

AGAPE

MARCH, 2015

A chhunga thu awmte

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*Editorial***KAN INKHAWMPUI HI**

Pathian hruainain Inkhawmpui Lian vawi 46-na kan lo thleng leh dawn ta reng mai. Kohhran Hmeichhiaten kan nghahhleleh em em he Inkhawmpui Lian hi Mamit leh Hmunsam Pastor Bialten GSA Playground, Mamit-ah min thleng dawn a ni a, a thlengtu tur Bialte inpekna leh thahnem ngaihna a ropuiin an chungah kan lawm tak zet a ni.

Presbyterian kohhran chu Inkhawmpui kohhran kan ni a, inkhawmpui hrang hranga rorelte hmangin kohhran dan leh inhruainate siam thin a nih avangin a pawimawh a, inkhawmpui kal pawh kan ngai pawimawh hle a. Palaiten inkhawmpuia ro an rel hi a pawimawh hle a, rorelna hmunah tih tak zeta ngaihtuahna sen a pawimawh a ni. Ngaihtuahna fim tak nen, Pathian duh dan eng nge ni ang tih ngaihtuah reng chungah rorel a tha hle ang.

Hmeichhiate hi Inkhawmpuiah hian kan nalh thei hle mai a, Pathian hi kan neih tha ber ber nena fak leh chawimawi a phu reng a ni. Chutih rual erawh chuan inngaihtuah chian erawh a tul ang. Kan neih tha ber berte inbela Lalpa kan chawimawi chu a tha em em a. Kan neih phak baka inthuan duh vanga phurrit a nei khawp leh leibatna atana hman erawh kan chin loh a tha a ni. Thinlung taka Pathian biak leh kan fak theihna ang zel turin keimahni lam insiam rem ngai apiangte siam rem ngam zel ila, inkhawmpui hlawhtling tak, tisa leh thlarauah nei turin inbuatsaih theuh ang u.

Inkhawmpui hlim tak leh hlawhtling taka hmang theuh turin Agape Editorial Board chuan member zawng zawngte duhsakna kan hlan vek a che u.

*Kristian Chhungkua***I INAH HAW RAWH**

- *Upa H. Doliana,*
New Diakkawn, Kolasib

Kan thupui hi thu lar leh sawi hlawh tak a ni. He thupui hmang hian Rev. Vanlalzuata'n lehkhabu tha leh ngaihawm tak a chhuah tawh a, Mizo tawng lehkhabu chhuak tawh zinga hralh tam leh chhiar hlawh ber pawl a ni ang. Hna thawkin kan chhuak emaw, kan zin chhuak emaw, rawngbawlin kan chhuak emaw a nih pawhin kan zawhah chuan mahni inah chuan kan haw ang chu, tu inah nge kan haw chuan ang? tia a bawplawka lak chi a ni lo, a aia ril hi a awm a ni.

1. Huho Society : Hnam a awm hmian chhungkua a awm hmasa a, Kohhran a din hma pawhin Pathianin chhungkua a din hmasa zawk. Kohhran hmasa ber Pathianin a koh chhuah chu Abrahamate chhungkua a ni. Mi thiamte chuan mihringte hi a huhoa khawsa tura siam kan ni e an ti a, mizote phei chu kan ni leh zual em ni aw ka ti thin. A hu hoa thil tih kan ngah em em a, hu ho nun hian min hruai thui hle. Pawn lama kan mawhphurhna leh chanvo kan hlen hian rawngbawlna hlenah kan inngai duh khawp mai. Mahni

in chhungkhurin a tlakchhiat phah deuh rak khawpa pawn lama kan va inhman khan ngaihthatna awm deuh tlata hriatna pawh a awm thei. Kawtlaia seilian tih mai tur khawpa len lam ngaina, khua a thim hlek chuan len tur emaw ti tlat nu leh pa, thalai kan ngah hle. Hengte hian chhungkua an ngainep a ni.

2. Wholesale Revival : Harhna chungchangah pawh a huhoa harha rik deuh mup mup loh chuan ngaihtha tlat lo kan ni. Harhna changte pawh mahni in chung khura harhna la lut thiam lo kan ni

tlangpui. Pawn lama kan thlarau chan leh in lama kan thlarau chan a inmil thei tlat lo thin hi thil mak tak chu a ni ve a ni. A huhoa mi dangte nena thil tih ho nuam tia phur thei tak, pawn lamah mittui nena tawngtaia au ring thei tak, mahni in chhungah kha chih leh tlat, tum hmur mai, bak deuh hluk, biak hrehawm tak, ang hmuar hmuar mai, chenpuitena an ei loh mihring kan ni leh tlat thin hi Ephraim hnam anga chhang hmin kim lo kan ang ka ti thin. Nu ho chauh an ni lo va, pa ho pawh kan ni tho. Camping Crusade harhna kan chante hian kan nun laimu tak keh pha si lo vin, a pawn lawia kan harh thin vang hi em ni ang.

Kohhran chu a huho nun a ni a, mi mal chhungkua infin khawm, meihawl anga inchhem vam tawn tur kan ni. Kohhran nihnaah kan chian hle laiin chhungkuaah kan Chiang lo tlat thei. A huho nun ringawta inhnangfak kan tum a, a bulthut kan thlahthlam si chuan, “A lera thuai,” tih ang a ni. Pawn lam lang theiah

chuan hma kan sawnin kan thang nasa hle, mahse chhungkua, mi mal nunah erawh kan hah ru tun hlawm vek si a nih hi. Ringtu mi mal nunah erawh chuan a taka Pathian nena inpawmchilhna leh thlarau lam nun insawr bingna tak tak chu maltlat nun, fianrial, tu ma tel lohna hmunah a ni zel ang. Hei hi pasaltha ram a ni a, pasaltha reng reng hnatlangin an ram chhuak ngai lo. Jakoba anga a fala Pathianin a khalh bing, a buantuin a thil ngiat a hmuh hma chu thlah duh miah lo, mi mal kan tam poh leh kan ram leh kohhran hi a dam chauh ang.

3. C h h u n g k u a Setanan a hauh :
Chhungkua hi Setana hian a lo hauh na hle mai. Inkhawm ban, committee ban, office ban leh zing thawh hlim tea thinrimna lo awm tlat thin te hi a mak ve ngawt a ni. Ngaimawh tur tingin kan chenpuite an lo awm ngei zel bawk a. A tha lam kawng kan zawh mek zel emaw tih laia kan tluk fona hmun chu

kan in chhung khur hi a ni zel. Kan nihna ang ang, dik tak taka min titu leh, fiamthu ti tih, huatthlala ang reng tak, huat hleih theih si loha min ÷awng khum ÷hintute hi kan chenpuite leh min hnaih bertute a÷angin a ni zel ang. ÷henawmte chuan a lang a pauvin min ÷awng khum ngai lo, a rukin min rel a ni chauh zawk, Lal Isua kha remna lal a ni a, do lentirtu a ni bawk, Mi, a hmelma chu ama chhungte zinga mi ngei a ni ang, piin a mo a do vang, moin a pi, a pain a fapa, a fapain a pa,” a ti. Pathian mi i nih takzet chuan hei hi i tawn ngei ngei tur a ni tih lo hria ang che.

In chhung khura tih tur pawipang kan ngah lutuk te, fianrial nun, Pathian nena inpawlna hun nei thei lek lo khawpa kan ÷ul ta lutukte hi setana hian hmanruaah a hmanng thiam khawp mai. In lama awm tam ÷hinte pawh ninawm khawpin kan taima a, chenpuite phut kan tina em em a, kan phunchiar a, kan nunah kan chenpuite an

hahchawl tlat lo. He lai nun harsa tak mai hi mi hlim nu an tawlhthluk fona a ni a, inven zawh a har hle a ni. Thlarau lam nun indona a ni a, ÷hat tum veleha sual leh ÷hin mihring kan ni si a. Kan taksa siam dan phung hriaa vaivut mai kan nih hretu Pathian chuan a khawngaihna in lainat takin min kai tho leh ÷hin hi a va ropui em!

