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Mi tin ta tur chanchin Tha..... 6

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Editorial :

KRISMAS NI LAWMAWM CHU

Kan nghahhlel em em, Krismas ni lawmawm chu a lo her chhuak leh ta a. Ringtu zawng zawngte chu i hlimin i lawm ang u. Agape chanchinbu latu leh chhiartu zawng zawngte Agape Editorial Board member-ten Krismas Chibai kan buk che u a, he Ni ropui tak hi hlim taka hmang turin duhsakna kan hlan a che u.

Khawvel chhandam tura Isua Krista pian ni champha, Krismas hun lawmawm hi khawvel pawhin a hmel hriat a, khawvel pumin kan hmang/kan serh chu a ni ta ber e, chhung tinte, ram hla leh hnaia awm, dam leh dam lote chenin Krismas hmang tur hian kan inchah khawm thin a, a ropui a ni.

*Kar hla lengrual duh zawng te, in dam lai em ni le?
Krismas ni lawmawm a lo eng leh e,*

tiin, kar hlaa awm te pawh chibai kan inbuk bawh thin.

He ni ropui tak atan hian chhung tinte kan inbuatsaih a, kan thiam ang leh neih ang angin mahni in leh lote chei mawiin, naupangte pawh an thil thar neih - kawr mawi leh pheikhawh te nen hlim takin an pen chhuak a. Kawthler te chei mawiin kohhranhote pawhin biak in chhung leh a vel te mawi takin kan chei a, Pathian faka zaiin ruaite kan kil ho va; Fak hlain - “Krismas ruaite kan theh, Lalpa ropui nan,” a tih ang khan. He ni ropui takin kan nunah awmzia a neih zui zel nan - Isua Krista avanga malsawmna kan dawn te hre rengin mi dangte tan kan nun i hlan ve ang u.

*Aw Krismas, ka damchhungin ka nghilh lo'ng che,
Khawvel thim tiengtu - Lal lo pian ni chu;
Hringfa suala boralte zawng tura,
Khawvel chhandamtu lo pian ni chu.*

Kristian chhungkua :

KRISMAS-AH KRISTIAN CHHUNGKUA

Bible : Matthaia 2:12; Luka 8:10-11

Upa Chhawnvunga

Mission Vêng

Kum tin nghakhlel tak leh thlahlel taka kan hman thin Krismas kan lo thleng leh dawn ta. Krismas chu Pathianin kan nun theih nan leh dam theih nana a fapa min pek kan lawmna hun, a bika kan hriat rengna hun a ni. Chuvang chuan, Pathian hnenah lawmthu hrilhin, amah fakin kan hunte hmang ila.

He hun, Pathian thil pek kan lawmna hunah hian Pathianin min hmangaihzia leh min duhsakzia ngaihtuah nawn leh ila. Chhungkuain Pathian hnena kan lawmna leh lawmthu sawina engtin emaw tak kan tilang thei ang em le? Chanhai leh nei lo zawk te thil pein emaw, chaw eia sawm te leh thingpui inpui te pawh a ni ang chu.

Tin, kumin Krismas-ah hian Krismas programme-ah chhungkuaa Pathian biaknaa kala Pathian thu ngaihtlaka, zai khawmnaah te telin Pathian fakna hun kan hmang thei ang em le? Krismas hi sawma pakhat pekna chhan tling tak a ni. Sawma pakhat i pe ngai em? Sawma pakhat han pe chhin teh, i inchhir lo vang. Pathian chuan sawma pakhat min pe mai a ni lo va, *“A fapa*

mal neih chhun” min pe nia!

Heng bakah hian hengte hi ngaihtuah chhunzawm ila –

1. Krismas chu tlawmna hun tur a ni : Lal Isua Pathian lalthutphah ding lama thu, vana vantirhkoh leh serafim-ten chhun leh zana *“A thianghlim e, a thianghlim e,”* tia an fak nin theih loh chuan, keini mihringte chhandama kan awm theih nan, Pathian ang a awm a, Pathian tluka awm chu thlakhlelhawm hle mah se, thlahlel hlei thei lovin leiah a lo piang a. Leiah a lo pian mai bakah, mihring piang tawh zingah a tlawm thei ang berin khaw pawn, dai pawnah, ran inah a lo piang a, khumah pawh ni lo ran chaw pekna thlengah a lo mu a ni.

He rilru, Lal Isua a awm hi keimahniah a awm tur a ni

a. Tun Krismas lo awm turah pawh hian keimahni intihvulna lam aiin, tlawmna thinlung pu in mi dangte hlim nan, mi dangte mawi nan, mi dangte puar nan kan insengso zawk dawn lawm ni?

2. Krismas chu Chhandamna ni a ni : Vana Vantirhkohten berampute hnenah Lal Isua pian thu chu chanchin lawmawm, chhandamtu pian thu a nihzia an rawn puang chhuak ang khan, he Krismas hi chhungkaw tin tan chhandamna ni a ni a. He khawvel a kan cham chhunga sual hnathawh chi hrang hrang avanga kan rilru hrehawmna atang te, rettheihna atangte leh, vanram ropui taka kan kal theihna tura chhandamna lo intanna ni, ni ropui tak a ni. In chhungkua chhandama in awm theihna tura chhandamna ni ropui a ni.

3. Krismas chu Pathian fak leh chawimawina hun tur a ni : Mi fingen Lal Isua, chhandamtu a lo piang tak zet a ni tih an mahni ngeiin an va hmuh a, an finfiah tak hnu chuan, mi fing, mi dang aia chungchuang bik ni mah sela, Pathian an chawimawi a, an fak a ni.

He hun hi mi tin - mi mawl leh finge te, mi retthei leh hausa te, mi hnuaiahnung leh mi ropui te, chhungkaw tin ten Lalpa Pathian, chhandamna ropui tak min thawhsaktu kan chawimawina hun tur a ni. Chanchin lawmawm, chhandamna ni a ni si a.

4. Krismas chu kan kawng zawh mek, a dik loh chuan thlakthlengna hun tur a ni : Khawchhak mi finge chu Lal Isua piang hmu turin an lo kal a. An va hmu ta ngei a. An va hmuh hnu chuan, an lo kalna kawng pangngai chu kawng tha lo, kawng hlauhawm tih leh, kawng dangah haw tawh turin an mangah vantirhkoh hrilhin an awm a. Chuvang chuan, chu kawng, an lo kalna kawng pangngaiah ni lo kawng dangah an haw ta a, an kawng zawh an thlakthleng avangin, an him ta a ni.

Keini pawh, kan chhung-kaw kawng zawh mek a dik loha, kawng hlauhawm a nih chuan chumi kawng chu zawh tawh lovin, chhandamtu lo piang Lal Isua avang hian kawng dangah, kawng thaah kan kal tawh tur a ni a. Tichuan, kan chhungkua kan him dawn a ni.

Krismas sermon :

MI TIN TA TUR CHANCHIN THA

Bible : Luka 2:10

*Rev. C. Chawngliana,
Moderator, Mizoram Synod*

Kristian chauh ni lo, khawvel mipuiin a nghahhleleh em em Krismas ni lawmawm a lo thleng leh ta a, Krismas thuchah lo ngaithlatu zawng zawngte Krismas chibai ka buk a che u. Hlim leh lawm taka Krismas in hman ngei pawh ka duhsak a che u.

Krismas boruakin lung a tihlen dan mi tinah a inang kher lovin a rinawm. Tuna nu leh pa dinhmuna ding, thingtlanga an hun tam zawk lo hmang tawhte chu an thinlung kuaitu ber leh an lunglenna ber chu thingtlang kohhran Krismas hman dan kha a ni lo thei lo ang. Krismas ina tui taka han zai tluk tluk mai a nawmzia te, tuallaia ruai han kil put mai hlimawmzia te leh thil chi hrang hranga hlim tak maia Krismas puala inbuatsaiha an han che suau suau mai te kha Krismas ni-ah hian a lo lang thar uai uai thin ngei ang; kurtae leh chhangban thlengin lung tilengtu a ni thei vek awm e. Khawpui lama mite pawhin biak in han chei mawi leh ruai tui hnai tak te chu an nghakhlel ve hle ang a, Krismas pual programme chi hrang hrang tih tur pawh an rilru la tu a ni

leh ngei ang. Mi zawng zawng hi kan phur a, kan hlim a, kan nghakhlel a; sawi thiam chiah si loh hlimna hian min nuai a ni ber e. Mi rethei leh mi lian, khawpui leh thingtlang ; mi tin mai hlimna thlentu Krismas hi a hlu a, Mizote tan hian a hlu zual ni te pawhin a hriat theih.

Hetianga taka hun hlimawm a lo thlen lai hian mi tam tak tan chuan mittui tlakna hun a ni ve ngei ang. Chhungkaw thenkhatah chuan an nu leh pa emaw, an fate emaw, an ngaih em em chatuan ram pan ta te avangin khawhar ni a ni thei ang. An chhungte zinga kal tate kha la dam ve se, hlim takin he hun ropui hi hmang ho ila, tia an duhthusam, a taka thleng tur awm si lo avangin an lung a leng vawng vawng ngei ang. Chutianga mite tan chuan he hun ropui tak hi malsawmna

dawng ngei tura inbuatsaih a pawimawh hle mai. ‘Mi tin ta tur Chanchin Tha lawmawm em em ka rawn thlen che u a ni’ tia vantirhkohvin Berampute hnena malsawmna thu a rawn puan hi an tan ngei a ni si a.

