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‘Nangnin tu nge a ni mi tih?’

Phek 7-na

Kristian Chhungua ◆ Sermon ◆ Article ◆ Hriselna huang

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**Editorial**

Kum thar February thla kan tleng leh ta der mai. Min hruai tlengtu Lalpa chu fakin awm rawh se.

Kohhran hmeichhiaten Bial Inkawmpui kan neih thla a lo ni leh ta a. Pastor Bial tina Inkawmpui hmangtute zawng zawngin hlawk taka kan hman theuh kan beisei. Kan intihchak tawnna atan inkawmpui hi Kohhranin min siamsak a ni tih hre rengin tisa leh thlarau lama hlawkna kan chan ngei theih nan ṭawngṭaina nen theihtawp chhuaha kan inbuatsaih a pawimawh hle.

Inkhawmpui hi kohhranten phur tak leh nghakhlel takin an tleng ṭhin a, chutianga inkawmpui tlengtute chuan tisa leh thlarau lamah pawh hlawkna an chhar a, malsawmna pawh an dawng nge nge ṭhin. Inkawmpui boruak pawh Thlarau Thianghlim uapna a nasa nge nge ṭhin. Chutih laiin inkawmpui thlen leh kal hrim hrim pawh peih lo leh ngaihsak miah lo a awm theih bawk. Hetiang mite tan hi chuan Inkawmpui hlawkna dawn tur a awm lo chu kan ti em lo vang a, hlawkna hmuh erawh a har deuh ngei ang.

Ringtute chu inchhem alha, intinung tawn tur kan nih angin heng hunte hi thlarau lam pur chawk nan leh infuih tharna hun atante hmang ila. Pathian khawngaihna kan chan ang zela mite tana malsawmna kan nih theihna hun atan hman tum ila, mi dangte tana luan chhuah hun atante pawh hmang thei ila a duhawm hle ang.

**Kristian Chhungkua**

## MIHRING NUN SIAM PUITLING TURA NU PAWIMAWHNA

*- Dr. Lalrintluanga  
Associate Professor, Govt. Aizawl College*

Pathianin a thilsiamte enkawl turin mihring, mipa leh hmeichhiaah a siam a. Pathianin duh taka a siam leh a dinte kan ni. Siamtu thinlung puin khawvel hi han thlir teh. A mawi a, a nuamin a va hlimawn em! Siamtu thinlung aṭang chuan thilsiam tinreng hi an hlu vek a ni. Keiniho pawh hi a kutchhuak niin, thilsiam dangte enkawl tura mawhphurhna nei kan ni. Thilsiam dangte mai pawh ni lovin kan fate leh kan mihringpuite enkawl, zirtir leh kaihruai tura mawhphurhna lian tak chelhtute kan ni.

**A pawimawh ber:** Chhia leh tha hritna neia siam mihringte hian mi hriat leh ngaih pawimawh nih chu nuam kan ti vek a. Mi chhia leh baihvai ber pawhin hriat hlawh lohna hmun chu nuam kan ti lo. Chu chu mihring rilru put hmang dik tak a ni. Mi pawimawh chuan hriat, duhsak leh ngaihhlut a hlawh a, chawimawiin a awm ḫin. Chutiang dinhmuna awmte chuan harsatna tam tak an lo pal tlang tawh ḫin. Keini, nute hi mawhphurhna lian tak neiin, mi pawimawh tak kan ni ve lo mai thei. Nimahsela,

Khawvel fang chhuak mah ila, keini aia pawimawh leh tling zawk tu mah an awm lohna hmun pakhat chauh a awm. Chu chu kan CHHUNGKUA ṭheuh hi a ni. Chhungkuua nu pawimawhna hi sawi chhuah thiam mai phak pawh a ni lo ve. Kawng hrang hranga chhungkuua enkawla, vawng feltu an nih avangin chhungkaw tina mi pawimawh ber chu **Nute** hi an ni.

**Phuar khawmtu:** Chhungkuah chuan PA a awm a, NU a awm a, FATE an awm

bawk a. Nu chu chhungkuah ‘engkim’ an ni ringawt, an tel lo chuan chhungkuah a ruak a, NU awm lohna chhungkuah chuan pa leh fa an khua a har a, an tlei lo va, an thla a muang lo a ni. Nu chu hmangaihnaa chhungkaw phuar khawmtu a ni. ‘Hmangaihna hi lak bo ni ta se, kan LEI hi thlan in ang chauh a ni ang,’ tiin Robert Browning chuan a sawi hial a. In chu hmanruaa sak a ni a, chhungkuah erawh chu hmangaihnaa phuar khawm a ni. Chu phuar khawmtu hrui chu nu thinlung aṭangin a lo chhuak ḫin. Nu chu fa hringtu leh hnuttetulia chawm liantu a nih avangin fate tana inpekna pawh a thuk hle. E.H. Chafin chuan, ‘Nu hmangaihna thil tih theihzia leh duhawmzia hi eng ṭawng mah hian a hrilh fiah zo lo ve,’ a ti.

**Inpekna famkim:** Mihring nih chhungin bawrhsawmnain mi a tlakbuak chang a awm thei. Chutianga hun a lo thlen chuan nu chu DOCTOR angin a duty a, NURSE angin min enkawl ḫin. Nu inpekna hlutzia chu hetiang

hian an lo phuah chhuak a, ‘.....ka damlova, a tlaivar a, ka ṭap a, mi lo chawi mu ḫin, hah takin, chak lo chung pawhin, ka nu, ka nu duh tak chu,’ tiin. Rilṭam leh rimirawng a sawi phal lo. Lainatna mita enin, duat takin a vil reng ḫin. “Nute thinlung hi Pathian kutchhuak mawi ber mai chu a ni” tiin Erminio Cripp-a chuan a sawi hial.

Chhungkuah hian tih tur a va tam em! Retheih hian chhangchhiat a tizualkai a; nimahsela, a hausak theih ngawt si loh. Chhangchhiatna lah chu pumpelh mai chi a ni hek lo. “...a chhia, siam that a ngai,” “...ka duh,” “...min kalpui rawh,” “...min lak teh,” tiin duh duhin nu ber chu pa leh faten an tir kat dawt dawt a nih ber mai hi maw! Heng zawng zawng hlen chhuak tur hian nu chuan tirikhah hna a thawk a. Hmangaihna chuan a dawhthei a, ngil a nei. A thinur duh lo va, a tuar hram hram ḫin. Nu chuan INPEKNA FAMKIMIN chhungkuah a enkawl a, a khaiding a ni. A va hlu em!

**Ei rawngbawltu:** Hma kan sawn a, ei leh bar kan duhtui tial tial. Kan neih phak tawk ang zelah tui leh itawm zawka ei siam thiam a hlu. Taksa ngeih tur zawng leh a inchawhpawlh tui dan tur ngaihtuah thiam a pawimawh. Heng zawng zawng hi nu rilruah a luang khawm a. A suangtuahna chu a takin a lantir thin.

**Roreltu tha:** Fate têt lai leh an len deuh hnuah pawh unau karah, chhungkuah buaina a chhuak fo. Chutiang hunah chuan nu chu roreltu a ni. Ro a rel a, rem a ruat a, thubuai a ching fel thin. Court Judge ang maiin ni tin thu rem fel tur chi hrang hrang a hmachhawn thin. Chuvangin, Nu chu roreltu fing leh dik a nih a ngai. Timothy Dwigh-a chuan a hlawhtlinna thuruk chu ‘Nu dik ka neih vang a ni,’ a ti.

**Zirtirtu tha:** Mi thiamte chuan ‘chhungkuah hi zirna in hmasa ber a ni,’ an ti. Upa K. Saibela chuan -

“Aw ka nu, aw ka pa,  
naupang té tak té kan ni.

*I kutah, i kutah ngei hian  
ka nakin nun tur chu a  
innghat a.*

*Eng ang mi nge ka la nih  
ve ang aw?*

*I mi enkawl danin a zir  
ang chu,”*

tiin naupang dinhmuna ding angin a lo au chhuak a ni. Chhungkuah atangin tawng te, nungchang te, khawsak phung tinreng kan zir chhuak a. Chu ta zirtirtute chu nu leh pate an ni. A bulpui chu nu hi an la ni zawk mah. Lehkhabu atangin thiamna, finna kan zir chhuak a, chutiang chuan nu leh pa chu fate lehkhabu an ni. Darthlalangah kan inhmu thei angin, kan fate nunah miin min hmu thin a, fate chu nu leh pa darthlalang an ni thung. George Herbert-a chuan, ‘Nu tha pakhat hian zirtirtu za rual a hen a ni,’ a ti hial a ni.

**Puanthuitu:** Chhungkuah naupang an la tet laiin thawmhnawte hi a chhe duh zual emaw tih tur a ni a. Chutih rualin pa thawmhnaw pawh thawm that a ngai fo bawk. Chutiang hunah chuan

a thuina tet leh a thler satliahte chu nu chuan a thui tha thiam ngei tur a ni, kawrkilh tla vuah that thlengin a mawhphurhna a ni tlat. Chhungkaw mamawh zualpui phuhru thei tura inzir pawh a ngai reng a ni.

