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*Editorial***PATHIAN FAK LEH CHAWIMAWI**

Pathian hruainain kum tawp kan thleng leh ta der mai. Kum bul lam kha chuan heng hunte hi kan thlen phak dawn leh dawn loh pawh kan hre lo a nih kha. He hun tleng tur hian keimahni tih theih a ni lo va, min hruai thlengtu Lalpa chu fakin awm rawh se.

Pathian thu chuan ‘Lalpa chu fak rawh u’ tiin vawi tam tak min sawm a. Rimawi chi hrang hrang hmanga fak turin min duh a, kan theih tawkin, kan nun leh aw rawl ngei maia fak turin min duh bawk. Tuna ka nun dan leh ka chetzia hian Lalpa a chawimawi tawk em le?

Marin ‘Ka nunin Lalpa a chawimawi e ...’ a ti. A ropui hle mai. Isua a pai dawn a ni tih vantirhkohin a hrilh khan a dinhmun a khirhzia kan hria a. Pasal hual nei a ni a, chutih laia mi dang fa lo pai chu uire ang hialah ngaih a ni a, an Juda danah pheih chuan lunga denhlum thei a ni. Amaherawhchu ama dinhmun lam thlir lova, ‘Lalpa bawihnu ka ni, i thu ang zelin ka chungah thleng rawh se’ tia a inpekna kha a ropui hle.

Pathian thu tha tak tak hi a ziak mai theih a, a sawi mai theih bawk a, hla tha tak tak pawh a sak mai theih bawk. Amaherawhchu kan nunin Pathian a chawimawi lo thei tlat. Nuna Pathian chawimawi thinte chuan mihring mawina lam aiin Pathian mawina lam chauh an ngaihtuah a, mihring aiin Pathian an hlau thin. Mi dangte pawhin an nun leh an thil tihah Krista mi an nihna an hmu thin a ni.

Pathian chawimawi leh fak chung zela Kum thar kan hman theih nan Lalpan kan zain min veng rawh se.

***AGAPE chanchinbu chhiartu zawng zawngte
Krismas leh Kum thar chibai kan buk vek a che u.***

*Kristian Chhungkua***FANAUTE KRISTA HNENA HRUAI**

- Sangthuami
Central Committee Member

Kohhran Hmeichhiaten Kristian Chhungkaw chungchang kan buaipuina hi a rei ve ta hle a, hma kan sawn zel a, a lawmawm khawp mai. Kan hma sawn dan erawh a chak vak lo va, ÷an kan lak deuh deuh chu a ngai a ni. Kristian Chhungkua kan dinna tur atan kawng hrang hrangin kan bei a, hun danglam zelah kan beih dante hi tihdanglam ve zel a tul em? Chhungkua kan enkawl leh inkaihhruai dante hi ngaihtuah chian a ngai hle mai. Hmana kan tih dan te, kan naupan laia kan nu leh pate min enkawl dan ang ringawta in kaihhruai leh enkawl hi tunlai hunah chuan inkaihhruai dan ÷ha ber a ni tawh lo tih te hi kan hriat a hun tawh a ni. Kan environment a dang a, mihring khawsak phungte hi a danglam nasa tawh a, chuvangin “*kan hunlai chuan*” tih fo va, kan fanaute kaihhruai chi an ni tawh lo.

Beginner a÷anga Senior thleng Sunday School-ah ÷ha takin an kal a, ni tin chhung inkhawm neih a, thu ÷ha kan inhrilh a, kan inkaihhruai ÷hin dan pangngai ang ngawt hi chu a tawk ta lo deuh em aw ka ti ÷hin. Invau emaw insawithaih emaw te hi a sawt lutuk tawh lo. Tunlai ÷hangtharte hi an fing lutuk tawh. Sualna lo pung zelah hian ÷an lak dan tur uluk leh

ngun taka ngaihtuah a ngai ta. Lehlamah chuan kan fate tan hian hun kan nei lo lutuk leh tunlai khawsak lo sang zelah mi aia hniam lutuk kan hlauhate avang hian kan tu leh fate hre chang lo leka hma kan lak avang te hian kan tlahniam ta a ni em? Lang thei lama kan induhsakna hian an thlarau lam nun kan tichhia em? ngaihtuah ngun a ngai khawp mai.

Tin, Kristian chhungkua kan nih theih loh fona chhan pakhat chu kan fate zinga duhsak bik leh duat bik kan neih thinte hi a ni. Kan fa thenkhatin nu leh pa laka tlatlum lo bik nia an inhriat hian anmahniah ‘hel’ rilru an put phah fo. Hei hi a pawl khawp mai. Vawi khat an rilru natna hi a dam mai thei tawh lo va. Hei vang hian nu leh pateah rinna an nghat ngam tawh lo va, chhungkaw tan phurrit an ni duh chawk. Chuvangin fate enkawl kawngah hian fimkhur a ngai. Fa pahnih kan neih chuan mi inang lo pahnih kan enkawl hriat a tha. Fate hauh nan, ‘I u/nau i tluk lo, i sual bik e mai’ tih te hi a fuh lo. An rilru a inang lo va, an duh zawng leh ngainat zawng zawng pawh a inang lo.

A tawpna atan kan chenpui kan chhungkua hi i ngaihsak ang u. Kan Bible chuan, “Tu pawh mahni chhungkhat lainate ngaihsak lo va, mahni chenpui chhungte ngaihsak lo chuan

rinna a phatsan a ni, ringlo mi aiin an sual zawk” (1 Tim 5:8) a ti. Chuvangin kan chhungkuain kan fate tan hian hun i pe tam ang u. Pawl hrang hrangah kan inhmang a, Committee, Conference etc a tam si, kan fate bulah kan awm tam lo a. Anni ai chuan pawla kan nihna te emaw sum leh pai kan um avangte a, sum hai luhna tur thilte kan ngai pawimawh zawk a, fanaute hi Lalpa laka kan rochan leh van thlenga kan chhawm theih tur kan lei rohlu ber an nih hi i hria ang u. An zirnate an thiamna turte leh rual an pawl theihna tur atana tha leh zung kan sen ang zat sengin an thlarau lam nun hi veiin i buaipui ve ang u. An tan hian i thingthi tam ang u.

*‘A mawh tu nge phur ang le?
Zan tina ka bula zal;
Chawhlui ka kilpuite,
Ka chun leh zua ngei an ni
ang.*

*Van ramah ka tel lovin,
Hlimin i kal ang maw;
Hremhmun atanga au chein,
Ka nu min chhan thei ang
em le?*

Sermon

IMMANUEL-A

Matthaia 1:18-25

- *Lalramliana Pachuau*
Executive Secretary,
i/c Kohhran Hmeichhia

Chhiartute Krismas chibai u le. Kan hriat lar tak, 'Immanuel-a' tih hi kan tana a hlutna leh pawimawhnate i han chhut chiang leh teh ang. Kan hre lar hle na a, Immanuel-a tih hi Bible-ah hmun thumah chauh kan hmu - Isaia 7:14; 8:8; Matthaia 1:23-ah te hian kan hmu.

1. "Immanuel-a" tih awmzia chu kan chang thlanah kan hmu a, '*kan hnena Pathian awm*' tihna a ni. Tawngkam dangin sawi ila, 'kan hnenah Pathian a awm' tihna pawh a ni ang chu. A anpui dang pawh kan hmu nual mai-Exodus 48:35-ah chuan 'Jehova Shammah,' 'Lalpa chu chutah chuan a awm' tih kan hmu a. A mite hnena awm Pathianin a tiam thu phei chu hmun tam takah kan hmu. Keimahni hi a hnena awm reng tur kan nih thu Lal Isuan a sawi a, 'Keimahah awm reng rawh u' a tihna thute nen pawh a thumal hman chu a inang a ni.

2. Isaia 7:14-a a awm dan chu, hmeichhe pakhat, pasal

nei lo laka nau lo piang tur hming a ni a, chhinchhiahna tur a ni. B.C. 735 lai vel khan Juda lal Ahaza-a chu a thenawm ram Suria leh Israel lalten an do va. Ani Ahaza-a chu a zam nasa mai a. Assuria lal hnenah tanpuina a dil hial a ni. Mahse zawlnei Isaia chuan chu chu a ngaih dan a lo ni lo tawp mai a. Assuria ai chuan Jehova ring zawk turin Ahaza-a chu a fuih a ni. Pathianin chhinchhiahna a pe dawn a; chu chu nau lo piang tur chu a ni. Chu nau chu a lo lena hnute hnek a ban hmian Ahaza-a hmelmate chu an chau dawn a ni. An hlauhawm lohzia a sawi dan chu, 'meichher bung khu mai mai pahnih Suria lal Rezina

leh Remalia fapa Peka te chu hlau suh' a ti a ni.

