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Rorel inkhawm leh Buhfaiṭham Centenary hawn report.....20

Bible Study : Good Friday.....

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**A chungu thu awmte**

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**Editorial :****BUHFAITHAM CENTENARY LAWM ZEL ANG AW!  
(1910 - 2010)**

*Mizoram Presbyterian Kohhran chuan Buhfaitham Centenary (1910-2010) kan lo thleng ta reng mai a, hawnna inkhawm pawh March 11, 2010 zanah ropui taka neih a ni ta. He Centenary pual hian bial leh Kohhran mal ten tha leh remchang tih anga ruahmanna hrang hrang neiin a lawmna pui ber chu 26 November, 2010 Kohhran Hmeichhe Ni-ah hman theuh tur a ni.*

*Pawlho leh mimalin thil tha pui pui kan rawt a, kan ti ngei bawk thin; mahse, hun rei a daih thei lo. Buhfaitham kum 100 chung chatlak awm lova a kal thei hi a makin a lawmawm tak meuh va, ropui taka lawm pawh a phu hle a ni. Rawngbawlna mawl leh tlawm ni si hetiang taka ropui a lo ni thei hi eng vang nge ni ang le? A bul tan atanga tun thlenga enkawl dan leh a hmanna hrang hrangte hi Malsawmtu hriatpui rawngbawlna a nih vang a ni ngei ang. He rawngbawlna atan hian thawktu chi hrang hrang kan awm a, thamtu, la khawmtu, hralhtu, dah khawmna in, ziak feltu leh a man kawltuten kan rawngbawlna hlutzia leh ropuizia hi i ngaihtuah nawn fo ang u.*

*Centenary meuh kan lo thlen takah chuan mi mal, chungkua leh Kohhranten tuna kan thlen chin eng nge tih inen let theuh ila, tham bur lian leh tha zawk te neih tumin kan enkawl dan leh kan tih dan kalhmang hrim hrim pawh hmasawn turin tan i la ang u.*

*Kohhranhote kan rawngbawlna kawng hrang hrangah harsatna eng eng emaw tawk thin mah ila rinawm leh chhel takin thawk zel ila, chutiang taka kan thawh phawt chuan tun aia nasain Lalpan thil ropui tak min tihsak dawn a ni tih i hre reng ang u.*

***Kristian Chhungkua :*****KRISTIAN NUPA**

- *Upa H. Thangmawizuala  
Concerned, New Delhi*

Pathian zarah kan lo upa chho ve ta a, training hmun hran hranah hian mihring nunphung min sawitir ta fo mai a. Chunga pawimawh zual thenkhat chu kan Mizo hmeichhiate tan hian han ziak ta ila. Nupaa chhiar dun atan a tha ang. Hei hian ngaihtuahna chawh tho sela. Thu hlawm pali lek, sawi duah lovin, mi fel zawkte chhonzawm atan han ziak ila. Tha kan ti ta a nih leh kan chhonzawm zel dawn nia.

**1. Pathianin mihring min siam chhan nia lang chu :**

Gen. 1:26-ah *“Kan anpuin, keimahni ang takin mihring siam ila, anni chu tuifinriata sangha chungah te, chungleng sava chungah te, ran chungah te, rannung leia bawkvaka kal zawng zawng chungah te thu i neihtir ang u,”* tih kan hmu a. Gen. 1:28-ah chuan Pathian vekin an hnenah, *“Chi tam tak thlaha lo pungin leilung hi luah khat ula, in thu thuin awmtir rawh u; tuifinriata sangha chungah te, chungleng sava chungah te, thil nung leia bawkvaka kal zawng zawng chungah te thu nei bawh rawh se,”* a ti a.

Heng chang hnih hi kan lak khawm chuan Pathianin mihring a siam chhan chu chi tam tak thlaha leilung luah khat tur leh a thil siamte chungah thunea enkawl turin mihring hi min siam a ni kan ti thei ang.

**2. Pathianin hmeichhia a siam chhan nia lang :**

Gen. 2:18-ah Pathian chuan, *“Mihring amah chauhva awm hi a tha lo ve: amah tanpui tur a kawppui awm mi ka siamsak teh ang,”* a ti a. Chutiang a nih chuan mihring (mipa) amah tanpui tur, a kawppui awm mi Pathianin a siamsak chu hmeichhia a ni ta a ni.

He thu aṅanga kan ngaihtuah zui tur awm ta ber mai chu mihring (Adama) chu chi tam tak thlaha leilung luah khata, thil siamte enkawl turin Pathianin a siam a. Mahse, amah maia awm chu ṭha ti lovin, amah ṭanpuitu tur, a kawppui awm mi hmeichhia a siamsak ta bawk a ni. Chuvangin, mipa leh hmeichhia hi inkawpa chithlah pung turin a siam a. Amaherawhchu, hmeichhia bik erawh chu mipa ṭanpui tur, mipa kawppui awm mi atana siam a ni. Hei hian hmeichhia hi an hnuaihngung zawk tihna lam kaw lovin, Pathian siam chhan erawh chu a danglam thung a ni kan ti thei awm e.

Aw le, chutianga inkawp tur kan nih chu hre chiang lovin, kan nihphung kan hriat chian loh chuan thil buaithlak a thlen thei ṭhin. Hmeichhia zawkin leadership lak a tum tlat chuan harsatna a thleng thuai ang. Mahse, mipa tam tak chuan kan nihphung tur hi kan tlin loh avangin hmeichhia

zawkin hruaitu chan chan a ṭul fo ṭhin. Heng vang hian nupa karah lungawi zan lohna a awm awl hle ang.

**3. Nupa inhman tawn**  
**thu** : Nupa inhmangaih leh lungruala khawsak dun theihna kawng pawimawh tak mai pakhat chu inhmantawanna ṭha neih hi a ni. A bikin mipa hian mamawh hi neih nasat bik a ni a, chumi chhang hlei thei lova a nupui a awm chuan lungruual lohna leh inngirngona a chhuak rang khawp mai. Nupa kan lo upat lamah leh nau no pawm chak loh lai te, chhul pah tawh hnuah te pheh chuan hmeichhia chu hnawng mai lovin a lo ro ṭhin a. Chutah mipa tan harsatna a awm thei. Chutiang hunah chuan Johnson & Johnson company siam “**KY Jelly**” an tih, damdawi zuartuten an zawrh ṭhin hi a ṭangkai khawp mai.

Tin, insil fai reng hi a lo pawimawh hle mai. Tunlai chuan inbual inte

kan nei ðhain insil fai a awlsam tawh bawk a. He insil fai reng hian harsatna tam tak min pumpelhtir thei ngei ang. He thu hmun khata ka sawina lo ngaithlatute zinga pakhat (nupui fanau chu a nei tawh a) chuan a hnu thla khat velah min hmuin hlim takin, “Kha i thusawi ka hriat aþang khan ka ke hi mut dawnin ka sil deuh ziah ta a, a rimchhia kan nuin a tih ðhin pawh a sawi tawh lo,” tiin min hrilh daih. Kan tum erawh chu kan inman vak loh hmel. Mahse, a ðha tho ve.

**4. Nupa leh Bank Account :** Tunlai khawvelah chuan mi tin mai hi Bank Account nei lovin kan khawsa ta lo va. Ka chhutna

aþanga nupa inhnaih leh hnaih loh tehna ðha pakhat chu Bank Account an vawn danah a ni. Nupa chuan Bank Account an neih hran reng chuan inrintawkna leh inpawhna tak tak an nei thuk lo deuhvin ka ngai. A theih hram chuan a tu zawk zawk pawhin an lak chhuah theih turin Bank Account hi siam a ðha. Mahni chhungkaw sum leh pai awm dan hre chiang lo leh khawih thei lova awm hi a hrisel lo. Nupa inring tawh ang u. He thu ka sawi ðhin hian nupa ðhenkhat nuh a za duh hle. Nulat tlangval laia an lo neih chu nupui pasal angin han hai khawm dun an ui duh khawp mai. Nupa hi eng chen chiahin nge kan inpawh dawn?

