Assyrian

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ܗܘܕܥܬܐ ܕܦܪ̈ܨܘܦܐ ܕܒܝܠܗܘ ܠܗ ܡܚܫܒܬܐ ܕܩܛܠܬܐ ܕܓܢܗܘ

ܕܠܒܢܐ ܝܘܬ ܕܝܕܥ ܦܪ̈ܨܘܦܐ ܡܘܕܥܐ ܓܠܘܟ ܦܣܩܘܢܐ ܡܢܗ ܕܫܪܡܠܘܢ، ܝܢܐ ܟܢܝܘ؟

آیا مایل هستید بدانید که به چه طریق می توان به این افراد کمک نمود تا در امن باشند؟

Australian Government
Department of Health and Ageing

multicultural
MENTAL HEALTH AUSTRALIA

national mental health strategy

ܚܝܠܘܗܝ ܕܥܘܕܪܢܐ ܕ24 ܫܥܐ ܠܗ ܝܘܡܐ ܡܢ ܚܠܡܝܬܐ ܕܡܘܕܥܢܘܬܐ

(National) ܐܬܪܢܝܐ
(Lifeline) 13 11 14 ܚܒܠܐ ܚܝܐ
(Kids Help Line) 1800 55 1800 ܚܒܠܐ ܕܗܘܕܪܬܐ ܕܝܠܘܕܐ
(SANE Helpline) 1800 18 7263
Mensline Australia 1300 78 9978 ܚܒܠܐ ܕܓܒܪ̈ܐ ܕܐܘܣܛܪܠܝܐ
(Lifeline’s Just Ask Mental Health Information Line) 1300 13 11 14

(ACT) ܡܕܝܢܬܐ ܐܪܟܢܝܬܐ ܕܐܘܣܛܪܠܝܐ
(Crisis Assessment and Treatment Team) 1800 629 354 ܓܘܕܐ ܕܡܬܚܡܢܘܬܐ ܘܕܪܡܢܘܬܐ ܕܥܘܕܪܢܐ

(New South Wales) ܢܝܘ ܣܐܘܬ ܘܝܠܙ
(NSW Rural Mental Health Support Line) 1800 201 123
ܚܒܠܐ ܕܡܢܥܬܐ ܕܩܘܛܠܢܐ ܕܓܢܐ ܕܦܣܘܩܢܐ ܕ
(Suicide Prevention and Crisis Intervention) 1300 363 622
ܡܥܠܝܬܐ ܕܩܛܠܬܐ ܕܓܢܐ ܘܡܝܬܪܘܬܐ ܕܥܘܕܪܢܐ
Salvo Care Line 02 9331 6000 ܚܒܠܐ ܕܒܝܛܚܘܬܐ ܕܓܝܫܐ ܕܦܘܪܩܢܐ

(Northern Territory) ܡܕܝܢܬܐ ܓܪܒܝܝܬܐ
(Crisis Line Northern Territory) 1800 019 116 ܚܒܠܐ ܕܥܘܕܪܢܐ ܕܡܕܝܢܬܐ ܓܪܒܝܝܬܐ

(Queensland) ܟܘܝܢܙܠܢܕ
(Crisis Counselling Service) 1300 363 622 ܚܠܡܬܐ ܕܡܘܕܥܢܘܬܐ ܒܘܬ ܥܘܕܪܢܐ

(South Australia) ܬܝܡܢܐ ܕܐܘܣܛܪܠܝܐ
(Mental Health Assessment and Crisis Intervention Service) 13 14 65
ܡܬܚܡܢܘܬܐ ܕܚܘܠܡܢܐ ܕܪܥܝܢܐ ܘܚܠܡܬܐ ܕܡܝܬܪܘܬܐ ܒܥܕܢܐ ܕܥܘܕܪܢܐ

(Tasmania) ܬܐܣܡܢܝܐ
Samaritans Lifelink (country) 1300 364 566 (metro) 03 6331 3355 _ ܐܬܪܐ ܚܒܠܐ ܕܚܝܘܬܐ ܕܫܡܪ̈ܝܐ

(Victoria) ܒܝܩܛܘܪܝܐ
(Suicide Help Line Victoria) 1300 651 251 ܚܒܠܐ ܕܗܘܕܪܬܐ ܕܩܛܠܬܐ ܕܓܢܐ ܕܒܝܩܛܘܪܝܐ

(Western Australia) ܡܥܪܒܐ ܕܐܘܣܛܪܠܝܐ
(Samaritans Suicide Emergency Service)_ ܚܠܡܬܐ ܥܪܝܨܬܐ ܕܩܛܠܬܐ ܕܓܢܐ ܕܫܡܪ̈ܝܐ
08 9381 5555 (metro) 1800 198 313 (country)

