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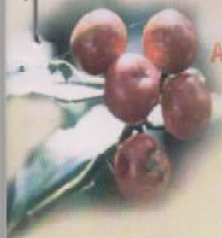
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A chungga thu awmte

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Editorial :

INKHAWMPUI KAL HI

Kan hriat theuh angin (Mizoram) Presbyterian Kohhran kalphung chu Inkhawmpui leh Committee thurel ang zela hmalak a ni ber a. Inkhawmpuiin ruahmanna a siam chu Bial leh Kohhran Committee kaltlangin kan bawhzui thin.

Chuvangin Inkhawmpui hi a pawimawh hle. Kohhran Hmeichhiate pawhin kum tinin Bial Inkhawmpui kan nei a, Inkhawmpui Lian erawh chu 2005 atang khan kum khat danah kan nei thung ta a ni a. Inkhawmpui hi ringtute kan infuiha kan intihchak tawwna mai bakah kan inpumkhatzia lantirtu a ni fawm baw a ni.

Mizoram hmun zim te atanga kal khawm mai siah chuan KṚP Gen. Conference te, Hmeichhe Inkhawmpui Lian te anga kum khat dan lek sia hetiang taka ringtu pun khawm tam theihna hi khawvel dangah pawh a tam awm lo ve.

Kan chenna khawvel hi thangin hma sawn zel mah se, hun hmasa lama kan hruaituten inkhawmpui an hlutzia leh an ngaih pawimawhna ang kha thangtharte nunah hian a tlahniam ta zawk em aw? Eng vang nge ni ang le? Mahni bu zawl nuam chhuahsan kan hreh ta deuh nge, a chaw chahtu - buatsaihtute lamin an thiam taw lo? Inen fiah ve vena tur chu a awm ngei ang.

Kan unau Khasi-hote khuan Inkhawmpui kal an uar hle a, a khawnawtin an fuan khawm ta emaw tih mai turin Inkhawmpui kal an taima a, an entawn tlak hle.

Kan ramah pawh hetiang Inkhawmpui chi hrang hrang kan la nei thei te hi a hlu hle mai a, palai ruat kan ni emaw, ni lo emaw pawh ni se, Bial Inkhawmpuiah te, Presbytery-ah te, a bik tak pawhin Hmeichhe Inkhawmpui Lianah te hian inkhawmpuia kal hi chawi nung zel turin member-ten mawh i la ngam ang u.



Kristian chhungkua :

**MIPAT HMEICHHIAT HMAN KHAWLOH
CHUNGCHANGA KOHRAN HMEICHHIA/NUTE
MAWHPHURHNA
(*chhunzawmna*)**

*V. Vanlaluati
Venghnuai*

13. Ṭawngkam zahmawh sawi hian mi mal, chhungkua leh khawtlang nunah inthlahdahna a thlen thei mai ni lovin hnam nun a timualpho va, naupang nunah pawl thui tak a khawih thei a ni. In chhung khur aṭangin Pathian thuin a khap a ni tih kan tu leh fate leh rawngbawlnaah kan sawi ve fo a ṭul (*Ephesi 5:4*).

14. Nau tihtlak : Nauchhiat pawh ni lo, nu nunna atana pawl vang pawh ni lo, pum chhunga awm mualpho hlahu vang leh mahni hmasial avanga tihtlak hi Pathian thu nen a inkal a ni tih hi kan tu leh fate an tleiraw/rawlthar chhoh aṭanga kan infuih a ṭul. Nu pum chhung aṭanga Pathianin a hriatzia chu Sam 139:16; Roreltute 13:5; Jeremia 1:5; Joba 10:10-12 etc-ah te kan hmu.

15. Rimawi leh mipat hmeichhiatna : Rimawi ṭha lo mit leh beng a an hmuh leh ngaihthlak hian naupang ṭhang lai nunah pawl a khawih thui thei hle a, mipat hmeichhiatna lam

hawi phei chuan pawl a khawih thui thei leh zual, an naupan zual lai aṭanga chhungkuaah rimawi ṭha leh thlarau lam nuna an ṭhanlenna awm thei tur thlan a ṭul hle a ni.

16. Mahni nunna lak leh mipat hmeichhiatna : Mahni nunna lak duhna hi chhan hrang hrang vangin a awm thei a, pawngsual tawn vang te, chetsual vang te, mipat hmeichhiatna aṭanga HIV (Positive) vei vang etc. tein a lo thleng thei a, hei vang hian nuten dam châk lohna nei khawpa lungngai naupang te, ze danglam riau ta tu leh fate chika, an pawh theih tura

inhawn leh counselling an dawn theih nana hmalak tur a ni.

17. Mahni nihna hai (Homosexuality/Lesbianism): Khawvel hian engtin pawn palzam se kan Pathian thu chuan a palzam ve dawn lo a ni (*Lev. 18:22, Rom 1:27 etc*).

18. Nawhchizawrhna: Nawhchizawrhna hi thanlen chhohna boruak leh hual veltu boruakin thui tak awmzia a nei thei a, nupa nun hman, naupang enkawl na kawnga inthlahdahnate pawn a hring thei a, naupang enkawl leh venhim ngai zual nia langte chu Kohhran hmeichhiaten theihtawp chhuaha hmalak a tul, nuhoteah zirtirna tha pek fo ni thei baw k se. Nawhchizuar Rahabi chhanhimtu Pathian avangin heng hum sual dai tawhte pawh hi an tan tawngtaia chhan chhuak tura Kohhran hmeichhiaten ke kan pena, nun kawng dik an zawh leh theih nan te tan i la ang u.

19. HIV/AIDS : He natna a tihdamna an la hmuh chhuah si loh hi kan ramah mipat

hmeichhiatna atanga inkai a nasa hle a. Kohhran hmeichhiaten kan zir chiana kan tu leh fate kan zirtir theih a tul. Hetih rual hian hetiang natna tuarte endawng lova kan theihna anga tawngtai, tanpuite hi kan intihhmuh a tha hle.

20. Pawngsual : Pawngsual hian a tuartu leh chhungkuaah nghawng a nei pawh thei hle a, chhungkua leh Kohhran hmeichhiaah invenna lam hawi inzirtir uar ila. Mite pawngsual duhna khawp nei lo tura tu leh fate zirtir uluk pawh a tul. Hetiang tuarte hi kan endawng tur a ni lo va, anmahni leh chhungkuaten counselling an dawn theih nan hmalakpui erawh a tha. Bible-ah pawh Pathianin ro a relzia Davida te chhungkuaah pawh kan hmu (*II Sam. 13 chhovah kan hmu*).

21. Nupa ni lo cheng dun: Ram chhung leh pawnah nupa ni si lo cheng dun kan tu leh faah te an awm thei, an lo tleirawl/rawlthar chhoh lai atanga Josepha rinawmna thu kha hrilh a thain, engtin nge an awm/khawsak tih hi chik peih a tul.

22. Ruihhlo leh mipat

hmeichhiatna : Ruihhlo zu etc. te hian mipat hmeichhiatna kawnga inthlahdahna a thlen fo thei a, kawppuite laka rinawm lo te, nawhchizuar kawp duh mai te hian ruih theih thil nen an kawp duh hle a ni. Sum leh pai a hek a ni mai lo va, natna tha lo inkai chhawn kawngah pawh kawng tha lo a hawng thei a ni. An tleirawl/rawlthar chhoh ațangin ruihhlo tinreng laka fimkhur tura kan zirtir a țul a ni.

23. Nun dan thiamna (*Life Skills Education*) zir an mamawh

: Tleirawl/rawlthar hun lai hi taksa leh rilru lamah pawh an inthlak danglam nasa hle a, hemi hun laia ni tina kan nuna mamawh chona lo awm țhin te, tha tak leh țangkai taka hmachhawn thei tura thiamna leh theihna kan neih theihna turin Life Skill Education hi tleirawlte zingah zirtir a țul hle. He subject-in a ken tel pawimawh tak mahni inhriat chianna, mi dinhmuna indah thiamna, chik taka thil ngaihtuah thiamna, thuthlukna siam thiamna etc. a keng tel a ni. Ngaihawng neih thuah te,

ruihhlo chungchangah te tleirawlte enkawl nan tha tak a ni. He subject hi tleirawl inkhawm hun remchangah zir theih ni se a tha hle ang.

A tawp berah chuan kan tu leh fateah Pathian țihna nun tak tak an naupan tet lai ațanga kan tuh a țul a, anmahnia Pathian pawl te, ni tin chung inkhawm neih te, Pathian Kohhran ngaina tura kaihhruai peihte a țul a. Josepha ngei pawh kha a tleirawl lai ațangin Pathian țihna nun a nei a, a chungte awm lo mah se, a Pathian tan a rinawm zel a, a pu nupuiin mutpuia a sawm pawhin “... *engtin nge he sual lian tak hi tiin Pathian chungah thil ka tihsual theih ang?*” a ti hial a, hetiang khawpa Pathian țihna hi kan tu leh fa leh kan ram naupangteah tuh turin hma la țheuh thei ila, hetiang taka kan ramin mipat hmeichhiat hman khawlohna avanga Lalpa rilru kan tihnat hi a kiam ngei ang. Mizoram nute leh Kohhran Hmeichhiate hi Lalpan raldo turin mal min sawm ngei ang.



*Sermon:***CHANCHIN ṬHA-NUN TIDANGLAMTU***(Rom 1:16; II Korinth 5:17)**T/Upa Bonny Lalrindika
Ramhlun Vengthar*

He laia Paula ṭawngkam hi ngaihtuah chian poh leh a mak tual tualin ka hre ṭhin. Kohhranho tihduhdahna kawnga ṭhahnemngai, Chanchin Ṭha leh a hnathawhte thai bo vek tuma hmanhlel Paula (*Philippi 3:6*) chu Chanchin Ṭha a zahpui lohzia Isua ngaineptute zinga sawitu a han ni leh tlat mai hi thil mak a ni. Paula hian Isua a tawk a, a hmu chiang bawk a, a huat ber ṭhin chu hmangaih ta tlat lo thei a ni lo a ni.