*Matthaia 19:9 Kei chuan ka ti a che u, Tupaoh tlangval ngaih vang ni lova, nupui maa midang nei apiang chu, a uire a ni; mah hnu nei apiang pawh a uire a ni,” a ti a.*

**Sermon:****MAHNI TAN KRAWS AN PUTTIR**

- V. Hrangthuami  
Tuithiang Veng

*Tin, Ani chuan mahni tana kraws puin 'Luruh hmun' an tih, Hebrai tawnga Golgotha an tih chu, chumi hmun thleng chuan an va chhuak a (Joh. 19:17).*

*Chutichuan, amah an hmuhsitna chu phurin daipawnah a hnen lamah i kal chhuak ang u (Heb. 13:13).*

Kan Lalpa Isua Krista chuan he khawvela a hnathawh hlen turin sabengtung chung a chuangin Jerusalem khawpui a lut a; tichuan, Jerusalem mipuite chuan Lalpa chu tumkau kenga lo hmuakin erawh chuan sabengtung an lo chawimawi a, "Davida chung a chuang Lal Isua chu Fapa hnenah Hosana, Lalpa chawimawi tlak leh chawimawia hminga Lal lo kal chu fakimawia phû a nihzia hriain awm rawh se," tiin an au an puante an phah a, va. Lal Isua kha chhâwlte thliakin an phah khawvela a lo kal chhan baw k a, an chawimawi a tihlawhtling tura a kawng nih kha. Chumi hnu ni rei zawh kha a bumboh hle lo Leah chuan a tuar tur mai a. Lal a nihnain tihna kawng chu a chawimawina a dawng tlem hmachhawn zui ta a ni. hle a. Chawimawia a han Aw le, Lal Isua hian a awm chhun lah khan ama lungngaihna vawrtawp leh miten an hai nasa hle a, a tuarna râpthlak tak chu a "He mi hi tu nge ni?" tiin pumpelhna kawnga hel mai an phun mur mur kha a ni lova a kaltlangpui dan hi a. Amah hre chiangtute kan hre tlangpui a, a chan

chhiatzia leh a dinhmun tlawmzia em em mai hi thlarauva hriatna nung aţang lo chuan a tuarna leh a retheihna ţawmpui hi a har thin.

Lal Isua kan tana a tuarna zozai hi han ngaihtuah chet chet hian a rapthlak em asin. Talh tura mahni thihna tur lam pan ţeuh ţeuh, ran em pawh tluk zo lova an han sawisa mai hi a va rapthlak em! He thu ka ziah lai mek hian ka tirilah mi fan a, ziah harsa ka ti. Eng vangin nge maw Lal Isua kha amah an khenbehna tura ama kraws kha an puttir kher le? Ran talh tur pawh hian a thihna tur lam pana an hruai lai chuan duat takin a ei duh zawngte pein an kalpui a ni ngai a, thihna tur hmanrua an phurhtir kan hre ngai lo.

Sualna reng reng nei lo Lal Isua chuan nangmah leh keimah avanga an tihhlumna tur hmanrua thing kraws chu an puttir a. Chu kraws chu a rih em avanga tlukpui ni lovin, kan سوالنا zawng

zawng krawsa a phurh zawk kha a rih em avangin a phur kang zo lo va, a tlukpui thin a ni.

Kan tana Lal Isuan a tuarna hi a mala tuar tham ţah, na lutuk hlir hmun eng emaw zat chu a tuar kawp vek a, a zirtirte zinga huaisen inti ve tak Petera khan phatsan hauh lova, a tawp thlenga zui turin a intiam tak naa, a inrin loh lamah thingtlang nula hmaah a Lalpa chu a phat fel der mai a nih kha. Amah a lo inrin rannaah kha chuan a rinawm hle a ni, a awmkhauhna hmangin Puithiam bawih beng a sahthlaksak hial a, a Lalpa an cheksawlh dan chu tuar har a ti ngang a ni ang. Chutiang deuh chuan keini pawh kan rin lohna hmunah Lal Isua hi kan phat fo mai lo maw aw ka ti thin.

Luruh hmun an thlen meuh chuan Galili ram aţanga zuitu hmeichhe awm nem t   t   Mari te, Mari Magdalini te, Salomi-te leh Jerusalem khua aţanga chho



vete chuan hla tak aṅanga dingin an thlir a (*Mk. 15:40*). Hmangaih hle mah se, a tan eng mah tihsak theih an nei si lo. A khawharthlak dawn em asin. Chu chu alawm kraws ram reh chu ni. Chhantu leh hmangaihtu awm lohna hmuna lungngaihna hi he dinhmun hi zawng a rapthlak em a ni. A pa pawhin a kalsan tain a hria a ni ang, “*Ka Pathian, engah nge min kalsan,*” tiin a au lawm lawm reng a nih kha. Chhanna a hmuh chhun lei lam chhanna chuan, “Khengbet rawh, khengbet rawh,” tih chu a hriat chhun a ni.

Ringtute hian kan thlaphân leh kan mangan ber lai pawha min lainata min tuarpuitute, kan mualpho lai ber pawha min hnaihtu leh min thlamuantu laina leh thenrual ṭhate kan bula an la awm ṭhap chung chuan kraws ram reh hi a nihna anga hriat a har khawp mai. Amah an hmuhsitna chu phura daipawna a hnen lam pana

kal chhuah a har khawp ang.

Chuvangin, Lal Isuan kan tana a tuarna hi belhchhahtu kan ni ang tih a va hlauhawm em. A retheihna chanpuia, a hniaka kan zui a hun hle a ni. Hmâna krawsa khengbettute tan chauhva rorelsak turin Lal Isua hi a lo kal dawn si lo. Tuna kan nun leh kan thiltih dik lo tam tak hian Lal Isua hi kan khengbet nawn reng a ni tih hi kan hriat a hun ta.

Tirhkoh paula chuan Pathian Fapa chu anmahni tana khengbet nawn leha, timualphotu an nih avangin (*Heb. 6:6*) a ti a.

Lal Isuan kan sual rit tak mai phur chung a luruh hmun lam pana ama thihna tur kraws a put hi i putpui ang u khai. Dipawnah a hnen lamah i kal chhuak ang u.

Good Friday lo thleng tur hi kohhranhoten a tuarna ṭawmpui chung a kan hman ṭheuh theih nan Lalpan malsawm rawh se.

**Bible Study :****GOOD FRIDAY**

- *Hmingthansangi, B.D.*

Lal Isua chu amahah dik lohna leh سوالنا reng reng nei lo ni mah se, a chungah khawvel سوالنا chu bel a nih tlat avangin mi sualte tan a tuar dawn a ni. Mi سوال chhiara awmin thihna rapthlak tak chu a tuar a ngai si a. A tuar tawh zawng zawng te, a tuar mek te, a la tuar zel turte chu Pathian remruat a ni tih chiang taka a hriat avangin tlanchhiat emaw, pumpelh emaw a tum lo.

Mantira a awm dawn Israriota chuan fawp zana Gethsemani huana a ngawih ngawih chungin a tawngtai lai tluka Lal Isua Lalpa chu a mantir ta ngei lungngaih leh mangan a. Juda-te rorelna sang ber nasatzia hi a hma lamah Sanhedrin hmaah an hruai leh a hnuah pawh kan hmu a. Sanhedrin chu member lo. Pharisai-te leh lehkhaziaktuten nasa taka an neih 71 awmna niin Mishnah lai te, rorelna hmaa a din chuan a sawi a, rorel thei laite leh krawsa an khenbeh chin chu member 23 an ni. lai ngei pawhin Gethsemani Sanhedrin-ah chuan dan hre huana a tawngtai lai ang mi te, lehkhaziaktu te, em ema a mangan thu kan puithiam lal te, upa te, hmu lo. Amah Isua ngeiin, saddukai leh pharisai-te an "Ka rilru a lungngai em tel a. Saddukai an tam ber em a, thihna khawp hial a a, an chairman chu puithiam ni," a ti thlawt reng a ni. lalber tang lai apiang a ni.

**1. Isua an man, Sanhedrin hmaah an hruai (Mat. 26:47-68; Mk. 14:43-50; Lk. 22:47-53; Joh. 18:3-19) :** Juda

Sanhedrin chuan Isua chungchang thu chu hmanhmawh takin an rel chûk chûk a, an rorel danah thil hriatthiam har tak tak a awm nual a ni.

Chungte chu :

(1) Zanah Sanhedrin an ðhu ngai lo. Ni chhuah aṅanga ni tlak inkarah an ðhu tur a ni. Matthaia ziakah hian zanah an ðhu niin a lang.

(2) Sabbath-ah emaw, kut niah emaw sabbath dawn tlaiah emaw, kut dawn tlaiah emaw rorelin an ðhu ngai lo. Isua chungchang rel tur erawh chuan an ðhu nghal a, hei hi dan kalh a ni.

(3) Mi chu thiam loh chantir a nih chuan an rorel thu puan hmainsan khat tal a tla tur a ni. Lal Isua chu thiam loh chantir a nih an puang nghal at mai. Chu mai ni lovin, tihlum turin Pilata an nawr zui nghal.

(4) Thuhretu der siam hi danin a phal loh a ni a, hretu der chu thihnaa hrem tur a ni. Lal Isua chungchangah thuhretu der an siam si a ni.

(5) Isua chu, *Pathian a*

*sawichhia*, tiin an hek a. Juda danah chuan Pathian sawichhia chu den hlum tur a ni. Isua erawh deng hlum ta mai lo chuan ram phat-santute hremna sang ber khenbeha tihlum turin Pilata kutah an hlan.

(6) Lal Isuan “Aw” emaw, “Ni lo” emaw tia a chhan ngei ngei tura puithiam lalberin zawhna a zawt hi thil dik lo a ni bawk.

Hetiang hian Lal Isua chungchang hi an rel hmanhmawhin an thu pawh an kal chakpui hle a ni. Lal Isua thih dan tur thuah Sanhedrin hian mawh an phur Chiang hle a ni.

