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<i>email :</i>		<i>0389-2301824 (Heng number-ah hian</i> <i>agapechanchinbu@gmail.com</i> <i>office hun chungin</i> <i>0389-2322285</i> <i>biak theih a ni.)</i>

A chungu thu awmte

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Editorial

PATHIAN NGAIHSAK TURAINSAWIZAWI

Insawizawi hi a pawimawh hle a. Taksa sawizawi pawimawhzia leh țangkaizia chu kan hre âwm e.

Kan taksa hian insawizawi a mamawh êm êm a. Naupangah pheï chuan taksa chak nân leh tihrâwl insiam nân a pawimawh hle a ni. An ninhlei te pawh hi kan han hau leh ringawt țhin a. Mahse, hei hi an nihphung tûr rênga siamtu duan a ni a. Hêng hian chakna leh thahrui a siam a ni.

Tûnlaiin naupang rilru sawizawina lamah nu leh pate kan intlânsiak nasa hle a. Sikul țhaah te thei leh thei lovin kan inkaltir a. Eng nge a chhan? Discipline țha hnuaiiah chuan rilru insawizawina a țha bik a ni.

Kan Bible chuan, “Taksa sawizawina chu sâwt zawng a sâwt ve bawk a,” a ti lek a, chu vang chuan a aia țha leh sâwt zawng a awm tih a chiang a ni. Chu chu eng nge ni? Bible chuan, “Pathian ngaihsak tûra insawizawi hi a ni,” a ti a ni.

Timothea chu a naupan têt ata a pi Loisi leh a nu Euniki-ten Pathian ngaihsak tûrin a rilru an sawizawi a. Mi thiamte chuan naupang sawizawi nana hun țha ber chu kum 1-7 inkar niin an sawi a. Timothea pi leh a nu hian he hun hi an hmanğ țangkai thiam hle niin a lang. An hnên ațang hian tuna nu leh pi ni mêkte hian zir tûr kan nei âwm e.

Tisa thila insawizawina țha chuan hri țha lo do lêtna thuah pawh taksa a tichak ang bawkin, Pathian ngaihsaknaa insawizawina țha chuan kal sualna leh thil țha lo dang lakah a vêng ang a, zirtirna dik lo a lo thlen pawhin do lêt thei tûrin chakna a nei dâwn a ni.

.....

*Kristian Chhungkua***KHAWVELAH KRISTIAN CHHUNGKUA
A PAWIMAWH***- Rev. C. Thalai**Thi tûra hruaite chu chhan la, thah mai tûrte chu
chhanchhuak thuai rawh (Thuf. 24:11, 12).*

Tûnlai kan ramin a buaipui ber chu zu leh ruih theih (drugs) hmanga Setana hnathawh hi a ni a, hemi avang hian thalai sang tam tak ni tin leh thla tin, thihna thlân khur lamah an liam mêk zêl a. Khawvêlah an lo kir leh thei tawh lo vang.

Hmanlaia Aigupta rama fa tir lal thutthlenga thu, Pharaoa fa tir aţanga bawihnu fa tir thlenga an thi ang mai khân tûnlaiiah chhûngkuaah fa u ber aţanga fa naupang ber thlengin anmahni duh zâwngin an awm vek tawh a. Chuvângin chhûngkaw tam tak chu lungngaihna chhûmpui thimin a khuh mêk a nih hi.

Jeremia 9:27-ah chuan, “Kan tukverhahte thihna lâwn lûtin, kan lal inahte a lût tawh si a; pâwn aţangin naupang tibo tûr leh, khawlai ata tlangvâl tibo tûrin,” tih a awm a. Zâwlnei Jeremia a lo sawi kha tûnah hian a lo thleng ta a nih hi.

Zu leh ruih theih thil avângin kan khawpui ropui, kan chhuan

êm êm thinte chu lungngaihna khawpui a lo ni ta.

Bible aţanga sâwmna aw lo ngaithla ila. “Mipuia khat thîn khawpui kha khawhara a thut tâk chu! Hnamte zinga ropui thîn kha hmeithai ang a lo ni ta! Zânah lungchhe vânkaiin a ţap a, a biangah mittui a luang e (TH 1:1, 2) tiin zawlnei Jeremia Jerusalem khawpui a lo au a ni.

Chutiang bawkin kan khawpui mihring tamna hmun apiangah thihna a tam deuh deuh emaw tih tur a ni a; chûng zingah chuan thalai an thi tam ber lehngal. Bible-in ‘Mitthi ruangte chu khawlaiah ui angin an tlu a, buh sengtuin buh phal a theihngihl angin tu mahin an hui

khâwm leh tawh lo vang. Lalpan a ti,” a tih ang mai kha a ni ta. Kan khawngaihthlak takzet a ni.

Chhûngkaw pawimawhzia

Kristian chhûngkua hi kan lei leh kê chuan kan ngai pawimawh a; nimahsela, chhûngkua erawh kan ngaihsak tak tak lo. Mi lian thiltihtheihna nei hnênah chuan kan khawsakna tûr kawnga hlâwkna kan hmuh theih dâwn phawt chuan kan dawhthei mai a, kan chhûngkuaa Pathian biakna tûr kawngah erawh chuan kan buai leh lutuk lawi a, kan hman thin lo a ni. Chuvângin, ‘Kan buai lutuk a, chhûnginkhâwm kan nei hman ngang lo a ni,’ tih mai hian thiam kan chang dâwn nge chang dâwn lo?

Korean film en tûr chuan a chhûn a zanin, nula leh tlangval, naupang leh tar, a hmei a pain hun an insiam a, an en ning thei lo va. Lalpa kan Pathian, kan nunna vawngtu aiin kan duh zâwk tihna a ni thei ang.

Chhûngkaw hun hlutzia

Hun hlu ber chu chhûngkaw kima lung rual taka chên hona hun hi a ni. Amaherawhchu

chhûngkaw kima kan chên ho hun lai hi kan hlut tûr angin kan hlut lo va, thih ni a lo thlen hian kan inhlut a, kan tap a, an thiltih that te kan sawi a, an thlalâkte mipui hmuh theih tûrin kan târ chhuak a; nimahsela, a tangkai tawh lo.

Hun hi tui luang anga kir leh thei tawh lo a ni a. Chuvângin, tûn a tang hi chuan kan policy kan tihdanglam a pawimawh tawh ang. Kan dam chhûng hian inchawimawi ila, tangkam tha takin inbia ila; chhûngkuaah chanchin tha thute sawi ho ila, thihna a lo thlen pawhin kan inchhir lo vang.

Evangelist ropui tak Billy Graham chuan heti hian a sawi a: “Hun liam tate kha hman that leh theih ni ta se, ka chhûngkuaah ka hmang tam zâwk ang,” tiin. Hei hian chhûngkaw pawimawhzia a tilang hle a ni.

Hun hre tûrin Pathianin min duh

“Miin ama hun pawh a inhre si lo, sangha lèn hlauhawma man leh sava, thanga âwk ang maiin; mihring fate pawh an chung a lo thleng phutin hun tha lovah an âwk thin a ni” (Thu. 9:12).

Rilru hi mita kan hmuh theih ang hian hmu vek thei ila a buaithlâk hle ta ve ang. Nupui pasal inkârah pawh inremna a awm thei âwm lo ve. Thawhpuite leh thenrualte inkârah pawh inremna a awm thei lovang. Rilru ngaihtuahna kan hmu thei lo hi engkim ti thei Pathian hmangaihna avâng a ni. Chuvângin, kan Lalpa Pathian hnênah lâwm thu i sawi ang u.

Lung in tângte chanchin zir mite report-ah chuan, “Lung ina tângte hi chhông inkhâwm nei ngai lo an tam ber,” tiin an sawi. Chuvângin, chhôngkaw inkhâwm hi ngaihtuaha, ngaihsak leh zual a pawimawh hle. A pawimawhzia chu Bible hian chiang takin min hrilh tawh a: “Naupang chu a kalna âwm kawngah chuan zirtir ula, a a upat hun pawhin a thlah lo vang” (Thuf. 22:6). Hun pawimawh ber chu naupan hun lai hi a ni.

Ennawm

Khawvêlah hian sports chi hrang hrang en tûr tha tak tak tam tak a awm a, chumi en tûr chuan mipui an tam êm êm thin. Mi buai tak pawhin chumi tur

chuan hun a insiam hrâm thin. A sûr a sa hnuaiah pawh dawhthei takin an nghâk thei thin a ni.

Mahse, chutiang chu a nih laiin chhông inkhâwm chu darkâr tina neih a ngai lo va, hun rei lo tê hman kha a ni mai a. Chutiang hun pawh Lalpa tâna pe thei lote chuan Lalpa taw-tawrâwt hnuhnung ber a lo rîk hunah chuan Salem Lalpa hmaa inlan vek tûr kan ni si a, chutih hunah chuan eng nge kan sawi tak ang le? Kan dam chhônga Isua engmahlova kan ngaih kha, mit tinrengin an hmuh hunah leh, khûp tinreng a hmaa kan thingthit hunah chuan hlau leh thlabârin kan la khûr ang tih a hlauhawm hle a ni.

Hla siamtu hian a hmu fiah hle:

“Ngai teh a lo kal leh dâwn e, Ropui takin van chhôm chungah;

Kan Lal Immanuelan

Khawvêl ro a rêl ang,

Chutin, hnam tin, lalthutphah hmaah chuan;

Chanchin sawiin an pung khawm a;

Salem Lalpa hma ngeiah chuan,

Eng nge ka sawi ve ang,” a lo ti ta a nih chu.

