

The Twelve Steps:
Newtiska'q jel Ta'pu'kl te'sikl Majulkwatimkl:

1. Telua'tiekip wisuiknemuksi'k puktewijk, ewle'jk mimajuaqnminu.

We admitted we were powerless over alcohol- that our lives had become unmanageable.

2. Klapis ketlamsitmek eyk na'tuen ajiknat aqq kinu, kisi mpiluksitisnu'k.

Came to believe that a power greater than ourselves could restore us to sanity.

3. Kisita'si'k iknmuanew ankita'suaqn, aqq mimajuaqnminu anko'tmn Niskam ta'n teli nsitasi'k.

Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Menaqaj iloqamsultiek aqq tetapuiaq wetlo'tiek.

Made a searching and fearless moral inventory of ourselves.

5. Telimknt Niskam, telimsultiek, aqq telimknt msit wen ta'n kis tli o'pla'taqaqitiek.

Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

6. Kisita'sulti'k Niskam jikla'tew msit koqoey ta'n mu tettapuamu'ktnuk kmimajuaqnminaq.

Were entirely ready to have God remove all these defects of character.

7. Etamu'k Niskam jikla'tuksinew msit koqoey ta'n menaqnawa'luek.

Humbly asked God to remove our shortcomings.

8. Mikwite'lm msit ta'n kisi o'pla'lijik, aqq tawaqtmanej kisi apiksiktuksinew kikmanaq.

Made a list of all persons we had harmed and became willing to make amends to them all.

9. Apiksiktu wskwijinu'k kisi wpkwatmn, katu mu wji ajkna'law kisna wenik pilue'k.

Make direct amends to such people whenever possible, except when to do so would injure them or others.

10. Menaqaj iloqamsitew wen, tujiw mu tettpaqa'tekewun, ankmayiw tluetew wen.

Continued to take a personal inventory and when we were wrong, promptly admitted it.

11. Kwilmnej alasutmaqniktuk aqq ankita'suaqniktuk kisi aji kelu'ktn ta'n tela'matulti'k

Sought through prayer and meditation to improve our conscious contact with

Kniskaminu, teli ketlamsitasij wen, alasutmanej ta'n teli menuaqaluksi'k tli lukewanew,

God as we understood Him, praying only for knowledge of His will for us

aqq mlkikno'tim iknmuksinew kis tla'taqitinew.

and power to carry that out.

12. Kisi sa'sewita'sulti'kw kjijaqmijinaq ewe'wmu'kl wla telsutasikl, wjnu'kwalsinej la'tuanew

Having had a spiritual awakening as a result of these Steps, we tried to carry this message

ta'nik i'wikpitipnik, aqq wjnu'kwalsinej kisi majulkwatminew ta'n te'sik elukwatmu'k.

alcoholics, and to practice these principles in all our affair.

The 12 Traditions: Newtiska'q jel tapu'kl I'tla'taqiti'kl:

1. Tumk miamuj mawitaykw, mita nepisij wen wejiaq mawi apoqnmattulti'kw.
Our common welfare should come first; personal recovery depends on A.A. Unity.

2. Wjit wla teli mawitamk, eyk newkte'jit alsusit, Niskam kesaluksi'k, ekinua'lsit wla eymu'k.
For our group purpose, there is but one ultimate authority, a loving God as He may express Himself in our group conscience. Ta'nik nikana'luksi'kik pasik lukewinu'k; mu' nekmowk wen alsususik.
Our leaders are but trusted servants; they do not govern.

3. Namsit nuta't wen kisi nasa'sin AA, na ktu'punpen.
The only requirement for A.A. membership is a desire to stop drinking.

4. E'tasiw mawitamk, nekmowk nujejatultitaq, pasik mu natala'tu'tij teli mawia'tijik, kiswa AA. teli msiki'k.
Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

5. E'tasiw etli mawio'ltimk weskunmi'tij newkte'j ta'n telukutijik- siawatunew wla klusuaqn wjit ta'n me' wikpet aqq ta'n me' askeyaj teli wikpet.
Each group has but one primary purpose- to carry its message to the alcoholic who still suffers.

