

# KITUUGA, CAUGA, QAILLUN, CIIN-LLU

## (Kituuga Iinrurrluitesciigalilria)?

Una apyun wangkuta yugni tamaklamta umyuangcautekraarpek'naku egmianun kiuyugngaarput. Wangkuta tamaklamta nallunritukut tuaten ayuqucingelriamek. Una Kass'atun apqiit 'addict-aaq' imuuguq yuk makunek iinrurrlugnek eliyulluki piitesciigalilria. Wangkutnek-llu nallunritukut tuaten ayuqetullerni. [Tuaten ayuqellemteni iinrurrlugtullerkarput taugaam kiingan umyuamteni uitauralallruuq.] [Eliyulluku piitesciigaliluta, nangutaqamta-llu egmianun yuaraqluta unangvimtenun.] Piciatun arnaq, wall'u angun tuaten ayuqliriyugngauq. [Tuaten-llu elliqui imutun iinrurrluum man'a yuucia tegulriatun piciquluku]. Tuaten-llu yuk elliqui, imutun tememikn naullutelegtun, man'a ayuqucia arcariinarluni piciquluni. Tuaten-llu iinrurrlugturturluni picurlagluni itercivigmi itertaullerkaminun tekitaqluni piciquluni. Wall'u umyuiqellriit uitaviitni itrumayaurluni, wall'u aipaagni tuquluni.

## [Cauga Narcotics Anonymous Program-aq?] (Cauga NA-q)

[Una NA program-aq waten agayuvigtun ayuquq, yuut quyurrvikluku.] Wavet NA program-amun ekumalriit imkuugut yuut, arnat, angutet-llu, iinrurrluitesciigalilriit. Tua-i imkut iinrurrlugturturangelriit, kiituaani picurlautek'ngaata mat'umun yuullermeggnun. Una-llu NA program yugnek akingengnaqluni pilriaruvkenani. [Wani NA program-ami uitalriit quyurqurluteng, man'a iinrurrlugturturalteng taqluku, ellmeggnek ikayungnaq'artut assiringnaqluteng, tamarmeng atunem ikayuqluteng.] [Wani program-ami uitalriit imutun yalriatun pilartut, tamana iinrurrluk aturyulteng imutun kepqapiarlatun piluku.] Kina imna iinrurrlugturyuumiirulluni taugaam pilria wavet NA program-amun ilagaucugngauq. Ilagautengkuni-llu uum program-am elitnaurutai ayuqucirtuutai-llu maligtaquluki taugaam pikuni, utumatmun ayagciqluni assirillerkani tekilluku.

[Uum NA program-am amiiga ikingqauq kitumun imumum piyulriamun.] Itgerraaqan-llu quyurtellrianun akilircetaarngaunaku ciunrin, wall' ilagaquarangraan taum kinguani akilircetaalarngaunaku. Ukut NA-nkut una program-arteng ellmeggnek pikaat caliaqluku allakarmeng, qakmani nunani allanun calilrianun,

wall'u tegustenun, ilagausngavkenateng. Wall'u-llu quyurrviteng tarenrairissuutelirluki piyuunaki, yuut qakmaken itellriit murilkelluki. Kina imna yuk cakuciuengermi ilagaucugngauq. Kassaungermi, Tungulriarungermi wall'u Yupiungermi, wall'u arnaungermi, angutngungermi-llu, wall'u ayagyuarungermi, temyigingermi-llu. Kina-llu yuk piciatun camun agayumacimun ukverumangermi ilagaucugngaluni. Cali-llu camun agayumacimun anglluumanrilngermi ilagaucugngaluni.