4. In chu Lalpa saktir rawh : Kan in hi kan sak theih emaw kan ti tlat hi kan tih sual lian tak a ni. Nu leh pa, fate inkarah tih tur leh mawhphurhna intuk vak vak mah ila kan ti hlei thei lo a nih hi. Chhung tinin kan buan a inang vek lo, nu leh pa ÷henkhatin an mawh an hlen zo lo va, faten an hnuk a, hlen ÷ha inti lahin fate an awp bet a, zalenna an pe lo va, an nun a chep lutuk bawk.

Ka tawn hriat pakhat chu ‘Pa’ ka nih anga Pâ taka ka nihna hre ran leh thu nei taka ka nupui fanaute awp fel ka tum nasat poh leh ka hlawhchham chiang ting tih hi. In chhung khur hi tisa taka

awp fel chi a ni lo. “LALPAAH” tih hi a formula a ni. J.F. Kennedy meuh pawh khan, “America ram pum pui rorel fel aiin kan chhungkaw rorel fel harsa ka ti zawk,” a ti hial. Chhungkuaah hian Pathian thu a taka seng luh hi setana hian a phal lo tak zet a ni tih hi a chhanna a ni mai ang em le. Eng ang takin nge Lalpa kan mamawh tih hi zawhna pawimawh tak a ni.

5. He rilru ... (Phil. 2:5)
Lal Isua ze laipui ber chu a tlawmna kha a ni. In chhung khurah tu pawhin mahni chanvo kan hauh nâ tak vek mai. Pawn lama tlawm leh inphah hnuai thei tak, mahni ina tlawm thei miah lo kan ni. Kan mihring hlui zia, mahni hmasial leh chapo âr mai hi chin ral kan ui tlat. Chin ral a nih theih nan Pathianin hrawn hrehawm takte pawh kan hrawn a phal a, a khawngaihna vang a ni e. A chang chuan kan chenpuite thu thua kan awm a t̄ul hun a awm t̄hin. Chin ral ngai chu keimahni hi kan

ni zel. Fa thu awih lo kan buaipui mek lai hian nu leh pate hi inen let ve ang u hmiang, keini pawh nu leh pa thu awih lo t̄hin kan lo ni ve tho em?

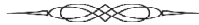
6. I inah haw rawh :
Mahni in chhung khur t̄heuhah bu kan let a hun ta. Kohhran chu a kal ngaiin a kal reng ang. A huho piah lama mi mal thlarau lam nun veina tak tak erawh a tlahniam ta hle. Chhung tinin mahniin harsatna bik, pawn lama kan sawi chhuah duh loh leh kan Upate pawh hrilh duh loh kan nei nual ang. Chung angah chuan Nikodema anga a ruka tu emaw an rin zawng tak Pastor leh speaker sawmte pawh kan la intihmuh mai ang em. Hmun t̄henkhatah chuan Home Crusade-te an ti a, chhungkua an insawm khawm a, zalen leh inpawh takin an harsatnate an sawi ho va, t̄henkhat chuan an t̄hat pui khawp mai. Chhung inkhawmte pawh hi hetiang zul zui hian zau deuh zawkin kalpui thei ta ila a t̄ha phian

lo vang maw. Biak In pawn lama inkhawm piah lamah chhungkaw bila hetiang a lo tih hi a that chin pawh a awm hle.

Kan chhungkua hi thenawmten min veipui tak tak lo tih hi thu dik ding reng a ni. Kan thenawmte fa sual leh kan fa hrinte sual kan vei dan a dang a, kan thenawm nu uire leh kan nupuite uirein min den dan a inchen baw lo. Kan chenpui thisen zawmpuite tan tlaivar chaw ngheia kan tawngtai thin laiin kan thenawm leh veng chhaka chhung dangte tan kan ti thei lo vang. Anni pawh kan chhungkaw tan an tawngtai ngai baw lo vang, eng vang nge chhungkhat kan nih loh vang a ni mai. Chhungkuaa harsatna hi kohhran harsatna a ni a, ram harsatna pawh a

ni nghal. Chhungkaw nun hi a khirhin a harsa ber a, insenso a ngai nasa ber baw, chhungkaw nun a dik loh chuan kohhran nun a dik thei lo va, ram pum a nghawng nghal a ni. Ramhuai pai Nuaia chuan siamtharna a chan khan Lal Isua leh a zirtirte kha zui ve mai a chak a, a dil a nih kha. Mahse Lal Isuan a phal tlat lo, “I inah haw la, i testimony va sawi rawh,” a ti. Chhung tin hian mahni chhungkaw bil theuhah tan la leh zual ta ila kohhranin a hranpaa camping leh crusade hautak taka kan tih fo hi a ngai lo vang. Chhung tinah lawng tuktu leh kartu nu leh pa kan awm vek, khawi lam hawiin nge kan chhungkaw lawng hi panpui kan tum mahni i inzawt theuh ang u,

I INAH HAW RAWH.



Nu pakhat hian a fapa naupang tê hi Kristian awm dan tur a zirtir mawlh mawlh a, an inhrilh zawh veleh a fapa chuan, “Ka nu, Kristian tia i sawi ang tak chu ka hmu tawh em le?” a ti heu mai a.

A nu chu engtin tak hmu ang maw?

*Sermon***RAWNGBAWLTU LAWMMAN***(Dan 12:3)**- Rev. Lalrintluanga Ngente,
Kathmandu*

Lal Isua hian a hnung zuitu leh a rawngbawltute hi inhloh zo thak leh thil tha chan vek turin khawvel atang hian min hruai chhuak bik hauh lo va. He khawvelah leh khawvel lo la awm turah chan tha leh lawmman hlu tak chatuana nunna min pek a tiam a ni. Chumi beisei leh chak chuan he leiah hian rawng kan bawl a ni. He leiah ngei pawh a leh za kan hmu mek a nih hi.

Tuarna te, harsatna te hi kan tuar tur renga Isua sawi lawk sa kha a ni a. A hming avanga tuar leh chante erawh chuan an lawmman an hmu ang a ti bawk. Chuvangin tuarnate hi lo awm thin mahse, chu tuarna phenah chuan Pathian hausakna hai chhuah tur tam tak a awm thin. Daniela thiante pathum pawh kha ngaihtuah ila. Milem pathian hmaa an kun duh loh avanga an tuar tur chu nasa tak a ni. Pathian engkimtithia thiltihtheihna chu tawng chhanin *‘Kan Pathian, a rawng kan bawl thina chuan, rawh tuina*

meipui lak ata min chhanchhuak thei tih kan hria; min chhanchhuak lo mahsela i pathiante rawng chu kan bawl dawn lo va, i milim chu chibai ka buk dawn hek lo’ an ti a, ***‘Min chhanchhuak lo mahsela’*** an tih ngamna, Pathian an rinna chuan Pathian meuh pawh che lo thei lovin a siam ta a. Mihring ngaiha thil ni thei hauh lo, Meipui ata himna chu a takin an lo chang ta a nih kha. Harsatna tuar pawh huama Pathian rinna chuan a thiltihtheihna a au chhuak a; meipui ata an him ta a ni.

Lalber thinlung pawh tidanglam niin Pathian a hmu ve ta a nih kha.

Keini pawh a hming avanga kan tuar ngamna hmunah hian, a phenah emaw a piah lawkah emaw Pathian thatna, hauhsakna kan chhar a. Chutah chuan nun hlimna thuruk sawi thiam rual loh chuan min thuan thin. Chu lawmman chu a hlu lutuk a ni. Chumi thleng pha lo chuan mi tam takten an tawpsan fo thin. Mahse unau duh tak, beidawng mai teh suh, hemi tuarna piaha tuar ngamte tana Pathian ro hlu dah hi a va ropuiin, a va hlu em, chu lawmman hlu tak chu leiah mah chuti kauva nasa a nih chuan Pa hnenah phei chuan a va ropui nasa leh zual dawn em. Chu tuarna phena muanna chu tuar ngamte chauhin an hre thei. Tlan chhiatsantuten an hre ve pha lo a ni.

