

# AGAPE

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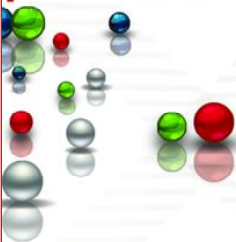
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**PWF Biennial Conference vawi 14-na  
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*phek 22-na*



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*Editorial*

Kristiantena kan nghahhlelh em em Khawvel chhandamtu lo pian hun champha chu Pathian hruainain kan lo thleng leh ta der mai. Ringtute tan chuan hun hlu leh ropui, a te ber atanga a lian ber thlenga kan hlim hun, nang leh kei avanga Vanlalfa ranthlenga lo piang kan thinlungin a hriatrengna hun a ni a, kan tan a va hlu em! Amah chu lalte Lal, hotute Hotu, Chungnungbera fapa a ni si a; chu mi ngei chuan thihna thim hnuaia thute min chhanchhuah nan ranthleng arawn thlang a, kan mihrinzia chhui chhuakin, thing anchhedawng leh thlan thim paltlang veka tlanna hna minrawn thawhsak hlutzia hi sawi chhuah zawh rual a ni lo. Hla siamtu chuan, Ranthleng leh Thinganchhedawng leh Vana Lallukhum a inzawm, Lei Eden leh Salem thar nen" a lo ti a. Lal Isua lo pianna hian nun ril a fan a, Khawvel a nghawr nghing a, ringtute nun a kai tho thin.

Kohhran thenkhat chuan Krismas Ni leh a vuakvet hi a rei loh em avangin Lal Isua pian lawmna hla tha tak takte hi October thla tir atangin Biak Inah an sa tan thin a, Lal piang chibai buk tura inbuatsaih nan a tha a, chin uar zel pawh a tha hle awm e. Krismas hla sak kham zo lote tan pawh thla 2/3 hma lam atanga lo sak tan chuan lung a awiin duh tawka chhandamtu fak chu a manhla hle ang. Chutih rualin Krismas hman dan leh nghahhlelh dan chi hrang hrang pawh a awm thei awm e, a tlanglawn berah chuan kan fate tan kawr mawi leh thil hrang hrang neihthinglung khawngin kan leisak a, puitling pawhin eng emaw tal neih kan tum a, Lal thar chibai bukna a ni a, a lawmawm e, amaherawhchu kan lawm ber Lal lo piang hi kan hrechang lovang tih a hlauhawm hle. kan hman chhan te, Lal lo piang hlutzia te hi uluk takin kan fate i hrilh thin ang u. Nula/ tlangval pawhin hmuah dan chi dang deuh te pawhin an lo hmuak thei e, hawh u, Lal chibai buk dan dik taka kan buk tlan theih nan tih tak zet leh urhsun takin i inbuatsaih ang u, He lal thar hi mi namai a ni lo va, Lei leh van Lalber a ni si a.

*Kristian Chhungkua*

## CHHUNGKAW ṬHA - HNAM DAMNA (Bible chang: Josua 24:14,15; II Tim. 1:3-5)

- Rev. R. Lalthlengliana  
Hailakandi, Assam

Chhungkua tih hi kawng tam takin a hrilhfhiah theih awm e. Sociologist te, Anthropologist te chuan chhungkua hi chi hrang hrangin an ṭhen a. Patriarchal family, Matriarchal family tih tein kawng tam takin an ṭhen a ni. Chhungkaw din nana inneihna pawh hi kawng hrang hrangin an ṭhen leh a. Monogamy, Polygamy, Polygyny etc. ti tein ṭhen a ni bawk. Chhungkua chu 'Group khat emaw pawl khat emaw chuta nu leh pate leh an fate awmna' tiin a hrilhfhiah theih ang a. 'Pawl khat, inneihna vang emaw, thisena inlaichinna neih vanga awm khawm' tite pawhin a hrilhfhiah theih awm e. Chhungkua hi Nuclear family leh Joint family titein ṭhen a ni bawk. Bible zirtirna aṭang chuan chhungkua chu Pathian din, Pathiana inngat, Pathianin amah chawimawi tura a din a ni.

**1. Isua chen duhna - chhungkaw ṭha:** hmu a, "Pasalte u, in nupuite hmangaih rawh u, Kristan kohhranho a hmangaiha, an aia mahni a inpe ang khan." Chhungkaw ṭha chu u, Kristan kohhranho a hmangaiha, an aia mahni a inpe ang khan." He lai thu hi a pawimawh hle mai. Thi khawp hial leh mahni nun chan ngam khawpin nupuite hmangaih tur a ni tihna a ni. Chutiang

bawk chuan nupuite chuan an pasalte chu an zah ang a, Sarin Abrahama 'ka lalpa' a tih ang khan. Chutiang nunah chuan inthen phah khawpa intih thiam lohna a chhuak tak tak thei hauh lo.

**2. Pa mawhpurhna:** Chhungkuaah chuan pa an pawimawh hle mai. Juda culture-ah chuan pa hi an dah pawimawh em em a, chhungkaw hotu leh thuneitu ber a ni. Thuthlung Hlui hunah chuan school pangngai a awm lo va; chuvangin, naupang chu a la tet deuh lai chuan nuin a theih ang angin fate chu sakhaw zirtirna a pe thin a. Naupang an lo leikan deuh hnu chuan Pathian thu zirtirna tak takah chuan pain mawh a la thin. Uluk takin Juda pa chuan Kalhlen Kut awmzia te, an kut chi hrang hrangin an hnam nuna awmzia a neih dan

te, Pathianin an hnam Aigupta ram atanga ropui taka a hruai chhuah dan te, Tuipui Sen ropui taka Pathianin a hruai kai dante a hrilh a, Pathianin an hnam nena thuthlung a siam dante a zirtir thin a ni. Naupang kum li a lo tlin chuan Juda-te tawngtaina pui ber Shema chu zirtir a ni thin. Mosia dante uluk takin an zirtir thin bawk.

Pa ber dinhmun chu Juda chhungkuaah a pawimawh hle a, hei hi kan entawn atan a tha ngawt mai. Kan fate lehkha zirna chu kan ngaihsak khawp mai. An zirlai an thiam loh hlauvin tuition kan laksak a, theihtawp kan chhuahpui thin. amaherawhchu, an thlarau chhandamna erawh chu kan ngaihsakpui leh hauh si lo. An zirlai an thiam loh leh an hriat loh kan hlauh theih tehreng nen,

Lal Isua chhandamna hnathawh ropuizia te, kan tan a hlutzia te erawh chu an hre lo vang tih kan hlau vak lo. A mak ngawt mai.

Chhungkuaa h chuan pain awmzia a nei tur a ni. Hmeichhiain a lu mipa a zah loh chuan chhungkuaa a fel thei reng reng lo. Patling, Pathian thu ngaihsak hauh lo, an lu Krista zawm lo, patling lu bul an tam lutuk hi kan ram thanmawhbawh pakhat chu a ni. Chhungkuaa pa nih inhre em em, nupui fanaute vin khur khur mai, fate kawng dik kawhhmuh ngaihna hre miah si lo, Pathian thua fate zirtir ngaihna hre miah bawh lo pa kan nih chuan kan inen fiah hle a ngai ang. Chhungkaw tha, Pathian chenna chhungkuaah chuan pain in chhungah awmze neiin thu a nei a, puitling tak leh fel fai takin chhungkuaa a

kilkawi thin. Nu chu pain a hmangaih a, an fate pawhin an nu chu pain a hmangaih a ni tih an hre thin.