He thu hi Matthaia hian lain 'hmeichhe pakhat pasal nei lo' tih kha 'nula thianghlim' tiin a sawi ve thung a. Isua Krista chu nula thianghlim laka a lo pian tur thu leh, a hmingah Immanuel-a an sak tur thu sawiin, Pathian chu a mite hnena awm ngei Pathian a nihzia sawi nan a hmang a ni. Pathian ropui ber chu a siam mihringte zingah, kan hnenah a lo awm ta. Pathian chakna chu Assuria chakna ai chuan rin zawk tur a ni. Unaute u, kan harsatna tlang lian pui emaw kan tih ai hian kan Pathian hi a lian zawk daih a, kan mangannate ai hian a thiltihtheihna chu a nasa zawk daih a nia. A hnena kan kal theih loh lai khan Amah zawk chu kan hnenah a lo kal a, kan hnenah a lo awm ta. Thu chu tisaah a lo chang a, kan zingah a lo awm ta a ni.

3. Kan hnena Pathian awm hi nun kawng peng tinrengah hian a va hlu em. I lo en zel teh ang.

- Kan kalna apianga kan hnena awma, min ven zel

tiamtu Pathian kan nei hi a thlamuanthlak mang e. 'Ngai teh, i hnenah ka awm a, i kalna apiangah ka veng zel ang che,' a ti tlat mai (Gen 28:15). Khualzin tan te, khawi khawiah emaw kala, eizawna leh tul danga vak chhuak fo thin tan te hian min awmpuitu, min vengtu Pathian neih hi a va hlu em ti rawh u.

- Chu mai a ni lo. Khualzin chau tan, hna hrang hrang thawk a, kal vel thin tan, 'In zingah ka tel ve zel ang a, chawlhna ka pe ang che u,' min ti a nih chu (Ex 35:14). A nuam mang e, a hahdamthlak mang e maw ! '...keiman ka chawlh tir ang che u,' Lal Isuan a ti. Nun ram buai leh chaute tan chawlhna nuam chu a ni e.

- Kan ni tin nunah hian hlauh neih hi a hrehawm ti ru. Nun a hahdam lo va, hlauh kan neih chuan awm hle hle pawh a har thin. Kan hnena Pathian awm chuan hlauh lohna, huaisenna min pe. 'In hlau tur a ni lo. Lalpa in Pathian chu in hnenah a awm si a,' min ti asin (Deut 20:1). Kan hlauh zawng laka min chhanhim turin kan hnenah a awm e.

Nun ram buaiah thlamuanna min pe. 'Hlau suh u, ka tlan tawh che u hi; in hmingah ka ko che u a, ka ta in ni asin. Tuite in dai kai lai pawhin kei in hnenah ka awm ang a, luite in dai kai lai pawhin a chim pil lo vang che u: meia in kal tlang lai pawhin in kang lo vang a; meialhin a tialh hek lo vang che u,' a ti (Is 43:1-2). Kan hnena awm Pathian hi a va tha em, a va hlu em. Lal Isua kan thian tha berin kan mangan laiin min lawm. Mi ngaihsak hlawh lo leh mal ngawih ngawiha kan inhriat lai pawhin 'ka ta in ni asin' min titu kan nei alawm. A va ropui em!

- A tawpah pawh kan hnenah a la awm ta zel. Sam phuahtu chuan, 'A ni, thihna hlim kawr ruam zawh mah ila, thil tha lo reng reng ka hlau lo vang, nang ka hnenah i awm si a,' a ti (Sam 23:4). Thihna avanga lungngaihna nasa tak kan tuar lai te, kan mangan thlaphan em em lai te pawhin kan hnena awm Immanuel-a kan nei. Ani chuan min muan.

*'Ka lawm zel ang hei hi hriain,
Lalpan mi ngaihtuah thin.'*

Chu bakah chuan keimahni ngei pawh hian thihna hlim kawr chu kan la zawh ve ang a, thihna kut vawt chuan min la man ve ang. Chutih hunah pawh chuan maw, 'nang ka hnenah i awm si a' tiin chu thihna ngei pawh chu kan hmachhawn ngam tawh ang a, hlau hauh lovin thihna luiral chu kan kai tawh dawn a ni. Aw, a va nuam dawn em, Jerusalem thar chu. Pathian hian lungngaihna leh harsatnate hi tawh lo turin min tiam fo lem lo. Mahse, chungte chu su tlang thei tur leh hneh thei turin kan hnena awm min tiam. Khawvela kan awm chhungin chung ang chu kan tawh fo vang. Mahse, kan zam lo ve. Hnehtu ropui, kan hnena awma chu kan nei si a.

4. Kan hnena Pathian awm hian awm zel min tiam. '...kumkhuain, khawvel tawp thleng pawhin in hnenah ka awm zel ang,' a ti (Mat 28:20). Chu lo pawh, 'Engtikah mah ka thlahthlam tawp lo vang chia, kal pawh ka kalsan tawp lo vang che,'

min ti (Heb 13:5). A va thlamuanthlak em ve aw! Unau, i hnena awm turin i duh ve em? I thinlungah khan i sawm lut ve duh lo maw? Tun tum Krismas-ah pawh hian hlim taka i awm theihna turin i hnena awm turin sawm ta che. A tithlawn lo vang che.

*Isu, kan hnenah lo cheng la,
Zan tlai, khua rei pawhin;
Lawmin tlai khua min varpui
rawh,
I hming chawimawi turin.*

Chu aia hlu zawk a awm dawn em ni?

*Lal Isua ka neih phawt chuan
ka rethei lo ve,
Engkimah ka tan engkim a ni
si.*

An lo ti asin. Kan hnena cheng turin i sawm zel teh ang u.

*Aw, Nang hnam tin
Lal ropui,
Kan tawngtai ngaithla la,
Kan hnenah awm ve ta che,
Khua pawh a tlai dawn tawh e.*

He thuchah chhiartu zawng zawngten Krismas hlim leh thlamuang taka in hman theuh theih nan Lalpan a thu malsawm rawh se.

Amen.



SYNOD BOOKROOM NEWS

Ni tin Lalpa nen : Chhung Inkhawm nei thin tak takte hian SL&PB chhuah kher hi hman an duh thin. Chhut ngana hial pawh a lo zawh leh tak avangin chhut thar chu peih fel a lo ni leh ta a, hman theih a ni leh ta e. A man Rs. 120

Lalpa Berampu Sermon 25: Kan pastorte zinga langsar leh pawimawh tak, Senate of Serampore University-in Doctor of Divinity a pek hial Rev. Dr. C. Vanlalhruaia chuan sermon 25 zet awmna lehkhahu a rawn tichhuak hlauh mai. Kohhran chungchang, siamthar lehna, lo kal lehna leh Lalpa chung lawmna chungchang sermon-te an ni ber. Chhiar la, chaw tak hi lo ei ve rawh le. A man Rs. 150

KRISMAS RILRU

(Philippi 2:5-11)

- Pastor P.C. Lalropuia
St. Nicholas Church, Kolkata

Awm ngeia an hriat mahse an hmuh theih si loh, hla taka awma mihringte fel lohnaa hrem awlh thintu nia hmasanga an lo ngaih; engkim dintu a awm tih hre chung si a hnam tinin tihlungawi tuma kan dawr, kan hriat chian hleih theih chuan loh avanga kan zawna kawng thlur ta sung mai karah chuan, chungnung ber, Pathian chu mihringte hnenah a lo kal ta a. A hmingah pawh Immanuel-a tih a ni reng a ni.

Mahse mihringte lo beisei dan zawngin a lo lang ta hauh si lo, khawvelin lal ram a lo hmelhriat tawh lakah chuan a ram din tum chu a letling hlauh mai bawh si. Chu mai a ni ne'm, mihringte khawlohnaa hrem thin leh hmasang ata tawh tihlungawi tuma an lo hlauhtlawn ngei mai kha hmangaihna leh khawngaihnaa khatin suala boral tawh mihringte chhandamna turin mahni inbun ruak vekin kawng hnuaihnnung zawk zelrawn zawhin hmun sang tihniama, hmun hniam tisangin Lamlian Thianghlim sialtu chu kan hnenah a lo cheng

a. Ralkhata mihringten kan lo ngaihruat dan a dik tak si lohah chuan vawiin thlengin Amah chu kan thurualpui thiam hlei thei lo, Krismas rilru - Pathian lo lan duhna rilru kan jawmpui thiam tikah Krismas dik kan hnenah a lo thleng thei ang.