Kristaa a dinhmun sawina atana 'Bawih' a han hmang kher (*Rom 1:1*) hian Rome mi chapoho hriatthiam zawng taka a dinhmun tarlan a tumzia a tilang a. Khatih hun lai khan Rome ram chu bawih neihna ram a ni a, Rome ram pumah bawih maktaduai 60 vel an awm nia hriat a ni. Chuvangin an tan bawih dinhmun chu a fiah em em. Bawih chu Romeho zingah mihring an tling ve lo va, bungrua nen an inang reng a ni.

Paula chuan chutiang dinhmun chu Isua Krista lakah chuan a ni tih a inpuang a. Isuan

a chungah thu a neih pumhlumzia a puang a ni. Tirhkoh Paula hi a hun laia hnam ropui ber Rome mite zinga finna sang zir zo, mi ropuite zinga mikhual lo tura inpeih tawh a ni. Mahse, thufing leh hriatna sang hmatheh tura a inpeih at hnuah khan mi pakhat chanchin buaipui tur a nei ta tlat mai a ni.

Chu mi chu a huat ber lo ni ṭhin Isua a ni a. Chu Isua chu mi zawng zawng sual thawina atan a thi a, chatuan nun an neih theih nan ropui takin a tho leh ta tih thu, a theihna zawng zawng hmanga a lo dodal ṭhin chu '**Chanchin Ṭha**' tiin a

sawi ta tlat mai a ni. Hei hi nun inthlak chu a ni. He danglamna hi chu pawn lam siksawi danglamna a ni lo va, chhungril danglamna a ni.

Paulan Rome mite hma ngata Isua chanchin ‘Chanchin Tha’ a han ti ngat mai hi a hmuh chianthlak ngawt mai. Thihna zawng zawnga thihna hmusitawm bera thihtir tlak mi suala an chhal Isua chanchin Rome mite hmaa Chanchin Tha tia sawi tur khan huaisen a ngaiin hriat chian a va tul dawn em! Khawpui chapo tak Rome mite tan an ram lak te reuh te Jerusalem atanga thil chhuak ngaihsan chu harsa tak a ni ang. Isua chu Jerusalem ai pawha la nep zawk Nazareth tlangval a la ni leh nghal.

Ringtute zingah Rome hnam chapoho ngaihsan tur mi dinhmun thaa ding an awm lo va, a thente phei chu sal an ni. Rome khawpui chuan mi fing leh mi ril a ngah tawk a, khawvela hnam ropui ber an ni. Chutiang mite chuan khuavang thawnthu tluk leka ngaih tur Nazareth khaw tlangval soal thi tawh tho leh chanchin ngaihven

chu mawthlak vawrtawpah an ngai bawk. Isua chu Pathian Fapa a ni a, a tho leh ta tih sawi chu Rome mite zingah lu zawrhna tiat a ni.

Chutiang dinhmuna Isua chanchin ‘**Chanchin Tha**’ tia sawi tur khan hriat chian tawk a ngai lutuk a, hmuh chian a ngai lutuk a ni. Chuti lo chuan tu tan mah dinpui ngam rual a ni lo. Chu chanchin chu a ni keini pawhin ‘*Hril rawh u*’ tia thupek kan hmuh hi ni. Paula chuan Isua a hmu a, a nun chu a danglam lo thei lo a ni. A duh ngai lohna kawng a zawh a, a hmangaih ngai loh chu a hmangaih ta a, a hmelmate chu a unaute an lo ni ta.

Khawvelah hian siamthat hna buaipuiin kan vir mup mup mai ti rawh u. Leilung chanchinah hian history siam kan tum a, remhriatna leh finna vawrtawp kan sawm khawm hlawm a. Kan rama sualna inluling mek lehthal tur hian kil hrang hrangah kan va che nasa em. Mahse, hei hi kan hmu-
“Duh ngai loh duhtirtu, kalna ngai loh kawnga kaltirtu, ngaihtuah dan

tidanglamtu Paulan a hmuh chu Isua Krista,” tih hi.

Unaute u, eng nge kan chhuan ve le? Khawvelin ropuia a ngaih, chanchin ṭha a tih chu “*Lalna kan chang ta,*” tih te, “*In sang a sa ta,*” tih te, “*An chumi khami chu MLA-ah a tling,*” tih te hi a ni ti rawh u. Heng mite hian chhuan tur dik an hmuh hunah chuan mihringte nunhona hi a lo danglam vek dawn a ni. Paulan Chanchin ṭha a zahpui loh thu a sawi kher chhan hi khawvelin mi pangngaia a chhal chinte zingatan ngamawm lo khawpa zahpui hlawh a nih vang a ni.

Thuneihna leh ram neih tumin indona leh finnain miten lalram ropui tak tak an lo din tawh. Mahse, chung zingah chuan Krista leh a Chanchin ṭhaa innghat lo zawng zawng chu an tawp leh vek tawh. Krista Chanchin ṭhain ram a din tawh erawh chu pakhat mah an la tlu lo. Chu nun tlo chu a ni kan duh chu ni.

Tu bawih nge i nih? Tu tirhkoh nge i nih? Sawrkara thuneitute zara chanvo mawm

beiseiin a thim a var thlu lovin i vir vel ruai ṭhin em? Sawrkarna chan hi ka sawisel lo va, chhuan bera i neih a nih erawh chuan i tlukna ni tur chuan a hmuak reng che a ni. He ram himna leh him lohna hi ILP-ah emaw a awm te kan ti a ni awm e. ILP nghet taka a din lai khan Mizo hnam nun a him chuang lo. Eiruk a bang lo va, inseh tawn kan chawl chuang lo va, hnam dang ni lovin keimahni kan inei ral mek reng a ni.

Isua Krista leh a chanchin chhuan ber hi kahpathir thuahtam taka inhung vel aia him zawk a ni. Chanchin ṭhain kan nun hi ei ral sela, chu chuan ṭhenawm ṭha a lo siam ang a, hremna dan lek tur a titlem ang. Khua leh tui ṭhate hi Dan khirh leh khauh hmanga kar chhuah chi a ni lo. Nun tihdanglamna aṭanga lo piang tur a ni. Chanchin ṭha hmatheh lova soal hnathawh tihbo tuma kan beihna zawng zawng hi chuan soal dan thar bak nawr chhuah a nei lo.

Mizoram leh hnam him nan sawrkarin policy a neih chu eng pawh a ni thei e. Mahse,

Kohhran chuan Chanchin Ṭha buaipui hi a ni tih kan sawi a ni. He ram hian lalna leh thuneihna te, khawvel ṭhang mek ropuina ngenchhana nun awmzia chu kan tem hnem tawh a, eng nge kan nihpui pawh kan hre tawh. Chanchin Ṭha buaipui nun leh a hlawkna erawh hi chu tawnhriat kan la neih tlemna lam a ni. He lam kawng zawhpui atan hian mi tin ka sawm a che u.

Hei hi nun tidanglamtu chu a ni a. Chumi aia kan buaipui zawk sum leh pai te hi a lam hawia kan kalpui tur zawk an

ni. Kan sumte hian an pan lam tur dik an pan loh chuan inkhul chhuahna atana hman tam zawk awl tak a ni. Paula hian Rome mi ropuite hriat chen a hre ve a; mahse, Isua Krista chungchangah hian a hriat chen an hriatpui ve lo hi an danglamna chu a ni. Kristaah chuan a awm ta a, Krista kal tlangin a ngaihtuah a, Krista kal tlangin khawvel chu a lo thlir ta a, Paula nun chu thil siam thar a lo ni ta a ni. Chanchin Ṭha pe la, mi sual nun tidanglam turin Isua a lo che ang. Lalpan a thu mal sawm rawh se. Amen.



KOHRAN HMEICHHE FLAG THAR

Kohhran Hmeichhia chuan **Emblame** thar kan neih tawh avangin **Kohhran hmeichhe Flag** pawh design thara siam a ni ta. A siamtu - **Pu BUTA Vulmawi Arts, Canteen kual, Aizawl** hnenah mahni Bial emaw Kohhran emaw ta tur chu order mai theih a ni e, a man **Rs. 400/-**

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Hriselna huang:

TLAKCHHAM NATNA TLANGLAWN ZUALTE

- Zonunpari
Nutritionist

Taksa mamawh chi hrang hrang leh tlakchhama bawrhsawmna thleng thei tlanglawn zual tlem azawng han tarlang ila.

1. Protein Energy Malnutrition
2. Vitamin A tlakchhamna
3. Thisen tlakchhamna (*Anaemia*)
4. Iodine tlakchhamna

Protein Energy Malnutrition (*Protein leh thahrui tlakchhamna*) : He tlakchham natna hi India ram leh ram hnu fual thenkhatah naupang kum nga hnuai lamin an vei nasat ber a ni. Naupangten protein leh thahrui (*calories*) an mamawh tawk an ei loh vanga awm a ni. Naupang an than chak lai leh thahrui an hman ral nasat lai a nih avangin protein leh calories an mamawh hnem a, an mamawh tawk an ei loh chuan an than a thu a, a lo nasat viau phei chuan an cherin an chhe telh telh a, thihna hial pawh a thleng thei. He natna hi chi thumin a lang chhuak thei a, hetiangin - Kwashiorkor, Marasmus, Marasmic Kwashiorkor.