**2. Pilata rorelna hmaah Isua a ding (Mat. 27:11-26; Mk. 18:2-5; 15:6-15; Lk. 23:5-25; Joh. 18:33-39; 19:16) :** Pilatan Lal Isua thiam lohna leh suaana eng mah a hmu lo. Mi suaana loh hrem pawh a duh lo. Chuti chung chung chuan

Tiberius-a a hlau bawk si, mipui venthawn a ngai bawk si. Pilata chu dinhmun khirh takah a ding a ni. Amahah (Pilata) thudik nge huai dawn mipui aw, a inbuk mek a ni. Pilata a mangang tak zet. A mangang chuan amah a intihfihlim nan “He mi fel thisenah hian ka thiang e,” tiin a kut a sil. Inthiarfihlim a tum dan pawh hetiangin kan hmu :

- (1) Kut nia mi tang pakhat an chhuah ðhin hunah Lal Isua chhuah a rilruk.
- (2) Heroda chu Isua chungchang reltir a, amah intihfihlim a tum (*Lk. 23:6-12*).
- (3) Isua chu velha, chhuah leh maia lungawi turin Juda-te a thlem (*Lk. 23:16*).
- (4) Juda-te chu anmahni roreltira tihhlumtir a tum a; mahse, thiltum chu a hlawhchham vek.

Pilata hian Lal Isua chungchangah fihlim tum

hle mah se a fihlim thei lo. Thuneitu leh thu titlutu chu amah a ni tho tho. A nupui Klaudi Prokula (*Claudia Procula - thurochhiah sawi danin*) hlah ang ngeiin a chungthu chu a rel ta a. A sualna eng mah ka hmu lo ti chung siin thi turin Isua chung thu a relsak ta a ni. Pilata anga Isua hnawl a va hlahhawm em!

### 3. Pilatan Isua a vau (*Mat. 27:26; Mk. 15:15*) :

Mi an khenbeh tur an sawisak dan chu vuak a ni. Juda-te chuan vawi 39 chin an vaw thei a (II Kor. 11:24). Rom-ho chuan thi chhawnga an awm thlengin an vaw thei. Savun hruihrual thlur li emaw an siam a, a hmawrah chuan saruh te, thir hriam te an dah a. Mi tang chu banah an kut an phuar bet a, an hnungzang kul laiah chuan an hlap ta chiam ðhin a ni. Vuak pahin an han phih lehngal a, a rapthlak thei hle a ni. ðhenkhat an thi dang a, ðhenkhat ât phahte an awm a, ðhenkhat ramtui-

leilova awm ta te an awm bawk a, khenbeh hmaa thi tate pawh an awm thin. Kan Lal Isua pawh khan chuti taka hrehawm leh na chu a tuar a, heng zawng zawng hi tu vang dang ni lovin, nang leh keimah vang chauhvva tuar a ni asin.

**4. Isua krawsah an khengbet** (*Mat. 27:32-44; Lk. 15:21-32; 23:26-43; Joh.19:17*) : Krawsa khenbeh hi Phoiniki-ho tih dan Rom-hovin an lak niin Hastings Dictionary of the Bible p.192-ah chuan a sawi.

William Barclay chuan Persia-ho tihchhuah niin a sawi ve thung. Lei hi an pathian Ormuzd atana serh a ni a; chuvangin, mi sual tan leia thih chu a thianghlim lutuk a; chuvangin, leiah an thi tur a ni lo an ti. Chu ngaih dan chu Africa hmar lama cheng Carthage-hovin an la a, Rome-hovin an ching ve leh chhawng ta zel a ni an ti. Krawsa thih hi thihna rapthlak ber, tuarnaah

chuan a na ber a ni. Cicero-a pheii chuan, “Tuarna rapthlak leh nunrawing ber,” a ti hial a ni. Chutiang taka tuarna rapthlak chu kan Lal Isua, sualna leh thiam lohna nei hauh si lo chu nang leh kei avang liau liauvin mi sual berte thihna krawsah an khengbet ta a ni.

Krawsa an khenbehte hian an hliam chu an thihpui chhan ber a ni lo. An thih mai thin loh avangin rei tak na tak tuarin an dam thin a. A tawpah riltam tuihal tuarin an thi ta thin a ni. An tuar chu a nat em avangin a khengbettute anchhe lawh lo an vang hle an ti. Mahse, Isua erawh chuan a khengbettute chu anchhelawh ahnekin a Pa Pathian hnenah ngaihdam a dilsak (Lk. 23:43) thung a ni.

Rome-hovin khawngaiha leh lainatna nei lek lova rawng taka mi an khenbeh thin chu Juda nuhoten an lainat a. Harh fim taka na

an tuar lohva, rui â deuh phuanga an thih theih nan uain, murra nena pawlh an in atan an siamsak thin an ti. Mahse, Isua chuan uain leh thil kha a in duh lo. Khawvel chhandama a awm theih nan eng anga hrehawm nasa pawh ni se harh fim takin a tuar zawk a ni.

**5. Isua an tiel (Mat. 27:39-44; Mk. 15:33-39)** : Mi vei apiangin Isua chu hmusit tak leh diriam tak chungin an tiel thin a. Puithiam lalte leh lehkhaziaktute pawhin, *“Mi dang mah a tidam thin a, mahni a intidam thei si lo. Israel lal a ni alawm, tunah hian kraws ata chu lo chhuk ang hmiang; tichuan, amah chu kan ring ang,”* tiin elsen takin an tawng khum a. Mi dang tidam thintu Isua khan mi dangte an dam theih nan amah a intidam thei lo a ni, a va ropui em!

**6. Lal Isua a thi (Mat. 27:45-50; Mk. 15:33-39;**

**Lk. 23:44-46; Joh. 19:28-30):** Krawsa mi an khenbehte hi an duh hun hunah awlsam takin an thi mai thei ngai lo va. Lal Isua erawh chu aw ring takin a au va, *“Ka Pa, i kutah ka thlarau ka kawltir e,”* a ti a. Chu chu a sawi zawhin a kun a, a thlarau a thlah ta a, a thi nghal ta mai a. A hma zawna sipai za hotu ding chuan a thlarau chutianga awlsam taka a thlah ta mai a hmuh chuan, *“He mi hi Pathian Fapa a ni ngei mai,”* a tih phah hial reng a ni. Hetianga Lal Isua a thi ta thuai hi a mak bik hle reng a ni. Huaisen takin engkim a tuar chhuak ta. Khawvelah a tih tur a ti zo ta. Lal Isua a thih hian Temple-a hmun thianghlim leh hmun thianghlim ber daidanna puanzar chu a lo thler a. Hei hian Krista thisenin mi sualte chu Pathian hnen thleng leh thei turin kawng min hawnsak leh ta tih a tilang a ni.

*Hriselna huang :*

**HRISELNA VAWN ṬHAT NAN AIENG EI RAWH**

*Dr. Vanlalhuma Royte, DMRD*

***Dam chhung rei lo te a hrisel lo taka nun ai chuan, hrisel taka hman a thlanawm zawk.***

America ramah ringawt khuan vawi 688 chuang an mi thiam (*Scientist*)-ten an lo zir tawh a, kum eng emaw lek kal ta chhung ringawt khan a chungchang hi ziakin lehkhah vawi 400 chuang a chanchin ṭha hi an lo chhuah tawh a ni.

A ṭhatna chhan ber chu amaha hlo awm ‘**Curcumin**’ tih hi a ni. A phut a ni emaw, têt-a kan a ni emaw, a tui sawr a ni emaw, he a ṭhatna ber hlo ‘*curcumin*’ hi a chhe chuang lo a ni.

**I. CURCUMIN HIAN THIL ṬHA LO KAN TAKSAA AWM THEI TE A VENG A, CHUNGTE CHU :**

- |                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Ruhseh - ruh chuktuah vung (<i>arthritis</i>)</p> <p>2. Thisena thau chhia (VLDL &amp; LDL) sang lutuk tur a dang.</p> <p>3. Hmeichhiaah hnute leh tuibawm (<i>overies</i>) cancer a veng.</p> <p>4. Ril cancer, chuap cancer, tai cancer a ven theihna chhan chu ‘<i>Free Radical</i>’ a then fai vang a ni (<i>free radical chu oxygen aṭanga insiam chhuak, kan timur (cell)</i>)</p> | <p><i>tichhe thei a ni, hemi avang hian cancer a lo awm thei).</i></p> <p>5. Ril vung natna (<i>inflammatory bowel disease</i>).</p> <p>6. Kan taksa aṭanga bawh-hlawh insiam chhuak nasa tak leh kan ril aṭanga hlo ṭha lo (<i>toxin</i>) kan lakluh hi thinah hian an lut a, thin hian a lo thlifim ṭhin a, he hna a thawhnaah hian thin hi a hliam ve fo ṭhin. Kan damdawi ei aṭang tein leh natna hrik</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

vang te pawhin hemi tlen fai hna hi aieng hian a thawk tha hle, chuvangin, thin natna nei hepatitis/thinro, etc. tih angreng te hian han ei se a duhawm hle mai.