Chhôngkuaa nu leh pa mawhphurhna pawimawhzia

Deut. 6:4-9 hi ‘Pathian thupêk ropui’ tih a ni: “In fate thahnemngai takin in zirtir ang a, in ina in thut lai te, kawnga in kal lai te, in mut lai te, in thawh hun tein in sawi thîn tûr a ni. Tin, chhinchhiahna atân in kutah in hrêng ang a, in mit leh mit inkâra chal hrênna atân in hmang baw k tûr a ni. Tin, in kawngka biangah leh in kawngka lu chungah te in ziak tûr a ni.”

Hmânlai Israel fate hunah mah, nu leh paten thahnemngai taka an fate an zirtir chung pawhin, an thlahte chuan milim an be mai a. Keini hunah pheichuan biak tûr hi a va tam tawh em! Chu vâng chuan chhôngkuaa nu leh pa hi kan pawimawh êm êm a, eng lai pawha inzirtir reng tûr kan ni ngei ang.

Thu tiam

Baptisma-a fa kan hlanin, naupang chu Pathian thua kaihruai leh zirtir tûrin thu kan tiam a; nimahsela, tam tak chuan kan thu tiam angin kan zirtir leh si lo. Chuvângin, kan fate leh kan tute chu zu leh ruih theih thilah an lût ta vek mai a ni.

A chhan chu nu leh pa, in chhônga Bible chhiar ngai lo leh tawngtai ngai lo, zu leh ruih theih thil ti thîn te, Bible chhiar aia TV ena hun hmang mai mai thinte hi kan tam êm a ni. Chutiang in chhônga naupangte chu an khawngaihthlak hle. Tûn a tang chuan fanau hlu takte Pathian thil thlâwnpêk min kawltirte hi Lalpa lamah hruai khâwm i tum theuh ang u.

Chhôngkaw thlarau lainatna

1 Timothea 5:8 “Nimahsela tu pawh mahni chhôngkhat lainate ngaihsak lova, mahni chênpuie chhôngte ngei pawh ngaihsak lo chuan rinna an phatsan a ni, ringlomi aiin an sual zawk,” Bible-in a ti. Chuvângin chhôngkuaa kan rawngbâwl na hi a pawimawhzia hriat chian a tûl êm êm a, Kan Pathian thuin, “Chhuan khat an liam a, chhuan dang an lo chhuak a,” tia a ziak angin, tûna rawngbâwltute hi an liam ang a, tuna nu leh pa, in chhôngkhura maicham mei chhawm nung rengtute hi an la liam ang a, chhuan dang an lo la awm zel dawn, chhuan dangte hnêna Chanchin Tha chi kan tuh

a, chu thil ða chu kan inrochun zêl theihna tûrin mei chhawm nung rengtu kan awm a pawimawh hle a ni.

Chhûngkuaa tu leh fate Isua Krista hmêl kan hmuhtir theih chuan pastor ða te, missionary ða te, ram hruaitu ða te, doctor ða te, officer ða te, zirtirtu ðate an lo chhuak zêl ang a, kan ram chu ram duhawm tak, Krista ram leh malsawmna hnâr, tui fim tak luanna ram a lo chang ang.

“Thi tûra an hruaitute chu chhan la, thah mai turte chu chhanchhuak nghal rawh,” tih kan târ lan ang khân, tûnah hian kan ramah سوالنا thlipui nasa tak cyclone a tleh mêk a, zu leh ruih theih thil avâng hian thihna chu, luia ru lei an vuaka, sangha leh rannungte thleng an thi ang hian ðhalai tam tak an thi mêk zêl a, an la thi zêl dawn a; chuvângin, kohhran te, nu leh pa, pi leh pu ni mêkte hian theitâwp chhuahin mahni chhungkua ðeuhvah ðan i la ang u. Kan hmêlmapa Setana hian hun a neih tlêm tawh avângin a sa seh tûr zawngin theihtawp

a chhuah a, a inthlahdah ve si lo va, keini kan inthlahdah hlauh zawngin kan fate tam tak thihnaah a hruai ngei ang.

Kumin kum tharah pawh hun kan la hmang tam lo hle nain, vêng tin, khaw tinah zu leh ruih theih thil hnathawh avânga natnain a tlâkbuak, kan tu leh fate kan va vui hnem tawh em! Hêng han ngaihtuah pheih chuan rilru hi a na ngawih ngawih ðhin. Chung mite chu chhûngkua aţanga lo chhuak an ni si a; chuvângin, tuna nungdama la awm mêkte hian chhûngkaw pawimawhzia hre thar ila, mahni in chhûng hi kohhran hmasa ber, mission field hmasa ber a ni tih i hre thar leh ang u.

Kristian chhûngkua hi khawvêlah a pawimawh tih thupui hmanga sermon tling lo tak ka ziah hi, ka ziak aia ða zawkin kan rama chhûngkaw chhe vek tawh nia inhriate, chhe mêk nia inhriate tân kawng khat tala damna a lo nih theih nân Lalpan malsâwm rawh se. Amen.



*Sermon***THLARAU CHÊTNA**

Malakia 4:2; 1Johana 4:1

– *Upa C. Vanmuana*
Khatla South Vengthar

He sermon ka dawn dân hi han sawi hmasa ila. Kum 1988 kum khân ka beisei loh takin, mo lawmnaah ka inrin hmains danglam takin ka chungah a lo thleng thut mai a, ka in-control thei ta hauh lo mai a, min chêtirtu thu thuin ka taksa chu a awm ta a, a hrehawm ka tiin ka zak kher mai. Tâwp ka tum nasat poh leh ka che nasa zual ting mai a, khami zâna kan lawm nupa tuak tharte kha an mu ta hauh lovin ka hria. Khata tâng khan inkhawm/zaikhawm/khawhar in/lungphun tih vêla ka tel ve chuan ka duh dân angin ka awm thei ta hauh lo mai a. A tirah chuan a tûl dân dânin (zah theih ni hek lo le) ka che bawrh bawrh mai a, ka chêt loh lai chuan chuti tehchiamin rilru lamah danglamna tehchiam ka nei pawhin ka inhre si lo. A lo rei deuh chuan ka chungah thil lo thleng chu ka ngaih a t̄ha ta vak lo va. Pathian hnathawh nge Setana hnathawh, tihah ka buai ru ta tlat mai a. Tlai tin biak inah kalin Lalpa ka zâwt t̄hin a, a t̄hente p̄hei chu an nunah hmuh t̄ur a awm bik lo nasa tih ka hmu kiau mai si.

A lo chhuah chuan kan bei leh chiam a, kohhran nun erawh chu a hlim phah phian mai bawk si, Pathian lamah ka nun a huai sawt tih ka hria, ka t̄awngt̄aina pawh a taka chhânna ka hmu tam hle; chuachhapah a châng chuan mi rilru te ka hre thei zuk nia! Mahse, ka nun chhûngril a buai ru deuh reng mai. Ka beidawn tawh hnuah kan

zaikhawm laiin ka tlu zawi dêr mai a, ka che thei dêr lo mai a, ka meng thei miah lo bawk a. Chutia ka awm lai chuan (mi kaihthawh tuma nu t̄henkhat lo phi sek an awm a, ninawm tak an ni) Thlarau Thianghlimin wavi tam tak zawhna ka zawh tawh chu a chhânna pein fiah takin ka rilru chhûngril ber lamah dam chhûnga ka theihngihl leh ngai

tawh loh tûr min rawn zirtir ta a (Chutih lai tak chuan ka thi ni berin ka inhria, ka thâwk âwm pawh ka hre lo). Chu chu tûna kan sermon ‘Thlarau chêtna’ tih hi a ni ta a ni. Chhiartu duh tak, i awih lo a nih pawhin ka dem lo che, thlarau lam thil hi chu mihring rilru lam aţanga chhût chuan hriat fiah hi a har thin rêng a ni. Pulpit sermon-ah pawh vawi khat chiah ka la sawi a, a tûl hunah lo chuan sawi sawi chi pawh a ni lo. Tûnah pawh hian ka rilruah a lan tlat avângin hlau leh khûr chungin ka rawn ziak a nih hi.

Thlarau chêtna chu eng nge ni?

Kan ţawngkam hman lâr takah chuan ‘Taksa chêtna’ kan ti a, ‘Hlim rui’ ti an awm bawk. A nihna takah chuan ‘Thlarau chêtna’ a ni zâwk. Kohhran hnatlanga kan thawk te, ka fatu te, thingpui kan sem, etc. hi taksa chêtna chu a ni reng a. He thil hi chu thlarau chêtna a ni. Hetianga cheho hi ‘Thlarau chêtna dawngho’ i ti tawh ang u. Pathian chu Thlarau a ni a, mita hmuh theih a ni lo. A hnathawh mihring taksa lo lang chhuak hi ‘Thlarau chêtna’ chu a ni mai lawm ni?

Thlarau Thianghlim chêt dân leh thli hnathawh dân hi a inang khawp mai. Hmuh theih loh mah se a chhêm chêt dân leh a thâwmah “Thli a thaw,” kan ti thin a nih hi. Thlarau chêtna dik tak dawngte hi chu i lâwm ang u. Amaherawhchu, dawng chhah bik leh fuh bik anga inngaiha, chapopui tûr chi chu a ni miah si lo.

