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Lalpa hman duh hmeichhiate

*Phek – 2*

Chak tak leh huai takin awm rawh

*Phek – 8*

SERMON

KRISTIAN CHHUNGKUA

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*Editorial***NGAIH PAWIMAWH CHU TUTE NGE?**

Khaw pakhata mi hausa tak mai hian a then leh rual te, a lainate chu zanriah kilpui atân a sawm a. A mi sawmte pawh chu amah anga awm thei leh khawsa thei vek an ni ngei ang. A mi sawmte ei tûr buatsaiha an buai hle hnuah chuan ei chu an peih ta a. Ei a hun tak hnuah pawh a mi sawmte chu tu mah lo kal reng reng an la awm lo va. A chhiahhlawhte chuan a mi sawmte chu an va ko hlawm a, an vai mai chuan chhuanlam hrang hrang neiin mawi takin an kal theih loh thu an lo hrilh a. In neitupa chu a lungawi lo ta hle mai a, “Ka mi sawm tu mahin ka ruai an kil lo vang,” a ti a. A chhiahhlawhte chu, kawthler leh daia pachhia leh retheite chu ruai kil tûra sawm turin a tir chhuak ta a.

Lal Isuan a ruai kil tûrin min sawm theuh va, chu sawmna awiha pawh duh lo chuan a duh loh man a la tel ang a, chatuan hremna a la chang dawn a ni. A sawmna lo pawma, a kohna awihtu erawh chuan lawmman hlu tak, chhe thei lo chu a la chang dawn a ni.

Kan chhehvêl hi han hawi vêl ila, thil mawi leh tha hmuh tûr a tam hle mai. Awh zawng leh duh zawng pawh tam tak kan nei ang. Mahse, min kotu leh min thlangtu hian kan duh zawng leh kan it zawng hi a ngai pawimawh ber tlat lo. Kan chhuanlam neihte hi chhuanlam tlingah a pawm lo. Lal Isua hian amah aia thil dang kan thlan hi a rem ti lo va; a ngaih pawimawh ber chu amah Lal Isua duh zawng titu leh a thu zawmtute hi a ni zawk. Chuvangin, Lal Isuan a duh leh a tawp thleng pawha a hriat renga, a ngaih pawimawh tlat tûrte chu, “Mahni hrehawm pawisa lova, ni tin a kraws pua zuitute hi an ni.”

*Kristian Chhungkua*

## LALPA HMAN DUH HMEICHHIATE

*Marka 15:40-41*

- C. Thanghliri  
Leitan South

A hmasa berin 'Hmeichhia' chu enge a nih? Pathianin mihring hmasa ber Adama a siam hnu khân amah tanpuitu tûr, a kawppui awm mi hmeichhia, Evi a siam a (Gen 2:20f). Mipa laka lak chhuah a nih avângin 'Hmeichhia' tih tûr a ni tih kan hmu a. Pathian siam dân rêngah hian mipa chu chungnung zâwk, thu zâwk, hotu zâwk a ni. Taksa leh rilruah pawh hmeichhia chu derdep zâwk, chaklo zâwka siam kan ni.

Mizo chhûngkua leh khawtlâng nunah pawh mipate an lal a, hmeichhiate dah hniamna tawngkam, 'Hmeichhia leh chakaiin sakhua an nei lo, hmeichhia leh palchhia chu thlak theih, hmeichhe thu thu ni suh, chakai sa sa ni suh,' tihte hi hmanlaih phei chuan a lâw khawp mai. Tûnah erawh chuan Chanchin Ṭha avang liau liauvin hmeichhiaten kan nih phâk loh kan ni a, kan neih phâk loh kan nei a, kan thlen phâk loh kan thleng a, kan hmuh phâk loh kan hmu ta. Chanchin Ṭha avângin mipate thawh ang thawk ve thei tam tak an awm a, a then te phei chu mipa tluklohte pawh an awm

ta hial. Chuvangin hmeichhiate hi, 'Aw Pathian, Nangman Chanchin Ṭha min pe, lâwmthu kan hrilh che a zarah, 'tia lam lo thei kan lo ni hleinem mawle. Chanchin Ṭha a lal lohna apiangah hmeichhe dinhmun a chêp a, diriamin an awm a, sawisakin an awm a, hnawhchhuahin an awm a, nghaisak hlum hial pawh an awm thin a nih hi.

Mipa aia hnuaihnunga siam hmeichhia chuan pawimawhna thûk tak a nei. Hmeichhe awmlohna in chu a ruak a, a labal a, a nuam lo. Naupang lêng chhuak ina lo haw pawhin an zawhna hmasa ber

chu, 'Khawngge ka Nu?' tih hi a ni. Patling na tuar rûm vawng vawng te pawhin 'Awi ka Nu!' an ti a, pa an lam ngai meuh lo. Hmeichhiate nunah hian mipate leh fate tana thlamuanpui tham zia a awm a ni ngei mai. Dinmun tlâwm leh pawimawh tak si neitu chu 'Hmeichhiate' hi kan lo ni.

Kan Lalpa Isua Krista nunah pawh khan hmeichhiate hi an pawimawh hle. Min chhandam tura a lo pian nan hmeichhe tlâwm tak Mari a rawn thlang a. Khawvela a lèn laia a rawngbâwlsak a, zuitu rinawm zingah Mari leh Marthite (kan sawi vek sêng lo vang) an awm a. Krawsa khen beh a nih lai pawha an tana hlauhawm tûr pawh dâwn chang lo va thlîr reng a, zui hnâi ngam te chu Mari Magdalini te, Mari, Jakoba leh Josia nu te, Salomi te an ni (Marka 15:20). Thlan lungkerkuâka an zalh lai hmu renga thlan thlenga zuitute kha hmeichhiate (Mari Magdalini leh Mari) an ni. Nisarih ni hmasa ber zîng taka Lal Isua thlan tlawh a, a ruang rimtui hnawih tuma va kalte kha Mari Magdalini leh Mari leh Salomi te bawh kha an

ni (Marka 16:1f). Lal Isua pawhin a thawhle hnu a inlarna hmasa ber atan hmeichhia, amah ngainatu Mari Magdalini ngei mai kha a ni a thlan ni. Lal Isua hian hmeichhiate hi a ngaina a, keini pawhin Lal Isua hi ngaina ila kan tifuh ber ang.

### **Hmeichhiate Lalpan a hmang :**

#### **1. Kristian Chhungkaw lawng tuktu atan:**

Hmeichhiate hi mipate aia hnuaihngun zawka siam kan ni tih kan sawi tawh a. Hetiang kan ni chung hian Kristian Chhungkaw dinna kawnga sûlsu turin Lalpa'n a hmang fo nia. Mizo Kristian chhungkua zawng zawngah hian zirchianna nei ta ila, mipa aia hmeichhia Kristian Chhungkaw din kawnga hma la nasa an tam zawk a ngem le? Thenkhat chuan chung inkhawm hman chu sawi loh tel pawh an tel duh lova, hmeichhiate tihâwm tâwk leka ngai lah bo lo. Mipa zawng zawng chu an ni hauh lo.

Nova kha Pathianin tuilêt laka chhanhim an nih theihna tûra lawng tuk turin a ti a (Gen 6:14). Pathian Thu

âwihin kum 100 lai mai lawng a tuk a ni. Pathian thu a âwih avângin a chhûngte zawng zawng nen chhanhimin an awm. Chhûngkaw lû ber mipate hi Kristian chhûngkaw din kawnga a khaipa ni turin Pathianin a duh ngei ang. Chutihlaiin a ðen chuan ruihtheihthil min tih san, a ðenin min lerh san a, a ðen sum thianghlimlo zawngin an hmanhleh a. Kristian Chhûngkaw din rêng ngaihsak lova mahni ðata ða ve ringawt an awm bawk. Kan Novate chuan Kristian Chhûngkaw Lawng tuk an tum lo a nih pawhin Novite hian kan tuk mai a ngai. Chutah chuan kan tu leh fate, kan pasal te pawh kan thun leng tûr a ni. Chuanna tûr neilovin sualna tui lêtah an pil bo vang tih ava hlauhawm em! Thlamuang taka lâwi luhna tûr chhûngkua an nei em le? An hringnun phurrit lo chhâwk a, Pathian thu leh ðawngtaia lo dâwmkânga tuamhlâwmtu an mamawh a sin. Hawh u, keini hmeichhiate hian tan i la leh ang u hmiang.

Tûnah chuan pavalaita Lalpa'n a tiharh zel a. Kristian Chhûngkaw lawng tuk nachâng

hria an pung mek, nu leh fate an hlim a, hmuh theihin chhûngkuain hma a sawn a, a lawmawm hle.

## 2. **Inchhûng khura Missionary ni tûrin:**

Kan Lal Isuan, khawvêl zawng zawnga kala Chanchin Ṭha hi hril tûrin min ti a (Marka 16:15). Hmeichhiate hi mipate angin kan chhuak ve zen zen thei lova, khawvêl zawng zawng chu sawiloh state ðenawmah pawh kan kal hleithei lo. Kal thei ringawt mah ila min ruai duh kher lo mai thei. Chuvangin, kan Chanchin Ṭha hrilh theihna hnai ber chu **Chhûngkua** hi a ni. Kan chhûngkua ðeuh hi kan mission field a ni a, chutah chuan missionary kan ni. Dodalna leh harsatnate pawh kan tâwk ang, chhel tak leh inngaitlâwm takin thawk zêl ila, ngilnei leh zaidamin Chanchin Ṭha hi hril zêl ang u.

