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*Editorial***PATHIAN THIL THLAN**

“....Pathianin khawvel thil âte chu a thlang zawk a, mi finge chu a tihmualpho theihna turin; tin, Pathianin khawvel thil chak lote chu a thlang a, thil chakte chu a tihmualpho theihna turin,” tih Bible-ah kan hmu a. Mihring ngaihtuahna aṭanga thlir chuan Pathian thil thlan dan hi a mak a, a linglet hle mai. Mi sual ber nunna turin mi ṭha ber a lo thi a, mi bawlhhlawh ber thiam channa turin fel lohna leh thiam lohna reng nei lovin a rawn tuar ta.

Min hmangaihna avanga Krista tlawm ralna avangin kan tan van kawngka hawnin a awm a, chatuan nunna kan lo nei ta. Lalpa chu fakim awm rawh se!

Chapo ṭhin, mahni thiam thu sawi chhuah duh reng mai, mahni thiam inchantir duh tlat ṭhinte chuan kraws thisen zarah hmun thianghlim ber chu kan chang ta. Engkim ti thei si, eng mah ti thei lova awm, Mi chak kha kan fel lohna avangin sawisakin a awm a, tuarna zawng zawnga rapthlak ber ‘kraws’ chu a rawn tuar ta a ni.

Kan mihring mihrinnain a tih theih, Krista avanga ti thei si lova kan awm hun apiangin kraws thiltihtheihna chu kan hmang chhuak thei ang. Mi dangte chawimawia an awm theihna tura mualpho ngam, mi dangte hmingthatna atana mahni inkheng bet ngam kan nih a va ṭul em! Kraws avangin tlawm ngam ila; tichuan, Krista hnenah mite kan hruai thei ngei ang.

.....

*Kristian Chhungkua*

## CHHUNGKAW THLARAU LAINATNA

1 Timothea 5:8

– Rev. C. Thalai  
Saiha

*Tu pawh mahni chhungkhat lainate ngaihsak lova, mahni chenpui chhungte ngei pawh ngaihsak lo chuan rinna an phatsan a ni, ringlomi aiin an sual zawk,*” tiin Bible chuan min hrilh a. Ringlotu aia sual zawk chu vanram an kai lo vang tihna a ni. Vanram kai lote chu chatuan meipuaia kang turte an ni. Mei thiltihtheihzia chu, kan hriat theuh angin mei si te tak tein mi per mah na kan ti a nih chuan, chatuan meipui, Diabola leh a thuihruaite tana siam chu, ringlote tana siam a ni bawka. Chu chatuan meipuaiah chuan ringlomite chu chatuanin an kang tawh dawn a. Ringlote chu Pathian nena inzawmna nei lo an ni a. Chuvangin, an khawngaihthlak hle.

**Hun hlutna :** Engkim tan hun ruat a ni tih Thuhriltu 3:1-8-a kan hmuh hi hun pawimawhzia min hrilhna a ni a. Hun zawng zawnga pawimawh ber chu naupan lai hun hi a ni a. Rangkachak leh tangka sang tam tak aia hlu zawk a ni. Bible pawh hian hun pawimawhzia min hrilh fo thin.

*“Naupang chu a kalna awm kawngah chuan zirtir*

*ula, a upat hun pawhin a thlah lo vang”* (Thuf 22:6). He thu pawimawh em em hi Pastor-te leh Upaten fanaute Lalpa hnena an hlan laia an nu leh pate thutiam thin a ni a. Fanaute sualna khura an liamna chhan chu nu leh paten an thutiam anga an zirtir loh vang a ni.

Naupan lai hun hlutzia kei pawhin sawi tur ka nei a. Ka naupan laia ka piin thawnthu

min hrilhte leh Pathian thu ka ngainat leh ka hla duhte chu tun thlengin ka theihngihl lo va. Ka thisen nen an inzawm tlat vang a ni.

Tunlaiah chuan ‘Mai-cham (Pulpit) atangin Pastorte leh Upaten Pathian thu an sawi tha khawp mai’ kan ti a, a kar leha chuan kan theihngihl leh vek thin si a. A daih rei thei thin lo. Chuvangin, fanau leh tute hnenah Chanchin Tha chi chhe thei lo tuh hi a pawimawh takzet a ni tih hi i hre leh ang u khai. Chhungkaw kim lai hun hlu a liam hun chuan koh kir leh tum mah ila, tui luang lai a luang kir thei lo ang mai hi a ni tawh ang.