7. Thisen hnanng lutuk emaw thisen khal hun lova khal, pem awm si lova thisen zam chhungah chutianga buaina a lo awmin. Mi thau lutuk te hi an ni duh chawk, mei zu miah hian an tam ber; chuvangin, lung thisenzam a inhnawh pin avangin zai te an ni chawk thin (*BYPASS SURGERY tih thu hi kan hre nual tawh awm e*); chu bakah, 'Stroke' (*thluaka thisenzam chat emaw hnawh ping*), Deep vein 'Throm-Basis' (*ke thisenzam inhnawh ping*) - hemi avang hian ke te a tawihin pan dam thei lote a lo awm thei; chu bakah, thisen khal thenkhat hi chuapah te a lut chho va, chuap thisenzam a hnawh thei (*Pulmonary Embolism*).

Aieng hian thisen hnanng lutuk tur leh khal lutuk tur hi a veng a ni.

8. Kawpuar atan a tha - natna hrik gas (*vawih*) siam chhuaktu an tam lutuk hian kua a puar thin, chungho chu han ti rem deuh ilangin vawih a tlem phah viau mai.
9. Pumpui chak lo tan (*Pai tawih lama harsatna neite*) pai tawihna hnanng pumpuiah hian a siam chhuak a, mit (bile) a rawn sawr chhuak a ni ber e, hriak pai tawih hlei thei lo tan te a tha a nih chu. Thil mawm ei avanga kawthalo ziah atan te pawh a hman tangkai theih viau.
10. Natna hrik a that thei (*volatile oil an tih mai amahah hian hriak pawimawh tak natna hrik thahna hlo a awm vang a ni*).
11. BP sang a veng - a chhan chu kan sawi tawh angin, thisen khal/ hnanng lutuk tur te a



- veng a, thisenzam timur (cell) fip lutuk turte a veng (*free radical vang hian thisenzam hi a fip tulh tulh thei a*).
12. Tar ât a veng (*Alzheimers disease*) he natna hi Vai ho zingah khuan a tlem em em mai a, a chhan an hmuh chhuah tak chu aieng an ei nasat em vang a ni. He natna lo awm chhan chu thluakah '**beta amyloid**' (*hei hi taksa atanga insiamchhuak hngang chi khat*) tawm khawm vang a ni. USA President hlui thih chhan ber pawh kha a ni.
13. Nachhawknain pumpui a hliam/tihpilh theihna tur a veng. Chuvangin damdawi ei nasate tana ei ngei ngei chi a ni.
14. Taksa vung a tireh thei, hliamna te (*interleukin1, vung siamna atan pawimawh em em kan taksaaw rawn insiam chhuak thin chu a tlen fai vang a ni*).
15. Kal vung (*nepphritis*) natna atan pawh eng emaw chen thatna a nei, a chungka kan tarlan ang khian.
16. Rulhut thenkhatte pawh a tihlum thei.
17. '**Psoriasis**' vun natna chi khat atan pawh hman a ni (*he natnaah hian vun a phuhlip hrup a, han ziat deuh ila, a hnuaiyah hian vun hi pan tein a pilh ser ser thin, kan tisa timur laimu (DNA) khawlohna avanga awm a ni deuh ber*).
18. Chauhna benvawn nei tan pawh a tha, ka chau riau mai han ti deuh reng te tan pawh hian han ei sela a duhawm hle.
19. Prostate cancer pawh hi thui tak a veng thei nia hriat a ni (*Prostate hi mipa chi a chhuah ruala hngang siamtu pawimawh tak, zun leh chi chhuahna kawng hawnga khar pingtu a ni; phing leh serh inkara awm a ni a, upat hnuah a vung duh chawk*).

20. Zun thlum avanga mittel tur a veng (*zun thlum natna avang hian mit chhungah thisenzam a thang duh hle a, thisenzam zam lohna turah a zamtir thei a, mit chhung lam a tichhiain mit a tidel thei a ni*).

21. Kawthalo/ek phuanah, natna hrik a thah mai bakah, kan taksa atang tui kan chan hnem lutuk tur a veng.

22. Taksa pem/hliam a lo awmin thisenzam a tihang chak a, hliam a tidam thuai thuai thei.

23. Irhfiak atan a tha hle.

## II. ENGTIA EI TUR NGE NI TA ANG LE?

Kan ramah aieng kan ngah tho va (*pawlh dal loh*) chuvangin, ni tin zailep hnih chaw ei laiin emaw chawi ei khamah emaw ei/dawlh thei ilang chuan a tha ang. Tui ti lo an awm nuk

avang hian zailep han dawlh mai hi a remchang hle mai.

America-ah chuan a tui (*a sawr tui*) a nih chuan, **5ml (mililitre nga) ni tin vawi thum in tur** tiin an sawi a, hei pawh hi a tha, vawi thum a harsat chuan chaw ei kham apianga vawi khat a tawk viau.

A phut pawh lo ni ta se tui no khatah fiante khat ni tin chaw ei khamah in a tha (*ser tui nen a tih chi viau*). Kawthalovah hi chuan a tam lam fian 3-4 vel in tur.

Naupang kawthaloah chuan an in ve theih nan chini han thlum ilangin chi sawh khat (*kut-zungpui leh kutzungchala hmer khat chu*) han telh baw k ilangin a tha hle mai, company siam damdawi hman vak aiin.

Ni khatah hian 8 grams thleng a ei theih.

## BUHṬHAM BEL BEL

*Upa Dr. R.L. Thanmawia  
Ramhlun South*

Buhfaṭham rawngbawlnain kum za a lo thleng ta mai hi a lawmawm khawp mai. Buhfaṭham Centenary denchhen hian Buhfaṭham chungchang han ziak ve ila. Kan tapchhak sir, khumai bul bang chhak depah hian fairelbêl hi a inhûng a, savun pho chârin a inkhuh a, ka pain hreifang atana a suih, a duh aia a tan tawi deuh avanga a hman tak loh chu ka nu chuan fairel bêl khuhna delh nan chuan a hmang thung a. Chu fairelbêl bulah chuan ûm lian fe, tliang zet pangah chuan lehkhâ kuta ziak nalh fahran lo hi a inbel a, chuta thu inziak chu **‘Buhṭhal bêl bel’** tih a ni a. A **thlûkna** leh **i** a awm loh avangin keini naupang chuan, **‘bêl bêl’** tiin kan chhiar ṭhin a. A chhunga awm chu kan hre Chiang em em a. Ka nuin chaw a chhum dawn apianga a ṭawngṭai hnan hnua uluk taka buhfai a thun ṭhinna a nih avangin a tam tawh nge tawh lo tih hriat chakin tuk tin kan thing ṭhin a; mahse, ka nu phalna lo chuan ka hawng ngam ngai lo! Ka nu ta bik hliah hliah, a ro bawm ni ber hian ka hria a. Tun hnua ka ngaihtuah kir leh pawh hian khatih lai khan ka ute leh ka pa thleng pawhin chu rawngbawlina hlu tak chu kan chhungkaw rawngbawlina a ni tih ngaihtuah phak an awmin ka hre lo. Pathianni tlai lama buhfaṭham an rawn khawn chang erawh chuan a phur berah ka lo tang ṭhin a, ka nu khan min hau ngai reng reng lo.

Engtik aṭangin nge a buhfaṭham bel atan a hmang hman ṭan tih ka hre lo nâ ngei ang. Ka lian ve viau a, chu ûm hnûm ṭha tak tawh tihah chuan bel lian chu kum sawm tel teh meuh deuh, tle ṭha tak hian ka nu chu thlak hauh lovin chuan a thlak ta a, chumi

pangah chuan khawlchhut ngat hian lehkha bel a ni a,  
chu chu:

### **Buhtham Bel Bel**

*I sumin Lalpa chawimawi la,  
I thil lo pung hmasa ber zawng zawngte nen;  
Tichuan, i buh in chu a lo khat liam ang,  
I sawrkhur uaiin tharin a luang liam ang,*

tih hi a ni.

He Pathian thu chang hi tuk tina ka chhiar thin a ni bawk a, ka vawng bel hle. Buhfaitham zara ka ta, tun hnu a ka nuna thu sawitu leh min kaihruaitu a ni.

Sakhaw dang betute hian an pathian limte hi bang kila hun an ching hle. Keini hi chhungril lam uar kan ni bawk a, Pathian lem emaw Kraws lem emaw pawh kan dah langsar hran lo va. Pathian lem ni hauh lo mah se ka nu berin a dah pawimawh em avangin kan tapchhak bul buhtham bel chu Pathian bawm ang hrimin keini naupang a pawh chuan ka ngai hlu a. Nuhoten buhtham bel an duh tui te, hlah hauh lova Pathian tana buhfai an serh hrang thin te hi kan ram

leh hnam tana malsawmna tam tak thlentu a ni tawh thinin ka ring. Teh chhuah theih ni se, he rawngbawlina tlawm tak buhtham avanga chungkua, kohhran leh ramin a hlawkna kan dawn hi kan rin aia nasa a ni ngei ang. Pathian ram zauna a ni a, thlarau bo tam tak sengkhawmna hmanrua a lo ni ta deuh deuh. Vanram lama kan lawi za hunah chuan hnam dangten thlarau lam mit var an nei tawh ang a, chutih hunah chuan kanbuhfaitham avanga chhan chhuah an nih an hria ang a, lawm thu hahipin an la sawi dawn ni tein ka suangtuah thin.

