYELO CET MABEDO PII PII WENG, Ki cak koo bene.

2. Ka latin tye ka ngok, pe weng obikati woko, myero bene imite yat ORS kadi bed latin onok inge matone, en pe obingoko weng. Latin tye ka ngok pii mapol rwenny ki ikome, labongo yat ORS latin obidong manongo pii nok ikome mii yat ORS dye ceng wa dye woo kare ducu manok nok.

LOK ME CIKO: ka inen nok pa pii omede ameda ikom latin, tee cut iot yat wek onong.

Eni aye yoo mogo maanok me konyo dano matye ki two cado:

1. **Mii jami amata mapol. Med ki yat ORS jami amata mueneni bene pigi tek, jmi amata ma aaki inyik yen,** pii me coconut , ki jami calo nyuka
2. **Me wii atii two cado twero mede.** Meno time pien nongo kom dong tye kip ii mapol (macalo pii ma tye I kikpo matere otuc mol mapol ka inene kimedo pii ikikopo enoni). Pe ipaa mede ki miyo yat ORS!
3. **Mede ki miyo dek acama.** Ka inen latwo enoni maro mede cam, mede ki miyo cam cut tutwale jami ma en maro dok yee camo.
4. **Pii lutino lulal, mede kimiyo cak koo.** Mede ki miyo cak koo teretere ki latin tutwale mapwod pe imiyo gin mukeen mapat. Tii ki Malaga maleng me miyo yat ORS ento pe cupa.
5. **Mede ki miyo yat ORS dyewo wa dye ceng teke inene two cado pwo tye ki ngok bene ka pwod tye**

Ngino kore

TIC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: nyut do kcal pa latin mapii peke ikome odoco.

Latin eni pii nok ikome.

- Lanyut manyutoni pii peke ikomi en aye ngo? (*wac botgilanyut moo keken ma ul pe owaco pire*)
 - *Orwo pii, two dok, pelayo nyo layo manok, lac mapek apeka, wange lwiny iiye nyo wangma pii peke iye, del wic mayomi noto ki dong del kom nongo peke ma omoko*

Kadi bed latin matidi peke ka cado ka inen lanyut magi ma waloko iyeni tye ikome myero icak miyo yat ORS, Jami amata ki gin mukene mabedo pi pi cut ma pe ikuu

Kong dok wangiyo gin ma waponye iye ki ipwony magi.

- Yat cado makiroboni obedo gin ango (*pii ki kado ki cukari*)
- Pingo watiyo kwede? (*me dwoko pii makirwenyo ki ikom ki me gengo nok pa pii ki ikom dano*)
- In ingeyo nining ka ionyo kado marwate me rubo yat ORS? (*Myero ilem obed calo pig wang, pe dok kado bedo makec*)
- In itiyo ki cukari marom mani ipii kikopo acel? (*Malaga 1*)
- Myero dano madit omat ORS ma rom nai? (*kikopo 1 onyo 2 me yat ORS ki ine cado weng*)
- Yat ORS kono myero imii rom mani ki latini? (*mero imii maromo lita 1 inge konye weng mabedo pi pii*)
- Ngo ma in itimo ka nen ngat enoni ocako ngok? (*mede ki miyo yat ORS, kun nongo gupu ine dakika manok nokk*)
- Lanyut me nok pa pii ikom dano en aye ngo?

Pwonye macek: Lyeto

Lok madito

Wan wabibedo ki kero me ngeno lyeto ki dong ka inen nen ngat moni myero onen dakta.

Nyuto wii pwony

TIC ME ATIMA IDUL MALAC

Tini ki pwony mukene manok matye anyim, wan wabipwonye ilok kom two mogo mayelo dano ikin paco macalo aburu ki koyo. In ingeyo lanyut moo me two magi?

- | | |
|-----------------|--------------|
| ○ lyeto | ○ ono |
| ○ abar wic | ○ jiro |
| ○ yil pa um | ○ ngok |
| ○ cwer pa aburu | ○ olo |
| ○ mwode pa yit | ○ amwoda kom |
| ○ onyo pa dwon | |

Lok emaluba bot lapwony: mii kare ki dano me Waco lanyut ki ka inen moo ki ikin mamaloni pe ki Waco ci dong itit botgi..

Magi aye lanyut matye ma wan waromo tic iye ki paco. Wan watwero konyo ngat ma kome lit me bedo agonya, ci twoni obicang kene iyone inge nino manok. Ipwonye eni wan wabibeno lok ikom lanyut acel matye ki kit ma watwero cangone kwedel—lyeto.

Lyeto

TIC ME ATIMA IDUL MALAC

Leto obedo lanyut me two mapolpe obedo two pire kene. Lyeto obedo yoo ma komi lwenyo kwede ikom kwidi ma nongo odonyo ikomi ki kit ma komi lwenyo kwede iye. Konyo me weko wan ngenoni gin mo mmara odonyo ikom dok myero ilweny iye, macalo two nyo kidi makelo two nongo odonyo ikomi. Lyeto ma lamal obedo gin matek tutwale ikom lutino ki lukere.

In itwero pingo ki ngenao ni gat moni tye ki lyeto niwok ki:

1. tic ki lapim lyeto me ngeno ki ma lyeto kom tye kwed
2. ka inen lapim lyeto peke in itwero tic ki nge cingi me keto iwi ngat matye ki lyeto k icing acel iwi me nongo kit malyeto pa ngat moni tye matek kwede. Ka inen dok inongo lyet loyo megii ma in komi pe lit ci nyuutoni lyeto tye.



KI LAWOTI

Nyut kit me pimo lyeto ki lawoti niwok ki iketo cingi iwi en kun nongo cingi acel iketo iwi in.

- ngat moo ki iot kwan tye ki two lyeto?

TIC ME ATIMA IDUL MALAC

- Kit yoo angoo madano ma ikin gangwu cango kwede ki two lyeto?

Kit me cango lyeto:

LOK ME ALUBA BOT LAPWONY: In itwero tic ki toyi nyo ngat moo ma odyere ki idul mamegwu me nyuto man.

Lyeto mogo ma pe tek tutwali pe mito n imwony yat. Pole obiaa kene inge nino manok. Pire tek me ngeyone ka inen lyeto oake, kit ma rwom me lyetone tye kwede, kidong nongo orii inge kare marom mani. Man obikonyo me ngeno two mani ma nongo okelo lyeto enoni.

Ka inen ngati kome lyet tutwal ci myero kikony me dwoko.tutwale k ngat ma tye ki lyetoni obedo kawot iwi ceng ci ong twero Bedoni ngat enoni obeod ki lyeto matek ma oa ki iceng. Pire tek ni lyeto enoni myero kidwoko piny cut. Kare mukene ngat matye ki lyeto twero nongo ngico, ento ka in igudo ginnongo komgi lyet. Myero idwok lyeto enoni piny. Eni aye yoo mkitwero timone kwede:

1. mat pii madwong,pii coconut, ki nyig yen makibiyo. Dano matye ki lyeto pii twero doko nok ikome. Ki dong wan wnaneno ki ikom pwonyo me two cado ni bedo mapii nok ikomi pe obedo gin maber. Myero wan wadwok pii ma orweny ki ikom danoni. Mato jami mangic bene konyo me dwoko lyeto piny.
2. Duny kom ngat enoni ki bongo madyak. Pi latin kin gat ma kome lyet luny bongo ki iome ka iuny kome ki bongo madyak. Kwany bongo mailuto ipii ci iket iwiye, cinge, kore ki iteywate. Man aye yoo mayot me dwoko lyeto ki ikom dano piny.
3. Kwany bongi mapol ki ikomdano enoni ci ruk bongo marep ikome
4. Yat wan got obed twolo ka iket en kama yamo kuto en iye. Kut yamo ikome.
5. Muny yat klakwe arem. , ka inen ngat enoni tye ki lyeto ma lamal , mii yat lakwe arem wek omuny me dwoko lyeto piny. Lok ki dakta wek inen in dok pe imiyo yat ma kato kare. Yat mupore lubo mwaka pa dano enoni ki kit tek pa yate no ma myero en omunyi. Ka latin tye ki lyeto, pire tek pe me miyo yat ASPIRIN.
6. Pe iwum kom dano matye ki lyeto ki bongo mapek. Wumo kom ngat matye ki lyeto weko dwoko lyeto I iye, ma nongo pe ber dok bene weko en room jake. Man pol kare rac tutwal pi lutino matino.