Khawvelah kan la awm avangin kan taksa te hi na thei lo lai pawh a awm lo va, hmana kan hriat ngai loh natna khirh tak takte pawh a tam tawh ngei mai. Tunah ngei pawh hian damdawi in lamah natna chi hrang hrang avangin mi tam tak an awm mek a. Mahni in lama natna tuar mek pawh an tam hle ang. Nun tibeidawng khawpa natna ruk tuar mekte pawh an tamin a rinawm. Chutiang harsatna hnuaia awm zawng zawngte tan chuan a ni Lal Isua hi a lo kal ni. ‘Kan natna te leh kan lungngaihna te pawh a phur ngei a’ ti a zawlnei Isaia sawi kha Krismas a lo thlen hian i ngaihtuah thar ang u. Thihna avanga kan lungngaihnate leh natna kan tuar zawng zawngte chu min phurhsak turin Lal Isua hi khawvelah a lo kal a ni si a.

Mi thenkhat chu soal hnathawh do zo lova pawl lo khawih ta te an awm fo thin.

An duh reng vang pawh ni bik lova humsual dai palh avang leh insum zawh loh avangte pawha jail bang zut te pawh an awm ang. Hlawhchhamna chi hrang hrang avang leh Setana dawihlo ruih theih thil avanga ngaihtuahna fim hmang thei lo, beidawnnaa khatte pawh an awm ang. Mahni nun kawng zawh lai ning ngawih ngawih, bansan thei si lo, mi khawngaihlak tak takte pawh veng tinah thahnem tak an awm ta a nih hi.

Vanneihthlak takin, khawngaihnnaa khat Pathian chuan heng mite hi a hmu reng a, chhandama an awm ngei theihna turin a fapa Isua Krista chu khawvelah rawn tirin Bethlehem ran ina ran chaw pekna thlengah, hmun hrehawm leh hmuhsitawm takah a lo piang a. Amah chu a ring duh apiangte tana sual laka chhandamna a lo ni ta. Thinlung inhawng a, chu Isua chu pawm duh apiangte tana damna a lo ni. Hla siamtuin *‘Thinlung a lamah hawn ila, ro thil dang a ngai tawh lo ang’* a tih angin thinlung Isua tan i hawng ang u. *‘Isu, vawiinah hian kan thinlung Bawng Inah, lo piang thar leh la, Nang*

kan chatuan lal turin' tih hla ang hian kan thinlung i hawng ang u. Chutah chuan hahchawlhna i hmu ang.

Khawvelah hian mi vanduai tak tak an tam khawp mai. Khawvel mawina hmu ve thei lo mitdel te, rimawi leh tawng hre thei lo bengngawng te, eng mah sawi ve thei lo tawngtheilo te, taksa pian-sualna chi hrang hrang leh rilru lama mi pangngai pha lo te pawh an tam em em a ni. Heng mite tan hian kohhran leh pawl hrang hrang bakah sawrkar pawhin nasa takin tan a la thin. Mahse, an tan nun himna tak tak neih erawh chu a har fo thin. Rilru lama an rual ban loh avanga lungngaihna pawh hre thiam lo – nu leh pa leh chhungkuain mittui tlak phahna hiala an thinlung luahtu ni si te pawh an tam awm e. Kan Lal Isua khawvela a lo kal lai khan natna tinrenga na te a hnena an rawn hrui khan a lo tidam a. Bengngawngte an beng a tivar a, mitdelte mit a ti var a, zengte an dam a, mitthite hial a kai tho a nih kha. Pathian fapa lo kal chhan ber chu Setana hnathawhte tihboral a ni. Natna hmanga thinlung

phuarbeha awmte phuarna phelh tur leh an natna ngei pawh tidama, chhandamna famkim rawn thlen turin Isua hi a lo kal a ni.

India ram leh ram dangah pawh mi rethei leh mi hausa inkar a zau nasa hle a. Thenkhatin in luah sen loh leh sum hman sen loh an neih laiin, mi thenkhat erawh chu in leh lo pawh nei hauh lo, damdawi mum khat leina tur pawh sum nei zo lo an awm. Lal Isua khawvel chhandam tura a lo kal lai khan vantirhkohten hla mawi tak, hla ropui leh tha em em mai, Bethlehem daia an rawn sak kha 'Chungnung berah Pathian ropui takin awm rawh se, lei chung a lawm em em mihringte hnenah remthu leng rawh se' tih a nih kha. Milian leh mite, mi hausa leh rethei thliar lovin inremna a awm theih nan a lo kal a ni. Berampute hnenah khan *'Mi tin ta tur Chanchin Tha lawmawm em em ka rawn thlen che u a ni'* a ti baw k a. Tu mah thliar lova mi tin ta tur chanchintha, chhandamna kan chang ta mai hi a va lawmawm em. In chhawng sang tam taka chengte leh dai

kil kara chengten chan inang reng kan chan theih nana lo piang Lal Isua hi i lawmpui thei em aw. In chhungkaw hlim nan in hmang zo ve em aw. Kan zavaia tan a ni a lo kal ni. Isua nen chuan in nuam a chang zel thin.

Fimkhurna tur kan nei : Kum tinin Krismas vuakvetah hian fimkhur tawh loh avanga tualthi eng emaw zat an awm ziah a, accident leh zu leh ruih theih thil avanga damdawi ina luh ngai, piansual phah nan hmang te tam tak an awm thin a ni. Krismas kan hman chhan ngaihtuah lova nawmsip bawl nana inhmang zo vek hi mi tam tak an awm thin bawh. Heng hi Setanan ringtute min bumna a ni a, a thangkamah kan thalai rual tam tak an awk thin a ni. Chuvangin, i fimkhur ang u khai. Krismas hmang hmasate mi finge ngei pawh khan khawvel thil ngaihtuaha an kalsual avangin nausen kum 2 chin hnuaia lam tam takin an thih phah a, tahna leh rumna a thlen a, nu leh pa tam tak tan lungngaihna a thlen a ni. Malsawmna tam tak kan dawn te hi i hmang thiam ang u. Khawvel thila nawmsip bawl na hun a ni lo a, kan tana lo piang

chhandamtu chawimawi leh fakna hun a ni. Tahna, mittui tlakna leh rumna thlentu ni lovin chawimawina hlantu ni thei turin i inbuatsaih ang u.

Ramthim lam i hawi ang u : Keinin wawi tam tak Krismas hlim taka kan hman tawh hnu hian Krismas awmzia pawh la hre lo, Lal Isuan a chhandam tih pawh la hre lo kan chhehvelah hian sang tam tak an la awm tih i ngaihtuah ang u. Hlain ‘Khawvel thim en tura chu, Hmangaih puan nem sinin’ a ti a. Thim hnuaia thutten enna an lo hmuh theih nan hmangaihna puannem sinin a rawn luhchilh a ni. Keini pawh hian thim hnuaia la thu mekte lam hi i hawi ang u hmiang. Tunah hian kan unau missionary pasalthate chu hmun tam takah an rammu mek a, keini pawhin chu lam chu engti kawng emaw talin kan hawi ve thei dawn em. Hmun kilkhawr leh hrehawm zawkah te, sum leh pai sen ngaihna hmunah te, kan taksa ngei kan kal thei lo a nih pawhin Isua Chhandamtu a piang tih hriattir hi erawh chu kan bat a ni. Mi tin ta tur Chanchin Tha hi anni tan pawh a ni si a. **AMEN.**

Bible Study :**ISUA KRISTA PIAN THU MATTHAIA SAWI DAN*****Bible chhiar : Matthaia 1:18 – 2:1-23***

*P.C. Laltlani, M.Th.,
Librarian, ATC*

Kum tin Krismas kan hman apiangin Isua pian thu sawi a ni a. Kan hre zing tawh hle chungin sawi nawn a nuam a. Isua Krista pian thu, Chanchin Tha ziaktu Mathaia ziaak dan sawi kan tum dawn a ni.

1. Matthaia sawi dan

Matthaia'n Isua pian dan a sawiah Josefa a dah pawimawh ber a. Vantirhkoh a hnenah vawi thum lai inlarin a sawi a. Vantirhkoh hrilh angin Josefa hian a ti zel tih uar takin a sawi.

Josefa'n a nupui hual Mari chu an inneih hmain a rai tih a hria a, bansan a tum a. Bansan a tumna chhan hi Mari a hmangaih vang niin a lang. Nula tleirawlte a la ni a, inhual tawh mah se nupui atan a la nei rih lo a ni ang. Nula fel tak, lêrh vang ni si loa nau a pai mai chu, pawngsual a tawh vanga nau pai a nih te pawh a ring hial ang, uire anga tih-mualpho duh lovin mâkna lehkhapa bansan a tum a ni mai thei.

Josefan a nupui hual bansan tuma a ngaihtuah lai hian a rilru pawh a hah hle ang. Vanneihthlak takin a mangah

Lalpa Vantirhkoh a rawn inlar a. Mari nau pai chu Thlarau Thianghlim laka mia nih thu hrilhin neih hlau lo turin a hrilh a (1:20). Josefa hi a lawm hle a ni ang; Vantirhkoh thusawi a hriat veleh Mari chu nupui atan a nei nghal a. Mari, mipa dang lakah a chesual lo tih a hriatin a rilru hahna zawng zawng a kian vek a rinawm. Vantirhkohin Mari chuan fapa a hring ang a, a hmingah ISUA isa ang (1:21) a tih avangin rinhlelhna a nei lo a ni ang.

Matthaia chuan, Josefa chuan Mari chu nupui atan nei tawh mah se, fapa a hrin hma loh chuan a pawl lo a ti kher a (1:25). Hei hi Josefa fakna a ni thei a; tin, mi fel tak a nih avangin Thlarau Thianghlim hnathawha inrawlh a duh lohzia tar lan a tum pawh a ni ang.

Mari'n nau a hrin hnuah Josefa hnenah Vantirhkoh arawn inlar leh a; naute leh a nu Aigupta rama tlan bopui turin a hrilh a. Vantirhkoh thusawi a hriat veleh a zan a zanin naute leh a nu hruaiin Aigupta ramah a kal a (2:13,14).