**Chief Minister:** State khat chhunga ram rorelna chungchanga thunei bertu chu Chief Minister a ni a. Chutiang chuan chhungkuaah pawh hian nu hi roreltu leh chet latu ber a ni. Pa chuan a lo hriatpuii, a lo pawmpui ve thin. Buhfai lei te, chawhmeh te, bungbel leh thawmhnaw, etc. lei chu nu kutah a awm a, a rel leh hmalak ang apiang chu chhungkaw dinhmun hriltu a ni.

**Pastor leh Upa:** Pa mawl ber leh nu fing lo ber pawhin an theih ang tawk zelin an fate chu thil tha an zirtir a. Sakhaw lam thil phei chu an ngai pawimawh lehzual thin. Mahni fate inkhawm tura fuiha, Pathian thu hrilh thintu a ni. Chhungkuaah chuan Pastor, Pathian thu hriltu leh kohhran upa anga viltu a ni.

Aristotle-a chuan ‘Kâ-a chhuak ni lo, thinlung ațang zawka lo chhuak chu hmangaihna dik a ni e,’ a ti. Nu hmangaihna hi thinlung chhungril ber ațanga lo chhuak a ni asin!

**Social Worker:** Mizo tlangval pakhat, India ram pawnawm chuan hetiang hian a nu hnenah lehkha a thawn a, “*Ka nu, he thu ... inhai suh u, nakina in awm darh hunah in la inchhir ang*”, *tia kan unau min hrilh laia kan nuih zat thin kha ka la hre reng. Tunah chuan i thusawi dikzia ka hre thiam ta. Ka nunah hian chhuan tur hlu tak mai ka nei, thamna ka la duh ngai reng reng lo va, rilruin thiam min chantir loh tur thil pawh ka ti thei bawk hek lo. Heng hi mi zirtirna vang liau liau a ni. He nun hian min chenchilh reng pawh ka beisei*,” tiin. Hetianga fain a nu hnenah lehkha a thawn theihna hi a nu thawhrimna vang a ni. A țul dan ang zelin a fuih a, a thunun thin.

Nu thahnemngaihnain khawtlang nun a siam tha a

ni. D.L. Moody-a pawhin ‘Nu zawng zawng hi ka nu ang ni sela, tan in (jail) awm a ngai lo vang,’ a ti hial reng a ni. Nu chu ram leh hnam tan thawktu ropui a tling. Abraham Lincoln-a chuan, ‘Tun dinhmuna ka din theihna chhan chu ka nu vang a ni,’ a ti bawk.

Thawhrinma tel lovin sum tam tak i hai lut a ni thei e, mihring nunah erawh chuan thawhrimna tel lovin rah tha i seng tawp lo vang. Sumin thil tha tam tak i lei thei a,

nun tha erawh chu suma lei theih a ni lo.

Nute hi an va pawimawh em! Kan rama sualna chi hrang hrang mipat hmeichhiat nun khaw lohna te, ruihhlo hman sualna te hi tihreh theih niin kan ring em? Politics tui nu tak hi a tihfim leh theih ang em? Zirna lamah tuna aia nasa hian tan kan la thei ang em? Kristianna hi hei aia tha zawkin a nun chhuahpui theih ang em? Heng zawhna hrang hrang chhanna dik ber eng ne ni ang le? Tu nge mawhphur?



### **Billy Graham-a kam chhuak:**

Tawngtai laia kan taksa dah dan aiin kan rilru put danin awmzia a nei thui zawk.

Ka in chu van a ni a, he khawvel hi ka zin kawng paltlang mek a ni.

Naupang ama nu leh pa ngei zah nachang hre lo khawpa than lentir chuan mi dang zahna tak tak a nei thei lo.

**Sermon****'NANGNIN TU NGE A NI MI TIH?'**

(Mt 16:15)

- Dr. Lalnghakthuami  
Lecturer, ATC

Thu ziak tam tak kan hmuh tawh zingah zawhna pawimawh tak, Isuan a zuituten an chhan ngei ngei tura a tih ziahna kan chhiar nual tawh awm e. He zawhna hi keini pawhin kan chhan a ɍul a, ka ngaihtuahnaa awm ang ang kan thai lang ang e.

Zirna huangah Pathianin min dah ve avangin Lal Isua nihna leh a hnathawh chungchang zirna hi ka zirtir ve a. Ka tuina ber pawh a ni bawk. Kum sawm chuang lai mai chu Isua zawhna pawimawh tak hi zirlaite nen kan chai ho ɍhin a. Kum tinin zirlaiten chhanna an pek hi a danglam zel ɍhin. Kei ngei pawhin Isua zawhna ka chhan dan hi a danglam ve zel bawk a. Tin, he zawhna hmania miten an lo chhanna kha a pawimawh lo tihna ni lovin an hun lai khawvel rilru sukthlek mila an lo chhan avang khan, kan chhan dan nen a inthuhmun thei ɍhin lo. Hebrew ziaktuin "Isua Krista chu niminah nen, vawiinah nen kumkhua pawhin a pangngaiin a awm

reng a ni," tiin min lo hrilh a. Kan khawvelte leh kan ngaihtuah dante a danglam ɍhin avang hian, hmania miten Isua an lo hmuh dan kha kan hmuh dan nen inang lo pawh ni se thil awm tak a ni. Isua a danglam lo va, keini mihringte erawh hi chu kan danglam ɍhin a ni.

**Engtin nge kan chhan ve ang:** Isua hi 'Krista, Pathian nung Fapa' (Mt 16:16) tih kha Petera chhanna chu a ni. Chhanna tur dik tak pawh a ni awm e. Chu Pathian nung Fapa, Isua chu ka tan eng nge a nih? Kan tan tu nge a nih a? Kan tan eng nge a tih? Hei hi kan chhanna inɍanna tur a nih ka ring. Ni tina ka nun hman mekah hian Isua hi tu nge a nih? Kan nunah hian Isuan eng nge min tihsak? Ka nuna

harsatna leh buaina emaw, khawtlang leh ram leh kohhranin kan buaipui mek harsatna emaw kan neih aṭanga Isua zaghna kan chhan hi a pawimawh hle ang. Chu nun aṭang chuan Isua hi chhanna dik kan pe theiin kan nunah pawh Isua hi a chiang thei ber awm e. *Entir nan - Isua hi* “Ka lal leh chhandamtu a ni” kan ti mai thei awm e. Ka nunah hian Isua lo hi lal tum tam tak an awm ḥin, heng dam chhung khawsak buaina te, sum leh pai leh ropuina te, san zawk duhnate leh thil dang tam takte hian ka rilru an tibuai a, ka mangang ḥin. Chungte chuan ka thinlungah lal an inchuh a, ka nun vaw chauvin ammahni ngei chu lalah pawm chang pawh ka nei hman ḥin. Hetiang karah hian Isuan ‘tu nge ka ni mi tih’ tia min zaghna chu ‘Ka Lal i ni’ tia chhan chu ka harsat viau ang. Mahse, heng ka hrisel lohna hmun aṭang te, ka rilru natna aṭang te, ka hrehawmna leh manganna hmun aṭang te hian Isua zaghna hi chhang ta ila a fiah duh hle awm e.

**Latin America ram aṭanga Isua zaghna an chhan dan:**  
 Latin America-ah khuan ram hrang hrang an awm a, ram haus a tia sawi tur pawh an awm lo va, World Bank hnuaih pawisa tam tak tak an puk hlawm. Chuvangin, mipui zingah pawh rethei an tam zawk hial a. An sawrkar kalphung that tawk loh vangte pawh a ni ang, mi retheite an rethei tulh tulh a, hausate an haus a tual tual thung a, retheiten hamṭhatna an nei tlem hle. Rethei zawkte tan ram inrelbawl naah awmze neia tel a harsa a, rethei leh haus a inkar a zau hle a ni.

Latin America ram hrang hranga kohhrante chuan an rama mi retheite dinhmun chu an vei hle mai a. Pathian thu aṭangin siam ṭha turin an bei ta a. Chu chuan rah danglam tak leh ṭha tak a chhuah nghe nghe. An retheina dinhmun aṭanga Isua zaghna an chhan dan tlem tar lang ila.

(1) Isua rawngbawl na leh a thuchah laipui ‘Pathian ram’ chu chik takin an zir a. Isuan he leiah ‘Pathian ram’ chu amah kal tlanga din a tum niin

an hria. Chuta tel tur chuan a hun laia sakhaw puithiamten an thinhrik leh an entleu pharte, natna sala tang te, ramhuai man te, chhiahkhawntute leh mi sual te a sawm ta a. Chung mite chu Isua mi pawimawhte an ni. Isua chu ‘mi sualte thian’ tih loh theih loh a ni. Isua tum ber Pathian ram chu he leia a thlen theih nan Isua hi thlir dan tharin an zir ta a ni.

(2) Mi hnuaihnung leh mi chanhaite zinga rawngbawla, an zinga chetla ḫin chu Isua a nih tlat avangin an zinga mi pakhat angin an ngai hial a. Sakhaw puithiam leh dan hre mite zingah te, mi haus a leh awmtheite bulah Isuan rawng a bawl lo va, an kal dan phung Pathian ram nena inrem lo tam tak a sawisel zawk a. Siam ḫat a tum a. Chuvangin, puithiamte leh dan hre mite khan an ngaithei lo hle. Chutianga Isuan rawng a bawl tlat avangin he dam chhung ngeia khawsak dan siam ḫat chu Isua tum niin an ring.