1. Kwashiorkor : He natna hmung hi Dr. Cecily Williams-in a vuah a ni a, Africa ram pakhat Ghana-a chengte tawng a ni. Naupang kum 1-3 inkar nasa taka protein tlachhamten an vei ber.

A lan chhuah dan

- 1) An than a thuin an tihrawl a rawp a, thau an tlachham thin.
- 2) An vung ngei ngei a, keah a intan phawt a, an ban, malpui leh hmai te pawh a vung tel bawk thin. An vun avangin thau emaw tih mai pawh awl thei tak a ni a, an vunna lai chu hmet ila a khuar dawk dawk thei.

- 3) An vun leh sam rawng a danglam a, a bikin an ke leh malpuiah te a dum thlek thluk a, a puhlip tuarh thin. An sam a ro ri re a, a bung hmains a til sam em em baw.
- 4) Thisen tlakchham avanga chauh ngawih ngawihna (anaemia) an nei tel duh baw. Hei hi Iron leh Folic Acid-te an tlakchham tel vang a ni a, hei hian an vun a tidang baw.
- 5) Kawashiordor vei naupangte chu an harhvang lo va, an awm hle hle a, chhawchhahih vel pawh an uksak peih lo.
- 6) Vitamin A leh B complex-te pawh an tlachham tel duh hle. Heng tlakchham natna - mit na, kamsir pan etc. te a lang chhuak tel thin.

2. Marasmus : He natna hi naupang kum khat hnuai lamten an vei nasa zual. Ei chhiat vanga nuin nausen mamawh taw hnutetui a neih loh avangte leh nausen mamawh chaw dang a pek that

taw loh avang tein a awm duh. Protein leh calories an mamawh taw rei tak an ei lohvin an vei thin.

A lan chhuah dan

- 1) An than a thu a, an cher hle a, an buk tur zaa 60 hnuai lamte an ni thin.
- 2) Thau an tlachham a, an tihrawl a rawp a, an vun hi an taksa khuh taw aia tam mah awmin a chuar hnek thin a, an hmel 'putar' emaw 'zawng' hmel ang maiin a lang thei.
- 3) An tihrawl a rawp avangin an vuaiin an nel thep a, an ban bul vunte hi pawt ila a fan der der thei. Tihrawl tamna lai, malpui, mawngtam leh banpuam laiah a lang nasa zual.
- 4) An tah belh a, an thin a chhia a, an ril a tam deuh reng baw.
- 5) Kawthalo leh hri leng dang an vei duh hle.
- 6) Vitamin leh mineral tlakchham natna dang pawh a lang chhuak tel thin. Kwashiorkor angin

an sam leh vun rawngte erawh chu a danglam ve kher lo.

3. Marasmic Kwashiorkor: Protein Energy Malnutrition tamnaah chuan kan sawi tak ang natna lan dan chi hniha lang chhuak kawp a awm thin a, marasmic kwashiorkor an vuah. Entir nan - Marasmus vei anga banpuam leh mawngtam vuai em em si, kwashiorkor anga ke hmawr vung leh si te.

A eng chi pawh hi ni se a rawn awmna chhan chu a dang chuang lo va, naupang rei tak mamawh tawh ei lova an awm vang a ni ber mai.

A enkawl dan : Protein leh thahrui tlakchham natna nasa lutuk ang hi chu Mizoramah hi chuan a tam lo hle a, nasa ve deuh leh vei tan tir te chu an tam ve hle. A nasa lutuk tawh chu in lama ei leh ina enkawl ngawt chi a ni lo va, damdawi inah hruai vat chi an ni. A nasa vak lote chu ei leh ina enkawl dam theih an ni thung.

Naupang, he tlakchham natna nei chuan protein leh thahrui tam tak an mamawh a,

hetianga tamna lam chi chaw te pek a tha. Amaherawhchu, an chaw ei a tui lova pai tawih an harsat bawh avangin ei tur reng reng chu nem leh pai tawih nuam chi pek a pawimawh. Bawnghnute, bekaang hnute, thil thlum lam, buh leh dailuah nem taka chhum pawh (khicheri) leh balhla te pek tam a tha. Hriak lam pawh tlem tlem telh a tha. Sa, sangha leh artui te pawh a remchan chuan pek tel a duhawm a, pek ngei erawh chu a ngai lem lo thung.

Kawthalo an neih pawhin hnute hnektir reng tho tur an ni a; amaherawhchu, chaw dang an ei hnuah pek chauh tur a ni. A tir lamah chuan chaw eitir an har deuh mai thei a, tihluh deuh an ngaih changte pawh a awm ang. Tin, wawi khatah an ei tui theih loh avangin pek zin an mamawh a, an that chhoh dan azirin pek tam tial tial tur a ni. Thisen an tlakchham chuan Iron leh Folic Acid te, Vitamin A an tlakchham chuan vitamin A tui te pek a tha a, multi vitamin te pawh pek a tha. Hetianga uluk taka enkawl chhoh an nih chuan a tan tir leh

la nasa vak lote chu an tha leh mai thei.

A venna atan : Naupang thla ruk aṅa thla 48 hi a vei hlauhthawnawm zual lai a ni a, an vei chhan pawh tam tak a awm thei ang. Chhungkua retheih luat avanga ei tur mumal neih loh te, naupang mamawh ei tur tha hriat tawh loh vang te, naupang chaw pek belh huna pek loh te, kawthalo leh natna dang vei fo vang tein tlakchham natna an nei duh a, chhungkaw thahnem lutuka naupang ngaihsak hlawh tawh loh vang te, nu thihsan, hnute nghei hma lutuk leh phir te pawhin an nei duh hle.

Sawi tawh ang khan tlakchham natna nasa tawh chu enkawl dam a harsa a, thihna a tam phah hle. Chuvangin naupangten tlakchham natna an neih lohna turin uluk taka enkawl an ngai a, an than dan

tur bi anga an than leh than loh en fiah a pawimawh. Awlsam taka en fiah dan chu hunbi nei taka buk hian a ni. Thla tin buka, thla hmasa aia an rih belh loh chuan tlakchham an lo nei than te a ni thei a, natna dang an lo nei te pawh a ni thei bawh.

Tin, naupangten an mamawh tawh an ei a, tha taka an than theihna tur leh heng tlakchham natna venna atan hian sawrkar pawhin hma a la a. Social Welfare Department kaltlangin Anganwadi Centre tinah chaw tha, protein leh calories tamna lam chi, an in lama an ei te belhchhahna turin pek an ni a, hengte hi lo hlutpuia lo chhawr yangkaiu nih hi a pawimawh hle mai.

Sawi hmaih hauh loh tur chu natna dang hian tlakchham natna a thlen thin avangin hri venna laktir ngei hi tlakchham natna venna tha tak a ni bawh.

(chhonzawm tur)



Character Study:**ESTHERI BU***Rev. Lalsangbera***Thuhmahruai**

- ◆ Estheri hming awmzia chu ‘Arsi’ tihna a ni. A bu chhunga thil thleng hi BC 478-464 inkar vela mi a ni a. A chhung thu hi inphiar rukna thuin a khat.
- ◆ Bible-a chanchin ngaihnaawm ber leh ngaihnaawm berte zinga mi a ni. Ruai ðeh hlimawm takin a inñan, ruai ðeh bawkin a tawp. Ruai hi vawi riat aia tlem lo ðeh a ni. Judaten he bu hi an ngaisang hle.
- ◆ Bible-a India ram lanna awm chhun a ni.
- ◆ Bible-a hmeichhe hminga bu 2-na a ni (*Ruthi - Estheri*).
- ◆ Bible-a Pathian hming sawi lan lohna bu 2 zinga mi a ni (*Hla Thlan Khawm*).
- ◆ Hebrai-hote tihduhdah a nih thu ziahna bu 2 zinga mi a ni (*Exodus*).
- ◆ Mosia Dan bua lang lo Judate kut ‘Purim Kut’ bul ðanna leh chu kut hman dan lanna bu awm chhun a ni.
- ◆ Estheri bu hi Thuthlung Hlui bua Judate, Persia ram añaanga enkawl an nih lanna bu awm chhun a ni.
- ◆ Juda hnam chimit thei mai dawna a lan laia an hnam chhan chhuaha a awm hriatrengna bu a ni.
- ◆ Estheri bu chhunga thute hi Lal Kura thupek anga Babulona saltang Zerubabela hova kir ve ta lo, Persia rama awm Judate chhunga thil thleng chanchin a ni. History dik tak chu ni baw mah se, chumi behchhana thawnthu ziak ang hawia ziak a ang hle. Eg. Ahasuera nupui hming chu Amestris a nih laiin Vasti tiin a dah. Tin, lalnu nihna añaanga ban hi a tak takah a awm lo. Tin, Persia-hovin hnam dang, rin dan dang an neih avanga tihlum tur thupek hi Persia sawrkarah chuan a awm ngai lo.