Josefa hian Isua hi Mari fa bikah a ngai lo va; a fa, ama mawhphurhnaah ngaiin nausen himna tur hian zan pawh sawi lo leh hlauhawm tawh tur pawh dawn lovin hma a la nghal a ni. Aigupta ramah a awmpui a. Heroda thih hnuah Lalpa Vantirhkoh hrilhin Aigupta chhuahsanin Nazareth khua-ah a kirpui leh a (2:21,22). Nausen Isua hi a buaipui hle a ni.

Matthaia'n a sawi pawimawh leh chu mi finge an ni. Khawchhak mi finge a ti kher a. Chu chu arsi awm dan hria, mi finge an ni. Arsi thar an hmuh avangin Judai ramah Lal thar a piang tih an hria a. Lal Heroda inah an lut a, an lo hriat loh avangin an chhuak leh a. Arsi an hmuh kha an zui ta a, naute chung zawn a thlena a din hma loh chuan an zui zel a. Arsi an hmuh zel avangin an hlim em ema. Arsi a din veleh in chhungah an lut a. Naute an hmuhin a hmaah an

bawkkhup a, chibai an bek a. An ro bawmte an hawng a, thilpek an hlan a (2:9-11).

Matthaia sawi dan hian mi finge hian naute an hmuh hian lal tur a ni ngei tih rinhlelhna an nei lo. A pianna hmun tlawm dan leh a nu Mari, naupangte-in a lo kuah an hmuhin a tibuai lo. Arsi an hmuh, hruaina zui an nih avangin Lal tur a ni tih an ring nghet a ni. An thilpek hian awmzia a nei vek a. Pakhatna - **Rangkachak** hi *lal tana thil peka hman* a ni a. Pahnihna - **Beraw** hi *puithiam tana pek, Temple inthawina tihrimtui nana hman* a ni a. Pathumna - **Murra** hi *mitthi tur tana thilpek a ni a, mitthi ruang hnawih nan hman* a ni.

Mi finge thilpek hian Isua chu lal a ni tih leh puithiam inthawi nan ran an hlan a, Isua chuan amah ngei inthawi nan a inhlán dawn tih leh a thih hnuah a ruang rimtuia hnawih a nih tur a entir.

A chungakan sawi atang hian Matthaia hian Juda-ten Isua chu Pathian, mihringa lo chang ngei a ni tih an rin theih nan a ziak a. Josefa, Davida thlaha mi nupuiin Isua Krista (*Chhandam tura mi ruat emaw hriakthih*)

a hring tih tar lan a tum a. Isua Krista thlahute tiin an inthlah dan a chhui a. Abraham a atanga Davida thleng chhuan sawm leh chhuan li leh Davida atanga Babulon sala an hruai thlengin, chhuan sawm leh chhuan li leh Babulon sal hruai atanga Krista thlengin, chhuan sawm leh chhuan li thleng a chhui a ni (1:1-17).

Josefa anga Pathian thu zawmtute chu an nupui leh fate tana pa tha tak an ni zel thin.

2. Tlangkawmna

Isua Krista pian dan hi Matthaia'n Juda-te hriatthiam theih turin a ziaak a. Josefa a dah pawimawh a, Davida fapa tiin a sawi a. Juda-te lal a ni tih lan nan mi finge chibai buk a sawi tel a. Luka chuan Jentail-te rilru puin hmeichhiate a dah pawimawh a. Mi rethei tan pawh a ni, tihlan nan berampute hnena vantirhkoh inlar a ziaak tel a. Johana'n thil siam zawng zawng huapin a ziaak a. Thil siamtu chu a thilsiamah a lo chang tiin a sawi a. Chuvangin, Isua Krista chu khawvel chhandamtu a ni kan tih hian mihring chauh ni lovin thilsiam dang zawng zawng tan pawh a ni. Tu mah inti neitu bik tur kan awm lo. Khawvel lawm nana lo kal a ni.

Khawvel chhandamtu a lo pian hian mipa leh hmeichhia hmanruaah a hmang ve ve a. Josefa'n vantirhkoh thu sawi a zawm a, Mari mualphona tur (*uirea sawi theih tur*) laka humtu a ni. Nausen Isua Heroda thah theih lohna tura hmun hima hruaitu a ni. Mari chu Isua pianna tura taksa hlantu a ni a. Pathian Thu a rinhlelh loh avangin a mualphona tur lakah Chungnungber thiltihtheihna-in a hliahkhuh a ni.

Nausen chibai buk turin mi finge leh berampute thlan an ni a, Isua Krista chanchin sawi turin pitar Anni te pawh Pathianin a hmang duh a. Thlarau Thianghlina khat Johana leh a nu Elizabethi ten an hre hmasain, an lawm em em a. Mi dang Isua hmu apiang an lawm em em zel.

Isua hmu tur hian Heroda lal in zawng lova, hruaitu arsi en zawk tur a ni. *Isu, wawiinah hian kan thinlung bawng inah lo piang thar leh la, nang kan chatuan Lal turin* tih hla sa chungka ka hawi dan a dik loh chuan kan hmu thei lo vang. Rilru chapona zawng zawng dah bova, inngaitlawm taka mahni ngaih dana zawng lova, hruaitu arsi en tur a ni.

Hriselna huang :

COMPUTER VISION SYNDROM (CVS)

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MBBS; MS; DOMS; FORCE

Senior Consultant Eye Specialist

Kan mitte hi kan taksa bung hrang hrang Pathianin min pek zinga hlu berte zinga mi an ni ve ngei awm e. Engkim hmu thei tura mit kan lo nei hi a vanneihthlak em em a, a hlutzia hi sawi fiah thiam pawh a harsa a. Kan mitte hi eng mah hmu thei loin han tuam phui hmak ila, chutiang chuan engtia rei nge kan awm theih ang. Hetiang atang hian mitdelte khawngaihthlakzia leh mit tha tak kan neih hlutzia leh vanneihthlakzia kan hre thei awm e. Kan men chhung hian kan mit hian hna a thawk a. Kan thil zir za-a sawmriat (*80% of our learning*) hi kan mit thawh chhuah a ni.

Tunlai khawvela kan ni tin khawsakna in chhung leh office-ah computer hian telephone ang maiin hmun pawimawh ber a luah ta a, a tel lo chuan kan khawsa hlei thei ta meuh lo chu a ni. Heti khawpa computer kan lo hman nasat avang hian kan mit leh kan khaw hmuh hian a tuar lo thei ta lo a. Mi thiamten an hmuh dan chuan computer operator te, video display terminals (VDT) ena hnathawk reng chuan mit lamah insawiselna an nei nasa hle a ni. VDT-a hnathawk zingah 75-90%-in mit lam pangah insawiselna an nei a ni.

Hetiang computer kaihhnawih mit insawiselna chi reng reng hi computer vision syndrom an ti ta a ni. Kan mit hrui leh chakna-in a tlin baka computer kan hman emaw, kan en emaw hian he syndrom hi a lo awm thin a, hei hi puitling leh naupang, mi tin rengin an nei (*vei*) thei a ni. A nat dan tlangpui chu - lu na, mit thip leh mittui tla (*burning and catering*), khaw hmuh fiah lo (blurred vision), mit hah (*eye strain*), thil hmuh phir (*double vision*), thil hmuh tur focus mai thei lo, nghawng leh dar kham, luak chhuak.

Mizote hi he syndrome lakah hian kan fihlim lo hle. Intihhmuh ching leh tih tawh lam ti vak chi kan nih avang hian computer pawh kan hmehhriatna a la rei loh ngaihtuahin a pui apangin kan khawih nasa a, kan mit pawhin a tuar hle a ni. Mit lam pang leh lu na eng eng emaw insawiselna rawn inentir tam zawk hi chu computer leh a kaihnnawih vanga lo awm a ni.

Naupang te te KG leh Class 1 zirlaite pawh hian han inzawh chian deuh chuan computer games hi an lo khawih nasa em em mai a. School holiday lai ngat te phei hi chuan nileng deuh thaw hian an thutchilh a ni ber mai a. An khelh laiin insawisel lo mah se a hnu deuhah an tuar ngei ngei thin. An tlei nan leh khawlai an lenna daltu atan computer kan chhawp tawp mai thin. Hei hi kan hriat chian tawh loh vang a ni a, nakin lawkah chuan kan fate mit ti khawlotu a la ni thei dawn. Fimkhur a tha khawp mai. Ni khat (24 hours)-ah darkar 2 aia tam chu naupangte hian computer khawih lo se a tha. Sikul naupang mit tha lo, insawisel leh tarmit vuah tam ta lutuk hi a chhan dang a awm

lo, computer vang a ni; i fimkhur ang u.

Computer vanga mit kham - eye strain leh syndrome te lo awmna chhan hi kan mit leh thluakte hian lehkhia ziaka hawrawp a lo dawnawng angin computer screen-a inziak (*character*) hi a lo dawnawng thei lo a ni. Kan mit hian lehkhia ziaak hi harsa lo takin a focus thei mai a, a vang chu a lai leh a sir te pawh fiah dan pangngai reng an nih vang a ni. Computer screen-a thu (*words*) te erawh hi chu êng (*light*) te tak te te (*pixels*) inzawm khawmin a siam a ni a, a laiah a eng bik a, a sir lamah a eng lo deuh tial tial a ni. Hetiang focus tur hian kan mitte hian harsatna an nei a, hahtlak lo va a focus theihana lai tur ber kha a zawng thin chu chu Resting point of accomadation (*RPA*) an ti. Kan mitte chuan RPA lam an focus phawt a, chutah screen-a hmun dang han focus leh kha mit tan a lo hahtlak ta em em a, chu chuan eye strain a rawn siam ta thin a ni.