Mikhual inthleng thin hnam kan ni a, nuhoten chaw an chhum dawn apianga Isua chu mikhual tur ang deuhva inngai

chung a buhfai an han tham thei thin hi chu a va ropui em. Nu chanah kan dah a, nu rawngbawl ve theih tawkah kan dah bawk a, a dik teh meuh mai. Mahse, hei hi chhungkaw rawngbawl na a ni a, chhungkaw tana malsawmna lo luan luhna hnâr niin ka hre tlat. Buhfaiṭham lama tha-hnemngai tak chhungkua hi Bible ṭawngkam takin 'chaw khawn' ka hmu lo va, rethei berh tak an awm lo deuhvin ka ring tlat. Mi awm thei tak an ni zel tih lam aiin, mahni tawka hmasawn chhungkua an ni ngeiin ka ring thin. Chumi piah lamah chuan thlarau lam malsawmna tu leh fate chung a luan luhna pawimawh tak a ni phak ngei ang. Buhfaiṭham kawnga kut hlâwk deuh nu nei nih te hi a va han vanneihthlak êm tiin ka ngaihtuah thin.

Buhfaiṭham hi Mizo nuhoten an chin chhuah a ni lo hi paw i ka ti hnuhnawh hle a; mahse, hemi hmanga rawngbawl na ropui tak thlent u kan ni hi

a lawmawm a; tunah chuan a neitu chan kan chang ta ber niin a lang. Internet lamah buhfaiṭham (*handful of rice*) tih hi ka zawng chhin a, hmuh tur a tam lo va, ka hmuh chhun chu Mizo nuho tih thin an sawina a ni a, ram dang mite zinga rawngbawl na hriat hlawh ber a ni tiin kan sawi thei hial ang.

Heti ang taka rawngbawl na lian leh hmasawn si hi a enkawltute chanchinbu, Agape-ah hian a lang ngai meuh lo va, a inhme h lo hle. Agape bu hlui ka chilh khawm kan keu leh a, 1990 bawr vel aṭang khan ka dah tha a, buhfaiṭham chungchang zia k ka hmu lo va, mak ka ti hle mai. Kum tinin report kimchang tak hi tarlan ni se, kum sawm dana hma kan sâwn dan te, Synod budget pum puia a dinhmun te, he sum hi ren tin daih tura dah a nih dan te, hma lam huna kan hmasawn dan tur thlir lawkna leh infuihna te hi kum tin Synod tangka kum tawpah awm thin se a tangkai ngawtin ka ring.

**MIZORAM PRESBYTERIAN KOHHRAN HMEICHHE  
ROREL INKHAWM VAWI 5-NA LEH  
BUHFAITHAM CENTENARY HAWN REPORT**

*Lalthansangi Fanai,  
Asst. Secretary*

Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm Vawi 5-na leh Buhfatham Centenary Hawnna chu March 11, 2010 (Ningani)-ah Electric Veng Kohhran Biak In, Aizawlah tluang taka hman a ni a. Central Committee Vawi 408-na October 3, 2009-a thukhawm rel angin Inkhawmpui Lian neih loh kuma Committee hian ‘*Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm*’ tih hming a pu ta a (*Rorel Inkhawm hi 2001, 2005, 2006, 2008-ah te neih tawh a ni*). Rorel Inkhawmah hian Bial 151 atangin palai 296, Central Committee member 37, Synod Puipa 4, Central KTP palai 2 leh ATTWI member 4 kalin, chhimtu 5 nen mi 348 kan ni.

Kum 2010-2011 chhunga thawh ho tur hrang hrang relin Hmeichhe Dinmun Tleu leh Faina chungchanga hmalak chhun-zawm, Kohhran Hmeichhe Emblem neih, Kristian Nun kaihhruaina Synod-in a siam tualchhung Kohhran tina zir, Bial Kohhran Hmeichhe In-kuhawmpui leh Inkhawmpui Lianah te thusawitu (*Speak er*) neia hun hman uar loh deuh leh Women Centre chungchanga chak

zawka hma lak a nih theih nan Special Budget siam, a hmun panna kawng siam leh Auditorium block khat (1) sak tum a ni. Ram pum huapa Sual Thupha chawia tawngtai neih rawtna erawh chu Synod-in April 4, 2010-ah neih tura a lo rel tawh avangin a hrana nei lovin zawm ve mai ni se tih a ni.

Kum 2010 Inkhawmpui Lian Project leh Budget duan chu hetiang hi a ni :

<b>Project</b>	<b>Budget</b>
1. Women Centre atan	6,50,000
2. Inkhawmpui Lian thlengtu tanpuina	1,50,000
3. Inkhawmpui Lian sum	1,00,000
<b>Total</b>	<b>9,00,000</b>

2009 Kristian Chh-ungkaw Dinmun Tehna (*January-December*)-ah NE Khawdungsei Bial pakhatna an ni a, kum 2007 tih loh chu 2002 atangin pakhatna an la ni zel a, an fakawm hle. Chutih lain Bial 155 aṅanga report dawnah Kohhran chhungkua 91,423 awmin Ni tin Chhung Inkhawm nei chhungkua 42621 (46.61%) kan ni a, ṅan lak a va ṅul em !

Women Centre hi Mizo hmeichhiate ei leh bar zawna kawngah leh kawng hrang hranga tihmasawn nan leh thlarau nun thlenga intihchakna atan din tha tiin Central Kohhran Hmeichhe Committee chuan OM-ah leh SEC-ah te a thlen a, 2001 Synod-in Foreign Grant aṅanga Centre din a remti a. Kum 2002 atanga Budget siam ṅanin tunah hian thil dang aṅanga hmuh te nen Rs. 58,11,545.00 a ni. He hmunah hian Retreat

Centre (*thlarau lam intuaitharna*), Training cum Production Centre (*kut themthiamna chi hran hrang zirna*) leh Short Stay Home (*nun kawng dik zawha dinmun siam tur awm lailawkna*) awm tura ruahman a ni. Tunlai mila Plan & Estimate siamah chuan Rs. 3,24,95,355.00 senga Centre hi sak puitlin theih niin a lang a. Kan sum khawl sa chu a bei tham rih hle a, he hmun hi tihpuitlin a nih theih nan thahnemngaia thawh zel a ngai a ni.

Buhfaitham Centenary (1910-2010) Hawn Inkhawm hi Electric Veng Kohhran Biak Inah vek, March 11, 2010 (Ningani) zanah neih a ni a. Khawpui chhung Kohhran tin he hun hmang tura sawm an ni a, inkhawm pawh kan tha hle. Buhfaitham Centenary lawmna atan Sub-Committee hrang hrang dinin

mawhpurhna hrang hrang  
 Central Committee member  
 te'n an inchan sem a.  
 Pathian hruainaa a Hawna  
 hun tluang taka kan hmang  
 thei hi a lawmawm hle a  
 ni. He hunah hian Rev. C.  
 Chawngliana, Synod Mod-  
 erator-in Centenary  
 hawngin thuchah a sawi a,  
 Inkhawm banah Monument  
 a hawng bawk. Rev.  
 Zosangliana Colney, Exe.  
 Secretary i/c Kohhran  
 Hmeichhia-in Souvenir

(*Magazine, Buhfaitham  
 Chart, No, Hûn mawi leh  
 Bookmark*) a tlangzarh a.  
 Kum 2009 Kristian  
 Chhungkaw Dinmun  
 Tehnaa sang ber NE  
 Khawdungsei Bial hnenah  
 lawmman hlan a ni a,  
 Drama inziahsiaik lawmman  
 leh kum 2009 chhunga  
 Buhfaitham zaa za thamtu  
 Bial 20 hnenah lawmman  
 hlan a ni bawk.