### 3. Nu mawhpurhna:

Nu chuan chhungkuaah pawimawhna a nei lian hle a, hei hi nu tam takin an hre lo fo va, a pawihle a ni. Naupangte chu pa bulah aiin nu bulah an awm tam zawk a, nu zia leh rilru pawh naupang chuan an la tam zawk fo thin. D.L. Moody-a chuan, "Ka nu ang hi khawvela mi zawng zawngte nu ni sela, tan in (Jail) siam a ngai lo vang," a lo ti a ni. Hei hian nu pawimawhzia a tilang fiah tha hle awme. Napoleon-a chuan, "France ramin a mamawh ber chu nu tha a ni," a lo ti bawh a. Amah vek hian, "Nu tha tak min pe ula, ram nuam tak ka siamsak ang che u," a ti bawh. Nasa taka tawngtai thin nu, theihtawp chhuaha

fate Pathian thua kaihruai thin nu chu Pathianin a hlawhchhamtir dawn hauh lo a ni.

Nu tha chuan fa tha a nei mai a ni. US President hmasa ber George Washington-a chu a nuin uluk takin a naupan lai aʔangin Pathian thu a zirtir a, Bible a zirtir ngun em em a, rinawmna leh taihmakna a thanlenpui a, US President ropui tak a lo ni ta. Hei hian nu thate hlutna a tarlang chiang em em a ni.

**4. Fa enkawl uluk a pawimawh:** Naupangte hi Psychologist-te chuan hlum ban nem tak angin an tehkhin thin a. Bel vawtuin hlum ban, a duh leh belah te, fianah te a siam ang chiah hi a ni a. Psychologist-te chuan naupang chu kum 10 a lo tlin chuan a dam chhunga a mizia tur tlangpui a insiam hman der tawh a ni an ti.

Chuvangin, naupang chu an lo puitlina an awm dan tur atana kan duh chu hetih hun lai hian zirtir ngei ngei tur a ni. Hei hi Roman Catholic Kohhran chuan an hre chiang em em a, "Naupang chu a pian tirh aʔangin kum 10 a nih thlengin min enkawltir ula, a bak chu an duh duh i tihzir dawn nia," an ti hmiah mai. Chhungkaw thaah reng reng chuan naupangten ngaihsak an hlawh a, enkawlna tha an dawng thin.

**5. Chhungkaw tha belhkhawm - hnam damna:** Society chu chhungkaw tam tak infin khawmin a siam a ni a. Chhungkaw tha a awm hmasak loh chuan society tha a awm ringawt thei lo. Hei hi kan hriat a tul hlein a lang tlat mai. Rev. Dr. Kenneth Chaffin-a chuan, "Chhungkua ber a fuh tawh loh chuan khawvela

eng pawl mah hi a fuh thei tawh lo reng reng," tiin a lo sawi a. Hei hi a dik hle a ni. Mizoramah fa enkawl kan hlamchhiah a, chhungkua kan ngai pawimawh tawh lo va, a rah kan seng tan ta mek a ni. Kan hnam innghahna lungphum (foundation) chu chhungkua hi a ni a, chhungkua kan ngaihthah chuan kan hnam innghahna lungphum a nghing tihna a ni. A foundation ber a nghin tawh chuan kan ropui lo khawp ang le. Chhungkua kan enkawl uluk a, Pathian thu ang zela nu leh paten chhungkua kan kaihhruai phawt chuan kan ram leh hnam hi a lo

ropui tial tial ang a, Pathian malsawmna kan dawng nasa tial tial ang a, ring lo miten Pathian ropuizia an lo hmu dawn a ni.

Chhungkaw thaah chuan chhungkaw member-te an inhmangaih a, an tanngtaiho tam a, chu an tanngtaihona chuan nghet takin chhungkua a phuar khawm thin a lo ni. An zingah Lal Isua a cheng thin. Chutiang chhungkua chu kan ni em tih i inchhut thin ang u. Kan ram leh hnam hi lo ding chhuak se, lo ropui se kan tih chuan ram leh hnam innghahna lungphum, chhungkua ngai pawimawh ila, kan ram leh hnam a lo dam dawn a ni.



**Pathian chettir dan :** Bible for China Ministry chuan leh khabu ngaihnawm leh rilru khawih tak mai chu an tichhuak leh ta. He leh khabu ahian Pathian thu avangati nduh dah tuartute tawh na leh Pathian hnathawh ropui tak hmutute hmuh dan leh tawh dan tarlan a ni. Aman ₹50/- a ni. Synod Bookroom hrang hrangah te lei thei hin a awm e.



*Sermon*

**FAPA PEKIN KAN AWM TA**

*Rev. Thangzauva  
Moderator  
Mizoram Synod*

*“Kan tan naupang a lo piang a, Fapa pekin kan awm ta” (Isa. 9:6)*

**Thuhmahruai**

Khawvelah hian chanchin lawmawm leh lungngaihthlak hriat tur a awm reng a. Thihna leh chhiatna rapthlâk lo thleng hriatin rilru a tihrehawm angin, chanchin lawmawm hriat chuan nun a tihlim thin. Chanchin lawmawmah pawh khawvel tana Pathian Fapa Isua Krista pêka awm thu aia chanchin lawmawm zawk a awm thei lo vang. He fapa pek hi dil vanga pek pawh a ni lova, khawngaihna thilpek a ni a, phu loh khawngaihna a nih avangin a hlu zual. Fapa satliah mai pawh a ni lo va, Pathian Fapa, khawvel chhandamtu a ni.

**1. Fapa pek hi hrilhlawkna thu thlen dikna a ni**

Hman kum lawk khan Japan ram lalber chuan fapa a nei a, khawvelin a lawmpui hle. Tu hrilhlawk emaw, puan lawk emaw, hmuh lawk emaw a ni lo. Amaherawhchu, Isua Krista, Pathian fapa lo

piang tura erawh hi chu zawlneiten thlarau mita lo hmu lawkin, a pian hma daihin an lo hrilh lawk a. Chu chuan Pathian chatuan thil tum a nihzia pawh a tilang. Zawlnei Balaama chuan, “Jacoba aţangin arsi a lo chhuak ang a, Israela aţangin lal tiang a lo chhuak ang,” tiin a sawi a

(Num. 24:17). Zawlnei Mika phei chuan Bethlehem ata lo chhuak tur a nih thu leh, Pathian chatuan thil tum ang hialin a sawi (Mika 5:2). Zawlnei Zakaria chuan lal a la nih tur thu pawh a sawi chhuak (Zak 9:9). Zawlneite hrilhlawk hi Isua Kristaah a takin a lo thleng dik ta ngei a, Zawlnei dik leh dik lo chhinchhiahna Chiang tak chu – an thu hrilh lawk a thlen dik kim leh kim lovah a innghat.

Zawlneite ang bawh hian Vantirhkohte pawhin Marin Fapa a hrin tur thu hi an lo puang lawk a (Lk. 1:30, 35). Pathian thu chhuak reng reng thil tithei lovin a awm lovang tia an lo sawi hi a dik hle a ni (Lk. 1:37 cf. Isa. 55:11).

