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Kristian Chhungkua ♦ Sermon ♦ Article ♦ Hriselna huang ♦ Ei siam dan

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*Editorial***LALPA TAN**

Pathian hruainain kum 2016 kan chuang kai leh ta, min hruai thlengtu Lalpa chu fakin awm rawh se.

Mi tam tak chuan kum a lo thar hian Pathian hnenah lawm thu sawiin inhlan tharna hun an hmang thin a. Kum hlui lama chin tha lo leh an thil lo tih thin chu sima, bansan tumin thu an tiam bawh thin. Hunpui inthen lai denchhena hetiang a intiamna tha neihte hi a tha viau mai. Meizial zu thin te, sahdah hmuam thin te, zu in thin ten bansan tanna hun atan leh sim tanna hun atan te an hmang a. Chutiang bawkin thenkhatin thil tha tih chin tanna hun atan an hmang bawh thin.

Kan intiamna leh kan thiltum chu eng bera pawh chu ni ta sela, kan thutiam a kan rinawm tlat theih nan theihtawp chhuaha tan tlat a pawimawh hle. Mahni thutiam pawha rinawm thei lo tan chuan Pathian, kan hmuh theih loh tana rinawm chu a har duh ngei ang.

Kum thar atan rawngbawl na hrang hrangah hma kan la leh tan dawn a ni a. Pathian rawn chung zela theihtawp kan chhuah zel a ngai hle. Kan peih chinah leh tul kan tih chinah keuh mai thei kan ni lo a ni. Lal Isua khan kan tana kraws kawng a zawh lai khan kawng laklawhah a tawpsan mai lo va. Keini pawh kawng tluana amah zui tur kan nih hi i inhre thar leh ang u.

He zawhna tawi te hi mahni inzawt thin ila: Pathian chuan a Fapa neih chhun kan tan min rawn pe a, kei hian a tan eng nge kan pek ve dawn le?

.....

Moderator thuchah

Kum 2016-ah hian -

Kohhran hmeichhiate ...



*Rev. H. Lalrinmawia
Synod Moderator*

“...kan thlen chin ațangin hma i sawn zel ang u” (Phil 3:16).

Kan rama mi pawimawh ber zinga mi, an tel lovin tu in chhung mah nuam leh hlimawm a awm thei lo vang, tih tur hiala kan ngaih, kohhrana nuho leh Kohhran Hmeichhe member nuai khat leh singruk zette u, kan Lalpa Isua Krista hmingin KUM THAR CHIBAI ka buk a che u. Kristian chhungkaw lama in thahnemngaihna avangin kan ram hmel a danglam zel a ni tih hi in hre reng ang chu maw! In mal chungsa sei lian in fanaute hi kohhran leh kan ramin a nghahfak an ni e.

Kuminah hian kohhran tan fa eng zat nge in hrin dawn tih hi ka zawhna a ni. In fanaute hi Pastor, Kohhran Upa, missionary leh KṚP hruaitu tur, Kohhran Hmeichhe rawngbawlnaa hma latu tur an ni. Kan ram hruaitu, ram roreltu turte in bulah an awm a, chawhlui in kilpui reng a nih kha in lo theihngihlh hlauh ang e. Kohhran tuam mawitu leh hmasawna kawnga sulsutu in nih hi in hre reng ang chu maw!

In rawngbawlna peng pawimawh, buhfaițhama in thawh hlawkzia te hi a va ropui em! Kan Synod sum hnar nghet, lian tham bawk si a ni. Thlarau bo eng zat tak chhanchhuak tawh ang maw? Ṛang sauh sauh zel teh u.

Hmeichhe rahbi tleute chhanchhuah an nih theih nana Women Centre in din thei hi a ropui. Ram dangah hetiang tak hi a awm ve em aw? Ṛan rual erawh a ngai hle dawn

chu a nih hi. Ṭawngṭaina nasa tak nen hma han la zel teh u. In ṭawngṭaina hi kan ram leh hnam, kohhran hian a mamawh teh a nia.

Thlarau lama harh thar ṭhin leh Pathian thua tui em em ṭhinte hi Kohhran Hmeichhe member an ni deuh ber ṭhin, pa hovin kan tluk meuh lo. In tuina leh phurna hi kohhran pawn lam aṭanga zawng lovin a chungah ni zel sela, pawn lama chaw zawng leh thil ṭha beisei tlat ṭhinte hian a tawpah damdawi tûr pawlh, thihna emaw, ât phah hialna emaw an ei tel nge nge ṭhin. I fimkhur ang u.

Kan thlen chin aṭanga hmasawn zel turin hruaitute an pawimawh. Anmahni chauhva tih theih erawh an nei tlem hle. Ṭan rual a ngai reng. Kohhran a chauh leh a ngui laite hian ṭan a ngai nasa zual lehngal. In hmaa tih tur awm tawh phawt chu a biling a balanga chea, khu nghal rum rum mai ṭhin in nih kha, kohhran zai ngai leh zawldawh thiam takin, chhungkaw nu tih dan tur ni âwm rengin kuminah hian Lalpa tan rawng i han bawl leh sauh sauh teh ang u hmiang, kan ram leh kohhranhoten beiseina nen kan lo thlir reng a che u.



*Mi hmaa Bible chhiar dan pangngaia i chhiarin
Bible hi darkar 70 leh minute 40-ah i chhiar chhuak ang a,
Thuthlung Hlui hi darkar 52 leh minute 20-ah,
Thuthlung Thar hi darkar 18 leh minute 20-ah.
Thuthlung Hluiah Sam bu hian hun a duh rei ber a,
Darkar 4 leh minute 20 i mamawh ang a.
Thuthlung Tharah Luka ziak hi a sei ber a,
Darkar 2 leh minute 43 i hmang ang.
Kum khat chungah Bible chhiar chhuak turin –
Ni tin minute 12 aia rei lo i mamawh dawn chauh a ni.*

(Source : Hringnun Dictionary)

*Inkhawmpui Lian Chairman thuchah***PATHIAN HNAIH**

(Jakoba 4:7-10)



– *Rinchawii*
Chairman
Inkhawmpui Lian

Kristian nun hi ral do nun a ni tiin kan sawi ðhin a, a chhan chu eng lai pawhin Diabola hian min hnaih rengin min tihchhiat a tum reng vang a ni. Chumi hneh thei tur chuan hla taka mi a hmanrua va lak a ngai lo va, kan chang thlan Jakoba 4:7-10-ah hian a awm reng a, chu chu *Pathian hnaih* hi a ni. “Pathian chu kan hnaih reng alawm, kan bula awm reng, min kalsan ngai lotu a ni,” kan tih mek lai hian keimahni zawk hian kan hlat leh daih ðhin a ni. Biak ina kan inkhawm lai te hian kan rilru chu thil dang ngaihtuahin a vak kual daih ðhin a, kan ðawngðai lai ngei te pawhin kan rilru chu Pathian biaknaah a awm lo tlat ðhin a ni. “He miteho hian an kain mi chawimawi a, an thinlung erawh chuan mi hlat si,” (Mt 15:8) tih ang hi kan ni fo.

Pathian hnaih tih chu hetiang hian lo ngaihtuah ila:

1. Engtin nge Pathian chu kan hnaih ang?

(1) *Pathian thua awm* (Jak 4:7) : Pathian thu thua kan awm hian amah chu kan hnaih thei dawn a ni. A thu thua awm reng dan chu amah zuia, a thupekte zawma,

hriatna mai ni lova a taka nunpuia, a thuneihna hnuaia intukluh tawp mai hi a ni. Hei hi harsa kan ti ðhin a; mahse, amah hnaih tur chuan a thu thua awm a ngai tlat si a ni.

(2) *Diabola dodal* (Jak 4:7): Pathian hnaih tur chuan eng lai pawhin Diabola kan do tlat a pawimawh a, inveng renga

awmin do tlat tur a ni. A thlem theih tura mahni va inpeka, va intawktarh a tul lo. *Entir nan* – ruih theih thilah te tihchhin duh leh chakna hian min thlem a, kan do peih lo va, kan hneh lo ta thin a ni. Thlemna kan tawh rualin tlan chhuahna kawng remchang a awm thin (1 Kor 10:12-13). Diabola kan dodal phawt chuan Thlarau Thianghlim thiltihtheihna azarah kan hneh ngei ang.