[Ukut NA-nkut ciuniurciqaatgen ikayurcetaaqvet, arcaqakngaunaku-llu cakucinek iinrurrlugnek aturturalallren, wall'u qaillun amllertalriamek tamakutulallren.] Calallren-llu, wall'u camek caliangqellren arcaqakngaunaku, taugaam quyapiarciqluteng iluvallerpenek lkayungcarluteng, tengruluteng-llu ciuniurluteng ikayungnaqciqluteng. [Ikayungcarluteng ilagauteqarraalriit cakneq ciuniurluki pilartut tamaani, ak'a quyurteliyarturatulit tamaavet nallunrilamegteggu, taringumaluku-llu ikayuumallerteng tamaani.] [Tamana-llu assirillerteng imutun cikiutnguluku tangvalaraat, nutaan-llu ilagaulluteng ikayurcetaalrianun tamatum assilriim cikiutellmeng ilii imutun tunyulriatun pingnaqtuluteng.] Ellaita-llu taringumaluku waten yuk quyurteliyarturluni pikan, piciculuni-llu assiriyugluni pikan, man'a iinrurrlugyugturallran imutun augaumalriatun piciqngan.

## Ciin Narcotics Anonymous Program-amun ilagautengellrusia? (Ciin ilagautengellrusia NA-mun?)

NA-mi quyurtellrianun ilagaucaurpailemta waten iinrurrlugturturluta yuullemteni, man'a piuralput, yuucirput, elluarrluni ayallrunrituq. Makut-llu allat yuut elluarrluteng assirluteng cavkenatang angnirluteng piuralriit ilagarluki, ayuqeliluki-llu pisiiganata. Waten-llu taugaam iinrurrlugturluta piaqamta tuaten ellaita cavkenateng pillracetun angnirluta anglaniluta piaqluta. Man'a-llu iinrurrlugyugturluta pilallerput arcaqayagulluku, umyuaqsuirulluki-llu ilaput, nuliaput, uiput, irniaput-llu, iinrurrlugtullerkarput taugaam kiingan umyuaqurluku. Iinrurrlugyugaqamta-llu callerkairulluta, cat tamalkuita nalluyagulluki unangengnaqaqluta. Tuaten-llu tamana ayuquciqsagutellemteggun amlleret ilamta umyuarit navgurluki, arcaqerluku wangkutnek. Wangkutnek tua-i navgupiggluta pingramta, picurlagaqamta allamun yugmun elliaqluku. Taringesciiganaku-llu man'a yuum yuucia, ciin-llu, qaillun, ca-llu pitekkluku

cat ilait arenqiallugutet, wall'u cat assilriit, taumun yugmun tut'elauciitnek. [Taringumavkenaku-llu cat ilait arenqiallugutetyugmun pilriit inerquutnguyaaqelliniciitnek, wall'u ellangcautngu yaaqelliniciitnek.]

[Amllermi wangkuta iinrurrlugturyugturalriani iliini umyuarateq'laryaaqukut, nallunricaaqluku-llu, tuaten iinrurrlugturturluta pillemteggun, wangkutnek man'a unguvavut cukavkenaku teguluku pillemtenek; tua-i wangkutnek tuqutepiggluta.] Taugaam tamana iinrurrluk tukniami, eliyulluku taqesciigaliku pilriani, wangkutnek imutun inglulurlluku callugluku piciiagalilartukut; assiiinguuluni tukuniluni. Picurlagluta itercivigmi itertaugaqluta. Wall'u iliini yuungcaristet iinrukitaqluta ikayungnaqluta. Iliini-llu agayuvigni calilrianun ikayurcetaaryaaqaqluta. Wall' umyuiqellriit yuungcartaitnun yuvrircecimayaaqaqluta. Makunun tua-i piyaaqengramta taqesciiganata. Tua-i iliini taqumacuaqerraarluta ataam ayagniraqluta. Apqucirluta-llu naullulriatun ayuqngamta. ataam ayagninqigtaqamta arcarikanirluta pikanirluta iinrurrlugyugturavsiraqluta. Tua-i-llu erenret iliitni assiilliqsiyaakumta caviirulluta ikayungcarluta Narcotics Anonymous-aankunun.

Taukunun-llu tua-i nutaan ikayungcaqumta, ircaquput-llu ikirrluku niicugnikumta, nutaan taringeciiperput apqucirluta naulluupiggluta piyaaqelliniciimtenek. Tuani-llu nallunrirciqluta mat'um apqucim iinruitelliniyaaqellranek. [Taugaam taukut elitnaurutait, alerquutait, ayuqucirtuutait-llu niicugnipiarluki taringepiarluki-llu pikumta nallunrirciqluta taqsugngalliniciimtenek, taqkumta-llu assiriyugngalliniciimtenek.]