## 2. Fapa lo pianga chu Chhandamtu a ni

‘Joshua’ tih leh ‘Isua’ tih hi a awmzia a

thuhmun a, ‘Chhandamtu’ tihna ve ve a ni. Fapa lo pianga chu Chhandamtu a ni a. Mi zawng zawng hnena chhandamna thlentur tur a ni. Davida khua Bethlehem-ah lo piangin, a hmingah pawh, ‘Lal Krista’ tiin Luka chuan a sawi nghe nghe (Lk. 2:11). Van leh khawvel inkara remna palai hna thawk a, remna siamtu tur a ni a, mi tin ta tur a ni. Amah Pathian Fapa chauh lo hi chu tu fapa mah, mi tin ta tura piang an la awm ngai lo. Chumi avang tak chuan Fapa lo pianga hi mi tin tana Chanchin Ṭha leh lawmtlâk em em a nihna chu a ni.

Chu Pathian Fapa lo pianga chuan eng lakah nge min chhandam?

(1) Chatuan thihna lakah min chhandam. Thihna - Seol nena thu lo thlung tawh, nihna sual bawha tang zawng zawngte chu Krista lo

pian, a thihna leh thawhleha hmangin min chhandam.

(2) Thil tihsual lakah min chhandam. 'Ani chuan a mite an thil tihsual lakah a chhandam dawn si a' (Mat. 1:21) tih ang khan.

(3) Hlahna bawiha tangte a chhandam. Hebrai ziaktu chuan, 'Thih hlah vanga dam chhunga bawiha awm zawng zawngte a chhandam theih nan (Heb. 2:15) a ti.

(4) Dan bawiha tang te, phurrit phur, hahchawlhna hmu lote (Mat. 11. 28f); mi ngaih dan leh rin dan bawiha tang te, mi ngaih dan leh sawi dan tur nia an ngaih leh rin dan bawiha tangte tan pawh Pathian Fapa Isua Krista hi min chhandam turin pek kan ni. A tawi zawng chuan - bawiha kan tanna zawng zawng ata chhandam kan nih theih

nan Fapa pekin kan awm ta. A va lawmawm em! Haleluiah!

### 3. Fapa lo pianga chuan Jubilee dar a rawn vua

Hla siamtu chuan Pathian fapa lo pianga chu, 'Khawvel thim en tura' tiin a sawi. Tirhkoh Paula chuan, Khawvel chu 'beiseina reng reng nei lo leh Pathian lova awm' tiin a sawi bawk (Eph. 2:12). Chung mite tan chuan Pathian fapa chu pek a ni. Tirhkoh Petera chuan Krista ringtute chu an rin hma dinhmun sawiin, 'Hmanlai khan mi rêng in ni lo va, tunah chuan Pathian mi in lo ni ta' a ti bawk (I Pet. 2:10). Johana chuan sual phuara awm te tan, sakeibaknei, Juda hnama mi, Davida bulpui - Pathian fapa, Isua Kristan a phelh thu a sawi (Thup. 5:1-5). Sal tang zawng zawngte tan

chhuahna Jubilee dar chu vuak a ni a, tu tan pawh hriat theihin a lo ri ta! Eden kawngkharin a khar hnan zawng zawngte tan Zion khua a lo var ta a, a duh apiangte tan luh mai tur a ni e.

### Tlangkawmna

Khawvel chu beidawng taka a chhandam theitu tur thlira a awm mek lain a

hun takah, Pathian fapa Isua Krista chu khawvelah a rawn piang ta a (Gal. 4:4). Fapa pekin kan awm ta. Van rama min hruaitu atan mai ni lovin, kan ni tin nun hruaitu atan i hmang ang u. 'Fapa chu fawp rawh u, chuti lo chu a thinur ang a, kawng lakah in boral dah ang e (Sam 2:12).

Lalpan a thu malsawm rawh se. Amen.



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- Interview : March 29, 2013

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Mission Vengthlang

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## NUTE HI AN VA HLU EM!

- *Upa Haukhama  
Chhingchhip Venghlun*

Khawvelah hian eng nge hlu ber ang tiin inzawt ta ila, hlu ber kan tih chu a inang lo thluah mai thei a. Thil hlu tam tak a awm reng a, tuna kan sawi tum ber chu NU hlutna leh ropuina a ni. Khawvela mihring lo piang zawng zawng hi nu pum chhunga pai, nu hrin vek kan ni a, kan Lal Isua ngei pawh nu hrin, hmeichhe hrin a ni. Mi lian leh mi ropui, mi mawl leh rethei, piangsualte pawh nu hrin vek an ni. Nu tel lovin tu mah an piang thei lo. Chuvangin, nu hi an hluin an pawimawh ber kan ti lo thei lo a ni. Thuhritlu hmingthang D.L. Moody-a chuan, "Khawvela nu zawng zawng hi ka nu ang vek ni sela, tan in/lung in siam a ngai lo vang," a ti. George Herbert-a chuan, "Nu ðha tak pakhat chu zirtirtu zakhat tluk a ni," a ti. Abraham Lincoln-a pawhin, "Ka bat hi tlak dawn ila, ka nu laka ka bat hi tlak ka huphurh ber a ni," a ti. Spain thufing pawhin, "Puithiam kawrfual aiin nu pawnfeng tlang ðet pawh a hlu zawk," a ti hial a. Napoleon-a chuan, "France ramin a tlakchham ber chu NU ðha a ni," a ti. W.M. Thackery-a chuan, "Naupangte hmuiah chuan nu hming hi Pathian hming tluka hlu a ni," a ti.

Nu hlutna leh maw? Nu hmangaih pawimawhna hi kan nachang hre lo hi kan ngaihtuahin kan chhut tam viau lo maw? Nute ngai em le? Tunlai chuan hah takin min pai khawvelah hian nute a, thla 9 te a ðhente phei hlutna leh pawimawhna chuan thla 10 laite min hre lo hi kan tam viau lo pai a. Thingtlang nu,

kawla ni chhuak chhiara feh lo thei lo phei chuan naupai chungin nilengin thosi leh vaihmite, vangvat zingah ni sa leh ruahsur hnuaiyah naupai chungin hlo an thlo va, chaw kaw puar pawh ei mang lovin tlaiah thingtuah tur leh vawk chaw tur leh chawhmeh tur thlai chi hrang hrang zo tawka phurin an haw a. Chaw ei thleng an tifaia, zanah vawk chaw chhum pahin la an kai a, zanah mutnaah nautein zunte an chehin mutnaah ek chang te a awm a, eng tha awm si lovin nau ek liak fai turin pawn lerah ui an va ko va, thim zingah ui chu khumah zuang kaiin nau ekte chu a han liak fai a. Pa thenkhat thu uar leh fiamthu thiam deuh phei chuan, "Ui chuan nau mawng leh pa mawng te a liah pawlh nawk nawk mai a ni," an ti hial.

Hla phuahtu pakhat chuan, "Ka nausenin tu

nge min enkawl? Ka nu, ka nu duh tak chu, tawng thei lovin tu nge mi pawl? Ka nu, ka nu duh tak chu. Ka damlo va, a tlaivar a, ka tap a, min lo chawi mu thin. Hah takin, chak lo chung pawhin, ka nu, ka nu duh tak chu," a ti. He hla phuahtu hian nu hlutna chu a hre chiang khawp mai.

Nu chuan na tak tuarin min hring a, an hnute tuiin min chawm a, ei tur tha leh tuihnai ei tur pawh an ei lo va, nu thisen ringin kan lo seilian a, hmanlaiin thingtlang nuho phei chuan an ha-in chaw an seh sawm a, min hrai a, mi tam ber chu chaw seh sawma hrai puar kan ni. Zingah vartianah an tho va, tui an chawi a, chaw mei vil pahin buh an deng a, an thlei zo leh vek a, chaw an ei sawk sawk a, lovah hnathawkin an chhuak leh a. Nu thenkhat phei

chu feh kawngah emaw thlamah emaw nau nei ta mai pawh an awm fo mai. Nute hi an va hluin an va ropui em!

