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Pathianin chungkua a din ehhan

Phek 2-na

Intithianglim rawh u

Phek 5-na

Kristian Chungkua ♦ Sermon ♦ Article ♦ Hriselna huang ♦ Hruaitute Chanchin

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*Editorial***THAWH HONA**

Pathian khawngaihna avangin kum chanve kan hman zo a, kum chawhnu lamah kan lo inbang liam leh ta reng mai. Kum tir atanga Pathian min hruaina leh min enkawlina zawng zawng kha i han chhut let teh ang. Keinin tih theih kan neih lohzia leh Pathian kut hnu chiang takin kan hmu awm e.

Kan mi mal nun leh chhungkuaah pawh engkim ti theitu leh roreltuin a rel ang angin kan nung a, kan awm a. Kohhran hmeichhiate pawhin kan thawh honaah Pathian thiltih ropui tak kan hmu zel a. Hmeichhiate hi chak lo leh dawm chhuah ngai zawk kan nih hi Lalpan a hria a, a khawngaihna min hruai zel a, a lawmawm takmeuh a ni. Lalpa chu fakin awm rawh se.

Mizoram Presbyterian Kohhran Hmeichhe member hi 1,65,000 chuang kan ni a. Hmun hrang hrangah, khaw hrang hrangah kan awm a, inhmuin inhre vek lo mah ila, Lalpaah chuan pumkhat kan nih avangin inlungreal takin rawng kan bawl ho thei a. Kan rawngbawlina pawhin hma a sawn zel bawk a. Kristian chhungkaw lama kan beihnaah te, Buhfaitham rawngbawlinaah te, Women Centre hlawhtlinna tura kan thawh honaah te leh kawng hrang hranga kan chet velnaa hma kan sawn zel dan en hian, inlungreal taka kan thawh hona hi Lalpan mal a sawm tih a lang a ni

Pathian khawngaihna avangin Women Centre chu kan lo sa zo ta reng mai a. Hetianga Kohhran Hmeichhiate INPUI kan han nei thei ta hi a lawmawm hle. He hmun hi a hmanna tura ruahman ang taka hman a nih theih nan i tang tlang zel ang u.

*Kristian Chhungkua***PATHIANIN CHHUNGKUA A DIN CHHAN***“Nunna chi neiin, pumkhatah a siam lo vem ni?**Engah nge pumkhata a siam?**Chi thlah, Pathian ngaihsak a zawng a ni.” (Mal 2:15a)**– J. Rokamlova**Champhai Venglai*

Zoram Kristian nun tlahniam zêl kârah chhûngkaw tam tak chuan Pathian nêna chhûngkua inpâwlna kan nei tlêm sâwt hle mai. Hei hian Pathian ngaihsak hman lohnaah min a hnuk lut mek a. Hei bawk hian kohhran nawlpuih ‘rona’ leh ‘chauhna’ a thlen nasat phah hle bawk. Chhungkua Pathian ngaihsak mumal hman lo leh Pathian nena inpawl hman lo kan pung zel a nih chuan, hmuh theih lamah kohhran chu thang zelin, biak in lian leh nalh pui pui hian amah nena inpawlna ber kan hlamchhiah tlat si chuan Thlarau Thianghlim kan tilungngai ngei ang le. Hengte hre reng hian kan thupui – “Pathianin chhungkua a din chhan” tih hi i han chhui zau tlang teh ang u le.

**1. Chhungkua chu – Pathian ngaihsak zawn nana din a ni :** Chhungkua hi Pathian din a ni a, mihring a siam tirh aţangin a din nghal a ni. Gen. 1:28-ah chuan Evi leh Adama hnenah, “Chi tam tak thlaha lo pungin leilung hi luah khat vek ula, in thu thuin awmtir rawh u,” a tih laiin, hmeichhia leh mipa

pumkhata a siam chhan Malakia 2:15-a kan hmuh chu – chi thlah, amah Pathian ngaihsak a zawng tih kan hmu. Nimahsela, kan tun dinhmun kan en chuan, Pathian ngaihsak hman lo, mit leh beng rawpna tihtlai tum mi mal leh chhungkua kan pung sawt hle si. Zoramah hian Pathianin a din chhan tihlawhtling lo chhungkua kan pung zel a nih chuan kan

ram hi a ngaihtuahawm hle dawn a ni.

**2. Pathian țıhtu zawn nana din a ni :** Nupa chu chi thlah pung ruih tur ringawt chauh ni lovin, Pathian țıha, amah ngaihsaktu an lo pun zel theih nan mipa leh hmeichhia pumkhat ni turin a siam a ni. Pathian chuan amah hretu nih mai a duhtawk lo va, amah chu Lalbera neiha, amah țıhtu leh betu a hnung zuitu tur a mamawh avangin, mi pum hrang daih mipa leh hmeichhia chu pumkhatah siamin, a chhungkua atan leh a chenna atan a din a ni. Nimahsela, kan Zoramah hian Pathianin chhungkua a din chhan leh chhungkua chu Pathian țıhtu zawn nana a din a ni tih hre lo kan va pung nasa si em! Eng ang chhungkua nge kan nih hlawm le? Mahni chhungkua țheuh inbih let ila.

**3. Pathian ram din chhuahna atana din a ni :** Chhungkua hi Pathian ram din chhuahna a ni a. Pathianin a thil siamte chungchangah

tum a nei a, an awm dan tur pawh fel takin a ruahman thin. A thiltumte hriat theih dan kawng thum min hrilh a, chungte chu – Bible chhiarin, Lal Isua nun dan leh a zirtirna ațang leh Thlarau Thianghlimin kohhran a hruai dan ațangtein kan hre thei a ni.

Pathian thu chuan mihringte chu ran anga tla mai mai lova, chhungkuaa awm hova, chhungkua chu a dintu thuneihna leh duh dana awm tura a din kan nih thu min hrilh a. Miin Pathian hre lovin chhungkuate dinin, hna te rim taka thawkin, hlawhtlinna tlangah țhu mah sela, Pathian malsawmna dik tak leh Pathian ațanga chhuak dik tak hlimna thuruk a dawng ngai lo vang.

Sum leh paiah te, fanauvah te, rilru hlim leh lungngaihna thu-ah te chenin Pathianin ro a rela, Thuneitu ber a nihzia hi nu leh paa insiama, chhungkuaa Pa dinhmun luahtu zawng zawngten kan hriat atan a duh takzet a. Hebrai 3:4 thua min hrilh angin, chhung tin hian

puipa tu emaw tak an nei theuh va, engkim puipa erawh chu Pathian a nih kan hriata, kan vawn ngheh tlata, amah chu chhungkua tung dinga, titlu theitu a nih kan hriat hi a duh a ni.

**4. Chhungkua chu Pathian nena leng dun tura din a ni :** Inneihna chu chhungkaw din tanna a ni a, Pathian nena leng duna, a pawl theih tura din a ni. Chhungkaw tin hian amah

kan biakna tura chhungkaw maicham, chhungkuaa mi tinten kan chan tlan tur programme zui theih tur siam hi kan tih ngei ngei tur a ni a. Pathian ram din chhuahna tura rilru thianghlim taka khawsak ho chu Pathianin chhungkua a din chhan a ni si a. Keini chhung hian eng rilru puin nge chhungkua kan din hlawm le?

Lalpan a thu malsawm rawh se. Amen.



## PATHIAN THU ZIR DUH TAN

Presbyterian Bible School, Mission Vengah C.Th. (Certificate in Theology) zir tur lak a ni leh dawn a. Dil duh chuan heng hi hriat tur a ni e:

1. Admission form, Office-ah Rs. 10.00-a lei tur a ni a, August 25, 2015 tlai dar 3:00 thlengin PBS Office-ah theh luh theih a ni. Diltu chu kum 16 aia naupang lo, kohhran dan chhunga awm a ni tur a ni.
2. August 28, 2015 chawhma dar 10:00-ah interview tur a ni a, lakte chuan September 1, 2015-ah class tan tur a ni.
3. Zir hun chung thla thum, i.e. September–December, 2015 a ni a, zirlai pakhat hnenah stipend thla tin Rs. 500/-pek a ni ang. Hostel a awm lo. Hrechiang duh tan phone no. 2317343/2325082/9436198231-ah zawh fiah theih a ni.

Rev. Lalneihvura  
Principal, Presbyterian Bible School

*Sermon***INTITHIANGHLIM RAWH U**

(Jos 7:13; Ezek 22:23-30)

– *Rallianthangi**Fin. Secretary, Central Committee*

‘Intithianghlim rawh u’ tih hi thupui sawi huphurhawm tak a ni a; mahse, kan tum van nuam kan thlenna tura Pathian thupek kan hmuh a ni si a, kohhranhoten kan mamawh em avangin sawi a t̄ul ve t̄hin bawk nen. Tun t̄umah hian a awmzia hrilhfhiah lem lovin, kan intihthianghlimna tur hrang hrangte kan han tar lang ve dawn a ni.