Kan chhungkaw chhiatna chhan chu chhungkuua Chanchin Tha chi kan tuh loh vang a ni a; chumi avang chuan kan fanu, kan fapaten ruihhlo (Drug) tih an ching a, chhungkua zawng zawng lungngaihna chhum zingin

min khuh ta a nih hi. Chuvangin, kan fanu, kan fapate chu sakei te, savawm te kan hlauh aia hlauhawm zawk an lo ni zo ta a nih hi!

Zawlnei Ezekielah hnenah Lalpa thu a lo thleng a, “*Tin, ka hnenah, ‘Mihring fapa, i kein ding rawh, i hnenah thu ka sawi dawn e,’ a ti a. Tin, ka hnenah thu a sawi lai chuan thlarau chu keimahah a lo lut a, ka kein mi dintir a; tin, mi betu chu ka ngaithla ta a. Tin, ka hnenah chuan ka tir a che: anmahni leh an thlahtute pawhin hemi ni thleng pawh hian ka chungah an bawhchhe thin a ni. Chhuan luhlul leh tihmawhte an ni a, an hnenah ka tirh che hi; tin, an hnenah chuan, ‘Lalpa PATHIAN chuan heti hian a ti,’ i ti tur a ni. Tin, annin an ngaithla emaw, an ngaithla lo emaw (hel hmang an ni si a), an zingah zawlnei a awm tih an hre reng tur a ni. Tin, nang mihring fapa, anmahni*

*hlau suh la, an thu-ah pawh zam hek suh, i hnenah chuan lenhling leh hnimhlingneite awmin, khawmualkaikuang zianga cheng ni mah la; hel hmang mi ni mah sela, an thu chu hlau suh la, an lan danah zam hek suh. Tin, an ngaithla emaw, ngaithla lo emaw, an hnenah ka thu i sawi tur a ni: hel hmang tak an ni si a (Ezek. 2:1-7).*

Zawlnei Isaia hnena Lalpa thu lo thleng hi i ngaithla leh ang u: *“Rulmuk tuite an awp keu va, maimawm ril puan an tah thin; an tui eitute chu an thi thin a, tihkeha a awm chuan rul a lo chhuak thin.”*

Maimawm chanchin hi Joba pawh khan a lo sawi tawh nia! Tur nei a ni a, mi a seh chuan thihpui theih a ni a; chuvangin, a hlauhawm em em a ni. An rila bu (Maimawm ril) an zam thin chu ei an zawna atana an siam a ni (Joba 8:14).

**Hun briat a ni lo :** Thuhritu 9:12 thu hi i lo ngaithla leh lawk teh ang: *Mihringin ama hun pawh a hre si lo va; sangha, len hlauhawm man leh sava, thanga awk ang maiin, mihring fate pawh an chung a lo thleng phutin hun tha lovah an awk thin a ni.”*

Chuvangin, hun hluin min liamsan hma hian chhungkaw maicham i din ang u khai. Hun hi tui luang lai ang a ni a, a luang kir thei leh tawh lo angin, chhungkaw kim lai hun hlu hi ngai hle mah ila, koh kir leh thei a ni tawh lo va. Chuvangin, chhungkaw rawngbawlnaah kan hun hlu hi i hmang deuh deuh theuh vang u, tiin kan insawm a ni.

Chhungkaw thlarau lainatna thu hi, chhungkaw chhe tawhte tuai thar lehna atana chhiartu zawng zawngte chungah, Lalpa Pathianin malsawm rawh se.

Amen.

*Sermon***JERUSALEM-AH ISUA A LUT**

Marka 11:1-11

– Rev. K. Lalpiangthara  
Chhinga Veng, Aizawl

Mi tin mai hian mahni pianna ram khawpui hmuh kan chak theuh awm e. A hmu tawhte pawhin sawi nuam kan ti hle thin a. A kal tawhte pawhin kal leh an chak fo. Khawvel chhandam tura Pathian chatuan remruat tihlawhtling turin kan Lal Isuan Jerusalem a hnaih hret hret zel a. An khawpui a pan ve dan erawh chu thihna zawnga thihna rapthlak ber 'kraws thihna' hmachhawn turin a ni si a. Hlim taka pan chu a har ngawt ang le.