Kei pawh ka nu hi nu azawnga nu mawl ber zinga mi a ni ang. A AW B pawh thiam lo a ni. Kum li chang chang ka nihin ka pain min thihsan a, ka unau tam zawkte chu naupan laiin an thi a, puitlin thlenga damte chu ka u te hmeichhia 3 leh keimah chauh kan ni a. Ka pa a thih hian mi thlenkhatten ka nu an fuihna chu, "In pa a thi hma si a, i fapa neihchhun a la te si a, tuisik mai a la ni si a, chuvangin zu i zawrh loh chuan i enkawl puitling thei lo vang," an ti a. Ka nu chuan, 'Zu ka zawrh chuan mipate zurui hrawn fo leh mi ina zu man thinga kal fo a ngai ang. Chuvangin, zu zawrh chu ka duh lo. Pathian rinchanin ka

fate chu ka enkawl ang," a ti a. Ka nu hi lehkhah lamah mawl mah sela, a taima a, a awm a khauh va, Pathian a ring tlat a, pa tel lo chuan min enkawl a. Ka u hmeichhiate pawh hmeichhe awm nem tak tak an ni a. Mahse, an taima em em a, ka nu hovin hlo an thlo va, lo vatah mipate an lawm thin a. Pathianin mal a sawm a, buh ei kan nghei ngai lo. Kum 1959 mautam pawh khan Pathianin min khawngaih a, kan lo rite buh sazuin a seh zo vek chungin kan buh chu min zuahsak a, phur 50 (thin 150) kan thar a, kan lawm khawp mai.

Ka nu hian min hmangaih em em a, Pathian hnenah a tawngtai nasa em em, lehkhah pawh mi zir chen pawh zir thei lo ka ni a, kan khuaa zirna awm chin pawl 4 thleng chu ka zir ve a, pawl 5,6,7 chu

Baktawngah mahni zan riak buhfai intumin mi inah ka zir ve leh a, pawl 8 phei chu Champhai Gandhi Memorial H/S-ah private a nih laiin ke hlinin ni thum kalah ka nuin min hruai a, mi in thla khata ₹5 chawiin ka pa u fapa leh thian pakhat nen kan luah a, pawl 8 chu ka passed ve hram a. Hmeithai fa ka nih avang leh kan khuaah zirna chhonzawmna a awm loh avangin ka zir chhonzawm thei ta lo va. 1956-ah kan khuaah Primary School zirtirtu Pu C. Lalrampara (tunah Pastor Pension-in Aizawl Venglaiah a awm) a trained avangin a aia thawk turin V/C leh kohhran committee-in thla tin ₹5 leh buh khawn tin 36 hlauh turin min la ve hlauh mai a, kan lawm teh asin. A kum lehah chuan a thawh zui zel theih loh avangin Durtlang

(Synod Hospital)-ah Male Nurse zir tur an duh a, ka dil ve a, keimah chauh min la a, kum 4 training tur a ni a, ka nu a tar tawh avang leh ka ute ka khawngaih avangin ka zir ta lo va, inhnukdawk lehin hlo ka thlo tuan ve ta a. 1958 leh 1959-ah Mamit Private Middle School-ah Upa K. Saibela (RIP) Headmaster-na hnuaiah thla tin ₹30 hlauh mi ina awmin ka han thawk ve leh a. 1960-ah ka bang a, Chhingchhipa Primary School I-ah zirtirtu tanpui turin ₹ 25 hlauh min la ve leh a, a changin ₹ 30 te ka hlauh a, a changin hlauh nei mumal loten ka thawk a, March 1964-ah District Council-in ₹75 hlauh turin min la nghet ve ta a, kan lawm ngei mai. Heng zawng zawng hi ka nu tanngtaina Pathianin a chhanna a ni. He school-ah hian 1999 March



thlaah Headteacher-in ka pension ve ta a.

Kohhranho kaltlangin Pathianin Kohhran Upaah min hlangkai vein Tualchhung Kohhranah, Bialah, Presbytery-ah, Synod-ah thleng committee pawimawh tak takte tling lo tak chungin min hlangkai ve a, heng zawng zawng hi ka nu vang ka ti lo thei lo. Pathianin nupui tha tak min pe a, fa pawh mipa 10 leh hmeichhia 3 min pe a, puitlin thlengin Pathianin min zuahsak vek a, mi ropui chu an awm hauh lo, nupui pasal te, fate pawh an nei hlawm a, kan fapa 2 leh fanu nula 1 leh fa mo 2 erawh chu a neitu Lalpan min laksak tawh a.

Ka nu ka ngaihsan em emna pakhat chu zu in lo tur hian vawi khat mah min zilh ka hre lo. A tawngtaina avangin vawiin thlengin far khat mah ka tem lo. Ka nu min hmangaihtu chuan

Sept. 22, 1967 khan min thihsan a, pa tel lova min enkawl seiliantu, sawrkar hna (sang lo mah se ka phak tawk) pensioned thlenga min thawhtirtu, Kohhran Upaa min hlang kaitu Pathian hmanraw pawimawh ber chu ka nu (Laltawkliani) hi a ni ka ti lo thei lo. Nu hi an va hluin an va pawimawh em!

Tuna nu la nei zawng zawngte u, in nute kha duatin hmangaih hle rawh u. I aia lehkha thiam lo emaw, â zawk pawh ni se, i nu a ni tlat, amah avanga mihringa lo piang, amah avanga nuamsa i nih kha lo hre thar leh teh ang che. Mosia pawh a nu enkawlna avangin Israel fate saltang, Aigupta ram atanga Kanaan hruai luttu a ni. Timothea pawh a pi leh a nu enkawlna avanga tlangval laia kohhran hruaitu ropui ni thei a ni.

Nute duat nachang leh hmangaih nachang hre lo chu mi â, mi sual ber an ni. Nu tel lo in chhung chu in chhung ruak ang a ni. Nu hi kan sikul hmasa, damdawi in hmasa, kohhran hmasa a ni. Nute hi an hluin a va ropui em, chhung tina pawimawh ber chu Chunnemi, a tel lo chuan

chhung tin rel a kim thei lo. Runin chhung thim entu chu Chunnemi.

I pa a hringtu che thu pawm la, i nu chu a lo tarin hmusit suh. I nu leh i pate chu hlim takin awm sela, a hringtu che chu hlim takin awm rawh se (Thuf. 23:22-25).



### NGENNA

2012 chhunga Central-a pawisa pek tur la pe lo tam tak kan awm a. December thla chhunga pe hman lo chu nakkum Inkhawmpuilian Report-ah report tel theih a ni dawn lo va; chuvangin, Pastor Bial tinte kan pawisa pek tur a rang lama pe turin kan inngen a ni. October thla chanve thlenga pawisa pek tur la pe lo Pastor Bial zat chu hetiang hi a ni:

- |                                   |            |
|-----------------------------------|------------|
| 1. Central budget                 | - Bial 27  |
| 2. Inkhawmpuilian thawhlawm (fee) | - Bial 92  |
| 3. PWF thawhlawm                  | - Bial 165 |
| 4. WDP thawhlawm                  | - Bial 47  |
| 5. Hospital Charity Fund          | - Bial 66  |

Sd/-  
Liankimi  
Fin. Secretary

*Hriselna Huang*

## EI LEH IN LEH HRISELNA

- *Dr. John Zohmingthanga  
Zarkawt*

**Ei leh in (food & nutrition) te hi bih chian an ÷ul tawh em?**

1. Khawvel hmasawwna avanga ei leh in danglam zel hian Mizote pawh min khawih ve mek a; kan hriat ngai loh ei tur chi hrang hrang - fast food, packed food, readymade food leh soft drink ten min chiah nasa ta hle. Hengte hi kan hrisel nan a ÷ha em tih hriat a ÷ul hle.