(3) Isua chu an thih hnua mi chanhai leh retheite ḫian

chauh ni lovin an dam lai ngeia an ḫian, damna petu a ni tih chu an thupui lian tak a ni. Thlarau chhandamtu chauh ni lovin an dam lai ngeia an hrehawmna leh manganna laka chhandamna petu niin an hria a. Rilru thlarau leh an taksa ngei chhandamtu, retheina laka chhanchhuaktu a ni. ‘Rilru, taksa leh thlarau damna famkim petu a ni’ tiin an pawm nghet tlat a ni.

(4) Latin America rama mite retheihna laka chhan chhuaktu chu Isua a ni. Isua chu chhan chhuaktu leh zalenna petu, an ram din hmun siam ḫatu niin an ngai tlat a. Isuan “tu nge a ni min tih?” tia a zaghna chu anni chuan, “kan ram retheihna laka min chhan chhuaktu leh mi retheite zalēnna petu” tiin an chhang ta a ni.

**Isua hi tu nge nia kan hriat ve le?** Kan ram, khawtlang leh kohhran dinhmun aṭanga Isua zaghna kan chhan a pawimawh hle awm e. Kan ram hi a dam em? Kan khawtlang nun hi a hlim tawk em? Kan kohhran

hi a nung em? Mi tin hi kan thla a muang em?

Isua zaghna chhang tur hian Isua hriat dan dik kan mamawh hle mai. Isua kan hriat dan leh pawm dan, a thu kan zawm dan hian ram inrelbawl dan te, khawtlang nun dik leh tha te, Pathian duh dan anga kohhran din te, mi tinin kan nun dana Pathian tihna kawngahte nghawng a nei thui thei viau ang. Isuan ‘ka thu hriaa zawmte’ a tih hi a pawimawh hle. Hei hi Isua hriat dan dik tur chu a ni ang. Isua dik taka hretute chuan Isua thu an nunpui a, Isua thu hretute an ni.

Dik taka Isua hretute nunah chuan inhnualsuatna, inhnehchhiahna, inhmusitna leh inhuatna a awm lo va, thutak nunpuina a lang thin. Dik lo taka thil tih a nihin an thinrim ngam a, an dodal ngam a, dikna tundin a nih theih nan hma an la thin. Tute chungah pawh hleilenna a awmin an do let thin. Mahni mihringpui hniam zawk, chak lo zawkte ngaih pawimawh loh tlatte hi Isua hriatna dik atang chuan a chhuak thei lo. A chhan chu Isuan a

rawngbawlna pum puiah khan tute mah a thlei bik lo va, Pathian anpuia siamte an ni tih kha a nun chhuahpui vang a ni. Isua zuitu intite hian Isua hi kan zui a nih ve ngai chuan, a nun anga kan nun ngam ve a ngai a. Chu chu Isua hriatna dikan a phut tlat a ni.

**Isua hi tu nge le?**  
 Hmeichhiate hian kan dinhmun atangin Isua zaghna hi kan chhan let a ngai a ni. Chhungkuaah, ram rorelnaah, ei leh bar zawnna kawngah, khawtlang nunah leh kohhranahte kan dinhmun kan hriat chian a ngai hle. Mi tam takin kan nihna tak hi kan ngaihtuah chiang ngai lo va. Fim taka kan ngaihtuaha, kan harh chhuah a hun hle.

Latin America ramten an ni tin nun leh an khawsakna atanga Isua zaghna an chhang ang hian keini pawhin kan dinhmun leh nihna atanga Isua kan thlir a tul hle awm e. Mizo khawtlang nun leh inkaihruaina te, chhungkaw inenkawl dan te, ram inrelbawl dan leh kohhran kalphung te kan zir chian

chuan mipa thuneihnaa innghat a ni. Pathian thu nena a kal kawp phawt chuan chu mi chhungah chuan mi zawng zawng an tel thei a ni. Pathian duh zawngin heng inrelbawlna leh inkaihhruaina hi a kal rem thei hle awm e. Amaherawhchu, hengahte hian kan kalphungah, a bik takin hmeichhiate kan tel tlem hle a, rethei zawkte pawh kan pawnlang tial tialin a hriat bawk. Hei hi Pathian duh zawng leh a chatuan remruat a ni em tih ngaihtuah chian erawh a tul hle mai. Tuna kan inrelbawl dan hrang hrangte hi Pathian thu nen a inmil em tih pawh kan inzawh a ngai bawk. Hmasawnna leh changkanna in kan ram a hrual vel karah hian kan dinhmun hi kan bih chian a ngai viau bawk. Rethei leh hausa inkarte, hmelhriat nei tha leh tha lo inkarte hi a zau tawh em? Rethei zawkte hian ram inkaihhruainaah te, khawtlang dinhmunah te rahbeh kan tuar ve ḥan em? A nei zawkte hi an lo lian thur thurin retheite hian an nei ta lo tulh tulh em? Eng

dinhmunah nge kan din ve?

Heng kan dinhmun aṭang hian Bible-in Isua min kawhhmuhi kan hriat chian a tul hle mai. A rawngbawlna aṭanga kan hmuh Isua hi kan hriat chian a pawimawh a ni. A rawngbawlna aṭang te, a rawngbawlsakate aṭang leh a ngaih pawimawhte aṭangin Isua hi tu nge a nih kan hre leh thei bawk. A thuchah laimu ber leh a thuken aṭang te a nun dan leh a duh zawng aṭangtein Amah kan hre thei bawk.

Isuan mite thlarau damna chauh a ngaih pawimawh a ni lo va (cf. Lk 4:18), an ni tin nuna harsatna thlentute laka chhan chhuah kha a tum a ni. An rilru, taksa, thlarau damna pek kha a rawngbawlnain a ken pawimawh tak chu a ni. Pathianin a siam chhan ang taka he khawvela an chanvo mi tinten an chan theih nan rawng a bawl a ni.

Tichuan, keini hian Isua hi tu nge nia kan hriat ve? Isua zawhna hi engtin nge kan chhan ve dawn?

**Tlangkawmna:** Kan dam chhungah ngei hian Lal Isua zawhna hi mi tinin kan chhan a ngai. Harsatna leh buaina kan tawh mek su kiang turin Isua a awm a, a ching fel thei a ni. Isua hriat dan dikan kan rilru sukthlek dik tawk lote a siam tha thei a, kan nun dan fel lote min hruai dik thei a ni. Isua thiltihtheihna hi kan thih hnuah nge kan hman dawn tun dam chhung ngei hian? Isuan kan thlarau

damna chauh ni lovin kan rilru leh taksa damna hi a ngai pawimawh a ni. Kan ram leh hnam, chhungkua, khawtlang leh kohhranin damna famkim a lo chan theih nan Isua zawhna hi chhang ta ila, chu kan chhanna chu ni tina kan nun min kaihruaituah hmangin he leiah ngei hian Pathian ram chu a takin kan din thei ang. Chutiang ti tur chuan hmeichhiate pawnin tih tur pawimawh tak kan nei a ni.



### Mother Teressa ṭawngṭaina

“I thu ni rawh se, Lalpa, nangin ti tura min duh chu hlen turin i hmangaihna hian min tir lui a nih hi. I chakna ringin ka hawi kir lo vang. Tun aṭang chuan i chipui mi retheite chu ka chipuite an lo ni tawh ang a, ka chenna chu mi retheite zingah ni lo, retheite zinga rethei berte zingah, tenawm leh bawlhhlawh an nih vanga khawvelin a hnuchhawnte zingah, tuisik pawh lem thei tawh lo khawpa dam lo zingah, hrikhrab leh khumfa zinga mute zingah a ni tawh ang. Tahna tur mittui takngial pawh nei tawh lo khawpa rethei leh, miten ‘khawih thiang lo’ an tihte chu ka unaute an ni ang a: anmahni hmanga Nangmah pawl turin ka inpe e.”

## ‘CHI THLAH PATHIAN NGAIHSAK A ZAWNG’

*(Malakia 2:15)*

*- Pastor R. Lalengzauva  
Zonuam Bial*

Chi thlah chungchang thupek hi kan Bible-ah hian kan hmu hnem hle mai. Kan hmuhna apiangah tam tak a ti zel a, hei vang hian kan Pathian hian chi thlah chungchangah chuan a tam lamah bituk a nei lo tih a chiang a ni. Mizo Synod a la kal dikzia tilangtu leh min tilawm em emtu chu Pathian thupek ropui tak chi thlah chungchang tihlawhtling tura a zirtir zel leh Synod Inkhawkmpui pawhin vawi duai lo a rel nawnin booklet hial a chhuah ḫin hi a ni. Chuvangin, kei pawhin a ṭulzia hriain kan puah chhuahpui ve a ni.