Sipai za hotu Kornelia kha ngaihtuah ila. An chhungkaw rawngbawl na chu Pathianin Vantirhkoh kal tlangin a hriattir a, “*Korneli,*

i tawngtainate leh i thilpek thute kha hriat reng turin Pathian hmaah a thleng chho ta” a ti a ni. Pathian hminga kan tihte hi a bo riral mai lo va, rah neiin thil tih neiin a awm thin. Zoram kohhranhote thilpek leh tawngtainate avang hian ramthar lamah nasa takin Pathian thatna kan hmu thin. Bang lova kohhran an tawngtai chhung chuan ramthar lama mite hian chauh chang te, ngui changte nei thin mah ila, in tawngtainate avangin nunna tharin kan tho leh thin.

Hmun thenkhata kan rawngbawlnate hi a lum hrehawm thin khawp mai. Mi tam takin tu vang maha an tuar loh lai pawhin keini zawngin Krista avangin kan tuar a, tuar lo thei, pumpelth thei khan Krista avangin kan tuar a ni. Kan tuar chhan a va inang lo em. Krista avanga engkim chan huamte hian an chan tak tak lo va, an chan ngamna chu a leh tam tak hmuhna hmanruaah Lalpan a chantir thin.

Kan chang thlan hian kan thu khar dawn ila, Rawngbawltu lawmman chu Pathian ropuina en vel rama arsi, ni enna hmanga a eng reng ang hian Krista en vel ropuiah khian keini pawh kan la eng ve dawn tih thu hi. Mi tam tak felnaa hawi kirtirtute chan chu a va ropui dawn em. Rawngbawltu lawmman hi lei lam tawnga sawi thiam rual a ni lo. A ropuina hi chatuana zual zel tur a ni bawk si a. He leia kan tem chhin mah heti a nih chuan ama hnenah

chuan a va ropui nasa dawn em. Chu rawngbawltu lawmman chu Lalpan kan tan a dah a, kan thil tih ang zela chu lawmman chu dawng tur kan ni. Isua Krista neitute hian Pathian tan thil ropui kan ti ve thei dawn lawm ni? Kan kutah Pathianin thiltihtheihna a dah a, a hmang ngam apiangte chanvo atan a hnenah Arsi anga en ve min tiam a ni. Rawngbawltu lawmman hi he leiah ngei pawh hian eng zat nge i tel ve tawh le ? Vana la zual zel tur a ni bawk si a.



PATHIAN THU ZIR DUH TAN

Presbyterian Bible School, Mission Vengah Session 34-na atan Certificate in Theology Admission hawn a ni a, Dil duh tan a hnuai tar lan hi hriat tur a ni a.

Admission Form hi office hun chhungin Rs 10/- a lei theih a ni.

Dil theih hun : April 30, 2015 (Tlai dar 3:00 thleng)

Dil thei chin : Class VII passed, Kum 16 chin, dan chhunga awm

Interview : May 1, 2015,

Class tan : May 5, 2015

Zir hun chhung : May - August, 2015

Zirlai tinte hnenah thla tin Rs. 500/- zel pek a ni ang. Hostel a awm lo.

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THIH THLENGIN RINAWMIN LO AWM RAWH

- Pastor K. Lalrinmawia,
Lunglei Chanmari

"I tuar tûrte hi hlau suh; ngai teh, fiaha in awm theih nân Diabola chuan in zinga mi thenkhat tân inah a khung dawn che u a ni; tin, ni sâwm hrehawm in tuar ang. Thih thlengin rinawmin lo awm rawh; tichuan, nunna lallukhum ka pe ang che." (Thup 2:10)

Johanan Patmos thliarkara inlarna a hmuh angin Asia rama Kohhran pasarih tirhkohte hnenah thuchah a ziaak a. Smurna khuaa Kohhranho tirhkoh hnena a thuchah hi keini hnenah pawh hian min chah ve a ni. Chu thuchah chu "Thih thlengin rinawmin lo awm rawh" tih hi a ni. Tu tan nge thih thlenga kan rinawm ang tih hi lo chhui hmasa ila:

1. A kotu tana rinawm : Rinawmna hi thupui pawimawh tak a ni reng dawn. Mahse, tu lakah nge, tu tan nge kan rinawm ang tih hi ngaihtuah chian a ngai thung. Kan hriat reng atan chuan 'min kotu Pathian laka rinawm' hi a ni. Kan thil tih apiangah Pathian duh zawng

a nih leh nih loh ngaihtuah ber zel a ngai a ni. Kan rawngbawlna boruak zîm têah rilru ngat mai lovin; Pathian duh zawng a ni em? Min kotu duh dân a ni ang em? tiin inngaihtuah fîm hman fo tur a ni.

2. Kohnaah rinawm : Min kotuin min koh chhan ti tura a kohna ngeia rinawm a ngai a ni. Lalpa min kohna apiangah chuan thahnemngai taka thawk mai tur kan ni. Rawngbawltu dangte zingah mi rinawm lo i hmu mial mai thei a; nangmah ang bawka mihring ve baw, famkim lohna nei ve bawk an ni tih hriain hnual phah suh ang u. Keini pawh kan that famkim vanga rawngbawl tura koh kan ni lo va, 'Pathian thisena tlan,' Pathian ngaihdamna chang ve mai kan

ni ang bawkin anni pawh an ni asin. Kohnaa rinawm vak lo, rawngbawl hna thawh tak tak tum lo; kohhran hruaitute rorel dan sawi sâwp thiam lamah erawh rual khûm zak khawpa sawi thiam i tawn pawhin mak ti lo ila. Min kotu kohnaah rinawm zelin Chanchin Tha hritu lam hna kan ken nun reng a ngai a ni.

Rawngbawltu zingah kohnaa rinawm lo tute emaw, Pathianin mi dang a kohna zawka inrawlh tum mai an awm thei. Chungte zingah chuan tel ve lovin mahni inen fiah nan hman hlauh zawk tur a ni. Chutiang mi, mahni rawngbawl hnaa rinawm si lo; mi hnaa inrawlh buai chîng, sawisêl lama tui zâwk, mahni mawhphurhna lama thawrawng fê, leh mahni rawngbawlpuite fel tâwk lohna tuipui zâwk tlatte lakah inthiarfihlim ila. Kan hruaitute hi rawngbawl na kawnga kan tih tur ruahmantu atana Pathian min pêkah pawm hmiah tur a ni. Englai pawhin Pathian thurualpui zel a ngai a ni.

3. Rinawmna dik lo lakah fimkhur : Hman deuh khan khaw pakhata V.D.P-te chuan tlangval 5 vel an khawm a. A mal malin an kâwm ta a. An zinga pakhat chu, "Thingzai i ru em?" tiin an zawt a. Ani chuan phat tum hauh lovin "Aw, ru e," a ti mai a. "Tute nen nge in rûk?" "Ka thiante nen," "Tute nge i thiante chu?" "Ka sawi lo vang," He tlangval hian dâwt a sawi duh miah lo; thingzai a ru tih leh a thiante nen an ni tih chu î-he lovin a sawi hmiah mai. Mahse, a thiante chu tute nge an nih tih a sawi duh hauh lo. Rinawmna chi khat chu a ni. Mahse, a rinawmna pêk dan chu a rin tâk si loh. VDP hruaitu pakhat chuan chu rinawmna chu her dik chuan a tângkai dawn tih ringin an hruaitu dangten mi dang an lo dâwp zel laia lo kawmfâl a duh ta a. A tawi zawnga sawi chuan chumi zawh kum thar eng emaw hun lai chuan chu tlangval chuan a rinawmna chu Pathian tan a hlan a, a piangthar a, a nun a danglam ta a ni.

Kan rawngbawlnaah hian thawh hona tiphersi zawnga rinawmna hi Pathian dona, Chanchin Tha hmelma nihna, Isua dodalna a ni tih hriain i rinawmna chu Pathian tan pe reng ang che. Hruaitute pawh hi keimahni ang bawka fel lohna nei ve, Pathianin zai an ngaih loh deuh phei chuan khawsa dik lo thei ve tho an ni tih hriain hruaitu leh hotute lakah ni lovin min kotu Pathian lakah rinawm reng a pawimawh em em a ni. Rawngbawltu senior zawk thu zah thiam chung siin an thu chu Pathian laka rinawmna nen a inkalh si chuan Pathian lakah zawk rinawm thin ang che. Senior zawkte pawhin senior nihna kha kan chhuang palh ang a, intih thu leh intih lal palh a hlauhawm hle a, hengah hian inven thiam a ngai khawp mai. Kan zavai hian hun eng emawti chhung atana Lalpa kohte kan ni tih hria ang u.