2. Kan duhthusam ÷hin 'awm-awl leh ei tui' stage chu mi tam takin kan thleng ve ta reng mai, hei hian hriselna a ti÷ha nge a tichhe zawk chhut tham tak a ni ta.

3. Ei leh in, nunphung (life style) inthlak avanga natna awm thei - obesity, thau lutuk, thisen sang, cardiovascular diseases, Zunthlum, cancer leh lung

natna te pawh a pung sawt hle. Heng natna te hi Non Communicable Diseases (inkaichhawn loh natna) tiin an vuah. Heng avang hian kan ni tin ei leh in te hi chhut ngun a ÷ul ta niin a lang.

**Protein:** Protein hi taksa siamtu (body building material), ÷hantirtu, venghimtu leh siam ÷ha (repair) tu pawimawh tak a ni a, carbohydrate te hi chakna petu laimu pawimawh ber an ni a, Thau leh hriak te hi taksa vawng ÷hatu, calorie khawl khawmna (store) hmun, taksa khawl pawimawhte venghimtu an ni thung. Vitamins leh minerals te hian chakna (calorie) siam lovin, taksa mamawh chi dang pawimawh tak tak an lo pe ve bawk a ni. Taksa mamawh bak calorie/energy te chu thau (fat)-ah a

inlet a, taksa peng hrang hrangah a inchhek khawl thin a ni.

Kan taksa hmun 70% hi tui (water/fluid) a ni a; ni tin tui litre 2-2.5 vel kan mamawh a, chung chu tuisik thianghlim, thingpui, chawhmeh tuiril leh thei tui aţangtea kan in a ţul thin. Kan taksa aţangin zun leh ekah te, thlanah te leh thaw-ah te tui tam tak a chhuak reng a, heng hnawh khat tur hian tuiril thianghlim kan mamawh reng a ni.

**Balanced Diet:** Taksa mamawh dan azir zela taksa mamawh tawk, chaw (nutrition) inbuk tawk, a enga mah tlem/tam lutuk bik awm lova ei leh in hi balanced diet chu a ni awm e.

Ei tam lutuk (over nutrition) chuan natna tam tak a thlen thei a, e.g. rit/thau lutuk, zunthlum, high blood pressure, hypervitaminosis, atherosclerosis etc. Chutih lain

ei tlem lutuk (under-nutrition) pawhin natna chi hrang hrang a thlen thei bawk a ni. E.g. Protein energy malnutrition, vitamin deficiency, underweight, slow growth, vitamin & mineral deficiency.

**Fat/Oil/Cholesterol (Thau):** Thau hi a ţangkai hle. Ei tituitu leh ei tur vawng ţathu, taksa leh vun timam/timawitu, thluak leh nerve conduction puitu, energy/calorie petu leh dah khawmna (storage) hmun, taksa lumna (heat) petu leh vawngtu, taksa peng pawimawh hrang hrang tuamtu leh vengtu a ni.

*Thau ţha (good cholesterol):* Unsaturated/Monosaturated/Polysaturated fat. e.g. HDL-High Density Lipoprotein). *A awm tamnate-Vegetable oils (sunflower, safflower, corn, canola, olive oil), avocado, nuts, seeds etc. Fish oils (omega 3 fatty acids).*

*Thau chhia (bad cho-*

*lesterol*): Saturated fat. e.g. TG-Triglyceride, LDL & VLDL-Low & Very Low Density Lipoprotein. A awm tamna- Beef, pork, lamb, palm & coconut oil, processed meat, egg yolk, butter, cream, ice-cream, whole milk etc.

*Trans fats*: Thau ṭha lo, oil sawngbawl (processing) aṭanga lo chhuak, ei tur vawn ṭhat rengna atana hman ṭhin, deep fry leh oil rei tak chhuan sat/chhuan so aṭanga insiam a ni. Packed food leh baked food zawng zawng deuhthawah a awm a ni (Heng thau (fat) hrang hrang tam lam hi thisen test aṭanga hriat theih a ni).

**Atherosclerosis** a **hlauhawmna**: Thau chhia (bad cholesterol leh trans fat) te hi thisen/taksaah an lo san viau chuan kum eng emaw ti hnuah thisen zam (artery) chhung lam hamdaah zawi zawiin a inchhek khawm a, thisen zam a tizim a, a tipping thei hial a ni. Chung

thisen zamte chu a lo sak a, an fan thei lo va, an ram (fragile) a, thisen kal vel (circulation) a buai thuai ṭhin a ni. Chutiang thisen zam zim/ping te chu *atherosclerosis* tiin an vuah. Lung (heart) leh thluak (brain) a thisen zamte an lo zim hle tawh chuan heart attack (myocardial infarct) leh thisen zam chat/thluaka thi put (stroke) te a thleng thut thei a ni.

Zunthlum (diabetes), thisen sang (high blood pressure), vaihlo leh zu, free radicals te hian thisen zam a tihchhiat ve bawk avangin heng natna vei/ngawl vei, thau chhia (bad cholesterol) sang bawk si te zingah heart attack leh stroke a tam bik hle.

**Fast Food**: Tunlai chaw changkangho (fast food, junk food, burger, hot dogs, pizza)-ah te hian carbohydrate (sugar/calorie) a sang hle. Saturated fat a sang bawk a, chi (salt) a tamin fibres leh

anti-oxidant a tlem hle thung. Heng chaw te hi a tui si avangin ei loh ngawt theih a ni lo. Engtin nge ni ang, cheese topping tel lovin butter leh cream tlem zawkin, sa aiin thlai ni thei se, chhum or grill item tel thei se.

**Fried food** (French fry, potato chips, packet foods etc)-ah hian natural oil/thau tha te paih bovin, saturated fat leh trans fat a sang thin. Vawn that nan leh a tih tui nan sugar, chi leh calcium bakah, artificial fat te an dah belh thin. Heng hi an tui em em a, digest a awlsam a, rang takin blood sugar a tisang a, insulin taksain a tichhuak thuai a, insulin chuan blood sugar a tihniam leh a, chu chuan rei lo te hnuah ril a tiam a, ei leh chakna a siam thuai thin a ni.

**Packet** tam takah 'extra crispy' + 'fat free' tih inziak (fak mawina) te a awm thin; a crispy zawh

poh leh extra fat leh trans fat a tam tihna a ni. Fat free tih fakna te pawh chhiar ngun a tul hle, ei tur packet-ah te hian 'thau chhia nge thau tha' awm tih te chian a tha hle a ni.

**Soft drinks** (pepsi, fanta, cola, 7-up, frooti etc) te hi chaw tha an ni lo fo, cola/pepsi 350ml-ah hian thlum 3 tsf vel awm anga chhut a ni a, a chhunga tel thin caffeine hian zun a tichhuak tam a, tui a tihal zaw mah thei, phosphates hian ruh atangin calcium a titem thei a, fructose hi ril leh pumpui tan a huat (allergy) palh theih bawk a ni. Chin tawk neih a tha.