1) Krismas rilru chu mahni inbun ruahna a ni - Krista mihringa a lo chan duhna rilru kan hmuh chian em em chu 'Pathian nihphung (form) a kalsan duhna' hi a ni. Mihring chhandam turin mihring nih a rawn thlang a, mihringah rau rau pawh dinhmun hnuaihnnung a la rawn thlang ta cheu a. Lei leh van lal ber

lo piang ta chu kan beisei dik lo si ang tih hlauin Vantirhkohten chhinchhiahna min pe nghal a, chu chu 'Nausen puana tuam ran chaw pekna thleng mu' a ni, hei hi vawiin thleng pawha chhinchhiahna a la ni reng a, Isua Krista chibai buk duhtu chuan tlawmna ruam a zawh a tul bang dawn lo. Tirhkoh Paula ngei pawh khan 'Herilru Krista pawhin a put kha nangni paw'n pu ve rawh u' tiin a sawi a, amah leh amah a intihtlawmna lai tak mai kha a ni a, kristian nun bulpui a ni.

Mihring nihphung hi suala tlukna avangin a chapo hle mai a, tih tak zeta Pathian chibai buk tur hian nihphung (form) thar kan mamawh a ni, Isua Krista meuh pawhin min chhandamna tura a nihphung a thlak duh chuan Krista kan hnaih theihna tura kan nihphung thlak hi tihmakmawh a ni a. Chutih rual chuan keimahni maia thlak rual pawh kan ni lo, kan inbunruah hnuah nihphung thar, nihna thara min

chhungkhat thei chu Amah Pathian tho a ni; kan tana krismas lairil tak mai chu Krista dawngsawng thei tur leh dinhmun thar kan luah theihna tura kan inbunruah hi a ni a, chu chu tlawmna hmunah a awm thin. Kan tlawm avanga Isua kha tlawm tur ni lovin a tlawm hmasak avangin amah pawl thei tura a tlawmna tawmpui tur kan ni zawk.

2. Krismas rilru chu

Thuawihna a ni - Hla phuah thiam Pu RL Kamlala khan, "*Aw min hrilh rawh, thukna ropui,*

Ran thleng leh thing anchhedawng leh

Vana lallukhum a inzawm,

Lei Eden leh salem thar nen"

tiin a lo phuah a, Pu Patea (Hla phuah thiam) khan a lo hriatin "Hla zawng zawng a phuah zo ta" a ti hial a ni awm e. He hla tlar 4 lek chhungah hian kristian theology zawng zawng mai hi a inbilh lut vek mai ti ila kan tisual thui lovang chu. Pa fapa mal neih ropui anga kan hmuh Lal Isua Krista a lo pian khan kraws

kawng a rawn zawh òan pang a. Pathian fapa meuh ni mahse a tana kawng ruatah chuan thu awih takin a kal mai a ni. Thlarau hming chhala mahni duh dan laltir tumna hi a awm thei ang, chutiang chu Krista rilru a ni lo, Ani chu a tana kawng ruat tlawm takah chuan a kal mai zawk a ni.

Thuawihna tel lovin Krismas hmasa ber kha a thleng dawn lo a, a hmasa ber a awm loh chuan a dang pawh a awm dawn hek lo. Krismas awmze dik hian krawsah min hruai lut a, kraws awmzia chu thuawihna mahni duh zawng aia Pathian duh dan laltirna kha a ni. Lal Isuan, "Tu pawhin mi zui a duh chuan mahni hrehawm pawisa lovin, ni tin a kraws puin mi zui rawh se" a ti a. Heta kan hmuh chu "Ka kraws puin" a ti lo. Ani chuan a kraws a pu tawh a, Krismas rilru kan put dan tur dik chu thuawihnaah a ni. Chuvangin thuawihna chuan ran chaw pekna thleng leh kraws leh lallukhum a phiar zawm tlat a; Pa Pathianin a

Fapa a chawimawina chu kraws kaltlang hnuah a lo thleng a, "Tichuan Pathianin Ani chu nasa takin a chawimawi ve ta thung a, hming zawng zawnga hming chungnung ber" tiin kan hmu. Krismas rilru chuan thuawihnaah min hruai lut se kan tan a hlu ber dawn a ni. Krista avang hian thil chu chawimawiin an lo awm mai òin, Bethlehem, ran chaw pekna thleng, Kalvari tlang, Kraws-a hmaa ropui lote pawh kan ngai ropui zel a ni. Ropuia a lannaah keini pawh ropuiin kan lang ve mai chauh zawk òin.

3. Krismas rilru chu thilpek a ni - Thilpek hlutna hi kawng hrang hrangin a sawi theih a, thil chiang tak pakhat chu 'a petuin a peka a hmangaih' tih hi a ni. Pathian hmangaihna chu thilpekin kan hmu a, Krismas hmasa bera Pathian rilru kan suangtuah theih chu min hmangaih avanga thilpek ropui ber Fapa Pathian min pe hi a ni. Thenkhat chuan Pathianin khawvel hi a din a, a ngaihsak

zui lo angin an sawi thin a. Amaherawhchu anmahni zawk khan Pathian an ngaihthah vang a ni fo.

Pathian min hmangaihna kan chhan letna tur chu hmangaihna vek a ni a, hmangaihna chuan thilpek chakna min pe thin. Hla phuahtu chuan "Engkim mai hi ka ta ni se, Pathian pekah a tawk lo a" a ti hial a, kan nun leh kan neih thil Lalpa puala pek hi Pathian kan hmangaihna tarlangtu a ni thin. Kawppui nei tawh hi mi dangin thilpek pe fo se, kan rilrua lo lut tur chu "A hmangaih a ni" tih a ni dawn a, a kawppui pawhin a thik ngei ang. Mamawhtute puala thilpek pawh hi a Krismas rilru em em a ni. Pathian ropuina tura kan pek a hlu zual. Mi dang tana thil tha kan tih hi Pathian duhzawng a ni a, chutih rual chuan Isua

Krista'n a sawi angin Pathian puala kan thilpek bansan chuang loin kan pe thei ngei baw ang. Kan thiltih hi Pathian ropuina tura kan tih a tul a, chu chu a krismas rilru em em a ni.

Kan thu tihtawp nan-Krismas ropuina hi mi mal rilru inhlannaah a innghat a ni. Tunlai huna huau huau ang zawnga kan la ta chiam mai hi enfiah a tul khawp mai. Chhungrila beiseina dik leh nunga nghaktute hnenah krismas a lo thleng dik thin a, "I chhandamna mi tin hmuha i siam kha, ka mitin a hmu ta e" an ti mai thin a ni. Krismas dik a lo thlen theihna turin mahni inbun ruakin, thuawihnaah lut ila, Lalpa kan hmangaihna chuan a tan thahnemngaihnaah min hruai ngei ang.

Lalpan malsawm rawh se.



***Mi tihlawm nana thil petu chuan a thilpeka hnen atang
chauhvin lawmman a dawng ang a,
A ruka petu erawh chuan Pathian hnen atangin
malsawmna a dawng ang.***

RAN CHAW PEKNA THLENGA MU

Luka 2:12

- *Lalduhawma Chhangte
Chanmari*

Krismas hun hi kan nghakhlel theuh awm e, hetih rual hian naupan tet atanga krismas lo hmang tawh thinte tan chona lian tak mai a keng tel ve tlat mai. Krismas hun lawmawm tak mai hi vawi 20 emaw 30 emaw 40 lai i lo hmang tawh a, chutiang zat vel tal chu Krismas sermon pawh i lo ngaithla tawh baw k a, Krismas hla chi hrang hrang i lo ngaithla a i lo sa ve tawh thin baw k a nih chuan, “A bak thil thar vak eng nge awm thei tawh chuang ang?” tih zawhna pawh i lo in zawt tawh thin a ni mahna.