A buaithlak ta ber mai chu Computer hi tunlai mi pangngai tan chan kan ni tin

hnaa bet tlat a ni tawh si a, kan eizawnna a ni a, a tel lovin kan khawsa thei tawh si lo. Computer atanga light reflect lo kal thin hi a tihtlem deuh nan computer screen-ah anti-reflection glass te vuah bakah tarmit anti-reflection hmante pawh hian eng emaw chenah a pui thei a, dam viahna erawh a siam lem lo. Tarmit coloured glass hman pawhin eng emaw chen a pui theia ngaih a ni. Mit lampang atana Vitamin leh Calcium tha ei tam te, thlai hnah leh rah hring tha ei tam a tha. Tin, kan hnathawhna hmun, chair leh dawhkan te pawh hahdam leh thawl nuam deuh ni thei hram se. Hahdam taka kan en theih turin computer screen pawh dah tur a ni a, degree 15 vela hnuaia en theih tura dah tur a ni. Kan computer room pawh êng tha se, boruak thianghlim tha taka lut reng thei ni bawk se.

NAUPANGTE TAN

Kum 20 vel kal taa naupangte infiamna hmun ber chu pawn lam a ni thin a, thil hla tak tak an en thin, mit hah vak pawh an nei lem lo. Tunah erawh chuan computer bul ngawtah an thu a, hnai takah

computer screen an en a, mit hah - eye strain an lo nei ta thin a ni. Chu chuan mit kham, lu na, mit fiah lo te a rawn thlen a. Myopia (short sight) an lo tam ta em em a, hmu fiah turin tarmit bun a lo ngai ta thin a ni. Taiwan leh Singapore-ah te phei chuan 1996 vel atang khan sikul naupang zingah tarmit vuah ngai a let deuhthawin an pung a ni.

Computer Vision Syndrom (CVS) ven dan tura thil chhinchhiah turte :

1. Sikul kal rual an nih hunah ngun taka an mit exam tur.
2. An ni tih infiamna hmun, computer pawh telin, anmahni mil tura siam tur.
3. Computer screen chu an mit atanga feet 2-a hlaah leh an mit level aia hniam deuh hlekah dah tur.
4. Nu leh pa leh zirtirtuten naupang mizia ngun takin zir thin se, mittui tla thin leh sen rem, nuai ngai fo thin te, thle deuh hua thil en thin te, hmu

fiah lo leh mit kham
thinte chhin-chhiatin
doctor hnenah hruai thin
sela.

Khawvel hmasawna
ruala ke kan pen ve zel a ngai
si a, computer pawh a that
lohna leh mit a tih nat theih
dante awm mah se, kan
hman lo thei si lo va.
Fimkhur taka kan hman thiam
erawh a ngai a ni.

Hostel naupangte hian
mut an kham tawh lovin ka
hre fo thin a, hei hi health an
mental hazard a ni theiin ka
hria. Hostel nei thenkhat hi
exam dawnah naupangte rei
tak tak an mentir a, zing takah
an kai tho leh a, mut an kham
lo em em a, mut kham lo

chunga inzirtir vak tum hi a
sawt lo va, hriselnain a tuar
thei bawh. Tleirawlte hi
thanglai an ni a, mut kham an
mamawh. 24 hours-ah darkar
6-7 tal an mu tur a ni. Zan
dar 10 velah mu se, zingah dar
5-6 velah tho se, mut kham
taka lehkha zir chu mutkham
lo leh mutchhuak tak chung
zir ai chuan a sawt daih zawk.
Hostel neiho hi kum tir atangin
inthlahdah lo se, exam dawnah
pawh tang 'over' lo se tih hi
ka advice duh leh ka rilru reng
thin a ni e.

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AGAPE CHANCHINBU MAN TIH SAN THU

Agape Chanchinbu chuan kum 2011 July hian Silver Jubilee a thlen denchhenin a kawm hi full colour-a
siam a ni tawh dawn a. Chumi avang leh thil man sang
zel avangin **AGAPE CHANCHINBU** man hi **Kum
2011 January atang chuan Rs. 50/-** ni tawh se, tiin
Committee chuan a rel a. Agape agent-te leh
chanchinbu latu zawng zawngte kan han inhriatir a ni e.

CHRISTMAS AWMZIA LEH A ZUNGZAM

*Upa D.P. Biakkhuma,
Synod Office*

Christmas hi khawvêl pum puia Kristiante leh Kristian lote pawhin an serh a, an hman thin a nih avângin khawvêla thil thleng leh hunpuite zîngah hian ‘*pawimawh ber leh ropui ber*’ dinhmunah a dîng a ni. Chuvângin, Christmas chungchâng hi sawi leh ziah fê tham a awm rêng a ni. Hetiang hian i han ngaihtuah ho dânw teh ang –

1. A hming : Christmas tih tawngkam hi sawi dân dang dang a awm a, sawi dân hrang hrangte hi awmze thuhmun vek an ni lo chungin an tum erawh chu a inang vek a ni. Hetiang hian sawi zui ila –

(1) *Christ’s Mass* : Christmas tih tawngkam hi Sap tawng thumal pahnih inzawm “*Christ’s Mass*” tih atanga lâk a ni a. He tawngkam pawh hi thumal, Middle English “*Christesmasse*” tih leh Old English “*Cristes maesse*” tih atanga lâk a ni. He thumal hi kum A.D. 1038-a lo piang chhuak a ni. Sap tawng upa (*Old English*)-a “*Cristes*” tih tawngkam hi Greek tawng thumal Christos (Krista tihna) tih atanga lâk a ni a, “*Maesse*” tih erawh hi chu Latin tawng thumal Missa (*the holy mass/the holy communion*) tih atanga lâk a ni thung.

Mi thenkhat chuan Christmas tihna atan X mass an hmang thin a. Greek tawngah chuan Christ (Krista) tih an sawina thumal-a hawrawp hmasa ber chu X (chi) a ni a. He hawrawp X tho hi Roman hawrawpah a awm ve a. Kum zabi 16-na laiêawl vêlah khân he hawrawp X hi Christ (Krista) tih tawngkam lamtawi (*abbreviation*) atâna an hman avângin Christmas lam tawi atân Xmas tih tawngkam hi an lo hmang zui ve ta thîn a ni.

(2) *Nativity* : Christmas sawi nâna tawngkam an hman thin dang chu “*Nativity*” tih hi a ni a. Chu chu Lal Isua Krista pian thu sawina tawngkam a ni a, hei hian lei leh vân siamtu Pathian Fapa, Van mi ni si, lei mi (*leia khua leh tui*) nihna nei tera khawvêla a lo piang ta mai sawina hi a ni ang e.

(3) *Noel* : Christmas sawi nâna an hman thin tawngkam dang leh chu “**Noel**” tih hi a ni a, ‘*Nowell*’ tiin an ziaik tho bawk thîn a ni. Hei hi French tawngkam *natalis* tih atanga lâk niin a lang. A awmzia-ah chuan Pianna tihna a ni mai a, hei hi chuan mi tu emaw lo pianga pian hun leh pianna hmun pawh a huap tel nghâl a ni. Lal Isua Krista pian chungchâng sawina âtâna hman a nih chuan a pianna hmun leh a pian hun te pawh huama sawina tawngkam a nih chu.

(4) *Feast of the Nativity* : Christmas tih tawngkam hi a sawi dân dang leh ah chuan, “*Feast of the Nativity*” an ti bawk thin a ni. He tawngkam awmzia hi chu “Pianna Ruai” tiin a dah theih mai âwm e. Chu chuan Lal Isua Krista lo pianna chu Pathian leh mihringten an kîl tân ‘**Ruai**’ angin a sawi tihna a ni.

He tawngkam hi Christmas sawi nâna kan hmang dawn a nih chuan Pathian leh lei mihring te, sual avânga inmihran tawh, inzawmna rêng nei tawh lo mai ni lova hmêlma dinhmun a lo dîng hial tawh te, Lal Isua Krista lo pianna avânga inzawmna, inlaichînna thar, inpâwl na kan lo nei leh thei ta hi

Pathian leh mihringte inkâra ruai thianghlîm, inpâwl na thianghlîm (the holy mass/the holy communion) a lo ni tak meuh e tiin a sawi theih ang. Ngun tak leh thinlung taka han ngaihtuah hian Lal Isua Krista he khawvêl thim ên tera a lo piang a, nang leh kei min tlan tera khawvêla a lo kal mai hi a hle-in Pathian leh a hmêlma mihringte inzawmna ‘Ruai Ropui’ chu a va’n ni teh lul êm!

2. Krismas ni chungchâng :
Krismas ni chungchângah hian inhnialna leh ngai h dân a tam avângin sawi thui deuh a tel mai thei e. Kum zabi eng emaw zât chheng chu Kristian lehkhâ ziaik mite chuan Christmas hi Lal Isua Krista pian ni tak niin an pawm mai thîn a. Krismas ni chungchângah hian ngai h dân chi hrang hrang a awm thîn a, vawiin thleng hian inhnialna chu a la tâwp thei lo a ni. Kum zabi 18-na bul lam atang khân mi thiamte chuan Krismas ni chungchângah hian thukhaw-châng dang an lo nei tan ta a. Thlasik ni rei ni ber, Romehovin ‘*Bruma*’ tia an sawi thin December 25-a an lawm thin rem tera Isua Krista pian cham hi ruat/thlan nia ngaiin Isaac Newton-a chuan a sawisêl a.

Kum 1743-ah khân German Protestant, Paul Ernst Jablonski pawhin Isua Krista pian cham atâna December 25 hman a ni thîn chu, “Rome-ho ni pathian pian ni (*Dies Natalis Solis Invicti* = *hneh theih loh Terni pian ni*) a ni a, kohhran tak hlutna tihniamtu, Pathian awm rin lohna a ni e,” tiin nasa takin a lo sawisêl tawh bawk a ni.