Nu pakhat pawh, a hlima, an inchhunga Pathian Thu a sawi reng kha an pa chuan ningin kut a thlak hial a. Chu nu chu a pate in lamah a haw ta ringawt mai. An pa chuan ko haw leh turin palai a va tûr a. Chu

nu chuan, 'Ka Isua hi min pawmpui loh chuan ka haw lovang', alo ti ve ngat a. A Isua ch n ai chuan a pasal ch n pawh paw i a ti lo. Chu chuan a pasal rilru a hneh ta. Anupui Isua chu a pawmpui ve ta a, hlim takin an awmho leh ta. A hnuah phei chuan a pasal chu Kohran Upa hial alo ni ta a. Tlinglo zawk hmeichhiate hi Lalpa'n a hmang leh th n a nih hi.

Kan mission field a member zawng zawngte hian Lal Isua an nei vek em tih hi kan chhut chian fo a pawimawh hle. Kan mission field kan chh ngkua theuh hi vei ila, tuman minrawn vei pui dawn si lo. Nute hi chh ngkaw t n missionary tha kan ni t r a ni. Mother Teresa chuan, 'Khawv l muanna t ra i tih theih chu, i inah hawng la, i chh ngkua hmangaih rawh', a ti a ni. Hmeichhiate hi chh ngkaw missionary ni t rin Lalpa'n min ko tih hi i hre thar leh ang u.

### 3. **Thilp ka rawngb wl t rin :**

Thilp k kipui ber sawma pakhat hi keini hmeichhiate hian kan ngai

pawimawh t r a ni. Malakia 3:8 ah sawma pakhat kan p k loh chuan Pathian ta eiru kan ni tih chiang takin a sawi a. Sawrkar sum emaw, mimal pawisa emaw eiru lo mah ila kan lakluh a anga sawma pakhat kohhrana kan chh n luh loh chuan Pathian ta eiru kan ni. Pathian ta eiruin in leh lo kan din ve em le? Sawma pakhat pawt h kin midang kan tanpui th n em le? Thenkhat chuan kan sawma pakhat kha midang tanpui n n kan sem a, Lalpa ta eiruin midang kan tanpui zeh zeh a, sawma pakhat b k kan la chan a anga sem t r kan nih laiin sawma pakhat pawt h ka midang tanpuite hian kan chapopui fo lehngal. Thenkhat sawma pakhat p k zat en hi chuan kan lakluh a tl m hmel hle a ni. Sawma pakhat p k hi chapopui t r kan nilova, kan tih t r r ng ti chauh kan ni.

Chh ngten sawma pakhat p k an tum a, lo ui bettu kan ni em le? P k an ui pawha pe tlattu kan nih a pawimawh. Nu pakhat pawh sawma pakhat a pe zat zat a, a pasalin a khak ziah a. 'Min m k phahna t r pawh ni se ka pe ang, Lalpa ta

hi ka ei ru ngam lo a ni' a ti a, a pe lui zêl a.

Tûnlaiah eiru chhûngkua leh sum thianghlimlova in leh lo dinte ngaihsan loh nachâng kan hre tawh a. Keini chhûng hi kan Pathian ram thilpêkte miin an en hian eiru chhûngkuaah min chhiar ve lovang maw?

Thilpêk rawngbâwl na pawimawh tak dang leh chu, **Buhfaitham** hi a ni. Kum 1911 aţanga ţam ţan a ni a, an buhfai chhum apianga Pathian tâna an ţam an dah hran kha buhfaiţham a ni a. Kan chaw chhum tûr zîng ami Lalpa tâna kan dah hran kha 'Buhfaitham Lalpa Chanpual' chu a ni. Hmeichhiate chu ei rawngbâwltu kan ni tîangpui a, rinawm taka

buhfaitham kan ţam ava pawimawh em. Kan ei duh loh tûr te hi kan ţam ang tih a hlauhawm. Lalpa hian a chhia chhia hi min pe se, kan va vui nasa dawn em! Hêng bakah hian kan theih tâwkin midang thilpêk kan ngai pawimawh tûr a ni.

Tumah khawvêlah dam hlen tûr kan awm lova, kan awm loh hunah kan tu leh fate tân Lal Isua hi kan hnutchhiah tûr a ni. Abraham Pathian, Isaka Pathian, Jakoba Pathian chu keini leh kan thlah lo la awm zêl tûr te Pathian lo ni zêl sela, Kristian chhûngkaw ţa din tûr te, chhûngkuaa missionary ţa ni tûr te leh thilpêk rawngbâwl naa hma kan sâwn zêl theih nân Lalpa'n min awmpui theuh rawh se.

### A ÊNG ZAWNGA THLÎR

Goliatha khân Israel-te arawn pan lai khân sipaihoten, “A lian si a, kan that thei lo vang,” an ti a. Davida chuan “A lian si a, ka thelh lo vang,” a ti thung.

A ţa ber ngaihtuah la, a ţa berin thawk la, a ţa ber beisei rawh.

- *Christian D. Larsen*

Thil a ţa zâwna thlîr ţhan hi pound sangkhat aiin a hlu zâwk.

- *Samuel Johnson*



*Chhunzawmna...*

**KUM 2019 CHHÛNGA HMANGAIHNA INA NAU  
CHÂWMNA PETUTE LEH AN CHÂWM ZÂT  
(OFFICE LAMA DAWN)**

Sl.No.	Bial/Kohhran/Mi mal hming	Chawm zat
1.	New Serchhip Kohhran Hmeichhia	2
2.	Chhiahtlang Bial	3
3.	Kelkang Bial	3
4.	Keitum Bial	1
5.	Bilkhawthlir Hmar Veng Bial	2
6.	Champhai Bethel Kohhran Hmeichhia	2
7.	Champhai Kanan Bial	2
8.	Champhai Vengthlang Bial	2
9.	Thenzawl Venglai Kohhran Hmeichhia	2
10.	Kawlkulh Kohhran Hmeichhia	1
11.	Champhai Bethel Bial	2
12.	Champhai Vengsang Bial	2
13.	Bilkhawthlir Bial	2
14.	Champhai Kahrawt Bial	3
15.	Zote Bial	1
16.	Tlungvel Bial	1
17.	Suangpuilawn Bial	1
18.	Diakkawn Bial	3
19.	Diakkawn Kohhran Hmeichhia	5
20.	Ramhlun Vengthlang Kohhran Hmeichhia	3
21.	Chalrang Bial	1
22.	Vaivakawn Vengthlang Kohhran Hmeichhia	4
23.	Chawnpui Bial Kohhran Hmeichhia	6
24.	Khuangleng Bial Kohhran Hmeichhia	1
25.	Khawlailung Dinthar Bial	1
26.	Rengdil Bial	1
27.	Aizawl Kohhran Hmeichhia	4
28.	Bungkawn Bial	2
29.	Bawngkawn Bethel Kohhran Hmeichhia	4
30.	Aibawk Bial Kohhran Hmeichhia	1

*(Remchângah chhunzawm leh a ni ang. Nau châwmtu zawng  
zawng chungah lâwm thu kan sawi e. - Ed.)*

*Sermon***CHAK TAK LEH HUAI TAKIN AWM RAWH****Jos 1:9; Heb 11:24; Phil 3:20.**

- Rev. C. Zoramawia,  
Secretary  
Synod Mission Board

Hruaitu ropui Mosia a thi a, a thachhang dawltu Josua chu Mosia thlaktu atân Pathianin a ruat a. Josua hruaina hnuaiiah Kanaan ram lut mai tûr an ni tawh a. Hmabak erawh a la tam hle. Jordan lui dai kai a ngai a, ral do a ngai nghal dâwn bawh a. Mipui tam tak rorêl sak leh kaihhruai a ngai bawh. Tin, mipui zîngah tih nuam deuh leh luhlul deuh te, inthlahdah te, mi rinawm lo, duham tak leh mahni hmasial deuh te pawh an awm ve ngei dâwn a. Josua hna chu a hautak hle dâwn avângin a huphurhawm ve ngawt ang.

Chuvangin, Pathianin Josua chu "***Chak tak leh huai takin awm rawh,***" a ti a ni ngei ang. Chak tak leh huai taka awm mai chu a harsat hmel lohvin a lang a, mahse huphurhawm tak si a ni. Kan ram hi chanchin tha zarah ram nuam tak a ni. Nun a zalên a, a ralmuang a, kohhran zarah mipui kan inpawh êm êm a, a nuam hle. Chutih laiin ringtute tân kan ni tin nunah hian thil tha tih tûr leh hmalak nghal tûr a tam hle awm e. Duhamna, mahni

hmasialna, sum leh pai duhna, thuneih inchuhna avânga inhuatna hian ringtute zîngah pawh mawi lo tak taka nung leh che thin sawi tûr hi an awm ve ta fô mai. Chuvangin, ni tin nunah chak tak leh huai taka Pathian duh dana nung tûrin Lalpa mi te, chhûngkua, kohhran leh khawtlâng kan inbuatsaih a pawimawh hle.

**1. Chhûngkaw khawsak ngaihtuahnaah :** Chhûngkaw khawsak dinhmun hmasâwnna tûr ngaihtuahnain ni tin min chîm

lai hian Pathian tâna chak tak leh huai taka dinngheh hi a va tûl tak em. Mizoram chu kohhranin chak taka rawng an bâwlna hmun, Pathian ringtute tamna, sawrkarna chelhtute pawh rawngbâwltu an nihna ram a ni a. A thlamuanthlak hle mai. Amaherawhchu, hetiang khawvêla kan awm mêk lai hian kan chhûngkaw nun, kan khawtlâng nun leh ram nun hian danglam bikna sawi tur eng nge kan neih le? Kan vela ringlote hian awhawmah min ngai em tih hi ngaihtuah tham a ni.