1. **Khawtlang, ram leh hnam** : Kan Bible chang lak chhuahah hian Ezekiel a te hun laia an ram dinhmun kan hmu a, an hmabâk thlirin a beidawnthlak hmel hle mai. Israel mipuite zingah an ram leh hnam t̄hatna tura mawh-phurhna latu an awm lo va, sualna a hluar zel a, Pathian leh a thupek an hawisan a. Ram hruaitute leh roreltute pawh thuneihna inchohin an hmanhlel a, an chan t̄hatna tur a nih phawt chuan dawt hmanga mipui bum an hreh lo. Puithiamte pawh Pathian lakah an rinawm lo va; a chhia leh a t̄ha, thiang leh thiang lo pawh thliar lovin Jehova leh milem Pathian an biak pawlh a.

Roreltute chuan mipui an awp beh theihna tur a nih dawn phawt chuan dawthiam te pawh an ruai hreh lo. Chutiang mite chu Lalpan a dem a ni.

Hetiang karah hian mipui nun pawh a pawlawh a, mipat hmeichhiatna hman sualna a hluar a ni. Thîr tuiêk a hman tlâk loh ang bawkin, mipui nun pawh a lo bawlhhlawh tak avangin Pathian tan an hman tlak tawh loh a ni, tiin Ezekielan a sawi a.

Kan ram hi a bawlhhlawh a, sualnain a khat zo ta kan tih lai mek hian, a chhunga chengte hi kan pawimawh a. Roreltute an harha, an intihthianghlim theihna tur chuan a

chhunga chengte nun hi tihthianghlim a ngai a ni.

2. **Kohhran** : Kohhran chu a thianghlim sa alawm, kan ti a ni mai thei. Israel-te tlukchhiatna chhan ber chu a chhunga chengte nun a tlakchhiat vang a ni. Kohhranin rawng kan bawl a, Kohhran Hmeichhiate, KṚP te, Pavalai te, pawl dangte pawhin theih tawpin rawng kan bawl a. A bik takin Kohhran Hmei-chhiaten kan rawngbawl na langsar leh pawimawh tak, chhungkuaa Pathian be theuh tura hma kan laknahte hian hmasawn a har em em a. He lai thu ka ngaihtuah tak tak chang hi chuan Ai khua leh Jeriko kulh nei khaw ropui tak beih thu kha ka rilruah a awm thin. Jeriko kulh nei khaw ropui tak kha awlsam te, hmanraw mawl taka an hneh theih laiin Ai khua, khaw te tak te chu an hneh hauh lo mai. Mi zawng zawng pawh kal a ngai an ti lo va, mi tlem te. sangthum chauh an han kal a. Ai khawho hmaah chuan an tlanche ta mai si a.

Chu chu Josua a lo hriatin a puan a pawt thler a, a

lu-ah vaivut a inphul a, Pathian hnenah, “I hming ropui tak hi engtin nge i tih tak le?” a ti a. Lalpa chuan Josua hnenah, “Tho rawh, engati nge khatia i bawhkhuh reng ni? Israel-ho hian thil an tisial a ni e. Hluhlawn thil an la a, an zep ru bawk a, chu vang alawm Israel-te an tlanchehiat ni. Tho la, mipuiho hi tithianghlim phawt mai rawh,” a ti a.

Ai khua an beih kha kan tunlai kan ram dinhmunah hian kan hmehbel leh a. Ai khaw te tak te an hneh theih loh chhan kan hria a. Tunlaiin kan ramah sualna chi hrang hrang a hluar nasa hle a. Ruihhlo pawh kan do nasa a ni. Eirukna leh hlemhletna chi hrang hrang kan do va. Mahse, do rem chu sawi loh a dotute ngei pawh min luhchill ta a ni.

Suala kan ngaih leh mi thea inngaite hi mualzawlah han inthliar ta ila, mi suala kan ngaihte hi an tlem daih zawk ang. Chhungkuaah pawh mi sual kan han tihte hi chu an tlem daih zawk ang a, chhungkaw thenkhatah phei chuan an awm lo hial ang.



Tam zawk hle mah ila, a dotute hian engati nge kan hneh theih reng reng loh le? In lo ngaihtuah ve ngai em? A chhan chu kan dote lamah hian kan tang tlat alawm! Eiru thinin eirukna ka do kan ti a, uire thinin uirena ka do kan ti a, ngawl veiin ngawl veina ka do kan ti bawka, chu vang alawm kan dote kan hneh theih loh.

Pathianin Israel fate hnena a sawi angin, “Intithianghlim phawt mai rawh u,” a tih ang hian kan tih ve a ngai a ni. Rawngbawltute hian kan hmaa rawngbawl hna kan hma-chhawn dan hi a inang lo em em a. Mosian Kanaan ram en thlithlai tura a mi tirhte report atang hian a Chiang hle. Kaleba chuan, “I han thawk thuai ang u khai, i han la ang u, kan hneh ngei ngei ang,” a ti a.

A kalpuite chuan, “Kan hneh thei lo vang, kan aiin an chak hlawm si a,” an ti a. Kan harsatna tawh inang rengah, thenkhat chuan kan tawn ngam loh avangin kan tluk phah a, thenkhat chuan chak sawt nan an hmang thin.

Josua leh Kaleba chuan, “Kan chung a Lalpa a lawma, Lalpa chung a kan hel loh phawt chuan chumi rama mite chu kan chaw tur an ni mai,” an ti.

3. **Chhungkua** : Mahni chhungkua theuh han inen ta ila. Engtin nge kan intihthianghlim ang? Kan intihthianghlimna atana hmanraw tha ber chu chhungkuaa Pathian biak a ni. Kan chhungkuain thenawmte leh kan rawngbawlpuite pawite, sawrkar pawite pawh kan sawi thei, chutiang huna kan inthen thianghlimna atana pawimawh tak chu chhungkuaa Pathian hmaa kuna thupha chawi hi a ni. Joba chuan a faten thil an tihsual leh sual loh pawh hre lovin, thil an lo tihsual tak dahin, tiin tlai tin maicham a siam thin.

Mahse, keini chuan vawiiinah Pathian duh loh zawng ka ti tih hre reng chung pawhin thupha chawi turin maicham pawh kan siam thei lo va. Chu chu Pathian lakah leh kan mihringpuite laka kan chapo vang te, kan inngaih-tlawm theih loh vang te a ni fo

thin. Chutiang atan chuan thu awihna hi a pawimawh hle mai a. Kohhranten anmahni hlawkna tur leh thatpuina tur pawh ni lovin, “Hei hi lo ti ve hram rawh u,” tiin min ngen ngawih ngawih a, kan in chhungah pawh vawi eng emaw zat minrawn ngen tawh a ni. Mahse, thu kan awih loh avang leh kan inngaihtlawm theih loh avangin kan ti thei thin lo.

Nu leh paten mawh kan phur nasa hle mai. Davida chuan a fapa Solomona chu Lalpa in sa turin a buatsaih a. Solomona chu naupang tak, eng mah la hre lo a nih lai atangin a pa Davida chuan Lalpa in sa turin a lo buatsaih lawk daih tawh a, a hmanrua tur zawng zawng a lo la khawm vek tawh. Kan fate hi Lalpa in sa tur hian kan buatsaih tak tak em?

Kan faten Lalpa in an sakna tur hian eng hmanrua nge kan lak khawmsak? Kan hmanraw lak khawm hi a chhe lutuk ang a, a hman tlak loh vangin in hi an sa thei lo a ni mai em? Kan hmanraw lak

khawm saa an sakah hian kan lungawi leh si lo te a ni lo maw? Lalpa in sakna atana hmanrua kan lak khawmte hi hlemhletna tel lo ni sela; tichuan, te tak te, eng mah la hre lo an nih lai atanga kan hmanraw lak khawm sa khan Lalpa in an sa thei dawn a ni.

4. **Mi mal nun** : Mahni nun hi han inen ta ila, soal langsar ka tih loh avangin intihthianghlim ngai lovah ka inngai a ni mai thei; mahse, kan rilru chhungrila kan rilru put zia te, kan thenawmte chungah kan rilru put hman te, ka rawngbawlpuite laka ka rilru put dan te, eizawnaa ka thawhpuite chungah ka rilru put dan te, chung zawng zawngah chuan intihthianghlim kan ngai vek mai.

Kan fate hi duhthusam hian an awm mawh ngawt mai ti rawh u? Tha tur leh fel turin kan duh a, biak in hawnga nupui pasal nei turin kan duh; mahse, a ni lo. Chu vang chuan kan hau reng a, “I chuti khati,” kan ti, “Lehkha i zir peih lo, rui reng mai, pawisa ti reng mai, thatchhe lutuk!” te kan ti a, kan hau bawrh bawrh reng mai.