Krismas i hria a nih chuan, Mari leh vantirhkoh Gabriel-a i hria a, Bethlehem zin kawng hlauhawm tak mai i hre baw k ang. Kaisara thu chhuah i hre ngei baw k ang, chutih rualin Herod-a thikthu nasa tak mai pawh hai rual a ni lo ang. Khualzin riahbuk thlen ina “No vacancy” sign lo in tar pawh i hria a, vantirhkohte leh berampute chu i hre baw k ang, khawchhak mifingte pawh i hre hneh hle ang. A tawp ber atan - Aigupta rama tlanchiat thu pawh i hre ngei ang. Heng

chanchinte hi kan hre larin kan ngaithla hnem tawh hle a, kan ngaithlak nawn leh hian kan ngaithla ngun tawh tak tak lo ni hian a lang, a chhan chu kan hriat hnu vek a nih tawh vang a ni. Kan hria a, kan ngaithla lo!

Hei ngei hi harsatna lo awm ve thin chu a ni. Kan lo hmelhriat tawhna khan; ngaihnepna, a nih loh vek pawhin rilru pek taw k lohna min neihtir thin a. Hei hi thil paw i tak mai niin a lang, a chhan chu Krismas thu hi thil mak leh beisei loh hlira khat a ni si a! A nihna takah chuan thawnthu ngaihnaawm

ber mai min hrilh miau si a
- Khawvela Pathian
inpuanna ngei mai; nausen
te tak te hmanga a inpuanna
chu.

Krismas sermon
ngaihnaawm ti taka kan
ngaihtlak theih dan tha tak
mai chu beisei loh phenah a
ni fo thin a ni tiin sawi ila,
kan hriat sa piah lam thlir
thiam ila thil thar tam tak a
lo lang zawk thin. Krismas
chanchinah pawh hian khawi
emaw lai thlir ta ila, zir
chiang ila kan sawt pui ngei
ang. Thil te reuh te chik
taka kan zir chuan, a lian
zawp pawh thlirna thar leh
hriatfiahna thar min pe ngei
ang. Hei hi rilruah dah
chungin, kan ngaihtuahna
pawh hmun khatah chauh
han dah ila, Bible chang mal
khat chauh hmangin kan
ngaihtuah anga, thil thar eng
nge min hmuh chhuahtir kan
hre thei ang. Kan chang
thlan ka rilrua lo lang hi
Krismas sermon hmasa ber
- beram vengtu hlauthawng
takte hnena vantirhkoh
pakhat sawi a ni a.

Chhandamtu Bethlehema a
pian thu a hrilh hnuah,
vantirhkoh chuan engtia va
zawn chhuah tur nge tih a
hrilh a nih kha “Tin, hei hi
in tan chhinchhiahna tur a
ni; nausen puana tuam, ran
chaw pekna thlenga mu in
hmu ang,” (Lk 2:12).

Isua pian hun lai
hian nausen piang hlim chu
sik leh sa laka an him theih
nan puanin an tuam thin a.
An ban leh an ke te chu a
hranga an tuam zawhah an
taksa te an tuam leh thin.
Chutianga an tuam chuan
Aiguptaa mi ruang an tuam
luk (Mummy) a ang thei hle.
Chu chuan nausen tan chet
vel a ti harsa em em thin a,
nausen tan pawh a hrehawm
hle thin ang. Mahse heng
hun laia damdawi hmanga
inenkawlna la awm tha lo
leh nausen kum tlin hmaa thi
tam em em ngaihtuah chuan
an thiam ang tawka nausen
an hum tumna a ni lawi si.

Nausen Lal Isua puana
an tuam tlat atang hian eng
nge a entir? A thih dawn

hnaihah khan roreltute hmaah mi sual anga phuar leh che thei lova hren beh a ni leh a. Dawta puh a nihin kam khat mahin a chhang lo a, sawichhiat leh deusawh a nihin a thungrul ve bawk hek lo. Amah puhtute hmaah thi tura a chung thu an rel hun a nghak tawp mai a ni. He khawvela a lo pianin duh duh a che thei loa tuam beh a ni a, he khawvel a chhuahsan dawnin phuar beh a ni leh bawk. He khawvelah hian eng mah ti thei lo leh phuar behin a awm a ni. Chu chu eng vang nge ni ang le; keini mi sualte chhandam nan a ni. Heta țang hian he nausen hi mi hausa leh thiltitheite tan chauh he khawvelah hian a lo kal a ni an ti thei lo ang. Mi tlem te te rinna leh beiseina angin a lo kal lo va, mi zawng zawng chhandamtu atan a lokal a ni zawk. Phuar behin a awm, kan zalenna turin. Krawsa khenbehin a awm a, kan chhandamna turin! A va ropui em.

‘Ran chaw pekna thleng’ kan tih hian eng nge kan rilruah lo lang ve thung ang le? Film-ah te kan hmu a, ran chaw pekna thleng chu in chhungah nawm hmel takin pho lan a ni țhin. Amaherawhchu, chutiang chu ni chiahin a rinawm loh, a thumal hi zir mite chhui dan chuan sakawr dahna in emawa chaw an pekna ni te pawhin an sawi. Kum zabi 1-na hun laia hetiang sakawr an dahna hmun chu hmun biala lunga khuah, bang (tlangpang emaw) ker kuak a ni te pawhin an sawi.

Hetiang taka a pianna hmun tlawm hian eng nge a lantir ni ang? Chhandamtu lo piang chu a thih tur thu hriat lawk theihna a awm em? Kraws kawng chu a pian tirh ata a zawh nghal a, a nausen lai ațangin a pian danah pawh hrehawm takin khawvel eng a lo hmu ve a. Francis of Assisi-a țawngkam chuan “Keimahni avangin ran chaw pekna thlengah tuma ngaihsak lohvin a lo piang

a, mahni ta tih tur nei lovin a nun a hmang ve a, lu nghahna reng a nei lo. Kraws-ah saruakin he khawvela a nun chu a lo hmang tawp baw” a lo tih hian mahni inphatsanna nun Chiang takin a lantir a, a hnung kan zui venaa kan entawn tur chu a ni bawk.

He nausen pawnlawi taka ran chaw pekna thlenga lo piang hi kan zaa tana Pathian chhinchhiahna chu a ni. Hei hi Pathian mihringa a lo channa dik tak mai chu a ni, kan beisei dan ni miah lovin Pathian chu he khawvelah a lo kal ngei mai; “Mihringte anga lo piangin, bawih angah a insiam a, amah leh amah a intitlawm ta zawk a” tia Tirhkoh Paula’n a sawi chu tlawmna nunin bul a tan a, mi dangten nun an lo neih theihna turin.

Keini Lal Isua lo pianna champha lawm tura inbuatsaih leh hmangtute hian amah zuitute kan nih angin a hming hi kan putpui

ngamve a tul tak zet mai. Lal Isuan a pianna leh a nun leh thil tiha khawvel ropuina um lova a hming a lo pu zo angin keini pawhin khawvel thila ropuina, thuneihna, lalna leh dinhmun sang um ai chuan suala tlu te, thim hnuai a thute chhandama, chhanchhuah chu amah zuituten a hming kan putpuia nun kan tanwmpui ve dan tur chu a ni ngei ang.

Lal Isua pianna kan lawmnaah hian a hming kan chawimawi theihna leh a hnung kan zuina min daltu engte nge awm tih inzawtin inbih Chiang thar leh ila. Mi dangte tanpuitu leh taksa leh thlarau lama chhanchhuaktu nih aia mahni nawmna leh ropuina zawngtu mai kan ni em tih pawh i inzawt Chiang leh ang u. Keini suala tlu, boral tawhte chhandama kan awm leh theihna tura tlawm leh hmuhsitawm taka lo piang, Lal Isua, chhandamtu zuitute kan nih angin mi dangte, taksa leh thlarau lama tanpui ngaite puitu ni turin Krismas hmangtu nih i tum theuh ang u.

I CHI THEH A ṬO VANG

Chhiar tur : Sam 126:5-6.