He khawvêl intlansiakna hmunah hian rei lo te atâna nun nawmna ûma chhûngkaw thlarau nun himna aia khawvêl thil ral leh mai tûra inhman zawh hi a hlauhawm hle. Vawiina rawngbâwltute hian kan vawiin hi kan tu leh fate naktuk atân kan buatsaih mêk a ni a. Eng ang naktuk nge kan buatsaihsak dawn le? Chuvangin, rawngbâwltute hian heti hian i ngaihtuah teh ang u: 'Rinnain Mosia chuan a lo puitlin hnu khân Pharaoa fanua fapaa vuah a duh lo va, rei lo te atân sual nawmna

hlimpui ai chuan Pathian mite nena tihduhdah tuar chu a thlang ta zâwk a, Krista an hmuhsitna chu Aigupta ram ro te ai chuan sum ropui zâwkah a ruat a; lawmman pêk tûr chu a thlir thîn avangin' (Heb 11:24).

Mosia chu Aigupta lal ina sei lian, a hun laia nuam tinrêng chên thei khawpa chhûngkaw dinhmun tha a ni. Chung zawng zawng aiin Pathian mite nena retheih a thlang zâwk. Rawng kan bâwl avângin kan khawsak a lo harsa deuh a ni thei e. Kan rinawm avâng te, kan dik avâng te, kan duhâm ve loh avâng tein kan khawsak a lo harsa deuh a ni mai thei e. Mosia chuan Aigupta lal Pharaoa fanua fapaa vuah duh lovin, Pathian mi, a chipuite nena tihduhdah tuar chu a thlang zâwk a ni. Krista an hmuhsitna chu Aigupta ram ro te ai chuan sum ropui zâwkah a ruat a, chung lamin lawmman a pêk tûr chu a ngaihlu zâwk a, chu chu a thlir zâwk thîn a ni.

Rawngbâwltuten Kristian chhûngkua din tûrin tan kan la

a. Khawsak a lo harsa baw k si a, mi dinhmun awt rêng rênga awm ai chuan khawng mi tihdan loh pawh a ni bik hleinem tih mai a châkawm thîn. Chhûngkaw khawsak harsat zual lai a lo thlen hian chak tak leh huai taka dinngheh harsat châng a awm ang.

Hla siamtu chuan 'Dam chhûng khawsak ngaihtuahna hian ka thlarau hruai bo mah sela, ka lawm zêl ang hei hi hriain Lalpan mi ngaihtuah thîn' a ti a ni. Habakuka chuan 'theipui thing par vul dâwn lovin, Grep hruai rah dâwn lo se....ka lawm zêl ang ka chhandamna Pathian ah chuan, ka lawm cheu dâwn. Lalpa, Jehova ka chakna....' (Hak 3:17-19) tih kan hmu a. Paula chuan 'kei zawng eng ang pawhin awm mah ila, lungawi zêl ka chîng tawh si a. ....hausaleh tlachhama awm dân thuruk chu ka hre chhuak tawh. Mi tichaktuah chuan engkim ka ti thei a ni' (Phil 4:12-13) a ti a. Tûnlaiah heng mi thianghlim kal tate testimony hi kan nun atân a hluin kan hria em le? Nge, a thîng

tawh? Mahni i inchhut thêuh ang u.

2. **Mi dangte nena khawsak honaah** : Rawngbâwltu ni si, Kohhran Hmeichhe hruaitu ni si, tirhkoh ni reng si, Kohhran Upa ni si, Pastor ni baw k si, chutiang mi ni ve lote awm dân ang awm te, an duh ang duh ve te, an tih ang ang tih ve zêl theih te, tih ve zêl duh te, mawi leh mawi lo pawh ngaihtuah lova hamthatna ûma phet ve vak vak te hi kan nih dân tûr leh kan tih dân tûrah kan ngai em le?

Paula chuan, '**Keini zawng van khua leh tui kan ni si, van aţanga min chhandamtu Lal Isua Krista lo kal tûr chu nghakhlel takin kan thlir a ni**' (Phil 3:20) a ti a. He khawvêlah hian awm mah ila, khawvêl mite ei leh bar ang eîin bar mah ila, khawvêl mite anga kan khawsaka, kan nun ve hi a remchang tawh lo, khawvêl mi kan ni lo va, van khua leh tui, van chhûngkuaa mi kan nih avângin kan khawsa zia chu van mite zia, ze

thianghlim, ze danglam, ze tha bik a ni tûr a ni. Chuvângin Paula chuan kan danglam bikna hetiangin a sawi a, **'Tunah mikhual leh mi châm mai in ni tawh lo va, mi thianghlimte nen chuan tualkhat leh Pathian chungte in ni ta zâwk a ni'** (Eph 2:19) a ti a.

Paula vekin **'Keiniho hi Krista rawngbâwltuah leh Pathian thurûk enkawltuah miin min ngai rawh se'** (1 Kor 2:1) a ti a. Hei hian rawngbâwltute hi mi zingah pawh mi min hmuh dan tûr leh min ngaih dan tûrah pawh rawngbâwltu zia, ze danglam, ze tha bik, zaidam, zâwldawh, nunnêm, taima leh ngainatawm Krista nun ze mawi chu pâr chhuak ngei tûrin keimahniah beisei a ni a. Mi dangte nena kan nun honaah chutiang chu lan chhuahtir harsa hle thîn mah sela; lan chhuahtir a nih theih nan chak tak leh huai takin mi dangte nena kan nun hona kawngah Lalpa tân i ding nghet tlat ang u.

### 3. Dikna, rinawmna nunah:

Hmasang aţanga vawiin thlenga Pathian mite, ringtu leh rawngbâwltuten chak tak leh huai taka kan awm a tûl em em na lai chu dikna leh rinawmna nunah hian a ni. Dikna ţan ngam, rinawmna avânga rethei ngam, tuar ngam, chân ngam tûra chak tak leh huai taka nun hi ringtute tan hian a pawimawhin a tûl hle mai, hei hi Mizoram ringtuten kan mamawh ber pakhat a ni.

Josefa chu mi dangte awm loh lai takin a pu nupuiin mutpui amah turin a thlêm a, mi hriat loh tûr pawh ni se, mi dik leh rinawm a nih avângin thil sual a ti duh lo a ni. Mi dik leh rinawm a nih avângin Josefa chu dik lo taka puh a ni a, jail bang a zût a. Mi dik te, mi rinawm te pawh hi dik lo zâwk anga dinhmun harsa taka an awm châng a awm ve bawkw thîn. Amaherawhchu, dik taka ti thîn te, rinawm taka awm thîn te chungah thu dik a inpuang chhuak a, an dinhmun châwi kanin a awm leh thîn.

Daniela chu Pathian tân a rinawm avângin sakeibaknei



pûkah paih luh ni mah sela, tihnat a ni lo. Sadraka, Mesaka, Abednegoa-te chu Pathian tân an rinawm avângin meipuih paih luh an ni a; nimahsela, mei rim pawh an nam lo. Joba chu Pathian chhiahhlawh a ni a, a fate, a ran rual zawng zawng, a neih sum a chân vek hnuah pawh Pathian tân a rinawm tlat a. Pathian malsawmna a hma aia tam zawka vûrin a awm a ni. Pathian tâna rinawm hi a hun leh hmun azirin harsat zual châng a awm mai thei. Unau duh tak, kawng hrang hrangah Pathian tâna rinawm tûrin, dik taka nung tûrin chak tak leh huai takin awm rawh.

Dikna, rinawmna i lan chhuahtir ngam loh hun i nunah a awm mai thei. Chutih hunah ngei chuan dikna, rinawmna

nunah ding nghet tlat tûrin chak tak leh huai takin awm rawh le.

Amosa lehkhabuah chuan rorêltu, dik taka rorêl lo, thamna la thînte Pathianin a huatzia kan hmu a. '**Rorêlna dikna chu lui angin luang sela, felna chu lui pui kang ngai lo angin luang rawh se**' (Amos 5:24) tih kan hmu a. Mika chuan, '**Aw mihring, tha chu a entir tawh che a ni. Lalpan a phût che chu eng nge ni? Dik taka tih leh khawngaihna ngainat leh i Pathian nena thuhnuairawlh taka len dun a ni lo vem ni?**' (Mik 6:8) tiin mihringte min beisei a ni.

Ringtute, kohhrana rawngbâwltute hian rinawmna vawng nung zêl tûrin kan awmna hmun apiangah chak tak leh huai takin i awm zêl ang u.



### ÂTNA

Mi, he dam chhûng chauh ngaihtuaha, chatuan thleng ngaihtuah lo chu rei lo tê atân a fing a, chatuan atân a â a ni.

– Tilleston

Thinurna hi âtna rei lo chi a ni.