Kan duhtusama an awm lohnaah hian mawh kan inphurhtir ngai em? Ezek. 16-ah chuan, “Ngai rawh, thufing tawi hmang apiangin he thufing tawi hi an hmang ang, ‘A fanuin a nu a chhun,’ tih hi,” tih kan hmu. Kan fate, “Thu i awih lo,” tia kan hauh kan hauhte hian min chhun a ni lo maw?

A lang a pauvin mi ka va inhauhpuoi lo mai thei; mahse ringtute kan intihthianghlimna tur chu kan rilru leh ngaih-tuahna thlengin a ni tur a ni. Thuhritu chuan, “Lalber chu lawh suh la, ânychhia; i rilru pawhin, ânychhia lawh suh, i khum laizawl hmunah. Chungleng savaten i aw chu an pu darh ang a, thla neiten chung chu an hrih mai ang,” a ti. He thu hian kan rilru put hmang pawh thianghlim turin min duh tih a Chiang hle a ni.

Khawvel thiltihtheihna leh sualna hi a chak em em a, hei hian ringtute meuh pawh a tichau zo va. Dik lo taka thiltih hreh lo hi an pung tual tual a, an chak tual tual ni te pawhin a hriat thin. Tunlai khawvelah chuan miin ei ruk a hreh lohva, dik lo taka tih a hreh loh chuan a lo hausa tual tual thin. Nuamsa taka nun an duh a, chutah chuan hlimna hmuh an inbeisei a; amaherawhchu, hei hi hlimna lem leh beiseina lem a ni. Chutiang karah chuan mi mal nun nghet hi a pawimawh em em a, kan mi mal nun hi ni tin, darkar tin tihthianghlim ngai a ni. Mi mal nun theuh hi thianghlim sela, chu chuan kohhran thianghlim a siam zel ang a, Lalpa lawm tlak bungbel thianghlim a lo ni ang a, kan dote kan hneh thei dawn a ni.

Lalpan a thu malsawm rawh se. Amen.



***Kristian pakhat hi John Wesley-a hnenah a tawrhna avanga a buaizia sawipui tumin a lo kal a. Chutih lai tak chuan bawng hi a in hungna chungah a lo dak mek a. Wesley-a chuan, “Bawng sawn bang a en tlang thei lo va, a lo dak a nih saw. Nang pawh i buaina chu enkhum rawh,” a lo ti a.***

## ALABASTA BUR

– Rev. H. Lalhmingmawia  
Assam Mission Field Secretary, Guwahati

Marka 14:3-9-ah hian sermon thupui tam tak a inphum a, sawi pawh a hlawh nangiing mai. He laia mihring lo langte hi Chanchin Tha ziaktute pawhin mi hrang deuh nia ngaih theih turin an sawi hlawn a; mahse, a thuchah ken erawh chu a danglam awm lo ve.

Simona, pharisai zinga miin Lal Isua chaw eia a sawm tlat mai hi thil mak tak a ni. Sawitu thenkhat chuan Simona hi a phar a, Lal Isuan a lo tihdamsak tawh niin an sawi a; thenkhatin Simona hi bel zuartu hausa niin an sawi bawk. Eng pawh ni se, Simona hian Isua chu a sawm ngei a; mahse, khual tha dawnsawn danin a lo dawngsawng ta lem lo. Miin khual tha a sawm chuan fawh thianghlimin chibai a lo buk ang a, ke a lo silsak hnuah an lu chu hriak rintang a lo chulh bawk tur a ni. Simona chuan a enga mah chu Isua tan a ti lo a ni.

Thil thleng makna tizual tak mai chu, zirtirte nen chaw an kil laiin Bethani hmeichhe sua a lo lut a, alabasta bura

spiknard hriak man to thun khah sa a rawn keng a (He hriak hi duli 300 man hu vel a ni a, a hun laia patling kum khat hlawn tawh vela hlu a ni). Isua ke bulah a thu a, a mittui a tla zung zung a, Isua kephah a far huh a, a samin a hru hul zel a, eng mah erawh a sawi hran lo. Alabasta bur chu a chhu keh a, Isua chu a chulh ta a, a rim chuan in chhung a luah hneh hle a ni.

Chu thil thleng chu mi chi hnihin an sawisel nghal a. Pakhat chu hriak rintang man tozia hretu leh tangkai zawka hman dan tur hretu, zirtirte an ni. Hriak man to chuti maia riral chu an ui a, hralha, rawngbawlina hlawn zawk atan hman an duh a ni. Sawiseltu dang chu in neitu,

Simona a ni. Chu hmeichhia chu a hriat chian em avangin, zak lo tak maia a lo tel ve chu a rilruin a sawisel a ni. Mahse, thinlung zawng zawng hretu Isuan a zirtirte a chhang a, “He hmeichhia hi eng mah tih suhu, ka chungah thil tha tak a ti a ni...a tih theih tawk a ti a nih hi,” tiin. Simona a chhang leh a, “Simon, ka lo luhin ke silna tur tui mi pe lo va, he mi hi chuan a mittuoin ka kephah a tihuh a; nangin fawh reng reng mi fawp lo va, ani chuan ka ke fawh a bang lo. Nangin ka luah hriak mi thih lo va, ani erawh chuan hriak rimtui mi thih a ni. Chuvangin, a soal zawng zawng kha ngaihdam a ni ta,” tiin. Hemi ni hian, chhungril keh si lova a mawihawiha sawmtu, Simona nunah Isua a lawm kim lo va, hmeichhe soal thiltih erawh chuan ngaihdamna a phur chhuak thung.

Isua hian a zirtirte thil thlir dan leh ngaih pawimawh zawng kha a sawisel hranin a lang lo. Nimahsela, mihring thinlung chhungril awmzia aia a lan chhuahna hmanrua atang chauhva sahal khaitute chu zilhin, thinlung chhungril

inthlak danglam chu Isuan a ngai pawimawh a, ringtu lo kal zelte tana thuchah ropui ni turin a thlavang a hauh ta a ni.

William Barclay-a chuan, “Alabasta bur hi pawngpawrawl pian anga bur ring rek, beng nei a ni a, a chhunga hriak hi bun chhuah theih chi a ni lo va, hman duh chuan a bur sawh keh ngei a ngai a ni,” tiin a sawi a. Chuvangin, mi pakhat tan emaw, thil pakhat tan emawa hman a nih tawh chuan, mi dang tana hman leh tur a awm tawh lo. Thil dang thun lehna turin a hman tlak tawh loh va, phuar khawm leh theih a ni tawh hek lo. Hman a nih tawh chuan chuawngbang awm miah lovin a chhunga mi zawng zawng chu hman ral a ni thin. Spiknard hriak pawh hian awmzia a nei a, 'spik' tih chu 'hlir, hlang' tihna a ni. He hmeichhia hi hmeichhe soal tia hriatrawn a ni ber a; mahse, Isua a rawn pan hma hian a thinlung chu Isua tana chhu kehin, khawvel tana siampum leh rual ni tawh lo turin, khawvel nena inpawlh dal leh tawh lo tur a nun chu, alabasta

bur sawh keha entirin Isua a rawn pan ta a ni. Mawihawih a zawng lo va, Juda dan lam a ngaihtuahnaah a lian ber hek lo. Isua a hmu a ni.

Ama lam a inen chuan, a sualna avanga inchhirin a mittui a hul thei lo. Krista lam a en erawh chuan, ani ang mi soal tan hmun awmin a hria a, khawvel pawlh buai thin a thinlung chu Krista tan a fir/hlanga siamin, khawvel tana hmang leh tawh lo turin a thinlung leh duhthlanna chu a sawh keh ta a ni. Chu chu hriak man to aiin a man a tam a, duli 300 aiin a hlu zawk. A tih theih tawk ti tura thinlung lama a inbuatsaihna chu Isuan a hmu a; chuvangin, “A tih theih tawk a ti a ni,” tih jawngkam hi a ui ta lo a ni. Chutiang mi tana ngaihdamna thu puang turin Isuan naktuk nghah ngai a ti lo va, enthlak leh rih tul a ti hek lo. A damna chu a puansak ta nghal a ni.