- ◆ He buin a sawi tum leh chu “*Hnam dangten Judate chu nasa takin lo phiar ru mah se, Pathian venhimna avangin hnehtu an lo ni zawk,*” tih hi a ni. Chuvangin Estheri Bua thute hriatthiam nana thu pawimawh ‘Key Word’ chu *Pathian venna, inrawlhna, enkawlna* a ni.
- ◆ He bua chang hlu ber (most precious verse) an tih chu 9:12(b) “*Duh dang i la nei em? Min hrilh teh, ka tihsak zel ang che,*” tih hi a ni.
- ◆ He Estheri bu hian thupui nei ni sela, a thupui chu Rom 8:28 thu - “*...an thatna turin engkimin a thawhsak thin*” tih hi a ni ang. He thupui hian Estheri bu hi a luan chhuak zak a ni.
- ◆ Estheri bu hi tehkhin thu (Alegory) atan nasa taka hman thin a ni. Entir nan - Lalnu Vasti chu mihring hlui, Pathian hnawlhnu, dinhmun hmasa hlohtu, Estheri chu Kristaa siam thar ringtute, Hamana khaihllumna chu krawsa mihring hlui khenbehna, Mordekaia chu Krista - thawhlehma nun tawmpuitu angin.
- ◆ Hemi bu chhunga mi langarte chu Hamana leh Mordekaia te an ni. Lal Ahasuera hi a Greek hming chu Xerxes I a ni. Persia tawnga a hming chu Ksajarsa a ni. Hebrai-hovin an lam thiam danin Ahasuera an ti. Lal Daria fapa niin Persia ramah BC 522-486 chung a lal. Lal hian a ram chu bial 20-ah a then a, chung chu ram then 127-ah a then hrang leh. Chung ram thene chu Governor an tihten an awp thin.
- ◆ Mordekaia hi Juda mi a ni nain Babulon pathian Marduk nen inlaichinna a nei mai thei. Amah hi Benjamina thlah a ni. Hamana hi Israel hmelma Amalek hnam thlahte kal zela mi a ni. Estheri hi Juda mi a ni a, Babulon pathiannu (hmangaihna) Istar nen inzawmna neia ngaih a ni. A hming hi Persia tawng chuan Arsi tihna a ni. A Hebrai hming chu Hadasi a ni a, thing buk rimmtui, parvar, eng lai pawha hnah hring reng, lei tihtatua an hman Myrtle sawina a ni.

Thu pawimawh zir chhuah turte

1. Lalnu Vasti chu hmeltha tak a ni, thawmhnaw mawi leh nalh takin a inbel. A hmelthatzia a mi liante hmaa lantir turin lalin a ko. Mahse, a duh lo va, phiartute thurawn hmangin a pasalin a hnawl.

Ringtute hi mi dang aia kan Lalpa mithmuha kan that bikna te, kan thianghlim bikna te, kan duham loh bikna te, khawvel mithmuha pho chhuak ve turin min ko. Mahse, chu chu kan duh lo va, mi lak ang kan la duh a, mi tih duh ang kan ti a, kan Lalpa hi kan chungah a lawm lo va, kan rawngbawl na kawr mawi ha reng chungin Lalpa lama kan nihna kan hloh ve em? Nalh mah ila hnawl tawh rawngbawltu kan ni thei tih i hria ang u.

2. Lal nupui ni turin inchei chhung pawh kum khat a ngai. Thla ruk chhung Mura inchulh a, thla ruk chhung rimtui chi dang inchulh a ngai. Estheri chu chutianga a inpuahchah hnu chuan lal duh zawng nih a tling a, Lallukhum khumtir a ni ta. He thu atang hian Lalpa duhtu

nih mai a tawk lo va, Lalpa min duh tlak nih a pawimawh zawk. Lalpa duh tlak ni tur khawp chuan mahni pawhin buai phah khawpa kan Lal tana inuluk leh duhtui a ngai.

3. Hamana chu kaisantir a ni a, hotu dang zawng chungah dah a ni. Mordekaian chibai a buk ve loh avangin Hamanan a phiar ru a. Lal thinlung hneh turin dan tlawhchhan siin Mordekaia leh a chipui Juda tihhlumna turin lalber chu thupek a siamtir.

Hetiang bawh hian thawhpuite emaw rawngbawlpui te emaw kan thu thua an awm loh avanga chhuanlam dang, dan leh kalhmang dik tak hmang sia tute emaw nem hniam tumna hi Hamana kalkawng a ni tih i hria ang u. Rilru dik lo taka mi tha chungah pawh khawih tura themthiam leh finrawl chhuah hi hlauhawm tak a ni. Mi mala kan er leh tluk loh te, a dik lo zawka mipuiin an ngaih theih nana tangkai thiamna hi Kohhran huangah hian a awm ve thei reng.

4. Hamana thil tum ruk hre Chiang si lova lalin ram puma

'*Lal thupek*' Hamanan a duh anga a ziahtir, '*Juda zawng zawng thah chimih vek tur*' thu chuan Judate a tiṭap a, an mangang, Mordekaian Estheri puihna a dil ta - Estheri chuan Hamana thil tih dan lal hnena a thlen theih nan leh thupek sut a nih theih nan a hmasa bera hmalak a tum dan chu - Susana Judate ni thum leh zan thum chawngheia ṭawngṭai turin a ti a, amah pawhin chutianga a tih ve tur thu a sawi. A dawtah dan lo pawh ni se, tih phah hiala lal hmaa din a inhuam.

He thu aṭang hian rilru natna leh thil ṭha lovin ringtute min hual vel laia kan thil tih dan tur a tarlang. A buaina leh a tibwaitu lamah a che let ve bawrh bawrh lo. Fim taka ngaihtuahin, ṭawngṭai phawta Lalpa lama tluk luh a duh hmasa ber. Lalpa lama ṭan la hmasa lova chiai taka mahni buaina hmachhawn hian huatna leh beidawn lehzualna a thlen. Rilru hah vanga mut theih loh, chaw ei theih loh, thinrim leh huatnaa khah mai hi a awl ṭhin. Estheri angin Pathian au hmasa phawt ila, chumi hnuah chauh

mihring lama kan tih ve tur chu ti ila. Hei hi Estherin lalnu nihna a hman dan chu a lo ni. Hmasak loh tur hmasakte hi buaina chabi a ni.

Mangang thiam lo chuan tu emaw mihring pawimawh an pan thuai a, Pathian kuta tluk luh leh ṭawngṭai lam an uar ve lo. Chhan chhuahna hmu pawh ni se mihring aṭanga lo chhuak a ni a, mihring thilin an lawm liam leh mai ṭhin.

5. Estherin ni thum chaw a ngheia, a ṭawngṭai hnu chuan mihring lama a tih tur a ti ṭan ve ta. A lal thuam inbelin lal hmuh ngei turah a inlan ta. Dan ang ngeiin lalin a ko lut - "*I duh apiang mi dil rawh, ka pe ang che, ka ram zat ve pawh ni se,*" tiin lal chu inphal hle mah se, Estheri chuan ama tana ṭha tur lama dil lo. Lal leh Hamana, a chung a ṭha lo taka awmte tan chawh lui a buatsaih ei turin a sawm daih. Ruai a buatsaihsak nawn leh dawn pawhin ama duh zawng eng mah a la sawi chuang lo. Ruai a buatsaihsak leh te te.

Hun hmanh mawh thlak takah Estheri hi a muangchang

hle. Keini chu eng emawin min tlak buak hlekin kan chiaia, thil tha ti hman lo lekin mahni tanghma ngawt kan sial, phili takin kan che rawp rawp a, min hawtu kan insiam chawp fo thin. *“Mahni aiin mi dang ngai pawimawh hmasa rawh,”* tih hi Estherin min chah a nih hi.

Hamana tlaipuar, duhsakna dawng chu a hlim thei chuang lo. Amah chibai buk ve duh lo Mordekaia a huat avangin. Mi chapo nun zia chu an tiatpui huatna neih hi a ni. Hlim viau thin mah se chhungrila huat an neih chuan an hahchawl thei lo vang. Mordekaia khaihlumna tur a siamtir ta a ni. Huat neih hi hahthlak tak a ni.

6. Estherin lal leh Hamana tana ruai a theh nawn zan chuan thil hlui chhinchhiahaa lal thah tuma phiarrute pahnih Bigthana leh Teresa te laka Mordekaian lal a humhim thu lalin a chhiar fuh hlauh. He thil avang hian lal chuan Mordekaia a chawimawi ta a.

Hun kal tawha tu chungah emaw thil tha kan tih hi tuman

sawi zui lo mah se kan Pathian hian a hre reng. Lal tana Mordekaia thil tih chu a hun teah Mordekaia tan lalin a rul let ve leh. Mi mangang tana thil tihah te, mite nun chhanhim turtein i insum suh ang u. Kan mamawh hun takah rulh letin kan awm leh dawn. Kan chi tuh hi kan la seng dawn.

7. Lal Ahasuera hriat ve loh Judate zawng zawng thah chimih tur thupek lal hminga lo siamtu Hamana thil tih chu hriat chhuah a ni ta. Amah Hamana khaihlum a lo nih phah ta. Zangkhuah a lo bungbu ta. Rilru tha tak pawh hi tikawitu an awm thin.

Mahni mi mal thil tih tum, Pathian hming lam mai avanga chung lamin min pawmpui ta emaw tia zah hauh lova mi dang tana pawh tur zawnga hma lak hreh si lo hi Hamana rilru kal zel a ni. Rilru chhe tak pu chungah kan thil tih hi eng tikah emaw kan chungah a lo la thleng dawn tih a tarlang.

8. Mordekaia, mahni dinmun khel ve lo, a hnaa rinawm, lal nunna venghimtu,

lal aia mi dang tihlawm tum ve lo, a thawhpuiten an elrela chu lalin a nihna a hriat chian hnu chuan, thatnaa rulh let a ni. Lal zungbun Hamana bun thin kha a bun ve ta. Tun thleng hian lalin a chawisan duh hi chu chawisanin an la awm zel. Mahni inchawisan duh mi chu mihringin tihhniam tum mah se an ding chhuak dawn tho tho tih a lang reng.

Estheri chuan lalin a lam hawia a tiang a vai nghakin mittui tla chungin inngaitlawm takin a awm. A pasal zahpah lo takin a sawi duh a tilang ve lo.