Bible-a a lan dân

Thlarau Thianghlimin mihringa hna a thawh tak tak chuan – a bul ţan nan mihring ze pangngai aia danglamin a chêtir thin a, ze chi hrang hrang a lo lang thin. Chu chu hmuh theiha Pathian inlârna (God as spiritually active in the world) chu a ni. Bible-ah hian hmuh tûr a lo awm nual mai a, tlêm, tawi tê têtin han târ lang zawk ila:

Numbers 11:25-ah khân Lalpa Thlarau chu Mosia leh Upa 70-te chungah a lo thleng a. An nun dân pangngai ni lovin thu an sawi ta dual dual mai a. 1 Sam 10:6, 10 kan chhiar chuan Israel lal Saula kha Lalpan lal tûra hriak a thih dâwn meuh chuan special training a pe ve ni ngei tûr a ni. “Lalpa thlarau chu nasa takin a lo thleng a, thu an

sawi dual dualnaah chuan a tel ve ta a,” tih kan hmu.

2 Sam 6:16, 20-22 kan chhiar chuan Lal Davida pawh kha Lalpa thlarauvin a khawih zawi tawh a nih vâng a ni ang, ram lalber kha nupuite zahpui khawpin mipui zingah a lâm chiam mai a nih kha (kha bâka thlarau chêtna dawng an awm chuang lo vang).

Tirh 2:1-4, 12-13 kan chhiar chuan – Pentikos Nia Thlarau Thianghlim a lo thlen khân a changtute kha an awm dân phung pangngaiin an awm tawh miah lo. An thâwm pawh a ða ngiang a ni ang, mipui an ko khâwm rang em mai, hre thiam loten zu rui ang maia an ngaih chuan an che nasa hle a ni ang.

Thlarau chetna chi hrang hrang

Hemi chungchangah hian zawhna tam tak ka nei ka tih kha. Ka zawhnate chu: Hetiang hi eng vangin nge mi zawng zawngin an chan ve loh? Eng vangin nge kei kher, luhlul bikah, hrem ngaiyah min ngai em ni? Chang rau rau kan va inang lo hlawm ve? Eng nge ka tân a

sâwtna, mi hmuhsit leh nuihzat mai hi em ni ka chan tûr? Ramhuai hnathawhte hi a lo ni reng lo maw? Pastor leh Kohhran Upaten engtin nge min ngaih ang aw? Ka ât phah mai ang a! Hei tak hi che thei lova ka tlûk reng lai khân a chhâna ka hmuh chu a ni ta a ni. Thlarau chêtna dawngte hi group li lai kan lo awm reng chu niin! Min zirtir tam tak chu tawi tê têin han sawi dâwn ila.

Group khatna : “Ka rawngbâwl tûra special training ka pêkte an ni. Israel lal hmasa ber Saula khân rawngbawlna khirrhkhân, mi zawng zawngin an tih ve loh tûr ti tûra thlarau lam râltuam ka thuam mêkte an ni. Sipai zinga commando tûr an thlanga, a bika training an neitir ang hian, nang pawh hetiang hi i ni e,” a ti a. Amen ka lo pe a. A sawi chhunzawm zêl a.

“Isua pawh kha rawngbawlna a ðan dâwn khân Thlarau hruaiin thlalêrah ni 40 leh zan 40 training a neih kha. Eng mah eiin a in lo, ramsa zingah te a chêng a, Setanan a thlêm a, hnehna a chan hnu chuan

vantirhkohten a rawng an bawlsak ta a nih kha (Mk 1:12-13). Ka nun kal zêlah pawh Pathian rawng ka bawlnaah a dikzia ka hmu.

Group hnihna : “Mi thenkhat – chhûngril lama Pathian fak leh chawimawi tûra an taksa hman ve châk, an dawihzep leh zahzum vanga eng ti kawng maha che chhuak ngam ve lo tûrte ka hruai chhuahna hmanrua a ni. Ka fa, ka mi hriatte damna tûr leh chakna ka pêkte an ni. Sual hneh theihna nun ka pêkte an ni a. An tih that duh chuan anmahni tân leh kohhran tân an hlu êm êm a ni. Mosia leh Upa 70-te hnêna thleng leh Pathian Bâwm hmaa Lal Davida a lâm ang kha an ni. Hetianga ka chhinchhiahte hian ka thu an awih zêl chuan tisa leh thlarau malsawmna ka vûr thin a ni.”

Hetiang mi hi chu an duh loh chuan an che lo thei a, an chêt chang pawhin an buaipuiawm tehchiam lo, mi dang tibuai lovin an che mai a. An tih that duh loh erawh chuan kohna na zâwk an hmachhawn duh khawp. Fimkhur a ngai hle.

Group thumna : “Thlarau chêtna dawng zîngah hian Thlarau Thianghlim counselling dawngte an awm. Thutaka la piang lo, zirtirtu nei tha baw si lo, ka lam an lo hawi leh theih nân leh ka tâna an nun an hman theih nâna chhandamna famkim chang tûra a bika ka sâwmte an ni. Thlarau Thianghlim Special Invitation dawngte an ni. Pentikos Nia Thlarau Thianghlim changtute ang khân zai khâwmna hmunah chuan thlarau takin che mah sela a ngaihna an hre lo va, an inthunun thei lo va, men pawh meng ngam lovin an che bawrh bawrh mai a, zai lai leh lai lo pawh an sawi lo, ze mak tak takin an che a, ÷awnghriat-loh tein an ÷awng nawk nawk a.

Pawn lama an va chhuah chuan an nun dân pangngaiin an va nung leh mai a. Miin an lo nuihzat emaw, an lo sawisel emaw phei chuan an rilru a na hma êm êm a. Anmahni lawm lotu nia an hriat phei chu an ngaithei lo hle. An fîng phian a, an duhtui phian baw. An chan ang hre thiam lotu nia an hriat phei chu thlarau dotu ang hialin an ngai mai thin. An nunah dik

leh dik lo, lâwm leh lâwm lo a inthlâk reng thin.

Annihhi an vânei êm êm a, camping/crusade luh ngai lova Thlarau Thianghlim counselling dawngte an ni a. Pathian leh kohhranhote thu awiha, inngaitlâwm taka Thlarau Thianghlim hruaia an awm peih phei chuan thlarauva piantharna changin ‘thlarau mi’ kan tih ang mai hian an awm zui thei a. Kan pi leh pu/nu leh pa hun lai khan hetiang ațanga Pathian thu awih lo ni ta, kohhran tâna mi țangkai tak tak an lo chhuak țeuh tawh. An duh loh chuan an kal bo daih thin.

Group lina : Thlarau chêtna tel lo, taksa chêtna tak tak nêna hel nuaia mi tih entawna bei ve chiamho hi an ni. Mihring phûrna sosâng (emotional feeling) nêna rawn che ve chiam, Thlarau chêtna dawng han che vêl a nawm hmela ngaia mi tih entawn (imitate)-a, a tak ang thei bera che che ve chiam hi harhna a lo thlen apiangin an rawn inlar ve thin. Annihhi hi chuan an peih rei tak tak ngai lo va, zai tui sosan lai hian an che uar hle a, a thutak chin an tuipei peih lo.

Thu awihna an tlachham êm êm a, anmahni inenfiah lovin mi nun an en a, sawisêl tûr leh ngaihtheih loh an ngah hle thin. Kohhran programme kham khawp lovin a hranga tâl an châk a, mi en bik leh ngaihshan an khel tel thin. Hêng mite hian a tak rama awmte pawh an hruai bo thei (2 Kor. 2:14). Hêng mite nunah hian ramhuai pawh an ngampa duh phian a, Lalpa kohhran tihbuaina hmanraw țha tak an ni thei.

Sei tak sawi tûr a awm, duh tâwk dâwn ila. Unaute u, Pathian thu-ah chuan, “Duh takte u, thlarau nazawng ring suh u; amaherawhchu, thlaraute chu Pathian laka mi an ni nge ni lo fiah rawh u; thuhritu der tam tak khawvelah an lo chhuah tak avângin,” (1 Jn 4:1) tih kan hmu a. Thlarau chêtna changtu i nih chuan lawm rawh. A chang lo tân pawh Krista nunna neitu i nih chuan a tâwk e. He sermon tawi te hian eng emaw chen chu a puilh theih ngei che ka beisei.

Lalpan a thu malsawm rawh se.

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ISUALAMIENANGU
Matthaia 14:28-33; 2 Chro. 20:12

– *Zohmingliani*
I.T.I. Vengchhak

Tin, Petera'n a chhâng a, “Lalpa nang i nih chuan tui chung a i hnêna lo kal thu mi pe rawh,” a ti a. Tin, ani chuan, “Lo kal ta che,” a ti a, Petera lawng ata chu a chhuk a, Isua hnên lam panin tui chungah chuan kein a kal a. Nimahsela, thli tleh chu a hmuhin a hlau va; tin, a pil dâwn a, “Lalpa, mi chhandam rawh,” tiin a au ta a. Tin, Isuan a ban ta nghâl a, amah chu a chelh a....” tih thu kan hmuhah khân, Lal Isua, Galili rama Bethsaida-ah rawng a bâwl lai thil a ni a. Tlângah ÷awngtai tûrin a kal a, zirtirte chu lawngah a chuantir a, khawfingchah dâwn lai vêlin Lal Isua chu tui chung a kal an hmu a. An hlau va, hmuithla em maw an ti a. Mahse, Lal Isuan, “Keimah ka ni alâwm, thlamuang takin awm rawh u, hlau suh u,” tiin a thlamuan tih kan hmu a ni.