Pathian duh zawng inthawinate chu thlarau lungchhia hi a ni a, a hnena kan pek theih hlu ber chu kan

thinlung a ni. Chumi atanga chhuak chu eng zat pawh ni se, kan theih tawk tiah Isuan min pawmsak thin. Krista tana inchhu keh ngamte chuan, ama zara malsawmna pawh a tan vek an hlan thin. Krista arpa channa hmuna hnehna puanga kan au thup thup lai hian, Krista tana thinlung hlan tawhte chuan eirukna dawhkan thlengin hnehna an puang a, mipat hmeichhiat hman soal theihna hmunah, zu leh sa chen theihna hmunah Krista tana a hliir/hlang/fir ni turin hnehna an puang zui thin. Chu chu Krista tana an tih theih tawk a ni. I nun leh i neih hlute kha tu tan nge i hman dawn le? Khawvel tana siam pum leh tawh loh turin, kan nun spiknard hriak, duhthlanna alabasta bura khung hi Krista tan chauh chhu keh ila, kan ram hi a va dam nasa dawn em! D.L. Moody-a chuan, "He hmeichhe thlan lung hi ziaak dawn ila, 'Lal Isua tan a tih theih tawk a ti a, a thi ta,' tiin ka ziaak ang," a ti. I thlan lungah eng thu nge ziaak sela i duh ve le?

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## RAHABI

(Jos 2:1-24; 6:17-25)

– Dr. T. Vanlaltlani  
Aizawl Theological College

Rahabi hi Kanaan ram Jeriko khuaa cheng, nawhchizuar a ni. A hming hi Hebrai ṭawngin *rahab* a ni a, a awmzia chu “Pathianin (hmeichhe pum/chhul) a hawng zau” tih thlengin a kaw k thei a; Rahabi tih hming pu dang pawh an awm thei a, tuna kan sawi tur hi chu Jeriko khuaa nawhchizuar, Josua mi tirh mi pahnih, Kanaan ram enthla leh thlithlai tura Jeriko-a kalte lo mikhuala lo humtu a ni. A lo mikhual manah Jeriko an rawn lak hunah amah hre renga an chhungkua nunna zuah tura thu tiam turin a ngen a. A ngenna hi tihlawhtlingin, a in chu chhinchhiahna fel tak hmanga hriattir tur te, a mi hum duhte chu a inah awmtir tur tein fel takin thu an intiam ta a ni.

Rahabi hi a nawhchizawrh chhan hriat a ni chiah lo va. Nawhchizawrh hi a chhan langsar tak pahnih a awm thei - dam chhung khawsak eibar zawn kawnga harsatna leh retheihna avanga nawhchizawrh leh, sakhuaana thil avanga sakhaw in leh hmun thianghlima inzawrh nate a ni. Rahabi hi mahni ina a khawsak danah hian retheih vanga he hna thawk hi a ni mai thei. Rahabi nun aṭang

hian eng nge zir tur kan neih i han thlir teh ang.

1. **A bengvarin hriatna a nei zau** : Rahabi hi mi bengvar tak a nih chu Kanaan ram enthlatute a lo dawr vel danah hian a lang Chiang tlat. Anmahni khaw chhung chanchin bak hre tura beng chhi thiam, rilru leh ngaihtuahna fing tak nei, an khuaa hmelhriat loh mikhual lo kal pawh lo ngaihsak thiam niin a lang.

Thiam tak leh awihawm takin mikhualte chu haw leh tawh anga sawiin in chungah a hruai chho va; ziza kuang a pho karah a thukru ta a. Heta ziza hi saiip/buara te, puan zai sin te siamna atana an hman thin hruai nei chi a ni. Rahabi chuan amah an rinhlelh loh mai ni lovin, anmahni um tura lalin mi a tirh chungah a mikhualte lo thuhruk fel thlap a duh niin a lang. A beisei ang ngeiin lal chuan anmahni um turtirin Jordan lui thlengin an um a ni.

**2. Israel-te chanchin ngaihvena Pathianin a mite a kaihruai dan lo thlirtu a ni :** A hriatna a tha a, nawhchizuar a nih anga amah rawn dawrtute bak eng mah ngaihtuah lo pawh ni se thil awm tak a ni. Mahse, he hmeichhia hian an chenna ram lama rawn kal, hnam dang daih mi rawn kalte an Pathianin a hruai dan a lo hre tlat mai. Zawlnei ang maiin heng thute hi a sawi chhuak thei ta tlat nia:

“He ram hi Lalpan a pe tawh che u a. Aigupta ram ata in lo chhuah khan LALPAN Tuifinriat Sen kha a tihkangsak che u a, Jordan lui rala Amor-ho lal pahnih Sihona leh Oga-te a tihboral tak hlauh dan te. Chu chu kan lo hriat veleh kan hlau va, mi tinin an hlau che u a, an zam zo ta, nangmahni avang hian zam lo reng reng an awm lo. LALPA in Pathian chu chung lam vanah leh hnuai lam leiah Pathian a ni si a. Chutichuan, hei in chungah hian ka khawngaihzia che u ka lo lantir ta a ni a, nangni pawhin ka pa chhungte chungah in khawngaihna chu rawn lantir ve ula, ka nu leh ka pa te, ka nuza te, ka laizawn te leh an neih apiangte chu zuah ula, thihna lak ata kan nunna hi min chhanhimsak turin LALPA hming chhalin khawngaih takin ka hnenah chhia chham ula, chhinchhiahna takmeuh mi siamsak rawh u khai,” a ti (Jos 2:9-13).



Heng thu han en hian, Pathianin a mite a hruai dan a lo hriat em vang nge ni ang, an ram pawh chu Pathianin Israel hnam hnenah a pe tawh tih a sawi thei mai a. Hetianga a hun mila thil lo thleng mek leh thleng nghal mai tur sawi lawk hi zawlnei zia a ni a; Rahabi hi zawlnei anga sawi ni ngai lo mah se, a hun lai khawvela thil thleng hriatna leh chumiin a nghawng tur thlir thiam mi zawng a ni ngei e. Pathian hming chhala a mikhualte a dawr vel pawh hi a ropui a; nawhchizuar, Pathian ngaihsak mi a nihna leh Pathian kut chak takin a mite a hruai dan a man em em mai hi a ropui a. A eizawna ngawt ni lo, a chenna khawvela thil thleng a chik hle pawh hi entawn tlak tak zawng a ni.

**3. Mikhualte chungathat chhuah mi, fimkhur leh rinawm taka thil ti a ni :** Rahabi hi a mikhualte hian nawhchizuar a nihna anga dawr lovin thlen in

atan an thlang a ni mai thei e. Ani hi a mikhualte tan hian a rinawm hle mai bawksi a. A inah lutin a hnenah an va thleng a ni. An hmel a hmuhin tute nge an nih leh eng nge an rawn kal chhan tih a hre thiam nghal nge ni ang, an inmikhual nghal zawng a nih hi. Pathian hruai hnam tana thawk an nih a hriat vangin an lakah a rinawm ta hle a ni thei ang. Eng pawh ni se, anmahni a hum dan turah leh, a hnena thu a tiamtir dan te han en hian Rahabi hi chu mikhualte chungamitha, hlauhawm laka an himna tur leh an nunna humhim tur pawha a mikhualte laka rinawm a ni hi a entawn tlak a ni.

**4. Mi dang nunna humhim tura thil sawi thiam tak a ni :** Rahabi hian a mikhualte hum a tumna lamah dawt a sawi chiang hle mai. A mikhualte haw chhuak leh tawh anga a sawi hi dawt a ni tlat mai a; an la haw

lo va, thuhruk a tum a ni si a. Ram en thlithlai tura lo kal an nih lalin a hre si a, an man chuan an that maiin a ring a ni ngei ang. Chuvangin, a mikhualte nunna chu hum ngei tumin lal chu dawtin a bum ta ngawt mai a ni. Hetah hian a dawt sawi hrim hrim hi chu entawn tlak a ni lo vang a; a sawi chhan erawh chu mi dang nunna humhim a duh vang a ni.

Dawt sawi rau rauvah chuan a ziaawm deuh chuan a lang. Chu bakah Pathian Engkimtithia chhiahhlawhte niin a hre tlatin a lang. Hei tak hi humhim a duh chhan pawh a ni thei ang. Pathian miten ram tiam an hnehna tur kawnga an hmalakna lo thlawpa, ram enthlatute lo tanpuitu a nihna kawngah erawh chuan entawn tlak a ni.



### ***Ngaihtuah zui atan –***

- \* Pathian chuan i nunah hmun sang ber a duh ngawt lo va, i nun zawng zawng a duh. – *Howard Amerding*
- \* Kawppui i thlan hmian meng fimkhur la, i neih hnuah meng zim rawh. – *Benjamin Franklin*
- \* Inkhawm ngaihtuah reng reng lo chu thlarau lamah an khawro tih a chiang a, Pathian biaknaa an kir leh hma loh chu an harh thar dawn lo hrim hrim. – *Llewlyn*
- \* Inhnialna reng reng hi a hun lai chuan loh theih loh vanga inhnial a ni thin a, a hnuah tul lo a ni thin. – *Forster*
- \* Mahni hmasialna leh rawngbawlna hi thil inkalh tlat a ni a, kal kawp thei a ni lo. – *Carol S. Gish*

## NUSALṬHA

– Chr Sakhawliana

Mizote ṭawngkauchheh pakhatan chuan, “Hmeichhe finin tuikhur ral a kai lo,” tih hi a awm a. Kan pipute hun lai hmeichhiate kha an khawvel a chep em em ringawt mai a ni. Zing buh den, khawsak rel, tui chawi, mipate meizial zialsak paha vawk chaw chhum leh, phurhlan ni se, an chhip kha a awl hman lovin a rim em em ringawt mai a ni. A thim zawng sawi chuan bawih an ni ringawt mai. Mipa thikhuchhe deuhten Khawhring paiah an puh thul! Thu hi an nei tlem em em mai a, Chuvangin, “Hmeichhia leh chakaiin sakhua an nei lo,” tih ṭawngkam te an lo nei reng a nih kha.

