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Kristian Chhungkua ♦ Sermon ♦ Article ♦ Hriselna Huang

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*Editorial*

Mihring ziaah hian chapona leh inchhuanna hi a awm vek mai. Lal Isua a pian hun laia mite pawh khan nun dan hniam tak leh khawsak phungah pawh tlawm tak tak an ni a. Chutih lain Pathianin mihringte min siam dan rengah chapo leh mahni induh tawkna nei vek kan ni hlawm a.

Lei leh van lal chuan a pianna turin Juda hnam zinga an lal thlah, nula hmeltha leh pian nalhte pawh thlang sela a awm lohna a awm lo ve. Amaherawhchu, Lal Isua khan a pianna turin Juda hnamchawm nula, thingtlang mi a thlang a. An khua leh thenawm khawvengte chuan a fel thu chu an hria pawh a ni thei e. Khaw dang leh hmun dangah chuan nula fel nia sawi a nih thu khawiah mah kan hmu tlat lo mai! Eng vanga hetiang nula hi thlang mai nge ni ang le? Mari kha inngaitlawm leh Lalpa tih tlat, mahni duh zawnng aia Lalpa duh zawnng leh a thupek ngai pawimawh tlattu a nih vanga thlang a ni.

Lal Isua pian thu inpuanna tur pawh hian mi thiam leh mi hausate a thlang chuang lova, an hun laia hna hnuaihngung tak thawktu berampute a thlang tlat bawk. Heng kawng hnih mai atang pawh hian Lal Isua hian a chenna atan he khawvela mi ropui leh hausate, mi fel leh nalhte aiin inngaitlawm leh mahni inphata amah tih tlat mi a duh tih kan hmu thei.

Krismas kan lo thleng leh dawn ta, keini pawh i han inen fiah teh ang. Lalpa ka tih em? Theihtawka Lalpa rawngbawltu ka ni em? Ka nawmna leh ka duh zawnng aiin Lalpa duh zawnng ka ngai pawimawh hmasa em? Lalpan ti tura min phut, dik tak tih leh khawngaihna ngainat leh amah nena thuhnuairawlh taka leng dun thin mi ka ni em? Lal Isua Krista inpuanna tlak thinlung ka pu em le?

*Kristian chhungkua*

## MITTUI SEN A NGAI

- Rev. C. Thalai  
Saiha

**“Mittui tla chung a tuhte chuan hlim takin an ât ang.  
Ṭap chungin buh chi feh chhuahpui mah sela,  
A buhphalte kengin hlim takin a lo haw leh ang”**

(*Sam 126:5-6*)

He thu hi Bible ṭawngkam duhawm tak, thawhrimna rah chhuah a ni. Ṭahna leh mittui hian awmzia a nei thui hle. Kan khawngaih loh leh inzawmna kan neih pui lohten vanduaina an tawhin kan ṭapin kan mittui a tla ngai meuh lo. Thisen zawmpui nu leh pa, nupui pasal leh unaute thih niah erawh chuan hmangaihna mittui chu a luang chhuak nasa ṭhin.

**Mittui thiltihtheihna:** Nehemia kha chi leh kuangte hmangaihna leh lainatna nei tak a ni a, Juda-hote chan chhiatzia te, Jerusalem kulh chim thu te, kawngkhar meiin a kan thute a hriat chuan ni eng emaw zat chu lungngaih avangin chaw a nghei a, Pathian hnenah a ṭawngṭai a. Hetih hun lai hian tu pawh lal hmaa inlan chu hlim hmel pu chung a inlan tur a ni a, lungngai hmel pua an inlan chuan an nunna hial pawhin a tuar thei a. Chutianga Persia dan leh thupek khauh tak karah Nehemia chuan a unaute leh a chipuite

hmangaih avangin lungngai hmel pun lal hmaa a inlan a ni. A hna leh a nunna hial pawhin tuar huamin a inpum pek tawp mai a ni. Lalpan a ṭawngṭaina a chhang a, Jerusalem kulh chim chhe vek tawh pawh kar thum chung lekin siam zawh a lo ni ta! Chutiang bawkin nang leh kei pawhin kan chhungkua chu kehchhe vek tawh mah sela, mittui nen Lalpa kan auh chuan, “Jerusalem chu hlimnaah ka siam a, a mite chu lawmnaah ka siam a nih hi” a tih ang hian kan chhungkua chu Lalpan min

siam thatsak leh dawn a ni (Is 65:18).

Juda Lal Hezekia pawh kha thi lek lek khawpin a damlo va, chutih lai chuan zawlnei Isaia a lo kal a, a hnenah, ‘Lalpa chuan, i chhungte khawsak dan tur rel fel rawh, i thi ngei dawn si a’ tiin a hrilh a. Tichuan, Hezekia chu bang lam hawiin a let a, tap chungin a tawngtai a, Lalpan a tap chu a hria a, kum 15 chhung hun a pek belh leh a ni.

Unau duh tak, nang leh kei hian kan chhungkaw thu rel fel tur hian kum eng zat nge kan la neih ang tih kan inhre si lo va! Chuvangin, chhungkaw kim lai hun hlu takin min liamsan hma hian chhungkaw maicham dinin, kan chhungkuaah Lal Isua hi thu neihtirin kan laltir ve tawh dawn lo'm ni?

Keini pawhin Pathian thu kan zawm loh avangin nasa takin sual a punlun a, tunhmaa kan hriat ngai loh sual ngawlveina, drugs leh ruih theih thil hrang hrangten kan fate a man a, thalai sang tam

tak chu thlan khurah an lut mek a ni! He khawvelah hian an lo kir leh ngai tawh dawn lo. Chutichuan, tunah hian Lalpa buhphalte chu an boral mek a. Heng hi hria ila, ‘Ni hnuhnungah chuan hun khirh takte a lo thleng ang’ tih chu tunah a lo thleng mek zel a. Tunah chuan mahni hlawkna atan mi nunna hlu tak tihboral pawh tihna a awm lo va, tihna tûr hial pawh sumdawn nan kan hman duh ta mai a, a rapthlak hle a ni.

Nu leh pa tam tak chu zu leh ruih theih thil avangin lungngaiin kan rum ta! A chhan bul ber nia lang chu chhungkaw maicham kan ngaihthah vang a ni. Thalai sang tam takin mual min liamsan tawh mah sela, kan tu leh kan fate hnena Pathian thu hrilh leh tawngtaia thahnem ngai taka kan beih a ngai a ni. “Thenkhat tih dan anga kan inkhawmte bansan lovin, i infuih tawn zawk ang u, ni chu a lo hnai telh telha in hriatin infuih tawn nasa lehzual sauh rawh u.”

Maicham chu Pathian leh a mite inbiakna hmun a ni a. Lalpa Pathianin ‘hmun thianghlim min siamsak rawh se, an zinga ka chen ve theih nan’ a ti a, “In zingah ka biakbuk chu ka awmtir ang a, ka nunna chuan a hnuchhawn lo vang che u. In zingah ka cheng ang a, in Pathian ka ni ang a, nangni pawh ka mite in ni ang” a ti a ni.

Mihringah pawh kan in leh lova chuangkai tam deuhthe nen chuan kan karah hmangaihna leh inlaichinna a nghet deuh thin a. Mihringte mah chutiang chu kan nih chuan ni tina chhungkaw maicham dina Pathian nena inpawl thinte leh Lal Isua chu an inngaina hle ang. Lalpa pawl thintute lawmna chu lei lawmna ang hi ni lovin, van lawmnain an khat zawk thin a ni. Hla siamtu pawhin, “Nang i awm chuan lei van a chang thin,” a lo tih kha. Lalpa nena inpawl thin chhungkuate maichama mei chu a nung reng ang a, a mit tur a ni lo. Lalpa Pathian nen an inzawm tlat avangin

chhungkaw maicham dintu chhungkua reng reng chu an tlachhe thei tak tak ngai lo.

**Mittui leh tahna:** Zawlneite mittui leh mi thianghlimte tap thawm thiltihtheihzia chu hetiang hian sawi dawn ila - Ring takin khawpui a lo ri rum ruma, lei hnuai thlengin a nghawr nghing vek ang mai hian sual simna leh inchhir avanga tap thawm chuan van Salem khawpui khi a nghawr nghing ve ngei ang tih hi i ring ngam ang u.

Chhiartu duh tak, in chhungkua chu harsatna chi hrang hrangin tlakbuak thin mah sela, thuhnairawlh leh inngaitlawm takin, thinlung kehchhia leh inchhira simin i chhungkaw kehchhe tawh siam that leh nan mittui nen Lalpa chu au rawh. Hei chauh lo hi chu tihdamna a awm lo a ni.