ܚܠܡܬܐ

ܐܢܐ ܕܒܥܬܘܬܘܟ ܚܕ ܡܫܡܠܝܐ ܕܦܐܬܘܬܐ ܘܕܢܐ ܡܢ ܫܘܕܥܬܐ ܕܣܘܟܠܐ ܕܪܘܚܐ (ܚܕ ܡܢܬܐ ܕܣܘܟܠܐ ܕܒܘܪܟܬܐ ܠܗ ܡܫܡܠܝܐ ܕܦܐܬܘܬܐ ܝܠܗ
ܚܠܡܬܐ ܡܘܕܥܢܐ ܐܘ ܒܩܝܢܐ ܚܕ ܡܫܡܠܝܐ ܕܦܐܬܘܬܐ ܘܕܢܐ ܡܢ ܫܘܕܥܬܐ
ܡܢ ܐܬܢܝܢܐ ܗܠ ܥܪܘܒܬܐ ܡܢ ܫܥܬܐ 9 ܨܦܪܐ ܗܠ 63 72 18 1800 SANE ܚܒܠܐ ܕܗܘܕܪܬܐ ܕ
ܫܥܬܐ 5 ܒܪܡܫܐ
ܡܢ ܗܘܕܪܬܐ ܒܡܬܚܡܐ ܕܚܠܡܬܐ، ܡܨܝܬ ܡܢ ܚܠܡܬܐ ܕܡܘܕܥܢܘܬܐ ܕܚܒܠܐ ܚܝܐ ܥܠ
ܡܢܝܢܐ1300131114 ܡܢ ܐܬܢܝܢܐ ܗܠ ܥܪܘܒܬܐ ܡܢ ܫܥܬܐ 9 ܨܦܪܐ ܗܠ ܫܥܬܐ 5 ܒܪܡܫܐ ܐܘ
ܚܙܝ:
ܡܢ ܚܒܠܐ ܚܝܐ ܕܒܘܕܝܐ ܐܢܫܐ ܥܠ ܚܫܘܚܐ ܒܠܒܢܐ ܒܦܘܩܐ ܐܘ ܚܠܡܬܐ www.lifeline.org.au
ܡܢ

ܥܘܒܕܐ ܕܫܒܩܐ

www.headspace.org.au
www. sane.org
www.justlook.org.au
www.depressionet.com.au
www.reachout.com.au

www.relationships.com.au
www.auseinet.com
www.beyondblue.org.au
www.kidshelp.com.au
www.menslineaus.org.au

ܐܢܐ ܟܘܪܣܐ ܦܫܛܐ ܡܢܗ ܒܥܒܕܐ ܒܣܒܝܒܬܐ ܡܘܡܕܝܢܐ ܒܝܕ ܚܠܡܬܐ ܕܡܘܕܥܢܘܬܐ ܕܚܒܠܐ ܚܝܐ ܘܐܬܪܐ ܕܡܥܠܝܬܐ ܕܗܘܕܪܬܐ ܡܢ ܦܪ̈ܨܘܦܐ ܕܒܝܠܗ ܠܗ ܡܚܫܒܬܐ ܕܩܛܠܬܐ ܕܓܢܐ.
ܐܘ ܡܨܝܬ www.lifeline.org.au ܡܢ ܘܒܝܐ ܡܘܕܥܢܘܬܐ، ܐܢ ܡܬܩܪܒܬ ܚܙܝ
1300 13 11 14.

ܠܗ ܡܚܫܒܬܐ ܐܡܝܢܐܝܬܐ ܦܪ̈ܨܘܦܐ ܗܘܝܐ ܠܐ ܗܕܐ ܗܘܕܪܬܐ.
ܐܦ ܕܐܢܫܝܢܐ ܡܢܗܘ ܕܗܘܕܥܬܠܗ ܒܡܫܟܚܬܐ ܕܗܘܕܪܬܐ، ܐܢܫܐ
ܠܐ ܡܨܝܐ ܒܥܒܕܐ ܚܕܟܐ ܥܠܝܗ ܕܡܫܟܚ ܗܘܕܪܬܐ. ܘܠܐ ܕܗܘܝܐ ܚܝܒܬܐ
ܕܐܢܫܐ ܠܚܫܒܐ ܐܢܬܠܘܗܝ، ܡܕܥܬܐ ܒܗܘܪܐ ܐܡܝܢܘܬܐ. ܠܐ ܐܚܠܦܬܠܗ
ܡܥܒܪܢܘܬܗ ܐܡܝܢܐ ܥܠ ܚܝܘܟ.