Nungchate humhalh drama ka chhiarah chuan mipa ram vakten nungchate inring miah lo lai an han kap ṭhin hi chu “Pasalṭha” ni lovin “Nusalṭha” tih zawk awm an ni tiin a sawi a. Hei hi kum 20 liam taa mi kha a ni a. Mahse, ka thinlungah a la cham reng mai nia. Mipa ramvakte a sawi nepna ṭawngkam leh, sa kap tawh lo se a tihna ni mah sela, tun ṭumah hi chuan kan nulate fakna leh chawimawina atan *nusalṭha* hi hman ka duh ve tlat mai.

October ni 26, 2014  
Pathianni tlai khan ṭhenawmte

inah ka ṭhut laiin Synod rawngbawl na peng pakhat Synfo hmalaknaa TV-a an tihchhuah, missionary-te thawhna hmun Tuithumhna Pastor Bial chhunga kan nulate rawngbawl dan interview-na an neih lai vel kha ka lo thlir fuh ve hlauh mai a. Ka rilru a khawihin, kan nulate taimakna leh chhelzia han hriat khan mak ka tih rualin ropui ka ti hle a. Ram chhungah leh pawnah hnam dang karah zam hmel pu hauh lova Krista Chanchin Ṭha hrila an awm hi a ropui ka ti a. *Nusalṭha* nih an tlinzia min hmuhchhuahtir ta zawk a,

chu lam hawia han sawi chhuah ka duhna chhan chu thinlungah a lo lang lian ta em mai a, kan han ziak ve ta chawt mai a ni.

Mipate fakawmna leh pasalthatna hi kan hmuh hmaih hauh lo va, tun tumah erawh chuan kan hmeichhia missionary-a chhuakte fakawmzia kan han sawi duhna a ni ber mai.

A thu bul lama kan sawi tawh ang khan, hmasang kan hmeichhiate nun lo thaw- ipikzia kan hre thei ang. Amaherawhchu, Chanchin Tha engin kan ram a rawn chhun en hnu meuh chuan kan hmeichhiate nun pawhin hma a sawn chak hle a, tunah pheih chuan mipate tluk loh an tam ta hle a ni. Sawrkar leh khawtlang hruaitu tha tak an ni thei ta! Kohhranah rawngbawlna chanvo pawimawh tak tak chelhin Pastor ni thei hial khawpin degree kawl pawh an awm fur tawh a ni. Foreign lam pawh ni se, ram dang leh hnam dang karah hnathawk leh rawngbawlin an phe ta

sung sung mai a nih hi. A va lawmawm tehlul em! Hetianga kan lo awm theihna chhan hi eng dang vang ni lovin Chanchin Tha leh Thlarau Thianghlim hnathawh leh hruaina kan chan vang a ni. Lalpa chu fakin awm rawh se.

Aw le, ram dang leh hnam dangte zinga kala missionary-a chhuak tura koh i ni ve lo mai thei. Mahse, i thawh peih phawt chuan i in chhungah, thenawmah leh khawtlangah missionary hna thawh tur a awm tih hriat thiam a tha khawp mai. Kohhranah leh rinnaa hnungtawlhte leh Chanchin Tha la varpawh lote hnenah rawngbawlna tur hi a la awm reng a ni. Hla siamtu pawhin, “Kal chhuak thei lote pawhin mawhphurhna lian tak kan nei, thilpeka rawngbawl turin Lalpan min ko,” a ti a nih kha. Tawngtaisakna hi kan tih tur pawimawh tak a ni bawh.

Kan nulate, hnam dang zinga tawng zir chawp chungana han rammu thin hi *nusaltha* nih an va hlawh pha

tehreng em! A kotu Lalpa malsawmna pawh an dawng thin a nih hi.

Kan missionary-ten *nusaltha* tih an hlawnhna chhan chu Pathian Thlarau Thianglim thuam leh chenchilha an awm thin vang a ni. Thlarau Thianglim thuama awmte chuan mihringin tih theih lohva kan ngaih hi an ti thei thin a ni. Paula pawhin, “Mi tichaktuah chuan engkim ka ti thei a ni,” (Phil. 4:13) a lo ti reng a ni. Tihdam theihna leh tawng hrang hranga thusawi theihnate hi thlarau thilpek tih Paula pawhin min lo hrihl a ni (1 Kor. 12:1-11).

A tawp berah chuan, kohhranhote hian kan missionary rammu mekten huai tak leh chhel taka thlarau bo chhanchhuah hna an thawk leh, thim hnuai a thu mekten Chanchin Tha eng an lo hmuha, van khua leh tui an nih ve theih nana an thawh mekna hi thahnemngai takin thilpek leh tawngtainain tan i la uar sauh sauh ang u. Kan inthlahdah loh zawngin a hun takah a rah chu kan hmu dawn si a.

*Lal hna i thawk ang u,  
Lalpa lo kal thlengin,  
Lal hna i thawk ang u;  
A inah kan chawl ang.*



### ***Ngaihtuah zui atan -***

- \* Bawlhhlawh ngaithei tak chuan sual a palzam fo.
- \* In chu kuta sak a ni a, chhungkua erawh chu thinlunga din a ni.
- \* Thenawm tha neih tum phawt lovin, thenawm tha nih tum phawt rawh.

## RAWNGBAWLTU NUN BIRU ṬHENKHAT

– B. Lalthangliana  
Chhinga Veng, Aizawl

Sermon thiam pawh ni lem lo, rawngbawltu hriat hlawh leh langsar pawh ni chuang lo, Rev. Biaksanga (1925-2014) chanchina langsar lem lo tak leh biru chanchin tawi deuhvin sawi ila.

Rev. Biaksanga hian Tirkkoh hna a dil kum 1956-ah a pa Upa Aikunga (Upa Si-a) chuan a thihsan tawh a, a nu chuan kum 70 chuang niin a la dampui a, fa naupang te te pahnih a nei tawh a. Amah a tling lo tihna ni lovin, an chhungkaw chanchin hre chiangtu Khawbunga a rawngbawlpuite pawhin an ṭawmpui thei meuh lo va, “I zir chhungin i chhungten kut an lo dawh dawn em ni?” an ti a. Ani lah chuan, “Pathianin a rawngbawl tura min duh chuan a ngaihtuah mai ang,” a ti hmiah thung.

A unauva mipa awm chhun Pu Ringchina te chhung chu kum 1955 khan Kawl ramah an pem tawh a. Mak angreng tak chu, a hma

zawnga khaw hluia zin sawi ngai reng reng lo a u, Pu Ringchina chuan kum 1957-ah chuan an khaw hlu Khawbungah zin a chak et et mai a, zin lo thei lo nia a inhriat avangin a zin ta nge nge a.

Pu Ringchina, Mizo pa naran ve mai, kut themthiamna dang nei lo, arbawm tah thiam tak, tursing mau tlawn khata arbawm 12 (sawmpahnih) tah thei ve mai a ni a, hlo thlawh erawh a chak fu a. Tichuan, Khawbungah kum khat awmin a naute chhung chu hlo a thlawhsak ngat ngat a, a nau Biaksangan Tirkkoh a zir kum thum chhung an ei tur buh a thar thei hlah mai a. Pathiana innghat ngamte

chung a Thlarau Thianghlim hna thawh dan hi a mak a, mihringte hian kan hre thiam pha lo hle a ni.

Rev. Biaksanga hian Chalranga rawng a bawl, kum 1961 vel khan, paho inkhawmnaah Chalrang rama kham pakhat pangah thingthupui a ding a, lawh an chak hle a, kham panga ding a nih avangin a hlauhawm sizia thu an sawi laih laih a. Chutah Rev. Biaksanga thung chuan, “A bul leh lei a inzawm a ni lawm ni? Patlingin lawh ngam loh thu a awm dawn em ni?” a ti ve a ni awm e.