6. Msit A.A. etli mawio'ltijik ma' elam apoqnmuaql, kiswa apankituaelsewaql, kiswa emkwatui'ketun A.A. wtuisnm ta'n pasik wenl kiswa koqoey se'kk tleyawik, kwلمان ma' suliewey, kiswa maqamikew, asite'tminew wena'luksinew ta'n namsit pasik ketu tli lukuti'kip.
An A.A. group ought never endorse, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

7. E'tasiw A.A. mawiejik miamuj maliamsultijik, mukksksua'tunew se'kk wejiaq koqoey.
Every A.A. group ought to be fully self supporting, declining outside contributions.

8. A.A. miamuj pa pisu' elukutijik, pasik katu ta'n tett etek lukwaqnmuow kisi wsualataq ta'nik mawi kelu'sijik lukewinu'k.
Alcoholics Anonymous should forever remain non-professional, but our service centers may employ special workers.

9. AA ma' elam awsami nujo'tasinuk katu kisi lltitisnu ta'nik nujeyuksi'kik miamuj pa menaqaj maliama'tijik ta'nik elukewa'tijik.
A.A., as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve.

10. AA mu etektnuk ta'mi se'kk kisi tlewistun; pasik katu AA wtuisun ma' elam kisi wiaqa'tasinuk ta'n tett msit wenik weja'matultijik.
Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

11. Wla mawio'mi telpukwik wenik wulaptminew, mu ta'n teli seya'tasik, kwلمان ma' wen kisi kjiju'ksin ta'mi se'k ewikasik, nutumk re'tioiktuk, kiswa nemitumk telpisniktuk.
Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

12. Ma' wen weji nenuksik, kjijaqmijinaq wejitasikl telsutasikl, mikwimuksi'k ika'tunew kplutaqn tumk, mu ta'n telkimiksit wen.
Anonymity is the spiritual foundation of our Traditions, ever reminding us to place principles before personalities.

Alcoholics Anonymous na'teli mawita'jik ji'nmuk aqq e'pitjik, ta'n tett mawi wskutmi'tij ta'n kis tlo'ltijik.
Alcoholics anonymous is a fellowship of men and women who share their experience,
mlkikno'ti aqq elta'sualtultijik, kwlaman mawuktitaq ta'n tli apoqnmattultijik kisi mpilsultinew wikipitmk.
strength and hope with each other that they may solve their common problem and help others to recover from their alcoholism.
Na'msit nuta'q kisi nasa'sin wen na' ketu'punpej. Mu piskwetelasiwun kisna apankitmu'n naspin A.A.
The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. Membership. We are
Kis seyasulti'k kinu metia'qatestaqtuk. A.A. mu wettaqne'wasinuk newte'jk alasutuokuo'm, telita'suaqn.
self supporting through our own contributions. A.A. is not allied with any sect, denomination, politics,
kisna pilue'l lukwaqan, mu menuckewk ika'luksinew wekwayuktatultimk, aqq mu ikatoqsineq kisna
organization or institution, does not wish to engage in any controversy, nor endorse nor oppose
we'tuaptnnew ta'n teliaq koqoey se'kk. Na'msit ketu tlukuti'k, na siawi pa'ko'ltinew aqq
any causes. Our primary purpose is to stay sober
apoqnmuanew pilue'k wikipitiji kisi pa'katpa'lsultinew.
and help other alcoholics to achieve sobriety

Ta'n tujiw kepjo'ka'tasik mawita'mk ekitimk "Wujjiek"
Close meeting with the "Lord's prayer"

"Ta'n telukwek" "How it works"