**1. Pathian thupek leh duh dan a ni:** Chi thlah hi Lalpan a ngaih pawimawh em avangin a sawina apiangah ‘tam tak nei rawh u’ a ti zel. Adamate hnena a sawi chauh ni lovin, tuilet hnuah Novate, Abrahama te, Isaka te, Jakoba te hnenah pawh uar takin a la sawi zel. A hnu zelah pawh fa neih tam tur thupek hi a sutna kan hmu lo. Sam 127:3-5 ‘fanaute chu Lalpa laka ro chan, a lawmman min pek’ tih kan la hmu zui zel. Malakia 2:15-ah phei chuan ‘chi thlah Pathian ngaihsak a zawng,’ a la ti deuh deuh. Pathianin ‘chite pawh in thlah ang a,’ a ti mai lo. ‘Tam tak thlah rawh

u,’ a ti. Mihringte duh dan leh duh loh dan lam a ngaihtuah lo. ‘Chi tam tak thlah rawh u’ a tih avangin a thu awih a, thlah mai tur a ni. A duh zawng titute lawmman pek a tiam ḫin pawh thil dang ni lovin, fanau pek hi a ni fo. Chi thlah theihna malsawmna neitu chuan Pathian thu angin thlah pung ngei rawh se, chi thlah pung duh lo chuan Pathian a dodal a, khawvelah hian mihring hi awm zel lo se a tihna a ni.

**2. Siamtu dinhmuna min dintirna:** Chi thlah malsawmna hi kan Pathian hian a dah ropui tak zet a,

chi thlah theihna min pek hi siamtu Pathian chanvo min ṭawmtirna ropui tak a ni. Vaivut aṭāṅga Adama siamtu khan mi dang tam tak pawh a siam thei. ‘Vaivut mal nuai sangruk hi mipaah lo chang sela, vaivut dang nuai sangruk hi an nupui tur nula hmel̥ha takah lo chang rawh se,’ ti sela a lo chang mai ang. Mahse, Lalpa chuan mipa pakhat leh hmeichhe pakhat ihmangaihna kaltlanga mi dang hrin pun zela, siamtu dinhmuna dintir a duh a ni. Pathian duh dan vawn nun hi kan mawhphurhna leh tih tur a ni.

**3. Amah ringtu siam belh zelna:** Chi thlah tam sawiseltu chuan Pathian a do a ni. Thenkhat chi thlah peih mang si lovin ramthim an vei viau va, hnam dang hriat ngai lohte hnenah Chanchin Tha hrilh an vei hle a ni thei e, chu chu kan tih zel tur pawh a ni. Hnam dang ringlo hrilh tur an tam si, mahse, hrilhtu tur kan tlem si. Chuvangin, a hrilhtu tur ringtu kan inthlah pun chak a ngai a ni. Mizo Kristianten kan hriat tur chu

- Hnam dang ringlo Kristiana siam ai chuan kan fate, kan rila rah ngei ringtu a siam a awl zawk. Fa pakhat lek ringtu neih ai chuan fa 10 ringtu neih a ṭha lehzual. Mahni fate Krista hnenah kan hruai thei lo a nih ngat phei chuan, hmun hla zawka hnam dang ringlote ringtua siam chu a va harsa lehzual dawn em! Hmun hla zawka missionary kal ṭhulh chuang lovin, missionary tur hrin punah ṭan i la zual zel ang u.

**4. Inneihna kaltlang ngeiin:** Chi thlah thu kan sawi uar a, a pawnga tako tih tur chu a ni hauh si lo. Pathian duh dan leh ruat anga tih tur a ni. Kan sawi tawh angin Pathianin Adama a siam rual khan mi dang pawh a siam ṭeuh thei; mahse, a siam lo, eng nge a chhan? Pathianin Adama leh Evi nupa tuak khat chauh chungah khan mi dang siam leh zel theihna thuneihna ropui tak chu a pe phal a ni zawk. Inneihna hmasa ber chu Pathianin Adama leh Evi hmangin a siam a, mo hruaitu hmasa ber pawh Pathian a ni.

Adama leh Evi inneihna kaltlangin chi thlah leilung luah khat thei hial khawp malsawmnain a vur nghal a ni. Chuvangin, chi thlah punna hiinneihna kaltlang a ni ngei tur a ni.

**5. A paitu duat a tul:** Huan neituin a thlaiten rah tha an chhuah theihna tur chuan a diptu then faisak te, a mamawh tui leh lei tha pek a ngai thin angin, chi thlah Pathian ngaihsak kan hrinna tur kawngah hian a paitu, ‘Nu’ kan enkawl that a ngai. Inkawmpui rel thluk rup rup leh sawi uar vaka thleng mai thei a ni lo. Lalpa laka rochan fanau nei tur hian mihring lamin mawhphurhna kan nei ve. Fanau nei tur chuan chhungkuain mawhphurna sang tak kan nei a ni.

Pain a mawhphurhna a hriata, a hlenchhuah a ngai -

(1) Nau paitu chu a ei leh in tih that tur.

(2) Damdawi thiamte rawn fova, a mamawh damdawi tha pek.

(3) Hlim taka siam leh hahdam taka awmtir.

(4) Pasal leh chhungte hmangaihna a dawng tur a ni.

(5) An tan տանցակ tam tur.

(6) Chhangkhatna, mipa chi thahna ei hauh loh tur

Mizo Kristiante hian hmeichhia nau hringtu hi duat nachang kan la hre tawk lo hle a, a pawi a ni. Eizawngtuah leh thawk hah berah kan tantir a, anmahni khawngaih leh duat let ahnehin an lakah phut tam tak kan la nei zui a, Pa tam tak chu an lakah an la vui fo lehngthal a, hei hi chu sim a hun ta. Nupuite thawh sa ring, nupuite chawm nih hi zah nachang hria ila, Mizo mipate hian տան i la ang u.

A tawp berah chuan, Lalpan chi thlah Pathian ngaihsak a zawn mek lai hian, keinin eng mah hre tak tak si lo hian kan duh dan danin kan intitawp a. Kan chi thlah dante hi i ngaihtuah chiang leh ang u. Thenkhatin chawm zawh tawk neih tur an ti a, amaherawhchu, kan chawm zawh tawk tur pawh kan hre tak tak lo, kan fate hi kan

chawm pawh an ni ber lo, Lalpa enkawl an ni zawk. Fa nei tlemte hian an chawm zo ni lovin, an chawm sual a ni mai zawk lo maw?

Mahni duh thua fa neih tlem ngawt pawizia i lo en teh ang -

(1) I fa lo piang hmasate hi an puitling ngei dawn tih i hre lo va.

(2) A palina nge, pasarihna Pathian bel ruat i hre bawk hek lo.

(3) *I fa eng zatna* khan nge nu leh pa chawm anga, chhungkua khaiding ang tih i hre hek lo.

(4) Pathian thu lova, i duh china pahnih emaw, pathum emaw i neih hnua i intitawp a niha, dam puitling lo leh suahsual rawngbawl an lo nih pawhin Pathian dem suh ang che. I thalbea chi nung lo la piang tur Lalpa ruatte i dang bet a ni si a. He thu ziaktu ngei pawh hi ka nu leh pa, leh Pathian chunga ka lawmna fo chu, ka nu leh pain Pathian thu zawma, ka lo pian ve theihna tura fa 8 thleng min hring peih hi a ni. Lalpa bel

ruat Lalpa rawngbawl ngei tur pawh ka ni e.

Synod-in hma a lakna bawhzuiin Zonuam Bial chhunga Kohhran pahnih pawhin hetiang hian hma an la a ni -

Pathian duh zawng leh hmeichhe dinhmunte hre rengin -

(1) Luangmual Vengthlang Kohhran chuan kum 2012 aṭang khan kohhran chhunga nau piang lawmpui nan cheng Rs. 1,000 zel pek an ni. Mi pariat hnenah pek a ni tawh.

(2) Zonuam Kohhran chuan kum 2013, September thla aṭangin hmeichhiain fa pali a neih chuan Rs. 2,000 an pe a, a panganaah chuan Rs. 4,000, a chung lam pawh Rs. 2,000 zelin an pun dawn a ni.

He thil hi nau nei zel tur tan chuan chanchin lawmawm ni tur ngaih a ni. Hei aia nasaa ti thei kohhran pawh in awm ngei ang tih kan ring. Chi thlah Pathian ngaihsak an lo pun zel theih nan kohhran-hovin hma i la zel ang u.

## PATHIANNI

- C. Januari  
Ramhlun South

Tuk khat chu mitthi inah ka kal ve a, ka hmelhriat pakhat, kohhranah pawh inhmgang ngai lem lo hian min lo bia a. A ɻawngkam pakhat “Pathiannia kawngkhar mawi hawn chu a mizia nen a inhmeh khawp mai!” a ti a. “Pathianni tiin i sawi ɻhin a ni maw?” ka ti a, “Teh reng mai, Biak inah kal lem lo mah ila ka tlin ang tawk tawkin ka serh ve maw le,” a ti vei roh a.

Kohhrana inhmgang tak takte hian ‘Pathianni’ ti lova ‘Chawlhni’ kan tih te, Kohhrana thupuangtuten ‘Sunday’ tia an lam rikte hi ka ngaihtuah zawm a. Kan missionary-te phuah nge Kristian hmasate phuah? Eng huna an phuah nge, tih lampang chu ka hre hauh lo va, Mizo ɻawnga Pathianni tia an lo vuah hi a ropui ka tiin a inawm hliah hliah hian ka hre thar a. A nihna a phawk fuh hle awm e. Pathianni lo pawh chawlhkar ni hrang hrang hming an lo phuah dan hi a fuhin a kan hnam zia leh kan ni tin hna nen a va inhmeh hlawm em! A Mizo ɻawng ngata sawi hi a hlu thar riaua hriatna min neihtir hle.