Fapa tlan bo pawh khan, ‘Ka tho vang a, ka pa hnenah ka kal teh ang’ tiin inngaitlawm takin, thinlung kehchhia leh inchhira simin a pa hnenah thupha a chawi

a, ‘Ka pa, vana mi chungah leh nangmah mit hmuhah thil ka tisual e, i faa vuah tlak pawh ka ni ta lo ve’ tiin ngaihdam a dil a. Thinlung kehchhiate rum thawm chu Lalpan a chhang duh em em a ni.

Tirhkoh Paula chuan kohhranho a hmangaih avangin mittui tam tak a seng tih kan hria. Ephesi kohhran a chhuahsan dawn khan ‘*ngaihven rawh u, kum thum meuh, mittui tla chungah, a chhun a zana mitin zilh ka ban loh kha hre reng rawh u*’ a ti. Kohhranho a hmangaih em avangin kum thum chungteh meuh chu mittui nen rawng a bawl a, mittui a sen nasatzia hetiang hian a sawi leh a, “Mittui tam tak tla chungin thinlung hrehawm leh thlaphang em ema ka zia ka nih kha; chu chu tihlungngaiha in awmna tur a ni lo va, in chungah hmangaihna nasa leh zual ka neih hi in hriat theih zawkna turin a ni” (2 Kor 2:4) a ti

a. A mittui tlakna hi awmze nei tak a ni thin. “Mi tam tak an kal a, chung mite chu Krista kraws hmelma an ni tih ka hrilh fo che u kha, tunah pawh tap chungin ka hrilh che u hi” (Phil 3:18). Kohhran tan mittui tam tak a sen thin avangin Kohhranho pawhin an ngaihlu em em a; chuvangin, Paula chuan hetiang hian an hnenah thu a chah, “Lal Isua thu hi hre rengin chak lote chu in tanpui thin tur a ni. Amah Lal Isua ngei khan, ‘Englo lak aiin pekin lukhawng a nei zawk’ tih thu a sawi zawh chuan an zain an tap a, Paula chu an pawm a, an fawp ngawih ngawih a, lawng chawlh hmun thlengin an thlah ta a ni tih thu Bible-in min hrilh. Tahna leh mittui hi hmangaihna rah chhuah rim thlum tak a ni.

*“Mittui tla chungah tuhte chuan hlim takin an atang. Tap chungin buh chi feh chhuahpui mah sela. A buh phalte kengin hlim takin a lo haw leh ang.*

*Sermon***KRISMAS THILPEK ROPUI BER**

– Rev. Vanlalzuata  
Zotlang

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

Kan thupui sawi tur hi Krismas thilpek ropui ber, “Fapa pekin kan awm ta,” tih a ni dawn a. He ṭawngkam hi zawlnei Isaia ṭawngkam, Lal Isua pian tur hrilh lawknaa ngaih a ni a. A lo ṭo chhuahna rilzia leh makzia hi mihring ṭawnga sawi fiah zawh rual a ni lo va, sawi loh theih lah a ni hek lo. Hetiang hian i lo thlir ho ang u:

**1. Chhinchhiahna pasariha chhinchhiah:** Eden bawh-chhiahna avangin Pathian leh mihring chu kan inṭhen tawh a. Eden huana kan luh theih tawh lohna turin nunna thing chu mei khandaih vir tawn zawk zawka ven a ni a. Thupuan bung 5-8 thute hi Lal Isua pian ṭanga a thih inkar huapa sawi theih ni mah se, a pianna lamah bel ta ila: Lehkhabu pakhat, a chhung lam leh pāwn lama ziak, chhinchhiahna pasariha chhinchhiah tlat chu lalṭhuphaha ṭhu chuan a kut ding lamin an keng a. “Tu nge lehkhabu hi hawnga a

chhinchhiahnate pelh tlak awm?” tiin vantirhkoh chu aw ring takin a au lauh lauh mai a. Vanah te, leiah te, lei hnuaiachte chuan lehkhabu chu hawnga a chhinchhiahnate pelh tlak tu mah an hmu zo lo va. Hei hi eng nge a awmzia ni ang? Mihringte سوالنا avangin Pathian nena kan inkarah indaidanna bang pui a awm a, chumi tikiang thei chu tu mah an awm lo tihna a ni awm e. A hmutu Johana chu a ṭap ta zawih zawih a.

**2. Thu lawmawm a lo thleng ta:** Suala tlu tawh mihringte



chhandam turin vanah an zawng a, an hmu zo lo va, leiah leh lei hnuai thlengin an luh chilh tawh a, an hmu zo lo. Nakinah chuan ennawm mak tak mai a lo lang ta! Upa zinga pakhat chuan Johana hnenah, “Ṭap suh, ngai teh, Sakeibaknei, Juda hnama mi, Davida bulpui khan lehkhabu chu hawng tur leh a chhinchhiahna phelh turin a hneh ta,” a rawn ti a. Van ropuina hlipin Lal Isua chuan lei hmun tlawm ber a rawn luhchilh a, krawsah hma a rawn chhuah a.

**3. Ennawm mak thar a lo lang:** Beram No inpekna chu zahna hlanin Thilnung palite leh Upa 24-te chuan an lallukhum phawkin a hmaah an bawkkhup a, “*Nang lehkhabu chu laa, a chhinchhiahnate phelh tlak i ni e...*” tiin ruah ṭham loh hla thar an sa a. Johana chuan ennawm mak thar lo lang zel tur chu a thlir reng a. Vantirhkoh a singa sing tam takte chuan aw ring takin, “*Beram No talh tawha hi Thiltihtheihna te, hausakna te,*

*finna te, chakna te, ropuina te, chawimawina te, malsawmna te hmu tlak a ni e,*” tiin hla mawi ropui an rawn rem a. Chumi zawhah chuan van leh lei chung leh lei hnuai leh tuifinriata thil siam tinrengte chuan, “*Lalthutphaha ṭhu leh Beram No hnenah chuan malsawmna te, chawimawina te, ropuina te, rorelna te, chatuanin awm rawh se,*” tiin an au rual a. Thilnung palite chuan, “*Amen Amen,*” tiin an lo chhawn a. Upate pawh chuan bawkkhupin chibai an buk a.

Hla phuahtuin ‘Ennawm mak thar a lang zel ang a thuk si,’ a tih ang khan Johana chuan Beram Novin chhinchhiahna pakhat phelh aṭanga pasarih phelh lai chu a thlir reng a. Lal Isuan chhinchhiahna pasarihna a han phelh lai pheih chuan van miten mak an ti lutuk a, ri reng reng awm lovin dar chanve lai chu van a reh ṭhup mai a. Van miten Krismas an hman dan hi kan thlir chuan **lawmna leh mak tihna** a inkawp a, lei mite duhsakna

leh uina a inkawp a, aw ring taka hla sak leh ngawih thup a inelhbawm bawk a ni. An tihtakna hmêl hi Krismas hmêl leh awmzia tar lanna a ni.

**4. Zawlneite hnenah puan a ni:** Pa Pathianin a Fapa lei mite a pek tur thu hi chawpchilha lo thleng thut a ni lo va, hmakhawsanga zawlneite hnenah khan vawi za chuang a lo hrilh tawh a. Zawlneite kâa Lal Isua chanchin hrilh lawkna thute hi Thuthlung Hluiah vawi zahnih chuang a lang a, sawi mai sen a ni lo. Zawlnei Mika chuan Isua pian hma kum 750 velah khan Bethlehem-a Isua a pian tur thu te, vuak leh chilchhak a tuar tur thute a lo sawi lawk tawh a (Mik 5:1-2). Zawlnei Zakaria chuan Isua chu sabengtung chung a chuan tur thu te, tangka 30-a an hralh tur thu te, a man chu belvawtu ta tur a nihzia te, a zirtirten an phatsan tur thu te, a nâka feia an chhun tur thute a lo sawi lawk a (Zak 9:9; 11:7,12-13; 12:10). Zawlnei Hosea chuan Aigupta rama a tlan bo tur

thu a lo sawi lawk bawk a (Hos 11:1). Zawlnei Isua chuan Isua chu nula thianghlimin a pai tur thu te, a hming tur te, amah hêktute hmaa a ngawih reng tur thu te, mi sualte nena tuar tlâng tur a nih thu te, a tiduhdahtute tana a tawngtai tur thu te, mi hausa thlana an zalh tur thute a lo hrilh lawk a (Is 7:14; 53:7,9,12).

Bethlehem-a a pian tur thu hi amah Isua chauh lo pawh Bethlehem-a piang tur chu an tam ang tiin khawvel mite chuan mi dang chungah bel an tum thin. Chutiang chu tam thei mah se, a pian hlina Aigupta rama tlan bopui chu an vang hle ang. Mi sing khat zingah pakhat lo awm ta mial pawh ni sela, tangka 30-a hralh a ni ve em, tih chu zawhna pawimawh a ni ang. Chutiang chu Bethlehem-a mihring piang zingah pakhat sawi tur hria sela, ‘a nih leh chu mi chu a hralhna manin belvawtu hmun an lei ve em? vuak leh chilchhakte a tuar em? a nâkah feiin an chhun ve em? Mi hausa thlanah an

phum ve em?’ tihte chu mi dang chung a thil thleng thei a ni lo. Thuthlung Thar kan chhiar chuan, “Zawlneite hrilh lâwk kha a lo thlen theih nân,” tih kan hmu fo mai.