(3) *Kut sil fai, thinlung thianghlim* (4:8) : Kut hi hnathawhna a ni a, thinlung hi ngaihtuahna a ni. Thil sual tih nan kutte hi hmang lo ila, thinlung pawh sual lam ngaihtuah nan hmang lovin, rinawm leh dik takin kan ni tin eizawna kawngah thawk ila; tichuan, Pathian kan hnaih thei ang. Thil tha suangtuahnaah chuan zahngaihna leh thutak a awm. ‘Thianghlimna lovin tu man Lalpa an hmu thei lo vang’.

(4) *Sual vanga lungngaih leh tah* (4:9) : Kan sualte chu eng zata tam pawh ni se, Pathian

hmaah inchhira simna tak tak thinlung nena kan kun chuan min ngaidamin, amah kan hnaih thei a ni. Davida nun atang pawhin kan hmu a (Sam 51:17), simna thinlung lungchhia leh inchhirte chungah chuan Pathian a lawm a, amah pawh a hnai reng thin a ni.

(5) *Lalpa mit hmuha ingaihtlawm* (4:10) : Mihring hmaah hi chuan ingaihtlawm anga lan theih tak a ni a; Pathian hmaah erawh chuan engkim a lan fiah vek avangin ingaihtlawm der theih a ni lo. Inngaihtlawmna chu Isua nunah kan hmu a ni (Phil 2:5-11). Pharisai intifel tak tawngtaina aiin mahni fel lohzia hre chungah ingaihtlawm chhiah khawntu tawngtaina chu chawimawi a nih zawk thu kan hria a (Lk 18:9-17). Ringtute hi kan nih tur ang kan nih phak lohna chhan chu Pathian hmaa kan ingaihtlawm tawk loh vang a ni fo. Pathian hnaih tur chuan ingaihtlawm a tul a ni.

2. Eng vangin nge Pathian kan hnaih ang?

(1) *Kohhran hmeichhe thiltum kawng 4-te zinga pakhat chu* – Kristian chhungkua din nghehtir tura ðan lak, tih a ni a. Hemi tihlawhtling tur hian Pathian kan hnaih a ðul a ni. Pathian kan hnaih loh chuan Kristian chhungkua kan din thei lo vang a, mi dangte zirtir tur pawhin kan thusawiin awmzia a nei thei lo vang. Nu leh paten Pathian an hnaih loh chuan chhungkuain Pathian a hnaih lo vang a, chhungkuain a tuar ang.

(2) *Rawngbawlnaah inpumkhat tlanga thawk ho turin Pathian kan hnaih a ðul a ni:* Hruaitu kan ni emaw, member pangngai kan ni emaw, chanvo eng emaw kan chelh leh chelh loh lam pawh ni lovin, Pathian kan hnaih loh hrim hrim chuan kohhran chhungah inpumkhatna tichhetu, hmelma lian tak nih a awl khawp mai. ðahnemngaihna nasa takte hi a ðat viau laiin, Pathian kan hnaih reng loh chuan mi dang thiltih

sawisel leh an ðat lohna lai sawi nuam tia, mi rel a awl ðhin a. Hei hian thawh hona boruak a tichhe ðhin.

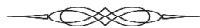
(3) *Eng pawh tawk tura inpeih a ðul avangin Pathian hnaih a pawimawh a ni* : Khawvel hmun hrang hranga chhiatna raphlak tak tak thlengte, kan ram ngeiah pawh tualthah, mahni intihhlum, rukruk leh ruih theih thil avanga buaina tam tak thlengte hi kan hria a. Hengte hian Lalpa lo kal lehna a hnai tih a tichiang a, hei vang hian Lalpa tawk tura inpeih leh inring renga awm a ðul a ni. Kan chhungkuaah leh mahni chungah ngei pawh thihna hi thleng thei reng a ni. Kum upate hi an thi hmasa chuang lo, eng hunah pawh thi mai thei vek kan ni. Chuvangin, Pathian kan hnaih reng a ðul a ni.

Tichuan, kan ðat leh fel vang te, kan hausak vang te leh kan hmeltðat vang te ni hauh lovin, a khawngaihna avang chauhvin Pathianin he kum thar hi min hruai thleng a, a hnenah lawm thu i sawi ang u. Min hruai thlengtu

chuan ama tan nung turin min duh tih a chiang a. Engtin nge kan inbuatsaih? Kum thar thutiamte kan siam tawh em? Eng pawh ni sela, kumin hian kan hma lamah eng nge lo thleng tur kan hre lawk lo va. Billy Graham-a chuan, “Hun lo kal turin eng nge a kaw

lih hre lo mah ila, hun lo kal tur chu Pathianin a kawli tih ka hria,” tiin, Pathian kutah a innghat a ni.

Keini pawh kan chungah eng pawh lo thleng se, huaisen taka hmachhawn ngam turin Pathian i hnaih tlat ang u.



Inhmangaih tawn hlutzia

Special Olympic-a metre za intlansiak turin mi pakua an intlar thap a, an vai chuan taksa leh rilru lama rual ban lohna nei an ni. Silai chu a rawn ri a, an zavai chuan hma lam panin harsa angreng takin, lawmman lak ngei tumin an tlan a. Mipa naupang pakhat chu a tlan ve thei tlat lo mai a, a tlu leh thin a, a tawpah phei chuan tho thei lovin a thap ta ringawt mai a. A elpui pariatte chuan a thap ri chu an hria a, hnung lam an hawi a, tu man lawmman lak bik tuma hma lam pana tlan lovin, an zavai chuan an tlan let leh ta vek a.

Hmeichhe naupang pakhat chu a kun hniam a, a kai tho a, an zavai chuan an inkai vek a, thleng hma bik awm lovin a rualin line chu an thleng ta vek a. Chu khelmuala mipui awmte rilru chu a khawih hle a, chu mite inhmangaihna chuan an mittui a ko chhuak nasa hle mai. Mipui chu an ding a, anmahni lawmin hun eng emaw chen chu an au hlulah hlulah ta mai a.

Hring nunah hian hnehtu leh chak zawk ni lova, mi dangte an hlawhtlin theih nana thapuitu nih a thul chang a awm thin. Chutiang hunah chuan hlawkna kan hmu dawn lo a nih pawhin, thapui theitu zawk nih hi a hluin a pawimawh em em a ni.

(Source – Darthlalang)

Kristian Chhungkua

LALPA CHANPUAL

– *Denghmingliani*
Central Com. Member

Ka pi Thangi chu thingtlang aṭangin Aizawlah a rawn zin a, motor hi tam a ti em em mai a. A ṭhiannu Pi Lalneihi hnenah, “Lalneih, motor hi a va tam em em ve! A chuang te pawh a awm ang a!” a ti a. A ni tak a, a chuang pakhat tal te chu awm âwm tak a ni a; mahse, tute emaw ta vek a lo ni a.

Kan in chhungah thil chi hrang tam tak awm mah se, a chuang ringawt hi a lo awm hauh lo va, kan ta vek a ni.

Mahse, Mizo Kristian in chhungah hian thil mak danglam tak mai a awm a, chu chu buhṭham bel, ‘BUHFAIṬHAM, LALPA CHANPUAL’ tih lo intar kalh mai hi a ni a. Kan in chhunga kan ta ni lo, Lalpa chanpual awm chhun a ni awm e. Kan in chhunga hetiang a lo awm reng mai hi a hlu hle a ni.

Kan chaw chhum dawn apianga Lalpa hnena lawm thu sawi nana kan dah khawl a ni a. Chutianga chhungkaw tinin kan pek tling khawm

chuan tunah hian hna ropui tak a thawk mek a ni. He rawngbawl hna, mi tê leh mi lian pawh angkhat renga kan tel theihna remchang, Pathianin Zofate min pek avang hian lawm thu i sawi ang u.

Kohhran Hmeichhe rawngbawltu hlun tak pakhatin thu ngaihnaawm deuh mai a sawi a. A buhfaitham khawnaa nu pakhat, khawsak awlai bik vak lo chuan buhfai a ṭham tam thei hle mai a. Mak a ti deuh va, a chanchin a zawt ta a. “A! Kan pa leh ka fapa tlangval hi an rui ve reng mai a. Rawngbawlinaah ṭangkaina eih an nei si lo va. An hming

hian, an pualin buhfaitham tal hi pe ila ka ti a, ka dah thin a ni,” tiin a chhang a. Kei chuan a sawtpui reng em tih ka zawt a. Ani chuan, “A sawtpui a ni ang, kum thum hnua chu lai ka va bial leh chuan a fapa chu zaipawlah te a lo tel tawh a, a pasal chu thawhlawm chhiartuah a lo tang tawh bawk a ni,” a ti a.