Sappui hnam fing zawkte pawhin hetiang tak hian an ɻawnga ni hming nena inhmeh, a awmzia tar lang thei ɻawngkam hi an nei bik lo a ni ang, hnam dangte ni vuah dan an chhawm a, a ɻhen an siamrem mai ni awm takin: Monday-Roman lalnu (moon=thla, moon goddess) hming chawia phuah, Saturday-Roman lal Saturn-a hming chawia an phuah leh Sunday-Roman lal, ni pathian tia an sawi tak hming chawia phuahte a ni a. Tuesday, Wednesday, Thursday, Friday-te hi hmanlai hnam pakhat Norfe-ho Pathian leh an lal hming chawia phuahte an ni hlawm. Tuesday-Norfe lal Tyr hming chawia phuah, Wednesday-Norfe pathian

Odin, (woden tia lam thin) hming chawia phuah, Thursday, Odin-a fapa Thor hming chawia phuah, Friday Odin nupui, an pathiannu Fridg hming chawia phuah). Keini Mizote chuan chung nena inzawmna nei lo, a hrang daihin Thawhtanni, Thawhlehni, Nilaini, Ningani/Nilaithawhtanni, Zirtawpni, Inrinni, Pathianni /Chawlhni tiin chawlhkar ni hming, tha tak kan lo nei hi, a hlu danglam hle.

‘Sunday’ tia sawi chuan kan nunah kawngro a suin awmzia a nei tehchiam awm lo ve. Mi tam berin Sunday tia kan sawi chhan chu intihchangkan nan a Sap ṭawngin kan sawi liam ve satliah ni maiin a lang. Chawlhni tih hian kan hna aṭanga kan chawlhna ni, eng mah ti lova awl taka chawlh der derna ni a kawk awm e. Pathianni tih hi chuan kan Pathian ta, a tana ni bik a kawk a, chu chuan Pathian duh zawnga hman leh a duh anga awm a hril tel nghal a ni. Kristianna nena inhmeħ taka Pathianni an lo vuah hi

a hlu a, hming danga thlak phal chi a ni lo va, Pathianni tih leh Kristiante kâ hi a inhmeħ hle a ni.

Mizo Kristian hmasate kha Pathianni serh leh hman uluk thuah an invawng hle a, an entawn tlak hle. Kan eizawnna leh changkanna avangin khatiang tak khan serh uluk theih tawh loh mah ila, zawrh leh lei thuah te, kan ṭawngkam leh incheina thuah te, a ṭulna leh buaina lian thamin min deng a nih ngawt loh chuan kan thuneih theihna chinah chuan zin chhuah leh haw thuah te, Pathian duh dan kan ngaihtuah thar fo va, urhsun zawka Pathian duh zawng tih nan, Thlarau lam nun hlawkpui nan hman tum ilā. Pu Zosaphara’n KHB No. 560-a (Sap hla lehlin a ni a, chang 5-na hi a phuah belh a ni awm e);

*Chawlhni Lalpa, hei kan*

*duh e -*

*Lei hi i Tempul ni vek se;*  
*Ni narân rēng hi i biak ni,*  
*Kan thawh ri hla chang se*  
*kan ti.*

Hei hian khawi hmun pawh kan awmna apiang hi Pathian duh zawng tihna leh amah biakna hmun biak in vek lo ni sela. Ni zawng zawng pawh hi Pathian biakna ni lo niin, kan hnathawh ri zawng zawng pawh Lalpa chawimawina rimawi, hla lo ni vek se (cf. Jh 4:21-24), a tih ang hi chu tuna kan nun, Pathianni pawh serh thei lo nun nen chuan a inhlat hle mai. Hetiang em hi thleng thei lo mah ila, Pathianni tal hi chu A duh zawng tih nan leh thlarau lam chaw lakna ni bik atan hmang thei ila a duhawm hle. Chutiang tur chuan Inrinni pawh, Pathianni atana inrinna ni a nih angin, Pathianni atana

inbuatsaih nan hmang ila. Taksa hah lutuka Biak ina inkhawmte hian kan chan tur thlarau lam chaw min chantir loh phah fo thin.

*“Chawlhní bawhchhe lo tura, ka ni thianghlima i duh zawng ti lo tura i kephah chu i hawi kirtira, Chawlhní lawmawm i tiha, LALPA ni thianghlim chu zahawm i tiha, mahni kawng zawh lova, mahni nawmsak bawl lova, mahni thu sawi lova i chawimawi chuan, LALPA chungah chuan i lawm ang a, leilung hmun sangahte chuan ka chuantir ang chia, i pu Jakoba rochun thilin ka chawm ang che.” LALPA kâ chuan chu chu a sawi tawh a ni (Is 58:13-14).*



### **Book Room News:**

- 1. Paula Lung in Tan lekhkathawn:** Kum 2014 hian Puitling Sunday School-ah zir, Ephesi, Philippi, Kolossa & Philemona tanpui thei tur Revd Chuauθhuama buatsaih a awm e. A man Rs. 150
- 2. Natna leh a damdawite:** Natna hrang hrang lar zual 105-te leh an damdawi, natna hming A AW B indawt dan anga rem khawm R.C. Thanga buatsaih Rs. 150 man lei tur a awm.

## HRUAI BONA THLARAU

*(1 Tim 4:1-2)*

*- Upa Zarzokima Khiangte  
Shillong*

India rama state-a ringtu tam bera inchhalna leh kohhran ngelng het tak dinna, ringtu puitling leh ng het tak tak awmna hmunah hian kohhran atanga kal peng – pawl chhuak kan tihte hi an thahnem hle mai. Pawl thar a lo chhuak a, a la chhuak zel dawn pawh a ni ang. Engati nge, bumna thlarau hian min a zuam em em ni? Chhungirl lamah hian kan tak lo vin kan ruak riau ta em ni?

Kal peng leh zirtirna dik lo kengtute hi awm thar an ni lo va, tirhkohte hun lai atanga awm tawh daih an ni. Kal pengho hian Pathian thuah hian pawm tlan an nei niin a lang, pakhat chu Thupuan 13:16-17 hi a ni. Hetah hian khawvela ro la rel tur a sawi sakawl h chuan sawrkar leh kohhrante a thunun vek tur a ngaih a nih avangin sawrkar nena inhnamhnawihna awm chi reng reng – sawrkar hna, ration card, bank account neihte leh kohhrana awmte hi an duh lo niin a lang. He lai changah hian sakawl mi leh sa chhinchhiahna a sawi a, chu chu an kut ding lamah emaw, an chalah emaw dah a ni dawn a. He chhinchhiahna nei lo chuan eng mah lei leh hr alh

an ti thei dawn lo, an ti a. Sawrkar hna pawh an thawk thei dawn lo ni awm tak a ni. Sakawl h thuhnuia kun ai chuan engkim chān an huam ta a ni. Hei hi sawifiahtu thenkhatte chuan Sap tawng takin ‘economic boycott’ an ti. Ei leh in, leh hna boycott tihna ni awm tak a ni.

Sakawl h chungchang hi chu hunin la tichiang turah ngai ta ila. Pope te, Napoleon-a te leh Hitler-a te an puh tawh a, kohhran puh tlattu lah bo lo. Thupuan bu chungchang ngaih dan hrangte pawh tar lang lo ta ila, a bu vekina a hrilfiahna hi a chiangah ngai ila, a him ber awm e: ‘chutichuan, i thil hmuh tawhte thil awm mek leh

tun hnuat thil lo awm turte thu chu ziak rawh (1:19). Bible bu danga kan hmuh loh Thupuan bu chauha thutiam awm a awm bawk, chu chu a bu chhiara, zawmtute hnenah enghawlna, Pathianin a tiam hi a ni (1:3). Thupuan (Apocalypse)-khuhawnna tih a ni a, pawm awm tak pawh a ni.

### **Engtin nge zirtirna dik lo lakah kan inven ang:**

(1) Kohhranina a rawih bak thusawitu dang dang chu pan lo ila. Thu thar ngaihthlak kan chak huam huam ḥinna lakahte hian inven a ḥa.

(2) Pathian thu hi chhiar mai ni lo va, zir peih a ngai. Tirhkoh Paulan Timothea hnenah ‘thu tak thu fel taka hmang chu zak tur a ni lo angin, Pathian ngaiha ḥaa in entir turin ḥahnem ngai rawh’. Lehlin tharah, ‘thu tak thu dik taka hmang thiamtu nih tum ang che’ a ti.

Setana hian kan Bible lo hi Bible dang a neih bik loh avangin zir nguna, a hmanna tur taka hman thiam a ngai a ni. Lal Isua leh Setana inbiak pawh khan Pathian thu nen

hlir a ni an inbeih. Setana chuan Pathian thu hmanna dik lova Lal Isua hmantir a tum kha a ni. Pawl chhuak leh kal pengho tih dan pawh an rinna nemngheh nan Pathian thu an hmang ḥin.