Peteran Lal Isua lam ena amah chauh a thlir chuan ‘tui chung a i hnêna lo kal thu mi pe rawh’ a ti a, ‘lo kal ta che’ tiin, Isua en chung a Petera a kal chuan tui chungah kein a kal ve ta mai! Mahse, en tûr Isua en lova thlipui/khawvêl lam a en chuan a hlau va, a pil dâwn ta mai a nih kha! “Lalpa, mi chhandam rawh” tiin a au leh ta chûl mai a, Isuan a lo ban ta nghâl a, amah chu chelh in a kam khat zui nghe nghe a ni tih thu Bible-ah kan hmu zui a ni.

He lai chungchângah hian ringtute hian zir tur pawimawh tak mai kan nei âwm e, chung lam thiltihtheihna kan thlir chuan thlamuanna te, hlimna te, hahdamna te, theihna te kan nei a, Pathian thlarau zârah kan tih theih loh kan lo ti thei ÷hin a ni; lungkham te, hlauhna te a lo bo thei ÷hin, Petera pawh Isua lam ena a kal chuan tui chungah meuh pawh a kal thei a nih kha! Nimahsela, en tûr dik en lova khawvêl lam/tuipui lam a thlir chuan hlauh naten hmun a rawn

luah a, mangangnain a zui thu kan hria a ni. Kan en tûr kan en loh avângin kan chau va, kan lungngai a, kan mangang thîn a ni, chung kan lungngaihna leh manganna chuan min chim pil lek lek a, auh tûr kan auh loh chuan kan thlarau nun pawhin a tuar phah a, chim pilin kan lo awm dâwn hial thîn a ni. Chuvângin, Petera nun aţang hian zir tur kan neiin en tûr dik kan ena, kan auh fo hi thil tûl tak a va ni em!

Petera chanchin chauh lovah pawh Juda lal Jehosaphata chanchin aţang pawh hian kan hriain zir tûr pawimawh tak kohhran mite hian kan neiin a lang, 2 Chro 20:12-ah chuan, “Aw kan Pathian, an chungah ro i rêl dâwn lawm ni? Mi chu zozai, mirawn bei tûra lo thawkte chu lo han bei thei ziazang kan ni si lo va; a tih ngaihna rêng rêng kan hre bawh hek lo, i lam kan lo hawi mai zâwk a ni e,” a ti a. Lal Jehosaphata chuan a ram ven himna te, sakhaw siam that leh khawtlâng rorêlnaah te Pathian a rawn thîn a, Amon leh Moab lalten beihrawn an tum thute kan hria a, lal dangte a lo biak thatna

te avângin Pathian zawlneiin a kam khat a, chuvâng chuan Lal dang pun ngam chi a ni tawh si lo, hemi tum pawh hian a zâmin a mangang hle mai, a mangang innghahna tûr dang nei tawh lo chuan Lalpa lam a en ta ngawt a, tlâwm taka chung lam a auhna hian lukhâwng a nei nasa hle mai tih a chanchinah hian kan hre thei bawh.

A ram pumah ţawngtai rual a puang a, amah pawh Jerusalem Biak Inah a ţawngtai nasa hle a, Zâwlnei Jehaziela hnên aţangin fuihna Lalpa hnêna mi a dawng leh bawh a. 2 Chro. 20:15-ah chuan heti hian kan hmu leh a: “Nangni Judai rama mi zawng zawng leh nang Lal Jehosaphat, lo ngaithla rawh u. LALPAN in hnênah heti hian a ti, ‘Hlau suh ula, chung mipui tam tak avâng chuan zâm hek suh u, indona chu nangni indona a ni lo va, Pathian indona a ni zâwk si a,’ ” tiin.

Engmah tih theih a neih lohzia a inhriatna avângin chung lam thiltihtheihna a en ngawt mai a, chu chuan hnehna a chantir ta a nih tih kan hria, a ropui hle. Amah lal Jehosaphata khan en tûr dik a en

a, amah leh a ram mipuite an tawngtaina chuan Pathian chaka chu a awm hle hletirthei lo va, mak tak maiin Pathian hnathawh a lo lang ta a ni. A hmêlma, amah dotute Moab leh Amon-hote kha an bo ta vek a ni chuang lo; mahse, chung lam thiltihtheihna chuan mak taka hna rawn thawkin, anmahni leh anmahni kha an inbei ta hlauh zâwk a ni. Chu chu a ni, en tûr dik kan en thin a pawimawhna chu, Lal Jehosaphata pawh khân chung lam râwn lovin amahin lo bei ve ta ngawt se chuan a chan chu a chau hle mai thei. Mahse, en tûr dik a ena, râwn tûr dik a râwn chuan hnehna ropui tak a chang a ni tih kan hria.

Khawvêl thilte hi kan phur zawh loh leh kan do zawh loh châng pawh lo awm thin mah se, Zâwlnei Jehaziela sawi angin indona chu Lalpa indona a ni tih kan pawma, amah kan en tlat chuan hnehtu kan ni zêl dâwn a ni.

Pathian kohhrante pawh hian kan hmaah hian indona chhûm chhah tak kan hma-chhawn châng pawh a awm ang, harsatna tam tak lo pal tlang fo tawh thinte pawh kan ni thei e; mahse, Krista tâna dopuitute tân

hian kan do tûr hi a kiang mai dâwn lo a ni tih hriain, thihna leh natna emaw, sual avânga hliama kan awm châng emaw, dotute kan neih châng emaw, kan ni tin khawsakpuite laka harsatna emaw, thenawm khawvêng lak a tang emaw pawh a ni thei e, mahni inkhawngaih avanga mittui tâk hial châng pawh kan tawng thei e, chûng zawng zawng chu – Lal Jehosaphata pawh a hmêlma an bova, hnehna a chang ta a ni ngawt lo ang khân, chûng kan harsatnate chuan min kiansan duak lo a nih pawhin keini Krista kohhranho, a mite hian mahni lam indah bo thaka, kan chakna Lalpa hnêna kan tluk luha, amah kan en tlat chuan chakna/hnehna kan chang thei ngei ang.

Samziaktuin, “Ka manganin nanging mi tithawveng thin a,” (Sam 4:1b) a lo tih ang hian, kan harsat mangan pawhin anin min tithawveng leh thin a ni tih i hre thar ang u. “Lalpa, i lam kan lo hawi mai a ni,” tiin keimahni lam inchin fel mai tum lova, a kutah engkim kan dah thiam chuan tui chungka kea kal theihna thiltih-theihna kan hmu dâwn a ni.

Lalpa'nathumalsawmrawhse.

TU NGE RUAI CHE

– *Upa Lalengmawia Ralte
Venghlui*

“Ani erawh chuan, an zinga mi pakhat hnenah, ‘Thiana, i chungah eng mah ka tusual hlei nêh; duli hlawhah kan inrem lo vem ni? I ta kha la la, kal mai rawh; nangmah ka pêk che ang bawh kha he hnunung ber hnênah hian ka pe duh a ni. Ka ta na na na chu ka duh duha ka tih a thiang lo vem ni? A nih loh leh kei ka that avângin nangin i îtsik em ni?’” tiin a chhâng a (Mt. 20: 13-15).

Thawh tûr nei lo lêng mai mai leh ðu mai mai, inkâwm khâwma titi mai mai kan tam ta hle mai. Sualna lo pung zêla kan chhûngkaw nun leh khawtlâng nun a lo buai ta hle maiah hian tu nge mawhpur ang le?

Grep huan neitupa hian ni khatah hun inang lo tak takah hna thawktu a ruai a. Pahmei zanriah chhum hun lai vêla khawlaia ding mai maite hi an thatchhiat vâng pawh niin a lang lo, thawh tûr an neih loh avâng leh ruaitu an neih loh vâng niin a lang.

Ruaitu an neih loh avângin grep huan neitupa chuan, “Va thawk ve rawh u, in phu tâwk hlawh ka pe ang che u,” a ti a, thatchhia ni si an kal a rinawm loh. An thawk a, an hlawh pawh a pe a ni. Keiniho hi inbih Chiang

teh ang u, mahni theih tâwkah chuan kan tûlin kan buai hle a ni mai thei; mahse, mahni tâna buai leh tûl kan nih chuan ‘thawk’ kan ni phâk lo vang.

Sum leh pai, nawmsakna ngaihtuaha kan buai phili nasat hle lai hian, a hmasa lo zâwk tûr kan buaipui palh ang tihte pawh a hlauhawm ta. “A ram leh a felna chu zawng hmasa zâwk rawh u...chûng zawng zawng chu a pêk belhchhah ang che u,” min ti a ni.

Grep huan neitupain inang thlapa hlawh a sem chu nilênga ni sa hnuaia hrehawm taka thawkte chuan hriat thiam harsa an ti dâwn mang e ka ti ðhin. Chhan a awm ngei ang, a pawimawh lai tak pawh a ni ngei ang. Pathianin RINNA a ngaihsanzia a lo lanna

a ni. Pathianin, “In phu tâwk in hlawh ve ang,” a tih khan hlawh bituk zat eng mah a sawi lo. Ruaitupa ringhlel hauh lova an thawk mai kha Pathian ngaih pawimawh a ni.