– Saidt Basil

## AGAPE

- Rev. R. Lalrinmawia  
UTC, Bangalore

Agape hi Grik ÷awng mah ni se, mahni ÷awng ang maia kan neih leh kan hriat a ni ta ber mai. Mizo kohhran hian kan hre fuh khawp a, Agape tia kan sawi hian “**Pathian hmangaihna**” kan sawi a ni tih kan hre thiam nghal thei. Thuthlung Tharin Agape a tih hi hre thiam tûr chuan Grik thumal kan zir a ngai dâwn thung a ni. Grik ÷awng hi ÷awng hausa a ni a. Hmangaihna sawi nân meuh chuan Sap ÷awng pawh hian a lo sawi chhuak kim thei bik lo a ni an ti fo mai. Grik-ho chuan thil har tak pawh hi a sawi fiahna tûr ÷awngkam bungrua an nei ÷ha em em a ni. Entir nan, ka hmangaih che ti ngawt ila, a Chiang zo lo. Unau hmangaihin nge ÷hian angin tih a Chiang zo lo. Grik-ho chuan tâwi tein an sawi chhuak thei thîn a ni. Tichuan, han luhchilh ta ila:

Hmangaihna sawina ÷awngkam chu-

1. **Eros** an ti a. ‘**Desiring love**’, dinhmun a chhiat leh ÷hat azira danglam thei hmangaihna.

(1) Mipa leh hmeichhe inkar hmangaihna/induhna (Tisa châkna pawh a kâwk).

(2) Thil ropui tih châkna/Mi ropui nih châkna.

(3) Ram leh hnam hman-gaihna.

Eros chu hmangaihna sawina ni tho mah se, a dinhmun (object) azirin a danglam thei. A hmel÷hat vâng te, a duhawm, suai a

neih vâng tein mipa chuan hmeichhia a duh a; chutiang bawkin a ÷hat vâng te, a pa vâng te, a fin, etc. vâng tein hmeichhiain mipa a duh thei baw. Chutianga inhmangaihna chu eros a ni. A hmel÷hat loh chuan a hmangaih lo mai a, emaw, a nin tawh chuan a ÷hen leh duh mai a. A hausak chuan a duh huam huam a, a retheih erawh chuan kalsan mai pawh pawh a ti lo. Hemi eros ÷awngkam tak hi Bible-ah kan hmu lo niin a lang.

Mahse, vawiina kan Kristian dân hi zir Chiang ta ila. Pathian leh a kohhran kan hmangaih dan hi eros tia sawi

theih a ni mai lo maw? Krista kan hmangaihna hi Eros ang a ni mai em? Hlim lai chauhva rawngbâwl tum, inkhawm tum, nuam chin chiah bak ti peih lo, malsawmna dawn avâng chauhva lawm thu sawi tum te; damloh laiin ‘Min lo ÷awngtaipui rawh u aw!’ kan ti kûr dup a, a thlakhlehawm lah tak a, dam tawh hnua inkhawm zui chuang lo, harhna pawh hlima lam rik luai luai chauh emaw kan ti a, nun siam ÷athuah kan ngai tlat lo. Kan hna ÷ûlna hian Pathian kan hmangaihna hi min ei zawhsak ta em ni? Chutiang chu Pathian kan zui dan a nih chuan Eros-hmangaihna tia an sawi ve ÷hin nen chuan a danglam dawn lo tihna a ni thei ang.

**2. Storge/Stergein:** Hei hi Thuthlung Tharah inunauna sawi nan Rom 12:10-ah kan hmu a ni. Thuthlung Thar pawn lam chu kan sawi zui hman lo vang. Kristianna hi a chhe lêm lo ve, nun siam nân a ÷ha alâwm. Inkhawm pawh a ÷ha, kan nun ven nan a ÷ha – hei hi kan sawi fo dan a ni. Mahse, hemi piah lam hi chu a thleng pha lo. Hetiang rilru pu, a piah lam hmu pha lo

rawngbâwltu, ringtu eng zât tak awm ang i maw! Ringtu nih hi nun insiam ÷hatna tûr chu a ni ngei mai. Mahse, Pathian leh a mihringpui a hmangaih let ve em? **‘Nangmah i inhmangaih angin i vengte pawh i hmangaih tûr a ni’** tih hi he ÷awngkam hian a thleng pha lo niin a lang.

**3. Philia/Philein:** ‘Ngaina’, ‘÷hian inhmangaihna’, ‘nupa inhmangaihna’ sawina tih hi a hrilhfiah dan tlanglâwn tak chu a ni. Chumi piahah pawh awmze thûk tak a la nei a. ‘Chhungkaw inhmangaihna’ (Mt 10:37) ‘Isuan Lazara a hmangaih (Jn 11:3,36) ‘Isuan a zirtîrte a hmangaih’ (Jn 20:2) ‘Pain fapa a hmangaih’ (Jn 5:20) ‘Mihringin Isua a hmangaihna (1 Kor 16:22).

Chutiang chuan hman tho mah se a ÷awngkam hian kan laina hnaite chauh a kawkw deuh bik niin a sawi theih ang. Pathian hmangaihna sawi nân a tawkw zovin an hre lo a ni ang e. Chu vâng chu a ni mahna, Philein hi Thuthlung Thar hian a hman tam vak lo a ni.



4. **Agape** : Chu duhthlanna sâng ber, rilru ngaihtuahna fîm (reason) ațanga chhuak, chumi nêna nunpui ngai a ni. Agape (n) v. 120 & agapan (v) v. 130=250 vel zet an hmang a ni. Hmangaih theih loh hmangaihna, ngainat loh ngainat theihna, hnâwl tawh ngaihdamna a ni. Mt 5:43-48 **‘I hmelma hmangaih rawh’** hi agape hrilhfi ahna ța tak a ni. Kristian agape hi ringlo tân chuan hriat thiam theih a ni lo ang. Thil pahnih chhinchhiah tûr a awm:

1. Mi dangte hmangaihna hi Thlarauva chhuak a ni (Gal 5:22; Rom 15:30; Kol 1:8). Thlarauvin a chenchilh a, Pathian hmangaihna ina thinlung a zâr hliap ațang mihring hian agape kan nei thei chauh a ni. Tirhkohte Thiltih 1:8-ah Lal Isuan, Thlarau Thianghlim a lo thlen hunah chuan ‘thiltihtheihna in nei ang’ a tih khan thiltihtheihna ngawr ngawr a sawina a ni lo va, Pathian agape anga mi dang kan hmangaih theihna leh amah Pathian hmangaih lêt ve theihna pawh a tel a ni.

2. Pathian kan hmangaih lêt ve theihna chu a thu kan awih hian a ni (Jn 14:15; 1 Jn 2:5).

Chutichuan, agape chu hmel-țhatna, duhawmna, hausakna vânga hmangaihna a ni lo. Phu loh em vâng zawkin a thlâwnin hmangaihna leh khawngaihna a dawng tawp mai a. Pathian hmangaih phû tawh lo mihring hian a thlâwn liau liauvin, phûl lêt leh thu delhkilh awm hauh lovin Pathian hian min agape tawp mai a ni. Phil. 2-ah chuan, **‘Pathian anga awma, Pathian tluka awm chu thil thlakhlelh hleih theihah a ruat lo va...’** tih kan hmu a. Hmun dangah chuan, **‘Nimahsela, Pathian chuan a mi hmangaihna chu fak tlâkin a lantir a, mi sualte kan la nih laia Krista kan aia a thih avâng khan’** (Rom 5:8). Agape ațang chauh lo chuan mi sual tân Pathian a thi thei lo vang.

Chu vâng chuan Pathian lakah hian kan va ba nasa em! Pathian hmangaihna chu Kristaah chuan a famkimin kan hnenah tihlan a lo ni ta si a. **‘Kan bawhchhiatna te avânga thi kan nih laiin min tinung a’**. Hmangaih tlak loh te, khawngaih tlak loh te kha min hmangaih a. Pathian leh mihring, inrem tawh lo chu

Krawsa agape luang liam avângin a lo inrem leh ta a.

Hmangaihna avângin thil sil faina awm sa, tui leh ran thisen pawh hmang lo in, fapa thisen ngei chauh a hmang a. Pathian khawngaihna chu a nasain, a mi hmangaihna chu a thûk em a, kan bawh-chhiatna avânga thi kan nih laiin min tinung a (Eph 2:4). Hmangaih tlak loh kha min hmangaih miao si a. Pathian leh mihring inpâwl lehna daltu zawng zawng chu Isuaah chuan tihbo a ni a, Isuaah chuan zawm ka ni ta. Sual vânga hmel mawi lo chu Krista hmel ang min puttir a; mi bawhlhlawh chu min sil fai ta a ni.

A fapa thisen chuan kan sual zawng zawng a tlang fai thîn a, sual tihhmelhem tawh chu min siam tha a; mihring hlui aţangin mihring tharah min dah a, hmangaihna avâng chuan Pathian mit hmuhah chuan thil siam thar kan lo ni ta zâwk a ni. **“Keimahniah A thlarau a dah hian min duh hlih hlihzia a entir a ni”** a tih hi a sawi satliah mai niin in ring em ni? Khawngaihna min vûr tam zawk mah lehngal asin (Jak 4:5-6a, CL

editon). Keimahniah min duh hlih hlihzia entirna A thlarau keimahniah a dah a nih chu maw le! Zawlnei chuan, **“An hnungtawlhna hi ka tidam ang a, an lak aţanga ka thinrimna a kian tâk avângin, anni chu ka hmangaih hrim hrim dawn a ni”** (Hosea 14:4).

### Engtin nge ni ang le?

Kraws hi a tlâwm em a, Isua hi tunlai khawvêl changkâng hmaah hian a chhuanawm lovin kan hria a, inkhawm te hi a nuam vak ta lo va, ringtu nih hi a hlâwk vak bawk si lo va, Pathian hmangaihnate hi a sawia sawi bak dawn tur a awm lo niin kan hre ta hial em? Krista zara Pa Pathian nen inrema min awmtir lai hian Pathian nena inrem lohna lam kan hawi zel em? Isaian, **“In bawhchhiatnate hian a ni in Pathian nen tihrang che u”** (Isa 59:2). Hei hi kan nunah hian a lo dik zêl a ni mai lo maw! Pathian lamah chuan kan inrem tawh reng a; mahse, keimahniah hian Pathian nêh kan inmihrana turin sualah kan pil leh palh ang e. Pathian kan hmangaihna aiin khawvêl kan hmangaihna hi a nasa ta em ni? I inen fiah teh ang u.