**An zia:** Pawl chhuaka kal pengte hian hruiatu an nei ziah ḥin, hengte hi thlarau dawthei - bumtu an ni a, Diabola hmanruate an ni. Lal Isuan Diabola pawh ‘dawthei leh dawtpa,’ a ti a ni (Jh 8:44). Engtin nge an dik leh dik loh kan hriat theih ang? A chhanna awlte pakhat chu, kohhran - Krista taksa, chhuahsan an duh chuan an dik tawh lo tihna a ni. Hetiang mite hian min kawm an tum pawhin hnar ngam a ḥa ber.

Lal Isuan, “Kei kawngkhar chu ka ni, tu pawh keimahah a luh chuan humhimin a awm ang a, a lutin a chhuak ang a, ei tur a hmu bawk ang,” a ti (Jh 10:9). Kohhran hi hmung thianghlim leh himna hmung a ni a. Thlarau lam chaw kan eina tur pawh a ni. Kohhranah ei tur hmu tawk

lova inhriaa, hmun dang, a sawi tlawr thiam thiam pan ṭhin chu rukru leh chinghniaten an khawiha, an seh nge nge ṭhin.

Hetih rual hian, rawng-bawltute pawhin kohhran miten hmun danga ei tur an zawn lohna turin ei tur ṭha pe tura inpuahchah a tul hle.



### HMANGAIHNA IN THILPEK DAWNTE(July-Dec) (Chhunzawmna)

137. Lalvanneia Sailo, Zotlang	Arsa & Eiturhranghrang
138. 23 <sup>rd</sup> Sector Assam Rifles, Khatla	Buhfai, tel, Dal, etc.
139. Lawmi Khiangte & Friends, Venghlui	Cake, Toys, etc
140. Zemabawk West KTP	Artui
141. Milk Producers Society, Thuampui	Mulco pack 17
142. Nepali kohhran, Bawngkawn	Rs. 2,000
143. Beginner Dept. Durtlang	Rs. 2,772, Biscuits, etc.
144. R. Pachhunga & Family, Zarkawt	Rs. 5,000
145. Lalnuntluanga te chhungkua, Zonuam	Rs. 3,000
146. Amos Vanlalduata	Buhfai bag 1
147. Mizoramawipuia, Vaivakawn	Thawmhnaw, Sweets, etc.
148. Lalramthanga te chhungkua, Zarkawt	Toys, etc.
149. Chhingga Veng East Thalai	Rs. 7,000
150. Lalthanpuii, Chaltlang	Rs. 7,000
151. Lalengzami, Zotui veng, Leitan	Rs. 1,000 & Sweets
152. Andrew-a leh a thiante	Rs. 1,000, Sweets
153. Hruaia te ṭhianho	Ei tur
154. Lalnunpuii (Mapuii) & friends	Rs. 2,500
155. Dr. Rotluanga te chhung	Ei tur
156. Hmingthup, Ramthar veng	Mawza
158. Lalbiaknii te ṭhianho, Durtlang	Sweets
158. Pooja, Bawngkawn	Buhfai bag 1, Sweets
159. Tepuia chhang, Bethlehem	Buhfai bag 1, chhang
160. Thianzaho	Diapers, Ei tur

**Fahrah leh chanhai zawkte hnena in thilpek zawng zawng  
hi Lalpan tana in pek a ni a, Lalpan rul leh che u rawh se.**

**Hriselna Huang****THISEN HI ENG NGE A NIH CHIAH LE?***- Dr. Lalthanzuali**Blood Bank, Civil Hospital, Aizawl*

Thisen kan han tih hian a lan dan pawh a keng tel a, mit lawnga ena tui rawng sen anga lang mai ni mah se mi thiamten an han zir chian chuan tui rawng sen mai a ni lo tih kum tam tak kal taah khan an hmu chhuak a ni. Kan taksah hian thisen a awm zat tur aia a tlem lutuk emaw, a tam lutuk emaw a nih chuan kan taksa tan a tha lo va, natna kan tuar phah thin a ni.

Kan thisen hi timur (cell) leh tuiril (plasma) inbelh khawmin a siam a ni a.

**BLOOD CELLS:** Timur thisen a awm hi chi thumin a thliar theih a, Red Blood Cell, White Blood Cell leh Platelets tih an ni a.

*Red Blood Cell:* A pianhmang chu thleng tê, a laiah a lehlam lehlama khuar tawn nei ang deuh hi a ni a, chu timur chhungah chuan thisen tisentu Haemoglobin a awm a, haemoglobin hi protein chi khat Globulin leh Iron inpawlha ni. Red cell hi a awm tur zat ang a awm loh chuan thisen tlachham, ‘dang’ kan ti thin a ni. Chutiang bawkin red cell hi a nih tur

aia a tam chuan natna chi khat polycythemia vera an tih chu a lo nei thin. Red cell hian hna chanpual bik an nei a, chu hna chanpual chu eng lai pawhin an thawk ngat ngat mai a ni. Thâwk kan han la a, kan chuapah boruak kan han hip lut a, chutah Oxygen boruak a awm chu chuap atangin Red blood cell-ah an lo pakai a, kan taksa bung hrang hrangah Oxygen chu a phur kual ta thin a. Chuta phur kualtu chu red cell chhunga haemoglobin kha a lo tlem lo thei lo a, chu chuan a taksa mamawh tawk Oxygen chuapin a hipluh sa chu phur kualtu a awm ta lo va, kan taksa bung hrang hrangin a mamawh ang tawk

Oxygen a hmu thei lo va, dam lo chuan hna tlem te a thawh te, thui lo tê a kal pawhin a thaw a lo hah thuai thin. Miin haemoglobin a tlakchham nasat viau chuan a awm mai mai pawhin a thaw a lo chham thei thin a, thisen pekte pawh a lo ngai hial thin a ni.

Red blood cell hian Oxygen a phur kual mai ni lovin, kan taksa a Carbondioxide insiam chhuak pawh kan taksa bung hrang hrang aṭangin kan chuap a phur thleng a, kan chuapin a lo thaw chhuak ta thin a ni.

Mi hrisel tha pangngaih chuan Red blood cell hi thisen ml. 1-ah 4.5 million (maktaduai li leh a chanve) a ṭanga 5.5 million (maktaduai nga leh a chanve) a awm tlangpui a. Red cell hi kan thling aṭanga insiam a ni a, kan thisen zamah hian ni 120 vel an hnathawh hun chhung tura ruat an ni a, an hna thawh hun chhung tur a ral hun chuan an lo keh chhe ta thin a ni. Red cell keh chhia aṭanga haemoglobin chhuak chu kan taksa khawlin a lo

phel darh ta thin a, haemoglobin keh chhia aṭanga a la bang iron chu kan taksain a lo recycle a, thisen thar siam leh nan a lo hmang ṭangkai leh thin a ni.

*White Blood Cell:* Thisen a cell chi dang awm leh chu White blood cell hi an ni a, haemoglobin an neih loh avangin an rawng hi a sen ve lo va, rawng an nei ve lo, red cell aiin an size a lian zawk a. Red cell ang tho hian hma hna chan pual an nei a, ral vengtu sipai an ni a, an ral beih dan hi chi khat mai a ni lo, sipaiten ral beih dan chi hrang hrang leh ralthuam chi hrang an nei ang hian kan taksa hi kan taksa natna hrikin a beih hian kawng hrang hrangin an lo veng himin an lo do let thin a ni.

Kan thisena white blood cell (Leucocytes an ti bawk) hi chi ngain a thliar theih a, chungte chu Neutrophil, Lymphocyte, Eosinophil, Basophil, Monocyte te an ni a, Neutrophil hi white cell-ah chuan an tam ber a; amaherawhchu, an dam rei vak

lo a darkar 6 aṭāṅga ni rei lo te chauh an dam thei a ni. Lymphocyte-te hi chu an dam chhung a inang lo va, a ṭhente chu kar rei lo te an dam a, kum tam tak chhung dam thei an awm bawk. White cell thenkhat hi chu thisen zam chhuahsanin kan taksa bung hrangah an kal darh a, chu tah chuan natnain kan taksa a beih laka ven hna an thawk ṭhin.

**Platelets:** Hei hi chu thisen tikhkhang lamah an ṭangkai thung a, kan intihpem palh te hian kan thisen zam a platelet awm kha a hliam laiah an rawn inhawr khawm thuai a, chu chuan kan thisen zam hliam kha a rawn char phui thuai ṭhin. Platelet hian kan thisena thisen tikhantuho kha an chawktho va, thisen khang an siam a, chu chuan thisen zam aṭāṅga thi put tur kha an dang ta ṭhin a ni. Haemophilia an tih natna neite hi Coagulation factor VIII tlachham an ni a, intihpalh hlekah pawh Coagulation factor VIII tamna, thisen tui fim lam (Fresh Frozen Plasma) pek an ṭul hial ṭhin.

**Plasma:** Thisena tuiril lam pang eng dalte hi Plasma chu a ni a, Plasma-ah hian tuisik pangngai leh thil chi hrang hrang protein, sugar, thaw (lipid), vitamins chi hrang hrang, hormones, antibodies, nutrients leh chemical chi tam tak an awm a. Plasma hi kan thisena cell-te kan taksa bung hrang hranga luan darhtir theitu an ni.