**Chocolate** hi cocoa bean atanga siam a ni a; a chhungah hian caffeine (coffee/tra a tel thin) a awm a, chu chuan mi tih arhim (alert) thei a, BP sang leh ulcer a thlen thei a, thau chhia (LDL) a tisang thei bawk (decaffenated hian caffeine

90% laiin a hniam ðin). Chutih laiin cocoa-ah hian anti-oxidant ða tak mai flavonoids a awm thung a, chocolate dum ngak mai, de-caffeinated tawh leh thil dang pawlh dal loh chu chaw ða te zinga mi a ni.

### Ei tur ða nepnawi

*Purun varah* hian chemical chi khat 'allicin' a awm a, hei hi antioxidant ða tak a ni a, natna hrik a that thei a, thau chhia (triglyceride) a tihnam thei a, thisen a tipan (thinning) theiin thisen khang tur (thrombus) a veng thei niin mi thiamten an tar lang a ni. Puvun vara awm sulphur leh selenium te hi anti-cancer chi khat a ni a, a hel eiin emaw, rawt sawmin emaw, salad emawa telh ngei chi niin an tar lang bawk a ni.

*Broccoli & vegetable*

*sprout*-ah te hian cancer veng thei chemical sulforaphane a awm a, Vitamin C leh B a tam bakah antioxidant ða tak a ni an ti bawk.

### Eng nge/engtin nge kan ei tak ang le?

1. A tawk chauh ei rawh.
2. Thlai (veg) leh sa lam (non-veg) a tawk chauhvin ei pawlh rawh.
3. Thlai, bul/bal, thei etc. te chu a tharlam thei leh sawngbawl tlem thei ang berin ei ni se.
4. Fibre-rich food (e.g. thlai leh thei)-ah hian thau a tlem a, mineral leh vitamins a tam a, antioxidant ða tak a awm ðin, min tipuar rei bawk.
5. Exercise nen ei pawlh ðin ang che.



## PWF BIENNIAL CONFERENCE VAWI 14-NA REPORT

*H. Lalpianthangi  
General Secretary  
Central Kohhran Hmeichhia*

India hmarchhak State-a Presbyterian Kohhran Hmeichhe Inzawmkhawm Pawl Presbyterian Women Fellowship (PWF), kum khat dana Inkhawmpui nei thin chuan a vawi 14-na chu Aizawl aṅanga km 320 vela hla Khliehriat, Meghalaya Presbyterian Church-ah October 25-29, 2012 khan hlawk tak leh tluang taka neih a ni.

**A kal dan:** October 25, 2012-ah Standing Committee-te zing dar 5:00 am-ah Synod Motor-in kan kal a, tluang taka kalin dar 4:30 pm-ah kan thleng a. A tuk ni 26-ah Thingtlang, khawpui leh Zoram pawn aṅanga palai 58 te Bus 2 in zing dar 6-ah Millenium kawt aṅanga chhuakin tluang takin tlai dar 6:30-velah an thleng a, palai te thingpui leh present nen min lo hmuak a, a hlimawm khawp mai.

**Hun hman dan:** October ni 26, (Zirtawpni) nilengin Nomination leh Standing Committee neih a ni a. Zannah palai te lawmna Rev. H.W. Walang, Executive Secretary, KJP Synod Mihngi i/c Women leh a thlengtu Kohhran aṅangin ngaihthlak a ni. A tuk ni 27,

(Inrinni) zing karah Dr. Enolyne Lyngdoh, Lecturer, John Roberts Theological Seminary chuan inkhawmpui thupui 'Rah chhuah turin' Jn. 15:16 hmangin Bible Study min neihpui a, rah chhuah tur chuan, Nun inngaitlawm leh inbun ruaka Isua Kristaa awm reng a pawimawh a ni, a ti. Chhun lamah nilengin rorel a ni a, hemi hunah hian Unit tin aṅangin report ngaihthlak a ni a, kei pawhin report ka pe ve a ni. Zan inkhawmah hian Thupui: 'Rah chhuah turin' tih Prof. Dr. T. Vanlaltlani, Aizawl Theological College-in a sawi a, a ropui hle mai. Rah chhuah tur chuan (1) Khawvela ropuina, lansarhna chan ngam a ngai a, (2) Tin, Zipori anga huai taka risk lak ngam a ngai, (3) kan theihna,



ngaihtuahna thiang hmang chung a thil tih a ÷ul thu a sawi a.

October ni 28, (chawlhni) zing karah Rev. M. Shylla buatsaih Lalpa zanriah sacrament kilho a ni a. Thinlung thar, inpekna thar nena Lalpa zanriah sacrament kil tura min sawmna te chuan rilru a hneh hle mai. Chawhma Inkhawmah Mrs. Mary Jorgensen, Moderator Presbyterian Hmeichhia P.C (USA)-in thu a sawi a. Hmeichhe Logo mawi tak mai PWF tan a present nghe nghe a ni.

Chawhnu Inkhawmah Rev. V.L. Luaia Hranleh, Administrative Secretary, PCI-in '*Isua ke bula Hmeichhia*' (Lk. 7:39-38) tih thupui nung takin a sawi a, rilru a hneh hle a ni. Hmeichhe pakhat Alabasta hriak rimtui tak sawhkehtuin a sam chu Isua ke hruk nan a hman avangin Pathian ngaihdamna channa hmanraw ÷angkai tak a nih thu a sawi. He hmeichhia hian duh takin Lal Isua ke phah a fawp a, keini hian hetiang thinlung pu hian Lal Isua hi kan duh ve em? tiin min zawt a ni.

Zan Inkhawm chu Rev. S.I. Iawphniaw, Moderator, PCI in hruaitu thar hlanna leh fuihna thuchah a sawi a. Pi K. Lalliantluangi, PWF Chairperson tharin inkhawmpui tluang taka kan hman zawh theih avanga Pathian hnena lawmthu sawi ÷awngñai hun a hmang baw a ni.

### **Rorelte**

1. Rev. David T.Lhouvum, Administrative Secretary i/c PWF-in "Hmeichhiate Kohhran rawngbawlna Assembly chhunga an tel ve dan" tih a ziah chu lawm taka pawm a ni.

1) PWF hi Firm and Societies, Meghalaya sawrkar-a in register ve ni se; in register dan tur chu Presbyterian Women Fellowship Empowerment and Development (PWF, WEDA) tih ni se tih chu Standing Committee-in a ÷ul angte lo bawhzui se tih a ni.

2) PWF ÷awngñaina tur bute (PWF Day of Prayer Booklet) siam rawt a ni.

3) PWF Biennial Conference Palai Quata tihpun a ni a, Mizoram Synod chu mi 150 palai phalsak a ni.

4) 2012-2014 Budget atan ₹13,16,000/- pawm a ni a, Mizoram Unit tum tur chu 1,53,000+1,53,000=3,06,000.

5) PWF Day of Prayer hman hun tur unit tinten an remchan hun December 2012 hmain theh luh vek ni se.

6) PCI-a PWF palai theih zat hi mi 10 aţangin 20 ni se PCI General Assembly-ah thlen ni se tih a ni.

Hruaitu thlan tharte 2012-2014

*Chairperson:*

Pi K. Lalliantluangi,  
Mizoram Synod

*Vice Chairperson:*

Pi Evalyntise Sajem,  
C.H.T Synod

*Secretary:*

Pi P.Paslein,  
K.J.P Synod Mihngi

*Asst. Secretary:*

Pi Rualkhumi Nampui,  
Biateram Synod

*Treasurer:*

Pi B.W. Bannet,  
K.J.P Synod Sepngi

Mizoram aţanga Standing Committee Member-te chu Pi Laltlanmawii, Pi C.