Hun remchangah Upa Kailiana nen kham panga thingthupui lo tur chuan an thawk chhuak ta a. A kung dinna chu a lo hlauhawm reng a. Mahse, a lo tawng tawh avangin Rev. Biaksanga chuan hlauh thu sawi thei a ni tawh lo! A zu lawn ta ngei a, an hlauhthawn ang ngeiin thingthupui kung chu a tlu kar a, kham hnuai lamah Rev.

Biaksanga chu a tlakpui ta vang vang a. Upa Kailiana chu a mangang em em a, vawi thum a han ko va, chhanna a dawng lo. A thi ngei a ni tih ringin khuaah a tlan a, mi a pun a, a ruang khuhna tur puan kengin mittui nen kham awmna chu an pan hlawm a.

Kham chung zawl deuh an va thlen chuan Rev. Biaksanga chu him pialin a lo thu a. Mipui mangang leh thlabar lo tlan, mittui nen a hmuhin Rev. Biaksanga chuan, “Engah nge i va pun? Min tihmualpho i tum a nih hi!” ti meuhvin a lo chhuahchhal a. Upa Kailiana lah chuan, “Vawi thum ka ko che a, min chhan loh avangin i thi emaw ka ti alawm,” a ti ve thung a, hmai sen khawpin an inchhal ta a. Ani lah chuan, “Engah nge lawm thu sawia ka tawngtai lai taka min koh?” a ti ve baw k a. Kham ko atang chuan a tlakna kham hnuai chu hmuh phak rual a ni si lo. Upa dang an fel a, “E! Kan dam tlang hi a lawm-

awm e, hlim takin i haw dial dial ang u,” an ti a, an haw ta a. He chanchin mawl te aṅanga kan chhinchhiah tur chu, chetsualna hlauhawm ve tak a tawha, a him tih a hriat veleh Pathian hnenah lawm thu sawia a ṭawngṭai hi a ni.

Tlema Pastor senior a nih ve hnu Synod ṭum khat chu, Pastor nemnghehte fuihtuah an ruat ve a. Dawrpui Biak In pana an kalnaah Pastor pakhat bulah an upa chuan, “Kan Pastor chuan engtin tak sawi ang maw? Sermon a ngah si lo a, ‘Sawma Pakhat’ a sawi leh ngei ang le,” a ti a. A thiam ang tawkin a sawi ngian ngian a, a laihawl vel a thlen chuan ‘Sawma Pakhat’ thu a sawi ta nge nge a.

Kohhranten sawma pakhat pe tur kan nihzia hi a sawi tam hle a, a sawi thiam hran lo va, a sawi ngaihnaawm lem hek lo; mahse, a dam chhung sermon a ni a, amah pheii chuan sawma pahnih a pe ṭhin ve a. Bialtu Pastor-in vei bera neih ta chu, a bialte

chuan zawi zawiin Pathian ram thilpekah hma an sawn ve nge nge ṭhin a. Ṭawngkam danga sawi chuan, ‘Sawma pakhat hi a identity’ a tih theih ve hial awm e.

A fate an lo puitlina, tlema rual aw h nachang an lo hriat ve hnu chuan Aizawlah in hmun lei an rawt ṭhin a, a pension hnaih hnu pheii chuan Sairangah tal lei ve an rawt fo va, hmaisen khawpa inhniat ṭum te pawh an nei hial ṭhin. Ani lah chuan, “Rawngbawl chhung-in in leh lo ngaihtuah tur a ni lo, a hunah chuan Pathianin a ngaihtuah mai ang,” a ti tlat a, ngaihṭha takin a awm hmiah mai a ni.

Kum 1986-a pension-a, Synod-in a service kum khat a pawh sei hnuin kum 1987-ah a pension fel ta a ni. A pension hian luhna tur ama in a neih loh avangin Sairang Kohhran Upaho an mangang ta a, “Kan Pastor-in luhna tur in a nei hauh lo mai, ngaihtuahsak a ngai a ni,” tiin



an vir ta vat vat a. Sairanga      ṭhenkhatah chuan a mawl  
 in leh a hmun nei, Aizawl pa      vang a tih theih mai thei.  
 an be ta ngawt a. Anin tlawm      Kawng lehlamah chuan  
 a lo ngai a, an sawi fel hnu      khawvel thila a inham buai  
 chuan Rev. Biaksanga sum an      lohzia leh a phak tawka  
 dil a, an leisak ta a ni.      rawngbawlna lama a  
 Hetiang khawpa an      inpumpekzia tilangtu a tih  
 chhungkaw hma lam a      theih ve awm e.  
 ngaihsak lo hi, thlir dan



***Chawlhnia dam lohna*** (inkhawm peih lohna hri) hi *Morbus Sabbaticus* an ti a. Kohhran member zingah vei an awm nual a, natna mak tak a ni awm e.

1. A nat dan a inang lo va; mahse, chaw chakna lam hi chu a tibuai miah lo thung.
2. Ṭum khatah rei tak an na ngai lo.
3. Doctor an rawn ngai miah lo.
4. A tawpah chuan thlarau lam thihna a thlen ṭhin.
5. Innel takte tan natna inkai chhawn theih chi a ni.
6. Tisa lam awn chingte natnaah chuan a ṭha lo pawl tak a ni.
7. He natna hi damdawi ngai hauh lovin Pathianni tlaiah a kiang ṭan a, damlo chu ṭul a tihna leh a duhna hmun hmunah a leng vel thei tawh a.

Vanneithlak takin Thawṭan tukah ngat phei chuan he natna hi a bo hmiah tawh a, damlo chuan harsatna tawk miah lovin a duh duh a thawk thei leh tawh ṭhin a ni.

*Source : Hringnun Dictionary*

**Christian Conference of Asia (CCA)  
14<sup>th</sup> General Assembly, Jakarta, Indonesia Report**

– *H. Lalpianthangi*  
*General Secretary*

Asia khawmualpuia Kristiante inzawm khawm pawl, Christian Conference of Asia (CCA) hi kum 1957-a din a ni a. A tirah chuan inkhawmpui hi a remchan dan angin an nei mai a, kum 1981 aṅang khan kum 5 danah inkhawmpui neih thin a lo ni ta a ni. Gen. Assembly wawi 14-na chu May ni 20-26, 2015 chhung khan Mercure Convention Centre, Jl. Pantai Indah, Ancol, North Jakarta, Indonesia-ah neih a ni a. North East India-a Presbyterian pawl, Presbyterian Church of India (PCI) hi member kan ni a. PCI Standing Committee chuan palai turin mi pathum – Rev. Lyttan, Executive Secretary (PCI), KJP Synod Mihngi-te; Pro. Pastor Daminot Sun, KJP Synod Sepngi te leh Pi H. Lalpianthangi, Mizoram Synod-te kal tura min ruat angin kan han kal ve a. Kohhran Hmeichhia chuan kan la hmehhriat vak lo mai thei e. Report awma ka ngaih tlangpui ka'n thai lang ve dawn a ni.

Inkhawmpui thlengtute hi Indonesia-a Kristian pawl lian tak pahnih, Batak Protestant Kristian Church (HKBP) leh Communion of Churches in Indonesia ṅang kawpin an thleng a (Jakarta-ah Batak hnam hi kohhran 150 vel an awm a, a dang hi 89 vel an awm baw). Thupui chu *'Kristiante Pathian rawng-bawlna kawnga zai khata*

*luan' (Living together in the household of God')* tih a ni.

CCA-ah hian kohhran member 101 leh National Council member 17-te nen kohhran (National Churches) zawmtu 118 an awm a ni. Palai zawng zawng – chhimtu, hun neitu, mi sawmte nen kan vaiin mi 450 vel kan ni a.

1. **Hun hman dan tlangpui hetiangin** : A ni hmasa berah inkaihhruaina dan en that a ni a. Hruaitu 'President' tih thin kha 'Moderator' tia thlak a ni a, a dang chu tlem tlem tihdanglamin pawm a ni a. Ni tin Pathian biak hunserh neih hmasak zel a ni a. Bible Study-in a zui nghal zel bawk a. Chumi hnuah thupui hrang hrang - **Hmeichhia leh naupang dikna humhalh chungchang, Human Trafficking, HIV/AIDS , Remna leh muanna, Mission, Hriselna leh tihdamna, etc.** chutiang zelin, group-ah inthenin zir ho thin a ni a. Tin, sakhaw hrang hrang titi hona (inter-faith dialogue) ngaihthlak a ni bawk.

Pentecost Sunday kha kohhran hrang hrangah kan inkhawm chhuak a, keini PCI thianho leh Australian Pastor pakhat nen 'Pulo Asem' (HKBP) Kohhranah kan inkhawm a. Zaipawl chi hrang hrang - Tleirawl, Nuho, Paho leh Upa pawlten hla an rem

vek a, an zai thiam hlawm em em mai a ni. Chhun chaw te min lo buatsaihsak a. Min lo lawm thiam em em a, an hnam puan min present theuh va. Rawngbawlna chungchanga inkawm hona te kan nei a, hun tha tak kan hmang a, a ropuiin hlawk kan inti tlang hle a ni.