Mi hrisel ṭha pangngai chuan a tlangpuiin taksa buk kg. 1 zelah thisen 76 ml. mipain an nei a, hmeichhia chuan taksa buk kg. 1 zelah 66 ml. an nei a, kan taksain loh theih lohva a mamawh zat chu rih zawng kg. 1 buk zelah 50 ml. chauh a ni a. Mipa kg. 50-a rit chuan thisen 3800 ml. vel a nei a, loh theih loha a mamawh zat chu 2500 ml. vel a ni a, thisen reserve a neih zat chu 1300 ml. vel a nei a nih chu. Hmeichhia chuan buk inangah mipa aiin thisen kan nei tlem zawk a, hmeichhia kg. 50-a rit chuan thisen reserve kan neih zat chu 800 ml. vel a ni thung a.

Miin thisen 350 ml. a pekin thisen tam lam (Blood Volume) chuan darkar 48-72 hours velah ngai a awh leh thin a, amaherawhchu, thisen tak lam hian hun a duh rei deuh, kar 6-8 velah thisen tak lam hian a ngai a awh leh thin.

Mi hrisel tha pangngai tan chuan thisen pek hi thil hlauh awm a ni lo va, hun rei lo teah ngai kan awh leh nghal mai thei a, ngai awh tawh hnuah pawh pek leh mai phal a ni lo va, India ramah chuan thisen hi thla thum danah chauh pek theih a ni. Thisen pek hi mahni tan pawina awm si lo mi dang tana damna thlentu kan ni thei a ni. Mi thiamte chuan thisen pek vanga ei leh in intuituah a ngai lo va, chaw tha pangngai kan ei khan thisen peka kan hloh

zawng zawng chu a rawn luah khat leh mai thin an ti.

Mizote hian thisen pekah hma kan sawn nasa em em a, tunah chuan tlwmngai pawl hrang hrang leh mi mal tlwmngaiten blood bank a dah that tur thisen pek lawk kan ching ta a, hei hian damlo thisen mamawhte a tanpui nasa hle. Hetiang a thisen dah khawl sa hi damlo chhungte inpun buai ngai lovin thisen mamawh tan Blood Bank atangin a thlawn liau liauin, awlsam tein an lak chhuah theih phah thin a ni.

Hetiang tako thisen pek lamah hma kan sawn lai hian thisen pek hi pek zawh tih a awm thei lo, kum tir atanga kum tawp thleng hian, ‘thisen mamawh an awm reng’ tih hriain thisen pek hi i ching zel ang u.



Kan kawngte chu fiahin en ngun ila, LALPA lam i hawi ang u.

Tah Hla 3:40

**HMANGAIHNA IN THILPEK DAWNTE (July-Dec)**

1.	Mabiaki, Dam Veng	Diapers, Biscuit, etc.
2.	Samtlang Poultry Association	Ar pum 14
3.	Sairang Dinthal Bial Sac. Dept.	Sweets Packet
4.	Malsawmthari, Champhai Bethel	Naupang mamawh
5.	BSF, Durtlang North	Eitur chi hrang hrang
6.	Bawngkawn Hmarveng K. Hmeichhia	Rs. 3,000
7.	Michael Lalrozama	Ei tur, Arsa
8.	Julie Lalrinfeli, Serchhip Bazar Veng	Thawmhaw
9.	Phunchawng NPSS	Rs. 2,030
10.	Mawitea	Rs. 1,000
11.	C. Lalrinawma	Rs. 1,000
12.	Tetei, Chanmari	Thawmhaw
13.	Mamit Field Veng K. Hmeichhia	Rs. 3,000
14.	Kolasib Diakkawn Dept.	Rs. 5,270
15.	Zuangtui Kawl Fellowship	Rs. 1,000
16.	Upama Ghimere, Bawngkawn	Cake leh ei tur
17.	Chaltsang Lily Veng Beg. Dept.	Rs. 2,000
18.	Sesawng Bial Koh. Hmeichhia	Rs. 1,120
19.	Upa C. Lalrintluanga	Rs. 30,000
20.	Ramhlun Vengthar Bial Hmeichhia	Artui, Biscuit
21.	Zamuang Presbyterian Kohhran	Rs. 3,000
22.	Champhai Bethel Koh. Hmeichhia	Rs. 6,000
23.	Tuikual Kohhran Hmeichhia	Rs. 3,000
24.	Leitan Pastor Bial Koh. Hmeichhia	Rs. 12,000
25.	David Biswa, Leitan Ramthar	Rs. 6,500
26.	Thian Pawl, Laipuitlang	Rs. 1,500
27.	Sairang Pastor	Rs. 500
28.	Laltlanthangi	Rs. 1,000
29.	Lenchim Kohhran Hmeichhia	Rs. 1,000
30.	Zawlpui Bial Koh. Hmeichhia	Rs. 3,960
31.	Pi Lalthanpuii & Pi Lalduhawni, ITIVC Mawza	
32.	Rangvamual Koh. Hmeichhia	Rs. 3,000
33.	Tlabung Chawnpui Pastor Bial	Rs. 3,230

34.	NPSS, Saitual Bial	Rs. 8,700
35.	Tura, Mizo Presbyterian Kohhran	Rs. 5,000
36.	V. M. Hardware	Rs. 10,000
37.	Beginner Dept, Ramhlun Vengthar	Rs. 2,000
38.	Tuikual Kohhran Hmeichhia	Rs. 3,000
39.	Pehlawn Kohhran Hmeichhia	Rs. 1,000
40.	Upa C. Lalbiaktluanga, Dawrpui	Rs. 1,000
41.	Pi B. Thangseii, Durtlang	Rs. 5,000
42.	Youth for Christ, Saron Veng	Rs. 8,360 Thawmhnaw
43.	Zoremsangatechhung, Chaltlang Dingdi Veng	Rs. 7,000
44.	Sawimawii, College Veng	Rs. 5,720 Mimi case 1
45.	Zamzami	Rs. 500 chhang & sweet
46.	Silchar Mizo KTP Pastor Bial	Rs. 1,150
47.	Chawngte L Bial KTP	Rs. 2,000
48.	3 <sup>rd</sup> IR Battallion MAP	Rs. 10,000
49.	Willow Mount School, Durtlang Leitan	Rs. 1,000, ei tur
50.	Zawlpui Bial Kohhran Hmeichhia	Rs. 300
51.	Dintha Vengthlang Sac. Department	Rs. 1,160
52.	Upa H. Lianmawia, Sihphir	Bawngchnute
53.	Pehlawn Kohhran Hmeichhia	Rs. 1,000
54.	Malsawmi, Darlawn	Rs. 100
55.	Model Veng Koh. Hmeichhia	Rs. 6,200
56.	Presbyterian Bible School	Biscuits
57.	Tuikhuahtlang Koh. Hmeichhia	Rizai 34 nos
58.	Hortoki Gilgal Koh. Hmeichhia	Rs. 3,000
59.	Hming thup, Bithday Lawmna	Artui case 1
60.	Mualkhang KTP	Rs. 3,000
61.	Ramhlun Venglai Koh Hmeichhia	Rs. 5,000
62.	Pu Vanlalhmangaiha & Pu Vanlaldawla, Republic Vengthlang	Rs. 10,000
63.	Ramhlun Kohhran Hmeichhia	Rs. 10,000
64.	Cachar Kahrawt Kohhran Hmeichhia	Rs. 3,000
65.	Bethlehem Bial Kohhran Hmeichhia	Thawmhnaw, Pheikhawk, etc.
66.	Republic NPSS Chawhnu Naupang	Toys, Thawmhnaw, etc.
67.	Lalngaihawma, Vaivakawn	Rs. 500

68.	Mamit Hmunsam Kohhran Hmeichhia	Rs. 1,000
69.	Fatty VL Fakawmi Maubawl, Saiha Dist.	Naupang lawm
70.	Dr. J. C. Lalremruata Electric Veng	Rs. 10,000
71.	Upa KC Thanga te chhungkua, Vanbawng	Rs. 1,000
72.	Genesis English School, Bethlehem	Rs. 4,000
73.	Chanmari Kohhran Hmeichhia	Rs. 5,000
74.	Govt. Aizawl College Edn Dept.	Thawmhnawlehhnathawksak
75.	Maubawk Sikul Veng K. Hmeichhia	Rs. 3000
76.	SMTC Mission Vengthalang	Sweets
77.	Rosebud School, Ramhlun Venglai	Rs. 40,000
78.	Aizawl Kohhran Hmeichhia, Venghlui	Rs. 5,000
79.	C. Zasiama, Saron Veng	Rs. 5,000
80.	Laipuitlang Kohhran Hmeichhia	Ei tur chi hrang hrang
81.	Nunmawii te thian zaho, Sihphir VH	Thawmhnaw
82.	Sammy te Ɋhianho	Towel, Basket, Ei tur, etc.
83.	Duhsaki chhungte	Rs. 500
84.	Zemabawk North Kohhran	Rs. 2,000
85.	Lalbiakzuali te Ɋhianzaho	Rs. 6,000
86.	Pogo Ɋhianzaho, Ramhlun South	Thawmhnaw, Ei tur
87.	Joseph-a techhung, Ramhlun Venglai	Toys, Sweets, balloon
88.	Awmteatechhung, Ramhlun Venglai	Rs. 3,000
89.	Chhuansangi te unau	Rs. 200
90.	Mawii, Electric veng	Rs. 2,000
91.	Tuikual Bial Kohhran Hmeichhia	Rs. 5,000
92.	Jowai Kohhran Hmeichhia	Rs. 1,000
93.	Zothansangi, Lianhmingthangi Chanmari 'W'	Thawmhnaw
94.	Hming thup	Artui case 1
95.	Hming thup, Zion Street	Kamis thanar 10
96.	Pu Lal Thanhawla, CM	Rs. 5,000
97.	Mualpheng Branch KTP	Rs. 10,300
98.	R. Khawngsinga Colony, Lily Veng	Rs. 5,500
99.	Lalawmpuii Sailo te Ɋhianho, Tuikual S	Thawmhnaw
100.	Greenland HSSCI-XII Sec B & D	Rs. 2,800
101.	Vairengte Chhim Veng K. Hmeichhia	Rs. 13,605
102.	Ramhlun East KTP	Toys