Chûngte avâng chuan phu loh hmangaihna dawngtute hian agape chu kan ngaihnêp hmangaihna niin kan hmu ta hial em ni? Isaia chuan, **“Ani chu mihringte duh loh leh hmuhsitin a awm a....keini lah chuan kan ngaisang si lo. Ani chuan kan natnate min tuarsak a, kan lungngaihna te a phur a, keini lahin hrem tuarah leh Pathian nghaisak leh vuakah kan ngai a”** (53:3f, CL edition) a tih ang hi Pathian leh a hnathawh leh kohhran kan hmuh dan chu a ni ta mai em aw, tih te hi ngaihtuah ngai tak a ni.

“Hengte ai hian nangin mi hmangaih (agape) zâwk em?” “Aw, ka ngaina (Philo) che tih i hria e” (Jn 21:15f). Petera hian a agape thei lo tih a hria a, chu vâng chuan a lungngai a ni tia sawi a ni thîn, a dik ang. Mahse, Lal Isuan, **“Pathian nen engkim tih theih a ni si a”** (Mk 10:27) a tih ang khan Thlarau zarah a piah lam ram a sawi theih a lo ni ta a. Petera pawh hian Pentikos hnu kha chuan, “Thinlung takin inhmagaih (agape) tawn rawh u, inhmagaih (agapeesate) tawn uar rawh u,” (1 Pet 1:22; 4:8) a lo ti thei ta a ni.

“Keimahnia thawk thîn thiltitheihna, kan dil leh ngaihtuah aia nasa” ti theitu khan Amah chu kan agape ve theih nan min pui thei a ni. Rom lekhathawnah pawh, **“Lalpa Isua Krista leh Thlarau Thianghlim hmangaihna (agape) ka ngên chiam a che u”** (Rom 15:31). “Krista Isuaah chuan ka hmangaihna (agape) in zaa hnênah chuan awm rawh se” (1 Kor 16:24). 1 Kor. 13-a, “Hmangaihna (agapen) ka neih si loh chuan” tih a ni, Amah Lal Isua ngei pawhin, “...i rilru, i thlarau zawng zawngin i hmangaih (agapesein) tûr a ni” a tih hian thil tih theih loh a sawi lo va; mahse, Thlarau Thianghlim nêchauhva tih theih chi a ni thung. Pathian hmaa inngaitlâwmtê hnênah chutiang chuan Thlarau Thianghlimin hna a thawk thei a ni.

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*Hriatzauna*

## THISEN THLUM HUANG (*Blood Sugar*)

– *Lalramthanga Tochwawng*  
A-57, Zote Bakery  
Lower Zarkawt, Aizawl

**BANABA Grape Myrtle** : Chawnpui hnah hi mi thiamte'n (A bîkin ram hmul ațanga damdawi zir mite) zunthlum tihhniam leh 'control' nan an lo 'research'-pui ve nasa niin, Philippines-ah pheï chuan zunthlumte tân an inchawh ve nasa a ni âwm e. Keini Mizote tân erawh thil thar a nih hmêl a. Chawnpui hnah 'Barnaba' ațangin 'r' paih ila, 'Banaba' tia (Filipino țawng) hriat lâp a ni a, a botanical hming chu Lagerstroemia speciosa a ni. Chawnpui hnah/rah/par hi zunthlum tan a lo țha vek ni âwm a ni.

Japan rama university pakhtatah enchhinna (experiment) eng emaw zat neih a ni tawh a, the plant insulin pawh an lo ti hial tawh a ni. Research kalphung angin sazuah an han enchhin a ni deuh ber a. Enchhinna pakhtatah chuan, thlado hnah ro dip hi ar chaw (Ar tih hian – Layer a ni ang chu) pêk laiah an zuk pawlh tel ziah țhîn a. Layer arte hi pangngai takin an tui ve mai a; tichuan, artui chhûngmu eng (yolk) kha sazu zunthlum sa tawhte an zuk eitîr leh țhîn a.

He experiment-a an hmuh-chhuah chu – khang sazu zawng – artui chhûngmu eite kha an blood glucose level (zunthlum) a tlahniam tih finfiah a ni.

Mi thiamten an zir chiannaah chuan banaba hnah hian thisen thlum tihhniam thei compound, i.e. corosolic acid a pai vâng a ni ber âwm e. He University vêkah hian Dr. Takeo Hayashi te leh a teamten an zir chian lehnaah chuan thlado hnah (banaba)-ah hian corosolic acid bâkah damdawi (Compound) chi thum dang,

zunthlum tihniaamtua ngaih an hmuchhuak a ni [Planta Med. 2002 Feb; 68(2):173-5]. Tin, thisen thlum insiam tûr control-na a nih chuan ‘thau’ (obesity) pawh a control tûra ngaih a ni. Eng pawh ni se, banaba hi zunthlum tihniaam theitu chu a ni thei tih chu hriat phawt hi a bengvârthlâkah ngai ang.

Thlado kung hnah aţang hian thingpui emaw, powder emaw a siam theih ngei ringin, a siam dan tûr leh mahni in lama thingpuife an siam dân kan han fawm khâwm a. A hnuai a ka rawn tar lan te hi a sawngbâwl dân ni âwm leh awlsam ber tûra ka ngaih ka rawn tar lang ve a ni. Chawnpui hnah fe siam dân (Hei hi green tea in lama sawngbâwl dân zulzuia buatsaih a ni) :

- Chawnpui hnah kha fai tâwkin sil phawt la.
- Chutah second 60 ur (steam) ang che. Streamer neih loh pawhin bêl tui so bawrh bawrh chungah thirlen emaw, thlêng kaw nei chungah emaw phah mai la.

- Dah ro deuh la, lehkha puan/brown paper-ah han phah la. Chutah hmun ro leh hnâwng lovah phah ro a ni mai (shade dry). Ni saah pho loh tûr.

- A ro that hnuah thingpuife pangngai ang bawkin a in theih a ni mai.

**NOTE** : AYUSH hotupa ber Dr. C. Lallunghnema (L) hnêna ka ngen angin thlado hnah laboratory test result mi rawn pe a, Banaba (lagerstroemia speciosa) chu a ni ngei tih chu a report aţangin a lang a. Thlado hnahah hian mihring tâna ei/in tlâk loh tûr (arsenic emaw, lead/metal emaw) a awm lo tih leh zunthlum tâna damdawi tha (Tannin leh Phenolic compound)-a pawm a ni tih he State Drug Testing Laboratory report-ah hian a chuang a. Kan AYUSH hotute chungah pawh ka lâwm takzet a ni. Keini Mizote hi thil intihhmuh chu sawi loh, damdawi thlengin inchawh mai mai chîng kan nih avângin fimkhur theuh erawh a tha. Herbal mai pawh ni se, mumal taka ei zât tûr te, mumal taka

bituk sa diam a nih loh chuan tih mai mai loh a him ber. Chu vâng chuan, a chungá Chawn thingpui kan rawn ziah khi, doctor hriat puina leh remtihna lo chuan ‘Risk’ rêng rêng suh ang che. A chhan chu i thisen thlum a tlahniam palh a nih chuan a sâng lam ai mah pawhin a hlauhawm thei zâwk an tih chu. A chinchâng hre deuhte erawh chuan banaba thingpui hi chaw ei (major meal) khamah no khat vêl in chu a him tûrah an ngai. Mi mal taksa dinhmun leh ‘dawi’ dawnsawn dânte a inang lo thei a – chuvângin, “No hnih/thum ni tin ka in ziah a, ka ðatpui lutuk. Lo ti ve ngei ngei chhin rawh,” intih chu thurâwn risk sâng tak inlâktîr kan ni palh thei ang tih a hlauhawm. Chuvângin, mahni taksa inngaihla chungin kan in a nih pawn fimkhur taka tih ve chhin a him ber a rinawm.

Tin, dawn tisei ve mai maitu atân: Keini Mizote zîngah thlado chanchin leh a hman dân han sawi tûr êm êm kan nei lo niin a lang nain kan pi leh pute’n thlado par in

chhûnga lak luh kha thil ða lo (taboo) ang deuhva an lo neih te kha awmzia a lo nei thui thei hle ang em, tih te ka ngaihtuah ve mai mai a. A chhan chu hmasâng kha chuan kan diet kha a calories leh ‘carbs’ – thisen tithlumtua chang thei ang chi rêng rêng kha kan ei ‘over’ lo hle tûrah indah ta ila, chuta zunthlum pawt hniam tûr ang chi kha chu – thlado par hnim ringawt pawh a thil awm thei a nih avângin – thil hlauhawm tak mihringah thlen thei a ni ve thei tho mai – tih te ka lo ngaihtuah ve mai mai a.