Juda-te leh Kristiante thu inhlan chhawn zêl dânah chuan Roman Calendar-a thâl lai, chhen leh zân inchen chiaah ni March 25 hi Genesis-a thilsiam chungchâng sawinaa thilsiam lo awm tan nia sawi a ni a. Tunah chuan he ni hi Vântirhkohvin Lal Isua Krista pian ter thu leh Mari’n Lal Isua Krista a pai ter thu a rawn puan niah ngaih niin lawm thin a ni nghe nghe-a sawi a ni. Kum 1889-ah khân Louis Duchesnes chuan hmeichhiain nau an pai hun chheng pangngai anga chhetin, Mari’n Isua a pai ter thu Vântirhkohvin a rawn puan chhuah hun atanga thla 9 (kua) ral chiaah December 25 hi Christmas niah dah a ni ang e tih ngaih dân a lo nei ta a ni. Krismas ni atâna he ni (*December 25*) hman a lo ni ta hi kum zabi 4-na bul lamah khân Rome

Kohhran-in an lo ruat a ni mai thei e.

Unau duh takte u, Christmas ni chungchâng hi chu Amah Pathian/Lal Isua Krista’n a rawn puang a, a rawn tifiyah a nih loh chuan khawvêl hi rilru thuhmun leh ngaih dân thuhmunin kan kal theih a rinawm tawh lo. Chuvângin, Tirkkoh Paula’n rinnaa a fa Timothea hnênah, “*Amaherawhchu, indonate a hring thîn tih hriain, inhnialna âthlâk leh fîng lovahte chuan tel duh suh*”(II Tim. 2:23) a lo tih ang khân Christmas ni chungchâng inhnialna, a fiahna tak hriat theih tawh si lovah hian kan ring rawlh lo ila, kan chil i tiper vêl lo mai ang u. Cheng zawng zawng ai chuan “*Pathianin khawvêl a hmangaih êm êm a; chutichuan, a Fapa mal neih chhun a pe a, amah chu tu pawh a ring apiang an boral lohva, chatuana nunna an neih zâwk nân*” (Johana 3:16) tihah hian lungawi ila. ***Kan Lal Isua Krista pian ni tak hre lo chungachhandamna kan chana, chatuana nunna kan chana, chatuan Pathian Fa kan niha, vân khua leh tui kan niha, Thlarau Thianghlim pâwl na hlimawm tak kan chana,***

kohhranhote'n Pathian hruaina ropui tak kan chan theih phawt chuan a tâwkah i ngai mai ang u hmiang! Khawvêlah hian chu lo liama hlu eng nge awm le?

3. Christmas awmzia :

Christmas hming hrang hrang a hma lama kan sawinaah khân lehkha tawnga a awmzia chu a hriat tawh maiin a rinawm a. He laia ka sawi duh zâwk chu a lehkha tawnga Christmas awmzia ai mahin thlarau lama a awmzia hi a ni zâwk mah. Kan hriat theuh angin a lehkha tawng lama Christmas awmzia chu Krista pianna ruai, Krista ruai, Krista pian champha tihna a ni mai a. Amaherawhchu, Lal Isua Krista pian cham lâwmntu zawng zawng hian Christmas an hman vek si loh avâng hian a lehkha tawng piah lamah hian Christmas hian awmze dang a la nei a ni tih hi a chiang mai âwm e. Chu tak chu kan zawn tera chu a ni a, Lal Isua ringtu (*Kristian*)-te hian kan hriat fuh ngai taa chu a ni.

Tum khat chu Mission Field pakhata kan Pastor hian Good Friday laiin Christmas hla a thlang tlat mai a. Kan missionary-te'n, *"hei hi chu Christmas hla a ni e"* an han ti a. Pastor chuan, *"Kristiante tân chuan eng*

lai pawh hi Krismas a ni vek alâwm" a ti ta mai a, Good Friday laiin Christmas hla chu an sa ta dap dap mai a nih chu! Chu chuan thlarau lam nuna Christmas awmzia chu a tichiang mai âwm e.

Pathian leh mihring inrem tawh lote'n inremna an lo neih leh theihna tera inremna ruai an chan dun/chan tlân (theh) chu Christmas a ni a, chu ruai chu Lal Isua Krista chu a ni. Amah kan Lal Isuan, *"Ka taksa hi chaw tak a ni a, ka thisen hi in ter tak a ni si a"* (Joh. 6:55) a tih ang khân Amah kan Lal Isua chu Pathian leh mihring inrem tawh lote inrem leh theihna terin inremna ruai atân a rawn inthet(h) a, chu ruai chu Christmas chu a ni a, chu ruai theh (ei) tu chuan Christmas a hmang a ni. He ruai theh ter hi chuan Lal Isua neih a ngai a, Lal Isua nei lotu'n Christmas a hmang thei lo. Chu inremna ruai theh ter chuan kan za hian Lalpa'n min sâwm a ni.

4. Krismas tak i hmang ang

u : Unau duh tak, tenah khân kum eng zât nge i nih tawh? He khawvêl êng i rawn hmuh atang khân vawi eng zât nge Christmas i hman tawh le ? *"Lal pian hun*

lâwmawm tak kan thleng leh ta, hlim taka lâwmin zai i vâwr ang,” tia zai dup dup ringawt hi Christmas hmang tihna a ni lo. Kum chhiar tham fê dam thleng si hian Christmas a hman loh theih tlat a nia aw. Engtin nge Christmas tak kan hman theih tâk ang le? Luka 2:15-17 hmang hian Krismas tak hman dân i lo zir teh ang.

(1) ***Lal Isua pianna hmun Bethlehem pana thlen a ngai*** : Krista pianna hmun pana thleng lo tân Krismas hmanna kawng a kaw lo hrim hrim a, a lam pawh hawi lo leh hawi duh lo tân phei chuan Krismas tak hman chu a hnai lo lehzuang. Krismas tak hmang ter chuan a pianna hmun Bethlehem khua pana thlen ngei a ngai a ni. A tawi zâwnngin sawi mai ila, *“Tenah hian Bethlehem khaw lamah chuan rinnain thlâwkin va lêng ila, chen riang Mari chawi leh leh vân lal riangvaia kan hmu ang”* tih hla kan sak ang hian thlarau lam Bethlehem, Lal Isua hmuh theihna ter hmun kan pana, kan thlen a ngai a ni.

(2) ***Nausên Isua hmuh ngei a ngai*** : Bethlehem pana thlen mai a tâwk lo va, nausên Isua chu

hmuh ngei a ngai a ni. Isua nei lo leh hmu lo tân Christmas tak hman theih a ni lo. Isua Krista nei lova hmu lo tu’n Christmas ka hmang a tih chuan dâwt a sawi a ni. Christmas hmang tak tak ter chuan Lal thar lo piang Isua Krista chu hmuh ngei a ngai a ni.

(3) ***Nausên Isua hmu terin hmanhmawh a ngai*** : Christmas tak hmanga nausên Isua hmu ter chuan hmanhmawh taka kal thuai thuai a ngai a ni. Berâmpute chu nausên Isua hmu terin hmanhmawh takin an kal thuai thuai a ni tih kan hria. Unau duh tak, kan khawvêl hun tawng mêk leh tenlai thil awmzia hi eng ang nge a nih kan hria e. Mi tam takte Christmas tak hmang hman lovin mual an liam tawh a. Nang leh keia hun hi engtikah nge a lo thlen ve dâwn kan hre lo va, muan sual a hlauhawm a ni. Christmas tak kan hman ngei theih nân hmanhmawh takin kal thuai thuai ila, Christmas tak kan lo hmang tawh thîn a nih pawhin a nawmzia leh a hlimawmzia hriain Christmas tak hmang nawn terin hmanhmawh takin i kal thuai thuai ang u.

CHHUNGKAW SUM PAI RUAHMANN (Family Budgeting)

*Dr. Lallianzuali Fanai
Bethlehem Veng, Aizawl*

Chhungkaw ding chhuak tur leh hmasawmna nei tur chuan kan sum pai hman dan hian nasa takin a hril. Sum enkawl hi hna pawimawh leh hautak tak thiam pawh harsa tak a ni. Lal Isua khan tehkhin thu sawmthum leh pariat a sawi a, chung zinga sawm leh pasarih chu sumpai leh a hman dan a ni. Sum hian min bawih tur a ni lo va, sum hi tangkai leh tha takin kan hman zawk tur a ni. Chhiahhlawh pathum hnena talent pek tehkhin thu atang hian sumpai hi kan ta a ni lo va, Pathian ta a ni a, min kawltir mai zawk a ni; chuvangin, kan sum kawh chu a tha thei ang bera enkawl hi kan mawhphurhna a ni thung (Matthia25:14-30).

1. Sumpai enkawltuten kan hriat makmawhte :

(1) ***Sumpai pek chin loh tur*** : (*In sakna tur emawa Housing loan puk huam lovin*) Bible-ah chuan ‘puktu chu puktirtu chhiahhlawh a ni mai’ (Thuf. 22:7) tih kan hmu a; chuvang chuan; sum puk chu keini Kristian nute chuan kan ching tur a ni lo. Mi sum kan pek chuan min phuar tlata pek vat theih loh phei chuan inlaichinnate a tichhia a, kan nun a hrehawm a, phurrit takin min delh bet tlat reng a ni.

(2) ***Sumpai lak luh aia tam hman suh*** : Chhungkaw nu hi chhungkaw sumpai lak luh hre

vek tu i ni a; chuvang chuan, in lak luh milin nun tum ang che. In lak luh aia tam hman thin i nih chuan chhungkaw buaina zakhua, inngihghona leh inngeih lohna te, chhungkaw keh darhna thlengin a thlen thei.

(3) ***Thil a baa lei ching suh*** : A ba a thil lei chin hian rah tha lo tak a thlen thin, a hun taka pek leh a harsa a, zahna leh mi hmel eng hmu ngam lovin min siam thin. Thuf. 22:27-ah chuan, ‘pek tur i neih loh hlauh chuan i mutna khum chenin an laksak ang che’ tiin a sawi. Hemi awmzia chu kan leiba kan rulh theih loh chuan sum chang thei kan bungrua eng pawh, kan hahchawhlhna kan khum lamin,

tihna a ni.