8 ܛܠܘܒ ܡܝܢܐ ܚܕ ܫܘܬܐ

ܦܣܩܢܝܬܐ ܕܩܛܠܬܐ ܕܓܢܐ ܦܐܫܐ ܓܘܐ ܓܢ ܡܚܠܦ ܘܐܢܫ ܕܡܚܠܦ، ܦܫܐ
ܐܢܫܝܢܬܐ ܡܢܗܘ ܡܢ ܦܪ̈ܨܘܦܐ ܕܝܕܥܐ ܓܘܐ ܐܝܢܐܬܐ ܕܡܫܟܚ ܡܢ ܚܕ ܐܚܪܢܐ.
ܛܠܒܬܐ ܡܢ ܦܪ̈ܨܘܦܐ ܕܡܘܕܥ ܫܘܬܐ ܕܡܫܟܚ ܠܐܘܢܐ ܡܝܬܝ ܓܘ ܥܒܕܐ
ܘܗ ܦܪ̈ܨܘܦܐ ܕܒܪܒܪܢܝܬܐ ܛܠܒ ܗܘܕܪܬܐ.

9 ܦܠܓܪ ܓܢܘܟ

ܐܢ، ܗܘܕܥܐ ܝܘܬ ܚܕ ܦܪ̈ܨܘܦܐ ܕܦܣܩܘܢܐ ܡܢܗ ܕܩܛܠܬܗ ܓܢܗ،
ܘܗܘ ܚܫܚܬܐ ܕܡܫܘܡܥܐ ܝܘܬ ܗܕܐ ܐܦ ܓܠ ܓܢܘܟ. ܓܫܡܐ ܡܢܗ
ܘܡܢܝܦܬܐ ܝܓܪܥܐܝܬ ܢܫܒܬܐ ܕܚܕ ܦܪ̈ܨܘܦܐ ܕܦܣܩܘܢܐ ܡܢܗ
ܕܩܛܠܗ ܓܢܗ، ܦܪܢܣܐܝܬ ܡܢ ܡܬܚܫ ܒܪܒܬܐ ܕܝܓܝܐ. ܠܐ ܒܚܓܒܠܗ
ܐܘܢܐ ܡܢܝܒ ܒܢܦܫܘܟ.ܡܟܫ ܚܕ ܐܢܫܐ ܕܗܡܝܡܢܬ ܓܢܗ، ܐܢܝ ܚܕ
ܚܒܪܐ، ܗܘܡܐ ܕܒܝܬܘܬܐ، ܐܘ ܡܬܦܠܚܢܐ.

10 ܦܘܫ ܡܝܚܝܐ

ܦܣܩܢܝܬܐ ܕܩܛܠܬܐ ܕܓܢܐ ܠܝܬ ܛܠܘܒ ܒܦܬܒܠܘܬܐ ܕܓܝܐ ܒܚܕܪܬܐ
ܕܗܘ ܦܪ̈ܨܘܦܐ ܕܒܝܠܗ ܠܗ ܡܝܬܝܐ ܠܗ ܝܥܡܢܐ ܕܚܕ ܥܘܫܠܬܐ ܠܗ ܚܝܘ
ܐܘ ܠܗ ܐܢܫܘܬܐ ܦܪ̈ܨܘܦܐ. ܐܢܫܘܬܗ ܐܘ ܕܓܢܝܗ ܒܘܬ ܡܛܠܬܐ
ܕܓܢܐ ܗܘܡܐ ܒܣܝܠܦܬ، ܐܘ ܗܘܡܐ ܦܪܝܟ ܦܪ̈ܨܘܦܐ ܕܐܢܬܠܗ ܗܦܟܬܐ
ܒܘܫ ܘܦܫܐ ܘܒܘܫ ܡܝܚܝܐ ܡܢܗ ܕܦܠܓܪ ܓܢܗܘ. ܒܟܠ ܚܕ ܐܢܫܘܬܐ،
ܡܝܬܘܬܐ ܐܡܝܢܬܐ ܕܗܘܝܐ ܕܒܝܬܘܬܐ ܘܫܒܩܘܗܝ ܦܫܐ ܐܢܫܝܢܬܐ ܡܢܗ.