Lalpa chanpual a nih ang taka, chaw ei apianga tel ve angin chaw chhum apianga no khat thlak kepa pe thinte an awm a. Thenkhat chuan chhungkaw member zawng zawng no khat theuhva inhming kimin chaw chhum apiangin an pe a. Mi hrang hrangah a thawh dang ang

zelin pek dan pawh a inang lo. Mi thenkhatin, “‘Buhfai tham’ pawh a nih loh chu, a hming pawh hi thlak rawh u,” te an ti thin. Mahse, hming mawi leh tha tak, khawvelin Mizote min hriat nana an hman a lo nei sa tawh a. Pathian ramah miin sawma pahnih/pathum pawh lo pe sela, pe tling lo hial pawh lo ni se, a thawhlawm hming chu ‘sawma pakhat’ a ni reng ang hian, buhfaitham pawh hi pek dan hrang hrangin pe pawh ni ila, a hming ‘buhfaitham’ a ni reng dawn a ni.

Kristian chhungkua, buhfaitham thamtu zawng zawngte Lalpan malsawm vek che u rawh se.



MOBILE PHONE LEH BIBLE

Mobile Phone kan buaipui ang hian Bible hi buaipui ve ta ila...
Kan hnaih renga Mobile Phone kan dah ang hian Bible hi min hnaih reng turin dah ve ta ila...

Phone theihngihlh kan hlauh ang zet hian Bible hi theihngihlh hlau ve ta ila...

Phone tel lova awm thei lo ang hiala kan inngaih ang hian Bible tel lova khawsa thei lovah inngai ta ila...

Phone kan kheuh peih ang hian Bible hi khal ngun peih ila...

Sermon

INRUAT

– Rev. Zoramsanga
Synod Office

“Chutiang bawkin nangni pawh sual lam kawngah thi tawhah inruat ula, Pathian lam kawngah erawh chuan Krista Isuaah nungah inruat rawh u” (Rom 6:11).

Tunlai Kristiante hian thil hlimawm leh phurawm kan ngaina a, hlim tak leh phur taka awm reng turin ñan pawh kan la nasa a, thil ña pawh a ni ngei ang. Kan phur lai chuan Pathian rawngbawl nuam kan ti ñin a. Kan phur loh lai erawh chuan ‘Ka da’ kan ti a, mi tam tak chu kan inthlahdah zui mai ñin. Hetiang rilru hi a ña lo va, sakhuaana huang chungah chauh ni lo, kan ni tin nunah – kan hnathawhnaah te, lehkha kan zirnaah te kan seng lut ang tih a hlauhawm hle mai! Bible hi chuan kan hlim lai pawhin, kan nun a khawro lai pawhin, angkhata ñahnemngai taka rawngbawl turin min zirtir a. He rilru hi kan nun peng tinah seng lut thei ila a ña hle ang. Chutiang nun duhawm chu kan neih theih nan Tirhkoh Paulan ralthuam pawimawh tak min hnutchhiah a, chu chu ‘INRUAT’ a ni. Eng nge a nih i han hrilhfiyah dawn teh ang.

1. Mihring dinhmun a danglam ñin : Mihring inthlak reng zawk ñin a ni. Hlim chang kan nei a, nuna thil chiang awm lungngaih chang kan nei chhun chu 'danglamna' hi bawk a; vanduaana kan tawh a ni e tiin an sawi ñin. chang a awm a, vanneihna Mihring nun hi a ngai kan dawn chang a awm bawk reingin a awm lo va, a a. Chuvangin, mihring nun

chu sik leh sa inthlak ang hi a ni a: nipui, fur, favang leh thlasik a inchhâwk thin angin mihring nunah hun tha leh hun tha lo a inchhawk thin. “Favang hi a nuam em mai, ka chelh ding dawn e,” ti ila, bei chiam ila, a ding chuang lo vang. Thlasik hian min chamchilh reng ang tih hlau hle pawh ni ila, eng tikah emaw nipui a rawn her chhuak tho vang. Chutiang zelin, hlim reng tum mah ila, lungngaihna min tlakbuak hun a awm tho vang; lungngaih reng pawh tum ila, kan hlawchham tho awm asin.

Chutichuan, mihring nun hi khelmual ang a ni tih kan lo hre ta a. Khelmualah chuan team hrang hrang an rawn inlan thin a, an liam leh thin. Mihring rilruah pawh thil chi hrang hrang a lo lang a, a her liam leh thin. Chuvangin, kan rilru inthlak reng hi kan nihna a ni lo tih hria ila; chumi phenah chuan kan nihna dik tak chu

a awm zawk a ni. Mihring nuna thil lo danglam thin karah hian nghet taka dinga, a nuam leh a hrehawmah pawh rawng bawl zel turin Pathian thu chuan min zirtir a. Chutiang nun chu kan nei thei a ni.

2. Nun nghet : “LALPA ringtu, a rinchan LALPA ni erawh chu a eng a thawl e. Tui kianga thing phun, lui kama zung kai, khaw lum lo thleng pawh hlau lo, a hnahte hring reng si, khawken kum pawisa lo, rah chhuah thulh chuang si lo ang hi a ni ang,” tiin zawlnei chuan a sawi a (Jer 17:7,8). Thuthlung Hlui leh Thuthlung Thar chhiar ila, Pathian thu chuan kan hlim reng ang tih min tiam lo va, harsatna kan tawh hunah Pathianin min chhanchhuak zel ang tih pawh min tiam lo. Eng dinhmuna pawh ding ila, a nuamah pawh a hrehawmah pawh, rah chhuah zel turin min zirtir zawk a ni.

Thingkungah hian a langsar lai ber chu a pawns lam hi a ni a; mahse, a lang lo china awm – a zung hi a pawimawh hle a, a tel lovin a kung hi a awm thei hauh lo a ni. A zung chuan lei hnuai a tui awmna zuk dap chhuakin a kung chu a chawm thin a. Thingkung thenkhat chuan lei hnuai thuk tak taka tui awm la chhuak turin thuk takah zung an kai thin a, an ngheh phah hle thin a ni an ti. Mihring chher puitlingtu chu harsatna hi a ni a; miin harsatna a tawh a, a pal tlang chuan a hma aiin a chhel sauh va, a lo puitling zawk thin a ni. Harsatna pal tlang ngai reng reng lo mi chu a puitling thei lo va, a nun a sawngnawi thin.

Kan Kristian nunah hian hlim leh phur reng tura kan inbeisei chuan, a hnuah kan hnual phah ang tih a hlauhawm a; kohhran inkaihhraina piah lamah thil dang, min tiphur theitu kan zawng mai ang tih a

hlauhawm a ni. Chutiang ni lovin, ngheh taka ding a, eng hunah pawh rah chhuah thei turin kan inbuatsaih a ngai a. Chutiang nun chu engtin nge kan neih theih ang le?

3. Kristiante ralthuam – ‘Inruat’ : Kan Bible chang thlan kan lak chhuahna, Rom 6 hi uluk takin a bul atangin chhiar ila, Tirhkoh Paulan Kristian nun kawng a tir atanga a tawp thlengin, tawi tein a khai khawm a ni tih kan hmu ang.

“Heng hi hria ila: kan mihring hlui chu a hnenah khen behin a awm ve ta, sual pu taksa chu tihborala a awm theih nan, tun achinah sual bawiha kan awm lohna turin,” tiin Paulan a sawi phawt a (Rom 6:6). Chhandamna hna thawktu chu Pathian a ni a, mihring thiltih a tel ve lo. Hemi chinah hi chuan Kristiante kan lungrual viau niin a lang a, sawi nuam pawh kan ti a, pulpit sermon-ah pawh hetiang lam hawi thu hian chhawnu a nei tha ber awm e.

“Tin, Krista hnena kan thih ve tawh chuan a hnenah kan nung ve bawh ang tih kan ring a ni,” tiin a sawi leh a. Krista chhandamna hnathawh kan chan ve theihna kawng chu rinna a ni. Heta țang hian kan thu a inhmu lo țan a. Țhenkhat pheih chuan, “Ring thei kan ni lo,” tiin thu an vaw thlu dêr mai! Mihring tana insan pheh ngai chi reng reng hi chuan kan lung a tilêng meuh lo a ni ber awm e. Kan sawi tum ber a nih loh avangin um zui lo mai ila.

“Chutiang bawkin nangni pawh soal lam kawngah thi tawhah inruat ula, Pathian lam kawngah erawh chuan Krista Isuaah nungah inruat rawh u,” tiin a thu hlâwm a tlip a. Hetah hian a pawimawh lai, kan thur chhuah duh tak chu - INRUAT tih hi a ni. Paula hian, “In hlim reng ang a, in phur surh reng ang,” tiin min zirtir lo va. Lungngaiin kan awm reng reng lo vang tih min tiam hek lo. Eng dinhmunah pawh dingin,

eng rilru pawh pu ila – soal kawngah chuan thi tawh, Pathian lam kawngah erawh chuan nungah inruat turin min hrilh mai a ni.