Kan rawngbawlnaah hian eng thu thu emaw a leng

vel thei a, chungah chuan thu dik leh dik lo chu finfiah thin a tha. Mi sawi zawng zawng dik vekah ngaih nghal ngawt aiin rawngbawlpui dangte nena inkar thu a nih phei chuan pawm ngawt loh a tha. 'Dâwt' hi Setana hmanraw thawh hlâwk tak a nih avangin rawngbawltu zingah pawh a tel tam tho tih ringin, mi sawi satliahah ngaih dan siam ngawt loh a tha. Thu dik loa rinawm tlur hian rawngbawl hna a dâl thin.

'Incheina kawngah leh Ei leh in, zuk leh hmuam, chungchangah fimkhur a ngai hle. Lal Isua leh a Chanchin Tha avangin mite hnual suat leh rawngbawltute inbel loh atana an duh chi chu kalsan tel ve nghal a tul khawp mai.

Min kotu tan kan rinawm reng a ngai a. Min kotu chuan "Thih thlengin rinawm lo awm rawh, tichuan nunna lallukhum a pe ang che." a tih kha.

Lalpan malsawm rawh se.

KRAWS THU

(Lk 9:23; 1Kor 1:18; Gal 6:14)

- Thangzikpuii,
Bethlehem Venglai

Khawvel hremnaa hmuhsitawm ber kraws hian mihring nun a chhun thin a. Kristiante chuan thu ril thuk leh mak bera an ngaih laiin khawvel mite chuan an hre thiam lo a ni. Kraws chu sal te, tualthat te, suamhmang te, phiarruk hmang te, phatsantute hrem nan an hmang thin.

Kraws mak tak chu : Isua Krista, Pathian fapa meuh krawsa khenbeha a awm aţang khan kraws chuan awmze thar a nei ta a. Ni si, ni si lote, ni si lo, ni site a tam ta mai. Kraws chu thihna leh nunna hnar, mi sual ber leh mi tha ber thihna hmun a ni. Tin, hmangaihna sang ber lanna hmun a ni tlat bawk.

Kraws chu âtna leh finna : Grik-ho chuan Pathian chu lungngaihna leh hlimna te kan hriat ang hre ve theiah an ngai lo va. Khawvel chhandamna hmun kraws thu sawi chu âthlakah an ngai. Chu chu hriain Paula chuan, “Kraws thu chu boral mekte tan chuan âtna a ni si a. Keini chhandam mekte tan

erawh chuan Pathian thiltihtheihna a ni si a,” a ti.

Kan ngaihtuah dana tha leh finga kan inngaihna zawng zawngte hi kraws aţang chuan paih thlak mek a ni. Keini erawh chuan paihthlak har kan ti thin a. Kraws-ah kan khengbet phal thin lo.

Kraws chu thihna hmun a ni : Kraws chu mi sualte thihna hmun, mualpho taka khenbehna hmun a ni ber a ni. Mahse Paula chuan - “Kei erawh chuan kan Lalpa Isua Krista lo chu ka chhuan loh turzia mai chu, chumi azarah chuan khawvel hi ka tan khenbehin a awm a, kei pawh khawvel tan khenbehin kan awm,” a ti a ni.

Kraws pua Isua zui tur a ni : Lal Isuan mi zawng zawng hnenah, ‘Tu pawhin mi zui a duh chuan mahni hrehawm pawisa lovin, ni tin a kraws puin mi zui rawh se,’ a ti (*Lk 9:23*). Kraws leh ringtu hi a inzawm tlat a, kraws putu chu krawsin a pu let thin. Kraws kan hnaih poh leh Lal Isua nen kan inpumkhat thin a. Tuarna Kraws chu ringtute damna atana buatsaih a ni. Thihna hmun chu ‘nunna hnar’ a ni a. Krawsa tuarna avang chauhvin inremna a awm thei. Thil eng pawh mai hi kraws, kan thihna hmun aṅangin thlir thiam ila, kraws aṅangin teh ila engkim a fel vek mai chu a lo ni e.



****** Mihringin Pathian a awm leh awm loh a chhui phak lovang tih ngaih dan nei zinga an hmuipui pu leh an khaipa ber Robert G.Ingersoll-a chuan a unaupa, a ngaih em em ruang chungah thlahna thu a sawi dawn a. A unaupain khawvela a hnutchhiah a taksa leh kuang chhunga thil awm chu a en reng lai chuan a mittui a tla zawih zawih mai a, mipuiin a thusawi tur an chan thup lai chuan he thu hi a rawn chham chhuak ta a. “Hring nun hi chatuan hawlh tlang ram ruak leh vawt tak mai inkara leng a lo ni e, chung lam kan thlir a, bei tidawngtu mai a ni a. Ring taka kan ṭah vak vak pawhin kan ṭap ri thangkhawk bak chu chhanna kan dawng baw si lo!” tiin a beidawn thu a au chhuahpui a.

Hetih lai vek hian Massachusetts bial Northfield khuua a unaupa ruang bulah D.L.Moody-a pawh a lo awm ve mek baw a. Vuina hunserh laihawlah D.L.Moody-a pawh chu thu sawi tura sawm a ni a. Ani lo ding chhuak chuan a unaupa chu a en a, chung lama ban phar chungin, “Aw thihna, khaw nge i tûr chu? Aw thlan, khaw nge i hnehna chu! Kan Lalpa Isua Krista zara hnehna min petu Pathian chungah chuan lawm thu awm rawh se!” tiin a au chhuak ve thung a ni.

I PIANGTHAR TUR A NI

(Jh 3:1-6, 14:6, 1 Pet 1:23)

- *Lalzawmliani,
Ramhlun Venglai*

‘I Piangthar tur a ni’ tih thu hi Pharisai zinga mi Juda-te hotu Nikodema hnenah Lal Isua sawi a ni a. Zannah Isua hnenah a kal a, “Rabbi, Pathian hnen ata zirtir tura lo kal i ni tih kan hria, Pathian an chungah a awm loh chuan heng thil mak i tih ang hi tu man an ti thei lo vang,” a ti a. Chuta Isua chhanna pawimawh tak chu, ‘mi tu pawh tuiah leh thlarauva an pian loh chuan Pathian ramah an lut thei lo vang, tisa piang apiang tisa a ni a, thlarauva piang apiang thlarau a ni. I piangthar tur ka ti che hi mak ti suh,’ a ti a. “Israelte zirtirtu i ni si a, chu chu i hre lo maw?” a ti hial a.

1. Pianthar a ngai : Pianthar ngai lo khawpa mi fel an awm lo. Bible chuan “Engtin nge Pathian hmaah mi a fel theih ang? Tu mah mi fel tak reng an awm lo, pakhat te mah an awm hauh lo ” a ti tawp mai.

Piangthar lo/ ringtu ni tak lo rawngbawltute hian thihna khawp natna an tawrhin an buai ru fo. Rawngbawltu nihnain a thlamuan zo lo va, intih pachanin a daih tawh hek lo. Chuvangin ‘Pian loh’ ai chuan ‘Pian tlai’ a tha zawk. Nikodema ang khan Isua hi pan ve mai tur a ni. Lal Isuan,

“Mi tu pawh tuiah leh thlarauva an pian loh chuan Pathian ramah an lut thei lo vang” a ti.

Tisa kan pianna kan Chiang angin thlarauva pianna pawh kan Chiang tur a ni. Thenkhat chu khawii camp-ah emaw, speaker-ah emaw an piang a, camp a tawp a, speaker leh counsellor-te haw rual rualin an da leh mai a, an dak leh hma em avangin, an mi rawihte thiam loh an chantir a, an mi rawihte lahin kohhran hruaitute enkawl zui thiam loh vah an puh bawk a, chhanna dik ni bera lang ta

chu an pianna a dik lo a ni. ***Pianthar awmzia tak chu sual thihsana Kristaa nun a ni*** tih an hre lo a ni. Ringtu nun thang zel leh harh thar zel hi piantharna nena ngaihfin chi a ni lo.