2. **Kohhrana an rawngbawl dan** : Kohhrana hun neitu - Thuhiril, Zai (Vai, Keyboard, Violin Drum) hruai chungchang thlengin mipa leh hmeichhia eng mah inthliarna awm lovin an ti ho dial dial mai a, hmuh an nuam khawp mai. Kan inkhawmpuinaah phei chuan hmeichhia deuh hlorin an vai a ni.

A tawp zana **Lalpa Zanriah Sakramen** pawh hmeichhia, Rev. Dr. Diana Tana, New Zealand-in a theh a. Tin, hemi zan vek hian inkhawm hruaitu (Worship leader) zingah min ruat ve a. Ka thianteho chu ordain an nih avangin Sakramen theh an pui a, kei chu ka tih ve theih

loh avangin mi dang tana  
tawngtaina hun min hmantir  
ta a ni.

**3. Hruaitu thar thlante :**  
*Moderator* : Archbishop  
William (HKBP), Indonesia

*Vice-Moderator* : Rev. Dr.  
Diana Tana, New Zealand

*Gen. Secretary* : Matthew  
George, India

*Treasurer* : Augustin Aibak,  
Bangladesh

*Prog. Committee* : Rev. Dr.  
Kim Kyrie, Anglican Church,  
Koria te ruat an ni.

Heng bakah hian  
Executive Committee  
member 16 an awm bawk.

An ram mite nen pawh  
kan inang hle a, sawi loh  
chuan, “Indonesia mi emaw  
ka ti che a,” an ti zel a. An  
ram hi tuipui kama awm a ni  
a. A faiin a nuam em em a

ni. An hlim hmel a, an nui  
sang reng thei mai a ni.  
Ringtute nun dan tur an paw  
chhuak tha hlein ka hria a,  
Mizoten kan zir ve atan a tha  
khawpin ka hria.

Ka rilru khawih deuh  
sawi ka duh pakhat chu –  
Lalpa Zanriah Sakramen  
hmeichhiain a theh a, a ti  
khunkhanin, a ti tak em em  
mai a. Pawl hrang hrang tih  
dan hrang nei theuh si,  
mahse, ‘Kan tih dan a ni lo’  
ti lova, lungrual tak maia  
Sakramen chang tur kan han  
kal nguah nguah mai ka hmuh  
khan, vanrama kan awm dan  
tur min suangtuahtir a, ropui  
ka ti a, ka rilru a khawih em  
em a ni. Vun rawng leh tawng  
hrang hrang, Isua avanga a  
rawngbawl hna tizau zel tura  
kan fuan khawm chu ropui  
danglam khawp mai.



*I thusawiin eng ang mi nge i nih a tilang tih hre rengin i  
tawng leh i thusawiah fimkhur rawh. Mi chanchin tha lo  
sawi ching lo la, sawi chhuah a tul pawhin hmangaih  
takin ama hnenah sawi ang che.*

## WOMEN CENTRE SAK NANA SUM LUTTE

Kohhran Hmeichhiaten thla thar inkhawm ṭawngṭai thupuia kan neih ṭhin, ‘Women Centre a hlawhtlin theih nan’ tih chu a takin kan nei thei dawn ta a. Building pawh August 12, 2015-a hawn tur a nih kha. Hawn a nih hnuah a ruahmana ang takin kalpui a nih theih nan theihtawpa kan ṭan zel a la ngai dawn a ni. Tun ṭumah hian Receipt no. 1350-1462 thleng kan han tar lang leh a. Petute zawng zawng Lalpan a let tam takin rul leh che u rawh se.

<b>Sl.No.</b>	<b>Petu</b>	<b>Pek zat</b>
1	Kanghmun Bial	1,500.00
2	Zonuam Bial	30,000.00
3	Serchhip Vengchung Bial	17,000.00
4	Ramhlun Vengthar Bial	34,000.00
5	Pi Lalrinliani, Zarkawt & Pi Lalparliani, Shillong, an nu leh pa Upa Lalhmingthanga leh Pi Lallianpuii, Dawrpui hriat reng nan, Gazzibo sakna tur	2,00,000.00
6	Vanzau Bial	10,000.00
7	Kawrthah Bial	6,000.00
8	Dr. Lalsiamliana, Mission Vengthlang. A nupui Pi C. Lalhmingmawii hriat reng nan	30,000.00
9	Biate Bial	13,000.00
10	Serchhip Bial	21,000.00
11	Ramthar Veng Bial	34,000.00
12	Lungsen Bial	3,000.00
13	Cachar Kahrawt Bial	2,500.00
14	Chanmari Bial	40,000.00
15	Sialhawk Bial	6,000.00
16	Hlimen Bial	28,600.00
17	Barak Area JPM Nupi - ṭanpuina	9,300.00
18	Phuldungsei Bial	7,000.00
19	Pukzing Bial	4,000.00
20	Pu C. Lalbiakkima, a nupui Pi Medal Vanlalzuali, missionary hriat reng nan	2,000.00

21	Suangpuilawn Bial	8,000.00
22	Champhai Kahrawt Bial	35,000.00
23	Tuipang Bial	2,500.00
24	Dawrpui Bial	47,000.00
25	Sakawrdai Bial	4,000.00
26	Khawllailung Dinthar Bial	8,500.00
27	Kawlkulh North Bial	4,000.00
28	Rev. T. Zuanlal, Bethani, Churachanpur	1,000.00
29	Vaivakawn Bial	39,000.00
30	Republic Veng Bial	47,000.00
31	Electric Veng Bial	47,000.00
32	Pi Vanlalnghaki, Dam Veng, Ex-Central Com.	2,000.00
33	Suarhliap Bial	500.00
34	Pu Liansanga te nupa, Khatla, Donation	30,000.00
35	Luangmual Bial	30,000.00
36	Thuampui Bial	33,000.00
37	Venghnuai Bial	43,000.00
38	Bethlehem Bial	46,000.00
39	Hnahtial Bial – KH Ni thawhlawm	2,540.00
40	ITI Veng Bial	39,000.00
41	Khatla Bial	48,000.00
42	Bungkawn Bial	47,000.00
43	Chanmari West Bial	33,000.00
44	Maubawk Bial	30,300.00
45	Pi Lalthanpari, Tlangnuam, Ex-Central Com.	1,500.00
46	Zote Kohhran W/C tanpuina	1,000.00
47	Bilkhawthlir Bial	14,000.00
48	Khawbung Bial	12,000.00
49	Thenzawl Bial	13,000.00
50	Ramhlun Bial	42,031.00
51	East Lungdar Bial	22,000.00
52	Phullen Bial	12,000.00
53	Ramhlun North Bial	48,000.00

*Hriselna Huang*

## THAU LUTUK AVANGA NATNA

Thau lutuk avang a natna hi Sap ṭawng chuan ‘obesity’ an ti a. Thil ei tam leh awm awl bawk site hian hetiang natna hi an vei duh a ni. Awm awl leh ei tui hi he natna thlentu ber a nih avangin ei leh inah fimkhur deuh a ngai a ni. Thau lutukna chhan ber chu taksa mamawh tawk aia tam kan ei vang a ni.

Kan thil ei chi hrang hrang hian chakna min pek theih zat a inang lo thluah mai a.

Kan thil ei aṭanga calorie kan hmuhte kan taksain a hman zawh loh chuan taksaah thauvah a inkhawl khawm a; chuvangin, vawi khatah ei ṭeuh loh a ṭha a ni. Kan thil ei aṭangin kan taksain thil chi hrang hrang a mamawh a, chungte chu:

1. Carbohydrate
2. Fats
3. Protein
4. Vitamin & Minerals-  
te a ni.

Heng zingah hian carbohydrate leh fats awmnate hi calorie kan hmuh tamna berte a ni. Carbohydrate leh fats te

chu buh, chaw kan tih berah te, thil thau leh tel lam reng rengah te, alu leh thil thlum lamah te a awm bawk a ni.

Kut hnathawk leh infiam mite tan chuan, calorie tam tak an hman ṭhin vangin thau lutuk hi a hlauhawm loh va. Kut hnathawk lo – office kal te, dawr nghak te, awmhmuna ṭhu chungah hnathawk te, a bikin kea kal tam lote tan thau lutuk hi a awl em em a ni.