- *Pastor R. Lalrosiama*
Muallungthu

Kum tam tak a liam ta, English Missionary nupa hian Africa khawmualpui, Kenya rama rawngbawl turin Pathian kohna an dawng a; fapa pakhat an nei a, a hming chu Nick-a a ni. A hmasa berin an thawhna tur khaw hotu (Local Chief) hnen aṭangin awm phalna an han dil hmasa te te a, tichuan in te reuh te-ah chengin, awmhmun an bengbel ṭan ta a. Missionary chhungkua chuan huante siamin, an thar chhuah chu a ram mite hnenah te hralhin zawi zawiin an tlangnel hret hret a. Mi ngo naupang Nick-a chu African mi hang pui pui tan chuan thil thar danglam tak a ni awm e. Kum 5 hnuah chuan Nick-a te chhungkua chuan ṭawngte pawh an lo thiam ta a, mahse tu mah Kristianah an la siam lo. An khaw hotu erawh chuan mi ngo chhungkua an khua ang hmun hrehawm taka an awm reng duh mai chu mak a tiin, a chhan a zawt ta chawt mai a. Nick-a pa chuan, "He hmuna awm tur hian kan Pathianin min rawn tir a ni," tiin a chhang a. Missionary-pa chhanna chuan an lalpa rilru chu a hneh viau a ni ang chu, "Biak In sa ula, African ṭawng ngeiin in Pathian chu be rawh u" a ti ta a. Chuta ṭang chuan chu khua, Chanchin Ṭha la sawi ngai reng reng lohna hmunah chuan Chanchin Ṭha meichher chu chhit ṭan a lo ni ta a ni.

Kum 10 a ral chuan hret a; a a hnu deuhah phei ringtu mi paruk chauh an la chuan an lalpa chuan, 'Ka awm a, mahse chung ringtu mite zinga thil danglam nasat paruk zinga pakhat chu an lal dan ka hmuh hian, in Pathian fapa a ni a. Tichuan, zawi hian hetiang a mihring a siam zawiin ringtu an lo pung hret ṭha thei a nih chuan, kei

pawhin Isua chanchin hriat belh ka duh e' a ti ta a. Chumnia Missionary chhungkaw han hlimzia chu sawi fiah phak rual a ni lo, Lalpan chu khua chu a pe ngei dawnin an hria a ni. Chutianga ringtu an lo pun tan mek lai chuan vanduaithlak takin missionary nupa chu thih ngamin an damlo ta tlat mai, an rawngbawl na a laklawh ropui si! Pathian hnenah anmahni tidam tur leh, chu khua chu Lal Isua tana an hneh ngei turin an tanngtai tlut tlut mai a. Ringlo mite lah chuan, 'Heng ram dang mite hian kan mite hruai sualin, Pathian dang an biaktir a, chuvangin kan pathian a lungawi lo va, arawn hrem ta a, arawn tuartir a nih hi' an lo ti ve chhen bawk si a. Nimahsela Missionary nupa chu an that chhuah theih tak loh avangin hreh tak chungin an ram lama an haw a ngai ta a, chung ringthar tlem te, enkawltu nei lova an riral mai tur chu an ngaihtuah a, an tap a, Pathian laka an vuina thu

pawh an sawi chhuak hial a ni.

Nick-a chu a pa thih atanga kum eng emaw zat ral hnuah chuan Company pakhtah a thawk a, vanneihthlak deuh maiin mipa naupang te tak te a nih laia a nu leh pain missionary hna an thawhna hmun chu tlawh theihna hun remchang a nei thei hlauh mai a. Nick-a chuan thil dang zawng zawng aain a nu leh pa rawngbawl na hnuhma hmuh tur a awm em? tih han hriat chu a lungkham ber a.

Rei pawh a la awm hmian chu khuaa Kohhran Upa leh an Pastor an lo kala, "He khua, thim ata enga hruai chhuaka, Chanchin Tha rawn thlentu fapa hmuh kan duh a ni," anrawn ti a. Kum tam tak liam tawha Chanchin Tha chi nung lo tiak tawh chu, missionary te nupain mittui nen an ram lamah kirsan mahse Lalpan nasa takin a lo thantir zel a, Kohhran ropui tak a lo ding tawh a lo ni a!

Kohhran Chhungkaw tinte ni tina chhung inkhawm nei thei tura kan infuih mawlh mawlh lai hian, mahni chhungkuaah ngei pawh sualin bu a khwar ve reng a ni tih han hmuh changte hian kan ṭawngṭai te, kan Bible chhiar te, kan chhung inkhawm hman ṭhin te pawh hian awmia a nei lo em ni aw! tih mai awl tak a ni. Nimahsela hei hi lo ngaihtuah teh, i chi theh chu a rah i lawh hman leh hman loh chu a pawimawh ber a ni lo va, a pawimawh zawk erawhchu eng chi nge i theh? tih zawk kha a ni.

Pathian thu chuan, "Ka ka aṅga ka thu chhuak chu a awm ang: eng mah tih nei lovin ka hnenah a kir leh lo vang.." (Is 55:11) a ti. Kan tunlai khawvel danglam zung zungah hian thu dik te hi a va danglam ngun em! thu ṭha tak tak han pho chhuah tur leh han lek chhuah tur te hi chu kraws bula ṭhingṭhi ngai lo hlei hlei hian an pai tam emaw tih mai awl tak a ni;

mahse tu nun mah a siam ṭha si lo.

Hei hi i han chhinchhiah leh teh ang, niminah nen vawiinah nen kumkhua pawha danglam ve ngai lo Pathian thutak erawh hi chu, a chi i theh tawh chuan a thlawn dawn reng reng lo tih Pathian thuin a sawi a ni. I ṭawngṭai te kha i beisei huna chhanna i hmuh loh avangin chhan a ni dawn lo tihna a ni kher lo. Ṭawngṭaina hi naupang pipu angin an sawi ṭhin. Pipu hi a changin hla takah va inthen ṭhin mahse, a hrui chu i sat chat a nih loh chuan a lo inthen kir leh ngei ngei ṭhin. Chutiang chuan i ṭawngṭaina hrui (chain of prayers) chu i tichat a nih loh chuan Lalpan i ṭawngṭai chhanna chu a rawn pe kir ngei ang che.

A tawp berah chuan zawlnei Jeremian, "Ṭap lo turin i aw chu sum la, i mittui hul rawh se, i thiltihin lawmman a nei dawn e" (Jer 31:16) a tih ang hian; Lalpa

hminga kan thil tih zawng
zawng hi pakhatmah a thlawn
dawn lo tih i chhinchhiah ang
u. Kohhranhoten Pathian ram
tana kan thawhlawm te, kan
ṭawngṭaina te, kan mittui te,
kan inkhawm te, kan feh
chhuahte hi Ama hminga
tuivawt no khat seng pawhin
a seng thlawn dawn lo tih min
tiamtu avang hian beidawng

lovin, Rinna in Chanchin Ṭha
chi nung chu ram hlaah kan
tuh thei lo a nih pawhin kan
chhungkuaah te leh kan
khawtlangah, kan ban phak
chin apiangah i tuh zel ang
u, i chi theh a ṭo vang, Lalpan
a pui ang che.

Lalpan malsawm rawh se.

Amen.



P.C. USA KOHHRAN HMEICHHE INKHAWMPUI

- K. Lalliantluangi
Lily veng, Chaltrang

Hun a liam deuh tawh naa, han ziah ve leh ṭalh ka duh
a. Sapho pawhin *“better late than never”* an ti a lawm.
Khawmualpui lehlamah Lal Isua ringtu Kristian rinawm tak
takte chanchin leh ringtu hmeichhia tam tak Krista tana nghet
taka dingte leh midangte tana an inpekna te, Pathian ram zau
nan leh Kohhran sawh nghehna tura an ṭhahnemngaihate hi
sawi ri lova han tham ral mai atan chuan ka ui deuh a ni.

Dt. 18 - 21, June
2015 chhung khan Presbyte-
rian Church USA Kohhran
Hmeichhia chuan kum thum
dana an Intawhkhawm an
neih ṭhin chu Minneapolis,

Minnesota, USA-ah an nei a,
An Inkhawmpui lian ti ve mai
a ila a ṭha awm e.
Vanneihthlak tak maiin NI.
Zohmangaihi, Secretary for
Women Relation, PWF, PCI

nen he inkhawmpuia tel tur hian PWF Committee chuan min thlang ve hlauh maia kan lawm hle.