Awene ma myero ite kin gat ma tye ki lyeto iot yat? *(ka ien lok magi pe kiwaco ci dong itit botgi.)*

- *Ka ibyeko nit ye ki two lyeto ma obee aye okelo (MALARIA) Myero inei ngat enoni ocaoko mwonyo yat cuy*
- *Ka latin ma mwakane pe kato dwe 2*
- *Ka inen lyeto tye lmal ikom latin enoni pi cawa makato 24*
- *Ka inen lyeto ikom dano madit enoni otero nino ma kato 3*
- *Ka inen ngt enoni ocaoko jake nyo kaome ocaoko myel matek adada*
- *Ka iene letone obino ki cike pa ngut*
- *Ka iene kome okwot nyo bur moo tye ikom ngat matye ki lyeto malamali*
- *Ka ien aona marac tyeki dong yweyo pa dano enoni oloke*
- *Ka inen ngok ki cado tye ki lyeto enoni ma dong yat ORS petye ka konyone*

TIC ME ATIMA IDUL MATIDI

Lok me aluba bot lapwony: pok dano idul maromo 3-4 ka dong iwek ginotii ki cingi me nyuto yoo 6 mapatpat me juko lyetor. Inge dakika 5, kel gin weng kacel wek gin dong onyut ki cingi yoo 6 mapatpatni I dano weng wek gin dong onen.

KETONE ITIC

Nino mukeen ka inen wan wadwogo, wabineno yoo mukene me lweny ikom two mogo ma tye ikin dano ki kit me lweny ikomgi. Pi kom bedi, kong iromo tamo pi ngat acel mapeke kany ma in itwero ceto kanywako kwede pwonye man malubo lok kom two lyeto ki kit me cangone? Wac bot ngat ma obedo ingeti anga ma imitonywako lok man kwede.

Pwonye macek: cango two matye ikin dano calo – onyo dwon ki aona

Lok maito

Wan watwero konyo dano matye ki two onyo pa dwon ki two aona me cang ok me bedo agonya .

Jami me tic

- Cal Anyuta: dwon ma onyo ki two aona

Nyuto wii pwony - Ngino

TIC ME ATIMA IDUL MALAC

NINO MA OKATO ANGEC ma warwate wan wapwonye ilok kom two lywto, lanyut me two mapol mada. Ngat moo wiye poo ilok me tic ki cingi me nyuto yoo 6 mapatpat me lwny ikom two lyeto? (*mii kare bot joo mapol wek gunyuti*).

Two lyeto obedo lanyut mwe two mapol, aburu mamol amola, onyo dawn ki two aona obedo lanyut madwong tutwal bene me two ikom dano. Macalo lyeto, eni bene obedo yoo acel ma in ingeyoni gin marac odonyo ikom dano, dok bene myero watim gin moo wek dano enoni obed maber.

Lanyut mukene me two

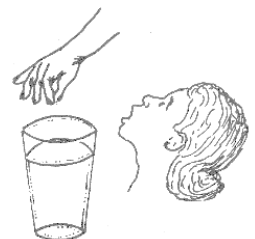
TC ME ATIMA IDUL MALAC

Lok me aluba bot lapwony: nyut **CAL NAYUTA:** two aburo, onyo dawn ki two aona kit macalo onwako kwede ki acel acel ki ki yoo me cango gin. Ngap gin malo ikoo ot.

Two aburo mamol – two aburo mamol pol kare twy macalo adwoki me ngico ki two ma nongo bino pien komi dek gin moni.

Me jwano two mol pa aburo:

1. **pi lutino:** kwany aburo ki iwum latin ki ginme cwino aburo, ka peke ci itiyi ki dogi me cwino aburo ki ium latin.
2. **lutinon ma dongo ki luito;** Kwany katdo ki yik lweti ci irub ipii ci dong ikul wumi iye, man konyo me weko aburu ma iwumi mol weng woko. Iromo tic ki yat ma juko cule pa wum ma kitono atona. CIKO, **ento pe myero itii kwede makato tyen 3 inino acel, nyo pe makato nino 3.**
3. Duny aburo ma mol ki iwum dano ento pe iwtiny wumi matek tutwal madok twero kelo two mukene l iyiti ki iwumi bene.
4. Mat yat mogo makonyo kwanyo cule pa wum ma nongo iwilo ki iot yat.



onyo dwon – tic ikom two dwon ki gang en aye gin ma polkare mite wek icing maber, diro magi room konyi wek iwiny maber. tii kip ii madde demakirubo ki kato wek ogeng kwot pa dwon ki cangonet: ok dwani kip ii inge cawa acel acel kip ii ma kinyo iye kado Malaga acel ki pine bene oobed pii madede (in itwero medo iye turmericbene). Uk dwoni kip ii ma nongo pong dogi ci ingul pine woko. **PE IMUNY pii mabedo kadokado ma iuku ki dogi.** man oobikonyo dwon ma onyo me nongo alokalokar. Cayi makitedo ki yat kwaro, pii malyet ki kic ki limun, ki mukene bene ber me cango onyo pa dwon.

Aona – Ono obedo yoo acel ma Lubanga konyo ki wan me yweyo yoo me yamo ka inen wan watye ki koo maoculu. Dong, ka inen in iono ma ingulu aona, **pe igeng aona enoni niwok ki imunyu yat ento yenny yoo moo wek aona ma idwonini otuko dok okato woko.**

Me juko ono:

1. Mat pii madwong, cayi ki jami mukene.
2. Ye ikom alur malyet. Lyet pii moo ki binika onyo agulu, ci iony l bab , ka dong ikul wiye iye, ka dong iwum wiye ki bong wek lyeto oned iye. Gam yeyo matek ki l pii malyet enoni, yamo malyet pi dakika

15-30 . now tyen mapol nino ki acel acel. Pot karatuc kiromo medone ipii enoni. CIKO: *PE itii ki pot karatuc ka ngat enoni tye ki two asima pien pmedo weko bedo marac.*

3. Pii aona ma pe otop waromo dic ki yoo mapaco:
 - a. Rub kic ki lemun kacel. Mat ki malaga manok inge cawa 2-3.
 - b. Rup tangawuzi ki pot tamarind onyo oregano matye ki yite 2. Tedo pi dakika maromo 25–35. Iii me kwanyo pote ki gin tangawuzi. Ikikopoacel me amata ony iye cukari Malaga 2 ka dok iket ikeno wek ocek odok calo yat mapige. tino iket wek okwe. Pii joo madongo mii malada 2 inge cwa 3–4; pi lutinomalaga 1 inge cawa 3-4 .
4. Ka inen aona pe oang inge cabit 2 ci dong icet iot yat wek inen dakta wek otiti kit two matye ka kelo aona enoni. Mapinyi aye kit kwayi two mapatpat makelo two aona ma nongo mito kony pa dakta:

○ Aona me cogo	○ Anyongo
○ Anona lawiwo	○ Mato taa
○ Aona madiyo koo dano pi ngico	○ Ki aona TB

- KITkwayi yat kwaro ango main ingeyo madano tiyo kwede me cango two aona ki dawn ma onyo?

TIC ME ATIMA IDUL MATINO TINO

LOK ME ALUBA BOT LAPWONY: *Mii bot dul ki acel acel kit kwayi two magi aptpatni (ABURU, AONA KI ONYO PA DWON) ME ngino ki me kati ki tuko kit gengo kway two man ki acel acel.*

ODWOK CEN – *Peny dul ki acel acel me nywako tuku gi ki dano weng ma idul.*

TIC ME ATIMA IDUL MALAC

KA inen ngat acel ki paco two omako, pol kare bedo nining n joo mukeen bene nongo en two acel enoni? Me medo cango two man, wan ben watwero timo jami man wek two enonipe omak dano weng ki iot kenyo niwok ki:

- Jiro ki ono l otwengwa
- Lwoko cing teretere—tutwaale mapwod pe iigudo wangi, dogi, ki wumu nyo inge gwoko dano matye ki two.
- Lwok gin moo keken ma onongo obedo idok ngat ma kome lit.
- Ngat makome lit pe myero onywak kikopo, atabo ki kabuto ki joo mukene.

KETONE ITIC

TIC ME ATIMA IDUL MALAC

- NGO acel ma in ipwonye iye tin ma itwero nywako ki joo mukene icabiti?

Pwonye macek: cango lanyut me two ma tye ikin dano – Ngok ki Abarawic

LOK ma dito

Wan watwero cango ngok ki abarawic wek ngat enoni ocango ki itwo meno dok obed agonya

Nyuto wi pwony

TUKU IDUL MALAC

Wan wabituku tuku moo me neno ka in ingeyo kit me gwoko dek maber. Am abiwaci kit me timone, in ibiyilo cingika iyeeni enoni en aye obedo yoo e gwoko dek maber me acama.

Lok me aluba bot lapwony: inge jami enoni weng, mii kare ki dano a idul weng me yilo cingi ka ki ingeyo inwak kwedgi lagam.

Wan myero?

- Lwok cingwa mapwod pe kitedo dek (*lagam: eyo!*)
- Camo nyik yen cut ka oa ki iwi yat— pien dong leng pien ocek ki iwi yat. (*LAGAMr: KUU! Pot dek weng ki nyik yen weng mape kingato ngeye myero kong kilwok ki pii maleng a dong kicem*)
- Ted ringo ocak maber (*LAGAM: EYO! Ka inen pige dong oloke maleng, nongo dong tye atera me acama*).
- Geng lwango cen (*Lagam: EYO! Lwango kobo two maweko wan wabedo ma komwa lit.*)
- Can jami ikom cabad ka inen in dong ityeko lwoko ne cut (*LAGAM: KUU! Wek jami kong otwo iwi tandaro, ceng neko kwidi.*)
- Tii ki atabo maleng ki cupuriya maleng (*Lagam: EYO!*)
- Ket laony yugi inget katedo wek onyo yugi. (*Lagamr: KUU! Pe iket laony yugi cok ki katedo pien mena lwango lwango ki kwidi.*)

Ka inenwan waketo tic me gwoko cam maber, ci lok me ngok bibedo manok. Ento myero bene wange gin me atima ka inen ngok otime.