Awisu nemi'kit wen mu' kisa'tekek ta'n menaqaj kisi majulkatk nutawti'nen. Ta'nik mu kisi npisulti'k, *Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover,* nekmowk na ta'n mu wetnu'kwalsi'ksip kisi kaqi ika'lsik wla tel naqmasiaq elukwatmu'k, *ji'nmuk aqq are people who cannot or will not give themselves to this simple formula, usually men and* e'pitjik ta'n puksi ksipukwa'lsultijik. Mu na wla'ta'qnuow nekmewk, lpa na teli *women who are constitutionally incapable of being honest with themselves. They are not at fault; they seem to have* wskwijnuiis wen. Ejela'tu'tij mu' nestmi'tik menaqaj aqq mu kisite'tmi'tik koqaja'taqatinew. Ma' kisi *born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their* tetapua'taqati'k. Tujiw app eymu'tijik, elt, ta'nik kesnukutijik, mu' koqaji ankita'sik kisna kapaqsita'sit, *chances are less than average. There are those, too, who suffer from grave emotional and mental disorders,* na'sik katu pukwelkik kisi mpisultitaq pasik katu nuta'q wen tetpaqi aknimsin. *but many of them recover if they have the capacity to be honest.*

Ta'n nike' aknutmu'k keknu'a'tekek ta'n i'tlo'lti'ksip, ta'n kis tliipia'ti'k, aqq ta'n telo'lti'k nike'. Kisi ta'sin *Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you decided* menueken wla ala'tuek, lietisk ta'n pasik teli amasek pasik katu msnmn, kiskatpi kisi apoqnmasin. *you want what we have, willing to go to any length to get it--then you are ready to certain steps.*

Eymu'tijik i'nqateskatipnik. Telta'sipnik kisi we'jitutaq naji nqmasiaq telqatimk. Na'sik mu we'jitu'tikek. *At some of those we balked. We thought we could find an easier, softer way. But we could not.* Meluijoqo etamulek mlkita'sultik aqq muk menata'w lpa weji pputamkiaq. Eymut'tijik wetnukalsijik kisi *With all the earnestnes at our command, we beg of you to be fearless and thorough from the very start, some of us tried to* siawi klo'tminew ta'n amskwes i'tlita'sip, na'sik mu tami pejita'qsipnik, mi'soqo naqtm'i'tij tlita'sultinew. *hold on to our old ideas and the reult was nil until we let go absolutely.*

Mikwite'te'n, weskutmu'k puktewijk-- kime'k, melkiknaq aqq wiswiknemuksi'kw! Mu'i'ktnuk apoqnmasuti, *Remember that we deal with alcohol-- cunning, baffling, Powerful! Without help,* ma kisa'taqatiwk. Nasik eyk na't wen ajiknat ----- na NEKM NISKAM. Ajipjulnoq we'jianew NEKM nike'. *it is too much for us. But there is ONE who has all Power,---that ONE is God. May you find Him now!*

Aqita'teken ma tami ika'wun. Kaqamulti'kip kisi kewaska'tinew. Elita'sualu'kip Niskam ikaluksinew aqq *maliamuksinew, aqq muk ali naqiteskasiw.* *Half measures availed us nothing. We stood at the turning point. We asked for his protection and care with complete abandon.*

Wla etek majukwatmnej, ika'tasiksip kwlaman kisi mpisitew wen.
Here are the steps we took, which are suggested as a program of recovery.

**A.A. Literature Translated in
Native American, First Nations
and Indigenous Languages Local
shared experience, Not translated
by G.S.O.**

Language	Title	Format
Algonquin (Quebec)	How It Works	Scanned PDF
Algonquin (Quebec)	Serenity Prayer	Scanned PDF
Algonquin (Quebec)	Slogans	Scanned PDF
Algonquin (Quebec)	Twelve Steps	Scanned PDF
Algonquin (Quebec)	Twelve Traditions	Scanned PDF
Cree	Serenity Prayer	Scanned PDF
Dene	Diane's Story	Cassette & CD
Hawaiian (Austronesian language family)	Serenity Prayer	Scanned PDF
Inuit (Greenland)	Promises	PDF
Inuit (Greenland)	Serenity Prayer	PDF
Inuit (Greenland)	Twelve Steps	PDF
Inuit (Greenland)	Twelve Traditions	PDF
Inuit (geography unknown)	A Newcomer Asks	Pamphlet
Inuit (geography unknown)	Is AA for You?	Pamphlet
Inuit (geography unknown)	Member's Story	Audio (cassette)
Inuit (geography unknown)	Serenity Prayer	Audio (cassette)
Inuit (geography unknown)	Twelve Steps	Audio (cassette)
Inuit (geography unknown)	12 and 12 Shortform	PDF
Inuit (geography unknown)	12 Steps Retranslated	PDF
Inuit (geography unknown)	What Happened to Joe?	Pamphlet