**Drama inziahsiaika lawmman dawngtu te :**

- Pakhatna - Pi C Lalbiaktluangi, *Zotlang, Aizawl*
- Pahnihna - Pi K Thanhnuni, *Kolasib Diakkawn*
- Pathuma - Pi Laldingpuii, *Dawrpui Vengthar, Aizawl*

**Consolation Prize dawngtute chu :**

- Pi Vanlalkimi, *Ramhlun North, Aizawl*
- Pi PC Lianrengpuii, *Serchhip Kawnpui*
- Pi Lalnunringi, *Lunglei Ramthar*
- Pu C Lalhmingliana, *ITI Veng, Aizawl*
- Pi H Lalbiakliani, *Model Veng, Aizawl*
- Pi Sangthangpuii Zadeng, *Chhiahtlang Kawn Veng*
- Pi Vanlalkungpuii, *Tualte*
- Pi Laldawngliani, *Kolasib Venglai*
- Pi Chalthiangi, *Ramhlun Vengthar*
- Pi Malsawmi, *Mission Vengthlang*



**Buhfaitham Zaa Za tham Bialte :**

NE Khawdungsei Bial	Dawrpui Bial
Chhinga Veng Bial	Phainuam Bial
Mission Veng Bial	Tuikual Bial
Mission Vengthlang Bial	Bethlehem Bial
Dawrpui Vengthar Bial	Mualpheng Bial
Durtlang Bial	Ramhlun South Bial
Chawnpui Bial	North Vanlaiphai Bial
Serchhip Bial	Leitan Bial
Vaivakawn Bial	Armed Veng Bial
Hortoki Bial	Bungkawn Bial

Buhfaitham hi chhung tinin ni tina Lalpa hnena lawmthu kan sawina leh Amah kan pawlna a ni a, a pui a pang, hausa leh rethei pawhin kan tih theih vek rawngbawlina awlsam leh tangkai tak a ni. Pathian nen ni tin kan inthlunzawmna a ni tih hriaiin chhung tinin kan inphalna ang zelin i pe ang u. Pathian hruaina changa Buhfaitham kan tham kum 100-na hi kum tluanin a lawmna programme mahni Bial leh Kohhranin tha a tih anga hman tura ruahman a ni a, chutiang taka hmasawn zel chungah hun hmang turin hma i la theuh ang u.

Inkhawmpui Rorel leh Buhfaitham Centenary Hawn Inkhawm hi Electric Veng Bial Kohhran Hmeichhiaten

Electric Veng Kohhranah an thleng a. Ni khat chauh awh Inkhawmpui ni mah se, a hautak hle a. Organising Committee hrang hrangte insiamin min thleng zo hle. Rorel Inkhawm tlaiah zanriah tuihnai tak, an buatsaih a, palai zawng zawngte tan mahni sa ei duh zawng apiang ei theih tur siamin palaiten puar takin kan ei a ni.

Electric Veng Kohhran hi Kohhran lian tak, nung leh chak tak a ni a. Kristian Thalai pawl, Kohhran Hmeichhia te leh Kohhranho te an inpumkhatin Bial chhung Kohhran te nen pawh an lungrual a, palaite pawhin nuam kan titlang a, Electric Veng Bial leh Kohhran chungah lawmthu kan sawi a ni.

*Hriat zau nan :*

## PANGPAR

Vanlaldiki  
Khatla

### 1. Pangpar hlutna

Genesis Bung 1:11, 12-ah chuan “*Pathianin thing leh hnim te a siam a ...tin, Pathianin a en a, tha a ti hle a*”, tih kan hmu a, Pathian thilsiamte hi min tihlimtu leh damdawi atana țangkai tak te an ni. Thing leh maute pangparte a țangkaina leh a hlutna hria apiangin an duat thin. Kan chenna Mizoram chhengchhe tak hi Pangpar mawi tak tak vulna rama siam turin țan la thar zel ila Mizorama awm lo ram danga mi Pangpar leh plant chi dangte kan la lut ve zel a, tunah chuan ram dang angin kan ram hi zawl diai duai lo mah se, a rem lai apiangah mahni in leh a velah te Sawrkar Office leh hmun pawimawh lai te mawi tak taka chei hmuh tur a awm ve ta a, a lawmawm hle a ni. Kan nun tinuamtu pawimawh tak a nih avangin a hlu hle a ni.

Thil tha leh mawi tehfung atana tha ber chu pangpar hi a ni, hla siamtu pawhin “*Pangpar angin ka chetzia lantir ang che*” a ti a ni. A mawi a, a rimtui a, nun a tinuamin a tihlim bawk. En thuk chuan par khatah hian a sen te, a var leh a eng tein a lang mai a. Mahse, par khat chei nan rawng mawi inchawih tam tak Pathianin a hmang. Khawvela lal fing leh hausaa sawi Solomona meuh pawh a ropuina zawng zawnga a inthuum khan ram

thuktinpar pakhat tluk pawhin chei a ni lo (*Mat. 6:29, 30*). Tin pangpar hi han enchiang ila, a mawina leh a theihna zawng zawngin a siamtu Pathian a chawimawi a, Hei hi a ropuina leh hlutna chu a ni.

Pangpar hi a ngaina mi leh ngaisak lem lote pawh a awm theih a, tunhma deuhah pheih chuan Hmeichhe zingah pawh a ngaina zualte enkawl leh neih tura ngaih a ni deuh thin. Tunah chuan mi tam takin pangpar hlut nachang

kan hre ta. Pui punna hmun chei nan te, Pathian biakna hmun chei nante kan hmang ta. Khawpuiah phei chuan Pangpar tel lovin kan Pathian biakna hmun a kim hlei thei ta lo. Hetiang hi a nih avangin a ngaina mi te chauh ni lovin kan ngaihsak tlan hi a ngai ta hle, chhungkaw tam takin ei zawn nan an hmang ta a. a pawimawh leh zual a ni.

Pangpar chungchang-ah hian a chinna hmun thlan dan te, a chi thlan dan te, a enkawl dan te, in leh Biak ina khawi dan te Office leh Compound chei dan te sawi tur tam tak a awm. Chutiang sawi tur chuan hmun a duh tam a, vawi khata sawi zawh mai theih pawh a ni chiah lo. Tun tumah hian a kamkeuna ang chauhin mi thiamte cho chhuah nan tawi te han sawi ve ka tum chauh a ni.

**2. A enkawl dan:** Pangpar/Plant enkawl dan tlem tar lang ila. Pangpar kumhlun bikah chuan a par vul lai chuan an mawi thei hle, a par an chuai a, a par hlui leh a tang mawi lo laite paih ila a lo duah thar leh thin. Hetiang bawk hian

Plant te pawh hi enkawl ila, thal lai pawhin an duah nalh thei em em a ni. A phunna pot-a lei te hi a khalin a sak tlat thei a, tui pe mah ila a mawngah a tlang zur zur a, a zung/lei a huh kim thei thin lo. Chawh phuta a zung sinte paih in lei tha pe ila, tui a pawm tha a, a zung leh lei a huh tha a pangpar/plant hian an ngeih hle a ni. Tui hi kan hniangh nar tawk loh avangin heng anhnah silna te, insuk tleuh faina te, buhfai silna leh a mawm lo chi zawng zawng hi khawl zel ila pangpar leh thlai tui pek atan a tha hle, an par loh lai pawhin an hnah hi a hring nung sar a, a mawiin hmuh a nuam bik a ni.

**3. In chhunga Plant khawi:** Tui ringawta nung thei plant tam tak a awm a, Rei tak mawi takin in chhung kilah a khawi theih a, in a timawiin hnimhring lo awm ve khan boruak a tinuam ve em em a ni. Heng money plant kan tih ang te, mau hnah ang chi hnah sei deuh te, hnah thial hlai chi te hi tui ringawtah an nung reng thei a, zung tam tak an thlak theih a ni,

Glass no/bowl-ah te khawi ila lungmawi deuh tein kamding ila, mawi takin rei tak a khawi theih a ni. Tin, tereuhte pawhin Almirah chungah emaw, dawhkan sir kilah emaw, Centre table-ah emaw khawi ila rei tak a mawi thei a, tui leih hnawngin tling reng sela a tha em em a ni.

Tin, Pangpar khawina sponge-ah vit phun ila pot/bowl/vase-ah te khawi ila, tui a pawmin a hnawng rei thei a, tui pek theihngilh pawhin a vawng nung rei thei. Zokhuaah chuan ramhnuai ngaw karah thinghnaah mawi tak tak a awm thin a, hengte hi in chhunga khawi atan an tha khawp mai. A khawina bur mawng pawp loa khawi chi, a tlangpuiin House Plant kan tih ang hi a khawi theih vek a ni.

Compound nei zau deuh tan chuan Plant hun

dan awmze nei takin chi khat kha hmun khatah hung khawm zel ila, a mawi duh hle, chi hrang hrang hun pawlh nulh hian mit a tikham a, a mawi tur angin a mawi pha lo mai ni loin a hnawk zawk mah thin.

Mi thenkhatin in nuam an tehna pakhat chu pangpar/plant-tea compound leh in chhung chei mawi hi a ni. In chhungah bungraw hlu leh tha awm lem lo mah se, plant nung sar maia khawi a awm hian nun a tihlim a, a hahdam thin. In chhung zau deuhah chuan Plant lian deuh In kila hun hian a mawi duh khawp mai. Kan hun neih dan azirin pangpar/plant ngah duah tum lovin i neih chhun te kha duat tak leh uluk takin enkawl la, Compound nei zim tan pawh in leh a vel a lo mawi anga, i nunah hlimna a thlen belh ngei ang.