Obesity hian natna tam tak a thlen thei chang ni lovin amah hi natna a ni sa reng a, fimkhur a ṭha. Thau lutuk avanga natna awm theite –

1. Kan taksa a rih lutuk avang hian khup na, khel leh hnungzang ruh chuktuah vel natna te a awm thei.

2. Thau lutuk chuan mi zingah pawh inthlahrunna an ngah bik baw

3. Natna khirh tak leh zun thlum te, thisen sang te, mita lungte awm te hi mi thauten an nei duh bik.

4. Lung lam natna a thlen thei.

5. Vun lam natna eng eng emaw neih a awl baw.

Hetiang hi a nih avangin, thau lutuk loh nan, kut hnathawk lo leh infiam mi ni lote tan chuan chaw ei lamah chin taw neih a tha a ni. Tin, thau lutuk tawhte tan pawh natna a ni tih hriaa intihcher tum hram hram a tha a. Hei hi thil harsa a ni lo va, tum tlat chuan a theih a ni.

Thau intihcher nan atana thil pawimawh tak tak pathum han tar lang ila:

1. **Ei insum** : Ei lam insum hi thenkhat tan chuan harsa ve tak a ni a, rilru lam tum ruhna nena beih chuan a harsa lo thei a ni. Ei tlem dan pawh kawng nei deuh a awm

a, Carbohydrates leh fats tamna lam chi kha kan taksa mamawh aia tlem kan ei chuan taksa thau inkhawl khawm sa kha kan taksain a hmang hlauh ang a, thau kha a tlahniam thei dawn a ni.

Tin, protein, vitamin leh mineral-te kan taksain a mamawh dan a ngai reng a, ni tin kan mamawh zat ei reng a ngai tho mai a, hetih rual hian kan insum deuh chu a ngai a, wawi khatah tam lutuk lo ei a tha.

2. **Exercise** : Exercise lak hi a tha em em a mahse tih lutuk theih a ni a, kan taksa hrisel dan a zirin tih chin taw neih a tha, ke a kal hi exercise lak dan tha tak mai a ni a, infiam te, inkhelh te pawh a tha hle a, awmhmun a insawizawite pawh a tha a ni.

3. **Dietician rawn** : Eng pawh ni se, tunlaiah chuan dietician rawn tur te pawh an tam tawh a, a theih chuan ei in chungchangah dietician rawn chung a thau lutuk intihtlakhniam a tha a ni.



*Hruaitute chanchin***LALRINPUII**

Pi Lalrinpuii hi Pu Keisathanga leh Pi Laleni-te fa naupang ber a ni a, Sihphir khuaa piang leh sei lian a ni. Chhang a neihin kum 1958-ah a nun a boralsan a, nu nei lovin a sei lian a ni.

February 5, 1981-ah Upa Rualzakhuma, Saron Veng nen inneiin fa pahnih mipa leh hmeichhia an nei a, tunah hian Saron Vengah an chhungkua, fa mo leh tu pahnih nen an khawsa mek.

Zirna lamah chuan 1978-ah BA a pass a. Sawrkar hna thawkin tunah hian Electric Department-ah Finance and Accounts Officer-in a awm mek a ni.

Kum 1987-ah Saron Kohhran Hmeichhe Commit-

tee-ah lutin Fin. Secretary-ah thlan nghal a ni a, hetih lai hian a fa te zawk hi kum 3 chauh a la nih avangin a huphurh hle a; mahse, Pathian a kotu a hlauh avangin he rawngbawlna hi a pawm ta a ni. Chairman, Secretary, Asst. Secretary, Fin. Secretary-te a chelh tawh a. Saron Kohhranin Youth For Christ leh Pathianni chawhnua inkhawm a neih hran tirh hian Chairman hmasa ber a ni a, Puitling Sunday School Zirtirtu leh Inrinni zan thuhrlitu a ni.

Bialah Chairman, Vice Chairman Secretary, Asst. Secretary, Fin. Secretary chanvo a chelh tawh bawk.

Lalpan rawngbawl tura a duh ve avang hian a lawm hle a. Pathian faka zai hi nuam a ti hle a. Bial Zaipawlah a tel ve thin. Pathian thu chang duh ber chu Sam 73:28, *“Keia tan erawh zawng Pathian hnaih hi a tha a ni,”* tih hi a ni a, a hla duh chu, *“Kan Pathianin min hruai zel thin”* tih a ni.

*Hriat atan*

1. Christian Conference of Asia (CCA) 14<sup>th</sup> General Assembly chu May 20-26, 2015 chhung khan Jakarta, Indonesia-ah neih a ni a. Hetah hian Presbyterian Church of India (PCI) aṭangin Rev. Lyttan, Executive Secretary, Mihngi; Pro. Pastor Daminot Sun, KJP Synod, Sepngi te leh Pi H. Lalpianthangi, Gen. Secretary, Kohhran Hmeichhia, Mizo Synod-a mite an kal.
2. Kan hruaitute Leadership leh Kristian Chhungkaw campaign-in heng hmunahte hian an feh chhuak a, Pathian hruainain tluang takin hun an hmang:
  - 1) Ni 15-17.5.2015 khan Durtlang Bialah Pi Sailuti, Asst. Secretary; Pi B. Zomawithangi leh Pi Lalbiakengi, Com. Member-te an kal.
  - 2) Ni 23.5.2015 khan Sihphir Bialah Pi Maria Lalchhanhimi, Treasurer; Pi Lalnunsiami leh Pi P.C Lalmangaihi, Com. Member-te an kal.
  - 3) Ni 29-31.5.2015 khan Sumsuih Bialah Pi C. Romawii, Pi C. Thanṭhuami, Pi Lalsiammawii, Com. Member-te an kal.
  - 4) Ni 29-31.5.2015 khan Darlawn Bialah Pi Lalhmingmawii, Pi Sawithangi leh Pi D Nghmingliani, Com. Member-te an kal.
3. Pi Tlangmawii, Central Committee Member pasal Pu Haudingliana (62) chu June 7, 2015 khan lunglam ṭha lo vangin a thi a. A tuk June 8, 2015-ah an chenna in Chhinga Vengah Bialtu Pastor, Rev. K. Lalthangmawian a vui a, ropui taka ṭhlah liam a ni.
4. Synod Executive Committee chuan Women Centre-a thawktu tur pahnih – Programme enkawltu tur leh Peoncum-Chowkidar post siam a remti a, Synod Service Board-in a ṭul angin a lo bawhzui tura rel a ni (SEC 256:34).

## KUM 2015-2017 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Rinchawii
Vice Chairman	:	Pi K. Vanlallawmi
Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Sailuti
Treasurer	:	Pi Maria Lalchhanhimi
Fin. Secretary	:	Pi Rallianthangi

### COMMITTEE MEMBER-TE

- |                       |                           |
|-----------------------|---------------------------|
| 1. Pi B. Zomawithangi | 2. Pi C. Romawii          |
| 3. Pi Lalsiammawii    | 4. Pi Lalbiaki            |
| 5. Pi C. Zopari       | 6. Pi R. Rengkhumi        |
| 7. Pi Tlangmawii      | 8. Pi Lalhmingmawii Sailo |
| 9. Pi Zothanpari      | 10. Pi P.C. Nuzawni       |
| 11. Pi Lalpianthangi  | 12. Pi Lalbiakengi        |
| 13. Pi Lalfeli        | 14. Pi C. Chawngpuii      |
| 15. Pi Vanrammawii    | 16. Pi Zopari             |
| 17. Pi Lalrokimi      | 18. Pi C. Thanthuami      |
| 19. Pi B. Bualchhumi  | 20. Pi Denghmingliani     |
| 21. Pi Lalrinpuii     | 22. Pi Liansangi          |
| 23. Pi Lalnuntluangi  | 24. Pi Lalhmingthangi     |
| 25. Pi Lalnunsiami    | 26. Pi Lalhliapi          |
| 27. Pi Sangthuami     | 28. Pi Lalbiakhnaihi      |
| 29. Pi Lalbiakhluni   | 30. Pi P.C. Lalmangaihi   |
| 31. Pi Vanlalpari     | 32. Pi C. Nuntluangi      |
| 33. Pi Lalduhthangi   | 34. Pi Rothangliani       |
| 35. Pi Vanlalnghaki   | 36. Pi Lalmuanzuali       |
| 37. Pi Sawithangi     | 38. Pi Lalbiaksangi       |

### Ex-Officio Member-te

1. Rev. Lalrinmawia, Synod Moderator
2. Rev. B. Sangthanga, Synod Secretary (Sr.)
3. Rev. Lalramliana Pachuau, Executive Secretary i/c Women
4. Pi Lalfakmawii, Co-ordinator
5. Pi C. Lalmangaihi, Ex-Chairman

### KOHHRAN HMEICHHIA

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

- Thil tumte:
1. Kohhran pum rawngbawlina tihlawhtling tura thawh ho.
  2. Kristian chhungkua din nghehtir tura ÷an lak.
  3. ÷anpui ngaite Krista hminga ÷anpui.
  4. Chanchin ÷ha puan darh.



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



Women Centre

To

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[www.MIZORAMSYNOD.org](http://www.MIZORAMSYNOD.org)