Mi dangte hlawh zat hmu tlâkah an ‘RINNA’ avângin a ngai a. Hetiang rinna avâng hian khawngaih kan hlawh phah a, chhandam kan lo nih thîn ni. Ruaitupa rinnaah ‘DAMNA’ a awm a, “Rinna lovin ama lâwm zâwng mi nih rual a ni si lo” (Heb 11:6). Rinna chuan Pathian a dah pawimawh a ni.

Ruaitu nei lo thawk ve tate hian hlawh lam thlir lova Pathian thatna thlira RINNA-a an kal mai hi chhinchhiah tlâk tak a ni. A tam leh tam loh an ngaihtuah lo, ruaitupa thatnaah an inngat mai a ni. Chu chu a lâwm a, hlawh puitling a pe a ni.

An dawng hmasa lehngal! Unaute u, khawngaihna mak tak chu a va ni em! Nilênga thawkten an thîk pawh hi thil âwm lo a ni lêm lo. Keini pawh inenfiah ila. Hmânah kan piangthar tawh, hun tam tak a rawngbâwl nân kan lo hmang tawh a ni ang.

Mahse, nilênga thawkte leh darkâr khat chauh thawkte hlawh a inang tlat mai a nih chuan ngaihtuah tûr a awm a ni.

Maichâm leh khuang inkâra duah hluah pawh a ni lo, pulpit tlânga sawi that viau leh tihthat hle pawh a ni ber lo. Ruaitupa thatnaa inngat ngam leh thu awih nih a fuh ber, theikung duah pawhin awmzia a neih loh kha. Kan rawngbawl dân leh a thu kan sawi dân kalhmangah te, buh kan seng tum dânah te ruaitupa hian thawk min ti ang em? A lungawi ang em le?

Ni tlâk dâwn tpepa thawk leh nilênga thawkte hlawh a inang hi a chhan a awm a ni. Lo nei thang chuan buh lu chuh tûl theihzia chu in hria. Buh a riral loh phahna a nih dâwn phawt chuan hun tlêm tpe thawk tûr pawh ni se, a pawimawhin an hlut êm êm a, lungawi taka thawkte chu nilênga thawkte hmuh zât a pe ta a ni.

He thu hian lâwmman hmu tûr, thawktute ai chuan a tûlna vânga thawk, lâwmman pawh beisei lova thawktuten lâwmman, thawh hlawh an lâkin an

lâwm daih thîn tih min zirtir a ni. Hlâwkna duha rawngbâwl tûr ni lovin, a tûl avânga thawk tûr a nih thu Lal Isuan a sawina niin a lang.

Hlawh pêk thu hian Pathian khawngaihna leh thatzia min hriattir a, chhandamna chu mihring ngaih dâna thawktu thawh phu tâwka pêk a ni lo va, khawngaihna avânga a thlâwn liau liauva pêk a ni. Chhandamna hi eng hunah pawh chang ila, a lo chang hmasa tawhte nêk kan inang tlâng vek dâwn tih min hrilh duh niin a lang. Chan hmasak avânga induh ngawt theih pawh a nih loh hmêl, ruaitupa lungawina a pawimawh a ni.

Naupan laia piangthar te, tar thih dâwna piangthar te pawh Pathian khawngaihnaa chhandam kan ni theuh. Dar 9 te, dar 12 te, dar 3, 5 te, indawt thluahin hna thawk tûrin a tir. A hmasahote tih loh chu a âwm tâwk pêkah an inrem a, an thawk a ni. Ruaitupa lungawinaa thawh a pawimawh. Tângkai dân erawh a inchen lo vang. A ruaitu Pathian hian kan thawh rei zâwng leh kan hna tan hma thu a

thlir ber lo. Kohna hriat veleth tha taka thawk nghâlthe chu ‘duli’ theuh a pe mai a ni.

Pathian thamna leh khawngaihna hi rilru dik lo aţanga thlir chuan hleih nei, bîkna, duhsak bîkna a ang thei; mahse, chutiang thlirma rilru chu îtsîkna leh mahni hmasialna rilru aţanga lo chhuak a ni. Pathian thamna avânga malsawmna kan dawn chungah hian lawm a tûl a ni. Kan lawm theihna tûr chu a ruaitu lungawinaah a inngat.

Nang tu nge ruai che? Aruaitu che i la ringhlel fo dawn em? Duli, nilênga thawkte hmuh zat hi hlawh phâkin i inring em? I thawh dânah a ruaitu che a lungawiin i ring em? I lungawina tawka i thawk a nih chuan a ruaitu hian hlawh a pe lo vang che tih a hlauhawm. “Lalpa, i hmingin chumi/khami kati asin le,” kan ti chul mai ang. A hna kan thawh chu Lal Isua tlaktlum zêlna ni se, ruaitu a lungawi ang. Juda Iskariota chu Isua ke bula chêng ni mahse, ‘boral fapa’ a ni. Lal Isua ruala mi sual an khen beh kha Paradis-a lawm luhin a awm tlat. Tu nge ruai che?



DAIRAM MISSIONARY HMASA BER UPA C. BUKCHHUAKA

– Rev. Lalchhandama, Dairam

Burma ram Presbyterian Kohhran Synod Inkhawmpui wawi 4-na 1965-a neih chuan ringlomite hnêna Chanchin Ṭha hril ṭul hlein a hria a. Ringlomite ram rau rauvah pawh Dairam, Kenpetlet leh Paletwa-ten kohhran mite a hîp zual a. Hêng ramte hi en thlithlai tûrin Synod chuan Pu R.K. Tâwnliana leh Upa Pawilawma-te a tir ta a. Thla khat zet thangin Dairam leh Peletwa bial chu an va fang a. An fanna report aṭangin, hmun dang pawh ṭul hle mah se Dai mite zînga missionary tîrh chu an tum ta a.

Kum 1971 khân Burmaram Presbyterian Kohhran Synod Home Mission Board Executive Committee chuan Dairama Missionary tur a zawng a, “Mi tir ta che, kei heti ka awm,” titu mi 16 an awm ta mai a. Chung zîngah Zohmun khaw mi Upa C. Bûkchhuaka (Mizoramah chuan Bungzung khaw chhuak) leh Chekawm khaw mi Pu B. Hrangluta an thlang a. Anni pahnih hian kum 1972 March thlaah Dairama khaw lian ber Madu khua an thlang a, awm hmun an khuar a. A tirah chuan tîrhkoh tih an ni a. Presbyterian kalhmang zêlah chuan missionary an ni mai awm e.

Upa C. Bûkchhuaka leh Pu B. Hrangluta-te chuan an

chhungte leh an in leh lo kalsanin, hmêlhriat ngai loh leh ṭawng hriat lohna ram an thleng ta a. An chênna tûr in a awm sa lo va, an thlen veleh an chenna in sakna tûr châk thing leh mau an dap a, tu ma puiah lohvin thla khat chhûngin an sa zo thei a, April 3, 1972-ah chuan an luah thei ta a ni.

Chanchin Ṭha hril hna chu an theih ang angin an thawk a. An rawngbawlna Pathianin mal a sawm a, kohhran an din a, 1972 kumah ringtu 81 an la thei a ni.

Pu B. Hrangluta chu a hrisêlna a ṭhat loh avângin a kum lehah a haw ta a. Upa C. Bûkchhuaka erawh chu a nupui fanaute hruaiin missionary hna

chu a thawk chhunzawm ta a. A rawngbawl na Pathianin mal a sawm a, Dairam khaw eng emaw zatah kohhran a ding ta a ni.

Kum 1980 November thla khân Upa C. Bûkchhuaka leh Pastor Thang Zena chu Buhfaitham campaign neiin Dairam an fang a, Tuisip khuua an awm laiin Upa C. Bûkchhuaka chu a pum a na ta a, pum na chung chuan Pantui khaw lam panin campaign nei zêl tûrin an kal a. A pum na chu a zual zêl avângin Madu khaw lamah zawn haw a ni a, Damdawi in awmna Matupui lamah zawn tuma an inbuatsaih laiin a boral ta mai a. A hrilhhaithlâk hle.

Upa C. Bûkchhuaka boral chungchângah hian thu a tam a, dawia thia ngai an awm a. Amaherawhchu, dawia hi a awm leh awm loh, eng ang nge a nih leh engtin nge mi an dawia thin hriat a ni lo va. Inpuhchhiatna mai mai neiin a lang. Upa C. Bûkchhuaka hriat rengna lung hi Madu khaw kawtchhuahah Mission Board-in a phun nghe nghe a ni.

Upa C. Bûkchhuaka rawngbawl na hi a thih hnuah pawh Pathianin mal a sawm zêl a. Missionary dangte pawh Dairamah hian an kal zêl a, kohhran a thang zêl a, Dairamah hian tûnah chuan Synod pahnih a ding ta a ni. Synod pakhata ding tur chu an ni na a, inkal pawhna a that loh avangin Synod pahnihin an ding a. Kum 2010 khan Victoria Synod tiin Synod din a ni a, Mindat khawpui chu an hmunpui a ni. Kum 2016 khân Madu kua hmunpuiah neiin ‘Dairam Synod’ a ding leh a, Madu kua hi Dairam missionary hmasa ber Upa C. Bûkchhuaka awmhmun khuarna kha a ni.