*Note: Pi Vanlaldiki (Madiki) hi pangpar enkawl lama tui mi tak a ni a. Pangpar entir siakah a bik tak pawhin House Plant-ah lawmman pakhatna te leh lawm man dang dang vawi duai lo lo la tawh thin a ni. Pangpar chungchang min rawn ziahsak hi kan lawm hle. Ed.)*



## KAN HRUAITUTE CHANCHIN

### Pi LALTHANMAWII SAILO (Committee member)

Pi Lalthanmawii Sailo hi Lunglawn Veng, Lungleiah a piang a. A pa Pu Lalrinliana Sailo leh a nu Pi Zahnuni te hian an la dampui a, unau mipa 1 leh hmeichhia 4 an ni. Upa Neithanglunga nen kum 1975-ah innein fa, mipa 1 leh hmeichia 3 an nei a, tunu 1 tupa 3 an nei tawh nghe nghe. Ramhlun North Biala Ramhlun Venglaiah an khawsa mek a ni.

Pi Mawitei hian zirna lamah B.A. a zo a, ni tin hna pawh Assistant-in P & E Dept. leh L.A.D-ah te thawk tawhin tunah Aizawl Municipal Council Office, Thupuih Deputation Assistant-in a awm a ni.

#### **Bial leh Kohhran Hmeichhia-a dinhmun a chelh tawhte:**

**BIAL-AH:** 1993-1994-Bial Buhfaitham ziaktu; 1995-2009 - Bial Comt.mem., 1997-2007-Bial Secretary, Asst. Secy., Fin. Secy.

**Kohhran-ah:** 1991-2010-Vice Chairman, Secy., Asst.Secy., Com.member. 2010-ah Bial leh Kohhran-ah Chairman a ni mek.

Heng bakah hian an Kohhranah Thuhriltu, Puitling Sunday School Ziritirtu, Ramthar leh Social Front Comt., Secretary, Kristian Chungkaw Comiittee a ni bawk. Central Hmeichhe Comt.-ah an Bial aiawhin Term hnihna a hman mek a. Women Centre Secretary hna a chelh a; PWF-ah Mizo Synod aiawhin Standing Committee member a ni bawk.

Sam 119:105 leh Phil. 4:4-7 te leh KHB No. 40-na *Kan Pathian hmangaihna thukzia* tih hi Bible chang leh a hla duh ber te an ni.

*Kan Pathian hi Chatuan Pathian; awm tan ni leh tawp chin pawh nei lo chatuan ata chatuan thlenga Pathian a ni a. Ama anpuia a siam mihring te hian kan damchung rei lo teah hian a duh zawng tih hi kan hna pui ber ni thei se, chu chu kan tan thil hlu ber a ni. Mi sualten a rawng kan bawl min phalsak hi a ropui a, Lalpaa lawm tlat te chu an thinlung duh zawng a pe thin tih hriain Amah chu Lala neih chung zelin a rawng i bawl zel ang u; chu chu he leia kan awm chhan a nih ang leh vana kan tana thil hlu ber a ni ang, tiin kohhran hmeichhe member-te min sawm a ni.*

Pi Mawitei hi mumal leh awm ze nei taka thil ngaihtuaha tih duh mi a ni a, rawngbawl hna mahni taa ngai tlat, mi rin tlak tak a ni. Pathian ring tlat mi, biak pawh nuam leh rilru zau tak a ni bawk.



**Pi HAUMAWII**  
*(Committee member)*

**Pian leh murna :** Pi Haumawii hi Zuchhip khuaah piangin Khawzawl khuaah a seilian a. Pu Biakluanga (L) leh Pi Lalluti te fa sawm (10) zinga upa ber a ni. Kum 1979-ah Upa P. Thangchhuana nen inneiin fa pali leh tunu pakhat neiin Bethlehem Vengthlangah an cheng mek a ni.

Pi Haumawii hi zirnaa tui mi leh taima tak a ni a; chungkaw harsatna avangin duh ang erawh chuan a thleng sang thei lo a, Gov't. High School, Aizawl atangin Matric passed-in, PU 1<sup>st</sup> Year chu Shillong College atangin a zo thung. Kum 1981 atangin Health Dept-ah a thawk tan a, tunah UDC-in a awm mek a ni.

**Kohhran Hmeichhe Rawngbawlna, Tualchhung-ah** kum 1995-1996 Comt. Mem. te; kum 1997-2002-Secretary te; 2003-2004-Asst. Secretary te, 2005-2007-Chairman; 2008-Vice Chairman-ah te leh kum 2009-2010-Committee Member-ah te a awm a.

**Bial Kohhran Hmeichhia-ah,** kum 1997-1999-Comt. Mem. te; 1999-2001-Asst. Secretary te; 2001-2007-Secretary te; 2007-2009-Vice Chairman leh 2009-2010 (Bial Inkhawmpui thleng)-Chairman a ni bawk.

Naupan tet atanga Sande Sikul kai ngai pawimawh mi, Beginer atanga Intermediate thleng kai kim lawmman a la ziah thin a ni. Tleirawlte a la nih laiin Thlarau pawlna a chang a, Pathian faka lam te, mahni phak ang tawka thianzahoa tanngtai leh khawlaia Pathian thu sawi thin mi a ni. Senior Department rap lovin Naupang Sande Sikul zirtirtu atan lak nghal a ni nghe nghe.

. Kohhran-ah Decoration Committee, Senior leh Sacrament Department zirtirtu-ah te lo tang tawhin, tunah Kristian Chungkaw Committee, Nilai zan thupui hawngtu leh puitling Sunday School zirtirtua hman lai a ni. Pathianin khawngaih rawngbawl hna thawk tura a ko hi lawmawm a tiin chumi tihlawhtling tura theitawp chhuah chu a duh ber a ni. Amah hi mi inngaitlawm, nunnem, mize tha tak nei a ni.

A Bible chang duh zawngte chu Sam 73:28 “*Keia tan ... Pathian hnaih hi a tha a ni*” tih leh Sam 119:105 “*I thu hi ka ke ...ka kawng a tan eng a ni*” tih te a ni a, ahla duh zawng chu KHB No. 45 “*A hmangaihnaa ka chawhlin*” tih leh KHB No. 529 “*Kan tlin lohna leh fel lohna haider a, khawngaih rawng bawla min thlangtu*’ tih te a ni.

*Ei Siam dan:***SERUMBLE EGG *emaw* OMLETTE***Pi Hmingliani**Mission Vengthlang*

1. **Serumble Egg siam dan :** Artui leh bawngnutê leh butter leh chi tlêm Dekchi-ah chawhpawlh vek la, mei na lo tê-ah chhuang la, a lo khal thlengin chawk la, tichuan ei theih a ni mai.
2. **Omlette Siam dan :** Hei hi chu artui kan dan pangngai a ni mai a. Artui te, a thei tan purun sen zai lep te, chi leh peper (*a awm chuan*) te chawhpawlha, ngun taka chawh a tel hmuia kan pharh mai tur a ni.
3. **Toast siam dan :** Chhang thawp kha i duh ang thlapa panin zai la. Thirbel pharh (*emaw a remchang apiang*) chhuan sat chungah dah la, a sen thap thlengin let thawk thawk la, a tawk mai.
4. **Breakfast ei dan :** Thla hmasa (March, 2010) Agape Chanchinbu chhuakah khan Table Manners ka rawn ziak tawh a. Tun tumah chuan Breakfast ei tur siam dan kan ziah bakah Breakfast ei indawt dan lo ziak leh ila, hetiangin :

Breakfast-ah chuan thingfanghmâ hi (*a awm phawt chuan*) a hmasa berin ei thin a ni a. Thingfanghmâ chu zai sawm lovin an phel phawk phawk a, quarter plate-ah an dah a, thirfianin an suak a, an ei mai thin. Chumi zawhah chuan Oats (*sap buhhawp*) chhum hmin sa kha bawngnutê leiha ei leh tur. Oats aiah hian Corn flake leh Bawngnutê pawlh pawh ei theih a ni. Hengte hi a ruala ei lovin ni tin a inchhawkin an ei thin.

Hemi zawhah hian mahni duh ang ang *Omlette emaw, Serumble egg emaw* chu i chhang Toast sa chungah chuan dah la, thirkut leh chemtê hmangin ei tawh mai tur. Hemi zawhah hian thingpui emaw, Coffee leh serthum emaw, balhla emaw, thei awm ang apiang ina ei leh mai tur a ni.