He thuah hian hmeichhiaten an pasalte an hneh theihna thuruk a lang. Chu chu inngaihtlawmna leh pasalte zahna, dah pawimawh hmasakna leh mittui hi a ni. He chet ze tha hi hmeichhe thate chhinchhiaha a ni. Chu ze tha nei chung a Judate zawng zawng tihmang vekna thupek sut leh tura ngenna thu Estherin a han sawi chuan lal thinlung a hneh vek. Hma lak dan tur thar thawn chhuak turin a ti ta. He thila Estheri nun ze ropui bik

lantirtu thu mal thenkhat chu - Lalin rem a tih chuan... a ke bulah a bawpkhup a... mittui nen... tih te hi. Hmeichhe huaisar, pasal ngam zek chi chu a ni lo. He hnehna thuruk avang hian a pasal chuan '*Duh dang i la nei em? Min hrilh teh, ka tihsak zel ang che,*' a ti. Kan Lalpa hi kan hmin ve thei asin.

Judate tihmangna tur thupek chu sut leh theih a ni lo; mahse, hmelmate laka lo inveng tur leh bei leta that thei tura thupek an ni ta zawk. Vawiin thleng hian soal leh kan hmelmam min beih lohna tura humhim kan ni bik lo. Kan thupek thar hmuh chu - Diabola hmun kian suh u... Ai khaw lamah in feite lek rawh u... Hmachhawn rawh u... An hlauhawmna chu hlau suh u... In kawng chu thutaka hrengin, felna awmphaw chu ha ula... Chhel takin awm rawh u, tih kan ni ve. Kan hmelmam hi dim chi a ni lo, tuar tlawk tlawk tur pawh kan ni lo, beia ngamtu ni turin min siam tih i hria ang u.

9. He Estheri buah hian inngaihtlawm leh tawngtai hi thil

awm dan thlak thlengtu chabi a ni tih a Chiang hle. Kan thatna tura kawng engkima Lalpan min thawhsak dan makzia kan hmu. Mahni ngaiha dik, Lalpan a hnawl si nih hlauhawmzia te, Lalpa duh tlak ni tura inuluk a tuzia te, mi dang rilru tikawitu nih pawizia leh mite mamawh lai taka puitu rulh let a nihzia te kan hmu ta.

Mi pahnih khaikhin kawp zel a ni - Estheri leh Vasti, Hamana leh Mordekaia. Pakhatin lalnu nihna a luah chu mahni chauh inngaihtuah nan a hmang a, pasalte thu awih lo ngam a ni bawk, a tawpna chu hnawl leh hnawh chhuah a ni. Pakhat zawk chu fahrah rethei a ni a, a tawpna chu lalnu nih a ni. Keiniho pawh hi kan chanchin kal zel thui tak chu mi dang nen inanna tam tak awm mah sela, tawp lam inang lo tur kan ni ve dawn. A then Pathianin a hnawl, a then tun din kan ni ang. Hamana pawh lal dawttu, lal zungbun bun pha a ni hmasa a, a rilru a sual em

avangin a tawpah khaihlum a ni. Mordekaia chu Persia rama saltang chambang te fa ve mai a ni a; mahse, mahni hnaa rinawm, mite chhiatna aia mi nunna humhim duhtu, intheh lar tum ve lo kha a tawpah lal dawttu a lo ni ta. A chhuk thla Kristian leh a chawikan Kristian, zuih ral lam pan leh arh chho deuh deuh Kristian kan awm zel. Ringtu dik takte chu thing buk rimtui anga an bula awm nuam, mi hipna nei pangpar var anga nun thianghlimna langsar leh hriat hran awl bik an ni a. Eng lai pawha hnah hring reng chi anga nun nghet nei leh daih rei, awm dan inthlak ve mai ngai lo, ngai awh rei thei an ni a. Lei chhe zinga lei tithatu (fertiliser) angin a chhe lai siam that hna an thawk a. An awm danin Pathian a tihlawm avangin, *“Duh dang i la nei em? Ka pe zel ang che,”* tiin an lakah Pathian a inphal thin. Nang pawh chutiang mi chu lo ni ve ang che.



ZAN TLAICHUL RAM FANCHU

*Rev. P.C. Pachhunga,
Synod Secretary*

Chu zan (22.12.2010) zet chu huat tur nge a niha lawmthu hrill tur a nih ka hrethiam ta lo. Ka mit (*bile*) zaina hliam avangin ka khuh zawng apiangin na tuarin ka then a, a khat tawka ka khuh sek avangin muthilh hman lah a ni lo. Amaherawhchu, a taka ka lo tawn hriat tawh chul ram fangin suangtuahna ramah ka feh chhuak a, lung a leng a, min ti hlim bawk si, na tuar ngawta tlaivar ai chuan manhla tak chu a ni.

Tlangsam pik kara kan inselemchaih mai mai laia thiante nena kan hlim thinzia ka ngaihtuahin khang hun lai kha kan khawvel nawm hun lai ber a ni hial awm e! Middle School kan kal laia Pathian Thlarau Thianghlim zara thinlung thar, nun thar peka ka awm, ka sawi thiam si lova ka nun chhungril hlinzia leh thinlung lawmzia te tak kha aw! Pathian thil siamte hi hmakhawsanga mi mah ni se tukin zinga siam thar hlim ang maiin an lang thar lamin an mawi danglam thei zuk nia! Thuthlung Thar Bu, ka nu min leisak ka chhiar a, ngaihnawm ka tih thinzia tak te kha, vawi tam ka chhiar chhuak a ni. Thiante nen, zan khaw thiangah thiam leh thiam lova khawlaia Pathian thu sawia kan au lauh lauh laite kha ka chhui kir a. Tu khawkhain

hlawkpui lo mah se a sawitu lamin kan hlimpui vezia kha theihngihil rual a ni lo.

Ka pa kha ka tan hian zirtirtu a va tling tak em! A hnen atangin thiamhnang tah chi hrang hrang ka thiam a. A puanthuina kianga ka lo inzir vena kha tun thleng hian chungkaw mamawh thil hrang hrang thuitu berah ka tan theih phah a ni. Thiam thil a hnen atanga tam tak ka zir aia hlu, taihmakna leh rinawmna thu te, Pathian lama tan pawimawh leh hlutzia min hrill thinte kha ni tinin a takin a dikzia ka hmuin ka chang chho zel thin. *'Pathian lama i tan phawt chuan Pathian chu i lamah a tang tih hria ang che, Pathian lama tan hi kan tan a hlu ber a ni'* tia min hrill thin laite kha thinlungah a cham reng thin.

Ram buai avanga sikul tharai awm lohna hmuna bul tan mah ni ila Pathian leh ka uteho zarah tuna ka hna thawk thei tura ka han inzir puitling ve thei hi kei leh ka chhunge tan hian a va hlu tehlul em! Ka u-te leh an nupuite hi ka tan chuan an hlu em em a ni, he khawvela nun kawng pangngai zawha, mi ka an ve theih nana min tungnungtu an ni tlat. Chutiang thil ngaihtuah chuan na tuar chungin ka thinlung hi a lawm veng veng mai. Amaherawhchu, anmahni tanpui let theihna ka nei lo erawh hi chu hrehawm ka ti thin, an tana tih theih ka va nei chau tak em!

Pathian thu kan zir laia ka thiante, pianpui unau ang maia ka chungga thate nen kan hlim thin dan kha chu fang chhuak vek mah ila sawi sen a ni lo vang. Pro. Pastor hna ka thawhna hmun Khawlailung Bial mipuite felzia leh ka chungga an thatzia kha, ka dam chhunga ka theihngihl theih loh tur zinga mi a ni ngei mai. Kohhranho an bengvar em em a, chaw eia min kotu an awm reng mai. Tum khat phei chu ka awmna, Pu Rinan chaw eia min rawn sawmtu hnenah chuan, *'Tun tum chu min lo hrethiam la, hmun danga a ei ka phal*

tawh lo, a awmna berte nen chaw kan la eiho lo, naktuk chu eiho ve kan duh tawh' a lo ti a. Kei tehlul khati taka min lo duhsaktute kha theihngihl an har teh asin. An zinga ka awm lai chauh a ni lo, vawiin thlengin ka chungah an la tha a ni. NI. Lalmazawii phei chu an khua kan chhuahsan hnuah pawh kan chhungkaw zinga lo tel zelin kan chhangchhiat buai chhung zawnga min buaipuitu a ni a, kan chhungkaw tan a va hlu tak em! Khatianga nula fel kha nei lo ta ila engtin tak khawsa ang imaw? Kan chhangchhiat dan chu nakinah kan la sawi ang. Khawlailung khi khaw nuama sawi chu a ni hauh lo; mahse, kum thum lai ka'n awm ve takah chuan, a leilung vang ni lovin, a chhunga chengte avang zawkin nuam ka ti em em mai. Upa leh rawngbawlpui dangte felzia leh an kianga awm nawmzia ka ngaihtuahin na tuara ka awm zan pawh lawm taka min hmantirtu a ni.

Kawlkulh lamah ve thung : Kum 1990 atangin Kawlkulh Bial enkawl turin ka phekkho ve ta a. Khawlailung ang bawka khaw hmun hahdam lo tak a lo ni ve a. Pastor thlazar

hnuai Pro. Pastor nih kha chu a lo hahdamthlak khawp mai a. Bial vawngtu ber dinhmuna han din ve dawn takah chuan a zamawm hle. Veng leh veng inpawhna karah thawh thiam a har dawn hlein ka hria a, ka huphurh hle mai. Quarters thar kan sak chhung zawngin quarters hlui tawh takah kan awm a, kan fate pahnih an la te si a, to haw lai phei chuan zanlaih pawh a tul huna fate paw nawlh thei turin naupuakpuan kan lukham ran thin a ni. A naupang zawk birth day lawm hun dawn tepah a chhang tur phir, mipa leh hmeichhia an lo piang leh ta mai! A chhang neitu pawh a la kal thei bawk si lo nen, buai namenin kan buai ta lo a ni ber mai. Khawlailung nula fel tak kha kan hnenah awm hlauh lo phei sela chu engtin tak khawsa ang imaw!