Sualin min tibuai em? Soal kawngah chuan thi tawhah ka inruat tur a ni. Pathian duh zawng ti turin chakna nei lovin ka inhria em? Pathian lam kawngah chuan nungah ka inruat tur a ni. Rawngbawlnaa ke pen tura chakna nei lo nia inhria chuan, “Chakna ka nei a ni,” tiin inruat sela, chakna chu a nei chhawm mai dawn a ni. Tun hmaa min bawihtu soal chu hneh dawn lova ka inhriat chuan, “Krista thihnaah ka thihsan tawh a ni,” ti sela, soal hnehna chu a ta a ni ang. He inruat nun hi kan hman chhuah nasat zawh poh leh kan thlarau nun a lo chak dawn a ni.

Tlangkawmna : Hlimna leh phurna hi thil țha a ni a, kan nun tinuamtu pawh a ni. Kan Kristian nunah pawh hlim chang, phur chang kan nei a, chutiang hunah chuan

rawng bawl pawh a nuam thin. Amaherawhchu, vawina kan hlim viau laiin, naktukah chuan kan lungngai hle thei a; chuvangin, inngahna tlak a ni lo va. Kan rilru chu engtiang pawhin lo inlumletin lo danglam sela, rawngbawl-naa ke pen zel thei turin, rah chhuah zel thei turin nun

nghet kan neih a ngai a. Chumi nun nghet nei tur chuan sual lamah chuan thi tawhah inruatin, Pathian lamah chuan Krista Isuaah nungah kan inruat tur a ni. Chutianga miin a tih luh tlat chuan harsatna leh lungngaihna karah pawh lawm nun a nei zawk thin a lo ni.



Vawi khat chu Pathian thuhritlu hmingthang tak mai C.H. Spurgeon-a hnenah Setana a lo kal a. “Nang hi thusawi tlak i ni hlei nem, i tun hma nun kha en teh,” tiin a lo sual tawhna lai te, a zep ruk zawng zawng te chu pakhat te tein a rawh hrilh malh malh a. A thusawi zawng zawng chu Spurgeon-a chuan zia klohpuanah a lo zia zel a. Setanan a sawi zawh chuan pen tui sen a la a, “Heng zawng zawng hi kraws thisen chuan a sil fai vek tawh,” ti chungin a zia sa zawng zawng chu a thai kawkalh hnan ta a.

Kan rawngbawlna a tihthuanawp theihna turin hmelmapa chuan kan thiam lohna lai te, kan fel lohna lai te, kan chak lohna lai te, kan tlin lohna lai te leh kan tihsual palh laite min rawn hrilh nawn thin a. Chutih hunah chuan, “Heng zawng zawng hi ka Lalpa thisenin a sil fai vek tawh, nangin sawi tur i nei tawh lo ve,” tia lo chhan thin tur a ni.

Kraws thisen chuan sil fai theih loh a nei lo va, a dum lai ber te, a chhah lai ber te, a harsa nia kan hriatte pawh a tifai thei vek a ni. Mi dangten kan sualnate hre reng mah se, Lalpa erawh chuan min nawh rehsak vek tawh a ni.

PATHIAN NENA LEN DUN
(Mika 6:8; Thup 3:20, 1 Pet 2:21)

– Vanlalnunsiami
 Bethlehem Veng, Aizawl

1. Pathian nena len dun chu eng nge a awmzia? He zawhna pawimawh tak hi kawng thumin ilo chang dawn teh ang. A hmasa berah chuan Pathian nena inbe tawn thin tiin kan chhang thei ang. Pathian hnena duh leh mamawh thlent chuah ni lovin, Pathianin a biak thin, Pathian aw hre thin mite hi Pathian nena leng dun chu an ni tiin kan sawi thei ang. A dang lehah chuan, Pathian nena awm dun, kal dun thin tiin kan sawi leh thei ang. Khawi hmunah pawh kal se, eng hna pawh thawk se, an kalna apiangah Lalpa a kal ve zel. Kal dun tur leh awm dun tur chuan inthurual a ngai. A dawt lehah chuan inchenchilh, hmun khata awm, ti pawhin kan sawi thei ang. Inchenchilh tur leh khawsa ho tur chuan inrem a ngai. Lalpa nena leng dun tur pawh hian amah nen kan inrem a ngai, ama duh dan leh a thu dah pawimawh ber thin mite, Lalpa nena inremte chuah hi amah nen an leng dun thin a ni.

2. Pathian nena len dun thatna : Sam 46-ah Pathian chu kan inhumhimna leh kan chakna, mangan laia tanpui vartu hnai reng a nih thu kan hmu. Pathian nena leng dun thinte chu harsatna leh mangannain chimin nuai thin mah se, Lalpan a hun takah a tanpui thin a, a khai chhuak leh thin. Khawvel mite lungngaih leh manganna,

beidawanna hmunah, Lalpa nena leng dun thinte chuan chhungril nunah thlamuanna thuruk an chhar thin. Na reng chung a damna, lungngai chung a lawmna, tuarna phena malsawmna an chhar chhuak thin a ni. Khawvel miten chu chu an nei thei lo.

Pathiana innghat, amah bel tlattute nun chu sualin nasa takin bei thin mah se, Lalpa

chu an phaw leh anmahni vengtu a nih tlat avangin sual hneh theihna an nei thin a ni.

Lalpa nena len dun chu mahni chauh pawha himna, tu leh fate, thlahte lo kal zelte tan pawh taksa, rilru, thlarau malsawm dawnna hnar a ni.

3. Pathian nena len dun loh pawizia : Pathian thu-ah.

“Lalpaa pathian dang thlengtute chu an lungngaih-nate a la pung ang,” (Sam 16:4) tih kan hmu a. Lalte lehkhawbawh Juda lal leh Israel lalte bawhchhiatna, Lalpa Jehova, anmahni bawih atanga hruai chhuaktu an phatsan avanga ramin a tuar nasatzia kan hmu a ni. Juda lal Ahaza bawhchhiatnate – 1) Baala tan milem chhun chawp a siam.

2) Hinoma fapa ruamah rirtui a hal.

3) Lalpan a hnawh chhuahte tih ang thil tenawm tak a ti.

4) A fate pawh meiah a luh-tir a, hmun sangah te, tlangah te, thing hring hnuaiah te a inthawi thin.

5) Amah beitu Damaska khaw pathian hnenah a inthawi a, mipuite pawh nasa taka hruai sualin an awm.

Israel lal Jeroboama pawhin rangkachakin bawng-no lem pahnih a siam a, Gilgal-ah leh Dan-ah a dah a, mipuite a biaktir a. Lal nih a duh lutuk avangin, Pathian duh loh thil tam tak a ram chhungah a seng lut a. Pathianin siam turin thu a pe thin; mahse, zawlneite thusawi ngai pawimawh lovin, a sual a sim duh lo va; chuvangin, amah leh a chhungkua, a lalramin a chhiat phah a ni.

Pathian nena len dun loh chu chhiatna, thihna, sal tanna a ni tih chiang takin Bible-ah kan hmu a ni. Kan mimal nun, kan chhungkua, kan khawtlang, kan ram mipui leh ram hruaitute pawh kan nun kan inenfiah a pawimawh hle a ni. Tu nge kan zui thin? Tu nen nge kan len dun?

4. Engtin nge Pathian nen kan len dun theih ang?

1) *Awmna tur dik takah kan awm a ngai* : Mihringte hi

Pathianin Ama anpuia a siam, amah nena leng dun thin tura a siamte kan ni. Genesis 3:8 - kan chhiar chuan, mihringin Pathian a bihruksan thu kan hmu. Pathian thupek awih lova, ei loh tur a ei avangin Pathian Thianghlim hmaah a ding ngam ta lo va, mihring chu hnawh chhuahin a lo awm ta a ni. Mahnia inhai chhuak zo tawh lovin chatuan hremna hmabakin kan lo awm ta. Amaherawhchu, hmangaihna tawp nei lo Pathian chuan, Amah nen kan inzawm a, kan len dun leh theih nan, A chatuan fapa neih chhun Isua Krista chu khawvelah a rawn tir a, inthawina tak leh famkim atan a inhlana. Pathianin dikna a phut, mihringin ama tawka a thawh chhuah theih loh chu min rawn thawhsak ta. Krawsah a thi a, a thisenin kan bawhchhiatnate min sil faisak a, thiam loh chang leh theihna turin kan tan a rawn inhlana ni. Chanchin Tha Johana ziak kan chhiar chuan Lal Isuan Kawng, Thutak leh Nunna a nih thu leh, amaha kal lo chu tu mah Pa hnen thleng tur an

awm loh thu min hrih a ni. Pathian nena leng dun tur chuan, Lal Isua Krista hnena kan tluk loh takzet a tul. Krista hnenah ka intulut takzet em? kan awmna hmun kan in enfiah a pawimawh hle a ni.