103. Ramthar Vengthar KTP	Motor
104. Durtlang Kohhran Hmeichhia	Artui& Cake
105. Hmingthankimi, Zemabawk North	Rs. 500
106. Khatla North Kohhran	Rs. 5,000
107. Thianzaho(Kapermaum),Ramhlun'S'	Dal bag & Toys
108. Dawrpui Branch KTP	Tea Um-10 litres
109. Dawrpui Vengthar KTP	Toys,Cake,Puanlum
110. Sevenphul Br. KTP	Rs. 4,000
111. PWD Aizawl Building Division EU	Rs. 5,000
112. Pi Lalrinthangi, Zemabawk Venglai	Rs. 1,500
113. LPS Samari Mi tha	Rs. 10,000, Toys
114. Maubawk West Primary Dept.	Artui, Toys etc
115. Social Welfare (CWC)	Eitur
116. VBS, Vaivakawn Vengthlang	Rs. 4,600
117. KTP, Khatla Pastor Bial	Rs. 8,150
118. R. Lalmuanpuia, Venghlui	Rs. 2,000, Sweets
119. Maruati, Electric Veng hriat rengna	Rs. 10,000
120. Zemabawk East Kohhran Hmeichhia	Rs. 4,000
121. Pu Saitawna, Durtlang	Rs. 5,000
122. BCA Basketball	Rs. 10,000
123. Nursery Veng Kohhran Hmeichhia	Rs. 6,000
124. Aijal Club	Rs. 20,000
125. Mami bag dawr & Valkyries	Rs. 4,000
126. Dr. Zothana	Thawnhraw
127. KTP Leitan Branch	Diaper, Biscuits
128. KTP Kulikawn	Diaper, Walker-3,Eitur etc
129. Thianzaho, Durtlang Mual veng	Rs. 200
130. Upa Zothanmawia, Khatla	Rs. 2,000
131. Sawmtei Group, FB	Rs. 4,000
132. Centenary Kohhran Pavalai Pawl	Rs. 4,300
133. Himali KTP Br.	Rs. 5,930
134. Pu Albert Liantluanga, Ramhlun North	Rs. 10,000
135. Upa Lalhmasaa, Chawnpui	Rs. 2,000
136. H. Hmingropuia, Bawngkawn S	Cake

Phek 22-ah chhunzawm...

***Hruaitute chanchin*****PI RALLIANTHANGI**

Pi Rallianthangi hi Upa R. Chalmawia (L) leh Pi Lianngengi te fa pariat zinga a naupang ber dawttu a ni a. Kum 1991 khan Lalbiakngura nen inneiin fa hmeichhia pathum leh mipa pakhat an nei a, tunah I.T.I. Vengah an khawsa mek a. Ni tin hnathawhah chuan Synod Office-ah Office Assistant hna a thawk mek a ni.

A tleirawl tet lai aṭanga kohhran belin NPSS zirtirtu a ni chho va, KTP-ah hruaitu a ni bawk. Zaipawla tel hi nuam a ti a, Kohhran Hmeichhe zaipawlte pawh a hruai ve ṭhin. Kum 2001 aṭangin Kohhran Hmeichhe Committee-ah a tel ṭan a, kum 2003 aṭangin O.B.-ah lutin tun thlengin he rawngbawl hna hi

a la chelh a, tunah an Kohhranah Chairman a ni a, Bialah chuan 2003 khan Committee member-ah telin, 2010 aṭangin O.B.-ah awmin tunah hian Asst. Secretary a ni mek a, Bial Buhfaitham ziaktu a ni tawh bawk.

Tualchhung Kohhranah Thuhrltu, Puitling S.S. zirtirtu, Kristian Chhungkaw Committee member a ni.

Bible bu hrang hrangah hian Chanchin Tha Johana ziak pum pui hi a duh ber a. Kristian Hla Bua a hla duh ber chu No. 323-na “Krista rawn pan la, bo rei duh lovin” tih hi a duh ber a ni.

“Kan ṭhalai, kan tu leh fate sualin min mansakte hi tha thlah lovin i um zel ang u, ‘Um rawh, i um pha ngei ngei ang a, i chhan chhuak vek ngei ngei ang,’ (1 Sam 30:8) tia Lalpan Davida hnena a sawi kha min tichaktuah i hmang zel ang u, Kumin kum tharah hian nikum aia tam hruai turin i inbuatsaih ang u,” tiin chhiartute min chah a ni.

## PI B. ZOMAWITHANGI



Pi B. Zomawithangi hi Upa Sangduna leh Pi Rothluaii (L)-te fa pangana niin kum 1973 khan Samthang khuaah a piang a. Unau hmeichhia panga leh mipa pahnih an ni.

Kum 1994 khan Upa C. Lalnundanga nen inneiin fanu pakhat leh fapa pakhat an nei a, Bung Bangla-ah an cheng a ni.

Pi Zomawithangi hi Naupang Sunday School zirtirtu leh Naupang Sunday School Superintendent-te a ni tawh a. Kristian Thalai Pawl-ah Office Bearer-te pawh a ni tawh bawk. Kum 1998 atang khan Bung Bangla Kohhran Hmeichhe Committee Member-in a awm ṭan a, Chairman, Sec-

retary Asst. Secretary-te a ni tawh a, tunah hian Bung Bangla Kohhran Hmeichhe committee-ah ziaktu a ni mek.

Kohhran lamah chuan Puitling Sunday School zirtirtu, Kristian Chhungkaw Committee member leh Thuhrltu a ni mek.

An Bial an indan hma hian Zemabawk Pastor Bialah Committee Member leh Bial Buhfaitham ziaktu a ni tawh a. Tunah hian Airfield Vengthar Pastor Bialah Bial Secreary chanvo a chelh mek.

A Bible chang duh zawng chu Sam 37:5 "*I awm dan tûr chu LALPA chungah nghan la; Amah chu ring la, aman a ti vek ang.*" tih leh Johana 11:44 "*Tin, mitthi chu a kut a ke thlân puana tuam chungin a lo chhuak ta a, a hmai pawh inhrûkna puana tuam a ni a. Isuan an hnенah, "Phelh ula, kaltir rawh u," a ti a*" tihte hi a ni. A hla duh zawng chu KHB No 150-na '*Khawvel hi bo mah se Isua ka nei,*' hi a n.

## KUM 2013-2015 INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi C. Lalhmangaih
Vice Chairman	:	Pi Rochuangkimi
Gen. Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Dr. Vanlalhruaii
Treasurer	:	Pi C. Lalneihthangi
Fin. Secretary	:	Pi Vanlaltluangi

### Committee Member-te

- |                            |                           |
|----------------------------|---------------------------|
| 1. Pi K. Lalhangmawii      | 2. Pi C. Lalrinlian       |
| 3. Pi Parchhuaki           | 4. Pi Ramngaihsangi       |
| 5. Pi Laltlanthangi        | 6. Pi Rosangpui           |
| 7. Pi Rochhungi            | 8. Pi Lalthansangi        |
| 9. Pi Zohmachhuani         | 10. Pi H. Kapthangi       |
| 11. Pi Lalrinzuali         | 12. Pi Lalrindiki         |
| 13. Pi B. Zomawithangi     | 14. Pi C. Romawii         |
| 15. Pi Lalsiammawii        | 16. Pi C. Zopari          |
| 17. Pi R. Rengkhumi        | 18. Pi Tlangmawii         |
| 19. Pi Lalhmingmawii Sailo | 20. Pi Zothanpari         |
| 21. Pi Rallianthangi       | 22. Pi Maria Lalchhanhimi |
| 23. Pi Vanlalhruaii        | 24. Pi P.C. Nuzawni       |
| 25. Pi Lalpianthangi       | 26. Pi Sailuti            |
| 27. Pi K. Vanlallawmi      | 28. Pi Lalbiakengi        |
| 29. Pi C. Chawngpui        | 30. Pi Vanrammawii        |
| 31. Pi Liankimi            | 32. Pi Lalrokimi          |

### Ex-Officio Member-te

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

## KOHHRAN HMEICHHIA

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

- Din chhan:**
1. Kohhran pum rawngbawlna tihlawhtling tura thawhho.
  2. Kristian chhungkua din nghehtir tura ṭan lak.
  3. Tanpui ngaite Krista hminga ṭanpui.
  4. Chanchin Tha puan darh.

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



Tuidam Bial leadership training & Kristian chhungkaw campaign



Chiahpui Golden Jubilee



Presbyterian Women's Joint Conference, Phai Synod, Myanmar

To

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