**1. Lal Isua chuanna tur sabengtung** : Lal Isua chuanna tur sabengtung hi tu man chuan nan leh hnathawka an la hman ngai loh a ni a. Thuthlung Hlui huna inthawina atana an hman, ran silawng lo leh sawisel kai lo Pathianin a phut ang kha a ni awm e. He sabengtung hi a hmaa an lo biak fel vek tawh, a hman duh huna hman theih tura a neituten an lo buatsaih a ni thei a. Amaherawhchu, Lal Isua hian Pathianna leh mihrinna famkim a neih avangin sawi lawk loh leh biak lawk loh pawh ni se

engkim a rel fel thei vek tho a. Thenkhat chuan he sabengtung hi Bethani-a Mari te ta a nih an ring bawk.

**2. Bethphage aţangin sabengtung chungah a chuang** : Bethphage aţanga Bethani khuua sabengtung kaia zirtir pahnih kalte an lo kir chuan Lal Isua chuanna turin an lo buatsaih a. Hetih hun hi chawhnu her hret a ni mai thei. An buatsaih zawh chuan Isua chu sabengtung chungah an chuantir a, a kalna turin puan leh chhawlte an phah a, thenkhatin tumkaute an rawn keng bawk a.

Bethphage aṅanga a zuitute chuan –

*“Hosanna!*

*Lalpa hminga lal lo kal chu fakin awm rawh se,*

*Ram lo thleng tur, kan pa Davida ram chu chawimawiin awm rawh se.*

*Chungnung berah khian Hosanna!”* tia auvin an zui ta mup mup mai a. Jerusalem khua ral aṅanga a lan theihna aṅang chuan Isuan a thlir vang vang a, a ṭah a. Khua an luh chuan Pathian Biak Inah lutin a thian thianghlim ta nghal a.

**3. Pathian fapa Lal Isua :** Lal Isuan Jerusalem a pan hian a tuar tur leh a chung a lo thleng tur chu a hre lawk vek a. Amaherawhchu, a Pa chatuan remruat chu pumpelh a tum lo va, huaisen takin a thihna tur Jerusalem chu a pan a. Mihring famkim Isua tan chuan a chung a thil lo thleng

tur chu a huphurhawm hle ang; mahse a Pa, Pathian remruat tihhlawhtlin chu a tum tlat a ni.

Lal Isua kan zuina kawngah leh a rawng kan bawlna kawngah hian hrehawm lam aiin a nuam lam chu zawh a chakawm ṭhin. Amaherawhchu, kan Lal Isua tih dan angin, kan duhna leh kan chakna lam aiin Lalpa duh zawng ngaihtuah chung a kan kal zel a ṭul ang.

Mi dangte tana mal-sawmna kan nih theihna tur chuan kan tuar a ṭul chang a awm ang a, a ṭul a nih phawt chuan kan tuar mai tur a ni ang. Mahni insawi mawi leh insawi thiam te, insawi fel mai te hian kan rawngbawlnain rah a chhuah tur angin a chhuah thei lo fo va; chuvangin, Krista rilru pu tura kan inpeih reng a ngai a ni.



***Thil chi hrang hrang kan nei ṭheuh mai. Chungte chu...***

*Pawi khawih nan leh mite ṭanpui nan a hman theih a;*

*I thil neih Pathian tana hmanraw ṭangkai tak kha,*

*Setana tan pawh hriamhrei ṭha tak a ni thei bawk;*

*Chuvangin, Lalpa tan hman tum tlat ang che.*



**KALVARI ENNAWM**

Luka 23:44-49

– *Lalfakmawii*

Tunlaiin ennawm chi hrang hrang hmuh tur a tam hle mai. Thenkhat phei chuan zan khaw tairek thleng thlengin an hmuhdawm tih zawngte an en a. Hrehawm leh hahtlak pawh sawi lovin tlaivar thak khawpa en peih an awm bawk. Kan hmuhdawm tih zawng erawh chu a inang lo hle ang. Thenkhatin inkhel an en laiin a then erawh chuan lemchan chi hrang hrangte an tuipei bawk.