2. Piantharna chu Krista Isuaah a ni - Lal Isua chauh hi van ram kal kawng a ni a, chuta piangte chauh chu van nunna bua hming chuang turte chu an ni, chu lo chu kawng a awm lo. Bible chuan, “Keimah hi kawng leh thutak leh nunna ka ni, keimaha kal lo chu tu mah Pa hnenah an thleng ngai lo” a ti. Tunah zawng Krista Isuaa awmte tan chuan thiam loh chantirna reng a awm tawh lo, Krista Isuaa nunna thlarau dan chuan sualna leh thihna dan ata chu mi tichhuak tawh si a. Chumi avang chuan tu pawh Kristaa a awm chuan thil siam thar a lo ni ta a.

3. Thil hluite chu a ral ta - Tisaa kan pianna mihring hmasa kha engti kawng maha thianghlim thei lo, Pathian thinurna faa piang reng a ni. Kristaa thil siam thar kan nih

ngawt dan hre turin Isua chanchin atangin zir ila. Hla in, “Aw, Lalpa an tana i thlaphanna kalvariah mi tin hruai la, inentir rawh, Hria se an tana i tuarna chu Lal Isu an fak lo thei lawng che” a ti. Johana chuan, “En teh u, Pathian Beramno khawvel sual kalpuitu tur saw!” tiin Isua a kawhhmuh a, Pathian ngaihdam theih loh sual chu tihhlum a ngai a, Lal Isuan a phur bo a ni.

4. Pathian thiltihtheihna - Kraws - Bible chuan, “Kei, keimah ngei hi, keimah leh keimah avang ngawta in bawhchhiatnate thai bo thintu chu ka ni. Keimah lo chu chhandamtu reng reng an awm lo” (*Is 43:11,25*) a tih kha. Lalpa Pathian chuan a phur bo turin a fapa mal neih chhun chu khawvelah a tir a. A pian tirh atanga a nun zawng zawng kha Diabola dodal nan a hmang a, a hneh zel a, thihnain thihna thuneitu (Diabola) chu hneh a ngaih avangin Kalvari tlang, mi sualte thihna anchhedawng kraws chu a chang ta.

Lal Isua thisen chauhin kan sual a tifaí thei a, kan sual zawng zawng tifaí tura Lal Isua thisen bua chu Pa lungawina a lo ni ta. Lalpa chu fakín awm rawh se.

5. **Thihna hnehin a tholeh**

- Isuan a thawhleh tur thu a lo sawi tawh avangin a thawhleh hlauvin thlan chu sipaiten an veng a, lungin an chhinchhiah a. A thawhleh vaih chuan a damlai ai khan a chak lehzuál ang a, an ngam lovang tih an hlau a ni. Vengtú sipaite dan zawh rual lohvin lir nasa takin a lo nghing a. Lalpa vantirhkoh van aṅging a lo chhuk a, lung chu a rawn lum sawn a. A hmel awmzia chu kawlphe ang a ni a, a silhfen chu vur angin a var a, an hlauh avangin vengtute chu an khur a, mitthi ang maiin an lo awm ta a. Chutih lai chuan Isua thlana ṭap tura kal hmeichhiate hnenah, “Nangni chuan hlau suh u, Isua an khenbeh kha in zawng tih ka hria a, ‘Hetah a awm tawh lo ve, a sawi ang ngeiin a thawhleh tawh kha,

a mutna hmun hi en teh mah u,” tiin a thawhleh thu zirtirte hrilh turin a tir zui nghal a.

Krista chu mitthi zing ata kaihthawhin a awm a, a thi leh dawn tawh lo, thihna chuan a chungah thu a nei tawh lo.

6. **Chhandamna dawn thleng**

- Chhandamna dawn thleng chu Rinna a ni. Rinna avanga khawngaihnaa chhandam in ni, nangmahni thawh chhuah a ni lo va, Pathian thilpek a ni. Rinna chu hriatna avangin a lo awm a. Rinna hi thil beiseite awm ngeia hriatna thil hmuh lohte hriat fiahna a ni a. “I kâin Isua chu Lalpa a ni tih i rin a, mitthi zing ata Pathianin a kai tho tih i rin chuan chhandamin i awm ang” (*Rom 10:9*). Miten thinlungin an ring a, felna an hmu ṭhin a, kâ in an ṭan a, chhandamna an hmu ṭhin a ni. Pathian thuin, ‘tu pawh amah ring apiang an mualpho lo vang,’ a ti.

Chhandamna dawn thleng dang leh chu inruat a

ni. Bible chuan, “Chutiang bawkin nangni pawh sual lam kawngah thi tawhah inruat ula, Pathian lam kawngah erawh chuan Krista Isuaah chuan nungah inruat rawh u,” a ti. Kan inruat mai bak chu tih ngaihna dang a awm lo. Kan mihring hlui chu khenbehin a awm tih kan inruat ang a, Pathian lam kawngah erawh chuan Krista Isuaah chuan nungah kan inruat tur a ni. Chhandamna hi keimahni thawh chhuah a ni lo va, Pathian thilpek a ni.

7. Ringtute chanvo -

Bible chuan ringtute chanvo hetiangin min hrilh -

1) Tu pawh Kristaa awm chu thil siam thar a lo ni.

2) Pathian nung fatea vuahin in awm ang. Kan mihring hlui thihna krawsah ngei khan Krista Isuaah chuan ama rualin min kai tho ve a.

Ani chuan kan thil tih angte ni lovin, ama ruat leh khawngaihna ang zawkin min chhandam a, kohna thianghlumin min ko bawka, chu khawngaihna chu leilung

pian hmian Krista Isuaah chuan min pek a ni tawh, ...min chhandamtu Krista inlarna avangin tunah tih lanin a awm ta. Ani chuan thihna chu a tiboralin Chanchin thain nunna leh boral theih lohna chu a tilang ta (*2Tim 1:9-10*).

In bawhchhiatnate leh in tisa serhtan lohna avangin thi in lo ni a, nangmahni ngei chu amah nen a tinung che u a nih kha; kan bawhchhiatna zawng zawngte min ngaidam a, batna lehkha thupeka ziak, kan chung a awm min dodal thina chu a thai bo tawh si a; chu ngei chu kraws-ah khengbetin a la kiang ta.

Unau duh tak, i pianna chu i chiang tawh em? Chi chhe thei lakah ni lovin, Pathian thu nung reng leh awm rengah chuan chi chhe thei lo laka piang in ni zawke (*IPet 1:23*). Tisaa piang tawhte thlarauvah an piangthar leh a, Lal Isuan, “I piangthar tur a ni ka ti che hi mak ti suh” a tih kha.

Amen..

CHHUNGKAW MAICHAM SAM

- *Chuahmingthangi,*
N.E.Khawdungsei

Hmanah kan thlahtu Evi

leh Adama,

Sual reng reng hre lovin;

Lalpa Pathian nen

inpawlin,

Kristian chhungkaw bul an

lo tan a;

Tlai ni tinin,

An leng dun thin lungreal

takin.

A pawl mang e varparh

zing lam fapa,

Vana an hnawl tawh khan;

Evi thinlung chu hnehin,

Lalpa Pathian pawl an

khawih ta;

Sual setana sal behin,

Sual bawihah chuan kan lo

tang ta.

Mahse, Pa Pathian

hmangaihna tawp nei

lo chuan,

Fapa Isua Krista;

Sualna reng nei lo chu,

Kan sual thawi nan a

tawhritr ta a;

Tlanna hna min rawn

thawhsak ta,

A va ropui em, Halleluiah!

Israel fate ram tiam lam

Pana i hruai lai khan;

I thil tih mak ropuite

Vangin i hnena lawm thu

sawi nan;

Lalpa Pathian tan

Maicham thianghlim an

buatsaih thin.

Keini Zoram

Kristian chhungkua pawh

hian;

I mi enkawl leh hruaina,

Kan dawn zozai thinte

avangin;

I lam lo hawiin

Chhungkaw maicham,

Nangmah pawl nan kan

buatsaih e.

Engkimtitheh Lalpa

Pathian,

Kan tih theih taw;

Chhungkuaa nangmah

Kan pawl vena maicham

hi;

Inthawina nung leh
 thianghlim nangma
 lawm tlak,
 Lo ni ngei se kan va duh
 em!