He Inkhawmpui hmang tura Mission Partner-te buaipuitu bik Rev. Katherine Reeves-in min hriattir angin Inkhawmpui hma ni hnihah Minneapolis kan thleng a, thlen in te min lo buatsaihsak a, nu upa lam tawh tak Sheril in min lo thleng a, a felin min ngaihsak hle. Airport-ah min lo hmuaktu an awm a. Kan thlenna tur kan va thlen chuan kan thlenin nu chuan Map bu keuin India map lanna a lo pharh a, chutah chuan Mizoram awmnate kan han inhrilhfiyah a. An khua atang chuan hla a ti ve hle mai. Krista avanga intawng kan ni bawk a, theihtawp chhuahin min buaipui a, min duhsak a, ei tur tha chi tinreng min hluin, hmun pawimawh leh hmeichhe rawngbawlina hmunte min tlawhpui, Kohhran nuho hnatlangte pawh an lo

kalkhawm ve a. Puanthui khawl nen an lo inchwawp a, ram rethei zawka thawn tur thawmhaw an lo thuiina pawh kan va tlawh a kan hlim tlang hle. Zan hnih kan riah hnuah Inkhawmpuina hmun Hyatt Regency, Minneapolis-ah chuan min dah leh ta a. Mellenium Hotel, Nicollet Mall-ah kan thleng, kan chenna senso leh ei leh in leh Registration fee te pawh hi min sawmtute hian an tum vek a ni.

Engtia zuk kal ve ngawt nge maw an nih le kan ti mai thei. Presbyterian Church USA Kohhran Hmeichhiate hian ram hrang hrangah Mission Partner an nei a. Presbyterian Women Fellowship (PWF) pawh hi an Mission Partner pakhat kan ni ve, Mission Partner ram 14 kan kal a. U.S, Ecumenical Partners pawh an tel bawk. Mission Partner visa hmuh loh avanga kal thei lote pawh an awm ve nual. Keini thian dun erawh chu visa fel vekin tluang takin kan kal thei a, a lawmawm hle.

Inkhawmpui thupui hi **“Taksa pumkhat, Thlarau hmun khat”** (1 Kor 12:12-17) a ni. He thupui hmang hian thusawi ngaihthlak a ni a. Thu inchhawn chhiar chhuah kan neih thinte pawh thupui behchhan zel hian ruahman a ni. P.C. USA hnuaiia Synod hrang hrang atangin palai an kal khawm a. Hruaitu thlan thar kum a ni ve bawk. Inkhawmpuia hian Thupui hmangin Sermon tha tak tak ngaihthlak a ni. Taksa pumkhat, Thlarau hmun khat, Pathian thil siana pakhat kan nihna te, Hmeichhiate khawtlanga kan inpumkhatna te, khawvel pum huapa pumkhat kan nihna te an sawi uar hle. Mi ngo, mi hang leh keini hote Krista avanga inunau kan nihna Chiang takin a lang a. Keini pawh min en hrang lo a ni. Anmahni inrelbawl naah pawh hian mi hangten chanvo an chang tam khawp mai. Hla hruaiah leh thusawi lamah pawh mi ngoten an tluk lo mah zawkin a lang a. Programme duan sa ang

thlapin an kal a ni. A hun takah an tan a, Mahni hunah chanvo an rawn luah thlap thlap zel thin.

K h a w m u a l p u i lehlamah, tuifinriat ral daihah Krista tana Pasaltha, Krista tana mi rinawm, inpe tak takte hma lakna han hmuh leh han hriat chuan thinlung a khawih hle. Rawngbawl naah pawh min cho hle a ni. Anmahniah entawn tur tam tak a awm a. An inring tawk hle a, rawngbawl an ngai pawimawh a, hun an vawng dik hle a, Mi ngo leh mi hangin inen hranna a awm lo, an entawntlak hle. Hruaitu chan chang tam zawk chu Ordained hmeichhia an ni. Lalpa Zanriah Sakramen theh thlengin mipa lam pur ngai miah lovin an intodelh vek mai. An che vel han hmuhin an ze puitling tak leh rin tlak tak chu hmuh a nuam hle. Hruaitu thlan thar hlanna pawh mi dang sawm hran lovin an zinga miin a hmang mai. Mahni inrintawkna leh

mi dangte rin tlak an nihna an rawngbawlinaah chiang takin a langa, an entawntlak hlein ka hria.

USA lama han liam ve ta chu kan tan thil khât a ni a. Inkhawmpui zawhah Atlanta-ah kan cham khaw muang ve. Atlanta hi Rev. Dr. H. Vanlalruata te zirna sang zawk an zu zirna Colombia University awmna hmun kha a ni. Tunah an fate zirna avangin an la cham bang a, an nu ber Pi Nutei zuk zin thlak lai tak a lo ni bawka, kan pan phei ve tawpa. Anni chhungkaw behchhan hian an zarah Columbia Presbyterian Kohhran Pastor-te leh thian tha dang hmel hriat tha tak tak min lo duhsak tute kan nei nual mai, kan nihlawh hle. Anni chhungkua hian zirna sang zawk zira an zuk awm laiin khu laia Mizo awm Myanmar lam atanga tla thla, hnathawka awmte huikhawmin Columbia Kohhranah Mizo Service te an lo buatsaihsak a, an titha hle. Tun thleng hian mumal takin

Columbia Presbyterian Kohhranah hian Mizo Inkhawm an la nei zui zel a ni. He Kohhranah hian Pathianni kan hmang a, Sapho inkhawmnaa kan tel hnuah Mizo Inkhawmah kan tel leh a. Kei pawh hemi tum hian Pathian thuchah sawina hun remchang tak min siamsak a, ka lawm hle.

Sawi hmaih hauh loh tur thil pakhat ka rilru khawih deuh mai chu 'Presbyterian Kohhran' nih hlutzia hi a ni. Inkhawmpui kan hman chhung zawng hian 'Presbyterian' tih tawngkam hi a ri ngun hle. Presbyterian Kohhran an nih angin, Kohhran kal phung leh Inkhawmpui inrel bawl dan pawh inang diak diak lo mah se, kal phung a inang a, kan mikhual lo hle. Presbyterian Kohhran nih hi a nuam hlein ka hria. Inkhawmpui hlimawm tak leh hmeichhiate Krista tana nghet taka dingte rawngbawlina ropui tak leh hlimawm tak zuk hmang theia rawngbawlpuite duhsakna leh Pathian hruaina kan chang hi kan vannei hle.

NEICCWA - KOHHRAN INTLAWH PROGRAMME

*- Lalbiakhluni
Central Committee Member*

September 2-9, 2015 khan Tura, Meghalaya-ah NEICCWA hnuaiia kohhran intlawh programme-in Pi Lalbiaksangi, Central Com. member nen kan kal a, kal lam leh haw lamah ni 3 ve ve kan hmang a, Tura-ah ni 2, Inrinni leh Pathianni kan cham a ni. Kohhran kan tlawh hi Garo Baptist Convention a ni a. Garo Baptist Convention Guest House-ah min thlentir a. Tura hi Shillong atanga km 320 vel a ni.

Hun hman dan : Zirtawpni chawhnu dar 2:30 velah Tura kan thleng a, tlaiah Garo Baptist Convention-a an hruiatute nen inkawmin, rawngbawl dan tlangpuite kan inhrilh tawn a, hetah hian Buhfaitham emblem kan present a, anni pawhin cashewnut, mawi taka fun min present bawk. Meeting zawhah hian chawhlui min kilpui nghal a.

A tuk Inrinni chuan Harding Theological College-in Teachers' Day an hmanna tel tur hian Pi Hmingi Marakin minrawn sawm a, an teacher-te thil an present angte min lo pe ve a, kan lawm

hle a ni. Rev. Lalhmingthangi hi Mizo, Garo pasala nei a ni a, an nupa hian Harding Theological College-ah an thawk a, ani hian Tura-a kan awm chung zawngin min buaipui a, kan lawm hle. Chumi hnuah an Theological College hmun thar kan tlawh a. Tura-ah hian 1989 vela Mizoram Governor lo ni tawh Pu W.A. Shangma monu Pi Muani te an lo awm bawk a, a hlimawm hle.

Kohhran tlawh : GBC hnuaiiah hian kohhran 213 an awm a, member nuai 3 vel an awm. An pastor thuthmun kohhran pahnihah kan inkhawm a, Inrinni tlai dar

5-ah Matchakol Baptist Church hmeichhe inkhawmah thu ka sawi a. Hmeichhe inkhawm hun an kohhranten an remchan angin an hmang mai ðhin. Inkhawm banah Biak In hnuaiah inkhawm zawng zawngten chaw kan ei ho va. Heta kan chaw ei hi an member-ten an remchan ang ang chawmeh anrawn siam a, chaw an fun baw a, chawmeh an ken khawm hi chi 20 lai a ni, an tiawlsam thiam hle.