(4) ***Mi thil awt suh*** : Awhna hian سوال min hruai fo. Chuvang chuan, kan neih theih loh tur awhna hian kan chhia leh tha hriatna hman thei lovin min siam thin. *I vengte in leh lo awt suh....eng mah i awt tur a ni lo'* (Ex. 20:17). Khawvel hi kan hlun lohna tur ram a ni a, eng mah hlun tur reng a awm lo (I Joh. 2:15).

(5) ***In chhungkaw sumpai dinhmun hre reng ang che*** : Thil i lei dawnin in sumpai dinhmun hre ranin lei thin ang che. Thawhlawm chi hrang hrang an khawnin emaw, damlo tlawh emaw, mi ral emawin i nihna lantir ngam ang che. Pathian pawhin a tam lam a en loh kha (Lk. 20:1-4).

(6) ***Sum khawl uar la, in sumpai lak luh zawng zawng hman vek suh*** : Kan sum lak luh a tlem emaw, a tam emaw hman zawh vek loh tur, tlem azawng talkhawlngeingeitur, tui mal farin tuifinriat a siam an tih angin, tlem te tea i lo khawl ker ker kha a lo tling khawm zel ang a, mamawh hunah mualpho lovinin awm thei ang a, hmasawna rahbi rahtirtu pawimawhah a tang thei ang.

(7) ***Thil phal rawh*** : Lak aiin pekin lukhawng a nei a, pek chu pun lehzualna tih a nih kha hre reng ang che (Thuf. 22:9; Mt. 25:34-40). Chuvang chuan, i phak ang tawkin mite tanpuitu nih tum ang che.

(8) ***Mahni inthunun rawh*** : Sum enkawl dan tha chu mahni in thununn tlat a ni. Christmas dawn a nih avanga pawk vak te, thil a tlawm leh man a nih vang maia lei tum lem loh lei thin te hi inthunun loh vang a ni.

(9) ***Tangka sum ngaina suh*** : Pathian aia sum leh pai dah chungnung zawk hirtingtute tih tur a ni lo. Tangka sum ngainat hi soal tingreng bul a ni tih Bible-ah kan hmu a (I Tim. 6:10), ringtute chu chung lama thil awmah te innghat tlata, leia thil awmah te ni lovin min lo ti a ni (Kolosa 3:1)

(10) I duh zawng leh awh zawng ni lovin i mamawh chauh lei thin ang che. Khawvela thil awm zawng zawng – mit chakna te damchhung ropuina lem te Pa-a chhuak a ni lo tih hriat reng thin a tul hle.

(11) ***I sumin Lalpa chawimawi ang che*** : Sawma pakhat pe ngei ngei ang che Pathian laka i bat a ni a, Lalpa chuan mal a

sawm ngei ngei dawn che a ni
(Thuf. 3:9-10; Mal. 3:6-12).

2. Krismas-a inrua-hman dan tur

Pathianin khawvel a hmangaih em em a, tichuan a fapa mal neih chhun a pe a; chu a fapa min pekna hun lawmawm tak chu keini Kristiante tan chuan ni ropui ber, mi tinina kan nghahhlelh em em a ni tih chu sawi nawn ngai lovin kan hre awm e. Chhung tinin he ni lo thlen tur hi kan ur lawk nasa theuh a, theihtawpin kan inbuatsaih thin. Thla dang zawng aiin ei leh in te, thawmhnaw te leh kan in leh lo pawh kan tifaian kan chei thar a, chu chuan sum hman

pawh nasa takin a tihautak thin. Thenkhat pheichuan mite tan eng nge ka tihsak ang tiin mite tanpuina hun remchangah an hmang bawh thin, chu pawh chu sum hmanna ni danga awm lo thin kha a ni. Kan ramah chuan sikul kal hi dan tlangpuin January-ah kan tan a December-ah Session a tawp thin; chuvang chuan, December thla hi sikul fee a double-a ppk thla a lo ni bawh nen, nu leh pa tam tak tan chuan lungngaihna leh rumna thla a ni fo reng a ni. Tichuan, Krismas lo thleng tur hlim taka hman a nih theih nan ruahmanna fel fai tak a bikin kan sumpai hman danah hian a ngai a ni.

(1) Kum tir atangin Krismas-a hman atan sum a hrana ruahman tur a ni, a hnuaia mi ang deuh hian –

S/N	Thla	Items				
		thilpek, ruaithehna	Ei/in	thawm- hnaw	naupang zirna, fee	midang tan
1.	January					
2.	February					
3.	March					
4.	April					
5.	May					
6.	June					
7.	July					
8.	August					
9.	September					
10.	October					
11.	November					
12.	December					
	Total					

Kan sum lak luh leh kan hman hau tak dan a inang lova chuvang chuan he lai awlah hian dah khat mai la, tui mal farin tuifinriat a siam an tih angin thla tin a tlem te te a i lo khawl ker ker khan Krismas hlim tak leh engthawl takin a hmantir thei dawn che a ni. A pawimawh ber Lalpa pawlna pawh tha zawkin i hmang thei dawn a ni.

2. Krismas hi mi te tana thil pek pekna remchang tak a nih avangin ringtute chuan mite tana thil pekna hun a tana hman a tha. Mi tu pawh hian Krismas present dawn hi chu nuam kan ti theuh baw a, a petu nih phei chu a hlimawm leh zual ngei ang. December thlaah chuan mi dangte tana i sum khawl hi eng emaw zat a lo ni tawh ang chutah i sum tling khawm azir chuan hetiang hian hma i la dawn nia –

- (a) Mi eng zat nge thilppk ppk i tum tichiang hmasa phawt rawh.
- (b) Mi pakhat tan eng zat nge sumpai sen i huam tih tichiang rawh le.
- (c) Mi Krismas present pek i tum zat leh i sumpai huam zat i tihchian hnu chuan i sum

khawla miin a daih chuan a tha, a lo daih lo hlauh a nih chuan Krismas thlaa in sum hman tur zawng zawng chhut chhuak la, a bang chu i hman turah chuan telh mai rawh.

- (d) Tunah chuan i sumpai neih zat leh thilpek i tum i hre chiang tawh a; i thilpek tumten an mamawh tur azirin i sum chu sem mai tawh ang che.

(3) A chung a mi ang khian budget i siam thei lo a nih pawhin Krismas hmingin i neih ang ang mi dangte tan pek tum ang che; te lua a awm lo - chhangfun khat, hmunphiah khat, dawl rep, artui, leh neih zâwng eng pawh. Thil pek tur eng mah i nei lo a nih pawhin i tha leh zung pawh tute tan emaw i hmang thei asin. Krismas thilpeka tan, in leh a vel tihfaisak, huan thlawhsak, buhthleisak leh theih ang apiang.

Lal Isua kan tan a inpekna ropuizia leh chumi avanga chatuana nunna kawng min hawnsak hi hre rengin Krismas a lo thlen hian engtin emaw tal a mite tanpuia thil tha pakhat tal tih nan i hmang ang u khai!

**RESTAURANT, THINGPUI DAWR, HOTEL VAWN
THIANGHLIM
(Chhunzawmna)**

*Rev. Dr. Vanlalnghaka
Shillong*

1. Thuhmahruai : Zin veivakte tan kawng sir chaw leh thingpui ilo zawrhna hi a hlu hle mai. Chung chu Mizo chuan Hotel te kan ti mai a, riah theihna or mikhual thlenna awm chiah lo mah se. Ni tinin mi tam takin Hotel kan tih mai chaw dawr/thingpui dawrah te chuan ei leh in tur kan lam lo thei lo va. Mahse, tun hnaiiah hian chung kan Hotel ei leh in tur an siamte chu duh thu an sam lo hle tih hriat a ni. Ei tur an siam dan leh eng ang nge an siam chu sawi ta rih lo ila. Ei tur an rawn chhawp chhuah dan leh ei bang an sawngbawl dan a thianghlim tawk lo hle mai tih a chiang. *Entir nan* –

(1) Chawhmeh, a bikin tlak emaw, bai emaw (*a hawpa hawp chi te*) bowl (khuhhriang) lian puiah an rawn chhawp a, inhawp rawn luai luai turin. Chhungkhat emaw, thianzaho te nih chuan a zia zia a la awm. Bus or Sumo passenger te dawhkan khata an thut avang maia, a hmaa inhre sa pawh ni hlei lo, inhawp tawp tura suahsak ringawt te hi a tih chi loh. Tin, thian zaho tan pawh inhawp tawp chu a fel lo hrim hrim. A hrisel lovin a tenawm a ni.

(2) Chu achhapah hawp bang paih lovin a bel puiah an

chhung lut leh mai a. A hnua chaw rawn ei turte an suah leh mai thin a lo ni. Tun hma chuan ei bang chu an paih loh leh vawk chaw atan an khawl mai thin a. Mahse, hmun tam takah a lo ni ta hauh lo. Ei bang chu Vai (Non Mizo)-in "Jutha" an ti mai a, mi dang pek leh a thiang lo. Mi tin bowl tein an ei khawp chhawpa an duh belh leh suah belh leh mai tur. Hotel neitu tan chutiang bowl te lei chu thil harsa a ni lo, a sil leh seng hawi kan peih lo a nih ngawt loh chuan. Sap ramah te chuan Hotel emaw, Restaurant emawah ei tur lo order ta ila, rawn keng mek

sela, duh leh lo ila, a dang kan order pawhin a hmaa mi man ka pek tho a tul. Kan la khawih miah lo kha an la let leh ang a, mahse, an paih nghal a tul. Chutiang lak let chu ui chaw atan pawh a thiang lo, danin a khap tlat. Chutiang khawpa mi an fimkhur laia mi hawp rawn luai luai, mi tam tak chil an sem kual tawhna belah chhun luh leha mi dang ei tura suah leh chu a thiang lo. A ti thinte kan sawisel ngam lo dawn em ni ang? Hrem an phu zawk asin. *"Tun hma chuan Aizawl - Shillong kawng dunga Vai hotel-ah chaw kan ei duh ngai lo, tunah erawh chuan vai dawr ka zawng hram hram a. Mizoram chhungah pawh Bualpui Gorkhali dawr ka pan hram hram ta zawk"* ti an tam ta. Kristian Mizoten kan testimony kan hloh dawn em ni ang?