Ngok

TIC ME ATIMA IDUL MALAC

NGOK (macalo two cado) pole beino macalo adwogi pa kwidi maddonnyo ikomwa niwok ki icam, pii ki tic k icing mape kilwoko. Ka inen kwidi ma odonyo ikmwa dong okati weng woko, komwa dong cako winyone maber. Me konyo juko ngok:

- Mat ORS, gin amata me kokakola, pii matye cabonated water, ki cayi ma tye l yat
- Pe icam ngin moo kainen ngok tye matek

Pi kicel kicel, nyok tye macalo adwogi me two, ci dong inen dakta ka:

1. Ka inen ngokenoni orii pikare makato cawa 24
2. Ngoko remo
3. Nok pa pii maape iromo konyone ki jami amata

Abarawic

TIC ME ATIMA IDUL MALAC

- IN dong iningo two abarawic?
- Tye kare mogo ma nongo in inongo abarawc tye matek?

Lok me aluba bot Lapwony: Nyuti **CAL ME ANYUTA:** Abarawic

Pol pa barawic ki room jukoneki mato jami ki budu ma nongo iywee mot (nyo pii coconut, jami abiya, onyo ORS). Pole abarawic nongo lanyuni pii nok ikomi. Abarawic bene maro lwode ki lanyut manongo kelo lyeto. Jami mogo makitimo ki gng bene room konyo me juko abarawic, calo tic ki bongo makiluto ipii kun nongo iketo inguti, onyo nyobo mot mot wic, ngut, kigwok. Abarawic matiko dwogo nongo lanyut me gin mukene, ci myero inen dakta.

Abarawic mabino ki ume pa wang, nyonge kom, awira wic ki ngok. Man moko bedo pi cawa moko onyo pi nino mogo.

Neni icango abarawic maocake cut wek pe omede odok gin madit:

- Mwony yat ASPIRIN 2 ki kikopo acel me kawa nyo cayi pii.
- But piny kama oling mot ma col ci iwek wii opyee mot.
- Ka inen abarawic omede peny dakta pi yat migraine kaimwony kit ma dakta otiti kwede wang ma iwinyo dong okwe.

TIC ME ATIMA IDUL MALAC

POK dano weng idul 2—dul me ngok ki dul me abarawic! Idulwuni, wii myero opoo ikom jami weng malube ki abarawic ki ngok. Inge dakika 5, dul me ngok obiwaciwa jami weng ma wigi poo iye ma kelo ngok ki kit me cango ne. dul mukeneni obiwaco ki gin ka inen wigi owil ki gin moo nyo k ape guwaco gin moo kakare. Ka dok dul enoni mukée dok gin loke me tito mukeneni kid ok dul me abarawic bitito ki wan jami weng ikom two abarawic.

Lok me aluba bot lapwony: in itwero yee ki dul ma gin tye ka ngolo lok me nenone ki ical me anyuta pi lok anywaka pi dul monini. Me labole, ka inen dul me 'ngok' tye ka nywako nongo dul moni tye ka nenoneki ical nyuta me: ngok.

Ketone itic

KI LAWOTI

- KIT kwayo yoo eni mani ma dong in itemo timone ma nongo in itye ki two abarawic onyo ngok?
- Yoo mani manyen ma in kin gat moo mito temone ka inen kodi lanyut man onen ikomi?

Pwony macek: diro me gang ki yat ma kinongo ki iot yat

Lok madito

Myero wan ange awene ma miteki wan me tic ki diro me gang ki me tic ki yat ma kinongo ki iot yat me konyo cango two maber.

Jami me tic

1. Cal me Anyuta: yubo gin amata niwok ki tangawuzi, limun, yat me amata (dic peke iye)
2. Cal me Anyuta: karatac manyuto kit me munyo yat (ngol karatc 4 mapatpa)
3. Yat amata ma kiyubo ki Limun, ki tangawuzi (madwong wek dano weng otem) – pii, limun, limun, tangawizi madyak, kic ki galic (dic peke)
4. Kikopo bot dano weng

NYUTO WII PWONY

- In iyubo gin amata moo ka inen dano komgi lit? kit gin amata angó?
- Kit kwayoi diro angó mukene ki gang madano tiyo kwede?

TIC ME ATIMA IDUL MALAC (DIC PEKE IYE – ka inen pol kare dano dong tiyo ki jami amata man ci dong ikalo)

*Lok me aluba bot lapwony: tit botgini gin amata eni en aye oboe gin amata ma dano tiyo kwede iwi lobo lun ka inen dano tye ma komgi lit. I itwero tic ki **CAL ANYUTA**: KIT me yubo yat me amata niwok ki limunki*

tangawizi me nyuto kit me yubone nyo itwero Waco ki mege ma ikanica me yubone wek dano weng obil kit ma gin man bedo kwede.

Diro me gang

TIC ME ATIMA IDUL MALAC

Ka wan watye ka lok ikom diro me paco, nongo pe watye kalok ikom ajwaki ki yat me taro madano tiyo kwede iyoo me miyo gitum ki woro lubange muken onyo penyo dok tipu. Wan watye ka lok ikom yoo ma tye madano twero tic kwede me wek gin wuwiny maber. Lubanga ominiwa diro mogo ma wan watwero tic kwede ki gang ka inen wan komwa tye malit:

- **Nyik yen ki pot dek** matye l rangi mapatpat. Tye l moc dok kero weng wek komwa olweny ikom two. dong, camgi mapol!
- **Butu** eni obedo kare ma wiwa ki komwa myero oye mot dok oroce. Wan polkare myero wanong yweyo ma oromo niwok ki inino. Ka ine ngat moo kome lit, gin maber mamero gin otim en aye me kwanyo cawa me butu madwong.
- **Jami mata**—mato jami calo pii ki jami abiya konyo mada menneoni dano pe obedo mapii otum ki ikome ki dong konyo kom me lweyn ikom two. Jami abiya bene tye ki askari ma lwenyo ikom two, ki cayi ki yat makiyubo ki gang konyo me cango twomagi aye jami aryo me yat makiyubo ki gang mapire tek:
 - Tangawuzi ki kic— Man me kwanyo aona buru, ki me cango dwon maonyo (joo mukene medo limun iye).
 - Basil, galic, ki kic – me konyo aona matye matek.

Man aye diro mogo me paco matiyo maber bene:

- Tono tungulu onyo gali iyit ma remhe
- Uko dani kip ii madede ma nongo iketo kado muni iye me cango dawn ma onyo(wan waneno man icabit ma okato)
- Umo wii l yito maduny ki ipi (ki icabit maokato) me cango aona, auru ma mol amola ki wan ma oonyo
- Warm bone broth konyo dwon ma olot ki do oknyo me komdano tutwale bot ngat ma doge otango peke ka cam pi two ma nongotye ikome.

Yat me ot yat

Two mukene ki twero cango gin maber ki yat ma aaki iot yat. Kainen diro me gang dong bedo calo peke ka konyone onyo ineno calo dong twone romo bedo gin matek, pire tek menongo ony me yat me ot yat. Kadi bed kumeno, pol yat ma aa ki iot yat twero kelo awano mukene ka inen pe kitiyo kwede maber. Man dong dite tye adaa ki yat ma kiwilo gin ki iot yat ma cato yat acata. **Pire tek mada me lubo cik kit ma yat moni myero ki mwony wede ki dong kwonyo ine kare marom mani.** Mwonyo yat madwong room kelo two matek nyo kelo bene too.

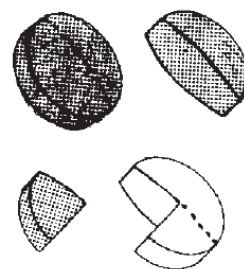
Mon ma oyac, joo maoteki ki lutino matino myero PEE gumwony yat ma kiwilo ki iot yat macato yat labongo kony pa dakta. Ka inen yat moo tye kaweko pe iwinyo maber, **CUT** nong kaony ki bot daktari.

Kit me pimo ki miyo yat ma rwate

*Lok me aluba bot lapwony: nyut **CAL ME ANYUTA** Karatac ma nyuto kit me mwonyo yat dook itit bene.*

Kit me mwonyone pol kare ki coyo ki ikomyat enoni.

- Yat1 =nyik yat acel
- Nucu pa yat = poko nucu ne
- Yat acel ki nucu = yat acel kid ok imuku nucu
- Nucu panucu pa yat = poko dye yat 4 marom



Bed kwiny me miyo yat kit macalo kiwaci imii kwede.