December 16, 2015 khan Assembly (PCM) hotuten ‘Interim Synod’ tiin Madu-ah hian an rawn hawng a. January 27-31, 2016 chhûng khân Dairam Synod Inkhâwmpui hmasa ber chu Madu-ah hman a ni a. Upa C. Bûkchhuaka nupui fanau, Mizorama awmte pawh sawm an ni a, a fapa Pu Ramchangeliana te chhûngin Synod Inkhâwmpui hi min rawn hmanpui thei nghe nghe a, kan lawm hle a ni.

AGAPE MAN BA CHUNGCHANG

Agape man hi kohhran tam tak chuan kan ngai pawimawhin kan pe tha em em a, chutih lain kohhran thenkhat a man la pe lo kan la awm bawk a. Heng man bate pawh hian kan pek duh loh vang ni lovin, eng emaw harsatna kan tawh vanga pe lo emaw, pea inggai, lo pe si lote pawh a awm theih a. Heti hian kum 2015 chhunga lak man pe lote kan han tar chhuak a, kumin 2017 June thla aia tlai lova rawn pe turin kan inngen a ni. Tin, office lam pawhin tihsual kan nei thei a, pea inggaite chuan an pekna receipt nen office lamah mahni kalin emaw, phone emaw pawhin rawn inhriattir ni se a lawmawm hle ang. Kum 2016 man la pe lote pawh June 2017 thleng ngaihchan an ni ang a, chuta la pe lote chu tar lan leh a ni ang.

2015 AGAPE MAN PE LOTE

Sl.No. Kohhran	Lak zat copies
1. Bilkhawthlir Hmar Veng	- 69
2. Bungtlang 'S' Bazar Veng	- 15
3. Rawpui (Bungtlang Bazar Bial)	- 8
4. Vapar (Champhai Zote)	- 11
5. Chawngtlai	- 54
6. Chhiahtlang (Venghlun)	- 41
7. Damparengpui	- 6
8. Zotuitlang (Haulawng)	- 2
9. Thinghlun (Kanhmun)	- 16
10. Ngaizawl (Khawzawl Venglai)	- 31
11. Lianpui (Khuangleng)	- 20
12. Kolasib Venglai East (K. Venglai)	- 85
13. Khawiva (Lunglei Bazar)	- 5
14. Lungpho	- 41
15. Rangmen Nongsder (Madanrtng)	- 5
16. Meidum (Pangbalkawn)	- 11
17. Phullen Vengthar	- 65

18.	Ratu Chhim Veng	-	21
10.	Tlangkawn (Saiha)	-	10
20.	Lungzarhtum (Saiha)	-	20
21.	Khawpuar (Sakawrdai)	-	15
22.	S. Vanlaiphai (Sangau)	-	6
23.	Vanbawng (Suangpuilawn)	-	68
24.	Chuhvel (Suarhliap)	-	11
25.	Zobawk Vengchhak	-	14

WOMEN CENTRE HRIATTIRNA

Women Centre-a puan thui zir tur, 3rd Batch lak a lo hun leh dawn ta a, mi 30 lak an ni ang. Dil duhte chuan Kohhran Hmeichhe Department, Synod Office-ah dilna form lak theih a ni ang. Bial tin Kohhran Hmeichhe Secretary-te hnenah dilna form hi thawn a ni bawk ang a, office lama kal harsate tan Bial hian a form hi lo tihpun mai ni se.

Hriat tur pawimawhte

1. Dil theih hun chung : June 19, 2017 thleng
2. Interview hun : June 22, 2017 dar 10:30
Interview-na hmun : Synod Committee Room I,
Synod Office
3. Class tan hun : July 4, 2017

July 4, 2017-ah hostel-a luh vek tur a ni ang a, 9:00 a.m. atanga chhun dar 12:00 inkarah admission tihfel tur a ni ang.

Thil tel turte

1. Kohhran lehkha.
2. Bial Kohhran Hmeichhe lehkha.

Sd/-
(H. LALPIANTHANGI)
General Secretary

CHHUNGKAW NUN HONA ṬHA

– Lalrinkimi

Edenthar, Aizawl

(Ex-Co-ordinator, Kohhran Hmeichhia)

THUHMAHRUAI

Mizo chhûngkua chu joint family kan ni a; chhûngkuaah chuan pi leh pu, nu leh pa, ni, patea, fate, awmpui leh tel ve dangte pawh kan awm ṭhin a, chuvângin nun ho dân/inlaichinna ṭha kan neih a pawimawh hle a ni. Kristian chhûngkaw nuam leh hlim ni tûr chuan kan ngaih dân leh kan duh dân piah lamah hian zir tûr a tam êm êm a ni. Sapho kan ngaihsan êm êmte khu khawvêl thila fîng leh changkang an ni a; mahse, chhûngkaw nun hona kawngah chuan kan dinhmun nêh a inang lo hle a, an tih dân ṭhate awm mah se entawn atâna ṭha lêm lo pawh a tam thei âwm e. e.g. Sapho chu an pi leh pute a hrangin târ enkawlnahte an dah daih a, sawrkarin a enkawl a, kum khatah vawi khat te an kan a, an duh tâwk mai. Tin, an fate pawh kum 18 an tlin chuan mahnia kal hrang theiah an inngai a, anmahni thuin an nung mai a ni. Kum 18 an tlin hma pawhin keinin ka fa a ni a, ka thuhnuaiah a awm tûr a ni tia kan ngaih ang hian an ngai ve lo va, naupang pawh ni se anmahni duh dân an dah lalsak hle a, chuti takin an enkawl lo; a ṭhatna lai awm mah se ṭhat lohna tam tak a awm. Tichuan, chhûngkuaa mi hrang hrangte kan nun ho dân tûr ṭhate lo zir ho ila.

1. Pi leh pu te laka awm dân tûr : Kan pi leh pute hi kan kûngpui an ni a, min thlahtute an nih avângin an hlu a ni. Amaherawhchu, an kumte a lo tam tawh avângin an chak tawh lova, an rilru leh ngaihtuahnate pawh an tha chak loh ang bawkin a lo zîm zêl a, ‘naupang

rilru an pu ṭha leh a ni, ’ te an ti ṭhin. A chhan chu tih theih an nei tlêm tawh a, an khawhawi a zau thei tawh lo va, ṭhenrual zingah an awm tam thei tawh lo va, in chhûngkhur chu an khawvêl a ni tawh mai a ni. Chuvângin, an inngahna leh an beisei ber chu chhûngkuaa an tu leh fate an ni

a, an lakah an phût a sângin an beiseina pawh a nasa a ni; chuvângin, hêngte hi hriat a pawimawh khawp mai:

- 1) Ngaihsak an ngai.
- 2) Duat an ùl.
- 3) Kan kungpuite an nih avângin ngaihhlut leh chawimawi thiam a ða.

An mamawh ngaihtuhsak te, biak lûm lûm te, ei tura duhsak te, an taksa leh an silhfen tihfai leh enkawl uluk te a ùl. Mi tam takin tar hâk tûr chu a chhia leh a hlui deuhte an tihsak a, ‘Tar tân mawi vak a ngai lo’ te an ti mai mai a. A ni lo. Uluk taka tihfaisaka, a mawi leh ða siamsak te a ða, an tichhe mai mai tawh lo va, an tâna thil ða tihsak kha a manhla hle zâwk a ni. An mutbu te fai leh nuam taka siamsak a ða.

Ei leh barah duhsak an phu :
An taksa tâna ei tur ða ngaihtuhsak a ùl. An taksa te a lo chak tawh lo va, ei tur ða vitamin leh thil dangte pawh ngaihtuhsak ðin a ða. Khawilo kal hawa ei tûr eng emaw han hawnsak te hi an lâwm êm êm a. Hawng ang ang pawh hi an ei mai phal lo va, an

thukru ðen fo ðin. Chuvângin, kan hmangaih a ni tih lantir nâna thil ei tûr hawn ðin te a ða.

Biak lûmlâm fo a pawimawh:

An hun kal tawhah sùlhnu tam tak an lo nei tawh a, an vânglaia an thiltihte an hre reng a; mahse, an ti thei tawh si lo va, anmahni kawm nân hun tlêm tal pêk ve ðin a ða. An vânglai hun te, an hnathawh ðin, an taihmakzia, an hmêlthatzia, an chakzia etc. sawipuite a ðain nuam an ti hle. Thil kan sawi laia an lo inrawlh ve pawhin ‘Eng mah i hriat tûr a awm lo,’ ti mai lovin an sawi duh ngaihthlâksaka, keinin thil ða kan tih tumte chu ða taka sawi zui leh mai tûr a ni.

“I ninawm, lo inrawlh ve ziah suh, lo ngawi mai mai rawh, nang tar chhia mai mai,” te hi tih rêng rêng loh tûr a ni. Hemi kawngah hian kan tu kan fate naupangte zirtir uluk an ngai. Naupang chuan “Tar mai mai, ninawm, i lo sawi ve chhên, min tir reng mai,” tih te an ching thei. “I pi a ni a, i pu a ni a, hetiangin i ti tûr a ni lo, ða takin an biak che chuan chhâng rawh, an tir che a nih chuan thu awih takin tihsak la, “Ka pi/Ka pu, eng nge

i duh? Ka lo pui ang che,” tih tûr a nihzia te hrilh ngun an ngai hle. An nu leh paten kan zaha, kan duat chuan kan fate pawhin an zahin an duat ve dawn a ni.