**Nangma lam hawia dilna
 leh kan lawm thu,**

Kan hrilh mek lai che hian;
 Kan hraichawi fanau
 rochan;
 Nangma min pekte hi,
 Ruihhlo chi tinreng
 hmangin;
 Sual setanan a lo dawi â
 mek si.

**Nangma thuthlung
 phurtu,**

Chhungkaw nuthai zawng
 hian;
 I lam hawiin theihtawp
 chhuahin,
 Kan chhungkaw
 bawhchhiatna leh
 sualna;
 Thupha kan rawn chawi
 zel dawn e,
 Kan chhungkaw
 maichamah ngei hian.

**Min hmangaihtu Lalpa
 Pathian,**

Kan chhungkua i hmaah;
 Kan vaia kan kun theih
 hma chuan,
 Kan mawhphurhna hlena i
 lam hawi hi;
 Keini chhungkaw nute,
 Tihmakmawh ber a ni.

**Sual setanan kan
 chhungkuaah,**

Rochan fanau hmangin min
 tihthaih mah se;
 Nangmah kan pawlna leh,
 Nun tuihal thlarau lam
 chaw;
 Van Manna kan damna
 hmanrua,
 Lo ni zel hi kan va lawm
 em!

Thutiamtu rinawm

Abrahama Pathian,
 Nangmahah beiseina nung
 neitute;
 Tithlawn ngai lotu,
 Chhngkaw kima i hmaa
 kan kaikun theih hun,
 Beiseinain kan thlir reng
 che,
 I hming lam chung zelin.

KAN TALENT DAWN I TIPUNG ANG U

- R. C. Lalhmingthangi,
Kolasib Venglai East

Matthaia 25:14-30-ah hian chhiahhlawh pathum leh talent chungchang tehkhin thu kan hmu a. Chhiahhlawh pahnih talent nga dawngtu leh talent hnih dawngtute chuan an talent te tipungin talent khat dawngtu erawh chuan a ti pung ve lo. Talent nga dawngtu leh talent hnih dawngtute chu tlem te chungang an rinawm avang leh an talent dawnte an tihpun avangin, an puin a lawm a, a chawimawi a, mal a sawm baw k a ni. Talent khat dawngtu erawh chu a rinawm loh avang leh a talent dawn a tih pun ve loh avangin a pu thinurna a chungang a thleng a, a chan chu pawn khaw thima paih chhuah leh tah leh ha thial kha a hmabak a ni.

Aw le, keini ringtute pawh hian heng chhiahhlawh pathumte ang hian kan tih theih taw k tur ang theuh talent kan dawng vek a, kan talent dawn erawh chu a inzat loin a inang lo vek ang. Amaherawhchu kan theih ang chin chinah, kan talent dawn hi i tipung ve ang u. Chuti lo zawng talent khat dawngtu ang mai hian kan chungang a thleng ve hlauh ang e. Missionary-ten ram thimah Pathian rawngbawlin, hrehawm pawisa lo leh tuar huamin, an nunna thapin an thaw k a, Kohhran pawhin missionary kan chawm kan ti

a, thla tin thawhlawm kan khawn thin. Hengah te hian mi tam tak chuan Pathian rawngbawlna rilru puin kan theih ang taw k kan pe a, a thain a ropui a, a lawmawm. Chutih lain thenkhat chuan rawngbawlna rilru pawh pu chuang loin, a khawntute zah vang maia lo pe pawh a awm theih, chung mite chuan pek loh aiah ti ang maiin kuhva fun khat man pawh tling lo te kan han pe hi chu! Kan talent dawn hi kan tipung lo tihna a nih hmel hle.

Durtlang Hospital-a rethei damlote tanpui nan kum khatah vawi khat emaw

thawhlawm kan thawh a, Rs. 5 emaw Rs. 10 te kan han thawh hi chu talent kan ti pung lo tihna a ni ang em? Damlo kân nan Rs. 5 emaw Rs. 10 kan pe ngai em? Pe ta ila, an lawm kan ring em? Mi thenkhatte chu Bible-in a sawi 'hmeithai rethei tak, a neih chhun, a intun nun nana a tih a pe' a tih ang deuha harsa, indap chawp chung pawha neih ang tawk tawk pe kan awm lain, thenkhat erawh chu nei lo ni si lo, an thilunga tul tihna nei lo, talent tihpun tumna rilru pu lo hrim hrim hi a awm theih a ni.

Hengah te hian, hawh u ringtute i inen fiah ang u. Pathian rawngbawl, thlarau mi inti si hian kan rawngbawlsak Lalpa hi a lawm ang em? A malsawmna dawn kan beisei em em lai leh, tihna hlea kan inngaih lai hian kan Pathian hi kan chungah a lawm ang em? Talent khat dawngtu ang mai hian, Pathian tithinur tawk chauh hian rawng kan lo bawl ang e. Hei mai a ni lo. Kan ram Kristian ramah hian tal-

ent khat dawngtu pawh tluk lo, Kristian tha inti em em, thlarau mi inti em em si hi a awm theih nia! Ba rulh tum mang lo te, loan puk rul tha duh lo te, Pathianin ti tura min beisei ang ti duh lote hian talent khat dawngtu pawh kan tluk lo tihna a ni. Talent khat dawngtu kha chuan a ngai a la rawn pe let leh a ni a. Chuti chung pawhin hriat thiamna awm miah loin a chungah rorelna lek a ni tih kan hria. Chuvangin, hawh u, ringtute u, Pathian lawm tlak ni turin inhlan thar ila. Kan talent dawn theuh hi i tipung ang u.

Engtin nge kan chhungkua, kan kohhran, kan ram leh hnam hian hma a sawn ang a, kan lo intodelh theih ang? Engtin nge kan ram hi ram nuam, hnam ropui, hnam zahawm kan nih theih ang? E le, Pathian tih ila, Pathian duh danin nung ila. a awm sa ringawt rin tum lo hian kan talent dawnte hi tipung ula, tichuan heng kan sawi takte hi a lo thleng mai dawn a ni.

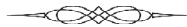
Nu ṭha chu

Vawi khat chu nu pakhat hi 'Nu ṭha' zawnaa inlan ve turin vur sur hnuaiyah zing dar 5-ah interview-na tur lam panin a kal a. A va thlen chuan ṭhu turin an lo ti a, rei tak a nghah hnu, interview hun tura an sawi darkar thum laia a pelh hnu chuan a inlan ve ta a.

Zawhna hmasa ber, “Thil i sipel thiam em?” “Thiam e,” a ti a. “A nih leh cook han sipel teh,” a ti a. Nu chuan, “C-O-O-K,” a ti a. “Anih belh leh paih i thiam em?” a ti leh a, nu chuan, “Thiam ve nual e,” a ti a. “2 leh 2 belh eng zat nge?” a ti leh a. Nu chuan ṭha takin, “Pali,” tiin a chhang leh mai a. A zawttu chuan, “A ṭha e, chanchin kan la inhriattir leh dawn nia,” a ti a.

A tuka Board Meeting-a an sawihonaah chuan thu zawttu chuan, “Kha nu khan nu ṭha ni tura qualification zawng zawng a nei a ni. A hmasa berah a inngaitlawm em tih hre turin vur sur karah zing dar 5-ah thleng turin ka ti a, a hun dik takah a rawn thleng a. A pahnihnaah a dawhtheihna ka chhin leh a, darkar thum chhung eng mah sawisel lovin dawhthei takin a ṭhu leh a, A pathumnaah a rilru puthmang hre turin zawhna, naupang pawhin an chhan theih tur khawpa awl ka zawt leh a, thinrimna leh lungawi lohna eng mah a lantir lo,” a ti a. Board member zawng zawng chuan an pawm vek a ni.