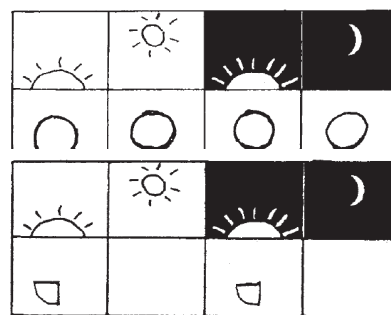
Lubo cik me mwonyo yat

Lok me aluba bot lapwony: nyuti **CAL ME ANYUTA:** Karatac me munyo yat ka nongo itito ore ki kore.

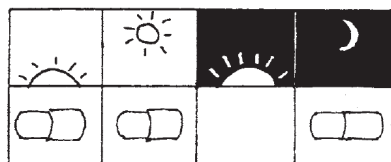
ka ine in ineno cik kit me miyo yat kin gat moo neni in ilubo cik enoni kikome, neni in iniang cik enoni maber. Now kit ma awene ki kit me miyo yat enoni. Ka inen in pe ingeyo kwan wac ki dakta me coyone dok me titone maber ma in itwero niang iye maber awene ki myero imii ma rom mani.

Me labole:

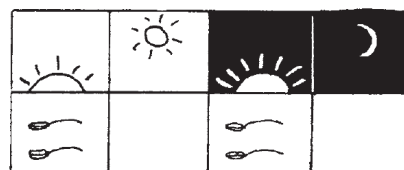
Man gone ni yat acel tyen 4 inino acel – odiko, dyeceng, otyeno woo



Man gonyeni nucu pa nucu pa yat tyen aryo nino acel acel – odiko ki otyeno



Man gonyeni myero imuny acel weng kidek nino acel acel – odiko dyeceng ki iwoo



Man gonyeni Malaga me yat 2 inino acel acel tyen ki 2 bene – odiko ki otyeno.

TIC ME ATIMA IDUL MALAC

LOK me aluba bot lapwony: rub karatac me miyo yati weng ka dong ikwany mo keken ka inyut malo wek gin otit kit ma tyen loke gonye kwede ki acel acel kit me miyo yat. **ONYO** ket karatac ma nyuto kit me miyo yat kenyo, ka dong iwac ciko kit me mwonyo yat, ka dong iwaci kit me mwonyo yat (me labole, 'nucu pa nucu pa yat odiko ki otyeno') wek gin ocet ocung ikom ckaratac maloko ikom ciko enoni.

Jenge ikom Lubanga ki penyo en me cango wan

TIC ME ATIMA IDUL MALAC

Neon ki ngeno lanyut me two ki acel acel obedo yoo acel ma wan watwero nyuto mi ma pa Lubanga ikom lupacowa ki joo ma piny odiyo gin. Ento, kakare wan wamito wiwa opooni Lubanga keken en aye lacango. En twero miyo tango me nicango. Ento en mito miyowa ryeko ikit me kit ma wan watiyo ki ryeko ki me kelo aloka loka ikwowa me bedo ma komwa yot. Wan watwero penyo En me konyo wan.

TIC ME ATIMA IDUL MATINO TINO

KWwan PILLIPI 4:6-7, Yakobo 1:5, ki Yakobo 5:13-16.

- Wang jiri man pwonyo wan nigo ikom lega?
- Pingo wan walego pi joo ma komgi lit?
- Lega konyo pacowa nining me bedo ma komgi yot

Ka wan walego wapenyo Luanga me konyo wan me gwoko yot komwa. Wan watwero penyo en me konyo wan me timo tic makelo yot kaom, kid ok watwero penyo En me konyo cango komwa ki itwo. En mitoni wan waac bote jami ma lubo kwowa. En twero miyo botwa ryeko kare ducu dok konyo me miyo wan ryeko.

Dolone

Diro me paco ki yat me ot yat twero konyo wan me bedo maber ka ien wan watye ma komwa lit. kadi bed kumeno ka inen two obedo pi cabit 2 nyo tic ki yat me ot yat dok weko wawiyo magoro. Myero in icet iot yat me nongo kony. In dok itwero ki two marac makato kenyo

Pwony macek: Malaria

Lok madito

Malariobedo two malayela tutwale ikom lutino dok bene myero ki ccang ki iot yat. Wan watwero tic me lweny ikom malaria kaine wan wagengo obee me nya ki gwoko del komwa cake cawa 12me otyeno – cawa 12 me odiko.

Jami me tic

1. Cal me Anyuat: karatca ma nyuto ki me gengo two Malaria

Lok me aluba bot lapwony: *I pwonye eni wan watiyo ki nywako idul wek gin ma dong lutino kwan ngeyo ki mape gin ngeuyo ikom two Malria – gengo ki cangone. In dong itwero weko kama gin ngeyo ka dok iketo cwinyi kama gin pe negyo, dic magitye kwede, ki ngoma gin twero timone kacel me gengo two malaria.*

NYUTO WI PWONY

TIC ATIMA IDUL MALAC

- In ingeyo nagt moo matye ki Malaria kombedi?
- Twone dwong ikabedwu eni?
- Kit kwayi lok mogo madano yee iyesi kelo two Malaria ikabedo eni tye ningo?

Kong wanen kit ma in ingeyo kwede ki lamone ini. In itwero nongo two mlari aniwok ki:

- camo kwayi dek mogo? (*kuu*)
- Gudo onyo bedo inet dano matye ki two Malarai? (*kuu*)
- Dmato jamiki kikopo pa ngat matye ki two malaria? (*kuu*)
- Nywako kabuto ki bongo ki nagt ma tye ki two malaria? (*kuu*)
- Obedo acena? (*kuu*)
- Obe makelo? (*eyo!*)



Malaria obe makayo dano aye kelo ki **yoo me nongo malaria en aye ka inen obe okayi.**

1. Obee kayo dano ki two malaria ka dok mato remo ma en okayo ki malaria iyesi.
2. Obee eni dong tye ki kwidi malaria.

3. Ka obee okayo ngat ma kome yat dong kobo kwidi malaria ikome.
4. Dong ngat eni tye ki malaria.
5. Inge nino 10, ngat eni cako nongo lanyut me two.

Lanyut me two malaria

TIC ME ATIMA IDUL MATINO TINO

- Kit kwayi lanyut anga ma two malaria ikom joo madongo? Ikom lutino?

Odwok cen

Kwayi lanyut me malaria:

Ikom joo madongo:

- | | |
|---|-------------------------|
| ▪ Arem mwotn (ikom weng) | ▪ Nyonge kom |
| ▪ Abarawic | ▪ Ngok ki cado. |
| ▪ Arem idye ngec | ▪ Bedo ma laa dogi kec |
| ▪ Lyeto twero bedo ki koyo ki mol pa kwok ma dwoko inge nino 1 nyo 2) | ▪ Tonge pa mwot ki goro |
| | ▪ Nok p remo |
| | ▪ Arem iwang |

Lutino:

- | | |
|---------------------------|---|
| ▪ Lyeto | ▪ Kare mukene ngok ki cado |
| ▪ Kec dok | ▪ Moko kelo kwot pa cing wang ki wangi. |
| ▪ Kwok mol ikomi idye woo | |

Cango two malaria

TIC ME ATIMAIDUL MALAC

- Ngo ma in itimo me cango malaria ki ganga?
- In ingeyo nining ni dano ma twoyo malaria myero ocet iot yat?

Yoo mapire tek me cango ngat ma tye ki two malaria

Ka in ibyeko two malaria, cet cut iot yat me pimo remo cut. Yat me Malaria tiyo maber ka inene kicako tic kwede cut ma lanyute onen. Ka in irii kanongo yate n aye kit matwone doko rac kwede. Ka inen two malaria dwong ikabedwu ki dong opeke ki ot yat matino tino me pimo malaria, tii ki lanyut moo keken me lyeto ma lamal me miyo yatmalaria cut. Malaria rac tutwal ki lutino ma mwaka me ditgi pe katp mwaka 6 ki mon ma oyac.

Ka inen dakta moo peke ma cok kenyo, will yat me malaria ki iot yat ci dong imwony kit ma kiwaconi iwil kwede. Mede ki miyo yat weng kit ma cik me mwonyone Waco kwede. Ka inen en otyeko yat weng, ento cawa weng dok twoni tye ci en myero dok olok yat mukene. Ka twere tere, iot yat.

Pi lyeto me malaria mii yat aspirin, (yat lakwe arem pi lutino) ka dok iket bongo madyak ikome. Cuk cwiny dano enoni me mato jami amata mapol (pii, pii me coconut , jami abiya) mapol. Lyeto obiweko kom ngat enoni two pi oyot oyot (rom ki ngok ki cado). Anga ma wiye poo lanyut me nok pa pii? Angaa ma wiye poo kit me rubu yat ORS?

Wek ngat ma kome lit obed ka yweyo kit ma cwie mito kwede kidong ocam teretereka ce inen twere

Gengo two Malaria

TIC ME ATIMA IDUL MALAC

- Ngo ma in dong itimo me gengo two malaria?