Pathian thu-ah thinga khai kan apiangte chu anchhe dawng tlakah ngaih an nih thu kan hmu a (Deut 21:23). Mi sual, tualthat, eng ti zawng pawha thi tlaka an ngaihte chu krawsah an kheng bet thin a, khen beh lai hmu duhin mi tam tak Kalvari tlang lam panin an kal hum hum thin a. Mi an khen beh rapthlak tak chu ennawm thlirin an thlir thup thin.

Mi an khen behna hmun hi Latin tawngin Golgotha an ti a, ‘Luruh hmun’ tihna a ni. Luruh hmun an tih hian chhan kawng hnih a nei a, a tlang pianhmang hian luruh a an em avang leh mi an khen behna hmun a nih avanga luruh tam

tak a awm rem rum vangin ‘Luruh’ hmun an ti niin an ngai. Kalvari tlang chu mi sual leh anchhe dawng an khen behna hmun a nih avangin tam tak chuan an ten a, a lam pawh an hawi duh ngai lo va, Kalvari tlang lam hawiin nau pawh an awi duh lo an ti.

Mi an khen behte chu an endawngin an hmusit hle a, thenkhat phei chuan chil an chhak khum hial thin. Chutiang bawkin khen behte chuan an mahni khengbettute chu anchhia an lawh bawrh bawrh a, chil te an chhak thin a. Khen beh chhungte pawhin an chhungte nih an zak ngawih ngawih a, an inthup tlat thin an ti.

Chutiang taka hmun ngainatawm lo leh ÷ihbai-awmah chuan Doctor Luka hian ‘ennawm thlir tura mipui rawn inkhawmte chuan, thil awmzia an hmuh chuan an awmte chum chumin an haw leh ta’ tiin Kalvari ennawm chungchang a rawn sawi a. Eng vanga ennawm tia sawi nge a nih ang le? Kalvari tlangah chuan Lal Isua kan soal kalpuitu tur khai kana a awm vang a ni. A van ropuina zawng zawng hlipin kan soal tlan nan a inhlan a, hna ropui, lei mihring leh van angelte pawhin an thawh theih hauh loh kha a rawn thawk a ni. Lei leh van lal ber si khan tlawmna puan sinin, a pianna atan pawh hmun ropui leh nuam thlang lovin hmun tlawm tak, ran thleng a rawn thlang a. Hrehawm tinreng tuar turin kan tan a rawn inpe a ni.

Lal Isua kraws kan thlir chuan chiang takin keimahni kan inhmu tel nghal a. A tuarna avangin damna kan chang ta, kan fel lohna leh

kan tlin lohna zawng zawng chu a khawngaihna chuan a rawn khuh bo leh ta vek a. Khuh bo satliah mai pawh a ni lo min sil faisak vek zawk a ni. Lei leh van inmihran tawh chu krawsin a rawn suih zawm leh ta.

He ennawma mahni inhmu fuh leh inhmu chiang tan chuan a hmuhnawm thlawt a, an thlir ning ngai lo. Khawvela an hlawkna tur leh an nawmsakna tur zawng zawng kalsanin an kuah tlat ÷hin. Sum leh pai leh hausakna te, mahni nawmna leh ÷anghma haiin an peng bo phal lo va,

*Chu kraws chu pawmin ka vuan zel ang,  
Thlafam dairial ka chan hma loh chuan;  
Thlah lovin ka vuan tlat zel ang a,  
Lallukhum hluah ka la chan ang,  
tiin fak hla an sa tawh zawk ÷hin.*

Kraws hi a thlir ve duh lo leh mahni inhmu nana

hman tum lo tan erawh chuan awmzia a awm awm lo vang. He ennawm en tur hian mi zawng zawng min sawm a, en vek turin min duh a ni.