ܦܣܩܢܝܬܐ ܕܩܛܠܬܐ ܕܓܢܐ ܠܝܬ ܐܠܨܐ ܒܦܬܒܠܘܬܐ ܒܓܢܘ. ܐܟܝܢܐ ܫܒܝܩܐ ܗܢܐ ܠܗܘܕܪܬܐ ܕܓܠܒ ܠܐܢܐ ܦܣܩܢܝܬܐ. ܡܝܬ ܗܝܢܐ ܕܒܚܒܠܗ ܚܕ ܥܘܫܠܬܐ.

ܐܢܫܐ ܐܠܨܐ ܡܢ ܛܠܒܬܐ ܕܗܘܕܪܬܐ ؟

ܡܢ ܡܝܬܘܬܐ ܗܫܬܐ ܠܡܥܠܝܬܐ ܕܥܘܕܪܢܐ ܐܢܫܝ ܕܚܝܐ ܕܚܕ ܦܪ̈ܨܘܦܐ
ܒܢܐ ܠܗ ܡܝܬܝܐ، ܡܨܝܬ ܡܢ ܕܚܝܐ ܓܠ ܡܢܝܢܐ 000 ܐܘ ܪܫܘܡ
ܠܦܘܪܫܬܐ ܕܒܪܢܫܘܬܐ ܕܒܝܬ ܒܪܬܐ ܕܡܥܪܒܢܘܟ.

ܡܐ ܡܘܕܒ ܐܢ ܚܫܝܫ ܚܕ ܦܪܨܘܦܐ ܒܡܩܛܠܬܐ ܕܓܢܗ ؟

ܡܦܝܣܢܬܐ ܝܠܗ ܕܡܕܝܟܗ ܕܚܕ ܦܪܨܘܦܐ ܡܘܕܥܐ ܒܠܘܓ ܗܘܡܐ ܓܫܡܘܢܐ ܝܠܗ ܕܦܪܡܠܬܗܘܢ ܚܝܐ ܒܚܝܝܗ. ܐܢ ܡܡܘܢܐ ܗܘܐ ܕܚܕ ܦܪܨܘܦܐ ܓܫܡܘܢܐ ܝܠܗ ܕܦܪܡܠܬܗܘܢ ܚܝܐ، ܒܡܩܬܐ ܝܠܗ ܕܒܪܝܗ ܓܘܒܠܢܐ ܐܘ ܐܦ ܗܝܟܗ ܕܦܣܝܩܗ ܡܢ ܓܫܡܬܐ ܒܘܗ ܐܗܐ ܡܝܢܕܒ.

ܐܢܫܐ ܕܐܢ ܓܫܡܢܒ ܒܡܩܛܠܬܐ ܕܚܝܗܘܢ ܦܫܐ ܚܙܝܐ ܐܢ ܦܠܚܒ ܕܦܝܐܢܐ ܡܢܐ ܡܘܕܝܥܢܐ ܡܢ ܐܢܫܐ ܘܒܢܐ ܠܣܘܓܝܗܘܢ.
ܗܘܡܐ ܦܠܚܒ ܕܐܦ ܚܕ ܐܢܫܐ ܠܐ ܡܨܐ ܡܝܕܐ، ܐܘ ܦܕܡܢܐ ܒܠܘܓܗܘܢ ܢܓܘܦܢܬܐ. ܐܝܡܢ ܕܣܘܒ ܠܚܝܗܘܢ ܠܐ ܡܢܐ ܡܫܝܚܐ ܕܠܡܕܒ ܒܝܢ ܒܠܘܓܬܐ، ܡܩܛܠܬܐ ܕܓܢܐ ܗܘܡܐ ܗܘܝܐ ܗܓܡܗܘܢ ܗܘ ܡܝܢܕܒ ܕܡܨܝܒ ܦܕܥܝܒܝܗ ܒܠܣܘܕ.

ܣܒܪܡܐ ܠܘܐ ܐܢܫܐ ܕܐܢ ܓܫܡܢܒ ܒܡܩܛܠܬܐ ܕܚܝܗܘܢ ܒܚܝܗܘܢ ܐܢ ܥܕܒ ܢܘܡܐ ܝܠܝܐ. ܡܠܐ ܕܡܕܝܟܗ ܕܐܗܐ ܗܘܡܐ ܗܘܝܟܠ ܦܫܐ ܗܘܗܠܝܐ، ܢܣܒܥܐ ܥܡܢܝܗܘܢ ܥܡܢܡܬܐ ܚܡܡܡܬܐ ܕܣܘܓܠܐ ܕܡܩܛܠܬܐ ܕܚܝܗܘܢ. ܡܝܢܕܒ ܐܢܫܡܬܐ ܕܡܕܝܟܬܐ ܝܠܗ ܕܐܢ ܚܕ ܦܪܨܘܦܐ ܠܐ ܝܠܗ ܡܣܘܝܢܐ ܕܝܠܗ ܗܘ ܦܪܨܘܦܐ ܕܡܕܝܟܬܗ ܐܘ ܡܣܘܝܢܐ ܝܠܗ ܡܕܝܢܐ ܕܡܥܕܝܠܬܐ ܒܠܝܫ، ܘܡܓܘܐ ܗܢܝܬܐ ܗܘܐ ܕܢܣܝܟ ܒܘܗ ܐܗܐ ܐܢܓܢܘܬܐ.