Tye jami 2 mampero wanen ka inen wamito gengo two malaria:

1. Myero wan wageng gengo ober me kayo wan, tutwale kin cawa 6pm-6am ki ikare me cwer pa kot Malaria dwong kareme mapiny lyet dok nongo kot tye ka cwer madwong. Obe makelo Malaria pol kare kayo dano ikine ka cawa 6pm and 6am.
2. Myero wan wageng obe me bedo ki kare me dongo. Tong obe nywal ipii matere cok ma pe mol. Ka inen pii ologo ma obedo pi nino maromo 8-10 , ci dong tong obe enoni obitoko. Me gengo nya pa obee ikabedwu myero ibal pii moo keken ma oloko ma twreo kelo nya pa obee.

lok me aluab bot lapwony: tii **KI CAL ANYUT:** karatac ma nyuto kit me gengo two malaria

- Ki ikin cal 4 eni mani ma gengo obee pe me kayo wan
 - But ite tandarua me obeet (tutwale ma kikiro yat obee iye)
 - Tii ki gin lageng iwang ot
- Kit kwayi yoo angu mukene ma wan watwero gengo ki obee peme kayo wan?
 - Wum komi ka itye kabuto piny
 - Loo dogola ikine ka cawa 6pm to 6am
 - Tii ki bongo magengo two kainen dye woo ki odiko con
 - Tii ki yat ma weko obee pe pyee ikomi
 - Pit yat neem ma ka kiwango tiyo calo yat me gengo obee
 - Mii cak koo ki latin. Lutino ma kidoto gin ki cak koo pe twero nongo two malaria.
- kwayi cal 4 mani ma twero gengo obee me dongo?
 - Balo geto agulu, dadaka matwero loko pii kakot cwer
 - Jwe lum mainget gang ki kabedo ma orumo wan
- Kit kwayi jami angu ma wan watwreo timone wek obee pe obed kabedo ma wawakwo iye?
 - Tii ki dano ma ikabedowu me jwero pii ki kabedo ma tye ki pii ma ocung mot.
 - Wum wii pii me agulu ki lajol pii weng
 - Gwok katweyo lee maboo ki paco.
 - Yub wang pii wek pi mamol okato.



inget

Ketone itic

TIC ME ATIMA IDUL MATINO TINO

Coo kabedo ma botwu ma inongo lume boco ki doo dwong iye matwero bedo kadongo pa obee.

- Ngo makitwero timone?

ODWOK CEN

Lok me aluba bot lapwony: wek dul weng onywak tamgi.

Ogoo yub kacel me gengo malaria.

Pwony macek: kwidi

Lok madito

Kwidi kelo two marac ki too bene. Lengo ki timo tic me yot kom gengo wan me nongo kwidi.

JAMI ME TIC

1. CAL ME ANYUTA:
 - a. Cal kwidi matye ikin piny (cal 4 ikom pot karatac 2)
 - b. Calme gengo kwidi

Nyuto wii pwony

- Kit kwidi me ic angoma dwong ikabedowu?
- Pingo kwidi rac ki boti?
 - *Gin kwalo dek ma ngat moni oacmo, dano matye ki kwidi iye dong doko ma ojony, goro ki kome bedo lit.*
- Ngo ma ki timo ki ngat matye ki two kwidi?

Kit kwayi kwidi

Kit kwayoi kwidi tye 4 mapatpat:

- *Kwidi makilowngoni Pinworm*
- *Kwidi Hookworm*
- *kwidi Roundworm*
- *kwidi Tapeworm*

TUKU IDULA MALAC

Lok me aluba bot lapwony: nyuut CAL **ANYUTA:** cal kit kwayi kwidi 4, cwum lok matyeiyeni we kcal keken aye onen. In itwero mwono in itwero mwono karatac ikom coc me gengo coc wek pe onen, wumo ma wek nyik cace pe okwane ni, onyo wumo ki cingi. waci, “kwidi mani ma roundworm, pinworm, hookworm, ki tapeworm?” ka inen lukwan obiko nyut dong lagam.

Kong watuku tuku me neon ka in ingeyo ni kwidi moni aye moni.

- Kit me negyo kwidi kurucwa /**pinworms**:
 - Gin ne calo tol nyo kikwaci manen ki icet.
 - Gin kelo kelo yilo idud dano.
- Kit ngenio kwidi **hookworms**:
 - Gin tidi ma pe nenki icet.
 - Gin weko dano enoni bedo ma nongo kome ool dok goro. Gin kelo arem l icki two cado. Dano mtye ki kwidi ma bedo ki del lake bedo makwa, ki lwete bedo makwa ki dye cinge.
- Kit me ngeyo kwidi **roundworms**:
 - Gin dongo, alunga, onyo taa bone rom kit yen danoma twero nen oyot icet.
 - Dano matye ki kit kwidi man bedo ma goro, kome yil ki arem icki aona mpe otop.
- Kit me ngeyo kwidi **tapeworms**:
 - Icin dano, kwidi man dongo maboco adada, ento ki icet ineno calo obabo ki bedo calo lwet latin.
 - Dano matye ki kit kwidi man bedo ki amwoda ic ki bedo ma ojony.

Gengo Nongo Kwidi

NYWAKO IDUL MATINOTINO

Idul ma megwu, okati ki yoo madano nongo ki kwiti.

- *Cing mape ki lwoko*
- *Mako cet*
- *Cam mpe ki tedo maber, ma nongo dek mapekitedo maber ki manumu*

- *Mato pii macol*
- *Wot kit yen nono (kwidi hookworms matye ijami macol igom donyo ki ityen dano)*

ODWOK CEN

TIC ATIMA IDUL MALAC

*Flok me aluba bot lapwony: Nyuti **CAL ME ANYUTA**: Gengo two kwidi kun itito lok magi*

Ngo ma wan watwero timone me gengo kwidi?

- Lwok cingi
- Ruk waa
- Tii ki coron dok igwok obed maleng
- Tim dok ilub yoo me gwoko dek maber
- Mat pii maleng (tii ki lyeto ceng, tedone, yat ki liyone)

Kit me cango kwidi

Yoo maber mawan watwero tmone en aye me cango kwidi ki tio tc me lengo. Ento ka ngat moonyuto lanyut me bedo ki kwidi, eni aye jami ma watwero timone:

- id kurucwaa, lwok dudi maber nino ducu dokiduny ye moo (petroleum jelly) iyi dudi kaibutu piny wekogeng yilo. Onyo. Ket gin imwono idudi idye ceng k idye woo wek tong kwidi omok iye. Tiim man pi cabit 6 .
- **kwidi Roundworms** twero cangone nwok ki yoo magi: med Malaga aro me pig papaya makibiyo, moo kic Malaga 2 onyo cukari ikopo me pii madit ma dede, pii maleng (maki tede) ci dong imati. Man kit yoo makitimokicel keken ento twero nwoyone inge cabit acel ka mite.
- Yoo mukene me diro em gang ma gengo two kwd aye **areca nut**. Ikodi nyik yen man tye kabledowu? Me yubo yate, kwany nyike ma otwo, kwany poke mawoko ki dong wek otwo pi nino 2 (onyo itwero wilo nyike ma otwo ki icuk). Din nyikeni wek obed maburu c rub maromo Malaga 2 ki dek nyo gin amata. Kit gin ma kirubo man myero ki mii kicel pi nino 3 ki cawa moo keken ma byekon kwidi tye
- Yat mukene mapatpat kicato l ot yat me vango kwidi: Ketrax, Padrax, Antepar, Piperazine, or Mintezol pi kwidi mapol. Pi kwid tapeworms, tii ki Yomesan (niclosamide) ONYO Antiphen (dichlorophen). Talk lok k ngat mooo iotyat wek mwony kit macalo mite kwede.

Kare mukene latn twero bedo k kwidp kare malac, weko cng k tyeg bedo matino. Pien kwidi eni dong obedo kenyo pi kare malac, adwogi me kwidi man ikom latini twero nen calo gin mape rac. Dong pire tek me miyo yat me cango kwidi ki ikom latin kicel imwaka acel ka inen tye.

Ketone itic

- Kit gin ango main itwero cakotimone tin wek ogeng in me nongo kwidi ki lupaconi

Pwony macek: Aona (TB)

Lok madito

Two aona TB obedo two ma nyaa adada ka inen ngat matye ki aona enoni oono ci kwidne okii iyamo, dong ngat moo ki aona makato dwe myero ocet iot yat wek kipim.

Jami me tic

1. Cal me Anyuta: lanyut me two aona TB ki two koyo mogo (ngol idyere wek obed gin 2)

Nyuto wii pwony – NGINO

TIC ME ATIMA IDUL MALAC

Mapwod peya wacako tin, wabituku tuku me neon ka wan wiwapoo maber ikom tic me lengo ma wapwonye iyeni.