## HRIAT ATAN

### 1. Zin Report

- (1) **Vaṭhuampui Bial** : February 12-14, 2010 chhung khan Vaṭhuampui Pastor Bial Kohhran Hmeichhe Inkhawmpui chu Vaṭhuampui kohhranah neih a ni a; Pi Zomuani, Chairman; Pi H. Lalpianthangi, *Asst. Co-ordinator*; Pi Lalnuntluangi leh Pi Khawlvuani Committee member-ten an hmanpui. Bial chhungah Kohhran pali leh Branch Church pathum a awm a, Inrinni-ah Inkhawmpui Rorel neiin Palai Rorel mi 76 an tel thei a, palai riak lut mi 42 lai an awm bawk. Inkhawmpui thupui hi "**Lalpa ṭih**" *Thuf.1:7* a ni a, thupui hi hmun thumah ṭhenin Central Committee-ten an sawi a ni. Mizoram chhim tawpa awm an ni a, khaw kar kawng te a inhlat bakah fur lai phei chuan tui te a lian ṭhin a, inkalpawh te a harsain, hei hian Bial chhung rawngbawlnaah pawh harsatna te a siam ṭhin a ni.
- (2) **Lengpui Bial** : February 12-14, 2010 chhung vek khan Lengpui Pastor Bial Kohhran Hmeichhe Inkhawmpui chu Model Kohhran, Lengpui ah neih a ni a; Pi Zokhumi Vankung, *Ex-Chairman*; Pi C. Lalthanzauvi leh Pi Biakengi, Committee member-ten an hmanpui. Bial chhungah Kohhran pali an awm a, Palai Rorel mi 52 an tel thei a. Inkhawmpui thupui chu, "**Miten tu nge a nih mi tih**" Marka 8:27 a ni. Thupui hi ṭum thum sawi tura tih a ni a, Central hruaituten an sawi. Inrinni Inkhawm ban aṭangin thu leh hlaa inpawlkhawmna a awm ṭhin a, Pathian Thlarau awmpuina dawng chungin inkhawmpui hi an hman a ni.
- (3) **Dawrpui Vengthar Bial** : Dawrpui Vengthar Bial Kohhran Hmeichhe Inkhawmpui, Dawrpui Vengthar West Kohhranah February 12-14, 2010 chhung khan



neih a ni a. Rev. Zosangliana Colney, Executive Secretary i/c Kohhran Hmeichhia-in a hmanpui. Inkhawmpui Thupui hi **“Ral do tura inbuatsaih”** (*Joela 3:9*) tih a ni a, Rev. Zosangliana Colney-in a sawi. Inkhawmpui boruak a thain, bialin an hlawkpui ngei beisei a ni.

- (4) **Hnahlan Bial** : March ni 5-7, 2010 chung hian Hnahlan Bial huapin Hnahlan Kohhranah Bial huapin Leadership Training leh Kristian Chhungkaw Campaign neih a ni a, Pi Vanlalthangi, Pi Lalhlmpuii, Pi C. Vanlalhmuaki leh Pi Lalchawimawii Central Committee te an kal. Inrinni, Leadership Training neih ni turah an Kohhranah mitthi an neih avangin programme ruahman angin hun an hmang thei ta lo va, a pawh hle. Programme dang erawh hi chu tluang taka hman a ni. An Bial hi kohhran pasarih an ni a, an khaw kar te a inhlat avangin inhmuhkhawm pawh harsa an ti hle. Hnahlan hi Grape ching uar Bial an ni a; Grape an thar nasain uain te pawh siam a ni a. Hei hian kawng tam takah hmasawna a thlen theih rualin hman thiam loh chuan harsatna a siam ve thei bawk.
- (5) **Mission Veng Bial** : March ni 12-14, 2010 chung khan Mission Veng Bial chuan Bial Hmeichhe Inkhawmpui Vawi 65-na an hmang a. Inkhawmpui hi Tuikhuahtlang Kohhranah nghah a ni. Inkhawmpui thupui hi **"A chhe lai siam thatu"** Isaia 58:12 a ni a; Nl. Vanlalsawmi, Asst. Co-ordinator-in a sawi. Inrinni-ah Thuzir (*Bible Study*) neih a ni, Thuzir atan hian Mika Bu thlan a ni a, Rev. Dr. K. Lallawmzualan chawhma leh chawhnu-ah a zirtir a ni. Inkhawmpui atan hian Bial chung Kohhran an inbuatsaih tha hle a, a thlengtu Tuikhuahtlang Kohhran pawh chaw ngei tea tawngtaiin an inbuatsaih a,

Kohhran an inlungual bawka, Inkhawmpui hi hneh takin an thleng a ni. Inrinni zan aʔangin Inkhawm inkhawm ban apiangin Inpawlkhawmna hun hman a ni a, Pathian Thlarau Thianghlim hnathawh leh awmpuina nen Inkhawmpui hi hlim takin an hman.

**(6) Bial Hmeichhe Inkhawmpui hmanpui :** Rev. C. Chawngliana, Synod Moderator chuan Bial Kohhran Hmeichhe Inkhawmpui hmun thum (3) - Mission Veng Bial, Rawpuichhip Bial, Sairang Bialte a tlawh a, hun hlimawm tak leh hlawhtling takin an hman.

**2. A hnuaia kan tarlan chi hrang hrangte hi SYNOD OFFICE, KOHHRAN HMEICHHE DEPARTMENT-ah lam/ lei theih a ni.**

(1) Inkhawmpui Rorel Vawi 5-na Minute la la lo Bial tan lam theih reng a ni.

(2) Buhfaitham Centenary hriat rengna thil chi hrang hrang te hi lei theih a ni:

(a) Buhfaitham Souvenir Magazine, Bu 1-Rs.20.00

(b) No (Mug), pakhat - Rs. 100.00

(c) Frame, pakhat - Rs. 50.00

(d) Buhfaitham Chart, pakhat - Rs. 20.00

(3) Pastor Bial chungna Kohhran tin ta tur Buhfaitham Centenary Souvenir Magazine pawh kha lam theih a ni ta e.

(4) Buhfaitham Centenary Souvenir-a thu ziaktu zawng zawng (*Buhfaitham Testimony telin*) te pawh Souvenir Magazine hi lawmthu sawi nan pek an ni a, mahni chanpual theuh lam mai turin kan ngenin kan inhriattir a ni e.

## 2009-2011 INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Zomuani
Vice Chairman	:	Pi C. Lalneihkimi
Secretary	:	Pi Lalrinkimi
Asst. Secretary	:	Pi Lalthansangi Fanai
Treasurer	:	Pi C. Lalmangaihi
Fin. Secretary	:	Pi C. Lalbiakdiki

### Committee Member-te

- |                          |                                                      |
|--------------------------|------------------------------------------------------|
| 1. Pi Vanlalthangi       | 17. Pi Malsawmtluangi                                |
| 2. Pi Lalhlimpuii        | 18. Pi Biakengi                                      |
| 3. Pi Vanlal்துளி        | 19. Pi Vanlalmuani                                   |
| 4. Pi Lalthanmawii Sailo | 20. Pi Liankimi                                      |
| 5. Pi Haumawii           | 21. Pi Laldawnkimi                                   |
| 6. Pi Chalzikiki         | 22. Pi Salvationthangi                               |
| 7. Pi C. Lalthanzauvi    | 23. Pi Khawlvuani                                    |
| 8. Pi Kamliani           | 24. Pi C. Vanlalhmuaiki                              |
| 9. Pi J.H. Lalmangaihi   | 25. Pi K. Lalthanpari                                |
| 10. Pi Lalhmelthai       | 26. Pi Lalnuntluangi                                 |
| 11. Pi K. Lalbiakzami    | 27. Pi C. Lianpari                                   |
| 12. Pi Lalkhumi          | 28. Pi Hmingkhumi                                    |
| 13. Pi C. Liankhumi      | 29. Ni. Vanlalsawmi<br><i>Asst. Co-ordinator</i>     |
| 14. Pi Lalsawmliani      | 30. Pi H. Lalpianthangi<br><i>Asst. Co-ordinator</i> |
| 15. Pi Lalchawimawii     |                                                      |
| 16. Pi Raldochhungi      |                                                      |

### Ex-Officio Member-te

1. Rev. C. Chawngliana, Synod Moderator
2. Upa Vanlalhuma, Synod Secretary (Sr.)
3. Rev. Zosangliana Colney, Executive Secretary i/c Women
4. Pi Zokhumi Vankung, Ex-Chairman

## KOHRAN HMEICHHIA

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

- Din chhan**
1. Kohhran pum rawngbawlna tihlawhtling tura thawh ho.
  2. Kristian chungkua din nghehtir tura tan lak.
  3. Tanpui ngaite Krista hminga tanpui.
  4. Chanchin Tha puan darh.

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LEHKHABU THARTE**

**1. In inah chhungkua a awm em?** : Kohhrana chhungtinte hian chhungkaw pawimawhnate hre tharin ni tin Pathian be theuh ila, tih niru pua Kolasib Venglai Kohhran Kristian Chhungkaw Comt. buatsaih, Bialtu Pastor Lallianmawia Pachuau ziahah hian Chhung Inkhawm pawimawhna leh Pathianin inneihna a ruat chhante chiang taka tar lan a ni e. A man Rs.50

**2. Kraws chhuanawm :** Rev. Chuauthuama'n hmun hrang hranga a thusawi tawh thupui pathum: Kraws chhuanawm, Lalpa tih leh Krista thuhretu tinte chu a buin a siam a. Sernon chhiar tur mamawhte tan inhnangfakna a tling takzet mai. Aman Rs. 100/- anie.

**3. Rokunga Hlate :** Mizote zinga hla phuah thiam ber tia chhal ngam leh kum zabi 20-naa Mizo hla phuah thiam bera thlan Rokunga, hla 120 vel zet phuah tu chanchin leh a hlate dhui chianna R. Vanhnuaithanga buatsaih hi Rokunga leh a hla ngainatute tan neihngeichianie. Aman Rs. 100/-

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