Kan chhangehhiat dan chu nuizatzthlak tak a ni a. Kan fa upa ber chu a leikang deuh tawh a, chaw hrai buai ngai lovin amahin a kil hrang ve mai a. Puitling pathum kan awm a, naute pakhat theuh pawm chungin chaw kan ei a. Kut lehlama nau kuah bet a ngaih avangin antam zut hi a har khawp mai a, a kuang bul lamah hain kan seh a, kut

lehlamin kan zut thin a nih chu! Mikhual lah chu kan nei thei phian mai si a, kan chaw ei lai kha kan hmuhdawm thin ngawtin ka ring, an chhungte hnenah engtin tak report thin ang maw?

Chhangehhiat buaiin min hmuh fiahtir chu kan chunga mite an thatna hlu tak chu a ni. Khawlailung nula Maziai kha chu keimahni chhungkaw zinga mi ang thlapa kan ngaih a ni a, ani pawhin mi a en hrang lo, chuvangin ani tangkaina leh thatna kha chu a neituah ngaiin sawi tam lo ta ila. Thenawm hmeichhe naupang zawng zawngin an hun awl apiangah kan naute awm turin an lo tlan khawm thin a, an zavai mai chuan nau thumhnaw thlakna tur zawngin room chhunga kan thingrem zawng zawng pawh an hawng ngam vek a, neitu ang maiin min buaipui thei vek a nih chu. Upa Kulsanga fanute leh Upa Siama fanute phei chu kan buai mangan apianga kan koh ngamte an ni a, kan chunga an thatna kha dam chhunga theihngihl theih loh tur a ni.

Kan chunga mite thatzia hi ropui ka ti em em thin. Khawtlang mipui zawng

zawng, kohhran pawl dang chenin an thatna kha sawisen a ni lo. Kum sarih a ral a, an khua kan chhuahsan dawn meuh phei chuan Kohhran chu sawi loh, MHIP leh YMA thlengin thlahna thilpek nen min thlah a, kan chung a an thatna zozai kha rulh sen rual a va ni lo em! Ka na neih pawh theihngihl thaka chung chu ka lo ngaihtuah laiin ka khuh a lo chhuak leh ta, chu chuan ka na neih chu min hriattir leh chauh a ni.

Chhak lamah a kal zel a :
Kum 1997 January thlaah Champhai Vengthlang Biala awm turin kan inphur bawr chho leh ta a. Kawlkulh Thalaihoten kan vawk in leh vawk ek nen lam bus-ah min hlansak vek mai a, Upa B. Pawlthanga hovin thalai thahnem takin min han thlah a, an chungah kan lawm hle mai. Mi tha tak tak kalsanin hriat ngai loh khuaa bul han tan tha leh tur kan nih avangin kan huphurh hle a. Khaw tin maiah hian a tha leh fel ber emaw tih tur chu an lo awm zel mai a nih hi.

Champhai Vengthlang Biala kan awm chu Kawlkulha kan

awm lai ai chuan kan fate pawh tlemin an lo leikang ve ta deuh va. Mahse, mahni chhungkua maia khawsa thei erawh kan la ni lo. Khawlailuhng nula, min awmpuitu ber lah chu a pain a boralsan avangin an in lama a haw ve a ngai ta sia, awmpui tur zawng reng rengin hun eng emaw chen chu kan buai a. Bethel Veng nula, Mawitei Pathianin min pe hlauh mai, khatianga nula fel leh taima, zaidam bawk si kha kan ramah hian nula eng zat tak awm ang maw! Nula hmeltha leh lian zet zawt a ni a, kan chhungkaw tan a tangkaiin a ngainatawm ngei mai. Kawng engkimah kan ring a, Champhai kan chhuahsana, Manipura kan kal thlengin kan chhungkaw zingah a lo tel ve zel nghe nghe a ni, ani pawh hi kan dam chhungin kan theihngihl leh tawh lo vang.

Khawlailung leh Kawlkulh ang thovin Champhai mi pawh an lo fel em em a. An veng a kan awm lai chauh ni lovin vawiin thlengin an thatna zar kan la zo reng, kan chung a an thatna hi rulh tur ni se, keini chhung tehlu hian kan rul seng lo vang, Lalpan min rulhsak mawlh teh se.

(chhunzawm tur)



AICCW QUADRENNIAL ASSEMBLY VAWI 10-NA

- *Lalthansangi Fanai*
Asst. Secretary

All India Council of Christian Women (AICCW) Xth Quadrennial Assembly-a palai turin PWF-in mi sawm (10) a tir a. Mizoram Synod aṭangin Pi Zokhumi Vankung, Ex-Chairman nen Kolkata-a ṭhian dangte nen inhu khawma, rela kalho tumin January 18, 2011 (*Thawhlehni*)-ah Aizawl kan chhuahsan a. Tluang taka Kolkata thlengin Taxation Colony, Salt Lake-ah NI. Rintei Renthlei duhsakna dawngin kan awm a, kan lawm hle. Chutah NI. Zohmangaihini, “*Rel an cancelled a, kan lo kal thei dawn lo,*” a rawn ti chu kan buai ta. Ticket hmel hmu lo pahnihte kal dan tur pawh a buai lo thei lo. Mahse Pathianin ‘mi’ a lo ngah hle mai - zanah leh a tuk kal hma zawng vir zak zak a ngai a, eng emaw ti tiin kal dawn ṭepah kan inching fel ta a ni.

Quadrennial Assembly Vawi 10-na kan hmanna hmun hi Ashirwad Global Learning Centre, Jodimetla (*Seconda-rabad Rail Station aṭanga km. 20 vela hlaa awm*), RR District, Andhra Pradesh a ni. A hmun a thlaler deuh na a, a nuam viau a, nakin lawka hmunpui lun em em tur hmel pu a ni. Mikhual takin kan awm dawn emaw kan tih laiin Rev. Roger Gaikwad, ATC Principal ṭhin, tuna NCCI General Secretary ni mek hi a lo vei thauh thauh a, min lo lawm a, kan tlangnel ve nghal a ni. Palai zawng zawng hi 150 vel kan ni.

Inkhawmpui hi January 20-23, 2011 chung neih a ni a, Inkhawmpui Thupui chu ‘**Women : Channels to challenge for a better world**’ tih a ni. January 21, 2011 (Zirtawpni) nilengin mi thiam chi hrang hrang thuziak ngaihtlaa zir ho a ni a, rorel/thu ngaihtuah ngai ṭhenkhat ngaihtuah a ni bawk. Rev. Roger Gaikwad-an Ruthi Bu hmanga thuchah sawia min zirtir kha a chhenfakawm ngawt mai. January 22, 2011 (Inrinni)-ah rorel hmain chet hona tur (thil siam) an duang a, kan che sap sap chu naupang awm khawm kan ang

mar mar hle. Thim hnuah rorel chhonzawmin 2011-2014 hruaitu thar thlan a ni a, dar 10:00p.m. velah zanriah kan kil tawka a ni. He Inkhawmpuia Vice President Ni. Thatlingi (2001-2011) chu PWF, PCI (CHT Synod) a ni a, ani pawh rel cancelled avangin a rawn tel thei ta lo va, a pawh hle. Eng pawh ni se, 2011-2014 hruaitu thlan thar zingah hian Pi Lalhriatpuii, Salvation Army a tel a, a lawmawm reng reng e.

AICCW hi National Council of Churches of India (NCCI) hnuaiyah 1971 khan din niin Kohhran hrang hrang 30, sangawi zawnpui pawl 9, NCCI hnuaiya Regional Christian Councils 17 leh a dangte inpawlhona a ni. AICCW tum ber chu ringtu hmeichhiate tawngtainaa inthlunzawmna, tawnhriat leh thiltih hrang hrang hmanga indawm kan tawn te, dikna leh rorel felna kawng hrang hranga lantir a, muanna thlentir tura tan lak te a ni. Kum li danah General Assembly neiin, Executive Committee member-te kum tin tum hnih an thu khawm thin.

Inkhawmpui awm loh kumah a tul ang thawka hriattirna thawn chhuaktu chu NCCI-in a rawih Pi Rachel Pradhan, Executive Secretary a ni a, ani hi Church of North India member a ni. AICCW hian Magazine 'STREE' 2009 July khan a tichhuak tan a, thu leh hla lama hmasawn zel an inbeisei hle.

Zofaten AICCW kan hmelhriatna bulpui deuh ber chu WDP (*World Day of Prayer*) hi a ni awm e. Kum 2008-ah Guyana, 2009-ah Papua New Guinea, 2010-ah Cameroon, 2011-ah Chile chungchang zira tawngtaipui an ni (*dawn*). Tawngtai thupui leh chanchin chhiar tur buatsaih tur hian con-vener hran neih thin a ni a, kumin 2011 tawngtai thupui buatsaihtu hi Major M. Rachel a ni.

Hlim taka hun hmangin Inkhawmpui khar a nih hnuah Mizoram kan rawn pan ve leh a. Kan zin kawng tuana min buaipui turin Pathianin thin/nau tha min pek avangin lawmthu kan sawi a, mahni in lum ngei min thlentu Lalpa chu fakin awm rawh se.



BUHFAIṬHAMAH ENG BUHFAI NGE ṬHAM TUR? TUTE NGE LEI ṬHIN ANGA TUTEN NGE KHAWN ṬHIN ANG?