## Qaillun Narcotics Anonymous Program-am ikayurciqanga? (Qaillun NA-m ikayurciqanga?)

NA-nkunun ikayungcaquvet ilagaucaurrluten quyurtaqata, umyuan ircaqun-llu ikirtuq assiriyugluten. Tua-i man'a ayuqucin assiritmun ayagturluni pinrilngaituq NA-m elitnaurutai, alerquutai-llu maliqurluki pikuvet. NA-mun itqerraaquvet imutun akerteggun mayurturalriatun piciquuten. Waniwa ukut kanaken ayagluni amlliqaaralriatun maligtaquluki pillerkaten, assiringqegcaarluten pillerkarpet tungiinun.

1. [Wangkutnek piciculuta qanrulluta iinrurrluitesciigalililuta, taringluku-llu piniarutqapiarucirput inglulurciiganakuuiinrurrluk; yuucirput man'a arenqianani assirirutqapiarluni.]

- [Imutun-llu ellangelriatun piluta], wangkutnek-llu qanrulluta, "Cam imum wangni pininrulrim, angenrulriim-llu ikayurciqlinianga."
- [Wangkutnek-llu tamalkirluku man'a yuucirput piciculuta tunluku Atanermun Agayutmun ciuli-qagtesqelluku.]
- Wangkutnek-llu umyuangcarluta man'a yuullerput yuvrirluku. Qamna ircaqurput umyuarput, ayuqucirput-llu, alingutairulluta, yuvrinqeg-caarluku, cat ciungani atulput qaillukualput-llu assiucii, wall' assiilucii taringnaurluki.
- [Cat-llu picurlautelput, assiitellriit-llu pilput, Agayutmun, allamun-llu yuullgutemtenun qanrutekluku.]
- [Tamakut-llu picurlautelput, assiitellriit pilput-llu wangkutnek augaasqelluki Agayutmun.]
- [Cali-llu Agayutmun wangkutnek augaasqelluki cat piculiuta pinritelput ilamtenun.]
- [Ilaput-llu, kinkut-llu allat piciatun yuut picurlalput, cangayugcetelput-llu, qanrulluki aug'aritesqelluta.]
- Taugaam waten aug'aricetaarluten pikuvet mulngakluten, ilii yuk camek imumek qanaaskuvgu cangayullerkaa umyuaqluku.
- Unuaqaqan-llu alartellerkarput, wall'u picurlallerkarput murilkelluku, egmianun-llu picurlakumta, wall'u cangayugcecikumta allamek yugmek aug'aritesqelluta.
- Unuaqaqan-llu piicagturluta Agayutmun ikayusqelluta, elliin pisqutii taringekaniryugluku, elliin-llu pisqutii yuullemteni aturyugluku.
- Tua-i ukut elilluki maliggluki-llu piyaureskumta, man'a yuucirput elluuarinarcicquq assiriinarluni. Assirillerput-llu maliggluku tamana ikayuumalput allanun ilamtenun iinrurrluitesciigalilrianun qanrutkaqluku pilarniartukut.

Ukut tua-i qula malrugnek cipluku qalerquutet, akertun, yuum kanaken ayagluni mayuqcaarturluni aturarkai caperrnaqsaqut, taugaam kia imum assiriyukapiarluni pilriim maligqurluki piqcaaryugngauq, ellminek cuqluni. [Iciwa wangkuta iinrurrlugturyaurteqarraallemteni tua-i ciuqlirmi assilruiyaaqellriakut, taugaam tua-i piyugiinalput maliggluku assiirusngiinarluta.]