Pathianni chawhma dar 11-ah Goanang Baptist Church-ah kan inkhawm leh a, Kohhran pum pui inkhawm a ni a, Pi Lalbiaksangin thu a sawi a. Thu kan sawinaah hian kohhran hmeichhiate rawngbawlna report tlangpui kan pe tel ðhin. Inkhawm banah hian Lalpa Zanriah Sakramen ðeh zui a ni baw.

Garo kohhranah hian hmeichhe Pastor an awm nual a, Pastor puitu pawh hmeichhia an awm a, Sakramen an ðhehpui ðhin. Kohhran pakhatat assistant Pastor 3 te an nei baw.

Pastor hlawh hi bialin an tum a ni.

Tura-ah hian Mizoram Presbyterian Kohhran an awm ve a, member 50 lai niin Biak In pawh an nei a, Guwahati Pastor Bial chhunga awm a ni.

Buhfaitham : Garo ðawnga Merongzakhep tih chu Buhfaitham tihna a ni. An sawi dan chuan Buhfaitham hi Garo aþanga bul ðan a ni a, Garo atangin Khasi-hovin an la chhawng a, Khasi-ho aþangin Mizovin kan la chhawng ve leh a ni. An rama kan kal laia kan zawh chian loh chuan hun dang a vang tawh awm em mai tiin Pi Hmingi ka zawt a, ani sawi dan chuan "Omeda leh Ramkea te hi sipaiah an ðang a, chuta ðang chuan Kristian an lo ni ta a. Omed-a chu pangla thing hnuaiah chaw ngheiin a ðawngtai ðhin a, 'Aw Lalpa, heng pangla par darh ang hian Chanchin ða hi darhtir ang che,' tiin. Ramkean, 'chaw kan ei hian bar khat hi mi retheite tan pe ve ðhin ila,' a ti baw a. Chu

chu Buhfaitham lo chhuahna ber chu niin a lang, chu chu kum 1870 a ni. Tichuan buhfai tham turin an inzirtir ta a, a man chu Chanchin tha hril nan an hmang vek a ni. Tin, Garo Baptist Convention hi a tirah chuan Merongzakhep Soba tiin an tan a, kum tinin buhfai tham chungchanga infuihna hun hmanging an inhmua khawm thin a ni," tiin.

An ramah hian Garo hel an awm a, mi thah maite an awlsam em avangin an ram a ralmuang lo va. An ramah muanna a awm theih nan tawngtaipui thin turin min chah a ni.

Tin, hmeichhe lama an President ina chaw kan ei tumin thil lawmawm tak kan tawng a; a nu kum 75 mi damlo khuma mu reng chuan kan kal tur chu a lo nghakhlel em em mai a, a chhungte hnenah, "Min bualfai rawh u, ka rimtui lo ang e," a ti a. Ani hi Pathianah a lawm em

em a, Pathian malsawmnate dawng nasa a inti a, 'Thil thlawnpek ngun takin chhiar theuh la' tih hla kha Garo tawngin a sakpui a, Mizo tawngin kan sa leh a. "Mizo tawngin min tawngtai rawh u," a ti a, Pi Labiaksangin a tawngtaisak a, kan hawsan ta a. A hnua kan hriat leh dan chuan kha mi zan khan tui takin a mu a, a tuk zing dar 7-ah a harh chauh an ti.

Kan Kohhran tlawhte hian min dawngsawng tha hle a, kan inkhawmna hmunah te an hruaituten min tawiwawm zel a, an ina chaw eiah min sawm bawk a, kan thlenna man pawh hi hmeichhiaten min tumsak a, a tul anga hman tur motor an lo ngaihtuah bawk a, a awlsam phah hle. Kohhran member-te pawhin mi lawm an thiam a, min chibai liam liam hlawm a, a lawmawm hle a ni. Pathian hruainain tluang takin kan tih tur ang angte kan ti thei a, kan lawm hle a ni.



Nu thinchhe lutuk leh Pa thin ram lutuk, fate chung a kutthlak zung zung ching fate hi an tha em em chuang lo

Hriselna huang

HMAI DUK

Hmai duk hi a bikin nu la naupang deuh te, raipuar te, nula senior deuh te zingah a lar hle a, mipa thenkhatte pawhin an nei ve. Hetiang hmai duk hi medical science lam zir mite chuan ‘Chloasma’ or ‘Melasma’ an ti. Hmai duk hi natna em em ni lo mahse hmel a tilang hmelhem a, a ngaimawhawm hle.

Kan vun rawng siamtu chu timur te tak te te Melamin an tih hi a ni a, chungte chu kan vunah hian a awm a. Amaherawhchu hmai tiduktu chu melamin an ni lo a, kan taksa hnathawh eng emaw (physiological change) avangin a lo awm a ni. Entir nan rai lai leh nula senior ah te hian Hormone level inthlak vangin a lo awm thin a ni.

A awm chhan tlangpuite -

1. Nisa a awm vang
2. Hormone avangin
3. Genetics pian leh murna
4. Hlo/Chemical tha lo awmna hmaia hnawih thin vangin
5. Damdawi thenkhat e.g.

hydantoin ei vang

Heng kawng hrang hrang avang hian kan taksaah physiological changes a lo awm a, chu chuan hmai a tiduk thin a ni.

Inven dan -

- Ni sa hi vitamin D a ni a, a that em em rualin a tam lutuk chuan kan vun te, kan hmaite a tiduk thei a. Chuvangin, kan hmai hi ni sa lakah kan veng tha tur a ni.

- Chhang khatna damdawi (oral pill) ei nasat lutuk hian hmai duk a siam thei bawk.

- Hmai hnawih thenkhatah kan vun ngeih loh zawng tak hlo a lo awm thei a, chung chuan hmaiduk a siam thei a ni.

- Damdawi thenkhat e.g. hydanton ei avangtein.

Hmai duk awm chhan kan sawi tak zingah khian kan fimkhur avanga kan pumpelh theih a awm a, a pumpelh theih dan i han sawi teh ang.

1) Ni saa inpho - Nisa hi Pathian thilpek hlu berte zinga mi a ni. Kan taksaa Vitamin D insiam nan a pawimawh em em a. A tam lutuk chuan kan vunte a tivuaiin kan hmaite a tiduk hial thei a. Chuvangin kan hmai Niin a em nasat lutuk loh nan kan veng tha tur a ni. Ni sa hnuai rei tak awm leh hnathawhte a pawi thei em em a. Lukhum parh, hma thlawk tha tak khum thinte hi a tha hle a ni.

2. Nau nei lo tura indanna damdawi ei vak vakte pawh hi a tha loin hmai duk siam theitu a ni. Hmah nawih chi hrang hrang, a hnathawh dan kan hriat mang loh inhnawihthe a tha loin, hmai a tiduk thei a, kan hmai hnawih turte kan thlah thiam

a tul hle bawk. Heng bakah hian phungzawl damdawi (anti-epileptic drug) te pawh hian hmai duk a siam thei a ni. Chuvangin he thil runthlak tak hi neih phawta a tihdamna zawn leh ai chuan a awmtir theitu laka inven mai hi a finthlak zawk em em a ni.

A enkawl dan -

Hetiang hian hmaiduk chu enkawl tur a ni ang.

- Ni sa laka min veng turin sunscreen lotion hnawih thin tur a ni. Heng sunscreen PABA (paraminobenzoic acid) esters awmna, Paraminol Cream Lotion te pawh a tha a ni. Heng Cream te hi ni saa vah chhuah hmaa inhnawih thin tur a ni.

- Hmai duk tireh tur hian Topical Depigmentating Agents thenkhat, Hydroquinone 2-4% awmna Melalite Cream, Eucroma Cream te hnawih thin tur a ni. Heng Cream-te hi a mal chauhin emaw Retionoic Acid (0.1%) nen emaw a

hnawih kawp mut dawnah
hnawih kawp ðin tur a ni.

- He hmai duk tireh tur
hian Depigmenting Agent
10% Trichloroacetic Acid
hnawih pawh a ða.

- Nau pai tur indanna ei
leh hmaihnawih ðenkhatte
kan ngeih loh zawng kan
hmang ðin a nih chuan
tihtawp nghal tur a ni.

Rai avanga hmai duk hi
chu enkawl em em lo
pawhin nau neih hnu thla rei
lo teah amahin a reh ve mai
ðin a, reh ta mai lo pawh
awm ve thei a ni.