2) *Tlawmna nun kan neih a tul* : Zakaia chuan Lal Isua hmu a duh a, mite mak tih tur leh an ngaih dan tur pawh pawisa lovin theipui kungah a lawn a ni. Lal Isuan amah hmu duhtu chu a kal pel lo. A hmu ta ngei a. Hetah hian a tawk mai lo, theipui kung atanga chhuk turin thu a pe. Zakaia chuan, “Isua ka hmu tawh tho va, chhuk kher a ngai lo,” a ti lo va, thu awih takin a chhuk mai a; tichuan, Isua chu a inah a thleng ta. Lal Isuan, “Vawiinah he inah hian chhandamna a lo thleng ta, ani pawh Abrahamana fapa a ni si a,” a ti a ni. Zakaia hnenah Lal Isua a lo thlen chuan Zakaia’n a soal a sim thu kan hmu bawh.

Pathian nena leng dun tur chuan hre tawh, hmu tawh nia kan inhriatna leh, kal kal rei tawhna kan chhuan em em

thin aṅanga kan kir ngam a ngai. Chuti lo chuan, inthlen chilha, len dunna tak tak a awm thei lo. Inngaitlawmte hnenah chauh Lalpa a cheng thin a ni.

3) *Kalsan tur leh chan tur, kalsan ngam, chan ngam nih a ngai* : Matthaia 19:21-22 kan chhiar chuan Lal Isua hnenah tlangval hausa tak, sum tam tak nei a lo kal a. Chu mi hnenah chuan Lal Isuan a thil neihte hralha, pachhiate hnena pe tur leh amah zui turin a lo hrihl a; nimahsela, chu tlangval chuan chu thu chu a hriatin lungngai taka a kal bo thu kan hmu a ni. He thu aṅang hian Pathian nena leng dun tur chuan, Pathian thuin rem a tih lohte ti lo ngam, chan a ṅul pawha chan ngam mi nih a ṅul a ni.

Pathian nen kan inrema kan len dun leh theih nan Lal Isua chuan a ropuina zawng zawng kalsanin, amah leh amah intitlawmin dinhmun chhe ber, hnuaihngung bera dingte, mi sual berte pawhin kan pan theih turin krawsah kan tan a rawn inhlán a ni.

Pathian nena leng dun leh tur chuan keini pawhin ama duh loh thilte kan chan ngam ve a ṅul a ni.

Zawlnei Amosa hun lai khan Israel lalte khan nasa takin an thuneihna an hmanng sual a, ram chhungah rorelna dik a awm lo va, mi retheite rah behna leh milem biakna, mipat hmeichhiatna hman khawlohna leh thisen chhuahna te a nasa hle a ni. Mipuite pawhin nasa takin Pathian an kalsan a. Hetih laia Pathianin a mite hnena a phut chu – dik taka tih, khawngaihna ngainat, thuhnua-rawlh taka Pathian nena len dun a ni. Lalte leh mipuiten an sual an sim duh loh avangin ram tihchhiatin a awm a, tuarna nasa tak a thleng a, hnam dangte salah an tan phah a ni.

Zawlnei Amosa hun lai leh tuna kan ram dinhmun hi thui tak chu a inang viau mai thei a ni. Lalna leh thuneihna changtute, mi rethei berte leh mi hausate, rawngbawltute, kan vaiin kan kawng zawh lai kan en chian a pawimawh

awm e. Kawngka zim, Lal Isuaah kan kal em? Tuna kan dinhmun leh kan awm danah Lalpa nen leng dun nun kan nei em? Kan inenfiah a pawimawh takzet a ni.

Thupuan 3:20 kan chhiar chuan Lal Isua chuan kawngkhar bula dingin, kawng hawn hun nghakin, kawngka a kik thu leh a hawn duhtute hnena cheng tur leh, zanriah ei tur leh kawng hawntu pawhin a hnena a ei ve tur chu a sawi kan hmu a ni. Thlarau Thianghlimin Zoram a fang zel a, kan thinlung kawngkharte Lal Isua chenna tura kan hawna,

kan thinlunga Lal atan kan thlana, Lal atana kan ruata, a hnena kan inhlan takzet a ngai a ni. Chu chu amah nen kan len dun theihna tur a ni tih kan hriat thar a pawimawh takzet a ni.

1 Pet. 2:21 – “Krista pawh khan a tuarsak che u avangin hetiang ti turin koh in ni asin; a hniaka in zuina turin entawn tur a hnutchhiah che u kha.” Krista avanga chan ngam, tuar ngamte hi Pathian nena leng dun thinte an ni a. Tuarna phena mal-sawmna thuruk, khawvelin a neih ve loh changtute an lo ni thin a ni.



Inkhawmpui Lian Chairman ni tawhte:

1. Pi Malsawmi
2. Pi Teii (G.R. Roberts)
3. Pi Thangdailovi
4. Pi Saptawni
5. Pi Hmangaihthangi
6. Pi Vanlalengi
7. Pi Lalnguri
8. Pi Neihthangi
9. Pi C. Biakchhingi
10. Pi Zapari
11. Pi K. Laltluangi

12. Pi Zohmingthangi
13. Pi Zokhumi Vankung
14. Pi Zomuani
15. Pi C. Lalneihkimi
16. Pi Laltlanmawii
17. Pi C. Lalmangaihi
18. Pi Rinchawii

General Secretary ni tawhte:

1. Pi Saptawni
2. Pi Zomuani
3. Pi Lalrinkimi
4. Ni. Vanlalsawmi
5. Pi H. Lalpianthangi

**SYNOD HMANGAIHNA IN DONATION
(July–October)**

*– Laldawnkimi
Hmangaihna In*

Sl.No.	Hming	Thilpek
1.	Rev. Lalbiaksanga, Kawrtethawveng	Rs 1,000/-
2.	Sihphir Vengthar Bial KṚP	Sana 2, ei tur
3.	Chaltlang South Branch KṚP	Ei tur
4.	Pi Darchhunnguri, Tanhril	Rs 3,000/-
5.	Jeho Lalpekhlua, Sesawng	Rs 1,000/-
6.	St. Lawrence School, CI-VIII B&G	Rs 1,000/-
7.	Rulchawm Kohhran Hmeichhia	Rs 3,000/-
8.	Phainuam Bial Hmeichhia	Rs 4,000/-
9.	Malsawma, Leitlang FC	Rs 1,000/-
10.	K.V. Multipurpose English Medium School	Biscuits
11.	Darchhingpuii, Aizawl Venglai	Rs 10,000/-
12.	Kawrthah South Kohhran Hmeichhia	Rs 2,000/-
13.	H.S. Store, Chhinga Veng	Choka bungrua
14.	Lalramliani Tutor, Apollo Nursing School	Rs 2,000/-
15.	New Life Hospital Staff	Rs 6,000/-
16.	Lalthanpuii & Lalduhawmi, ITI Vengchhak	Mawza 50
17.	Electric Veng Kohhran NPSS	Thlai thar thawhlawm
18.	Luangmual West Sakrament Department	Ei tur
19.	Malsawmtluanga	Birthday cake
20.	PCA & Azuali, Ramhlun North	Diaper, ei tur
21.	T. Vanlalchawia, Electric Veng	Rs 600/-
22.	MGYA, Ṛhuampui	Rs 1,500/-, ei tur
23.	Chhanchhuahi, Baktawng	Balhla
24.	Hmangaihzuai, East Phaileng	Rs 3,500/-
25.	Rullam Kohhran Hmeichhia	Rs 2,600/-
26.	Rev. Neil Kirkham, Moderator, PCW	100 pounds
27.	Althea, Durtlang Mel-5, Birthday present	Rs 4,545/-

- | | | |
|-----|--|------------------------|
| 28. | New Serchhip Kohhran Hmeichhia | Rs 3,000/- |
| 29. | Chun leh Hrai | Thawmhnaw, ei tur |
| 30. | Zothanpara, Salem Veng | Ei tur |
| 31. | College Veng Sacrament Department | Ei tur |
| 32. | John Lalhruaitluanga Family, Ramhlun N | Thawmhnaw, buhfai |
| 33. | Kolasib Diakkawn Sakrament Department | Rs 4,200/- |
| 34. | Lalrinzuali, Durtlang North | Rs 1,000/- |
| 35. | Zorem Steel Works | Plastic basket, ei tur |
| 36. | Ramhlun Vengchung NPSS | Ei tur |



Mi dang chung a thil tha tih...