*{Pu Rampuia, IA&AS hi Pi Neihthangi, Lower Zarkawt, kan Ex-Chairman, Kohhran Hmeichhe Khawmpui Lian fapa naupang ber niin, tûnah hian Principal Accountant General, Mizoram hna chelh mêktu a ni. He article hi MIZO POT Cook Book (Ei tûr chi hrang hrang siamna bu) ða tak ama buatsaih aţanga a lâk chhuah a ni a. He lehkhahu hi Zote Bakery-ah te lei theihin a awm. Amah ngei hian he Thlado green tea hi regular takin damdawiah hmang mêkin a ðatpui hle a ni.}*

***Ei siam dan:*****MEAT BALL**

Bawngsa ti	-	1/2 kilo.
Artui	-	pum 2
Purun var	-	mal 5
Aieng	-	1 teaspoon
Meat Masala	-	1 teaspoon
Hmarcha dip sen	-	1 teaspoon
Chi	-	a al tâwk
Oil	-	1 teaspoon

1. Sa her dipah khân sawhthing leh purun var den pawlh la, artui pum 2 leh chi nêh hmeha, ball siam tûr.
2. Tel chhuang sa la, hmarcha dip sen, chi, masala leh aiengte pawlha, tomato chawh kawî bawk tur.
3. Chumi hnuah tui leiha, a so hunah meat ball thlak tûr, minute 20-ah a hmin mai ang.

**PUITLINNA**

## ■ Puitlinna hi –

Thinrim insûm theihna te,  
 Dawhtheihna te,  
 Nghah peihna te,  
 Beidawna leh vanduaîna te sawisel lova tawrh theihna te,  
 Inngaihtlâwmna te,  
 Thutlûkna dik siam theihna te,  
 Thlamuanga nun theihna te a ni.

■ Puitlinna chu rilru sak tak aţanga rilru nêh taka i awm theihna a ni. - *Chuck Swindoll*

■ Nangmah i inngaihsakna aia mi dang i ngaihsakna chu a bûk a rih hunah, i puitlinna chu a  ang dâwn a ni.

- *John Mac Noughton*

## HMEICHHIATEN KAN HRIAT ATÂNA ṬHA THI HUL VÂNGA NUNA HARSATNA AWM THEITE

Mihring dam chhûng hun hi hun thumah a ṭhen theih a. A bik takin hmeichhe hun hi hetiang hian lo ṭhen ila:

1. Pian hlim aṭanga thi hul thleng.
2. Ṭhan thi neih aṭanga thi hul thleng.
3. Thi hul aṭanga tar thih thleng.

Hmeichhe tam tak chuan kum 14 an nihin thi an nei ṭan a, a tlângpuiin kum 12 aṭanga kum 17-ah hmeichhiaten thi an nei ṭan a, kum 45 an nihin an thi a hul tlângpui a ni. Lehkhabu ṭhenkhatah chuan thi hul hun ṭha ber chu kum 45 aṭanga kum 50 ti tein an ziak.

Hmeichhiate hi hêng hun ṭhen an thlen hian, an taksa leh rilruah thil inthlak danglam a awm ṭhîn a ni. Ṭhan thi pal hun lei leh thi hul hun lai hian an taksa leh rilru a inthlak danglam ṭhîn a ni.

Hmeichhiate thi hul hun laia an rilru leh taksa a lo lan chhuah dân a inang vêk lo va, ṭhenkhat chuan natna emaw te tiin an inhre thiam ṭhîn lo a ni. Ṭhenkhat tân chuan a nep theih hle bawk.

### A LO LAN CHHUAH DÂN TLÂNGPUI

1. Taksa lum pupa thaw sa

bawrh bawrh te, rei lo teah a vawt leh thuai a.

2. Zan mut ṭhat theih loh te.
3. Thawipik, in chhûng up leh thengthaw lo ngaihtheih lohna te.
4. Bengchheng leh thawm ri ngaih theih lohna te.
5. Thinchhiatna leh in chhûnga an vak duhna te.
6. Rilru natna leh lawmna awlsam tak te.
7. Lungphu rang te.
8. Taksa na, kham ṭhem ṭhum leh chauh ngawih ngawih te.
9. Lu na ber bur rit lek luk leh mitmeng kham (mit men nuam lo).
10. Pasal te kawm peih loh te.

Thi hul dawn aṭangin hêngte hi an nei ṭan a ni. Thi hul hnu kum eng emaw ti



chhûng hetiang hian an awm thei a, natna leh hriseh lohna avâng emaw an ti thîn a, taksa leh rilru inthlak danglam hun lai a nih vang chauhva lo awm an ni. Hmeichhe thenkhatin an hriat mang loh laiin hmeichhe thenkhat chuan an tuar na thei hle a ni.

### A ENKÂWL DÂN TLÂNGPUI

1. Hmeichhiaten hetiang a insawiselna an neih chuan doctorrawn a tha.
2. Hmeichhe tam tak chu thil awmzia hrilhfiaha, hriat thiamnain nasa takin a chhawk thei.
3. Pasal leh fate leh chhûngkuaa khawsakpuiten hriat thiampuina leh dimdawi dân tâwk thiam a pawimawh hle.
4. Chhûngkuaten, “Nu thinchhia leh punchiar, an cheh” an tiha, an sawisêl chuan nu tam tak tân phurrit a tling theiin hmeichhe tam tak tân at phah theih hial a ni.
5. Tha deuh mai chu, hmeichhiaten inzirtîrin, Pathianin kan nunphung tûra a tih a nih avâng a awm a ni tih hria a, mahni awm dân inzira, a lo lan chhuah veleh ngaihtuahna thlak danglam tum ve te, a tha lam zawnga thil ngaihtuah tum tlat te,
6. Exercise lak leh mi zawng zawng rem tum ve hram te,
7. Ei leh in tha leh balance diet ngaihtuah te,
8. Zûk leh hmuam lama fihlim te
9. Vitamin, calcium leh protein tamna ei tam te,
10. Thlai, calcium leh protein tamna lam ei tam te a tha.



**Rinna chu Pathian ngenchhanna a ni a. Pathian ngenchhanna hi mahni inrin tâwkna a bo hun chauhva lo awm tan ve thei a ni.**

- James Mc Lankey

*Hriselna Huang*

## VITAMIN D DEFICIENCY – RUH MUAT AWMTIRTU

– Dr. Thangchungnunga  
MS (Ortho)

Tun hma, kan naupan lai aţang khân naupangin ruh no leh ruh muat an nei thîn anga ngaih a ni a. Tunah chuan, mihring finna a lo pung zêl a, khawl tha zâwk a lo chhuak zêl bawk a, naupang aiin puitlingin heng Vitamin D tlâkchham leh ruh muat hi an vei nasa zâwk tih an hre chhuak ta a ni.

Vitamin D hi kan chaw ei aţang hian kan hmu tlêm hle a, kan hmuhna pui ber chu ni zung aţangin a ni a. Kan taksa lah hian vitamin dang angin rei tak atân a khâwl khâwm ve thei si lo va. Ni tina kan hman tâwk tûr ang hi ni êng zungzam, ultra violet rays aţang te hian kan vunin a hip khâwm a, chu chu kan taksaaw pawimawh tak, kan ruh tichangtu, calcium siamtu pawimawh ber a ni ta a ni.

Hetiang a nih avâng hian puitling zâwk, nilenga ni zungin a en theih loh khawpa in chhûnga awm kan tam êm êm tih an hre chhuak a. Chûngte chu office-a thawk, kum sawmthum aia tlêm lo ni hmu lova thu nilênga, haw hunah pawh motor-a ni eng hmu lova haw leha, an nunkhua hman rengho, nu in chhûnga che reng te, pitar

putar ni êng hmu hlei thei lova khum a mu leh in chhûng pawh pêl peih tawh loho hian ruh muat (Osteoporosis), ruh chak lo an vei nasa ta êm êm a ni. Ruh muat (Osteoporosis) hian ruh nâ, hnungzâng, kawng leh taksa hrang hrang ruh chhungril nâ te, tihrâwl nâ leh chauh ngawih ngawih te pawh a siam thei tih hriat tûr.

Tunlahiah phei chuan, BMD (Ruh chak leh chak loh enna) te kan nei ta fur a. Mahse, kan en tawh rêng rêng ruh tha pangngai aiin ruh chak lo an tam ber a, a nasa pawh an tam. X-ray pangngai aţang pawhin hêng ruh chak lo, ruh thawrawng/ruh muat hi hriat a awl êm êm a ni. Kan damlo tam tak, ho tea tlu palh, an malpui ruh leh khel bul ruh tliak tam ber hi upa lam leh thalai takte pawh an ni fo mai.

Hêng avâng hian tunah chuan thisen ațanga Vitamin D tam tâwk leh tâwk loh a entîr theih ta a. Kan en tawhho rêng rêng, Vitamin D tlachham lam vek an ni tlângpui.

Hei hian a hrin chhuah chu, Vitamin D mum/capsule an siam chhuak ta chur chur mai a ni. A then chu kar khata vawi khat ei te, chung chu entir nan, DV60 K tih te, chi hrang a tam, ni tina ei chi chu DV2K te pawh a awm a, hming dang dang a awm bawk. Hêng kan han sawi ațang hian mahni ni tin ni êng hmuh dan azir pawhin Vitamin D ei ka ngai em tih inçhûta,

mahni pawha ei ve mai tûr. Over-doze a awm chuang lo va, i mamawh a nih leh nih loh chu lo inçhût ve la, ei ve mai rawh, i him zâwk ang.

A bîkin office-a dam chhûnga thawk mêk te, thawk țan tir te tân a țul lehzual tih hre reng ang che. Vitamin D siamtu hi cholicalciferol a ni a, D3 1000 ti te pawhin a awm bawk. A nih loh vêk pawhin doctor râwn la, vitamin D i tlâkchham leh chham loh chu a lo hrih thei ang che. Ruh muat, ruh thawrawng hi i nih palh chuan ruh a tliak hma a, fimkhur a țha ber.