ܦܫܐ ܒܡܘܠܝܐ ܐܢ ܗܘܝܒ ܗܥܒ ܕܐܗܐ ܐܢܓܢܘܬܐ. ܣܒܪܡܐ ܒܘܡܝܐ ܕܠܟܘܝܗ ܗܡܕܝܗܘܢ ܢܣܒܥܐ ܡܢܐ :

- ܚܕ ܦܪܨܘܦܐ ܕܢܚܒܒܐ ܝܠܗ ܒܥܘܣܠܝܐ ܦܫܝܪܐ ܕܚܝܘܬܐ، ܐܝܟ ܦܠܝܢܬܐ ܡܢ ܡܕܡ ܚܕ ܢܓܙܐ ܡܘܕܥܐ (ܚܕ ܡܘܢܝܚܐ، ܥܘܒܠܬܐ، ܒܠܠܬܐ، ܙܘܡܐ) ܦܕܥܬܐ ܢܣܒܥܐ ܦܬܥܬܐ ܡܢ ܥܕܬܐ، ܦܥܡܬܐ ܠܘܦܪܬܐ (ܣܦܪܬܐ ܕܐܗܘܕܐ ܒܠ ܐܢܫܐ، ܠܐ ܡܢܬܝܬܐ ܒܚܝܚܬܐ، ܠܐ ܡܫܠܬܐ ܠܚܕ ܕܦܢܐ ܒܘܡ ܝܠܢܐ ܠܗ ܥܘܒܠܬܐ) ܐܘ ܡܕܥܢܐ ܕܗܘܢܐ.
- ܚܕ ܦܪܨܘܦܐ ܕܡܣܘܝܢܐ ܝܠܗ ܥܘܣܠܬܐ ܒܕܘܚܦܐ، ܡܘܓܢܐ ܝܠܗ، ܚܟܡܐ ܘܠܐ ܣܓܝܠ، ܐܢ ܗܡܘܡ ܐܘ ܦܠܓ ܒܡܩܛܠܬܐ ܕܗܘܒ ܡܢ ܚܝܐ، ܠܚܝܗ ܠܗ ܡܝܩܬܐ ܘܐܢ ܦܠܓ ܒܠܐ ܠܣܝܡܘܬܐ، ܠܐ ܡܚܝܡ ܗܠܐ ܠܚܝܗ ܘܠܐ ܦܠܚܝܢܐ، ܐܢ ܡܕܝܢܐ ܕܝܠܚܝܢܐ ܒܘܗ ܡܘܗܬܐ ܒܠܦܪܥܬܐ ܕܝܘܕܥܐ، ܘܡܫܬܓܐ ܡܟܪܬܐ، ܡܦܟܬܐ ܕܥܒܡܢܐ ܗܐ ܐܢܫܐ ܐܘ ܦܠܓܬܐ ܕܡܢܝܢܐ ܐܘ ܒܚܠܬܐ ܒܕܘܚܦܐ ܡܝܬܠܬܐ ܕܣܒܝܠܘܬܐ ܕܚܝܐ.

جهت دريافت كاپي های رايگان به ساير زبان ها با سازمان صحت و سلامت
روح وروان چند فرهنگی استراليا با اين شماره تلفن تماس بگيريد.
Multicultural Mental Health Australia on **(02) 9840 3333**
www.mmha.org.au

ܐܢ ܣܢܝܩ ܠܡܬܪܓܡܢܐ، ܡܨܝܬ ܗܘ
(TIS) ܒܠ ܡܢܝܢܐ ܕܬܠܝܦܘܢ 13 14 50.