***Lok me aluba bot lapwony:** pok dano idul 2 ci ipoo wigi tye tic me yot kom ma romo 8 (matye ipwony maceko ceko: nwoyo neon tic me yot kom). ngat moo wiye poo ikom lok me tic me yot kom ki yoo 8 ma myero kilubi me lanyut, ‘gwoko coron maleng’ tye ikin jamimatye ilok me gwoko coron maleng’—weng obedo lagam maber) ngat enoni myero oa malo ka owac yoo acel me tic atima wek onong maksi ki dul mamege. Tdul matye ki maksi madwong inge Waco yoo nyo tic me atima me yot kom weng nongo en aye oloyo. i agikine, poo wigi dong ikom tic me yot kom ma gin pe guwaco.*

Ber tutwal me wiwa poo ikom lok me yot kom weng ki acel acel! Timo man konyo me cako timo jami me yot kom me gengo two ma wan dong waloko iyeni, man bene konyo me gengo two aona TB.

Two aona TB obedo gin ango?

TIC ME ATIMA IDUL MALACS

- IN DONG IWINYO PI TWO AOAONA MA KILWONGONI TB?
- Ngat mo ma dong obedo ki two aona TB tye? nyo ngat moo ma ingeyo ma otwoyo aona TB?Ka tye waciwa gin ma ingeyo.

TB obedo tye marac, marii, dok kobo (oyot oyot) two ma ngat moo eken room nongone. Pol pa dano manongo TB tye ikin mwaka 15-35, jo ma goro,jo ma moc cam nok ikomgi, onyo tye ki kwidi two jonyo.

To aona TB. Kobo oyot tutwal ikom dano tutwale ka itye iot acel kwedgi. Gin ma ber en ayeni aona TB twero cang. Ento gin marac, dano mapol too ki itwo man mwak ki mwaka.

Tye yat ma obicango aona TB. ENTO, myero imwony yate noni wang ma otum. Ngat moo keken ma onongo aona TB ento peke ka mwonyo yat maber twero poko two man ikom joo mukene niwok ki iono, jiro, ki bedo kacel. Aona **TB kobo oyot mada**— wac man kacel kweda.

Two aona TB twero genge

Ka inen wan watye ka tic ki tiro me yot kom, wan watwero gengo wto TB. Ento tye jami mogo manok ma wan watwero timone me gengo two aona TB wek pe omak joo muekene.

1. Wek ki gwe lutino cut ikom two aona TB cut ki inge nywal (I dwe acel).
2. Neni luwto aona TB tye ka ngo kony me yat me gengo nya pa two aona TB ki dong gin obed ka mwonyo yat kadi bed dong gin winyo maber.
3. Pwony lutinoni (ki dong cuk cwiny joo madongo m bedo lanyut maber) me onoo iotwengi ma nongo wigi okule piny.
4. Pwony joo magangi pe me ngul laa; ngulo laa cwalo kwidi I yamo ki dong weko two bwdo kaweng.
5. Pwony joo ma komgi lit me bedo ki add aka gitye ka mot me “moto ngut cing aye ento pe dye cingi pien komgi lit.”

TB twero cang

Myero wan wange lanyut ma cimoni ngat moni twero bedo ki two aona TB, Wek waneni gin gunongo yat maber me cango two. Lanyute aye:

- Aona ma rii katomwaka acel, tutwale ka inen pwod icoo acoya ki inino
- Abarawic ma pe tek tutwal i odiko ki otyeno
- Kwok macer l dye woo
- Arem ikoo ki dye ngeyi ki malo
- Kec dok ki jonyo
- Goro me kom (danoni kome ool pi oyot oyot)
- Del kome loke
- Ono ma ingulo remo (tutwale ikare ma nongo dong orii ikomi)
- Dwoni rwe (matek adada)

memedone, lutino twero nyuto lanyut man:

- Akwota l ngut ki ic
- Lyeto ki aona ma bedo teretere

Ka inen itye ki byek ni meno twero bedo aona TB , cet cut iot yat wek inong kony me yat. Datka obiconi kwayi yat mapatpata ma myero imuny ki gini matek mada pi mwaka acel. **Pe igik munyo yat, kadi bed dong itye ka winyone maber.** Mwony yat wangma dakta dong owaci iweki.

TIC ME ATIMA IDUL MALAC

LOK ME ALUBA BOT LAPWONY: *kwany ngat acel ma odyere. Ngat ma odyere ni obiporo odenge calo itye kiaona TB onyo koyo. Myero pe onyut calo tuku ento myeroogam lapeny ma nyuto lanyut me two aona TB. MII KI NAGT MAODYERE **CAL ANYUTA:** Lanyut me aona TB (room bedo me aona TB onyo me koyo – rub gin we ken okwany moo keken) cik gin wek pe guwek lukwan onen karatac enoni.*

Wek lukwany owac lok ni eyo nyo kuu, calo ‘aonani dong otero kare makato mwaka acel?’ onyo ‘iwinyo kori rem?’ ka ien lukwan dong openyo laapeny madowng onyo gin tamoni dong two aona TB, Gin dong room Waco lagam. Ka inen pe guwaco kakare, nyut lagam manyuto kakare. Ka inen ngat ma odyereni tye ki aona TB, wek ginopoo wiye me mwonyo yat wang ma dakta owaci dog ogik mwonyo yat.

Tuk man pi tyem ma romo3-4 wangma dano weng dong onongo lagam kakare.

KETONE ITIC

TIC ME ATIMA IDUL MATINOTINO

- Kit adaa acel ango ma ipwonye ilok kom aona TB ma onongo in pwod pe ya ingeyo?
- Kit tic me yot kaom ango ma in itwero timone tereter (nyo ipwonyo ki lutinoni me timone teretere) me gengo aona TB pee m nyaa?

ODWOK CEN

DUL ME 3: KONY ME ACEL

Pwony macek: gengo awao

Lok madito

Kwanyo kare me gengo nongo awano konyo in ki lupaconi ki kabedoni weng.

JAMI ME TIC

1. CAL ME ANYUTA: kit awano ma twero timer (yub dul 4)

Nyuto wii pwony

TIC ME ATIMA IDUL MALAC

- In dong ineno awano moo cocoki ipacoi, gang, ki jirani onyo kabedo ma orumo in?
- Obedo kit awano ango?
- Otime nining?
- Ngo ma kitwero timone me gengone?

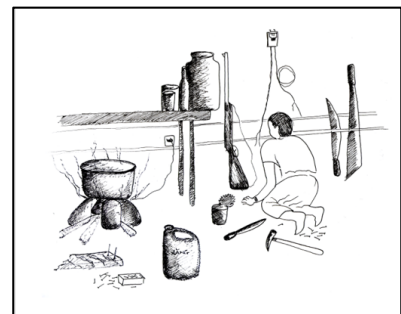
Lok me aluba bot lapwony: mede ki penyo lukwan wang ma gin dong otamo dok okati ki laagam madwong ataa. Ka pe gin twero tamo gin moo mapwo otime atima, ci dong ipeny gin me tamo anged kadi bed imwaki ma okato anged.

Kit kwayi awano ma twero time

TIC ME ATIMA IDUL MATIO TINO (dul 3)

Lok me aluba bot lapwony: mii ki dul acel acel karatac me **CAL ME ANYUTA:** Kit kwayi awano mapatpat kid ng igwok acel boti. Mii kare ki lukwan wek gin onen dok onywak maber peki mapatpat iot pwonye

1. Lung jami weng ma twero kelo awano.
 - Kwi marac malutino ocamo (mok nongo kiketo icupa ma gin pe ngeyo)
 - mac ki agulu makicibo imac malyet
 - Mac elengtric (waya matye ludok ma tye kama leng)
ki ka mogo mamac twero goyo iye dano
 - Cumaa ma wiye okati woko ki ikom gin moo
 - Pala ki nyo ma kiweko idye ot
 - Cumaa makicomo ki ingom
 - Jamimabit bit ma otye (ki jami mukene ma bit bit)
 - Tong mkiketo ikoo ot
 - Jamimapek makiketo iwi meca ma corone yot
 - Pii matye inget waya mac
 - Muduku matye ikoo ot



2. Pi kit kwayi jami matero kelo awano man, tit kit awano matero time niwok ki ijami man ki tit gin ma waromo timone mapat wek awano man pe otime.
3. Kit kwayi jami ango matye ipacowa matwero kelo awano mapwod wan pe watito pire?

ODWOK CEN – wek dul onywak lagam ma gin ongo ki ikom lok mamaloni. Tii ki kar man me neon ngoma gin tamo dok dong ngeyo ma pwod pe yaa imiyo lok ma mite botgi ipwony mabino anyim.

Gengo awano, wang ki kwii marac

TIC ME ATIMA IDUL MALAC

LOK ME ALUBA BOT LAPWONY: *kwany kare dok onywak mapol kit kwayi jami mawatwero timone me gengo awano, wang, ki kwi marac. Nywak tam matye pinyi. Cuk ccwinygi me cako tamo ngo mukene magin twero cako timone mapat me gengo awano ipacogi.*

Kong dong waneno yoo mukene me gengo awano, wangki kwii iapcowa. Kit macalo waloko ikomg, tampi kit yoo maitamoni twero tic maber ipacon.