Sap naupang rual hi intihlim turin huanah an kal a. Rei vak lovah chuan mangangin an te ta chul mai a. Huan neitupa chu tanpui ngaia au ri a hriat chuan hmanhmawh takin a tlan a, naupang tui tla an kawhhmuh chu a zu chhanchhuak a, chu naupang hming chu Winston Churchill-a a ni. A nu leh pate chuan, “Lawm thu sawi nan eng nge kan tihsak ve ang che?” tia an zawh chuan, “Ka fapa hi nakinah chuan college-ah a la kal ve ang a, doctor la ni ngei se ka duh a ni,” a tihsan mai a. Anni nupa chuan, “Kan hre reng ang e,” tiin an chhang a.

Kum eng emaw zat a vei hnua h Sir Winston Churchill-a chu British Prime Minister a nih laiin pneumonia avangin thih ngamin a na ta a. An rama doctor thiam ber an ko va, a hming chu Alexander Flemming-a a ni a, penicillin damdawi hmuchhuaka hman theih tura siamtu hi a ni a. A pa chu Winston Churchill-a tui tla chhanchhuaktu kha a lo la ni lehzel bawk. A dam leh tak hnu chuan Churchill-a chuan, “A va mak teh fo em! Kei mi pakhat hian he mi chungah hian nun vawi hnih hlan ka ba ta a nih hi,” tiin a thil chhinchhiaha buah a ziak ta hial a.

WORKSHOP ON 'SEXUAL AND REPRODUCTIVE HEALTH' REPORT

– *Sailuti*
Asst. Secretary
Kohhran Hmeichhia, Central Committee

October ni 28 leh 29, 2015 khan, India hmarchhak Presbyterian Kohhran Hmeichhe inzawm khawm pawl (PWF) leh Ecu-
 menical Solidarity for HIV & AIDS Prgoramme (ESHA) tang
 kawpin a buatsaih 'Sexual and Reproductive Health' chungchang
 zir hona (Workshop) chu Presbyterian Kohhran Biak In, Fiangpui,
 Halflong District-ah Biateram P.C. Synod Kohhran Hmeichhia
 (Presbyterian Nupang Pol)-in a thleng a. PWF Unit hrang hrang
 atangin mi 204 kan tel a.

Mizoram Synod atangin heng mite kan kal:-

1. Pi C. Lalneihthangi - PWF Vice Chairman
2. Pi K. Lalliantluangi - PWF Ex-Chairman
3. Pi H. Lalpianthangi - PWF Standing Com. Member
4. Pi Sailuti - PWF Standing Com. Member
5. Pi R. Rengkhum - PWF Standing Com. Member
6. Pi C. Lalmangaihi - PWF Nomination Com. Member
7. Pi Rinchawii - Cent. Com. Chairman
8. Pi K. Vanlallawmi - Cent. Com. Vice Chairman
9. Pi Maria Lalchhanhimi - Cent. Com. Treasurer
10. Pi Rallianthangi - Cent. Com. Finance Secy.
11. Pi Lalmingmawii Sailo - Cent. Com. Member
12. Pi Vanrammawii - Cent. Com. Member
13. Pi Nuzawni - Cent. Com. Member
14. Pi Lalfeli - Cent. Com. Member
15. Pi Sawithangi - Cent. Com. Member
16. Pi Lalmuanzuali - Cent. Com. Member

Fiangpuiah hian in hrang hrangah 2 te tein min thlentir a, kan thlen
 inten min duat hle a, an chungah kan lawm takzet a ni. Kan thlen zan
 tih loh chu hmun khatah chaw ei ho thin a ni a, tukthuan leh zanriah,
 thingpui leh a hmeh tui tak min hlui thin a, kan lawm hle a ni.

Ni 28.10.2015 chawhma dar 10:00-ah workshop hawna inkhawm hi Pi C. Lalneihthangin a kaihruai a, PCI Moderator Rev. D.C. Haia'n inlawmna thu a sawi a, ani hian he workshop kan neih chung zawng hian min telpui nghe nghe a ni. Tin, Rev. Dr. Roger Gaikwad, General Secretary, National Council of Churches in India (NCCI) chuan workshop thupui hi a sawi hawng a. Kan zir ho tur hi subject har tak mai, pawimawh em em si a nih thu sawiin, hemi chungchangah hian kohhran pawhin thlirna thar leh tha zawka kan thlir a pawimawh a tih thu a sawi a.

Workshop thupui hi hetiang hian zir ho a ni:

SESSION 1-NA

Kaihruaitu : Mrs. W.A. Sohkhlet, KJP Synod Sepngi
 Thupui then 1-na : Biblical - Theological Perspectives on Sex & Reproductive Health (Mipa/Hmeichhia nihna leh inthlah punna chungchang Bible-a kan hmuh dan/Bible-in a zirtir dan)
 Zirtirtu : Prof. John Lalnuntluanga, Leonard Theological Seminary, Jabalpur

Bible kan chhiar dik loh emaw, chhiar sual emaw leh hriat dik loh emaw vangin keimahni leh mi dangte, kan chhehvela mite kan ngaih dan/hriat dan a sual theih avangin Bible hi zir chian leh chhiar sual loh a pawimawh thu te, Pathian thil siam chi hrang hrangte hi inkungkaih tlang tur kan nih thu te, kohhranah chuan mi chi hrang hrang a tua mah hnar bik tur kan nih loh thu te, Pathian hmangaihna chuan tute pawh a huap a, a hmangaihna chu tute tan pawh a awm (available) a ni tih te, nu leh pa leh upa zawkten naupang zawkte taksa, rilru leh thlarau hriselna chungchang zirtir hi kan mawhphurhna a nih thu leh kan mawhphurhna leh kan tih tur kan hriat loh vang leh kan zirtir loh vanga mipat hmeichhiatna hman khawloh leh chumi avanga thil tha lo a thlen thin thu te, rilru lam natna leh hrehawmna nasa tak a awm thin thute zir ho a ni a. Isua chuan mi tute pawh a hmangaih a, a pawm a, hei hi kan entawn tur a ni a, Pathian khawngaihna te, hmangaihna leh thlamuanna hian mi zawng zawng a huap a ni tih zirtir hi kohhran chuan a tum a ni tih thu zir ho a ni.

SESSION 2-NA

Kaihruaitu : Mrs. Rualthankhumi Nampui, Biateram Synod

Thupui then 2-na : Medical Perspectives on Sexual & Reproductive Health (Mipat hmeichhiatna leh inthlah punna chungchanga hriselna – damdawi thiamna lam aṭanga thlirna)

Zirtirtu : Dr. Zothankhuma, Project Officer, National Urban Health Mission, Mizoram

Kan tu leh fate, la naupang viauva kan hriatte hi mipat hmeichhiatna hman chungchangah an la thianghlimin, zirtirna ṭha pek an la hun lo emaw kan tihte hi kan ngaih dan ang an lo ni vek lem lo va, zirtirna ṭha kan pek loh chuan an taksaah natna leh harsatna an tawh theih ṭhin thu te zir a ni a. Tin, inthlah punna lam hriselna kan ngaihthah avanga harsatna lo thleng thei leh lo thleng ṭhin te, naute piang hlim hriselna leh an ṭhan ṭhat zel dan tur chu an nuten hriselna chungchang an ngaih pawimawh leh pawimawh lohvah a innghat thui hle a ni tih thu te, chumi avang chuan taksa leh rilru hrisel a pawimawh em em a ni tih thu te zir ho a ni.

SESSION 3-NA (29.10.2015, NINGANI)

Kaihruaitu : Pi H. Lalpianthangi, Mizoram Synod

Thupui then 3-na : Women and Health : Important Issues (Hmeichhia leh hriselna chungchanga thil pawimawhte)

Zirtirtu : Dr. Jane R. Ralte, State Nodal Officer(Tobacco Control), Mizoram State Tobacco Control Society, Govt. of Mizoram.