*Prof. T. Vanlaltlani
ATC, Durtlang*

Ṭhenawm khawveng nuhote anga buhfaṭṭham hralhnaa a buaipui tur pawha tel ve thei ngai lo, buhfaṭṭham pawh khawn ṭha hman mang si lo, buhfaṭṭham kum za lawmna inkhawm pawha tel hman lova Committee danga kal dawr dawr siin engtia he thu hi ziaak tlat nge maw ka nih le? Hmeichhe naupang nih laia buhfaṭṭham khawn phur em em, nuten engtin nge an lo ṭham tih lam chhut ngai lo khan kum a lo liam zel hian ngaihtuahna thar min rawn siam nasa mai. Report hrang hrang ka bengalut leh zawhna ka dawn ṭhinte tun ṭum chu kan aupui ngawt mai teh ang. A ṭha ber chu chhiartuin kan hre thei ang.

I. ENG ANG BUHFAI NGE ṬHAM TUR LE?

Mizoram buai (kum 1966) hma kha chuan 'vaibuhfai' tia kan sawi, buhfai sa, a chhiat mai lohna tura a venna eng emaw pawlha, saipa khung ang chi, a ṭhat dan inang lo tak tak hi Mizo Kristian chhungkuaten kan hmu teh vak lo va (Aizawl khawpuia chengte chuan an lo hmu pawh a ni mahna). Mahni lo vah leh hala buhtuh aṭanga lo thar chhuak, (buh chi hrang hrang chu a awm ve tho va) kha kan ei a ni ber a. Buh denna khawlte a awm hma phei chuan

hmeichhiaten sumah kutin kan dengin kan thlei fai leh a. Tuk khatah (zing kar tukṭhuan ei hma) buh ṭin khat (tunlaia anṭam tel ṭin ang hi) aia tam dena thlei fai chu harsa tak a ni. Chuvangin buhfai sa dah rei rui chu thil theih a ni meuh lo. Mizopa siam buhherkhawl kan tih ve te kha khaw khatah a nei tlem te an awm a. Mi tam ber chuan pawn sumhmunah buh kan dengin kan thlei ṭhin. Khang hun lai kha chuan mahni ei ang ang bak kha buhfaṭṭhamah pawh pek a ni vek mai. Tunlai hian khawpui leh thingtlang khaw tam takah pawh phai rama buhfai, Food

& Civil Supply Department chah chhuah sa kan ring ta deuh ber a. Buhfai ðat dan inang lo fe fe kan lo ei ta. A ðen chuan mahni chhungkaw buh thar ngei, thingtlang lo leh leilet aþanga thar chhuah ngei kan la ei baw. Hetiangah hian eng nge kan dinhmun le?

1. Buhfaithamah hian mahni ei ang ang buhfai ðam/pek hi a ða : Buhfaitham chu a belah pawh ‘Buhfaitham Lalpa Chanpual’ tih a inziah kalh avangin mahni ei ðin buhfai aia ða ðam tur kan neih loh pawhin kan ei ang ang kan ðam tur a ni tih ngaih dan neia ðam kan awm. Kan neih bak Pathianin a phut a rinawm lo va; chuvangin, kan ei ang ang kan pek hian thil sual a ni lem dawn em ni? Buhfaitham tur bik mahni chhungkaw ei aia ða lei chu kan harsat ngei dawn si a. Hetiang ti thei kan awm chuan a ða lam ni se; mahse, kan harsat hmeh deuh ve.

2. Buhfaitham bela mahni ei ðin buhfai aia chhia ðam/pe kan awm : Ngaih dan pakhat, mi hriata sawi chhuah tlak vak si loh, a taka thil kan tih, a hre rututen an lo natpui

theih sawi tur a awm. Chu chu hei hi a ni: Buhfaitham atan chuan kan ei ang ema ða a ngai hleinem. Keinin ða tak lo pe pawh ni ila a dang nen a inpawlh vek dawn a, a lang chuang nang. Chuvangin kan ei atan bufai ða tak lei mah ila buhfaitham tur hi chu a chhe deuh dah hran mai a ða tih hi. Hetiang avang hian mahni buh thar tui tak nei reingin emaw, buhfai tui ber ber chi leia ei ðinin emaw, vaibuhfai kan tih ang chi, Government Retailed Price Shop, ‘Ration buhfai’ tia kan sawi ðin buhfai tui lo deuh hi buhfaithamah kan dah ðin. Chhungkaw ðenkhatin buhfai dum, Boiled Rice tia sawi fo ðin, mahni eia Mizoten kan duh lem loh (ðenkhatin vawkwah ah an hmang ðin) chi hi buhfaitham belah kan dah baw. Mahni chhungkaw ei ðin aia chhia buhfaitham bela ðam/ dah tlat mai hi min hmu rengtu Pathian hian engtin ngai ang maw? Hetianga kan ei tur buhfai leh buhfaitham kan han thliar hrang vel hi inlengte mithmuhah kan tilang ngam ang em? Lal Isua hi kan chhungkuaa chaw kil ve tak tak turah han chan hian thil tih zui zel awm tak niin kan hria em?

Nge, buhfaiṭham chu a inpawlh khawm hnua mi dang lei tur leh an ei tur a ni a, a ṭha a ngai lo tih ngaih dan hi kan pawm zawk ang? Kan chhungkuain buhfai ṭha tak kan lo ṭham a, tutuin emaw an lo ṭham bawh chuan buhfaiṭham leitute pawhin buhfai tui deuh hlek an lo ei phah thei ang tih ngaih dan neih hi Lal Isua duhzawng a lo ni zawk mial lawng maw? Buh thlei hman loh chuan thlei loh pawh kan pe a ni thei e; mahni ei tur thlei hman rengin buhfaiṭham atana thlei loh han ṭham/suah (buhfai ṭham tia kut hmawra ṭham duh tawh lova lawm taka chaw chum apianga no khat suaka buhfaiṭham bela dah pawh kan awm tih hria ila) pawh ti lo tlat kan awmte hi a nalh chiah lo ve. Kan chhungkuain kan ei aia chhia emaw, buhfai bawhlhlawh zawk emaw hi ei tur min petu leh, ei theia damna min petu hnena lawmthu sawi nan hian pek chi a ni zel ang em? I inngaihtuah chiang teh ang u.

3. Buhfaiṭham hi a bela dah tur nge a khawntu lo kala fairel bela mi suah mai tur : Buhfaiṭham hi chhungkaw buhfai chhum tur aṭanga ṭham hrana dah hran tur ni chuan a lang a, chuvangin buhfaiṭham

bel te, a bela bel turte Kohhran Hmeichhiaten kan ngaihtuah ṭhin. Kohhran ṭhenkhatah buhfaiṭham bel ṭha tak takte an sem. Chutih laiin ṭhenkhat chuan buhfaiṭham bel neih hran kan peih/duh lo va, a khawntu lo kal hunah fairel bela mi suakin kan pe ṭhin. Buhfai chu a ni tho, hralh chhuah leha pawh a ṭha tho. Mahse, buhfaiṭham rawngbawlna tia kan sawi ṭhin hi chu a ṭhelh deuh lo maw? Pi Malsawmi (RIP) leh Pi Zomuani te khan, “*Kan in chhungah Lal Isua hi a hring a hranin lo lutin ata nia a hriat rawn la dawn sela, ‘hei chu ka chumi ka khami’ kan ti zel ang a; buhfaiṭham bel chauh hi inthlahrung miah lova a lak tur a ni mai lawng maw?*” tiin an sawi ṭhin. Ngaihtuah chian hian thil ni thei ni tlatin a lang asin. Chuvangin buhfaiṭham bel neih hran a, ei tur min petu Pathian hnena lawmthu sawi chungka kan ei tura kan duh ang ngei buhfai Lal Isua puala han dah hran ngei mai hi a ṭha hle lawm ni? Awm loh palhah pawh a khawntuten inthlahrung miah lovin an la thei dawn bawh si.

(*chhunzawm tur*)



Ei siam dan**ZAMZO HNAHEICHI****Telh turte**

Zamzo hnah	:	Tel 1
Dal	:	Thum hnih vel
Hmarchapui	:	tlem
Purunvar leh sawhthing tihdip	:	
Tomato	:	2
Chi	:	duh ang zat

A siam dan

1. Zamzo hnah chu fai takin sil la, sin te tein chan rawh.
2. Dal chu sil fai la, tomato chan nawi nen zamzo hnah nen chuan cooker-ah vawi hnih phittir rawh, tui no khat nen.
3. Cooker i hawn hunah chawk kawi la, tel, purun, sawhthing, purunvar, aieng tlem leh hmarcha leh chi nen chuan kang mai rawh. Atta nen pheii chuan a inhmeh khawp a nia.

LAMKHUANG HEL KAN**Telh turte**

Lamkhuang rah, sen te lutuk lo	:	pakhat
Purun lian	:	pakhat
Puvunvar leh sawhthing tihdip	:	fianté khat ve ve
Tomato	:	2
Garam masala	:	
Chi leh hmarcha	:	duh angin

A siam dan

1. Lamkhuang chu vel la, sa hrang ang zelin chan la.
2. A chungá mi khi sa kan pangngai angin nui no hnih vel nen cooker-ah vawi thum vel phittir la, arsa kan a ang ve khawp a nia.

KAN HRUAITUTE CHANCHIN : PI RALDOCHHUNGI



Pi Raldochhungi (*Chhungteii*) hi Pu Kamlova (L) leh Pi Chawngthangpuii (L) te fa niin Mamit khuaah a piang a. Unau pianpui hmeichhia pali leh mipa pahnih a nei a, tunah hian a nuʔate chhungkua nen Chawnpui vengah an khawsaho va, amah hi nula hnah khat a la ni nghe nghe.

Ni tin eizawna lamah chuan kum 1973 aʔang khan Primary School zirtirtu hna a thawk ʔan a, kum 2007 khan a chawlhlan a ni.