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ܡܘܕܒ ܡܝܢܐ ܥܘܕܪܢܐ ܗܐ ܕܘܝܟܐ ؟

ܗܘܡܐ ܘܗܐ ܕܐܢܫܐ ܕܐܢ ܓܫܡܢܒ ܒܡܩܛܠܬܐ ܕܚܝܗܘܢ ܒܚܝܗܘܢ ܐܢ ܗܪܡܒ ܡܢ ܐܗܐ ܠܓܒܐ. ܦܝܪܬܐ ܘܗܢܝܬܐ ܕܒܥܘܬܐ، ܣܒܪܘܓܐ ܘܡܝܟܦܠܣܝܐ ܡܝܡܢܬܐ ܝܠܗ ܕܒܚܒܓܐ ܥܘܣܠܝܐ ܠܘܦܪܐ ܠܗ ܣܘܬܐ ܕܘܪܓܐ ܐܢܫܐ. ܡܘܕܡܢܘܓܐ ܕܓܐܬܢܐ ܡܢܐ ܢܓܒ ܦܝܪܒܠܘܓ ܕܡܕܝܟܗ ܡܘܕܒ ܚܒܓܗ.

1 ܚܓܡܘܕ ܚܕ ܡܝܢܕܒ ܗܕܝܐ

ܐܢ ܕܠܝܢ ܗܘܐ ܕܚܕ ܦܪܨܘܦܐ ܕܡܕܝܟܬܗ ܓܫܡܘܢܐ ܝܠܗ ܕܡܩܛܠܬܗ ܓܝܗ، ܚܓܡܘܕ ܚܕ ܡܝܢܕܒ ܒܝܠܠܒܘܬܐ. ܠܐ ܣܢܝܩܐ ܕܝܕܥ ܗܡܡܒ ܕܠܐ ܗܢܕܬܐ ܐܘ ܐܢܒ ܢܕ ܠܠܠܒ ܗܢܕܬܐ ܒܚܝܗܘܢ. ܡܩܛܠܬܐ ܗܕܝܐ ܗܘܡܐ ܦܪܬܐ ܚܝܐ ܕܚܕ ܦܪܨܘܦܐ.

2 ܒܪܝܪ ܠܗܘܦܩ ܚܓܒܓܘܢ

ܗܘܦܩ ܚܓܒܓܘܢ ܚܓܝܐ ܗܘܡܐ ܗܘܝܐ ܘܕܘܡܚܬܐ ܐܘ ܠܐ ܗܘܝܐܠܘܓ ܥܘܒܠܬܐ ܚܡܢܝܒ ܕܝܘܡܐ ܝܠܗ ܘܗܘܝܐܠܘܓ ܗܘܝܒ ܕܝܕ ܗܕܡ ܗܘ ܡܝܢܕܒ ܐܘ ܕܪܝܟܗ ܥܕܗ ܠܗܘܢ ܐܢܓܢܘܬܐ ܒܝܠܠܒܘܬܐ ܕܥܒܝܩܗ ܗܘ ܐܢܫܐ ܗܘܝܐ ܦܘܗ. ܐܢܝܐ ܗܘܦܩ ܚܓܒܓܐ ܡܢܐ ܠܚܒܝܐ. ܐܢ ܢܣܘܡܐ ܗܘܐ ܓܚܘܓ ܠܐ ܗܘܐ ܡܫܝܚܐ، ܠܠܘܒ ܗܝܕܬܐ ܕܚܕ ܚܒܪܐ ܕܐܢܝܐܠܘܓ ܚܡܢܡܘܬܐ ܒܝܗ.

3 ܗܘܝ ܗܕܝܪܐ ܗܐ ܗܝܕܬܗ

ܡܚܝܕ ܝܓܒܐ ܒܡ ܗܘ ܦܪܨܘܦܐ ܘܡܓܠܠܝܗ ܓܫܡܢܬܘܓ ܘܕܠܝܣܘܬܘܓ ܒܘܗ ܒܝܗ.
ܒܡܝܪܗ ܦܐܓܒ ܝܠܗ ܢܓܪܓܐ، ܘܡܚܡܝܕ ܠܡܘܕܒ ܐܝܗ ܠܗ ܗܝܠܗ. ܥܒܘܡ ܗܘ ܗܡܘܕ. ܡܠܟܐ ܐܢ ܗܘܡܐ ܡܕܒܕܓܢܗܘܢ ܒܘܡ ܦܥܝܠܬܐ ܡܢ ܗܟܪ ܗܡܘܡܬܐ ܒܘܗ ܕܒܝܗ.