Zawlneiten an hrilh lawk lai hian a hun laia mite chuan dâwt muhlumah pawh ngai sela an thiamawm tho mai. Nimahsela, a hun laia mite an thih zawh vek hnuah, an thlanah pawh arsi êk a kai that tawh hnuah, a hun takah an hrilh lawkna thu hi a lo thleng dik ta si a. Hrilh lawkna zahnih chuang daih, a kim biaia Lal Isua chung a lo thleng hi a mak a, Pathian thu hi a rin tlâkzia a tilang a, khawvel mite hriat ve loh, kan Pa ram thil a ni. “Pathian thil rel dan hi a va mak êm! Hriat phâk rual loh a ni.

**5. Leiah a lo piang van Lalbera chu:** Lei miten Krismas rim kan hriat hma daih khan van mipuite chuan Krismas hi urhsun takin, mak takin, bawkkhup chungin an lo hmang tawh a. Aw ring takin Beram No zahna hla

thar an rem a, a châng leh Beram No inpekna chu mak tiin dar chanve lai an reh ÷thuap bawk a. Chu thu lawmawm chu zawlneite hnenah hriattir an ni a, Isua pian hma kum 700 zet kal taah khan Isaia chuan, “Kan tan naupang a lo piang a, Fapa pekin kan awm ta a,” tiin a lo sawi lâwk a.

A hun bi a lo kim ta. Chumi zan reh takah chuan, thlasik vur daifim hnuaiah Lal Isua chu ranthlenga a rawn mut zan khan, vana miho mipuite chu Bethlehem daiah an lo pung khawm a, “Chungnung berah Pathian ropui takin awm rawh se, lei chung a lawm em em mihringte hnenah rem thu leng rawh se,” tiin lei mite hnenah duhsakna sang ber (Shalom) an rawn hlan a.

**6. Fapa pekin kan awm ta:** “Fapa pekin kan awm ta,” tih hi a sawi awl hle mah se, a lo ÷o chhuahna erawh chu a ril hle. Pa Pathian hmangaihna chuan kan inkara indaidanna bang a rawn su chim

a, chhinchhiahna pasarihte a rawn nuai bo va, Sinai tlang Dan thuthlung chu khawngaihna thuthlungin a rawn thlakthleng a, Dan chuan Lal Isua chu kawng lai kianin kawng sir a chuh rawk rawk a. Hmun tlâwm ber Bethlehem ranthleng chu a rawn chawimawi a, puithiamte leh lal leh zawlneite office chu a rawn luahlan a, mi sualten pheichham an man a, mi retheiten thang an chhuah a, tâng tenawm ber Kalvari tlang chu tlang ngainatawm berah a rawn letling a. Lal Isua hmaah chuan mi bawlhhlawh sil fai an ni a, thianghlina inngaiten an bawlhhlawhzia an hre thung thin a ni.

He thilpek ropui ber hi a dawn dan dikin kan dawng em? Mi retheiten an dawn chuan hausakna a ni a, natna tuarten an dawn fuh chuan damna a ni a, chapoten an dawn chuan tlawmna puan an sin a, mi duhamten an dawn fuh chuan thilphal an zir thin. Kumin chhunga lusûn chhungkuate pawhin he hun

hi hnung lam ngaihna hun atan i hmang ral lo vang u. He thilpek ropui hi la ila, thihna en lovin nunna kan en ang a, thlan lam hawi khan thawhleha lam a hawi ang a, hnuai lam entuin chung lam a thlir ang a, hun kal ta thlira lunglêngten hmangaihna thar zel tur lam an thlir ang a, chutah chuan kan duh tak kal tate chu van ropuina hain an hmel kan hmu thei ang.

Krismas dawnin thilpek (present) kan inthawn thin a; thin nei tam deuhthe pheichuan Krismas Card an târ tlar dul thin a. Hengte hi sawi nêpna ni lovin, mi dangte hnen ațanga thilpek dawng teuhute hian Krismas thilpek ropui ber, “Fapa pekin kan awm ta” tih hi kan dawng lo palh hlauh vang e. He thilpek dawngte chuan, “Van Lalrêng, ro pialral lunglu ka chhar ta,” tiin ro hlu ber chhar hmel an pu a. Chu thilpek chu an bangah târ mawi lovin, an nunah an târ mawi thin. FAPA PEKIN KAN AWM TA, Amen.

## KA NUNIN LALPA A CHAWIMAWI E

-Lalrindiki

Jt. Editor

Marin, “Ka nunin Lalpa a chawimawi e” a tih thu kan chhiar hian kan thnlungah eng nge lo awm thin le? He thu hian ringtute nun min hneh thin hle mai, a bikin ka hmeichhiat-puite rilruah thu a sawi thuk hle niin a lang.

Mari hian eng vangin nge he thu hi a sawi mai ni ang le? Engtianga he thu ropui tak mai hi a sawi chhuah mai theih ni ang le?

Pathianin a vantirhkoh hmangin a chatuan remruat tihpuitlina a awm theihna tura a thil tum chu Galili ram Nazaret khua nula thianghlim Mari hnenah a puang chhuak a. Mari chuan Pathian thusawi awihin Lalpa bawihnu a nih thu leh a duh ang taka a hman tura a inpek thu chu ringhlel hauh lovin a sawi nghal mai a ni. Israrel fate tan an tlahtute hnena zawlnei hmanga Pathian thutiam, Mesia - an beisei em em leh nghahhlel em em, dawhthei taka an thlir reng mai thlenna hmanrua atan Mari chu thlan a nih thu leh ‘vohbik’ a nih thu chu vantirhkohin a hrilh a. Mari

chuan chu thu a han hriat rual chuan an hnam dana hmeichhia a nihna anga a dinhmun tur hre reng chungin, Pathian thu chu a pawm thlap mai hi a makin a ropui tak zet a ni, hei hian Pathian a rinzia leh amah a inngaihtlawmzia a tilang a ni.

Mari hi pasal hual nei tawh a ni a, Juda-te danaah pheih chuan hetiang dinhmuna ding tawhin mi dang an kawp emaw a nih chuan ‘uire’ an lo ni tawh a, mite hmuhsit leh nuihzat a ni ang a, lunga den hlum hial tur a ni. Mari hian mihring nih phunga a hmakhua tur zawng zawng chu a hre vek ang a. A chungah eng pawh lo thleng

dawn mah sela, Pathian thu a nih phawt chuan tuar huam vekin Pathian a ring a ni. Ama nun leh a zahawmna, nula thianghlim leh fel a nihna chu humhim tum lovin Pathian tan a nun a hlan pumhlum tawp mai. Pathian a ñihna avang hian Mari chu Pathian Fapa hringtu, hmeichhia zawng zawnga vannei ber a ni ta a ni.

Chuti tak maia Pathian thu ngai pawimawh leh âwihtu chuan a laichinnu Elizabethi chibai a buk a. Pathian mite chibai buk thawmah ngawt pawh pum chungna naute awm lai lam pawhin lo hre theiin lawm avangin a lo che ve hial mai a, Elizabethi pawh chu Thlarau Thianghlimin a khat ve ta nghal a. Âw ring takin a au va, “Nang chu hmeichhia azawnga engthawl i ni, i rila rah pawh a engthâwl a ni. Ka Lalpa nu, ka hnena i lo kal hi engtizia nge ni le? Ngai teh, i chibai bûk thâwm ka beng a luh veleh, a lâwm avangin naute ka pum chhûngah a che a ni. A ring nu pawh a eng a

thâwl a ni, a hnena Lalpan thu a sawi kha a thleng dawn si a,” a ti a. Lalpa hnathawh a lanna apiangah Lalpa chauh chawimawiin a awm lo va, a thuâwihtu, a hmanrua mihring, mahni nun aia Lalpa thu a nih phawt chuan pawm flattu ngeia pawh chawi-mawiin a awm ñhin. Lalpa thusawite ringhlel lova ringtute hi mi nihlawh an ni tih Elizabethi thusawi hian a tar lang a ni.

Mari chuan a chungna Pathian ñatna, ani hmeichhe tlâwm tak, Juda rama thingtlang nula satlah ve mai Pathianin a thlan chu ropui a ti a, ñhangtharte pawhin nihlawh an la tih ngei ngeina tur, chungnungbera Fapa hringtu atana thlan a ni mai chu mak a tiin a lawm a, a nun zawng zawngin Pathian a fak a ni. Amah thlan a nihna mai bakah pawh, hnam ang pawhin an hnam, Juda chu Mesia lo pianna atana thlan a ni chu a lawm hle a ni.