Gengo awano

- Gwok lengo me kabedo ma ipaco, gang pwonye ki kabledowu. Neni pet ye gin mabit calo cupa maotye ki cumaa ma odong tye ingom.
- Cok iduu kacel kadong iwang yugi.
- Ket cel inget wang pii ki kamogo matut ma lutino romo poto iyel.
- Gom wii Cuma moo keken ma ocung ikomgin moo atii.
- Jwe lum weng ma olot maboco maromo bedo kakane pa nyayi calo twol
- Gwok jami calo pala ki gaa mabitbit kam lutino pe twero kwanyone.
- Neni waya me mac pe kiketo kama leng ento kikano ma dano pe twero nongo iye awano. Pe igud gin moo keken me mac ka inen cingi dyak. Pi weko mac goyo dano pi oyot tutwal.
- Pwony lutino wek gin pe obed cok ki gudo ka mutoka tye ka bino.
- Ka ien oti tye lamal ket cel moo me gengo pot pa lutino ki malo.

Awano me wang

- Gwok jami malyet calo agulu pi malyet ki mukee malo kama lutino pe twero oo iye.
- Gwok kibiriti, kwi ki moo tara malo kama lutino pe oo iye.
- Ka in icwinyo tara onyo candela, ket malo kama lutino pe oo iye.
- Gwok mac laput cen ki inget tandarua ki jami me butu matwero gamo mac pi oyot.
- Pe iwek latin pire kene ingt mac.

Gengo awano me kwi marac

- Coo nying yat ki jami mabedo kwi kwi iom cupa ma jami enoni tye iyesi (onyo lanyutni enoni jami ma bedo kwi kwi).
- Ka pe in ingeyo gin ma kiketo icupa, pe ibil.
- Pe iket jami calo moo tara gini icupa ma dano naka tiyo kwede me pii. Pe iket pii icup ame moo tara ki kwi matwero kelo awano.
- Pe iwek lutino ocam jami ataa calo obwol mape inegeyo.

Ketone itic

Ki lawoti

- Kwany jami 2 makipwonyo tin ma in ibitimo me engo awano ki iapco mamegei.
- Ngo ma ite ni itim me kelo aloka loka man? Anga ma twero kony? Awene ma itwero timo man?
- Kit gin acel onyo 2 anga ma iwpnye iye inino matin ma in iromo nywako ki luwoti I cabit eni?

Kwany nino acel onyo aryo ki ikn nino eni ci dong iwot ingi teng gangi ci inen kit gin moo keken makelo awano. Lok iye ki lutinoni ka dong onwak aloka loka ma imito neoni ipaconi. In bene itwero wot ki lupaconi kabledowu ka dong otimo maromaroma.

Pwony macek cek: kit kony me cael bot nagt ma gin moo ongolo onyo owang

Lok madito

Juk mol pa remo ki dong iduny wang rets. Kwe arem ki duny kam owing ki ma ki ngolo ci inong kony me yat cut kai ne dit.

Jami me tic

- Pii, bongo

***Lok me aluba bot lapwony:** yoo mamite me miyo kony me acel ber ka ipwonye dok icako timone cut. Tii ki calme anyuta wek okony dano me poyo wigi me nyuto kit me gwoko dano ma onongo awano. Ka twre wek dano opoo kit yoo me aluba ki luwotgi.*

Nyuto wii pwony

TIC ME ATIMA IDUL MALAC

KA inen ngat moo onongo awano, gin maber me atima en aye me kono dano enoni pi oyotoyot. Kony me acel en aye gin ma intimo bot ngat ma onongo awano mukwonygo. Tic me acel ma in itimo room konyo kwo ki dong gengo gin enoni me doko marac.

- Kit awano angoma in inneo ikabedowu ma ngat moni ongo awano me wang ki me ma gin moo ongolo? Ngo ma danno otimo me kelo cango bot ngat enoni (joo enoni)?

Gwoke kekeni

Two mogo calo two jonyo (silim) kobo niwok ki iremo. Ka inen ngat moo remo tye ka cwer ki ikome ma nongo tye I two enoni, ki dong ka remone orwate ki megini dong itwero nongo two. Eni aye jami ma itwero timone me gengo nongo two ka in itye ka miyo kony me acel bot ngat ma onongo awano ma remone tye ka cwer:

1. Ka in itye ki bur icingi acel ci dong itii ki cingi ma bur peke iyeni, me miyo kony me acel.
2. Bed ma iryek wek pe ingol komi nyo itic komi ki jami mabit ka itye ka miyo kony me cael bot ngat ma onongo awano.
3. Ka inen remone okii ikomi ci lwok cut kip ii ki cabun.

Cango wano me ma gin moo awa ongolo

***Lok me aluba bot lapwony.** Ka inwako lo moo kken, nyuti ka iwek dano weng owpony timone I dul.*

Ka inen gin moo ongolo ngat moo gin ma pire ek me atima aen aye me **gengo cer pa remo**. Dano too niwok kiiony pa remo mapol ki ikomgi.

1. Giko cwer pa remo:

- Tii ki bongo maleng mapek me umo wang bur.
- Il wang bur enoni makato cwinyi me dwoko cwer pa remo.
- Dii wangbur enoni matek ki cingiwerek remo ogik cwer kit kero man me dino wang bur eni obigengo komi kaweng wek remo pe ocwer ki iye. Pi bur mogo manongo pe tut eni obijuko cwer pa remo inge dakika ma pe kato 1 onyo 2. Pi bur matut, mogo romo tero dakika 20 nyo cawa mukene inge wang cawa acel. Mede ki diyone wang ma remo ogiko cwer! Dino wang bur romo bedo tic matek ento pe igiki wang ma remo ogiko cwer—pe ijalo!

- Ka inen burne tut mada, cwal ngat moo me mede ki kony mukene ka in ngo imede ki diyo wang bur. MEDE KI DIYO WANG BUR.

PE itii ki daba, cet lee, moo tara, cementi, onyo kawa me juko cwer pa remo. Magi twero kelo kwidi me two ikome!

2. ka inen remmo dong ogiko cer, duny wang ret:

- Lwo kip ii dok iwek okwer mot, pii maleng (me amat). pire tek me gengo cilo moo keken iwang bur wek kwidi makelo two pe dok odony iwang ret. Mot mot ento dunyo weng maleng (keto yat matye ki kngo iye nyo yat bur konyo ben me kwanyo cilo ki iwang ret).
- Boo ki bobgo maleng onyo laboo bur. Pe dok itwer matek, tutwal. Ka inen ngat enoniocako ngo koyo kam itweyoni ci dok kong igony latwer bur wek obed yogo yogo.
- Lok bobgome twyo buer nino ducu wek obed maleng. Pol kare lwok cingi ma pwod pe igudo wang bur.

3. Ka ien kwidi moo keken dok odonyoiwang ret kadi bed onongo dong tye kacang, bur dok cako nyare anyara. Kwidi ma kelo awano romo bedo rac makato. Magi aye lanyut manyutoni kwidi marac odonyo iwang bur:

- Ka inen wang ret tye kma kwar ma odet, dok okwot, ka inen tye ki tut Makai onyo ngwece ocako bedo tye
- Ka ine wange makwari ocako loke mukene
- Ka iene ngat enoni ocako winyo lyeto onyo koyo ocako nekone, ci dong nyutoni kwidi makelo two dong odonyo iye.

Ka inen wang bur madit kwidi odonyoiye, tern gat enoni cuiot yat.

Cango awano ma ngate owang

Lok me aluba bot lapwony: kit ma inyuto kwede yo me cango ngat ma oowang, nyut botgi wek gunen kit me timone.

Kit macalo ngat ma jami mabit ongolo, wang ret ma owing mwero kigwok obed **maleng kid ok omjero ki boo ki bong kit macalo cang kwede. Ento tye jami mogo mapire tek ma myero inge ikit me gwoko bur pa ngat ma owang:**

- Cut, kwer wang ret ki pii. Mede ki yoro pii iye pi dakika moo mapolpol onyo ket kama owangi mot ipii mangic. Eni obikonyi pe me weko wang enoni mede me ceto matut.
- Inge dakika moo um wang bur enoni mot mot ki bongo maleng dok madyak.
- Pe IKET moo moo iiwang bur ma owing awanga. Ento cak mogo ki ikom yen mogo romo nyo me cangone.
- Pe ikwany del ma owang.
- Tee dano ma owing matek iot yat bot daktaa.

Timone

TIC ME ATIMA IDUL MALAC

LOK ME ALUAB BOT LAPWONY: Wek dul (onyo lawoti) oket tuku ma ngat moo nongo ongo awano me wang onyo gin moo ongolo en onyo tye ki bur ma dong kwidi makelo two odonyo iye. **Poo wii lukwan pi yoo 4 me tic ikom ngat ma owing ki ma gin moo ongolo.**

1. Gwoke keni
2. Juk oony pa remo /ony pii me gengo mede pa wang
3. Duny ka itwe wang ret

4. Nen k ace kwidi donyo iwang ret

Odwok cen

Lok me aluba bot lapwony: *wek dul ki acel acel onyut tuko gi. ingetuku , peny lukwan ni tukune owoto nining? Gin imiyo cango maber ikom ret? Gin wigi owil ikom gin atima oo acel?*

Ketone itic

- Kit gin acel ango ma in ipwonye iye ma in itwero nywako ki joo mukene icabiti?