- (3) Tin, thleng leh no vel an silna hmun leh chawhtawlh (*thleng an silna*) leh an tui hman leh an hruk hulna pawnc hhe thianghlim lo tak mai han en hian chaw ei mi tichak lo zual thin. Tin, dawhkan an hru fai

tawk lo. Pawnc hhe huh zawngin an hru ngei a, sahbawn nen tui fima ngunthluka hruk a khat a ni ang, a thang thin em mai.

- (4) Chhang te pawh ei sen loh an chhawp chhuak a, thovin a bawm a, ei sen loh an dah kir a, mi dang la chhawp lehah. Ei duh chin order-a chutiang chhawp mai tur. Tin, hnam dang pakhat sawi kan hriatah chuan Mizo thingpui dawrah nupa pkhatin a sahdah hmuam lai a kutin a ka atangin a'n sawk chhuak a, a kut sil leh si lovin chhang chhawp tur kha a ham leh ta bawrh bawrh mai a. Ei harsa a tihzia a sawi nasa mai. Ka chung kan khawihin mi ei tur kan pek dawnin kut sil leh ziah ngei ngei tur a ni.

2. Thil pawimawh chhin-chhiah tur : Tui in tur hi tun hma atang khan chhuan so tur tih a ni thin a. Minute 5 leh 10 inkar tal chhuan so ni se doctor-ten an ti thin a. Tunah pheii chuan minute 20 tal te an la ti ta deuh deuh. Sa thing hi ngun tak leh rei tawh chhuan so loh chuan ei loh tur. So Chiang lova ei chu a dai aiin a hlauhawm zawk. Sa thing chhuan

lum pulh chauh chu natna hrik lo awm sa nasa taka tihpunna tha taka ni mai. Sa thing ei sual kan tih pawh hi chhuan so that tawh loh vang a ni thin. Mizote hian bai siam nan Soda kan hmang thin a. Soda hian bai a titui em em a, mahse, thlaia vitamins B chi reng reng hi a tichhe deuh vek a ni an ti. Heng vai vitamins B chi hrang hrang te hi kan taksaa natna lo dotu atan an pawimawh em em a. Bai kan ei ngun viaua, thlai chhum emaw, kan emaw kan ei khat viau chuan kan hrisel loh phah thei a ni tih hriat a pawimawh.

Tin, Agape Chanchinbuah pawh kan hmuh kha, Saum leh Soda kan hman pawlh thin hi thil hlauhawm tak a ni tih kan chhiar theuh ang. Sahbawn (detergent) chi reng reng hi Soda leh thau (fat)-a siam a ni tih kan hriat pawh a pawimawh hle. Chuvang chuan, thil hrisel vak chu a ni lo tih hriat chian a pawimawh. Ei leh in buatsaih thianghlim tawh loh avanga natna inkai chhawn theih thenkhat hriat chian te : Hepatitis chi hrang hrang te, kawthalo, santen benvawn, TB, khuh leh awmna, hritlang, rulhut chi hrang hrang te, typhoid, etc.

3. Kawtlai leh vantlang kawng vawnfai : La kal ngai miah lohna khua han lut ila, kawng (P.W.D. kawngpui leh a dangte) a lo khawkrawka vaivut a khuk chum chum chuan ngaih dan kan nei nghal mai a. Khawlai leh kawng kamte a tawphnawk hle chuan a khaw mite kan hmusit nghal mai.

Hman deuh tawh khan Kohima-ah Mizo tlangval University zirlai ka hruai a, chutih lai chuan an khawlai leh kawng sirakte bawhlhlawh a lo vum thur mai a, a then laiah a darh nuai bawh a. Chu tlangval chuan, *"Pu Nghak, tun hma chuan Naga nula leh tlangval Shillong-a nalh taka incheite khu ka lo ngaisang viau thin a. Mahse, an khawpui an vawng tawp em mai. Ka ngaisang thei tawh lo, an inchei nasat poh leh ka hmusit zual mai,"* a ti ta mai a. Kan khawlaite leh kan vantlang kawngte hi kan vaia ta, kan intawm, a Mizoram lai taka chu a ni. Mi mal in chu mi mal in a ni. Kan intawm tlan ber chu vantlang thilte hi a ni. Mahni compound leh in chung tifai chu kan thiam tan viau. Mahse, mahni in chung leh compound tawphnawk

vantlang kawngpuia theh chhuah mai ching kan la tam mai. Aizawla Chawlhni zinga ka len vah vel changin chutianga mahni in chhung bawlhhlawh a paihnaa paih lova vantlang kawng leh kawr leh thenawmte in lama theh darh ru zauh ka hmu fo mai.

Kan tuihawk luan kawrte pawh tui luang thei lo leka hnawmhnawk tinrenga kan hnawh khah a tam mai. Kan tuihawk luan kawrte hi bawlhhlawk paih nan a ni lo tih i hria ang u. Thingtlang khaw thenkhatah ran khuahkhirh loh avangin khawlai ran eka khat tlat a awm an ti. Nilai zan thupui 2009 ziaktu Rev. Dr. R. Lalbiakmawia pawhin a ziah kha *"Vawkek helna lamah Bawng ek kan dai"* tihna khuate a la awm a nih chu.

Shillong Pastor Rev. F. Lalhmingthanga sawi chu khaw pakhat Chhiahtlang chuan ran an khuahkhirh a, khawlai an vawn fai hnuah an hriselnain a that phah nasa. Khaw thenawm Serchhip Damdawi ina inzawn chuk chuk a reh phah tih a sawi. Fai hi a mawi a, a hrisel. Khaw dang pakhat leh chu ran khuahkhirh duh lo rei ber pawl an ni a.

Mahse a thatzia an han hriat chian hnu chuan hmasawn leh fai leh thianghlim duhna rilru nen Vanbawng khua pawhin ran an khuahkhirh ve ta tih thu te a sawi a, a ropui hle mai.

Tin, vantlang kawng tichep leh titawp zawngin tu man mahni thil, in sakna bungrua a ni emaw, sumdawanna thil a ni emaw, dah hnawk loh tur, rei lo te atan a nih pawhin senghawi fel vat ni se. Mi chhia aiin mi hausain hnawmhnawk an ngah zawk ziah, a paih bona tur motor leh remchang pawh an ngah zawk bawk. Kan khawlai fai leh thianghlim hi khawvel hnenah Kristian tak kan nih puanzar nan testimony- ah i hmang ang.

Tin, biak in, school leh vantlang hall-te pawh uluk leh fai taka enkawl tlan theih ni se. Kan mawhphurhna theuh a ni tih hriat chian a pawimawh. Mizo pun khawmnaah reng reng chuan (chhiatni/thatni a ni emaw) sikret bung leh tuibur pikna hnuhma bangah leh chhuahah te hmuh tur a tam thei hle. Mi pangpar chinna leh thlai chinna hmunah te chil chhak, khak chhak leh hnap hnip hi tih hauh loh tur a ni. Kuhva eina chhak sen diai duai te hi kan

Khasi unaute pawh hian an ching khawp mai, thil danga an fai angreng nen an tawp ruk vena lai tak a ni. Keini pawhin kan ching ve ta hle, i sim vat ang u.

Kan biak in chhung hi kan zah tur a ni a. Thawhtan zingah Tv. Ziona'n biak in a tifaiin bawhlhlawh phiah chhuah tur a tamzia a sawi chamchi a. Chung a bawhlhlawh phiah zingah chuan sweet kawr, kwai (kuhva) eina hnuhma leh sahdah hmuamna a tam thin, a ti. Kan Pathian biak in ber pawh kan zah loh chuan thil zahthlak tak a ni. Kan fate, thalaite kan zirtir ngun a pawimawh em em a ni.

Vantlang ek in leh zun in : Vantlang ek leh zun in hi kan nei tha tawk lovin kan nei tam tawk lo hle mai. Kawng sira a hmei a pa zung ngawt mai hmuh tur khaw chhungah an awm fo mai hi kawng tinrenga kan la hniamzia tilangtu chiang ber pakhat a ni. Hnam mawl chhinchhiaha tha tak pakhat chu zun leh ek an thlahdah hi a ni. Zun in hi chu khaw tam takah kan nei ve ta nial a. Ek in tak hi chu kan nei lo achha a ni. Hei hi chu sawrkar mawh a ni viau mai. He

lam kawngah hmasawn a tulzia hotuten hria sela a lawmawm ngawt ang. Kan vantlang ek in leh zun in nei chhun te buaithlakzia chu kan hre theuh awm e. Ek in chu ekna rual a ni lo. Ke nghahna lai tur pawh a awm lo. Zun in lah ekin a khat emaw tih mai tur a ni. Zun in chhunga lut duh lova pawn atanga zung mai, kalna tur laia zung kaw zui te pawh kan la tam a nia.

Tin, hmun thenkhata zun in te chu a hniam lutuk a. A vela in, zun in lam hawia tukverh hawn, a awm fo lehngal a. Ralmuanga zun ngamna chi pawh a ni lo. Tin, Aizawla kawng dunga veng thenkhatin zun in an lo siam pawh kawngkhar nei lo, kawnga kalten an hmuh theih a ni tlangpui. Kawnga kalte hmuh theih loh tura a hliahna tur siam a tha khawp mai. Ram changchangah chuan mipain hmeichhia; tin, hmeichhiain mipa zung lai hmuh a thianga lo. Damdawia inchiu chingte avangin kawngkhar emaw a hliahna an siam ngam loh thu an sawi fo. Mahse, inchiu chingte hian vantlang zun in lo hmun dang an hmu leh tho tho.