Mari chuan a hnena vantirhkoh hmanga Pathianin a sawite chu ringhlel lovin a

pawm thlap a. A nunin Pathiana chawimawi ang hian keini pawh Pathianin a Fapa Isua Krista pianna leh a taksa siam puitlinna ni tura keimahni taksa ngei min thlanna leh min kohnaah hian ringhlel lo leh thuâwih taka, 'LALPA bâwihnu ka ni, I thu ang zelin ka chungah thleng rawh se,' ti ve turin min duh a ni. Chutiang titheitu Mari ang hian '**Ka nun hian Lalpa a chawimawi e**' kan tih ve ngamna turin thuawih leh Lalpa rin kan zir lehzual a va pawimawh em!

A dawt lehah chuan kan chhungkua theuh Pathianin min thlanna leh min kohna tihlawhtling turin nuhote hian tih tur kan nei ve ngei ang le. Kan tih tur dik tak tia, kan sawi tur dik tak sawia, kan sawi loh tur sawi lo theia kan

awm phawt chuan kan chhungkua, kan kohran leh ram a tidanglam ngei ang. Kan chhungkuaah Krista lalna thuneihna din ngheh zela awm hi Pathian chawimawina ropui tak chu a va ni em.

Ka nunin Lalpa a chawimawi titute chuan an chungah Pathian rorel leh thil thleng apiangah lungawi takin Lalpa an fak thin a, anmah-niah Pathian chawimawiin a awm a. An nunah mi dangten damna, hahchawlhna an hmu thin a, Pathian chawimawiin a awm thin.

Ka nunin Lalpa a chawimawi e kan tih vek theih nan keimahni theuha Thlarau Thianghlimin thu a sawite zawmin, Bible-in eng nge min hrilh tihte zir ngun thin ila, Pathian ring tlatin a thu awih zel i tum ang u.

Marin, 'Thinlung takin Lalpa ka chawimawi a.  
Min chhandamtu Pathian chungah ka lâwm êm êm a ni.  
A bawihnu tâwm tak hi a rawn ngaihsak a.  
Ngai rawh, tûn a chinah thangthar zel pawhin nihlawh  
min ti ang.'

(Lk 1:46-48 Lehlin thar)

## IMMANUELA

- Rev. C. Chanchinmawia  
Bawngkawn Chhim Veng

Lal Isua pian thua thu langsâr tak kan hmuh chu Isua hming “IMMANUELA” tih hi a ni a. Matthaia 1:22–23-ah chuan “Tin, Lalpan Zawlnei kaah, “Ngai teh, nula thianghlim chu a rai ang a, Fapa a hring ang a. A hmingah Immanuela an sa ang,” tia a sawi kha a lo thlen theihna turin chung zawng zawng chu a lo awm a ni (Immanuela chu, ‘Kan hnena Pathian awm,’ tihna a ni)” tih kan hmu.

He thu hi Isaia 7:14-a sawi lâwk lo thlenna thu a ni. Kan hnena Pathian awm hlutzia leh kan nihlawh bikzia i han chhui hmasa teh ang. Thuthlung Hlui hunah chuan Israel faten Pathian an hriat dan hi a la thim khawp mai. Pathian chu a Thianghlim êm avângin hmuh phâk a ni lo va, hnaih phâk pawh ni lovin an hria. Pathian hmêl chu a ropui a, a êng êm a, hmuh theih a ni lo. Pathian hmuh chu thihna a ni tawp mai (Ex 33:20). Pathianin a hmêl hmuhtir a phal lo. Hruaitu ropui Mosia meuh pawhin a hmu thei lo! Mosia hnênah Lalpa chu a inlâr ðhin a, a ‘âw’ a hria a, a hmêl erawh a hmu thei lo. Is-

rael fate chuan Pathian chu a Thianghlim êm a, a ropui si a, a hming pawh an lam ngam lo hial ðhin. Pathian hming sawi pawh an hlau a, a hmêl hmuh chu hlat tak an ni. Lalpan a vantirhkohte hmangin an hnênah thu a sawi a, a inlar ðhin. Lalpa zawlneite pawh khân a âw an hria a, a hmêl an hmu ngai lo!

Israel fate chuan harsatna leh manganna an tawh apiangin Pathianin a kalsan a, a hrem ðhinah an ruat tlat a ni. Pathian thu pawisa lova an awm apiangin Pathian chuan anmahni a hlat a, a kal bosan zawkah an ruat ðhin. Israel fate hi bâwihah vawi tam tak an tâng a, hmelma



kutah wawi duai lo an tlu lût a. Wawi tam tak Lalpan a ÷anpui a, an hnênah thil mak tam tak a ti a. An thinlung erawh Lalpa lakah a hel reng ÷hin a ni. Pathian lakah te, Mosia lakah te, a zawlnei lakah te an hêl a, an vuivai a. An thinlungah an rilruah sualin ro a rêl leh ÷hin a ni ber mai. An hnênah sual a chêng a, Lalpa awmna hre lovin an nung fo va; Pathian chu van chûng sâng takah a chêng a, mihringte biak phak mai mai theih loh niin an pawm tlat ÷hin a ni.

Kan Lal Isua he leia a lo pian a÷ang erawh chuan engkim a danglam zo ta! Thil hluite chu a ral a, ngai teh u, a lo thar leh ta, tih ang maiin, Pathian kan hriat dân a inthlak a, Pathian rorêlna thar a lo thleng ta! Hmuh phâk loh, hnaih phâk loh, hriat fiah phâk rual loh Pathian ropui leh Thianghlim chu MI SUAL zingah a lo thleng a, a lo chêng a, min chenchilh ta rup mai a nih hi! Immanuela kan hnênah Lalpa a awm ta! Kan zingah chêngin min awmpui

ta si a. Kan Lalpa lo piang hian thlamuanna reh thei lo minrawn thlen ta a nih hi! Thuthlung hmasaa an hnaih phâk loh Pathian chu kan hnên a lo thleng chauh pawh ni lovin **min chenchilh ta!** Lalpa chu fakín awm mawlh rawh se.

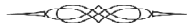
Kan hnêna Pathian awm thu hi kan nun hian a vârpawh tâwk lo fo va, waviin thleng hian Pathian nung hian min luhchilh a, nun danglamin min nuntir a, kan duhnate a tithar a, a tidanglam a, lungngaihna leh ÷ahna ruamah pawh tuihna thar a luan chhuahtir zêl ÷hin tih hi a va âwihawm êm! Sakawh hlau an pung a, UID - chhin-chhiahna pawh hlau an tam a, khawvel buai leh chhiat hlau an pun zel lai hian kan hnêna awm Lalpa hi a va hlu zual ÷hin em!

I lungngai ÷hin em? I thlaphang ÷hin em? Rilru hah leh buaiin i nun i hmang ÷hin em? Mahni inringhlelin mi sawi apiangin a tibuai ÷hin che em? Kan Lal Isuan, ‘Ring

lovin awm suh la, ring rawh. Nang zawngin mi hmuh avangin i ring a, ka hrilh a che, hmu lova ring apiang an nihlawh a, an eng a thawl e,' a tih kha (cf Jn 20:29). Chhandamtu lo piang, kan hnên lo thleng ta hi muanpui la, lungawipui la,

i buaina chu pe rawh. Amahin a hruai zel ang che, kan hnênah chêngin a nung reng si a. Kan Lalpa Isua lo piang hi i hnêna awm reng turin a ni tih hi awih la, lungawipui mai teh.

Lalpa a thu malsawm rawh se.



## KRISMAS RILRU

- *Upa Dr. Lalnundanga  
Chaltlang South*

Kum tawp a lo nih hian rilruah Krismas a lo lang nghal mai ðhin. Krismas boruakin min tuam mek a, kan inkhawm, kan zai, kan ðawngkam, kan in leh lo, kawthler leh hmun hrang hrang pawh a Krismas ta hle. Krismas hmangtute rilru leh Krismas rilru tak kan ngaihtuah ðhin emaw.

Krismas hian khawvel a chiah hneh hle a, Kristian ram leh Kristian lo ramah pawh eng emaw ti takin boruak a nei ti ila kan sawi sual awm lo ve. Kristian ni lo pawh an rilru a luah ve tho niin a lang. Mahse, Krismas aiah X-mas tiin an hre lar mah em maw ni, chu mai ni lovin, chawlh hun pui a nihna an hre lian zawk a ni mai thei - chawlh hman

nuam (happy holiday) tih chu chibai inbukna leh duhsakna an hman lar a ni. Tin, thil siam chhuah lamah ðan lain, thil chi hrang hrangah sum hmuhna hun ðaah an lo hmang ve mek a. Thawmhaw leh thil thar dangte an siam chhuak zel a, in leh kawthler cheina hrang hrang pawh a chi thar an siam chhuak ve reng mai. Anni tan chuan heng hi an Krismas rilru ber a ni mahna le.