Cali waten ukut alerquutet maligqurluki piyaaqeciukut yuk, taugaam man'a ukvera Agayutmun pinialkan, caunrilkelluki inerquutai, ayuqucillminun kingupiarciquq, taqumarraarluni-llu ataam iinrurrlugtulangluni. Ukut tua-i waniwa alerquutet yuum elluarrluni piyukuni atu'urkai. Piciculuni assiriyugluni, umyuani tamalkirrluku

ikirrluku qaillun assirillerkani elitnaurluku, ukveqluki-llu alerquutet elitnaurutni. Yuum ukut alerquutet maligqurluki pikuni assiritmun ayanrilngaituq.

NA-mi waten yuut quyurqurluteng man'a iinrurrlugyugturalteng ellmeggnun atunem qalarutekluku pilartut. Tua-i yuum qalarutkaqaku ayuqucini, ciin-llu, wall'u ca pitekluku iinrurrluitesciigalilni, allam yuum niicugnistiin elitaqaqluku tamana qalarqurallra. Tuaten tua-i ayuqluteng pillinicirteng taringaqamegtegggu, atunem ikayuqluteng ca imna ellmeggnun pinerrlugutngukan, qalarutekluku kitugingnaqaqluku. [Waten tua-i quyurqurluteng qanggguruqu'urluteng assiritmun ayagaqluteng, kiituanilagamait qakmani allat yuut cavkenateng elluarluteng yuungnaqurallriit.]

Tua-i ca iinrurrluk uitaskuvgu atuqsaunaku, iliini paivngalangraan, assiritmun piurciquten. Iinrurrlugyugturalria waten iinrurrlugmek atu'urqami carrarmek piyuituq. Iinrurrlugmek aturaqami pingiinalartuq taqesciiganani. NA-mi quyurtaqameng taqengnaqellrianun, man'a maa-i arcaqerluku elitnaurutek'laraat taringevkangnaqluki iinrurrlugyugturalriit.

Waten-llu yuut ilait iinrurrluitesciigalilriit iinrurrlugturaqameng taangamek avuluku pilartut. Wall'u iliini taangamek kiingan aturluteng piaqluteng. Waten man'a taangaq cangallrunrituq iinrurrlugmi. Yuk waten elli'irqami iinrurrluk, taangaq-llu ayuqlukek aturyugturangelarak. Man'a taangaq cangallrunrituq iinrurrlugmi. Iinrurrlugtun-llu ayuqluni tuknian, yuum eliyulluku taangaturangciqluni. Wangkuta waten ellilriani naullulriatun ayuqukut, waten apqucirluta. Apqucimta-wa kangia iinrurrluk wall'u taanganq.

## Qula Malrugnek Cipluku Amlertalriit Apqitnek Tradition-aari NA-m

Yuk iinrurrluitesciigalilria assiriyugngauq piculuni taqsugluni pikuni. Cali-llu NA-mi, yuum, umyuanu cumiggluku taqsugluni pilriim pikuni, alerquutet maligqurluki pillerkai ukuuluteng waniwa.

1. [Ciuqliuluku wangkutnek umyuaqluta pinarqukut, qaillun assirillerkarput umyuaqurukut, qaillun assirillerkarput umyuaqurluku.]
2. Wangkuta-llu wani NA-mi assiriyugluta ilagaucaurtellriani ca imna Angayuqurulia wangkutnun, ukveqluku pinarqaakut. Agayun kenkitalria naklegtalria-llu ciuqliurrluku mat'umun

yuucimtenun. Nalluvkenaku-llu makut NA-mi ciuliqagtellriit imutun pistenguqainarluteng ayuqellrat, atanruvkenateng.