Mipa ðenkhat hmai
duk neite pawh a chung a kan
sawi tak enkawl dan khian
enkawl ve mai tur a ni.
Mipa hmai duk awm chhan
hi chiang taka hriat a ni lo
nain, pumpui lawng neite
zingah a awm duh hle a,
chuvang chuan mipa hmai
duk nei, pumpui lawng nei
bawkah chuan pumpui

lawng damdawi, Ranitidin
Famatidin leh proton pump
inhibitors-tea enkawl an ni
ðin. Mahse hei hi chiang
taka proof a nih loh avangin
hmai duk lo awm chhanah
chuan telh a la ni lo a ni.

Hmai duk hi a
tlangpuiin phaizawla
chengte aiin tlangrama
chengte zingah a tam zawk
a ni. A chhan chiah hriat a
ni lova, chuvang chuan
tlang rama khawsa mi tan
leh chhungkuuaa hmaiduk nei
awl bikte tan chuan ni saa
vah chhuah dawn leh hna
thawh dawnin sunscreen
hnawih a him ber a, hei hian
hmai duk lakah min veng
thei a ni tih hriat reng a ða.

He thil runthlak tak leh
ngaih mawhawm tak hi natna
anga ngaih ni chiah lo mah
se, a pumpelh dan leh a
tihreh dan, a chung a kan
sawi hmangte khian kan tih
chuan nula tana thil hlu ber
hmelthatna chu kan lo nei
thei dawn a ni.



*Miin a ðawngkam chhuak rah chu a seng ang a,
Ama kut thil tih ngei chu a hnenah hlan a ni ang.*

WOMEN CENTRE SAK NANA SUM LUTTE

Women Centre atana sum dawnte hetiangin kan han tar lang leh a. Tun tumah hian Receipt no 1649 leh 1762 inkara mi a ni a. Petute zawng zawng chungah lawm thu kan sawi leh e. Women Centre building hi hawn tawh ni mah se la, kan tum ber hlawhtlinna tur chuan thahnemngai taka kan thawh chho zel a ngai dawn a, tawngtaina nen theih tawp i chhuah zel ang u.

SI No	Petu	Pek zat
1	Chaltlang Bial	43,000
2	Tv. Lalanpuia, Synod Office, tanpuina	500
3	Venghlui Bial	47,000
4	Kulikawn Bial	39,000
5	Sairang Dinthar Bial	8,000
6	Sesawng Bial	15,000
7	Damparengpui Bial	5,000
8	Thingsulthliah Bial	18,000
9	Shillong Bial	11,000
10	Darlawn Bial	8,500
11	Sialsuk Bial	16,000
12	Ratu Bial	7,000
13	Cherhlun Bial	5,000
14	Chawngte L Bial	500
15	Ngopa Bial	15,000
16	Rabung Bial	7,000
17	W. Phaileng Bial	9,000
18	Sairang Bial	10,000
19	Bungtlang South Bial	2,000
20	Darlung Bial	7,000
21	Sihfa Bial	12,000
22	Airfield Vengthar Bial	13,000

23	Chanmari Kohhran - W/C Maintenance	500
24	Darlawn Venghlun Bial	10,000
25	Mualpheng Bial	4,000
26	Haulawng Bial	2,500
27	Kanghmun Bial	7,000
28	Vaṭhuampui Bial	1,600
29	Zonuam Bial - W/C Maintenance	500
30	Chanmari Bial - W/C Maintenance	500
31	Keiṭum Bial	15,000



MISSIONARY TRAINING COLLEGE HRIATTIRNA

Missionary Training College (MTC)-ah Bachelor of Missiology
(B.Miss) zir duh tan dil theih a ni leh ta.

Dilna Form hi Rs 50/- in office hun chungin MTC Office
aṭangin lak chhuah theih a ni e.

Dil thei chin	: C1-XII pass chin
Dil theih ni hnuhnung	: January 31, 2016
Written Test	: March 1, 2016
Interview	: March 3, 2016

Principal
Missionary Training College
Mission Vengthlang
Ph No. 2310157/2301337/ 09612564113

*Hruaitute chanchin***B. BUALCHHUMI**

Pi B. Bualchhumi hi Pu Chawngbawia (L) leh Pi Khuangchhingpuii (L) te fa pariat zinga 5-na a ni a. Champhai Vengthlanga piangin a sei lian a. Dec.12, 1978 khan Upa R. Vanhnuaitanga nen inneiin fapa 3 leh fanu 2 an nei a, tu 2 an nei a, Bethlehem Vengah chhungkuain an khawsa mek a ni.

Champhai Bethel veng a an awm laiin MHIP President leh Asst. Secretary-ah te tang tawhin, Champhai Joint MHIP-ah Vice President niin a theih tawkin khawtlang tan a lo thawk ve tawh a ni.

A nulat lai atangin Sunday School Zirtirtu-ah tangin tunah Puitling Sunday School Zirtirtu hna a thawk mek a ni. Champhai-Bethel ah hian Kohhran Hmeichhe Com-ah kum 1994 atanga telin, Office

Bearer-ah term 2 a tel a; eizawna avangin kum 2001-ah Aizawlah an pem a. Kum 2003 atangin Bethlehem Kohhranah Committee-a tel lehin Finance Secretary tih loh chu O B hna a chelh kim tawh bawk.

Champhai Bethel Bial Buhfaitham Ziaktu ni tawhin, Bethlehem Bialah Asst. Secy leh Secretary nihna a chelh tawh a, tunah hian Bial Vice Chairman a ni mek. Tualchhung Kohhranah Puitling Sunday School Zirtirtu, Thuhriltu niin, Kristian Chhungkaw Committee leh Social Front Committee member a ni bawk.

Kristian Hla Bu No. 54, 'Isu, i thu ka ngaihtuahin ka lo lawm em em thin,' tih hi a duh hle a; Johana 13:34&35 'Thupek thar ka pek che u hi, inhmangaih ula; keiin ka hmangaih ang che u hian nangni pawh inhmangaih ula. In inhmangaih chuan mi zawng zawngin ka zirtirte in ni tih chu miah chuan an hria ang,' tih hi a duh hle a ni.

Kristian Chhungkaw tha tak kan nih theih nan nu leh pate theih tawp chhuah theuh turin min chah a ni.

Hriat atan

1. Dt 18-21.9.2015 chhung khan Leadership Training leh Kristian Chhungkaw Campaign neiin Bungtlang South Bialah Pi Lalpianthangi, Pi Lalbiakengi leh Pi Sangthuami Committee member-te an kal a, Pathian hruainain tuang takin hun an hman.
2. Central KTP ten Youth Recreation Centre (YRC), Falkland lungphum programme 13.10.2015, 3:00pm a an neihnaah an sawm angin Office Bearer-te an kal. YRC Lungphum hi Rev. Lalrinmawia, Synod Moderator-in a phum a ni.
3. Women Centre atana hman turin hengte hi kan dawng -
 - 1) Pi Zopuii, Zopuii Gas Agency neitu chuan Gas double Connection 2 min pe a, Gas thuk 2, Cylinder 4, lighter, regulator etc. Centre hawn hma aţangin ţangkai takin kan hman nghal a ni
 - 2) UD&PA aţangin hengte hi kan dawng.

i) Puanthui khawl (Kut khawl)	-	20
ii) -do- (Ke khawl)	-	1
iii) Over Lock khawl	-	1
iv) Design khawl	-	1
v) Dawhkan sei	-	10
vi) Thutthleng (Bench)	-	10
vii) Steel Almirah (Godrej) 3' x 6'	-	1
viii) Sakawrbakcheh	-	20
ix) Measuring tape	-	20
 - 3) Pu LH Thanga te chhungkua, Ramhlun North hnen aţangin hengte hi kan dawng
 - i) Bio Light
 - ii) Solar Light

Thilpek hlu tak Women Centre atana ţangkai tur tak takte min pek avangin an chungah kan lawm hle a ni.

KUM 2015-2017 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

COMMITTEE MEMBER-TE

- | | |
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| 1. Pi B. Zomawithangi | 2. Pi C. Romawii |
| 3. Pi Lalsiammawii | 4. Pi Lalbiaki |
| 5. Pi C. Zopari | 6. Pi R. Rengkhumii |
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| 37. Pi Sawithangi | 38. Pi Lalbiaksangi |

Ex-Officio Member-te

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

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Durtlang Bial Leadership training leh Kristian chungkaw campaign



Khawzawl Dinthar Bial Leadership training leh Kristian chungkaw campaign



Chhiahtlang Bial Leadership training leh Kristian chungkaw campaign

To

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