4 ܒܝܪ ܐܢ ܓܫܡܘܢܐ ܝܠܗ ܒܘܗ ܡܩܛܠܬܐ ܕܓܝܗ

ܐܘܪܚܐ ܠܣܘܓܐܐ ܕܡܕܝܟܗ ܐܢ ܚܕ ܦܪܨܘܦܐ ܓܫܡܘܢܐ ܝܠܗ ܒܡܩܛܠܬܐ ܕܓܝܗ، ܝܠܗ ܒܠܐܘܪܚܐ ܕܒܡܪܬܐ. ܦܫܐ ܠܓܒܐ ܝܠܗ ܢܚܚܐ ܗܐ ܐܢܫܐ ܕܦܥܢܒ ܒܘܡܪܐ ܒܘܗ ܕܠܥܢܝܗܘܢ. ܒܡܪܬܐ ܗܘܡܐ ܗܘܝܐ ܓܡܚܐ ܣܒܪܡܐ ܠܓܒܐ، ܐܢܫܐ ܕܐܢ ܡܕܟܐ ܕܝܘܡܐ ܗܘܐ ܘܝܡܚܡܐ ܡܝܢܕܒܝܐ، ܘܕܐܢ ܓܫܡܝܟܗ ܒܘܗ ܕܒܝܗ ܘܡܠܐ ܡܢܐ ܒܚܦܝܒܗܘܢ. ܗܡܘܡܬܐ ܒܘܗ ܡܩܛܠܬܐ ܕܓܚܢܐ ܠܐ ܥܕܡܐ ܐܢܐ ܚܝܠ ܗܘܡܐ ܓܗ ܓܫܡܢܓܘܢ ܐܢܫܐ ܢܓܒ ܚܦܚܝܠܬܘܢ ܗܡܘܡܒ ܒܘܗ ܕܠܥܢܝܗܘܢ. ܠܐ ܗܘܝܪܗ ܒܓܡܢ ܕܥܒܝܩܬܘܢ ܓܫܡܢܓܘܢ ܐܘ ܣܘܓܠܘܢ ܕܡܩܛܠܬܐ ܕܓܚܢܐ ܐܙܘܦܝܐ.

5 ܝܣܝܒ ܒܘܗ ܗܠܡܒܬܘܓܗ

ܐܢ ܚܕ ܦܪܨܘܦܐ ܓܫܡܘܢܐ ܝܠܗ ܕܡܩܛܠܬܗ ܓܝܗ، ܦܫܐ ܝܠܗ ܐܢܫܡܬܐ ܒܡܢܐ ܝܠܗ ܡܘܕܝܥܐ ܗܐ ܓܡܒܡܬܘܗ. ܡܝܪܐ ܒܡܪܐ ܒܘܗ ܡܝܢܕܒܝܐ ܕܓܐܬܢܐ ܡܢܐ:

- ܗܘܡܝܢܐ ܝܠܗ ܦܐܓܒ ܘܐܝܡܢ ܗܟܢܐ ܕܓܡܝܕ ܠܣܘܓܠܐ ܕܡܩܛܠܬܐ ܕܓܝܗ ؟
- ܐܝܟܠܗ ܡܝܢܕܐ ܕܓܡܝܕ ܠܣܘܓܠܗ؟
- ܠܡܘܕܝ ܗܡܕܬܐ ܡܝܪܐ ܡܩܛܠܐ ܕܦܪܝܟ ܗܠܡܒ ܘܡܝܕܠ ܗܝܕܬܐ؟
- ܦܐܓܒ ܡܝܪܐ ܗܝܕܬܠܗ ܕܡܕܝܟ ܠܐܗܘܕܐ ܒܡ ܒܚܝܒܘܓܗ، ܣܒܪܘܓܗ، ܣܘܓܐ ܒܚܢܝܐ، ܦܥܝܐ ܗܘܕܝܡܬܝܐ، ܣܒܠܝܐ ܕܠܡܕܪܬܐ ܦܪܨܘܦܐܝܬܐ؟

ܐܢ ܓܫܡܘܢܐ ܗܘܐ ܒܘܗ ܕܝܗ ܥܒܝܕܐܝܒ، ܠܐ ܥܡܝܡܬܠܗ ܒܚܦܝܒܗ ܡܕܝܡ ܒܠ ܡܝܢܕܐ ܕܡܩܛܠܬܐ ܕܓܚܢܐ، ܢܣܒܥܐ ܘܗܝܐ، ܕܘܡܢܝܐ، ܥܡܝܡܬܐ ܘܡܓܠܓܘܝܐ ܐܢܝܕܝܐ، ܐܦ ܡܚܠܗܐ ܠܦܕܝܡܬܐ.