Lalneihthangi leh Pi H. Lalpianthangi te an ni.

**15<sup>th</sup> Biennial Conference  
(2014) Programme**

*A hmun:* Manipur Synod

*A hun:* 24<sup>th</sup> - 26<sup>th</sup> Oct. 2014

*Theme: 'Rise up and Build'  
(Neh. 2:18)*

*Speaker:* Pi H. Lalpianthangi,  
Mizoram Synod

*Bible Study:* Pi Lalhlimpuii  
Khawbung, C.H.T Synod

Hun neitu turten an thei lo nual a, chawpchilh taka tih danglam a ni nain, Pathian remruat zel a ni ang, hun neitu zawng zawngte Pathian thlarauin a thuum tih hriat tak maiin hun an hmang hlawm a, a hlawkin a ropui hle mai. Chaltlang 'S' Female Voice ten inkhawm apiangin zaiin mawi takin min awi thin a, a lawmawm hle mai.

Thlengtu Kohhran In 298-in hneh takin min thleng a, a lawmawm hle.

Tin, sawi chakawm tak pakhat chu Kohhran Member ten min hlutpui a, Inkhawm an tha thei hle a ni. Pawn nisaah pawh dawhthei takin an thu tuan zak mai te an fakawmin an entawn tlak hle a ni. Lalpan ropuina chang zel se.

## WOMEN CENTRE THU THAR

Dt.14/11/ 2012-a Women Centre sak mek dinhmun hetiang a ni: Main Building chhawng(basement II) hnihna chhuat leh a vei lam in chhawng hnihna chhuat chhûn a ni tawh a, vei lam Ground Floor chhuat leh a ding lam In chhawng hnihna (basement I) chhun tura buatsaih mek a ni a, Hnathawktu 52 an bung mek,ban 62 phun tawh; Bial, kohhran, mi mal leh central hruaitu ni tawh leh ding laiten Women Centre tan sum an theh lut zel. Ui lova sum, tha leh zung sengtu zawng zawng chungah lawmthu kan sawi mawlh mawlh a ni. November thlaa tar lan baka Women Centre tana sum lo lutte kan han tarlang e:(RC No. 1060-1230)

- |   |            |
|---|------------|
| 1. Pi Lalengzauvi, Bethlehem Ex CC  | ₹2,000     |
| 2. Pi Lalkhumtiri, ITI Vengchhak Ex CC  | ₹500       |
| 3. Pi Ngurnghaki, Republic Vengthlang Ex CC   | ₹500       |
| 4. ITI KH Fund raising  | ₹6,000     |
| 5. Tura KH Women Centre tan   | ₹5,000     |
| 6. Pi Darveli, Zuangtui Ex CC   | ₹1,000     |
| 7. Pi C.Liankhumi, Republic Ex CC   | ₹1500      |
| 8. Zarkawt KH: Ni khat tha  | ₹2,33,430  |
| 9. Chawnpui BKH: 1)Zan thawhlawm  | ₹2,285     |
| 2) Fund raising   | ₹3,000     |
| 10. Kolasib Hmarveng BKH: Zan thawhlawm   | ₹588       |
| 11. NI.Lalthantluangi,College Veng CC ding lai  | ₹500       |
| 12. Pi Neihthangi, Lower Zarkawt Ex Chairman<br>(Women Centre Conference Hall I)  | ₹15,00,000 |
| 13. Pu Lalthanhawla te unauza, Zarkawt: An nu leh pa Pu<br>Hmartawnphunga leh Pi Lalsawmliani hriat reng nan<br>(Women Centre Reception &Lobby) | ₹7,00,000  |

14. Pu Zonuntharate nupa, Zarkawt:  
An pa E. Lalnghinglova hriat reng nan ₹1,00,000
15. Pi Liannghinglovi, Zarkawt:  
A pasal Ngurchhawnthanga hriat reng nan ₹1,00,000
16. Dr.N. Palai te nupa Zarkawt: An nu leh pa Rev.KL  
Hnuna leh Rualkhumi hriat reng nan ₹70,000
17. Pu Lalchhawnthanga te nupa: An nu leh pa Upa  
Lianzova leh Pi Saithangpuii hriat reng nan ₹50,000
18. Pu Lalrinthanga te unau Zarkawt: An nu leh pa Rev.Dr  
Zairema leh Pi Thangdailovi hriat reng nan ₹50,000
19. Pi Biakliani Zarkawt: A pasal Lalhmingliana  
IAS (Rtd) hriat reng nan ₹30,000
20. Dr. Lalrimawii (Nupuii) Zarkawt: A pasal  
Ramchhana IFS hriat reng nan ₹30,000
21. Colleen Lalsangpuii Zarkawt: A pasal Lalthansanga  
(Sangtea) hriat reng nan ₹30,000
22. Pu Lal Dingliana (Dingtea) IFS (Rtd) te nupa Zarkawt:  
An pa Upa Lalchungnunga hriat reng nan ₹30,000
23. Pu Lalzarliana Renthlei, Zarkawt: Pi Parchhingi  
leh Pi Nupuii hriat reng nan ₹30,000
24. Pu Hrangthanga Colney te nupa Zarkawt: An fapa  
John Lalramchhana hriat reng nan ₹30,000
25. Dr. Saia Chenkual, Zarkawt: A nupui  
Pi Lalsangzuali hriat reng nan ₹30,000
26. Pi Lungtiawii, Zarkawt: A pasal Pu Thanglianhhunga  
hriat reng nan ₹30,000
27. Pi Zochhuani, Zarkawt: ₹25000
28. Dr. Thansيامa te nupa, Zarkawt: ₹20,000
29. Pu Lalkhama, Zarkawt: ₹20,000
30. Pu K. Zosanga te nupa, Zarkawt: ₹10,000

31. Pu M Dawngliana te nupa, Zarkawt:	₹10,000
32. Pu Lalbiakliante nupa, Zarkawt:	₹10,000
33. Dr B. Lalramzauva te nupa, Zarkawt:	₹10,000
34. Pi M.S. Dawngliani, Zarkawt:	₹10,000
35. Dr. John Zohmingthanga te nupa, Zarkawt:	₹5,000
36. Pu Vanlalkunga, Zarkawt	₹5,000
37. Upa Zamliana te nupa, Zarkawt:	₹1,000
38. Hmuntha Bial KH 1) Zan thawhlawm:	₹570
2) Ni khat tha	₹14,680
39. Sairang BKH: Ni khat tha	₹34,960
40. NE Khawdungsei BKH: Zan thawhlawm	₹680
41. Pi Darlianthangi, Aizawl Venglai Ex CC	₹1,500
42. Pi Thanpuii, Bawngkawn Ex CC	₹3,000
43. Pi H.Kapthangi Salem veng CC ding lai	₹1,500
44. Vairengte BKH: Zan thawhlawm	₹1,700
45. Marpara Ramthar BKH: Zan thawhlawm	₹190
46. Pi Zohmachhuani, Tlangnuam CC ding lai	₹2,000
47. Madanriting BKH: 1) Zan thawhlawm	₹1,815
2) Ni khat tha	₹71,190
48. Pi K. Lalliantluangi, Lily Veng Ex. Fin.Secy.	₹10,000
49. Tuipuibari Centre BKH: Ni khat tha	₹9,240
50. NE Khawdungsei Venghlun KH:	₹1,000
51. Pi Lianzovi, Durtlang Ex CC	₹1,000
52. Khawhai BKH: WC tan	₹5,000
53. Khawzawl Dinthar BKH 1) Zan thawhlawm	₹445
54. Lunglei Venglai BKH: Fund raising	₹1,120
55. Tlabung Chawnpui BKH : 1) Zan thawhlawm	₹356
2) Ni khat tha	₹5,303
56. Lunglei Chanmari BKH: Ni khat tha	₹4,900