Pwonye macek: kit diro me mio kony mukwongoka twol okayi onyo inongo kwi moo

Lok madito

Mii kony cut ka inen ngat moo omatokwi onyo twol okayi.

Jami me tic

1. Cal me anyuta: twol ka okayi

Nyuto wi pwony

Tini wabiloko ikom kwi ki kit ma ka twol okayi.

- Twol mono dwong kany? Gin mono tye ki kwi marac?
- Tye ngat moo ikabedo eni ma dong twol okayo onyo onongo awano me kwi marac? Ngo ma otime?
- In itamoni ngo marac tutwal ki jami eni?

Lutino aye joo marac mada ki jami man pien gin maro keto jami atata idogi ki dong kare muekene gin maro lak atata idye lum. Pien komgi tidi, kwi bene rac tutwal pi gin.

KWI

TIC ME ATIMA IDUL MALAC

- Kit kwayi kwi ango ma tye ikabedowu ma myero dano ogwoke kwede?

Lok me aluba bot lapwony: *wek lukwan otam pi jami ma tye gang onyo ikabedogi calo:*

- | | | |
|--------------------------------------|----------------------------------|--------------------------------|
| • <i>Yat m akionyo ipii me amata</i> | • <i>Taa</i> | • <i>Yat oyoo</i> |
| • <i>Yat ma kiketo iwang bure</i> | • <i>Moo tara</i> | • <i>Yat me neko anyangi</i> |
| • <i>Kado rac kadwong pi latin)</i> | • <i>Gin me wero ot</i> | • <i>Pot yen moko matye ki</i> |
| • <i>Yat (kwayine weng)</i> | • <i>Moo pikipiiki</i> | <i>kwionous leaves or</i> |
| | • <i>Pik mac makidiyo addiya</i> | <i>berries</i> |

Me gengo awano me kwi, neni itimo jami magi:

1. Neni jami weng matyeiki kwi igwoko gin kama boo (kwayi yat weng me ot yat) kama lutino pe nongo.
2. Pe igwok moo pikipiki, kwi, jami me lwoko bobgo calo jik no jami e kwi ikoc me jami amata calo cupa me juice, pien lutino obiceto kamatone.

NYWAKO IDUL MATINO TINO

- Kit kwayi jami mabedo kwi kwi man tye adii ipaconi?
- Ngo ma in itwero timone me gwokne cen ki inet lutinoni?

ODWOK CEN

CANGONE: ka in ibyekoni ngat moo omato wki marac tim man pi **oyot oyot:**

1. Ka iene nagti wange twolo dok nygeyo kome, mine pii omat madwong wek olel keropa kwi enoni (pii makato kikopoacel ine dakika 15) ka iteye ki maka ma onginye, rup kip ii ci imi cut. Mede kimiyo pi dye ceng weng!
2. Pe IWEK ngat enoni ongoki ka omato kwi. Man obikelo peko mukene!
3. Ka inen ngat enoni pe ngeyo kome pyele alak nget ci itere iot yat cut. Tere ki kwi ma en omato wek daktaa onen kwi enoni.

Ka iene gin me kwi okii iwangi onyo idel komi, lwok cut kip ii kun ilako cawa weng pi dakika 2o.

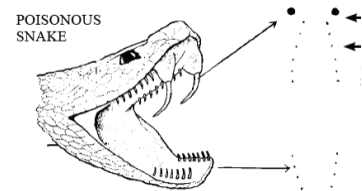
Ka twol okayi

TIC ME ATIMA IDUL MALAC

- Kit kwayi twol ma kwine rac angoo onyo owotongo marac angoo main itye kwede ikabedowu?

Ka ngat moo twol okayo, teme me nuiang ka twol enoni tye ki kwi marac onyo kwine peke. Kit lakene polkare nen papat.

Lok me aluba bot lapwony: nyut **CAL ME ANYUTA:** cal matwol kayo ki danome nyuto kit ma wang awano e twolmaty ki kwi marac nen kwede. Twol makwine rac pol kare tyw ki lake marac aro manen ben cut iwang ret ma gin okayo. Ka inen pe twol matye ki kwi ci obibedo ki kalak aryo.



1. **Tee dano enoni me nongo kony me yat.**
2. **Bed mot pe igeng kama okayoni.** Ka inen in ikwanyo wang ret enoni ci dong kwine obiwoto oyot mada ikome. Ka inen awano tye itylene ngat enoni pe owot matwal.
3. **Twe wang ret ma two okayoni ki bongo wek ogeng kit me wot pa kwi pi oyo oyot.** Gwoko cing onyo tyen kama twol okayo mot kun itweyo ki bongo pe matek tutwal madok gengo wot pa remo ikabedo enoni
4. **Ting ngat enoni iwi kitara katwre wek itere iot yat macok kwedi.** katwre bene kite two enni ka kineko pien twl mappat tye ki kwayi yat mapat pat bene.

Otwongo ki jami mogoni bene rac dok rem ka okayi ento per ac tutwl bot joo madongo. Twero bedo rac bot joo matino ki joo mukene ma komgi kwot ka gin moo okayo gin. Ikit joos man nong yat cut.

Timone

TIC ME ATIMA IDUL MALAC

LOK ME ALUBA BOT LAPWONY: Wek dano maidul nyo lukwan guyube idul, wek gin oyub tuku ma nongo ngat acel omato kwi, onongo kwi ikomgi, onyo twol okayo.

ODWOK CEN

LOK ME ALUBA BOT LAPWONY: Wek dul ki acel acel dong onyut tuku gi. Inge tuku peny dul mukene ni, owoto nining? Gin omiyo yat maber?' neni in wigi opoo ikom jami magi:

- PII PI kwi.
- WEK OBED PE OYEL WANG RET pi twol.

KETONE ITIC

- Kit gin angoo acel ma ipwonye iye ma ibinwako ki joo mukene icabit eni?

Pwonye macek: kit me konyo ngat ma oyuyujami iot yamo nyo odec nyo gin moo ogeto idwone

Lok madito

Wan watwero konyo dano ka inen gin moo ogeto idwon nyo ot yamo wek gin obed makwo.

Jami me tic

1. Cal latin toyi

Dec/ uc/ geto idwon

Ka iene gin moo ogeto idwon ngat moo twero bedo marac mada kaine gin dong pe gitwerp lok ma dano winyo. Ka pe gin twero lok ma winye tye lokeni dong gin pe twerpo yweyo.

1. ka iene ngat enoni kok nyo ono nyo twero lok pwodi, wek otute me cwako dwone pire kene, ono ibikonyo me yweyoo ot yamo.
2. Ento ka ien en dong mako dwone kekne ma wang e ongwelo, (yub cale onen kit man), nongo ot yamo dong ocule, gin dong pe twero yweyo, ci dong nongo gin mito kony cut. Wan pe watwero kwo labongo yweyo pi dakika mapol, dong myero ikony dano enoni pi oyot oyot!

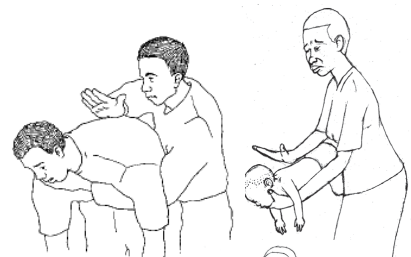
- In dong ineno ngat moo omako dwone pien gin moogeto iot yamo? Ngo ma itimo?



lok me aluba bot lapwony: tii ki joo maodyerev me nyuto man kit macalo itito kwede.

Ka inen latin, nyo ngat matidi, dano matidi pe twero cwalo dwone malongo, **oyot oyot tim gin man:**

1. Pi ngat matidi kul ngat enoni ipyeri. Pi latin, kule iwi congong onyo pyele icingi. Wigi myero kule okat kore.
2. tii ki dye cingi me dongo dye ngeye. Pi latin, tii ki cingi me dongo ngeye mot mot wangma yoo yamo oyabe.



Pi joo madongo, tii ki yoo man:

1. Cung inge ngat enoni k aka iket cingi tung ipye.
2. Neni idiyo te bute tung te rege.
3. Ket cingi iwi lawote ka dong itii l kero me diyone wek yamo okat ki l oboo. now wang ma gin ma oculu yoo yamoni okati woko.

Man twero bedo lit bot ngat ma kikonyoni, myero pe itim bt ngat ma pwod tye ki kero me ononon onyo cwako dwone



Tomone

LAWOTI

LOK ME ALUBA BOT LAPWONY: wek lutino kwan omake kadong gupwony timone ikom luwotgi yo aryo weng – PORA PORA me timo calo idiyo ngati ka itye ka timo yoo me aryo. Ka twere bed ki latin toyi wek joo 2 ni weng opoo timone ikom toyi. Poo wigi kadi gin timo me weko wii ngati obed pinym kato kore ki dong idong ngeye matek.