California vaukam chu kum 1952 July ni 4 chuan țiau chhumin a bawh khat mup mup mai a. Chu lai hmun ațang chuan Catalina Island chu mel 22-a hla a ni a. Chutih lai chuan hmeichhe kum 34 mi chuan California lam panin tui a rawn hleuh pheih ngat ngat mai a. Amah chu hmeichhe zinga English Channel hleuh kai thei hmasa ber, Florence Chadwick-i a ni. Chumi tuk chuan khua a vawtin chhum a zing phui mup mai a. A nu leh amah zirtirtu chuan hleuh țang țang tûrin an lo fûih bawk a. Chadwick-i chuan chhum zing chauh a hmu thei a, a vawt bawk si a. Amah chu tui ațanga la chhuak mai tûrin a ti ta a. An han lak chhuah chuan a lo thleng țep tawh hi a ni a! Keini pawh kan goal kan thlenna tûrah hian chhum a lo zing fo țhîn. Hei hi kan pelh chuan hlawhtlinna leh chawlhna nuam a lo awm țhîn.

## SYNOD BOOKROOM-A LEHKHABU THARTE

1. **Pathian a awm** : Kan biak Pathian, lei leh van siamtu hi a awm ngei a ni tih mi thenkhatin an rinhlelh mêk laiin, mi lâh leh hlawhtling tak tak, an zînga thenkhat pheî chu tun hma lama Pathian ngaihsak ngai lo mi 34-te hnêna Pathian inpuanna, Pathian a awm ngeizia a taka an tawh dân chanchin ngaihnawm chu Amy Hammond Hagberg-i'n a ziaak a, Lalrammawia Ngentein Mizo tawnga letlingin SL&PB-in a chhuah ta. Chhiar ngei chi a ni e. A man ₹ 250
2. **Thlipui Kara Chhungkua** : Maubawk Bial Kohhran Hmeichhiaten “Kristian Chhungkua” tih thupui hmanga rawngbâwl tûra an sawm Rev. Benjamin Lalrinmawia chuan hemi tuma a thusawite, harsatna tâwk mêk chhûngkuate'n tuarna phêna malsawmna hlu tak an chan theih dan tûr kawng a kawhhmuh chu, a dawngsawngtuten a bua siam ngei tûra an ngen avângin thlipui kâra chhungkaw damkhawchhuah dan tûr lehkhabu tsa zet mai kan nei thar ta. A man ₹ 50
3. **Thuchah leh Thuziak** : ‘Pathian hmangaihna ropuizia’ tih hla letlingtu leh 2018 Synod Inkhawmpuia thuchah nung tak sawitu, Upa Dr. L.N. Tluanga chuan Pathian atanga a dawn, ama tawnhriat ngei thu leh hla ngaihnawm tak tak chu rei tak a up bo hnuah a buin a rawn tichhuak ta. Chanchin Tsa hril lam hawi deuh vek a ni e. A man ₹ 150
4. **Thubriltu** : “Nunna Chaw” tih video clip tawi te te, awmze nei leh nun chawm tak tak tichhuak thintu

Pastor Ben-a chuan thlarau mi tehkhin thu, thu awmze nei leh nun châwm thei tak tak khung khawmna lehkhabu thar chu a rawn peih fel ve leh ta. Kan thlarau nun chawmtu atân leh Pathian ram thu tlangaupui nân lo chhiar ve rawh le. A man ₹ 300

5. **Tukchhuah nuam le - 1** : R.K. Lianzuala ‘Tukchhuah nuam le - 1’ hi tunlai lehkhabu hralh kal ber a ni ngei ang. Chhut khatna bu 2,000 chu kar hnih tling lovah a zo nghal a, Synod Bookroom pawhin chhut khatna an chang lo. Chhut hnihna a lo chhuak leh ta a, Synod Bookroom-ah lei tûr a awm ve ta hlauh mai. Heti khawpa mipuiin an duh lehkhabu, thil thleng mila thuziak, zir tlâk khawpa thu ða, chhiar awlsam tâwk lek leka tawi, hlui thei lo khawp thu rotling fun khâwmna bu chu eng ang chiah nge a nih lo bel chiang ve rawh le. A man ₹ 300
6. **Jim Corbett-a sakei kah thu** : Jim Corbett-a hming sawi ruala rilrua lo lang nghâl chu India rama keipui leh keite, mihring seh hmangho peltu leh kaptu hmingthang a nihna hi a ni. Tun ðuma miah hian mihring ei chi hlir keipui leh keite 11 a pêl dan ngaihnawm leh a kah dan chanchin dah khawm a ni a. Heti lam chanchin ngaihnawm titute tân F. Chawnmanga’n Mizo ðawnga a lehlin hi hmaih phal chi a ni lo. A man ₹ 400

(Remchangah lehkhabu thar dang awmte chhuah  
chhunzawm a ni ang)

## RUALBANLOTE PUAL

- Vanlalhruaii

Central Committee Member

Kan hriat tlân theuh angin Mizoram Presbyterian Kohhran chuan kum tin June Pathianni vawi thumnaah ‘RUALBANLOTE NI’ kan hmang thìn a. Kuminah pawh June 16-ah kan hmang a. Kohhran hrang hrangte hman dân a inang vek lo vang a. Vaivakawn Kohhranah Ephatha School (Bengngawng tawngtheilote) naupangte nêh hun kan hmang thei hlauh mai a, tawngtheilo naupangte zaizirin an zai a, an tawngtai a, rilru an khawihin, an zirtirtute an fakawm hle mai. Engti ang pawhin lo hmang ila, kan hman chhan ‘rualbanloten’ an hlawkpui ngei beisei ila.

Kan naupan ve lai leh tunlai huna rualbanlote chung a kan rilru puthmang hi a danglam tawh hlein ka hria a, a dawngsawngtu tâna a nat tûrza pawh ngaihtuah lem lova rualbanlote sawina tawngkam - ‘Mi â’ tih te, ‘Mi ANG LO’ tih te pawh tu man kan hmang duh tawh lo va. Hei hi a chhan bul berah chuan kan Synod-in hetiang a Rualbanlote Ni siama, Nilai & Beihrial Thupui Bua a telh hi niin a lang a, a lawmawm hlê mai. Tin, Mizoram Sorkar hnuaia SCERT-a rualbanlote tâna thahnemngai taka thawktûte thawh rah pawh a ni bawk a, anni pheî chuan heng pianphunga rualbanlote hi

‘Vohbîk’ ti ngatin an lam thîn. Hêngte avâng tak pawh hian a ni ang kohhranhote, mipui mimirte hian rualbanlote hi kan lainatin, an tâna mi tângkai tak nih pawh kan duh theuh va, an tân hian kan thinlung pawh a dúp hle a; amaherawhchu, han puih vak dan emaw, an tâna han tângkai vak dan erawh chu kan hre chiah lo niin a hriat a.

Hêng pianphunga rualbanlote zînga a tam zawkte hi chu rilru leh ngaihtuahna fing tak tak, theihna sâng tak leh tha tak tak nei an ni hlawm a, lehkha zir kawngah te leh thiam thil chi hrang hrangah theihna tha tak tak an nei hlawm a ni. Amah-erawhchu, chûng an theihna te

chu a nihna anga a lo pâr chhuah ve theih nan ãanpuitu an mamawh zual bîk a. An chhungte mai bakah ãhiante, ãhenawm khawvengte leh mipui mimirte ãanpuina leh hriat thiamna an mamawh êm êm a ni.

A bîka zirtir ngai an nih avângin sikul pangngaia kal ve chi an ni lo va, an inzir vena tûr sikul hranpa an mamawh a ni. Mitdel naupangten lehkha an zir ve theihna tûra mi ãhahnemngaita siam Mitdel Sikul, Kolasib leh Durtlanga mite, kawng danga rualbanlote tân Gilead School-te hi a va hlu tehlu êm! Bengngawng ãawngtheilo naupangten inzirna tûra an neih ve theih nan an nu leh pate ãhahnemngaihna Ephatha School, Vaivakawn leh mi ãhahnemngai, thiamna bîk neiin an din, Redeem Garden, Lily Vengah te a awm ve ta hlauh mai a, bengngawng ãawngtheilote tân pawh kâwl a êng ve ta a tih theih âwm e. Amaherawhchu, hêng sikulte hi a mamawhtu zawng zawngte tân pan phak a ni vek lo va, hêng sikula kal ve thei lo naupang tam tak an awmin a rinawm. A mamawhtu zawng zawngten zirtirna leh kaihhruaina ãha an

dawn theih hun a nghahhlelhwawm hle mai.

Kan Lal Isuan a van lâwn dâwna a thu min pêk, ‘...thil siam zawng zawng hnêna chanchin ãha hril’ tûr thu-ah hian hmaih kan neiin a lang. Mizoram chhûng leh pâwnah, Mizo ãawng hmang lote hnênah te kan theih tâwk tâwka chanchin ãha kan feh chhuahpui mêk lai hian, kan tu leh fate, kan unau te, kan in chhûng – Kristian chhungkuua pianga sei lian, a bîkin bengngawngte hian chanchin ãha hi an la dawng fumfe ve lo tlatin a hriat. He chanchin ãha hi a nih ang taka an dawn ve theihna tûr chuan dawngsawng thei tûra anmahni buatsaih phawt a ngai si a, chu chu mi zawng zawng tân a tih theih si loh, thiamna bîk neih a ngai. Bible milem bu hrang hrangte pawh hi ãha hle mah se, pian tirh ațanga bengngawng tân chuan a awmzia tak tak a hriat theih chuang si loh.