2. Nu leh pa awm dân tûr

Nu leh pate chu chhûngkuaah mawhphurtu lian ber leh chhûngkaw keng kawhtute an ni. Rorêl thiam a ngai a, chhûngkaw kalhmang awmze neia hruaitu tûr an ni. Ei leh bâr zawn an mawhphurhna a ni ang bawkin fanau enkawl pawh an tih tûr a ni a, tisa leh thlarauvah an mawhphurhna a sâng hle.

Chhûngkaw nu leh pa finna leh rel felnain hma lam hun atâna thil tha a thlen a, awmze nei lova tâl mai mai chuan chhûngkaw darhna leh mumal lohna a thlen thin. Chhûngkua Pathian lama kaihhraina thua pawh nu leh pa mawhphurhna a sâng hle. Pa chu chhûngkaw puithiam a ni a, a chhûngkua Lalpa lama a hruai that chuan chhûngkua a hlim a, Pa berin Pathian a ngaihsak loh chuan chhûngkaw nun a tlabal thin. Kan ramah pawh mit ngeia hmuh turte pawh kan hria a ni.

Nu mawhphurhna pawh a sâng hle. Nu chu chhûngkua

tifamkimtu leh tihulûmtu, uap lumtu a ni. Nu chu Pathian tih tlat mi a nih chuan a fate nunah nasa takin awmzia a nei a, chhûngkaw hawi lam pawh a hruai zêl thin. Amaherawhchu, nu ber Pathian ngaihsak lo, khawvêl lama rualawh tina leh, chu lam chauh ngaihtuah mi a nih chuan fate nunah a lang thin. Pa berin Pathian lam a hre lo a nih pawhin nu ber tal Lalpa lama a tan tlat chuan chu chhûngkua chu humhimin a awm thin.

Chhûngkuaa nu leh pa chuan chhûngkuaa tel ve dang –patea, nite, laina min bêltute, awmpuite en dân leh an laka awm dânah pawh mawh an phur a ni. Chuvângin, chhûngkuaa nu leh pate hi mahni chhûngkuaah na na na chuan kawng engkimah an pawimawh a, an khawsak zia chuan chhûngkaw awm dân a hril thin a ni. Chuvângin, an chhûngkuaa mi dang awm vete chu thiam taka an kilkawi chuan an fate pawhin an zahin an ngaihlu ve mai dâwn a ni. Chu chuan chhûngkaw nun hona tha a siam thei dâwn a ni.

(Thla leha chhunzawm a ni ang)

**HMANGAIHNA INA DONATION PETUTE
(July-December, 2016)**

*– Laldawnkimi
Superintendent, Hmangaihna In*

Sl.No.	Petute	Thilpek
1	Sihphir	Rs 5,000
2	Chhinga Veng Sacrament Dept.	Rs 5,000
3	Guwahati Bial Kohhran Hmeichhia	Rs 10,000
4	Thingsulthliah Bial KTP	Rs 5,000
5	Pu Lalthlengliana, Chaltlang	Rs 20,000
6	Hauva Honda	Rs 14,300
7	Bungtlang South Bial Kohhran Hmeichhia	Rs 1,000
8	Hming hriat loh	Rs 6,000
9	Althea Birthday present	Rs 3,110
10	Champhai Hosp. Veng Kohhran Hmeichhia	Rs 1,000
11	SDA, Chawlhmun	Buhfai Bag
12	Muanpuii Chinzah & Staff, Khatla	Rs 8,000
13	Lalremmawii, Chaltlang	Rs 5,000
14	AK Surgical Company	Rs 1,000
15	Mission Veng Kohhran Hmeichhia	Bedsheet & Frooti
16	Lalngaizuali, Republic Veng	Rs 1,000
17	Stepping Stone, Ramhlun N	Rs 6,600 & Thawmhnaw
18	Mualcheng Kohhran Hmeichhia	Buhfai Bag
19	Zawmthangi, Dinthar	Jumper & T-Shirt
20	Three Amigos, ICAFI Univ.	Rs 2,200
21	Vety. College Trainee	Rs 3,600
22	Chawnpui Kohhran Hmeichhia	Puan lum 20
23	Ramhlun Venglai Kohhran Hmeichhia	Rs 10,000
24	Hailakandi Mahila Samiti	Rs 5,360
25	Sazep Kohhran Hmeichhia	Rs 1,000
26	Zosiamliana & fly	Rs 3,000 & thawmhnaw
27	Champhai Venglai Kohhran Hmeichhia	Rs 5,000

28	Ramthar Veng Kohhran Hmeichhia	Rs 10,000
29	Luangmual Vengthlang Kohhran Pavalai	Rs 10,000
30	Hming thup	Rs 10,000
31	Aijal Club	Rs 30,000
32	Chanmari Kohhran Hmeichhia	Rs 5,000
33	C. Kapthianga & fly	Rs 10,000
34	R. Lalthankunga	Rs 11,000
35	Lalrinzuali	Rs 3,000
36	Lalzabiaka	Rs 2,000
37	VM Hardware, Bawngkawn	Rs 10,000
38	Serena Lalfakawmi, Guwahati	Rs 10,000
39	Lalvensanga & friends	Rs 500
40	Revival Healing Ministry	Rs 11,500
41	Chief Minister	Rs 6,000
42	Durtlang Pavalai	Rs 3,000
43	Dawrpui KTP	Thawmhna
44	Dawrpui Vengthar KTP	Thawmhna
45	Upa KC Thanga, Vanbawng	Mawza
46	Lalduhsaki leh a thiante	Rs 2,500
47	Tachhip Branch KTP	Rs 10,000
48	KTP, Leitan Johana Group	Rs 1,310
49	Lalrinawma & fly, Electric Veng	Rs 5,000
50	Tanhriil Vengthar NPSS	Rs 5,000
51	Albert Liantluanga, Ramhlun N	Rs 10,000
52	Durtlang N. Kohhran Hmeichhia	Christmas Cake
53	R. Romawia, Minister	Rs 8,000
54	Lalmachhuana, Electric Veng	Rs 2,000
55	Siami & friends	Ei tur, diaper, etc.
56	Baby & friends, Chaltlang	Thawmhna & ei tur
57	Thianzaho	Rs 5,010
58	Tetea & fly, Durtlang	Rs 2,620
59	NPSS Beginner Dept., Durtlang	Rs 4,940
60	Thianho	Rs 2,500

61	Lalthanpuia Sailo, Hunthar	Ei tur
62	C. Lalchhuanawma, Ramhlun Venglai	Rs 2,500
63	Mr. & Mrs. Lalhnehzova, Chaltlang	Rs 2,000
64	Little Steps Pre School, Republic Venglai	Ei tur & thawmhnaw
65	Dr. Samuel Sailo, Hospital Comp.	Cake
66	Bake House	Cake
67	Albert & Tlani, Ramhlun Vengthlang	Rs 1,000
68	Lalremliani & Lallawmzuali, Aizawl Venglai	Thawmhnaw
69	PC Lalbiakmawia, Durtlang	Rs 2,000
70	Phoebe Lalruatpuii, Leitan South	Rs 1,000
71	Mualpui Bethel Kohhran	Rs 5,000
72	Israel Lalremruata & fly., Chaltlang South	Rs 10,000
73	Durtlang N. Kohhran Hmeichhia	Ei tur & Christmas Cake
74	C. Lalruatlina & fly., Ramhlun S	Rs 2,000
75	Hming thup	Rs 2,500
76	Hming thup	Damdawi
77	New Serchhip Branch KTP	Rs 9,000
78	Bawngkawn Nepali Kohhran	Rs 4,000
79	Chaltlang South MHIP Pi Hmuaki Group	Rs 2,000
80	Dinthar Veng Thianho	Rs 3,000
81	Lalthlamuana Varte	Rs 1,000
82	Malsawmzuala Ralte & fly., Ramhlun North	Toys
83	K. Malsawmtluanga, Leitan Ramthar	Ei tur
84	A. Chhalai, Ramhlun Venglai	Rs 2,000
85	Mimi & Lalpuii, Leitan	Thawmhnaw & ei tur
86	Lalrammuani Fanai & fly., Tuikual	Thawmhnaw
87	Benjamin & Lucy, Electric Veng	Damdawi

(Tuna kan han tar lan hi Synod Office ni lo, Hmangaihna Ina thilpek hrang hrang an dawnte a ni a. Hmangaihna In tan hian kohhran leh mi mal, chhungkua leh thianhoten thil kan pe thin hi a lawmawm takmeuh va, Pathian kan hmangaihna lantirna a ni. Thil petute Lalpan malsawm che u rawh se.)

Hriselna Huang

DIABETIS (ZUNTHLUM)

Zunthlum hi tûnlaia kan buaipui ber a lo ni ta a. Eng nge a nih kan hre ðheuh va, a invên dan tûr sawi nghâl mai ila. A invên dân tûr hi chi hnih (hmun hnih)-in han ðhen ila.

1. Zun thlum tichhuak thei thil rêng rêng laka invên. Chungte chu:

- (1) Thlahthu aţanga vei tawh neite
- (2) Thau luat vâng
- (3) Mei zûk
- (4) Thisen sâng
- (5) Zu in

Hêng kan han sawi takte hian zunthlum an vei duh bik a ni.