6 ܥܡܘܠ ܦܘܫܩܐ ܡܘܕܒ ܚܒܓܗ

ܗܘܕܐ ܒܕ ܐܝܟܠܘܓ ܐܢܝܐ ܡܘܕܒܝܢܘܓܐ، ܗܢܝܬܐ ܝܗܘܢ ܕܦܪܥܝܒܬܘܢ ܒܡ ܣܘܓܐ ܡܘܕܝ ܦܘܫܩܢܓܐ ܘܠܐ ܕܥܡܠܝܬܘܢ.
ܗܘܡܐ ܗܢܝܬܐ ܕܣܒܝܟܗ ܗܝܕܬܐ ܕܐܢܝܕܝܐ ܕܡܕܝܟܗ ܠܦܪܨܘܦܐ ܕܡܢܝܐ ܗܝܕܬܐ ܡܝܟܦܠܣܝܐ ܐܘ ܕܥܡܝܠ ܦܘܫܩܢܐ ܡܕܡܢܬܐ ܕܣܒܝܠܬܗ ܠܗܝܗ ܗܠܡܒܗ. ܐܢܝܐ ܗܘܡܐ ܣܒܒܒ ܥܕܝܬܐ ܕܣܘܓܐ، ܐܒܘܪܐ ܘܣܒܪܘܓܗ ܥܕܝܪܐ ܐܣܓܒ ܒܓܦܥܬܐ ܕܐܢܝܐ ܡܘܕܒܝܢܘܓܐ ܒܡ ܣܘܓܐ ܡܝܪܐ ܗܘܡܐ ܣܒܝܬܐ ܕܡܝܢܐ ܦܪܨܘܦܐ ܠܗܘܢ ܗܝܕܬܐ ܘܗܢܝܬܐ ܕܗܢܝܬܐ ܝܠܗ.

7 ܚܓܡܘܕ ܚܕ ܡܝܢܕܒ

ܣܝܥܬܐ ܠܦܪܨܘܦܐ ܕܡܝܕܠ ܗܝܕܬܐ ܡܢ ܚܕ ܡܝܢܢܐ ܕܐܢܫܐ ܡܝܟܦܠܣܝܐ ܘܗܢܝܕܝܐ. ܡܝܟܡܝܢܬܐ ܝܠܗ ܡܢܝܐ ܕܗܝܕܬܐ ܡܢ:

- ܐܗܐ ܕܒܝܬܘܬܐ
- ܡܘܕܝܢܐ، ܡܝܟܕܝܢܐ ܕܒܘܥܐ، ܦܠܢܐ ܥܘܗܦܢܐ
- ܡܘܕܝܢܐ ܕܡܕܒܪܬܐ، ܪܥܐ ܕܓܘܫܬܐ ܕܚܠܒܝܡܘܬܐ
- ܝܠܡܗ ܕܚܕܝܪܘܬܐ ـ ܓܫܝܢܐ ܘܐܘܡܬܐ
- ܝܠܡܗ ܕܣܘܠܡܢܐ ܕܗܘܢܐ
- ܡܝܢܕܪܘܢ ܕܣܘܠܡܢܐ ܕܚܢܘܥܬܐ
- ܡܥܝܥܢܐ، ܗܘܢܐ، ܪܥܐ ܗܘܕܝܡܬܢܐ
- ܝܠܡܗ ܕܡܘܕܝܢܘܬܐ ܒܠܐܘܪܚܐ ܕܬܠܝܦܘܢ، ܐܝܟ ܣܝܥܬܐ ܗܥܢܐ ܘܐܗܬܐ ܕܣܝܥܬܐ ܕܗܝܕܬܐ

ܐܢܫܐ ܕܦܪܨܘܦܐ ܥܡܝܠ ܦܘܫܩܢܐ ܗܐ ܡܢܒ ܒܘܡ ܗܟܢܐ ܐܡܪ، ܗܝܪܗ ܕܗܘܪ ܡܘܕܒ ܢܓܒ ܐܡܪ. ܒܡܝܪܗ ܐܢ ܗܟܢܐ ܕܐܘܠܗ ܒܓܡܗ ܠܗܘ ܡܘܡܠܟܐ. ܡܢ ܗܟܪ ܡܘܡܠܟܐ، ܝܣܝܒ ܐܢ ܕܝܠܗ ܗܘܡܘܡܐ ܒܘܗ ܥܕܝܐ ܕܡܩܛܠܬܐ ܕܓܚܢܐ ܘܒܡܝܪ ܡܘܕܝ ܗܝܕܬܐ ܦܥܝܬܐ ܝܠܗ ܡܘܡܪܒܬܐ. ܗܝܪܗ ܕܓܡܝܕ ܠܡܝܢܕܒܝܐ ܕܦܥܝܐ ܡܢܐ ܡܘܣܝܚܐ ܗܓܗ.