Kristian zingah pawh heng rilru hi a lian ve tho a ni mai thei. Kan ram ngeiah pawh thil thar eng emaw tal neih kan tum a, kan inbuatsaih nasa hle thin. Ei leh in lamah lah hnianghnar loh kan hlau a, kan phak tawh ang angin, phak tawh bak te pawh a ni hial awm e, kan inhmakhua nasa hle. Hun danga kan thil lei ngam lem loh pawh Krismas a lawm tiin kan lei huai viau.

Khawsakna lamah pawh kan rilru a zalen deuh nge ni, hun dang zawng ai chuan chhung tin kan inthlah dul deuh niin a lang. Rilru a zalena, a thawveng a, kan zauthau deuh em maw ni, hun danga kan tih duh lem loh, thil tha lo lam pawh rilruah kan inthiam deuh nge, kan pawisa lo deuh a ni awm e. Chhungkua pawh a theih hram chuan hman khawm duhin hmun hla tak tak a tang pawhin kan inpan khawm vang vang a, insengso deuh pawhin kan ti hram hram thin chu a nih hi. Sumdawng lam pawhin kan thlir ber a ni ve bawh. Hetih hun lai hian sum

a tam thei ang ber hui luh tumin tan an lo la a, inneih thawmhnaw ang deuhin thawmhnaw a to uchuak duh viau. Sakhaw dang chuan an hun puiah thil man an titlawm zawk a, chu mai ni lovin, thil thlawn pek dang dangte an ken teltir thin. Krismas-ah hian Kristiante hian heng rilru hi pu ta ila a inhmeh zawk hmeh; mahse, kan la thleng pha chiah lo a ni awm e.

Heng karah hian eng ber hi nge kan rilruah Krismas lai ber tih hi kan inzawt thin em aw? A inang lo viau mai thei. Thenkhat chuan Krismas-a thil thar neih loh chu tiin Krismas lo riauvin kan hre mai thei. A thenin ruai theh hi a Krismas lai berah kan ngai mai thei bawh. Chutih laiin rilruah ran chaw pekna thleng, khalbuk leh a vengtu, Mari leh Josefa, berampu leh mi finge, Lal Heroda tihte a lian viau ang. Biak In, chenna in leh kawthler chei mawite pawh thenkhat tan chuan Krismas a kan rilru luahtu ber a ni ve thei. Halpuah leh halmawi tel lo chuan Krismas

hi ho riauva ngai te pawh a awm theih ang. Hlim tak a inkhawm, tui taka zai khawm thlahlel ngawih ngawihte pawh kan awm ang. Chutiang chuan Krismasa kan rilru luah bertu theuh sawi dawn ila sawi tur tam tak a awm awm e. Krismas atan theih tawkin kan inbuatsaih a, tam tak phei chu kan inpeih tha hman lo hial em maw ni.

Krismas-a van lam rilru hi i'n ngaihtuah ve thung teh ang. Thupuana kan hmuh chu lehkhabu hawnga, a chhinchhiahna phelh thei tur vanah te, leiah te, lei hnuaiah te pawh an zawng a, an hmu lo, chhinchhiahna hawngtu an awm loh chuan Jerusalem thar kan tana buatsaih hi luah thei tur an awm dawn lo a ni. Chuvang chuan, 'ka tap ta' a ti. Mahse, sakeibaknei, Juda hnama mi, Davida bulpui khan a hneh ta (Thup 5:1-5). Van lam rilru chu a harsain a zalen lo hle thung mai, mi an zawng nasa, mahse, an hmu lo, a tawpah loh theih lohvin Pathian Fapa neih chhun tirh a ngai ta.

Krismas rilru Isaia ziaka kan hmuh chu thlaphang taka an awm karah, hmuhsitawma an awm laiin, thihna hlim rama an awm laiin, thima an awm laiin, rit an phurh laiin, hnehchhaihtu tam tak karah - chung zawng zawng ata chhan chhuak turin an tan naupang a lo piang ta a ni (Is 9:1-7).

Hetiang bawh hian Thuthlung Thar lamah, a kawng sialtu, Baptistu Johana lo pian dawn khan rilru hrehawm takin an awm a, Juda danah chuan nupa fa nei thei lo chu vanduaithlak tawpah an ngai a, chu mai chu ni lovin, a zahthlak tel bawh. Fa hi an awt ang, fapa an duhna hrim hrim chu thu hran ni sela, an hnam danah thil zahthlak a tling tlat, chuta ta chu chhan chhuah hi an duh ngawih ngawihin a rinawm, chutiang taka rilru mangang leh thlabara an awm laiin nausen a lo piang ta.

Krismas hmasa ber a Mari leh Josefa rilru hi kan ngaihtuah thinin a rinawm. Juda danah chuan inneihna

kalmang hi chhawng thum ang deuhin a awm a -

**Intiamna:** An nu leh paten emaw, a enkawltuten emaw innei turte chu naupang an la nih laiin, anmahni rawn leh inhmu lo pawhin nupui pasala innei turin an lo intiam lawk thin.

**Inhualna:** Nupui pasal neih a lo hunin an intiamna chu an tinghet a, inhualna an zia kng het thin. Hemi an tih ngheh dawn hian inneih duh lo tan chuan hun remchang awm chhun a ni tawh. In hualna an tih ngheh hnu chuan la awm dun lo mah se nupui pasal nei ang chiah an ni a, kawppui dang an neih chuan uire, lunga den hlum tur an ni, an pahnih hian inngaihna sua la lo tlu pawh ni se an pahnih hian lunga den hlum tur an ni. Hmeichhe pasal hual kha a lo thih palh chuan pasal sun a ni.

**Inneihna:** Inhual chhung kum khat a lo tlinin mipain a nupui hual chu a in lamah hruaiin an innei thin.

Heng an dan a tang hian Mari hnena vantirhkoh inlar

hi manganna vawrtawp a ni hial awm e. A rilru chu a kal thui ve khawp ang le. In hual tawh an ni si a, vantirhkoh sawi hi a lo thleng dawn tak tak a nih chuan uire, lunga den hlum tur a ni. Mari chung hi a pik tih loh rual a ni lo. Chutih laiin Josefa rilru pawh hi a mangang a ni, a ruka ban hial a duh. Josefa dinhmun han thlirpui hian a awm ngawih ngawih mai. An rilru hrehawm dan tur hi kan suangtuahpui thiam em aw? Hrehawmna namen lo, harsatna vawr tawp, zahna, hmuhsitna, endawngna ... sawi sen a ni lo vang, chutiang dinhmuna an dil lai chuan Thlarau Thianghlim paitir nausen chu a lo piang ta a ni.

Krismas rilru tak chu eng nge ni ta ang le? Nausen Isua lo pian chhan Krismas rilru, a chung a tar lan a tang a ka hmuh chu, khawngaihna leh hmangaihna, sual ata chhanchhuahna, thim ata engah, thlaphanna a tang in thlamuannaah, phurrit phurhna a tang a zalenna, hrehawmna leh harsatna

ruam aṭanga chhan chhuahna, lei hrehawmna aṭangin van Jerusalem tharah. Chu rilru chu Johana chuan 'thu tisa a lo chang' tiin a sawi a. Johana ziaka kan hmuh hi thil awl ai tak chu a ni awm lo ve. Engati nge thu tisaa a lo chan tak mai? Pathianin mihringte min hmangaihna hi nemngheh a duh a, chuvangin, thu maia sawi emaw, aiawh, vantirhkohte emaw a tirh mai chuan a hmangaih mihringte hian kan hre thiam lo vang tih a hlau a ni ang, amah leh amah intitlawmin kan zingah hmuh theih tisain a lo lang ta a ni. Chu mai chu a ni lo va, 'khawngaih leh thutakin a khat' a la ti lehngal. Khawngaih leh thutaka a khahna hi kan tan malsawmna a ni a, kan neih phak loh, kan phu hauh loh, chatuan nunna min neihtirna nen a lo kal a ni, a ropui hle mai. Chutiang taka hmangngaihna nasa lo lan chhuahna chu Krismas rilru tak chu a ni ngei ang. Chuvangin, he hun hi hlim tak leh rilru engthawl taka chhungkaw kima hman

a phu a, thawmhaw thar leh kan neih tha ber nena hmuah a phu a, ei tur tuihnai tak leh ruai ropui tak nena lawm a phu a, hlim taka zaia chawimawi a phu reng a ni.

Tichuan, Krismas rilru tak chu Johana'n hetiang hian mawi takin a ziaak a, "Pathianin khawvel a hmangaih em em a, chutichuan, a fapa mal neih chhun a pe a, amah chu tu pawh a ring an boral lohva, chatuana nun an neih zawk nan" tiin (Joh 3:16).

Josefa leh Mari te ang a, thlaphanna leh manganna karah, hrehawmna leh phurrit tak karah pawh "I thu ang zelin ka chungah thleng rawh se" ti a, an chungah eng pawh thleng tura inpete chu Krismas rilru tak hre Chiangtute an ni a, chung mite nunah chuan Lal thar Isua - Immanuela - Kan hnena Pathian awm - chu a lo piang ang, chu hun chu a tan Krismas ni tak chu a ni ang a, hlim leh lawm taka dawngin sual tan hmun kenna chi a ni tawh lo vang.