Nun dan kawng hriselnate, chumi atana hriat tur thil pawimawh chi hrang hrang – ei leh in tur ṭha leh ṭha lo chungchang te, taksa insawizawi pawimawhna te, zuk leh hmuam leh ruih theih thil kan chin ṭhinten kan taksaah natna rapthlak tak tak a thlen dan te, a bik takin nuten medical test chi hrang hrang kan tih ṭhin tur leh kan tih ṭhin a ṭul chhan te zir ho a nih bakah, mahni pawhin kan in-test ve theih dan a practical-in zir a ni bawk. Kan taksa hi Pathian in a nih vanga vawng thianghlim tur kan nih thu leh, kan taksa Pathian chawimawi tur kan nih avanga kan hriselna kan ngaih pawimawh em em a ṭul thu te zir ho a ni.

SESSION 4-na & 5-na

Kaihruaitute : 1. Fr. Phillip Kuruvilla, General Coordinator, ESHA Programme, NCCI

2. Rev. V.L. Luaia Hranleh, Administrative Secretary i/c PWF

He session-ah hi chuan transgender (Mipa ni thin hmeichhiaa insiam) mi pahnihten an nuna harsatna te, hrehawmna te, lungngaihna leh tihduhdahna te an tawrh thin thu te, anmahni ngei pawhin an nun chu an hriat thiam loh fo thu te, a chang pheih chuan mahni intihhlum duh hial khawpa an inngaihtuah fo thu an sawi ngaihthlak a ni a, zawhna leh chhanna hun hman nghal a ni bawk. An thusawi ngaihthlak atang hian, hetiang mite tan hian anmahni chhungkhat lainate, an veng te leh khawtlang ngei pawh hi harsatna thlentu kan ni thei a; chuvangin, kohhran hian hetiang mite hi engtin nge kan dawnawn ang tih ngaihtuah a tul hle nia hriat a ni.

Mipat hmeichhiatna hi nupa kara thianghlim taka hman tura Pathianin min pek a ni a, inthlah punna (fa neih) hi Pathian thilthlawnppek a ni. Pathianin ama anpuia mihring a siam khan fa neia inthlah pung turin mal a sawm a ni. Chuvangin, mipat hmeichhiatna leh inthlah punnaa hriselna chungchang hi thlir dan thara kan thlira, kan zir a tul hle a ni, tihte zir ho a ni.

Ni 28.10.2015 (Nilaini) zanah Vantlang Pathian Biak Inkhawm a awm a. Ni. Zohmangaihi, Secretary for Women's Relations-in hruaitute a hmelhriattir a, Fr. Phillip Kuruvilla-an Pathian thuchah a sawi a, Fiangpui Presbyterian Kohhran Thalai Zaipawlin thiam takin Pathian fakna hla an sa a ni.

Ni 29.10.2015 (Ningani) tlai lamah he workshop kharna inkhawm hi, Miss G. Hanabalahun Kharbuki, PWF Chairperson-in a kaihruai a; Mrs. Rualkhumi Nampui, PWF Secretary-in lawm thu a sawi a. Rev. V.L. Luaia Hranleh, Administrative Secretary i/c PWF-in PWF-a Unit hrang hrangte thawh honaah inpumkhat a pawimawhzia leh he workshop chungchanga sawi tul a tihte a sawi a. Rev. D.C. Haia, PCI Moderator in malsawmnain he workshop hi min tin a ni.

*Ei siam dan***VEGETABLE HAKKA NOODLES***– Zairemmawii***Hmanraw mamawhte**

Carrot	- 200 grams
Capsicum	- 100 grams (hmarchapui lian chi)
Zikhlum	- 200 grams
Purunsen	- 200 grams
Spinach	- 100 grams
Spring onion	- 100 grams
Noodle (Chow)	- 200 grams
Chi	- a al tawk tur
Thingmarcha	- tlem

A siam dan

1. Tui sovah chow hi chhuma, chi tlem pawlh tur a ni.
2. A hmin veleh lak chhuaha, tui vawtah tihdaih tur a ni.
3. Thirbel pheh hlai deuhvah tel tlem dah la, purunsen, capsicum a tung zawnga zaiphel thlak la, chawhpawlh tur a ni. Chumi zawhah carrot leh zikhlum a tung zawnga chan thlak leh la; chi, thingmarcha dip leh ajinomoto tlem te theuh telha, uluk taka chawh leh tur a ni.
4. Chow chhum kha thlak la, thingmarcha var dip telh la, uluk taka chawhpawlh tur a ni. Rei vak lo hnuah spinach pawh sawm te, soya sauce te, spring onion kutzungte chen lek leka zai bun te, white vinegar tlem te te telh leh vek la, uluk taka chawhpawlh tur a ni.
5. Uluk taka chawhpawlh hnu chuan suan la, ei turin chhawp tawh mai rawh.

.....

Hriselna Huang

KHÛP NA

Khûp na hi kum upat hnua kan insawiselna tam ber a ni awm e. Na reng a nih loh avang hian mi tam takin an ngaihthah ðhin a, enkawl vat a nih loh erawh chuan thil pawl tak a thlen thei a ni. Khûp nâ (Osteoarthritis of knee) hi zawi zawia kan khûp tuamtu tha (Cartilage) lo pan tial tial avanga khûp chak lo leh khûp tihchet harsa lo awm ðhin hi a ni. Kum upat hnu, kum 40 tlin hnu lamah a lang chhuak tlangpui ðhin. Kum 40 hnuai lamah pawh a awm thei tho va, a bikin khûp ruh inzawmna (joint) leh khûp tuamtu tha lo tihliam tawhahte a lang chhuak hma duh. He natna hi mipa aiin hmeichhiain an vei nasa zawk.

1. Hetiang mite hian khup na an nei duh bik

- 1) Kum 40 hnu lamten an nei duh hle a, a chhan chu kan khûp tuamtu thâ lo pan tial tial vang a ni.
- 2) Taksa rit lutuk te.
- 3) Thi hul tawhten an nei awlsam bik. A chhan chu thi neih hnua hmeichhe taksaa insiam chhuak ðhin hormone hian kan khûp tuamtu thaah hna a zuk thawk a, chu chuan kan khûp ruh innawk tur a lo veng ðhin. Amaherawhchu, thi hul hnua chuan hormone insiam chu a lo tlem tial tial

a, khûp ruh innawk tur lo vengtu pawh a tlem tial tial ðhin a ni.

4) Inthlah chhawn theih natna a ni a, a bik takin hmeichhiaah a ni zual.

5) Accident leh sports avanga khûp tihliam tawhte leh hnathawhin a zir loh vangin a awm thei bawk.

2. A lan chhuah dan

- 1) A tirah chuan khûp a rawn na riai riai a, a chang changin a rawn lang chhuak ðhin. Thut chawlh vang vanga han ðin dawn leh khûp tihchet dawnahthe a na ðhin.

2) A rei deuh hnuah chuan a na zual a, khûp leh mal tha (muscle) a kham ngawih ngawih a, khûp tihchêh zawngin ri (crepitus sound) a siam a. Khûp vûng thlengin a rawn awm thei.

3) Tihchet a harsain a tisak a, chu chuan mal leh khûp tha a tichak lo va, step-a chhuk leh chhoh a tiharsain khûp durusuih a awm phah thin.

3. Enkawl leh inven dan

1) Hetiang natna kan nei a nih chuan ngaihthah mai lovin a rang lama doctor rawn vat a finthlâk. Tin, physiotherapist-in physical exercise leh electrotherapy hmanga exercise lâk dân tur leh enkawl dân tura an thurawnte zawm hram hram tur a ni.

2) Thu tunga awm tam loh hi a tha. Inthiarnaah pawh Indian toilet kan hman a nih

chuan chair emaw verh kuaka inthiar mai a tha. Hei hi khûp na la nei lote tan pawh invenna tha tak a nih rualin, a nei tawhte tan pawh inenkawl dân pakhat a ni.

3) Taksa rit lutuk tan chuan taksa rihna tizâng thei turin exercise lak tama, ei leh ina hriak pai tam lam chi insùm a tha.

4) Rei tak din te, thil rit tak phurh leh pheikhawk ruh lutuk bun te hian khûp a tihnat theih bawk avangin hengahte hian invèn a tha.

Khûp na hi a nasa tawhah pheih chuan zaia, khûp ruh thlak (replace) hial a ngai thin. Chuvangin, a nasat hmaa inenkawl vat hi sum sen tlemna leh dam hmana a ni a. Hetiang natna nei nia kan inhriat phawt chuan ngaih-thah lova inenkawl vat a tha a ni.