Rawngbawlna lamah a inhmang hma hle a, Mamita an awm laiin Naupang Sunday School zirtirtuah te ʔangin a theih ang tawka Pathian rawngbawl tum tlat mi a ni. Tuna a awmna Chawnpuih Bialah hian Committee Member-ah te ʔang tawhin tunah Fin. Secretary a ni mek a; Chawnpui Bial aiawhin Central Committee-ah a lut a, term hnihna a hmang ʔan mek bawk.

Kohhran hmeichhiaah chuan, Asst. Secretary, Treasurer, Fin. Secretary-ah te ʔang tawhin tunah Secretary a ni mek a ni. A lawina Kohhranah hian thuhrituah te, Puitling Sunday School zirtirtuah te leh Nilai Zan Thupui hawngtuah te hmangin Kristian Chhungkaw Committee-ah a tel bawk.

KHB No. 399-na, '*Lalpa i rawngbawla min koh hi*' tih hla hi hla duh ber zinga mi a ni a; Sam No. 37 '*...I awm dan tur chu Lalpa chungah nhat la, Amah chu ring la...*' tih hi a nun khal kaltuah a hmang bawk.

Chhung tinte hian Kristian chhungkua ngai pawimawha, chhungkaw ʔha tak dina ʔang tlang tur leh tisa maia fa hring lova thlarau fa hring ngei turin Zoram nu leh pate a chah a ni.

Pi Chhungteii hi nu lian, hleitling tak mai ft. 5 leh inches 2-a sang, ngo lam leh hmel ʔha tak a ni a. Nu inngaitlawm leh mi pawisawi lo tak, a bula awm nuam tak a ni. Thusawi thiam niin a inngai lo va; amaherawhchu, a nuna a tih takna chuan mi dangte nunah thu a sawi ring zawk a ni.

HRIAT ATAN

1. ZIN REPORT

- 1) **Chhingchhip Mualpui Kohhran** : November 26, 2011 khan Chhingchhip Mualpui Kohhranah Kohhran Hmeichhe Ni hmanpuiin Pi Salvationthangi leh Pi Kamliani Committee Member te an kal a. Chawhmaah Buhfaiṭham chanchin chhiar chhuah a ni a, chawhnu hun chu Variety Programme atan hmangin KṚP-te pawhin drama ṭha tak an entir. Pastor, Upa, Pavalai leh KṚP-ten an ṭawiamw ṭha hle. Zing dar 6:00-ah Jubilee dar vuain Pastor-in Centenary Lungphum a hawng a, Kohhran pum huapin ruai an ṭheh bawk.
- 2) **Sihhmui Kohhran** : November 27-28, 2011 khan Sihhmui Kohhranah Kohhran Hmeichhe Ni hmanpuiin Pi C.Lalbiakdiki, Treasurer; Pi C. Lianpari leh Pi Vanlalmuani Committee Member-te an kal a. Chawhmaah Buhfaiṭham chanchin chhiar chhuah a ni a, Pathianni zan thlengin hun an hmang. Kristian Chhungkua leh Tunlai Harsatna tih leh Chhungkuaa Lalpa Rawngbawl tih thupui hmangin thu an sawi bawk.
- 3) **Phullen Bial Hmeichhe Inkhawmpui & Silver Jubilee**: February 11-13, 2011 chung khan Phullen Bial Kohhran Hmeichhe Inkhawmpui & Silver Jubilee hmanpuiin Phullen Vengthar Kohhranah Pi Malsawmtluangi leh Pi Laldawnkimi Committee Member-te an kal a. Inrinni zan leh Pathianni chawhmaah Jubilee thuchah an sawi a, inpawlkhawmna hun ṭha tak an hmang ho bawk. Bial Inkhawmpui hi Jubilee lawmna nena hman kawp a ni a, Kohhranten an hlutin Pathian Thlarau Thianghlim awmpuina nen tuang takin hun an hmang a ni.
- 4) **Sialsuk Bial Kohhran Hmeichhe Inkhawmpui** : Sialsuk Pastor Bial Kohhran Hmeichhe Inkhawmpui February 11-13, 2011 chung khan Samlukhai Kohhranah neih a ni a, Pi C. Lalthanzauvi, Pi Biakengi leh Pi Liankimi Committee Member-ten an hmanpui. Programme duan lawk angin tuang takin hun an hmang a, thusawina hun te an hmang a, Pathian Thlarau awmpuina avangin Inkhawmpui boruak pawh a hlumawm hle.

- 5) **Kanhmun Bial Kohhran Hmeichhe Inkhawmpui:** February 11-13, 2011 chhung khan Kanhmun Pastor Bial Kohhran Hmeichhe Inkhawmpui chu Luimawi Kohhranah nghatin *Pandal*-ah Inkhawmpui hi neih a ni. Pi C. Lalmangaihi, Treasurer; Pi C. Vanlalmuaki leh Pi K. Lalthanpari ten an hmanpui. Bial chhung Kohhran panga a awm a, kan Kohhran in 367 an awm a, Luimawi hi in 33 chauh an ni a, Inkhawmpui hi hneh takin an thleng. Palai Rorel 62 an ni a, rorel an thiamin an fel hle. Inkhawmpui thupui chu, **“In kawngte chu chhut ngun rawh u”** tih a ni a, Central hruaitute hian thupui hi an sawi vek a, Pathianni chawhnu Inkhawm banah Central hruaitute pualin hun an siam nghe nghe. He Programme hi Bial chhung Kohhranten an hlawkpui ngei beisei a ni.
- 6) **Hnahlan Bial Kohhran Hmeichhe Inkhawmpui :** Feb 11-13, 2011 chhung vek hian Hnahlan Pastor Bial Kohhran Hmeichhe Inkhawmpui hmanpuiin Pi Lalrinkimi, Gen. Secretary; Pi J.H. Lalmangaihi leh Pi Khawlvuani Committee Member te an kal a; Inkhawmpui hi N. Diltlang Kohhrana nghah a ni. Inkhawmpui thupui chu **“Pathian hnaih”** tih a ni a, thupui hi hruaitu kalte hian an sawi theuh va, Pathian Thlarau awmpuina changin Inkhawmpui hlim takin an hmang. N. Diltlangah hian kan Kohhran In 23 chauh an awm a, Central hruaitute hian an inah kalin an tlawh chhuak vek a ni.
2. **MISSIONARY-TE TANA AGAPE CHANCHINBU LAKSAKTUTE**
 Missionary-te tana Agape chanchinbu laksaktu eng emaw zat kan awm leh ta, in chungah lawmthu kan sawi a, in inpekna azarah missionary-ten chanchinbu an lo dawng ve thei a, laksak thei kan la awm a nih chuan a lawmawm khawp ang.

Sl. Laksaktu No.	Copy lak zat	Sl. Laksaktu No.	Copy lak zat
1. Lalrampari, Chawnpui	10	7. Kolasib Saidan Koh.Hm	20
2. Lalnunmawii, Reiek	10	8. Maubawk West Koh.Hm	5
3. Lalthanpari, Tlangnuam, Aizl.	10	9. Ramhlun Vengthlang Koh.Hm	2
4. Liankimi, Upper Republic	10	10. Kawrtethawveng Bial Koh.Hm	10
5. Thenzawl Bial Koh.Hm	20	11. Aibawk Bial Koh.Hm.	20
6. Lungleng Bial Koh.Hm	10	12. Kolasib Venglai Koh.Hm	20

2009-2011 INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi C. Lalneihkimi
Secretary	:	Pi Lalrinkimi
Asst. Secretary	:	Pi Lalthansangi Fanai
Treasurer	:	Pi C. Lalhmangaihi
Fin. Secretary	:	Pi C. Lalbiakdiki

Committee Member-te

- | | |
|--------------------------|--|
| 1. Pi Vanlalthangi | 17. Pi Malsawmtluangi |
| 2. Pi Lalhlimpuii | 18. Pi Biakengi |
| 3. Pi Vanlalthuangi | 19. Pi Vanlalmuani |
| 4. Pi Lalthanmawii Sailo | 20. Pi Liankimi |
| 5. Pi Haumawii | 21. Pi Laldawnkimi |
| 6. Pi Chalzikiki | 22. Pi Salvationthangi |
| 7. Pi C. Lalthanzauvi | 23. Pi Khawlvuani |
| 8. Pi Kamliani | 24. Pi C. Vanlalhmuaki |
| 9. Pi J.H. Lalhmangaihi | 25. Pi K. Lalthanpari |
| 10. Pi Lalhmelthai | 26. Pi Lalnuntluangi |
| 11. Pi K. Lalbiakzami | 27. Pi C. Lianpari |
| 12. Pi Lalkhumi | 28. Pi Hmingkhumi |
| 13. Pi C. Liankhumi | 29. Ni. Vanlalsawmi
<i>Asst. Co-ordinator</i> |
| 14. Pi Lalsawmliani | 30. Pi H. Lalpianthangi
<i>Asst. Co-ordinator</i> |
| 15. Pi Lalchawimawii | |
| 16. Pi Raldochhungi | |

Ex-Officio Member-te

1. Rev. C. Lalsangliana, *Synod Moderator*
2. Rev. P.C. Pachhunga, *Synod Secretary (Sr.)*
3. Rev. Zosangliana Colney, *Executive Secretary i/c Women*
4. Pi Zokhumi Vankung, *Ex-Chairman*

KOHRAN HMEICHHIA

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

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

Postal Regn. No. MZR/53/2009-2011 RNI Regn. 40876/88



Phullen Bial Kohhran Hmeichhe Inkhawmpui



Vaphai Bial Kohhran Hmeichhe Leadership Training
& Kristian Chhungkaw Campaign

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