## WORLD AIDS DAY 2014 THUCHAH

- Synod Social Front

*“HIV positive tih ka inhriat khân, thih mai duhna ka nei a, ‘ka fâ lo piang tûr hian a kai ve ang em,’ ‘engtin nge miin min ngaih ang?’ tih te leh thil dang dang ka rilruah a rawn lang nghal zung zung a,” C.Z-i, HIV positive.*

An vêng Kohhran Upain a chanchin te a lo hria a, a dinhmun tur kha a ‘hre thiam,’-in a ‘khangngaih’ hle a ni ngei ang, an inah a va tlawh a. A tîrah chuan C.Z-i pawh hian a lo hmu duh mai lo; mahse, a lo lèn fo bâkah, room leh lam atanga a thusawi a lo hriat khân va biak châkna leh a rilru hahna va insawi thâwl châkna a pe ta a. C.Z-i sawi chuan, “A thil sawi aţang khan min hre thiam riaua hriatna ka nei tlat mai a. Ka rilru hahna leh rihna zawng zawng mai kha va bun ruah châkna min pe a,” a ti.

A nau pai laia HIV positive tih inhria a nih avâng leh enkawlna a dawn that avangin, a fanu 2-te chuan an kai ve lo va. Pathian leh an Kohhran Upa avâng khân a hriat tirha dam pawh châk tawh lo hial khawp kha tunah chuan, “He natna hi Pathianin ka chungah thlentîr a phal a, ka HIV positive-puite tâna theihtâwpa hmâ la tûr leh hre thiamtu ka lo nih zâwk theihna tur a lo ni,” tiin C.Z-i hi Mizoram leh India ram mai pawh ni lo, Sap ram thlengin Pathianin a hmang chho ta a ni.

Kumin 2014 hi Presbyterian Kohhranin **World AIDS Day** kan hriatpui/hmanna hmasa ber tur a ni a. HIV AIDS lama kan rawngbawlnaah rahbi thar chhinchhiah tlâk tak a ni. Hei hian kohhran leh kan hnam min ei chhe mêktu HIV chungchânga inzirtirna chi hrang hrang kan ngaih pawimawhzia a lantîr.

Kan ramah hian eng zat chiah nge HIV positive awm? Report hi a dik tak tak dawn em ni le, tih piah lamah, kohhran hi HIV vênna leh

enkawlna lamah tun aia nasa zawka kan pên a hun. Africa Pastor pakhat chuan, “Room-ah i awm a, rûl a lo lût a, rûl kha that mai lova khawi ațanga lo lut nge tia i buai chhông khân a chuk hlum palh ang che,” a ti. Chutiang chiah chuan HIV pawh hian kan ramah bû a rawn khuar nghet tâ tih hi kan pawma, hmalak dân tûr felfai tak leh Kohhran ngaih dân Chiang tak, ‘**KOHRAN HIV POLICY**’ kan neih a hun tak meuh.

HIV policy hi Presbyterian Church of South Africa leh USA-te chuan ziakin a bua siamin – nupui/pasal neih hmaa thianghlimna vawn, nupa inkâra rinawmna, HIV counselling neihpui dân tur, condom, HIV fahrahte chhawmdawl dân tûr, HIV inkai chhâwn dân, kohhran leh inendawngna, Awareness-a sawi tur chin leh thupui tam tak HIV kaihnauiha kohhran ngaih dân Chiang takin ziah a ni a. Policy ziaka a awm chuan, mahni ngaih dân sawi mai mai a awm lo ang a. HIV

chungchângah tû tân pawh khawi ațang pawhin kan kohhran ngaih dân kha keu theihin a lo awm ang a, kan hmalak mêknaah hian nasa takin min puih ngei a rinawm.

Khawngaihna leh lainatnaa bul kan țăn țăt leh a ngai. HIV vâng a harsatna tâwk mêkte chungchâng kan sawi țin dân ațangin hemi pawh la thleng pha lo hi ringtuteah kan la tam hlein a lang. “An sual vâng rêng alâwm,” kan ti liam a; mahse, tu nge thil tisual lo bik ni? Ringtute he natna do kawngah hian kan pawimawh hle mai. Kan entawn ISUA KRISTA kha Samari mi țăa ai khân lo kal ta se, a aia nasa zâwkin suamhmang tâwk khâ a buaipui a rinawm.

*Tin, Isuan a hnenah, “Nang pawh chu ang bawk chuan va ti ve rawh,” a ti.*

**KOHRAN LEH HIV:** Kohhran hruaitute leh member-te hian hengte hi kan hriat chian pawt a ngai –

- HIV/AIDS hian mi mal taksa, rilru, thlarau nun,



- mi dang nêna kan inlaichinna, chungkaw nun leh khawtlânga kan dinhmun a khawih
- HIV/AIDS hi chungkaw himna tichhetu lian tak a ni
- AIDS hi ram leh hnam changkâna hmêlma lian tak a ni
- AIDS hi retheihna atanga retheih lehzualna thlen theitu a ni
- Mihring zahawmna tibawrhângtu a ni.

### **Kohhran chu -**

- Krista rawngbawlina chhonzawmtu
- Beidawng leh lunggaite tâna damna
- Ram leh hnam tân din chhuahna
- Hmangaihna leh lainatnaa mi dangte rawngbawlsaktu.

Kohhran hruaitu leh member tam takte hi AIDS chungchângah kan ngaih dân a inang lo thîn a. AIDS darh zêl tûr vên ahnêkin hengah te hian AIDS tidarhtu zâwk kan ni thei -

- He natnain harsatna hrang hrang a thlente kan haider hian

- Mi dangte thiam loh kan chantîr nghâl ringawt hian
- An kai dân azira mi kan en hran hian
- A kai chhâwn dana pawimawh em em - mipat hmeichhiatna te, nawhchizuar chungchang te, drugs chungchang leh a invên dân te sawi thiàng lo ang hrima kan ngaiha, kan sawi hreh tlat hian
- AIDS hi mi an sual vâng rênga Pathian hremna anga kan ngaih tlatin
- AIDS chungchâng eng mah sawi tur emaw, tih tur emaw kan hriat loh hrim hrim pawhin
- Hre Chiang mang lova kan ngaih dân kan sawi vak vak hian.

### **Hengah hian kohhranten hma kan la thei -**

1. Inendawngna/inthin-hrikna hi Pathian thu nêna inmil lo tih puan chhuah a ngai.
2. HIV damlote hi dema thiam loh chantîr mai lovin Lal Isua hmangaihna leh lainatna kan hriattîr zâwk a tûl.

3. Kohhran hian sex, drugs, etc chungchângah thil nih dân dik tak kan pawm ngam a ÷ul; kohhran member tam takte hi chak lohnain a phuar vêlte kan ni.

4. Kohhran member-te nupui pasal inneih hmaa thianghlimna vawng tur leh, nupa inkârah rinawmna pawimawhzia tûn aia nasa zâwkin inzirtîr ila. Chumi piah lamah condom ngaih chin a awm a ni tih hi pawm ngamin hmâ latute do bur lo ila.

5. Theih ang anga HIV damlo mêkte enkawlina lamah chhawmdawlina pek. Entirnan, kan kohhran hnuaia Grace Home hmalâkna kawng ÷anpui te, a harsa zual nutritional supplement leh AIDS fahrahte tâna school fees tumpui etc.

### 6. Thil dang kan tih theihthe -

- 1) HIV/AIDS lam sermon sawi ÷hin
- 2) HIV/AIDS Workshop/ Seminar huaihawt
- 3) HIV/AIDS lama hmalatu tûr bik inruat

4) Counselling pèk ÷hin

5) Puitling, ÷halai, tleirâwl leh naupang zînga zirtîrna pèk.

**TLANGKAWMNA:** HIV avâng a harsatna tâwk mêkte hian damdawi leh taksa/ thlarau damna an dawn mai hi a tawk lo, chûng bâka an mamawh chu mite hriatthiamna leh lainatna a ni. Damlohna, natna leh hrehawmna hmunah hian an mal lo a ni tih hi kan hriat nawntîr fo a ngai.

Damdawi te chawhin taksa damna thlentû kan ni vek thei lo; mahse, Isua tih dân enin khawngaihna kan lantîr thei. Mi harsatna leh rilru natna lo ngaithlatu, phurrit lo tizângkhaitu kan ni thei. Chûng kan tih chuan Pathian awmzia tichiangtu kan lo ni ang a. Mita hmuh theih loh Pathian hmuhtîrtu kan lo ni zâwk dân a ni.