Ram thim, Lal Isua Chanchin ãha la hril lohna hmun kan vei tluk zet hian hêng kan tu leh fa, kan unau te – RÎ HRE VE LOTE hnêna chanchin ãha hril hi kan vei a hun hle tawh a ni lo’ m ni aw? Kohhran te

pawh hian hma lak a hun tawh lo'm ni le? An nu leh pa, an chhungte thiamna leh theihnain a tlin bâka tunlai thiamna leh khawvel changkâng zâwka an tih dante zira, chûngte hmanga an hnêna chanchin ða hril hi a

tûl tawh hle a ni. Kan hotute, hruaitute leh a ngaihna hriaten hma han la sela, kohhranhote, anmahniho lainata khawngaih-tute hi kan hma zâwna kan tih ve tûrah chuan kan tlanche hauhvîn a rinawm loh ve.



## I LAMAH MIN HÎP RAWH

*Jakoba 4:8, "Pathian hnaih rawh u; tichuan, anin a hnaih ang che u. Mi sualte u, in kutte sil fai rawh u; rilru bulbal nei lote u, in thinlung tithianghlim rawh u."*

Kristian Hla Bu no. 266-na, 'I lamah min hîp rawh' tih hla hi Sarah Fuller Flower Adams (1805-1845) puah a ni a. He chawimawina hla hian thil chhinchhiah tlâk tak tak a wawng tel tlat mai hi a danglamna leh ropuina a ni âwm e.

May 31, 1889 khân Pennsylvania state-a Johnstown khawpui chu tuilianin a nuai a, rel pakhat rawn tlân chu tuipui rawn phûl bulh bulh chuan a nangching a, tuilian chu a nasat êm avângin a mi chuangte chu tu mah chhan hman an ni lo. An zînga missionary pakhat chuang ve chu, a ðiante thlabâr êm êm mai a hmuh chuan a ðawngtâi a; tichuan, he hla hi a sa ta a: "I lamah min hîp rawh, aw ka Pathian," tiin. Lungngai leh ðap chungin, a thei theiin an rawn zawm a, an zavai chuan mittui nêna, an sak theih thleng an sa a, thlamuang taka awmin tuilian chuan an nunna a lâksak ta a ni.

Kum 1907 khân USA-a New York leh Rhode thliarkâr inkâra kal ðhîn meilawng chu a chesual hlauh mai a, a pil dâwn ta mai a. Chhantu an nei si lo. Chuta chuangte chuan ðawngtâi chungin he hla hi an lo sa rual tawh baw a ni. Chu mai a la ni lo fo! Kum 1912, April ni 14-a Atlantic Tuipua khawvêlin a theihngilh theih tawh loh, Titanic lawng pil tûra mi 1,500 chuang lai thlamuanna nêna thlah liamtu hla duhawm leh mawi tak kha a ni baw.



*Hruaitute chanchin***H. LALDUHAWMI  
MISSION VENGTHLANG**

Pi H. Lalduhawmi hi Pu Dophunga (L) leh Pi Zaþiangi te fa pahniha a upa zawk niin kum 1956-ah Laipuitlang, Aizawlah a piang a, kum 1976-ah H. Lalsanglura nen Mission Vengthlang Biak Inah innein, fa 3, mipa 1 leh hmeichhe 2 an nei.

Kum 1993-ah Mission Vengthlang Kohhran Hmeichhe Committee member-ah lut þanin Secretary, Assistant Secretary leh Finance Secretary-te a lo ni þhîn a. Kum 2006-a Mission Veng Bial aþanga Mission Vengthlang bial a indan khan Bial Buhfaitham ziaktu niin, Bial Secretary, Bial Assistant Secretary leh Bial Committee member-te a lo ni tawh bawk a ni.

Khawngaih rawngbâwl hna a chelh mêkte -

**Kohhranah** : Nilai zan thupui hawngtu, Puitling Sunday

School zirtirtu, Building Committee member, Kohhran Hmeichhe Assistant Secretary.

**Bialah** : Committee Member, Mission Vengthlang Bial Kohhran Hmeichhia.

Sunday School zirtirtu a zawna kum 25 þang tawh chawimawina Diploma a dawng tawh bawk.

A Bible chang duh chu Sam 37:5, “**I awm dân tûr chu Lalpa chungah ngat la, Amah chu ring la, a man a ti vek ang,**” tih a ni. A hla duh chu Kristian Hla Bu no. 50-na, ‘**Fak leh dil hun lawmawmah hian**’ tih hi a ni.

Zoram Kristian nute hian, kan tu leh fate Setana’n min laksak tuma a beih reng lai hian muanga þhu mai mai hman kan ni lo tih hriain, ni tin chhûngkuua Pathian hmaa kûnpui bakah, zing thawh hlimah te, zan mut dawnah leh fianrial kan neih hun apiangah Lalpa hnênah i kûnpui þhîn ang u. Lalpa chuan ram chhana þanga, dai theu tûrin a mite a zawng mêk a ni. Kan hmanraw pawimawh ber þawngtainaa þan la zual tûrin Zoram nute min चाह a ni.

**Hriat atan**

A. Heng hmuahthe hian Central hruaitute an feh chhuak -

- | <b>A hmun &amp; kal chhan</b>                                  | <b>A hun</b> | <b>Kalte</b>  |
|--|--------------|---|
| 1. Sesawng Bial<br>Leadership & Kristian<br>Chhungkaw Campaign | 24-27.5.2019 | Pi C. Lalrimawii<br>Pi Vanlalhruaii<br>Pi B. Lalrintluangi            |
| 2. Vaivakawn Bial<br>Leadership Training                       | 25.5.2019    | Pi Lalrinpuii,<br><i>Vice Chairman</i><br>Pi R. Lalengmawii           |
| 3. Republic Veng Bial<br>Leadership Training                   | 5.6.2019     | Pi Lalrinkimi,<br><i>Chairman</i><br>Pi Siampuii Pautu                |
| 4. Chanmari Bial<br>Leadership Training                        | 5.6.2019     | Pi K.Lalliantluangi,<br><i>Ex-Chairman</i><br>Pi Lalramzauvi          |
| 5. Ramhlun Bial<br>Kristian Chhungkaw<br>Campaign              | 5.6.2019     | Pi Lalthanruaii<br>Pi Hmangaihzaui                                    |
| 6. Maubawk Bial<br>Leadership Training                         | 5.6.2019     | Pi Lalsangluaii,<br><i>Finance Secretary</i><br>Pi Lalrotluangi Sailo |
| 7. Lily Veng N Kohhran<br>Leadership Training                  | 5.6.2019     | Pi Lalngaihzuali,<br><i>Asst. Secretary</i><br>Pi Lallungmuani        |
- B. State Council for Child Welfare, Mizoram ni 24.5.2019-a Seminar a neihah Mizoram Presbyterian Kohhran Hmeichhiate tel tura sawmna kan dawn angin Central Committee Member leh Bial ațangan mi 33 an kal.
- C. Pi Lalthanzami, Finance Secretary, NEICCWA chu June ni 3-5, 2019 chhungin NEICCWA Executive Meeting neiin Shillong-ah a kal.

## **KUM 2019-2021 CHHUNGA INKHAWMPUI LIAN HRUAITUTE**

Chairman	:	Pi Lalrinkimi
Vice Chairman	:	Pi Lalrinpuii
Gen. Secretary	:	Pi H. Lalfakmawii
Asst. Secretary	:	Pi Lalngaihzuali
Treasurer	:	Pi Vanlalrovi
Finance Secretary	:	Pi Lalsangluaii

### **COMMITTEE MEMBER-TE**

1. Pi Asha Thulung
2. Pi B. Lalrintluangi
3. Pi C. Lalrimawii
4. Pi Chuauhmingliani
5. Pi F. Lalmangaihzuali
6. Pi F. Lalsangmawii
7. Pi H. Lalduhawmi
8. Pi H. Lalrintluangi
9. Pi Hmangaihzaui
10. Pi Hrangzuali
11. Pi Lalmachhuani
12. Pi Lalmingliani
13. Pi Lallungmuani
14. Pi Lalpianzami
15. Pi Lalramzaui
16. Pi Lalremruati
17. Pi Lalrinliani
18. Pi Lalrotluangi Sailo
19. Pi Lalthakimi
20. Pi R. Lalthanruaii
21. Pi Lalthanzami
22. Pi Lalthlamuani
23. Pi R. Lalengmawii
24. Pi R. Lalrampari
25. Pi R. Lalroliani
26. Pi R. Vanlalthlani
27. Pi Sailothangi
28. Pi Sawithangi
29. Pi Siampuii Pautu
30. Pi Thanghlupuii
31. Pi Thangthuami
32. Pi Vanlalhruaii
33. Pi Zangeni
34. Pi Zochungnungi
35. Pi Zoluri Sailo
36. Pi Zonunsangi

### **Ex-Officio Member-te**

1. Rev. R. Lalmingthanga, Synod Moderator
2. Rev. R. Vanlalnghaka, Synod Secretary (Sr.)
3. Rev. B. Sangthanga, Executive Secretary i/c Kohhran Hmeichhia
4. Pi K. Lalliantluangi, Ex-Chairman
5. Pi Sailuti (PWF)

## **KOHRAN HMEICHHIA**

*Thupui : Thuhretu atana koh (Tirh 1:8)*

- Thiltumte :
1. Kohhran rawngbawlna tihlawhtling tura thawh ho.
  2. Kristian chungkua din nghehtir tura ñan lak.
  3. Ñanpui ngaite Krista hminga ñanpui.
  4. Chanchin Ña puan darh.



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To

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