Samari mi tha chuan – *a khawngaih em em a, a pemah hriak a hnawih a, a tuam a, khualbukah a kalpui a, mahni insengsovin suam hman tawk chu a tanpui a.*

*Hruaitute chanchin***SANGTHUAMI**

Mizoram buai kum 1966 November ni 11-ah N. Lunglengah a lo piang a, a pa chu H. Lalhmingliana niin a nu chu Lalkhawthangi (L) a ni. Unau 5 zinga upa ber a ni. Kum 1987-ah Upa C. Lalrosanga nen an innei a, fa mipa 3 leh hmeichhia 2 neiin N. Lunglengah an chhungkuain an khawsa a ni.

Chhungkaw harsatna avangin lehkha a zir sang lo va, nu leh pate thlazar hnuaiyah naupang tein lo nei leh fu huan te siamin ei an zawng thin.

Kohhran lamah Naupang Sunday School Department hrang hrang zirtirtuah tang tawhin tunah hian Inrinni zan thuhriilu a ni. Hlimen Biala an awm laiin Bial Hmei-

chhiaah Committee Member a ni thin a. Lungleng I Bial a lo pianin Bial Buhtham Ziaktu leh Asst. Secretary-ah term khat ve ve a tang a. Tin, Bial Chairman-ah te tang tawhin tunah hian Vice Chairman a ni. Tualchhung kohhran hmeichhiaah Chairman, Vice Chairman leh Secretary-te a ni tawh a, tunah Chairman rawngbawl hna a thawk mek.

Bible chang duh leh ngainat ber chu Rom 13:11-14 thu a ni a, a hla duh ber chu KHB no. 136-na, 'Aw hmangaihna sawi thiam ila' tih hla a ni. Pathian faka zai leh lam hi a ngaina hle.

Pi Sangthuami hian Kristian chhungkua hi kan ram siam thatna tur a ni tih hriain a vei hle a. Kan ram Kristiannain a tlakchham ber nia a hriat chu takna leh rinawmna hi a ni. Kan rama sualna tam tak lo awm leh darh zau zel te, sual avanga harsatna nasa tak kan tawrh thinte hi Kristian chhungkaw din atanga siam that a tulzia thu hi a thu uar ber a ni.

**MIZORAM PRESBYTERIAN KOHHRAN
HMEICHHE ROREL INKHAWM
VAWI 8-NA**

A hun : March 11–13 , 2016

A hmun : Mission Vengthlang Kohhran Biak In

Thupui : Thlarau Thianghlim leh a hnathawh

Ni 11.3.2016 (Zirtawpni) : PALAI THLEN KIM NI

ZAN DAR 6:30 – INLAWMNA LEH REPORT

Chairman : Pi Rinchawii, *Chairman*

Ṭantu : Pi Thangseii, *Chawngtlai Bial*

Reports : 1. General Secretary report
2. Bial Report khai khawmna

Thuchah tawi : Rev. H. Lalrinmawia
Synod Moderator

Zaipawl : Chanmari West Bial Hmeichhia

Ni 12.3.2016 : 9:30 am

Inrinni – ROREL

ZAN DAR 6:30 – PATHIAN BIAK INKHAWM

Chairman : Pi Rinchawii, *Chairman*

Ṭantu : Pi R. Lalhmingthangi, *Madanrting Bial*

Thupui : *Free Sermon*

Sawitu : Executive Secretary i/c Kohhran Hmeichhia

Zaipawl : Vaivakawn Bial Hmeichhia

Ni 13.3.2016 – PATHIAN BIAK INKHAWM

Pathianni chawhma dar 10:00

Chairman : Pi Rinchawii, *Chairman*
Ṭantu : Pi Lalnunkimi, *Chalrang Bial*
Thupui : Thlarau Thianghlim leh a hnathawh
Sawitu : Rev. Lalrinmawia

Kristian Chhungkaw Dinmun Tehna

Trophy & Certificate Hlanna

Hlantu : **Upa H. Ronghaka**, *Synod Secretary*
Zaipawl : Venghnuai Bial Hmeichhia

Chawhnu Dar 1:30

Hruaitu : Pi K. Vanlallawmi, *Vice Chairman*
Ṭantu : Damparengpui Bial
Thupui : Thlarau Thianghlim leh a hnathawh
Sawitu : Rev. Lalrinmawia
Zaipawl : Ramhlun Vengthar Bial Hmeichhia

Tlai dar 3:00 – ZAIKHAWM

Hruaitu : Pi C. Romawii
Central Committee Member

ZAN DAR 6:30 – PATHIAN BIAK INKHAWM

Chairman : Pi Rinchawii, *Chairman*
Thupui : Thlarau Thianghlim leh a hnathawh
Sawitu : Rev. Lalrinmawia
Zaipawl : 1. Mission Vengthlang Bial Hmeichhia
2. Mission Vengthlang Bial Zaipawl

Bial aiawh palai 2 kal tur kan inruat ṭhin kha inruat leh theuh turin kan inngen a. Hei hi inhriattirnaah ngaih nghal tur a ni ang.

Hriat atan

1. Heng hmunahte hian Leadership Training leh Kristian Chhngkaw Campaign programme-in kan hruaitute an feh chhuak a, Pathian hruainain tuang takin hun an hmang thei a, a lawmawm hle:

- 1) Ni 25-27.9.2015 khan Phuaibuang Bialah Pi Zothanpari, Pi B. Bualchhumi leh Pi P.C. Lalhmingthangi, Com. Member-te an kal.
- 2) Ni 23-25.10.2015 khan Sakawrdai Bialah Pi Tlangmawii, Pi C. Thanthuami leh Pi Lalnunsiami, Com. Member-te an kal.
- 3) Ni 6-8.11.2015 khan Sesawng Bialah Pi Rinchawii, Chairman; Pi Lalfeli leh Pi D Nghmingliani, Com. Member-te an kal.
- 4) Ni 6-8.11.2015 khan Hliappui Bialah Pi C. Nuzawni, Pi Zopari leh Pi Sawithangi, Com. Member-te an kal.

2. October ni 28–28, 2015 khan, India hmarchhak Presbyterian Kohhran Hmeichhe inzawm khawm pawl (PWF) leh Ecumenical Solidarity for HIV & AIDS Programme (ESHA) ñang kawp buatsaih ‘Sexual and Reproductive Health’ chungchang zir hona chu Presbyterian Kohhran Biak In, Fiangpui, Halflong District, Biateram Synod-ah hman a ni a, kan kohhran añangin mi 16 an kal.

3. Agape chanchinbu lak tam lamah ñahnem kan ngai ñin a, a lawmawm hle mai. Amaherawhchu, kohhranin a copy lak tam duh avanga member-te inhnawn lem lovin, a duh tak takte chauh inlaktir ni se. A copy kan la tlem ta deuh a nih pawhin inthlahrung lem lo ila a ña awm e. Thil man sang zel avangin kum 2016 añang hian press lamin a chhut man an rawn san a, heng avang hian a lak man te a la nghawng mai thei a, latute pawhin min hriat thiam kan beisei 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

- | | |
|-----------------------|---------------------------|
| 1. Pi B. Zomawithangi | 2. Pi C. Romawii |
| 3. Pi Lalsiammawii | 4. Pi Lalbiaki |
| 5. Pi C. Zopari | 6. Pi R. Rengkhumi |
| 7. Pi Tlangmawii | 8. Pi Lalhmingmawii Sailo |
| 9. Pi Zothanpari | 10. Pi P.C. Nuzawni |
| 11. Pi Lalpianthangi | 12. Pi Lalbiakengi |
| 13. Pi Lalfeli | 14. Pi C. Chawngpuii |
| 15. Pi Vanrammawii | 16. Pi Zopari |
| 17. Pi Lalrokimi | 18. Pi C. Thanthuami |
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| 21. Pi Lalrinpuii | 22. Pi Liansangi |
| 23. Pi Lalnuntluangi | 24. Pi Lalhmingthangi |
| 25. Pi Lalnunsiami | 26. Pi Lalhliapi |
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| 29. Pi Lalbiakhluni | 30. Pi P.C. Lalmangaihi |
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| 37. Pi Sawithangi | 38. Pi Lalbiaksangi |

Ex-Officio Member-te

1. Rev. H. Lalrinmawia, Synod Moderator
2. Upa H. Ronghaka, Synod Secretary (Sr.)
3. Rev. P.C. Pachhunga, Executive Secretary i/c Women
4. Pi Lalfakmawii, Co-ordinator
5. Pi C. Lalmangaihi, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thil tumte:
1. Kohran pum rawngbawlina 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



New Serchhip Bial Leadership training leh Kristian chungkaw campaign



Ruantlang Bial Leadership training leh Kristian chungkaw campaign



Zemabawk North Bial Leadership training leh Kristian chungkaw campaign

To

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