*(He thu hi Synod Social Front in World AIDS Day (December ni 1, 2014) puala a chhuah a ni)*

## WOMEN CENTRE SAKNA ATANA SUM LUTTE

Women Centre sak hna hi tluang takin a kal zel a. Tunah (1.11.2014) hian building pum puia chokut leh Tukverh frame vuah zawh titih a ni tawh a, inthiarna leh tui pipe-te (Internal water supply & Sanitary installation) tih fel a ni tawh bawk. Building chhung lam leh pawn lam rawng hnawih mek a ni.

Women Centre sakna tura sum lut Receipt No. 701 atanga No. 900 inkar kan han tar lang leh a, petute zawng zawng chungah lawm thu kan sawi nawn leh a ni, in thilpek hlu tak hian rah duhawm tak a chhuah ngei ang.

<b>Sl. no. Petu</b>	<b>Pek zat</b>
1. Sakawrdai Bial	Rs. 5,000
2. Armed veng Bial	Rs. 75,000
3. Tlabung Chawnpui Bial	Rs. 5,000
4. Zokhawthar Bial	Rs. 5,100
5. Hortoki Bial	Rs. 10,000
6. Chhiahtlang Bial	Rs. 15,000
7. Pukzing Bial	Rs. 5,400
8. Bilkhawthlir Bial	Rs. 25,000
9. Airfield Vengthar Bial	Rs. 20,000
10. Chaltlang Bial	Rs. 79,000
11. Chanmari Bial	Rs. 61,000
12. Chanmari Bial (Belhna)	Rs. 4,000
13. Sialsuk Bial	Rs. 12,000
14. Khawhai North Bial	Rs. 5,000
15. Vaivakawn Bial	Rs. 80,000
16. N. Vanlaiphai Damdawi veng Bial	Rs. 20,000
17. Lengpui Bial	Rs. 20,000
18. Khawbung Bial	Rs. 20,000

19.	Electric veng Bial	Rs. 1,00,000
20.	Bawngkawn Bial	Rs. 80,000
21.	Mission veng Bial	Rs. 90,000
22.	Pi Laltlinpuii w/o PC Thandanga, Dawrpui Jail veng	Rs. 1,000
23.	Aibawk Bial	Rs. 15,000
24.	Pi Lalhingpuii, Dawrpui Jail veng	Rs. 3,000
25.	Republic veng Bial	Rs. 84,000
26.	Chhinga veng Bial	Rs. 80,000
27.	Reiek Bial	Rs. 10,000
28.	Tuipang Bial	Rs. 5,000
29.	Marpara Ramthar Bial	Rs. 5,000
30.	Hmuntha Bial	Rs. 10,000
31.	Suangpuilawn Bial	Rs. 10,000
32.	Khawlailung Dinthar Bial	Rs. 15,000
33.	Muallungthu Bial	Rs. 15,000
34.	Champhai Kahrawt Bial	Rs. 70,000
35.	Champhai Vengthlang Bial	Rs. 76,000
36.	Sihphir Bial	Rs. 30,000
37.	Zemabawk Bial	Rs. 85,000
38.	Hliappui Bial	Rs. 20,000
39.	Chawnpui Bial	Rs. 90,000
40.	Chawngtlai Bial	Rs. 7,000
41.	Keitum Bial	Rs. 10,000
42.	Haulawng Bial	Rs. 5,000
43.	Bungkawn Bial	Rs. 80,000
44.	Sesawng Bial	Rs. 20,000
45.	Zemabawk Vengthar Kohhran	Rs. 2,000
46.	Tanhril Bial	Rs. 55,000
47.	Vairengte Bial	Rs. 25,000

*Hriselna huang*

## THISEN TLAKCHHAM AVANGA NATNA (ANAEMIA)

Thisen tlakchham natna (anaemia) hi Mizote hian kan vei nasa em em a, a bik takin hmeichhia nau pai leh nau pawm lai te hian an vei nasa zual a ni. Thisen tlakchham natna hi, thisena awm ve chi khat, thisen rawng timentu ber 'Haemoglobin' hi thisenah a tlem chuan, thisen tlakchham natna an lo vei thin a ni.

### **Natna lo awm chhan tlangpuite:**

- |  |  |
|--|--|
| 1. Eng vang pawha kan taksa aṅanga thisen tam tak a chhuahin         | 8. Natna benvawn chi hrang hrang vei vangte  |
| 2. Hmeichhiain thi a neih tam lutuk changin                          | 9. Iron leh vitamins kan chaw eiah a tel tam tawk loh avangtein  |
| 3. Nuin nau a neiha thisen a chhuah tam lutukin                      | Heng lo pawh chhan dang vangte pawhin a awm thei ang a, Mizo zingah hi chuan a chhan tam ber chu kan chaw eiah thisen siamtu tur chi a tam tawk loh vang a ni tlangpui a ni. |
| 4. Rulhutupui leh rulhut kawm pai vangte                             | Thisen tlakchham lan chhuah dante:   |
| 5. Cancer chi hrang hrang leh thisen natna chi hrang hrang avangtein | 1. Luhai leh lu nâ   |
| 6. Malaria, T B, Kawṭhalo leh santen avangte                         | 2. Chaw ei tui lo  |
| 7. Kawchhung lam natna avanga thisen chhuak thinte                   | 3. Zawi leh chau ngawih ngawih   |

4. Hmel dang lip lep
5. Hnathawh hah deuha thawchham thinte
6. Lungphu rangte
7. Chaw pai tawih that theih lote

**A enkawl dan:** Thisen tlakchham natna (anaemia) nei tan hengte hi ei a tha -

1. Sa thianghlim chi hrang hrang leh sathin.
2. Theirah chi hrang hrang - apple, kawltai, sunhlu, theihmu, lakhuihthei, serthlum, theihai leh serthur chi hrang hrangte
3. Thlai hel ei chi leh be lam chite
4. Thlai hnah hring leh thlai rah chi hrang hrang
5. Artui leh bawngnhute
6. Khawizu

Thlai hel ei leh thei kan ei tur te fai tak a sil tur a ni a. Vawi khatah tam deuh ei tur

a ni lo. Chaw ei kham apianga thei lam ei hram a tha.

Thlai chhum chite hi hmin lutuka chhum loh tur a ni a, thil chhum reng reng a tui in loh chi a nih chuan tui tlem tein, a kang lo tur tawk chauhvin chhum tur a ni, tui kan leih tam lutuk chuan a chakna leh a hanna a tibo thei a ni.

Eng pawh ni se, vawi khata ei tam lutuk hi a tha lo va, ei ngun zawk tur a ni. Ei tur reng reng thianghlim tak leh fai taka buatsaih a tha. In chhung leh eirelna hmun, thuk leh tapchhakte kan vawn fai a pawimawh em em a ni.

A bik takin hmeichhia leh nu nau pai leh natna neiten thisen an tlakchham chuan, Vitamins chi hrang hrang te, Iron leh Folic Acid-te ei a tha. Tin, kan hriselna atan hian fai hi a pawimawh hle a ni.



‘Pathian hi kan lamah a tang em?’ tih aiin ‘Pathian lamah ka tang em?’ tih hi a pawimawh zawk.

*Abraham Lincoln*

## PWF INKHAWMPUI VAWI 15-NA REPORT

- *H. Lalpianthangi*  
General Secretary

India Hmarchhaka State hrang hranga Presbyterian Kohhran Hmeichhe inzawmkhawm pawl Presbyterian Women Fellowship (PWF) Inkhawmpui vawi 15-na chu Lamka, Churachanpur, Manipur-ah October 24-26, 2014 chhung khan tluang taka neih a ni.

**I. A kal dan:** October 23, 2014 - Mizoram Synod atanga palai te bus 4-in Synod office tual atangin N.E. Khawdungsei lam kawngah zing dar 6-ah an chhuak a. Keifangah tukthuan an ei a chumi hnuah kal zelin N.E. Khawdungseiah an riak a. A tuk ni 24 zingah chhuak lehin zing dar 8:00 velah truck buhfai phur kawng thlangah a inpaih avangin kawng a block ta a. An tukthuan eina tur Tuima an la thleng si lo, chuta tanga khaw hnai ber Sinzawl, km 8 vela hlaah kalin chawhnu dar 2:00 velah tukthuan ei turin upa lam mi 7 tih loh chu an kal ta a. Let leh zawk mai tur em ni ti khawpa ngaihtuahna an neih laiin Pathian hnenah an tawngtai al; tichuan, motor

tang chu a chhuak thei ta a, an lawm lutuk chu kut an beng dar dar a ni awm e. Zan dar 8:00 atangin Churachandpur panin an rawn tlan tlaivara zing dar 9 velah an rawn thleng thei ta a ni.