Lal Isua kraws hi inrem lote tan remna a ni a, damlote tan damna a ni. Tuihalte tan tuihal rehna a ni a, lungngai leh thlaphangte tan thlamuanna, chapo tan tlawmna a ni. Hei chauh hi lungawina famkim awmna chu a ni. He lungawina hi khawvelin a pek ve theih loh a ni. Kalvari ennawm thlira, bel chianga chenchilha, a bula awmhmun rem tawh chuan chang dang an kan thei tawh lo. Darthlangah Krista chu an hman tlat avangin an chapo thei tawh lo va, kraws chauh lo chu chhuan tur an nei tawh lo. An thih aia thi, an tuar aia tuar, an Chhandamtu hniaka zuiin a tan chauh an nun an hlan thin.

Kalvari ennawn hi hmu fuh tana ennawm leh thlir nuam, hlu tak a ni a, hahdamna leh hahchawlhna a ni. Nang Kalvari tlanga ennawm hi hahchawlh nan i hmang ve tawh em? I thlamuanpui ve reng em le?

Fak hla siamtu chuan hetiang hian a lo phuah chhuak a:

*Kalvari tlang ka hahdamna,  
Tholeh Krista ka innghahna;  
Phatsan phal loh nun ka nei ta,  
Thisen thiltihtheihna kraws ka  
tan damna.*

Chiang taka hmu tawh zawng zawng chu an thih aia thia a hnungzuitu dik tak ni turin an inpe thin. Lal Isua hniaka zuiin mi dangte fel lohna aiin an thatna hmuh tum ila, mamawhte tan i inpe ang u. Tichuan, mi dangten i hnen atangin damna leh hahchawlhna an hmu ang.



***Krista hmangaihna chuan min tir lui a ni; heti hian kan ngaihtuah: mi zawng zawng thih aiin mi pakhat a thi a; chuvangin, mi zawng zawng chu an thi a ni. 2 Kor 5:14***

**THOLEH NUN***Matthaia 24:1-12; Marka 16:1-8**– Rev. P.B. Mankima  
Venghnuai, Aizawl**Taksa thawhlehna ka ring a,  
Chatuana nunna nen (Apostolte Thuvawn).*

**Thuhma :** Isua thawhleh thu hi thup bo tum a ni a; mahse, thup hlen leh thup bo theih a ni lo (Mt. 28:11-15). Chu chang a ni lo va, thawhlehna thu hi sakhaw dang zawng zawng laka Kristiante thurin danglam bikna a ni. Thihnaah mihring a tawp lo va, thihna piahah beiseina nung a awm tih tar langtu, thlan piahah nunna, chatuan atan a awm tih min hriattirtu a ni. Chuvangin, thawhlehna thurin tel lovin Kristian thurin hi a famkim zo lo.

**1. Thlanah an phum; mahse, thihnain a chelh hlen zo lo :** Isua chu krawsah an kheng bet a, a thi a, thlanah an phum tih bible-in min hrilh. Isua an phum hi tholeh lo se chuan kan rin hi a famkim thei lo va, kan beisei pawh hi beisei bo a ni. Thlana phum hi thawhlehna tichiangtu a ni bawk. Isua kha thi lo se thlanah an phum lo vang a, thlanah phum lo se tholeh tur a awm hek lo vang.

Isua a thi a, thlanah an phum hian keini pawh thi tur,

thlana phum tur kan nih a lantir a, kan nihna leh chanvo, kan kawng zawh tur min lo zawhsak a ni tih a lantir. Isua chu thlanin a chelh hlen thei lo. A tholeh hian thihna ngam loh a nihzia a tar lang a ni. Thlanah khan Isua kha tholeh lovin awm reng ta se chuan kan rin hi a thlawn mai a lo ni dawn si. Tholeh lovin thlanah khan Isua kha awm reng se, keinin thawhleh kan beisei thei hek lo vang. Kan rinna a tihfamkimna leh kan beiseina

a tihnunna chu a thawhlehna hi a ni.

**2. Tholeh taksa leh tholeh nun :** A tisa put lai nun leh tholeh taksa nun chuan inanna lai nei mah se, nasa takin a danglam a ni. Van thumna meuh thleng tawh Tirkoh Paula khan 1 Korinth 15:1-58 ah khan tholeh taksa awm dan sawi fiah a han tum sateh a; mahse, mihring ṭawngin a sawi fiah zo lo va, khawvel thil in a tehkhin zo lo va, tisa hian a hre chiang zo nahek lo. A sawi fiah sen loh vanga rinhlelhawm chu a ni awzawng si lo. Tihdanglamin kan awm ang tih te, ṭawih thei lova kaihthawhin kan awm ang tih te khan min kawhhmuh viai viai chauh chu a ni.