3. [Kina imna yuk piciatun iinrurrlugtuyuirucugluni pilria ilagaucaurcugngauq NA-mi quyurtellrianun.]
4. [Waten-llu atauciuvkenateng waten NA-mi quyurtetulit pilaata, waten taugaam amlerrluteng quyurviit, taukut nunat yugyakata, tuaten allakaqtaarluteng quyurtetulit ellmeggnun tamana quyurrluteng piuralteng auluksugngaat NA-m elitnaurutai ayuqucirtuutai-llu maligqurluki.]
5. [Tamakuni-llu amlerni NA-m quyurviini atauciq taugaam arcaqakluku quyurtaqameng qalarutekvalularaat. Quyurtaqameng umyuaqvalularait kinkut imkut yuut iinrurrluitesciigalilriit, qaillun-llu ikayullerkait qalarutkurluki.]
6. [NA-m-llu uum caliaara yugnek akingengnaqluni pilriarunrituq. Imutun kipusvigtun, wall'u allatun yugnek akingengnaqluni angliriluni naungnaqluni pivkenani, taugaam atauciuluni caliaara. NA-m uum caliamikun imkut yuut iinrurrluitesciigalilriit ikayungnaq'larai assivkangnaqluki.]
7. [NA-mi quyurviit tamarmeng ellmeggnun una quyurvignteng ayauqurciqaat allat-llu cat qakmeken cailkamek akimek elliingnaqengraata quyurvigmeqgnun ciuniuyunaki.]
8. [NA-q una caliamini imkunek yung'ina'arneki piyugteqluteng pilrianeke calistengqerciquq, akingluteng pinrilngermeng. Taugaam qavcinek amlenrilngurnek akingluteng pilrianeke calistengqersugngauq cat kalikallret, wall'u cat allat caliaqluteng pinarqellriit aulukestekaitnek.]
9. [NA-q-llu una allatun calivigtun angelriatun, caarkalirluni ayuqenrilngurnek, calisterluni-llu amlernek, ayuqngaanani. Taugaam quyurtaarviin ilait canek board-arrarneke pingqersugngaluteng, cat caarkat aulukestekaitnek.]
10. [NA-q-llu cali una quyurrimi avatiini, qakmani nunani calrianun, wall'u allanun yugnun canek allanek qalatellrianun wall' arenqiirtulrianun, wall' yuliurluteng qaillukualrianun ilagausngaanani.]
11. [NA-m uum caliaara imutun nepaunani ayalriatun ayuquq. NA-am caliaara kiingan ikayuringnaqelriaruq iinrurrluitesciigalilrianeke. Tamakut-llu ikayungnaqkengait imutun ellmeggnun taugaam assiringnaqluteng pilriaruluteng,

tamana-llu tuatnallerteng assingnaqluteng-llu pillerteng umyuaqmeqgnun angliritekluku pingaunateng, qalarutekngaunaku-llu newspaperaani, niicugnissuutni, TV-ni-llu.]

12. [NA-mi quyurtellrianun ilagaucaureskumta assiringnaqluta imutun qalarutkurluku qakmani yugnun pingaitukut. Taugaam imutun catailngurtun piciqukut NA-m elitnaurutai alerquutai-llu maligqurluki assiriinallerteni.]

Twelve Steps and Twelve Traditions  
reprinted for adaptation by permission of  
AA World Services, Inc.

Copyright © 2010 by  
Narcotics Anonymous World Services, Inc.  
All rights reserved

World Service Office  
PO Box 9999  
Van Nuys, CA 91409 USA  
T 818.773.9999  
F 818.700.0700  
Website: www.na.org

World Service Office—CANADA  
Mississauga, Ontario

World Service Office—EUROPE  
Brussels, Belgium  
T +32/2/646 6012

World Service Office—IRAN  
Tehran, Iran  
www.na-iran.org



This is NA Fellowship-approved literature.

Narcotics Anonymous,    and The NA Way  
are registered trademarks of  
Narcotics Anonymous World Services, Incorporated.

ISBN 978-15576-NEED Yupik 9/10



**Narcotics Anonymous®**

*Message from the Alaska Region Public  
Information Subcommittee:*

*This draft Yup'ik translation of  
"Who, What, How, & Why" is for  
review only. It needs to be trans-  
lated from Yup'ik to English to  
ensure the NA message in the  
document is accurate. It may be  
reviewed by addicts and non-addicts.*

IP No 1-YK

# Kituuga, Cauga, Qaillun, Ciin-Llu

*Please send your translated  
version to:*

*webservant@akna.org*

*or:*

*Alaska Region of NA  
Yup'ik Translation Project  
PO Box 232635  
Anchorage, AK 99523*

*Thank You!*

**Una naaqluku yuvrirluki (draft-uk)**