Inuit (geography unknown)	A Newcomer Asks	Pamphlet
Inuit (geography unknown)	Is AA for You?	Pamphlet
Inuit (geography unknown)	Member's Story	Audio (cassette)
Inuit (geography unknown)	Serenity Prayer	Audio (cassette)
Inuit (geography unknown)	Twelve Steps	Audio (cassette)
Inuit (geography unknown)	12 and 12 Shortform	PDF
Inuit (geography unknown)	12 Steps Retranslated	PDF
Inuit (geography unknown)	What Happened to Joe?	Pamphlet
Inuktitut (Northern Quebec)	A.A. at a Glance	Scanned PDF
Inuktitut (Northern Quebec)	A Newcomer Asks	Scanned PDF
Inuktitut (Northern Quebec)	How It Works?	Scanned PDF
Inuktitut (Northern Quebec)	Is A.A. for You?	Scanned PDF
Inuktitut (Northern Quebec)	Message to Teenagers	Scanned PDF
Inuktitut (Northern Quebec)	Preamble	Scanned PDF
Inuktitut (Northern Quebec)	Public Information Poster	Scanned PDF
Inuktitut (Northern Quebec)	Slogans	Scanned PDF
Inuktitut (Northern Quebec)	Twelve Promises	Scanned PDF
Inuktitut (Northern Quebec)	Twelve Steps	Scanned PDF
Inuktitut (Northern Quebec)	Twelve Steps Illustrated	Scanned PDF
Inuktitut (Northern Quebec)	Twelve Traditions	Scanned PDF
Inuktitut (Northern Quebec)	Where Do I Go From Here?	Scanned PDF
Inuktitut (Northern Quebec)	A.A. for the Older Alcoholic	Scanned PDF
Inuktitut (Northern Quebec)	This is A.A.	Scanned PDF

Mi'kmaq (geography unknown. *)	How It Works	Scanned PDF
Mi'kmaq (geography unknown. *)	Preamble	Scanned PDF
Mi'kmaq (geography unknown. *)	Serenity Prayer	Scanned PDF
Mi'kmaq (geography unknown. *)	Twelve Steps	PDF
Mi'kmaq (geography unknown. *)	Twelve Traditions	PDF
Mi'kmaq (geography unknown. *)	Helen's Story	Audio (cassette)
Mi'kmaq (geography unknown. *)	Serenity Prayer	Audio (cassette)
Mohawk (dialect unknown) *	Serenity Prayer	Scanned PDF
Mohawk (dialect unknown) *	Twelve Steps	Scanned PDF
Montagnais-Naskapi (Quebec, North	Preamble	PDF
Montagnais-Naskapi (Quebec, North	Serenity Prayer	PDF
Montagnais-Naskapi (Quebec, North	Twelve Steps	PDF
Montagnais-Naskapi (Quebec, North	Twelve Traditions	PDF
Montagnais-Naskapi (Quebec, North	Member's Story	Audio (cassette)
North Slavey (North west territory)*	How It Works	Audio (cassette)
North Slavey (North west territory)*	Mary's Story (English)	Audio (cassette)
North Slavey (North west territory)*	Twelve Traditions	Audio (cassette)
Ojibway	Betty T.'s Story	Audio (cassette)
Ojibway	Peter W.'s Story	Audio (cassette)
Ojibway	Big Book - 1st 164 Pages	DVD
Ojibway	Twelve Steps	CD
Oji-Cree *	Preamble	Scanned PDF
Oji-Cree	Serenity Prayer	Scanned PDF
Oji-Cree	Twelve Steps	Scanned PDF
Oji-Cree	Twelve Traditions	Scanned PDF