Hriat zau nan:

KRISMAS CARD

Rev. Lalngthinglova

London khawpuiah, England lalber, Queen Victoria leh a pasal Albert-a te chuan, German lal fapaten thil hlui vawn thatna (museum) an din kha, a enkawltu hotu ber atan Sir. Henry Cole-a an ruat thar a, hemi kum hi 1843 a ni a.

Cole-a hian Krismas laia lehkhathawn ziaak a peih vel loh avangin, lemziak thiam tak John Horseley-a chu Krismas hun hi hlimna leh mite tana inpek hun a nihzia entir thei lemziak tha tak siam a, cards siam chhuak turin thu a pe a. Lemziak dan chi khat an tihchhuah phah ta a ni.

Hemi hnu kum 30-ah d^ka thil inthawn dan an hmuchhuak a. German mi pem thar, Louis Prang-a chuan American-ho tan Krismas Card

siamna hmunpui industry a din ta bawk a. Krismas Card chu wawi khata rawng chi hrang 17 nei an chhu chhuak thei ta a. Krismas lai hi lunglen hun, rilru no hun a nih avangin miten thiante hnena thil mawi an thawn duh hun a nih avangin miin an duh hle a; lung tileng lam aiin hlimna a entir zawk; rawng ti chhiai chhuai lam erawh chu rin aiin miin an duh lo zawk. Hetih hun lai hian Santa Claus lem chuan mite duh a hlawh zawk an ti.

KRISMAS THING (*Christmas Tree*)

Krismas hun laia mahni in leh a bel emaw cheimawi nana an hman thin thing hi, hmanlaia an chin tan atangin Far thing hi an hman ber a. Far thing an hmanna chhan pawh thing hnah

tlakawlh lo, ‘Hring reng’ an tih ang hi a nih vanga hman deuh kher an ni. Hebrai-ho te, China-ho te, Aigupta-hoten **‘thing hring reng’** an tih ang chi hi *Chatuan nunna entir nan an hman vanga ni*, an tih chu. Chu lovah chuan Europe ram hnman thenkhatten hetiang thing hi

pathiannah an lo biak thin vang a ni an ti bawk. Kristian an lo nih hnuah pawh, *'Thing hring reng'* an tih ang hi an in cheimawi nan an hmang zui zel a; Scandianavian-ho hi an ni zual an ti.

Heti ang himna hun, Kristian hun angah tea in chei mawi nan an hman chhan pakhat nia an sawi chu, ramhuai hnawh bo nan an tih vang niin an sawi bawk. Chu lovah chuan hetia thing hman hi an hnam dan a nih bawk vang nia sawi a ni.

German-ho chuan Yule thing hian kawt lai emaw, in chhung emaw chei mawi hi thlasik chawlh laia tih thin dan a ni ve reng bawk.

Tunlaia Krismas thing an chhawm tak zel hi German ram khawthlang lama an chin chhuah a ni a. Kum laihawl an tih hun atang khan, lemchana Paradis hun lai entir nan Far thinga Apple thei khai thliah thliah hi an hmang niin an sawi. Chumi zul zui chuan German-ho chuan, Krismas hun lai hian an in chhungah Eden huan

lem, Far thing Apple khaiin an siam thin. December 24 hi Evi leh Adam tana ruai theh hun niah an ngai bawk a ni awm e.

Chutianga thil lo kal zel intihhmuh chuan tunlaia keini Zoram Kristiante pawh hian Krismas hunah chuan Krismas thing kha han siam ve a. Aizawlah phei chuan Far thing kan hmang ta hlawm a. Bazarah, sumdawn nan, America ram ang maiin, kan hmang nasa sawt hle a nih ve tak hi. A enga pawh chu lo ni se, *"Remna Lal, khawvel Chhandamtu"* piang kan lawm a ni a, a hlilmawmin a nuam reng a ni.

Sawi tawh angin Krismas Thing tih hi kum zabi 16 laia tih tan vela ni a. Kum zabi 18 laiin German rama Lutheran Kohhranho zingah chuan tih dan phungah an hmang tawh a. Kum zabi 19-na hun lai hawl velah England-ah Krismas Thing tia viahin an lo hmang nasa tawh hle a ni.

Ei Siam dan:**WHITE CHRISTMAS PIE**

- Malsawmi,
Mission Vengthlang

1. Mamawhte (ingredients)

- Vanilla extract-3/4 thirfiante;
- Heavy whipping cream- no 1/2;
- Artui (*a chhungmu tello*) - 3;
- Pie crust, baked - 1 (*9 inch*);
- Bawnghnute-no 1 1/2;
- Package unflavored gelatin - 1 (.25 ounce)
- Chhangphut (*engah pawh hman chi*) - 4 thirfiante
- Cream (*thenkhat chuan tartar cream an hmang*)-1/4 thirfiante
- Chini -1 no
- Tui vawt-1/4 no
- Coconut dip-2 thirfiante
- Chi- fiante chanve
- Coconut dip-1 no

2. Siam dan

- (1) Gelatin hi tui vawtah tih nem tur.
- (2) Chini no chanve, chhangphut leh chi thirbelah chawhpawlh ni se. Bawnghnutein muangchangin chawh tur. Mei sa vak lovah chhuan ani ang a, a so hma chu chawh tur a ni. Minute i sotir hnuah stove atangin i suan ang a, tichuan bel lian zawkah i sawn ang. Gelatin tihnem tawh khan i chawh tur a ni. Alo insiam (set) chhoh tan khan mam taka a awm hma chu mixerin i ang a. Hemi zawh hian vanilla leh coconut dip no-1 i pawlh leh ang.
- (3) Cream hi a lo khal (*stiff*) hma chu chawh tur a ni. Muangchangin coconut mixture-ah i pawlh leh ang.
- (4) Bel (*bowl*) fai takah artui chhungmu tel lovin phuan takin i chawh ang a. Tichuan, cream (*tartar cream*) leh chini no chanve nen i chawhpawlh tur a ni. Artui (*var lai*) kha a chung a lo khalh deuh alh thlengin i chawh tur a ni. Coconut mixture-ah i pawlh leh tur a ni. Hetia i tih zawh hnu hian a hmin thleng i ur tawh ang. A chungah coconut dip phul lehin darker hnih chhung i dah dai tur a ni.

HRIAT ATAN

1. **Zin Report**

- (1) ***Republic Bial*** : October 18, 2010 khan Republic Bial huapin, Republic Kohhranah Leadership Training leh Kristian Chhungkaw Campaign neihah Pi Lalrinkimi, Gen. Secretary, Pi Lalnuntluangi leh Pi Vanlalmuani, Central Committee Member-te an kal a, hun tha tak leh tluang takin an hman.
 - (2) ***Tanhril Bial – Buhfaitham Centenary Lawmna*** : Oct. 15, 2010 khan Tanhril Bial, Ramrikawn Kohhranah Buhfaitham Centenary lawmna hun hmanpuin Pi Lalthansangi Fanai, Asst. Secretary leh Pi Malsawmtluangi, Committee member-te an kal a, hun hlimawm tak an hman.
 - (3) ***NEICCWA Working Committee*** : Pi Zomuani, President, NEICCWA chu Working Committee neiin November 1, 2010 khan Shillong-ah an thukhawm a, thu pawimawh tak tak an ngaihtuah.
- 2. Synod Office building thar hawn a ni** : Nov. 11, 2020 dar 2:00 p.m. khan Synod Office Building thar hlanna inkhawm neiha ni a. Synod Moderator, Rev. C. Chawnglian Pathian hnenah a hlan.

Synod Office Building thar hlanna inkhawmah hian mi sawm te mi 750 vel lai an kal thei a, a lawmawm hle. A chhawng awm zat hi Mizo pa chhiar danin chhawng ruk lai a ni a. Kohhranhoten hetiang building tha leh ropui tak kan din thei hi Pathian khawngaihna a ni a, Pathian hnenah lawmthu i sawi ang u.

3. Kumin chhunga Synod hnuaia thawktu missionary-te tana Agape Chanchinbu laksaktu zawng zawngte hnenah a tharin Agape Editorial Board chuan lawmthu a sawi leh a. Kum thar lo awm turah hian a pangngaia in laksak leh ngei kan beisei tlat a ni.

2009-2011 INKHAWMPUI LIAN HRUAITUTE

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

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- | | |
|--------------------------|---------------------------|
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| 2. Pi Lalhlimpuii | 18. Pi Biakengi |
| 3. Pi Vanlaltluangi | 19. Pi Vanlalmuani |
| 4. Pi Lalthanmawii Sailo | 20. Pi Liankimi |
| 5. Pi Haumawii | 21. Pi Laldawnkimi |
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| 16. Pi Raldochhungi | <i>Asst. Co-ordinator</i> |

Ex-Officio Member-te

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

KOHRAN HMEICHHIA

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

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

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Hlimna Tluantling:
Kan hlimna leh kan lungngaihna thlentu ber chu kan rilru put hmang a ni. Pawn lam thil leh harsatnate hian kan duh miao loh chuan min tilungngai ngawt thei lo. Rilru hrisel leh ni tin nuna nun zangkhai neih dan kawng 115 tar lanna bu, K.C. Lalmalsawmzauva buatsaih Rs. 40 man hi chhiar la, i remtihna tel lova tu man an tihhlim loh theih loh dan che i hria ang.

Hlimna Thuruk : Kum 1965, 1969, 1979 leh 1990-a a ziaktu, Upa Dr. L.N. Tluanga'n a lo chhuah tawh, mite'n an duh em em thin kha an inneih Golden Jubilee pualin an chhuah nawn thei leh ta hlauh mai. Tlu leh thin Kristiante tan mamawh chhanna lehkhabu a ni e. A man Rs. 50/-

No

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i la pe lo niin a larga, i rawn pek theih chuan a lawmawm hle ang.*

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