2. Zun thlum natna vei leh vei loh zawn chhuah

- (1) Mi kum 30 leh kum 70 inkârah.
- (2) Insawisêlna nei lem lo pawh an nu leh pate zun thlum veite.
- (3) Nau pai lian lutukte.

Hetiang mite tân hian regular-a in-check up a ðha a ni.

Exercise lak hi a ðangkai êm êm a, sawi vek sên a ni lo vang a. Zunthlum veite tân a tûlna leh a ðangkai biknate han sawi ila. Diet leh exercise leh damdawite a ni.

EXERCISE

- (1) Zunthlum control a tiþha a, kan tihrâwlin a mamawh glucose

kha thisen aţangin tam lehzual a la lût a, chu chuan blood sugar a tihniam thei a ni.

(2) Kan thisen leh taksaa insulin hnathawh daltu, a bik takin thaute a tiral thei a, insulin hnathawh a tichak a ni.

(3) Diet control leh exercise hian zunthlum a enkawl theih.

(4) BP sâng leh zunthlum hi an inkawpin an inkaihhnawih a. Exercise lâk hian a tihniam thei a, kan thisena thau chhiate a titlêm thei.

(5) Thau ðha a titam thung a ni.

Mi zawng zawng kan inang lo va, zunthlum vei ðheuh ðheuh pawh kan inang lo va, kan damdawi ei pawh ngeih zâwng

a inang lo va, hêng avâng hian exercise hi mihring leh natna mila chawh thín a ngai a ni. Hêngahte hian fimkhur a ngai zual a ni.

(a) Sugar control a tha tûr a ni a; amaherawhchu, exercise hahthlâk lutuk ang chi-ah chuan fimkhur tûr a ni. Blood sugar control loh lutuk emaw, control lutuk emaw a hlauhawm thei.

(b) Zunthlum lo vei rei tawhte zîngah lung nâ kan tih ang hi zunthlum vei lote angin a na ve hran lo va, a rûka a awm thín avângin fimkhur a ngai hle a ni.

(c) Mit tha lo te, kal lam tha lo te, hriatna thazâm chak tâwk lovahte hian exercise lâk hi fimkhur tûr a ni.

(d) Over exercise hian thamchhâwl a thlen thei a, chuvângin fimkhur a tha.

Hêng thilte hi thamchhâwl pumpelth nân hriat tûr a ni:

(i) Insulina inchiu tân inchiu hnu darkar thum leh 7 bâwr vêlah exercise lâk loh tûr a ni.

(ii) Insulin inchiuna hmun tha ber chu dulah a ni, vun leh tîrâwl inkârah chiu tûr a ni. Malpui leh bânthe chu second choice a ni.

Exercise lâk dân hi chi tam tak a awm a, zun thlum vei tân chuan hun leh hmun thâwl deuhvah remchân hun apiangah kea chak lutuk lo, muang lutuk lova kal hi a him ber a ni

PAWISA NOTE THAR CHUNGCHANGA FIMKHURNA TUR

Pawisa note thar chungchangah hian fimkhur a ngai hle a. Mawm leh bal leh thil ziah rân reng reng hi pawisa chhiarna khawlin chhiar a harsat avangin fimkhur theuh turin kan inngen a. Hetiang hi a lo awm a nih chuan Kohhran Hmeichhe Office chuan kan dawng thei dawn lo a ni.

Budget hrang hrang kan pek dawnah kan pawisa dawnte en uluka, fimkhur theuh turin kan han inngen a ni e.

– Editor

*Ei siam dan***MAIPÂWL SWEET SIAM DAN**

1. Maipâwl chu chhum tûra chan ang tiat vêlin chan la, thirkutin a mal te tein chhun chik vek la, tuiah a chîm tâwk vêlin chiah rawh. Chinai fian khat vêl telh la, maipâwl chu darkar 2 vel emaw, a sak talh thleng emaw chiah rawh.
2. Tui thianghlimin fai takin i sil ang a, a theih chuan zan khat emaw vel tui thianghlimin chiah leh ang che. Lâk chhuahah a tui thlit hul tûr.
3. Thirbêlah chini (maipâwl tam dan azirin) chhuan tuia, maipâwl chu thlâka sotir bawrh bawrh tûr; a ût loh nân uluk taka vila chawh tûr a ni. Rei tak chhuan a ngai lo. A hminah suah chhuaha dah daih tawh mai tûr a ni. Fridge-ah dahin a tui leh zual.
4. Chini tui bâng a awm chuan, bawngnute telh leha chhuan kang lehin kurtai tui tak a ni leh mai.

BEHLAWI BAI DAN

1. A tui daih laiin a telh tûr chi, soda, saum leh a thlak tel tur duh ang ang – bawkbawn, hmarchapui, etc. zawng zawng kha telh nghal vek la. Chûngho hmin dâwnah chuan behlawi hnah chu thlâk la, chawh char char tûr.
2. A tui a pâwt phât hian a tui hmêl a, a tui paw phât i duh chuan bawngnute tlêm telh rawh. Duh loh chuan telh a ngai lo. A ðhen chuan bai hring nghalh hi an duh zâwk ve bawk a. A zawr deuh chuan a hmin a ni mai.

– Source: Zonu Choka

Hruaitute chanchin

PILALDUHTHANGI



Pi Lalduhthangi hi Pu Sangluaia (L) leh Pi Ngurbeli (L) te fa pali zinga a upa ber dawttu a ni a, kum 1976 khan Upa Lalngurliana nen inneiin fapa pakhat leh fanu panga an nei a. A pasal hian kum 1995 khan accident-in a boralsan a, tunah hian tu 10 neiin Tanhril khuaah in leh lo neiin an khawsa mek a ni.

Rawngbawlina lam : Kum 1997-ah Tanhril Kohhran Hmeichhe Committee-ah lutin vaviin thlengin O.B. post hrang hrang chelhin a awm a. Tualchhung kohhranah naupang Sunday School zirtirtuah te, Bible Society collector-ah te, Hmeichhe Committee aiawhin Ramthar Committee-ah te,

Inrinni zan leh Pathianni Chawhnu thuhrlitua te awmin, tunah Puitling Sunday School zirtirtu a ni mek.

Bial chhung Hmeichhe rawngbawlinaah Bial Buhfaitham ziaktu ni tawhin, O.B. post hrang hrang a lo chelh tawh a, tunah hian Bial Chairman chanvo a chelh mek a ni.

Bible chang duh zualte: Jeremia Tah Hla 3:22; Sam 73:25-28; Philippi 2:5-8 te hi a ni a. Pathian fakna hla a duh zual em emte chu KHB no. 376-na, ‘Aw ka thlarau, tho la’ tih leh no. 417-na, ‘Ni ai pawha eng ropui zawk chu’ tih leh no. 471-na ‘Jordan lui piaha kan inkhawm hunah’ tihte hi a ni.

Zoram nute a chah duh chu: Pathianin kohhran kaltlanga rawngbawlina chi hrang hrang kan kova anghahte tipuitling tura taima taka thawk turin a chah a. Jeremia bung 48:10-ah chuan, “Thlahdah taka Lalpa hna thawktu chu anchhe dawngin awm sela,” tih a ni a, keimahnia Lalpa a hlawhtlin ngeina turin kan phak tawkah theihtawp i chhuah ang u, tiin min chah a ni.

Hriat atan

Women Centre-a puanthui zir 2nd Batch-ten Jan. ni 27-28, 2017 chhûng khân Pi P.C. Vanlalnglaki, Jehova Jire Team speaker chu rawngbâwltua hmangin retreat an nei a, Pathian malsawmna dawngin hlim takin hun an hmang a ni. Women Centre-a zirte hi kut themthiamna neihtir mai bakah an thlarau lam nun pawh tihhmasawn tum a ni a, chu vang chuan an zir chhungin retreat neihpui thin an ni.

1st Batch chhuak tate chanchin hriat zui a nuam thei hle a. Kut themthiamna an chhuahpui ai pawha kan lawmna tizualtu chu an nuna Chanchin Ṭha a intuh hi a ni.

PATHIAN THU ZIR DUH TÂN

Presbyterian Bible School, Mission Veng, Aizawlah C.Th. (Certificate in Theology) zir tûr lâk a ni leh dâwn a, dil duh chuan hêng hi hriat tûr a ni e.

1. Admission form hi Office-ah Rs. 10.00 (cheng sawm)-a lei tûr a ni a, **April 24, 2017 (Thawhtanni) tlai dar 3:00** thleng PBS Office-ah theh luh theih a ni. Diltu chu Class VII pass/Middle School exam pass, kum 16 aia naupang lo, kohhran dân chhûnga awm a ni tûr a ni.
2. **May 3, 2017 (Nilaini) chawhma dar 10:00**-ah interview neih tur a ni a, **May 8, 2017 (Thawhtanni)**-ah class ṭan a ni ang.
3. Zir hun chung thla li, i.e. **May-August, 2017** a ni a, hre Chiang duh tan Phone No. 2317343/2325082/9436198231-ah zawh fiah theih a ni. Hostel a awm lo.

Sd/-
(REV. LALNEIHVURA)
Principal
Presbyterian Bible School

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KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thil tumte:
1. Kohhran pum rawngbawina tihlawhting tura thawh ho.
 2. Kristian chungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



Postal Regn. No. MZR/ 53/ 2015 – 2017 RNI Regn. 40876/ 88



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