(Source Darthlalang)



Mi ngaih dan chuan ka hna thawhah lungawi leh hlawhtling inti takin ka ṭhu hle hle mai thei e. Nimahsela, chutianga a ni awzawng lo; ka ngaih dante hi a dik ngei a ni tih hi a fiahna ṭha tawk ka hmu lo va, kawng dikah ka kal em tih lah ka chiang hek lo. Ka tidik ngei a ni tih hi ka hriat chian duh a ni lo va, ka tidik em tih erawh chu ka hriat chian chak ber a ni ṭhin. *-Albert Einstein*

WOMEN CENTRE SAKNA ATANA SUM LUTTE

Women Centre sakna tura sum lut Receipt No. 1061 atanga No. 1170 inkar kan han tar lang leh a, petute zawng zawng chungah lawm thu kan sawi nawn leh a ni, in thilpek hlu tak hian rah duhawm tak a chhuah ngei ang.

SI No	Petu	Pek zat
1	Bungtlang Bial - KH Ni thawhlawm	650
2	Zote Bial - KH Ni thawhlawm	1,470
3	Darlawn Bial - KH Ni thawhlawm	1,485
4	Buarpui Bial	2,000
5	Chaltlang Bial - KH Ni thawhlawm	4,430
6	Chhiahtlang Bial - KH Ni thawhlawm	2,225
7	Lallen Bial	10,000
	KH Ni thawhlawm	2,410
8	Khawzawl Vengthar Bial - KH Ni thawhlawm	1,587
9	Khawruhlian Bial - KH Ni thawhlawm	1,780
10	Kolasib Hmar veng - KH Ni thawhlawm	1,625
11	Kawrtethawveng Bial	10,000
	KH Ni thawhlawm	1,081
12	Cherhlun Bial - KH Ni thawhlawm	360
13	Vathuampui Bial	1,600
	KH Ni thawhlawm	345
14	N Hlimen Bial - KH Ni thawhlawm	1,030
15	Kelkang Bial	20,000
	KH Ni thawhlawm	1,529
16	Zobawk Bial - KH Ni thawhlawm	1,165
17	Champhai Vengthlang Bial - KH Ni thawhlawm	7,810
18	Rengdil Bial - KH Ni thawhlawm	1,105
19	Tlabung Zodin Bial - KH Ni thawhlawm	500
20	Bungtlang South Bial - KH Ni thawhlawm	500

21	Zaite Bial	5,000
	KH Ni thawhlawm	500
22	Khawzawl Venglai	30,000
23	Darlawn Venghlun Bial - KH Ni thawhlawm	1,360
24	Aibawk Bial - KH Ni thawhlawm	2,235
25	Lungpho Bial - KH Ni thawhlawm	920
26	Pukzing Bial - KH Ni thawhlawm	600
27	Tanhril Bial - KH Ni thawhlawm	2,500
28	Hliappui Bial - KH Ni thawhlawm	1,350
29	Bangalore	10,000
30	NE Khawdungsei Bial - KH Ni thawhlawm	2,290
31	Keifang Bial - KH Ni thawhlawm	4,200
32	Sateek Bial - KH Ni thawhlawm	1,000
33	Saitual Bial - KH Ni thawhlawm	3,015
34	Sihphir Bial - KH Ni thawhlawm	2,211
35	Venghnuai Bial - KH Ni thawhlawm	5,850
36	Vaphai Bial	7,110
	KH Ni thawhlawm	1,000
37	Reiek Bial - KH Ni thawhlawm	2,354
38	Lungleng I Bial - KH Ni thawhlawm	1,016
39	New Capital Complex Kohhran	62,210
40	Tuikual Bial - KH Ni thawhlawm	4,000
41	Khuangleng Bial	3,000
	KH Ni thawhlawm	1,925
42	Tuipuibari Centre Bial - KH Ni thawhlawm	500
43	Pi Thankimi, Saron Vengin a pasal	
	LV Khiangte hriat reng nan a pek	30,000
44	Pi Vanlalhriati, Dawrpui Vengin	
	Pi Lalhmuakliani hriat reng nan a pek	30,000
45	Pi Roziki, Dawrpui Vengin Women	
	Centre tanpui nan a pek	30,000

46	Marpara Ramthar Bial - KH Ni thawhlawm	363
47	Darlung Bial - KH Ni thawhlawm	1,100
48	Ramhlun Bial - KH Ni thawhlawm	3,849
49	Chawnpui Bial - KH Ni thawhlawm	4,626
50	Mission Veng Bial - KH Ni thawhlawm	5,950
51	Lunglei Bazar Veng Bial	24,000
	KH Ni thawhlawm	1,130
52	Rawpuichhip Bial - KH Ni thawhlawm	2,310
53	Mission Vengthlang Bial - KH Ni thawhlawm	4,213
54	Hmuntha Bial - KH Ni thawhlawm	815
55	Lungdai Bial	20,000
	KH Ni thawhlawm	2,172
56	Airfield Vengthar Bial - KH Ni thawhlawm	1,250
57	Sihfa Bial	15,200
58	Cachar Kahrawt Bial - KH Ni thawhlawm	573
59	Khatla Bial	85,000
60	Phullen Bial	15,000
	KH Ni thawhlawm	1,550
61	Ratu Bial - KH Ni thawhlawm	1,485
62	Ramhlun Vengthar Bial - KH Ni thawhlawm	4,225
63	Bukpui Bial - KH Ni thawhlawm	1,280
64	Lawngtlai Bial	10,200
	KH Ni thawhlawm	960
65	Phuaibuang Bial - KH Ni thawhlawm	1,600
66	Baktawng Bial	25,000
	KH Ni thawhlawm	1,865
67	Sakawrdai Bial - KH Ni thawhlawm	1,670
68	Vanzau Bial	10,500
	KH Ni thawhlawm	700
69	Sumsuih Bial	10,000
70	KH Ni thawhlawm	1,418
71	Lengpui Bial - KH Ni thawhlawm	2,030

72	Kanhmun Bial - KH Ni thawhlawm	1,400
73	Tlungvel Bial	20,000
	KH Ni thawhlawm	3,660
74	Durtlang Bial	65,000
75	Thuampui Bial - KH Ni thawhlawm	4,000
76	Zamuang Bial	10,000
77	Ramhlun North Bial - KH Ni thawhlawm	5,763
78	Khawzawl Venglai - KH Ni thawhlawm	2,083
79	Lunglei Chanmari Bial - KH Ni thawhlawm	2,810
80	Zonuam Bial - KH Ni thawhlawm	3,870
81	Zemabawk Bial - KH Ni thawhlawm	4,870
82	Dawrpui Vengthar Bial - KH Ni thawhlawm	5,648
83	Sialhawk Bial - KH Ni thawhlawm	1,800
84	Sihphir Vengthar Bial - KH Ni thawhlawm	2,360
85	Kawnpui Chhim Veng Bial - KH Ni thawhlawm	940
86	Hmunsam Bial - KH Ni thawhlawm	2,145
87	W Phaileng Bial - KH Ni thawhlawm	2,820
88	Farkawn Bial - KH Ni thawhlawm	500
89	Sialsuk Bial - KH Ni thawhlawm	2,145
90	ITI Bial - Donation	1,672
91	Suangpuilawn Bial - KH Ni thawhlawm	2,444
92	Bilkhawthlir Bial - KH Ni thawhlawm	1,667
93	Shillong Bial - KH Ni thawhlawm	1,205
94	Serchhip Vengchung Bial - KH Ni thawhlawm	2,740
95	Chalrang Bial	7,000
	KH Ni thawhlawm	433
96	Bawngkawn Bial - KH Ni thawhlawm	4,967

December 2014-a Women Centre tana thilpek-ah khan Pi Lalchhingpuii, Dawrpui Jail Veng tia chhuah kha a ni a, Dawrpui Vengthar tih zawk tur a ni e.

*Hriselna***THI HUL VANGA HARSATNAAWM THEITE**

Mihring dam chung hun hi hun hrang hrangah a then theih a. A bik takin hmeichhe hun hi hetiang hian lo then ta ila :

- Pian hlim aṅanga tleirawl - ṅhan thi neih thleng.
- ṅhan thi neih aṅanga thi hul thleng.
- Thi hul atanga tar thih thleng.

Hmeichhe tam tak chuan kum 14 vel an nihin thi an nei ṅan a, kum 12 aṅanga kum 17 inkarah hian ṅhan thi an nei ṅan deuh vek a, kum 45 aṅanga kum 54 inkarah an thi a hul leh tlangpui a ni.