**II. Hun hman dan:** Nomination leh Standing Committee ni 24.10.2014 nilengin neih a ni a. Zanah thuchah tawi Rev. V.L. Luaia Hranleh, Executive Secretary i/c PWF-in a sawi a. Palai lawmna - Rev. Lalnunmawia, Senior Executive Secretary, Manipur Synod leh thlengtu lam atangin Upa S. Lalrualan a sawi bawk a ni. Inrinni zingkar Bible Study hi Pi C. Lalneihthangi'n a kaihruai a, Pi Lalhlimpuii, CHT Synod-

in Bible Study min neihpui a, Nehemia nun aṅanga zir tur pawimawh tak tak a sawi zingah kan sawi lan duh chu Nehemia chu sawi mai ni lo, a taka ti mi a nihzia leh mi dangte tana inpe mi a nihzia a sawi a ni. Inrinni nilengin rorela hun hman a ni a. Rorelnaah hian Unit tin Secretary-ten Report kan pe a. Thupui 'Rise up and Build' (Nehemia 2:18) tih chu mi pathumin kan sawi a, chungte chu - Inrinni zanah Pi H. Lalpianthangi, Gen. Secy., Mizoram Synod; Pathianni chawhmaah Dr. Lalrindiki Ralte, Associate Prof., ATC, Pathianni chawhnuah Pi Kmensila Budon, KJP Synod, Mihngi ten an sawi a ni. Rev. D.C. Haia'n Pathianni zanah hruaitu tharte Pathian hnenah hlanin thuchah ropui tak a sawi bawk a ni.

Inkhawm apiangin Zaipawl pathum ngaihthlak ṭhin a ni a, Zarkawt Female Voice-te inkhawm apiangin thiam takin an zai ṭhin a, a lawmawm hle a ni.

### III. Thurelte:

1. Nute Ni hman chungchang chu Standing Committee kutah dah let a ni.
2. Tualchhung Kohhran Committee leh Committee dangah te, Kohhran Hmeichhia te tel dan chungchang hi General Assembly Level leh Unit Level-ah Seminar/Consultation neih ni se.
3. PWF member chhiar dan tur tihchian ni se tih chu Kohhran Hmeichhia dan zawh kim (kum 14) dan chungah awm tawhte chu member-a chhiar ni se.
4. Pathian thu zir hmeichhiate nemngheh (ordained) chungchang hi unit tinah zir chianna neih ni se tih a ni bawk.

**IV. Budget:** Kum 2014-2016 budget atan ₹19,04,000 (cheng nuaisawm leh pakua leh sangli chiah). Mizoram Unit tum tur chu 2,62,000 (nuaihnh leh singruk leh sanghnh) a ni.



**V. Hruaitu tharte:**

- Chairperson : NI. G. Hannalabahun Kharbuki  
KJP Synod Sepngi (PCI ruat)
- Vice Chairperson : Pi C. Lalneihthangi  
Mizoram Synod
- Secretary : Pi Rualkhumi Nampui  
Biateram Synod
- Asst. Secretary : NI. C. Lalhmangaihzuai  
Manipur Synod
- Treasurer : Pi A. Budon, KJP Synod Mihngi
- Secretary for Women Relations: NI. Zohmangaihi,  
Mizoram Synod

**VI. 2016-a 16<sup>th</sup> Biennial Programme**

- A hmun : Mizoram Synod
- A hun : October 28-30, 2016
- Thupui : Lalpa chu zawng ula (Isaia 55:6)
- Sawitu : Dr. Ladbasuk Lyngdoh  
Lecturer John Roberts  
Theological Seminary
- Bible Study : Prof. Lalnghakthuami  
Aizawl Theological College

**Tlangkawmna:** A thlengtu Manipur Synod an inpuahchahna an fakawm a, a bik takin a thlengtu, Lamka Kohhran inpekna leh inbuatsaihna a fakawm hle a ni. Kohhran member tin pavalaita pawh an bang chuang lo, Pastor leh Executive Secretary thlengin theihtawpin min lo dawngsawng a, an fakawm hle a ni. Kal lamah Buhfai phur truck avanga an tan tawh avangin haw lam chu kawng danga kal duhna a lian hle a; amaherawhchu, chhan hrang hrang avangin a ngaia haw leh tura rel a ni a. Palai tam tak chuan hlauhthawwna an la nei a; mahse, Lamka Pastor Lalropuia an chhuah dawna a thu sawi

“Tuna in tawrh hi a nep lutuk keini vawi eng zat nge kan tan

**Hriat atan**

1. Dt. 17-20.10.2014 chung khan heng hmunahthe hian Leadership Training leh Kristian chungkaw Campaign neiin kan hruaitute an feh chhuak a. Pathian hruainain tluang takin hun an hmang thei a, a lawmawm hle.

(1) Chalrang Bialah Pi Rochhungi, Pi Sailuti leh Pi PC Nuzawni te an kal.

(2) Phuldungsei Bialah Pi C. Lalrinliani, Pi K. Lalthangmawii leh Pi K. Vanlallawmi te an kal.

2. Kohhran Hmeichhe nia kan thu zir '**Nute mamawh rilru Hriselna**' tih Dr. Ruth Lalmuanpuii ziak chu a duh tan Kohhran Hmeichhe office-ah copy khat Rs 10-in a lei theih e.



**\* PWF khawmpui Report chhonzawmna...**

tawh, changel hnah phah ringawt tein kan riah chang a awm asin, Israel-ten Kanan ram an panna kawng kha ngaihtuah rawh u," tia a tawngtai zui chu mittui a sur a, an Hallelui tuar tuar ta mai a, a ropui hle mai. *Keinin vanduinah kan ruat a hmangaihna lantirtu* tih chu a takin kan chang niin kan hria a, a ropui hle a ni.



AGAPE CHHIARTU ZAWNG  
ZAWNGTE KRISMAS LEH KUM THAR  
HLIM TAKA LAL ISUA NENA HMANG  
TURIN DUHSAKNA KAN HLAN A  
CHE U.

## KUM 2013-2015 INKHAWMPUI LIAN HRUAITUTE

<i>Chairman</i>	:	<i>Pi C. Lalmangaihi</i>
<i>Vice Chairman</i>	:	<i>Pi Rochuangkimi</i>
<i>Gen. Secretary</i>	:	<i>Pi H. Lalpianthangi</i>
<i>Asst. Secretary</i>	:	<i>Dr. Vanlalhruaii</i>
<i>Treasurer</i>	:	<i>Pi C. Lalneihthangi</i>
<i>Fin. Secretary</i>	:	<i>Pi Vanlaltluangi</i>

### Committee Member-te

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. <i>Pi K. Lalthangmawii</i>     | 2. <i>Pi C. Lalrinliani</i>      |
| 3. <i>Pi Parchhuaki</i>           | 4. <i>Pi Ramngaihsangi</i>       |
| 5. <i>Pi Laltlanthangi</i>        | 6. <i>Pi Rosangpuii</i>          |
| 7. <i>Pi Rochhungi</i>            | 8. <i>Pi Lalthansangi</i>        |
| 9. <i>Pi Zohmachhuani</i>         | 10. <i>Pi H. Kapthangi</i>       |
| 11. <i>Pi Lalrinzuali</i>         | 12. <i>Pi Lalrindiki</i>         |
| 13. <i>Pi B. Zomawithangi</i>     | 14. <i>Pi C. Romawii</i>         |
| 15. <i>Pi Lalsiammawii</i>        | 16. <i>Pi C. Zopari</i>          |
| 17. <i>Pi R. Rengkhumii</i>       | 18. <i>Pi Tlangmawii</i>         |
| 19. <i>Pi Lalhmingmawii Sailo</i> | 20. <i>Pi Zothanpari</i>         |
| 21. <i>Pi Rallianthangi</i>       | 22. <i>Pi Maria Lalchhanhimi</i> |
| 23. <i>Pi Vanlalhruaii</i>        | 24. <i>Pi P.C. Nuzawni</i>       |
| 25. <i>Pi Lalpianthangi</i>       | 26. <i>Pi Sailuti</i>            |
| 27. <i>Pi K. Vanlallawmi</i>      | 28. <i>Pi Lalbiakengi</i>        |
| 29. <i>Pi C. Chawngpuii</i>       | 30. <i>Pi Vanrammawii</i>        |
| 31. <i>Pi Zopari</i>              | 32. <i>Pi Lalrokimi</i>          |
| 33. <i>Pi Lalbiaki</i>            | 34. <i>Pi Lalfeli</i>            |

### Ex-Officio Member-te

1. Rev. K. Lalmuchhuaka, Synod Moderator
2. Upa H. Zoliana, Synod Secretary (Sr.)
3. Rev. Lalramliana Pachuau, Executive Secretary i/c Women
4. Pi Laltlanmawii, Ex-Chairman
5. Pi Lalfakmawii, Co-ordinator

## KOHRAN HMEICHHIA

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

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



Postal Regn. No. MZR/ 53/ 2012 - 2014 RNI Regn. 40876/ 88



*Keitum Pastor Bial Hmeichhia Kristian Chhungkaw Seminar*



*PWF 15<sup>th</sup> Biennial Conference, Lamka, Manipur*



*Kulkawn Bial Kohran Hmeichhia Leadership Training*

To \_\_\_\_\_

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