57. Ramhlun North BKH:Zan thawhlawm	₹2,625
58. Venghlui BKH: Ni khat tha	₹1,76,760
59. Tuipuibari Centre BKH: Zan thawhlawm	₹500
60. Pi Rozamliani, Zonuam Ex CC	₹1,500
61. Pi Khawlvuani, Saikhamakawn, Vice Chairman ding lai	₹2,000
62. Venghnuai BKH: 1) Zan thawhlawm	₹1,580
2) Ni khat tha	₹87,020
63. Khawbung Vengpui KH: Fund raising	₹1,000
64. Bukpui BKH :Ni khat tha	₹24,355
65. Mission Vengthlang KH:Fund raising	₹22,000
66. Sakawrdai Bial KH Zan thawhlawm	₹485
67. Chanmari Bial KH Zan thawhlawm	₹2,435
68. W. Phaileng Bial KH: 1) Fund raising	₹2,500
2) Zan thawhlawm	₹1,700
69. Sihphir Bial KH: Ni khat tha	₹85,210
70. Pi Lianthangpuii, Chanmari West,	
1) A pasal VL Biakenga hriat reng nan	₹50,000
2) A pa Ex. Hav/Comp. Saihnuna hriat reng nan	₹30,000
3) A nu Lalliani hriat reng nan	₹30,000
71. Khawlailung Bial KH: 1) Ni khat tha	₹25,290
2) Zan thawhlawm	₹395
72. Zawlnuam Bial KH: 1) Zan thawhlawm	₹487
2) Ni khat tha	₹36,260
73. Phuldungsei Bial KH: Zan thawhlawm	₹381
74. Pi Nuzawni leh a tu leh fate, Phulbial: An pa Lalnghakliana hriat reng nan	₹2,000
75. Chawngte P Bial KH: Ni khat tha	₹5,700



*Ei siam dan***BAWNGSA PICKLE****Telh turte**

Bawngsa a ti	:	1kg
Jeera dip	:	50gram
Dhania dip	:	50gram
Methi dip	:	50gram
Sawhthing	:	Inches thum bial vel, nawr dip
Purun var	:	Bul khat, nawr dip
Hmarcha dip	:	Duh zat zat
Tel	:	Sa chan sa chim tawk
Vinegar	:	No chanve

**A siam dan**

1. Sa chu intiat tha takin te tak te tea chan tur a ni. Vinegar leiha, zan khat chiah tur a ni. Leh zeuh zeuh tur.
2. Sa, vinegar-a chiah chu la chhuak la, masala chi hrang hrang leh purun var leh sawhthing nawr dip chu pawlh la, kuta ngun taka hmeh pawlh tur a ni.
3. Thirbelah sa chu a chim tawk tel telhin mei na lo deuhvah a hmin thlengin chhuang rawh.
4. A hmin hunah suan dai la, saidawium rawng zauvah dah ang che.

**Note:**

*Masala chi hrangte hi A.R. canteen-ah te, Police canteen-ah te, vai dawr lianah te lei tur a awm hlawm.*



*Hruaitute chanchin*

**Pi K. Lalthangmawii  
Committee Member**

Pi K.Lalthangmawii hi Pu Lalhleia leh Pi Sanglianthangi (L) te fanu niin March 1, 1954-ah Chhingchhip khuaah a piang a. April 11, 1973-ah Pu Lianzuala nen inneiin fa panga (mipa 2 leh hmeichhia 3)an nei. Eizawna lamah UDC, Deputy Commissioner's office, Aizawlah a thawk a ni. Tunah hian an chungkuain Armed Veng North-ah an cheng mek a ni.

**R a w n g b a w l n a a  
inhman dan**

**Kohhran Hmeichhiaah:**  
Asst. Secretary - 2006-2009, Fin. Secretary 2009-2011, Treasurer 2011-2012.

**Bialah:** Armed Veng Pastor Bialah 1995 aṭangin Bial Committee Member a ni a, 1999-2002 chhungin Asst. Secretary, 2009-2011 chung Fin. Secretary a ni.

**Kohhranah:** Kum 2004-2011-ah Nilai zan thupui hawngtu a ni a, kum 2012 aṭangin Inrinni zan thuhrlitu a ni.

Central Committee-ah hian kum 2011 aṭangin Armed Veng Pastor Bial aṭangin a tel a ni.

A Bible chang duh ber chu Sam 128:1-6 a ni a, a hla duh ber chu KHB No. 45 'A hmangaihnaa ka chawlhin' tih hla a ni.

Kan ramah sualna chi hrang hrangin kan tu leh fate a beih mek chhan chhuak tur hian keini Kristian nute hian tun aia nasa lehzuala engkim titheitu Pathian hi kan auh tam a ngaiin a ṭul tak meuh a ni tiin Zoram nute a chah a ni.

### *Hriat atan*

1. **KAWLKULH NORTH BIAL:** October 5-8, 2012 chhungin Kawlkulh North Bialah Leadership Training leh Kristian Chhungkaw Campaign neih a ni a, Pi C. Lalneihkimi, Ex-Chairman, Pi C. Lianpari, Committee Member leh Pi Lalthansangi, Committee Member te an kal a, tuang takin hun an hmang.
2. **NATIONAL SEMINAR ON CALVINISM:** October 4, 2012 nilengin Pi Zaii Hall, Synod Conference Centre-ah Calvin Study Centre ATC buatsaihin National Seminar on Calvinism neih a ni a, Central Kohhran Hmeichhe aiawhin Pi C. Zopari leh Pi Liansangi te an tel a, tuang tak leh hlawk takin hun an hmang.
3. **WORLD MENTAL HEALTH DAY:** October 10, 2012-ah VOLCOMH buatsaih World Mental Health Day hman a ni a, Central Committee aiawhin Pi Lalrinkimi, Co-ordinator, Nl. Lalthantluangi, Committee Member leh Pi Zohmachhuani, Committee Member te an tel a, thupui chu **“Depression a global Crisis”** a ni. Tuang tak leh hlawk takin hun an hmang a, kal pawh an tha hle.
4. Dt. 26-28.10.2012 chhungin PWF Biennial Conference Vawi 14-na chu Khliehriat, Meghalaya-ah neih a ni a, Mizoram atangin palai 67 zet Bus 2 leh Motor tē 1-in an kal a, hlim takin hun an hmang.



### **TIHDIKNA**

November 2012 phek 26 No. 24-na Pi Hmingkhumi, Chaltlang, C.C. ding lai tih kha **Pi Hmingkhumi, ITI Veng, C.C. ding lai tih tur a ni a**, October 2012 phek 13-na tlar 22-na Dt. 30 Nov. 2012 zing kar tih kha **Dt. 30 Nov. 2010 tih tur a ni e**.



*Women Centre main building saklai : Women Centre pawh chak taka hmalakna hnuaiah sak mek zel a ni - p25*

To,

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