Hmeichhiate hian ṅhan thi pal hun lai leh thi hul hun lai hian an taksa leh rilruah thil inthlak danglam ṅhan a ni. Mi zawng zawngah a lan chhuah dan a inang vek lo va, ṅhenkhat chuan, natna emaw tiin an inhre thiam lo ṅhan. A ṅhente erawh chuan heng hun hi an tuar nep hle thung.

Thi hul tur lan chhuah dan tlangpui -

1. Taksa lum pupin an

thaw a sa bawrh bawrh a, rei lo teah a vawt an ti leh thuai ṅhin.

2. Zan mut ṅhat theih loh te a awm thei a.

3. Thaw ipik takte pawhin an awm a, in chhung up leh thenghaw lo chu an ngai thei lo a.

4. Bengchheng leh thawm ri bengchhengte an ngaihthei lo ṅhin.

5. Thinchhiatna leh in chhunga ân vak duhna te an nei a.

6. An rilru a na samin awlsam takin an lawm leh hlulai ṅhin.

7. Lungphu rang te, Taksa nâ leh kham ṅhem ṅhum leh chauh ngawih ngawih te, lu

nâ ber bur, rit lek luk leh mitmeng kham leh mit men nuam lo ten an awm thin.

9. Pasalte kawm peih lohna te an nei thei bawk.

Thi hul dawn aţangin hengte hi a lo awm ţan thei a. Thi hul hnu kum eng emawti chhung chu hetiang hian an awm thei a ni. Ţhenkhat chuan hengte hi âtna leh hrisel lohna avanga awm emaw an ti thin a, amaherawhchu hlauh tur a ni lo va, taksa leh rilru inthlak danglam hun lai a nih yang chauhva lo awm an ni.

Heng huna harsatna hi hmeichhe Ţhenkhatin an hriat mang loh laiin Ţhenkhat erawh chuan an la na thei hle a ni.

A enkawl dan -

1. Hmeichhiaten hetiang insawiselna an neih chuan Doctor rawn a Ţha.

2. Tam tak chu thil awmzia hrilhfiaha an hriat thiam chuan nasa takin an tuar tur pawh a chhawk thei.

3. Pasal fanaute leh chhungkuaa khawsakpuiten hriat thiampuina leh dimdawi dan tawk an thiam a pawimawh hle.

4. Chhungkaw member-ten ‘Nu thinchhia leh phunchiar, âncheh’ tia an sawiselna a awm chuan nu tan phurrit a tling thei a, an ât phah hial thei a ni.

5. Heng hun hi Pathianin hmeichhiate nunphung tura a tih a nih avanga awm mai a ni tih hriata, mahnia a lo lan chhuah huna ngaihtuahna thlak danglam tum ve te, a Ţha lam zawnga thil ngaihtuah tum tlatte hi a Ţha in a Ţangkai hle

6. Exercise lak leh mi zawng zawngte rem tum ve hram te hi a pawimawh hle.

7. Ei leh in Ţha leh balance diet ngaihtuah te a Ţul.

8. Zuk leh hmuam lama fihlim / insum a Ţangkai.

9. Thlai hring, calcium leh protein tamna lam ei tam a Ţha a ni.

*Ei siam dan***CHICKEN BIRYANI**

(Arsa leh Buhfai fang sei chi)

Telh turte***Buhfai chhum nan***

Basmati Rice	: No 2	Tej patta	: Hnah 2
Chi	: Fiante 1 $\frac{1}{2}$	Oil	: Fian lian 1

Arsa kan nan

Ar	: I kg	Purun	: 5
Dahi	: No 1	Tomato	: 3 zai naw
Oil	: Fian lian 6	Hmarcha powder:	Fiante 1
Chi	: A al tawk		

Purunvar leh Sawhthing her dip : Fian lian 1 $\frac{1}{2}$ ***A chei nan***

Purun	: 3 zai lep	Pudina	: No 1 $\frac{1}{2}$
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Food Colouring : Rawng mahni duh zawng

Masala hman tur

Alaichi	: 4	Long	: 4
Dalchini	: 2	Pepper cone	: 2

Jeera pum chi : Fiante 1 $\frac{1}{2}$

A chung ber atan

Pure Ghee	: Fian lian 4	Jeera pum chi	: Fiante 1 $\frac{1}{2}$
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A siam dan

1. Chaw chhum nan tui no 7, chutah tej patta, chi leh oil telh tur. A so atanga minute 5 vel, a hmin nem hmain suan a, a tui kha thlit tur. Chaw chu tray lian tawkah dah la, fork-in chawk darh la, a daih thuai theih nan fan hnuaiyah dah ni se, a inbelhbawm loh nan a daih thlengin fork-a thai reng tur a ni.

2. Arsa kan nan oil kha thirbel chhah ṭha deuhah chhung la, purun zai nawi kha telh la, a sen deuh ṭatah sawhthing leh purunvar rawt dip kha telh ang che. Minute khat vel chawk la, chutah tomato zai sawm kha telh leh la, a ro thlengin chawk ang che. Chutah dahi kha telh la, minute khat vel chawk la, arsa leh hmarcha powder telh leh ang che. Minute 3 vel chawk la, chutah tui no 1 vel telh leh la, arsa chu a hmin veleh suan ang che.
3. Purun zai lep kha fry la, a sen ṭapah thur chhuah tur
4. Masala, jeera, alaichi, long, dalchini leh pepper cone te kha tui tlemte nen rawt dip la, chutah tui no chanveah chiah a, chawh a, stainer- in thlit chhuah leh tur a ni.
5. A tawpah hetiang hian remkhawm la - Chaw kha hmun thumah ṭhen la, arsa kha hmun hnihah ṭhen bawk la. Arsa tui fian 4 vel tur kha bel chhah deuhah dah la, chutah chaw chhum hmun thuma ṭhena hmun khat kha dah la, a chungah arsa kha dah dap pheih la, Chutah purun fry leh pudina phul la, masala tui kha leih kual bawk la, food colouring chi hnih kha a sir lehlamah ṭhen ang che. Chumi hnuah chuan i tih dan hmasa ang chiahin - chaw, arsa, purun, pudina, masala tui leh food colouring kha dah leh la, a chungah chaw kha dah leh la, chutah chuan purun fry, pudina leh masala tui kha leih leh ang che.
6. A tawp ber atan ghee kha chhuang sa la, jeera kha a sen deuh ṭap thlengin fry la, i thil siam chhungah chuan leih kual ang che.
7. Bel chhin a phui ṭhat nan atta hlum la, char kual ang che.
8. Tawa (atta siamna) kha chhuang sa la, a chungah bel hi dah la, mei na vak loah minute 30 vel dah ang che.




Hriat atan

1. January 16-19, 2015 chung khan East Lungdar Bialah Leadership Training leh Kristian Chhungkaw Campaign neiin Pi C. Lalneihthangi, Treasurer, Pi K. Vanlallawmi leh Pi Tlangmawii, Com. Member-te an kal a. Pathian hruainain tuang takin hun an hman.
2. Heng hmunah te hian Bial Hmeichhe Inkhawmpui hman turin kan hruaitute an kal -
 - 1) Bukpui Bial-ah Pi C Lalhmangaihi, Chairman leh Pi Zohmachhuani, Com. Member-te an kal a.
 - 2) Sihphir Vengthar Bial-ah Pi Lalthansangi leh Pi Zopari te an kal baw.

Pathian khawngaihna Inkhawmpui hlimawm tak an hman a, hlawk an inti hle.
3. Dt. 8.12.2014 khan Pi Zothanpari, Com. Member pasal Upa Lalsanga (70) chuan thisen cancer avangin chatuan ram min pan san a. Pi Zothanpari (Hlimen) leh a chungte tan i tawngtaisak ang u.

HRIATTIRNA

SEC 250:3(8) chuan kan rawngbawltu - Minister leh Kohhran Upa (Active) thite chu Biak Inah zel vui tur a ni tiin a rel a, hei hi Kohhranho kan inhriattir a ni e.


 (B. SANGTHANGA)
 Secretary
 Mizoram Synod

KUM 2013-2015 INKHAWMPUI LIAN HRUAITUTE

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

Committee Member-te

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

Ex-Officio Member-te

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