Chu tholeh taksa chu hun leh hmunin a daidang thei lo va, kawngkain a kharhnan thei hek lo. Mi, a dam lai pawhin Kristaah siam thar a niha, soal thihsana Kristaa a thawhleh chuan, famkim lo chung chung pawhin a nun

chu hun leh hmunin a daidang zo lo. A taksain thleng thei lo mah se a ngaihtuahna, a ṭawngtaina leh a thilpekte chuan tan in chung pawh a lutin a pal tlang ṭhin. Tuna mite tan nun malsawm a ni a, nakina mite tan pawh nun chenpakawm a hnutchhiah ta zawk a.

Nun thar a ni a, سوالin a tibuai tawh lo. Ni tin soal thihsanin nun tharin a nung ta zawk a, nun danglam, nun inthlakthleng chu bengin a hria a, mitin a hmu a, kutin a khawih thei ta zawk. Nun hahthlak chu Krista vangin nun hahdam a lo ni a, nun rimchhia chu nun rimtui a lo chang a, nun beidawng chu beiseina nungin a nung ta zawk a ni.

**3. Tholeh nun - tun aṭangin :** Tholeh nun hi nakina kan chan tur chauh a ni lo. Kan thih hma, tuna kan dam lai ngei hian Isua thawhlehna ṭawmpuitu chuan kan tem lawk ṭhin. A siper chauh pawh hi hlimpui tham,

ṭulpui tham a ni. Chuvangin, Isua thawhleh anga kan thawhleh tur hi nakina inṭan tur chauh ni lovin, Krista kan ṭawmpui hun huna inṭan tur a ni a, chatuanin a zual deuh deuh dawn zawk a ni. Chu

nun nei tur chuan tunah tholeh Isua nun chu ṭawmpui ve nghal rawh le.

Lalpa'n kan zaa tan malsawm rawh se. Amen.



*Tlangval pakhat hi ram bla takah a zin a, chutah chuan khawpui te an fanpui a. Amah bruaiteute chuan chu khuuaa in lian leh ropui deuh deuhthe chu an tlawhpui a, “Ka pu, heng inte hi a ropui i ti em?” an ti a. Tlangval chuan, “Min lo bre thiam ula, heng in hi ropui ka ti ve hauh lo mai,” a ti a. An ramah beng aia ropui tak tak hi tam tak a awm avangin a tan chuan a pui lo a ni.*

*Lal Isua ringtu, van ropuina leh chatuan khawpui mawi thlir tlattu chuan he khawvel thilte hi a ropui an ti thei tawh lo va, khawvel thil leh Pathian thilte chu tehkhin thamah an ngai lo.*

*Dubthlanna numal tak hmangin duh an thlang fel vek tawh a. He khawvel thil boral mai turte hi chu hnawmhneah an ngai tawh ṭhin a ni.*

*Lalpa ram ropuinain a buk nat tawh zawk avangin he khawvel hausakna leh ropuina zawng zawng ai chuan lo la lang tur lalram chu an ngai a, chu ram chan loh mawlh mai chu an hlau tawh zawk ṭhin a, Lal hmel hmuh nghakhlal em emin an hun an hmang ṭhin.*

## VANRAM

(Matthaia 13:44-50)

– P.C. Laltlani

*Bawngkawn East Kohhran*

Vanram chu Pathian lalna leh thuneihna a ni a. Pathian ringa, a thu zawmtute chu a hnenah an awm a. Kristian, Isua Krista ringa, lal leh chhandamtua pawmtute pawh Pathian hnena awm tur kan ni. Mizo Kristiante hian vanram tih hi kan hre lar hle a; mahse, kan nun dan leh chet dan en hi chuan kan hre chiang tak tak lo emaw tih tur a ni. Isuan tehkhin thu hmanga vanram a sawi hi zir chian a ÷ul hle mai.

**1. Ro phum ruk ang -**  
*Vanram chu lova ro phum  
 ruk ang a ni; chu chu miin  
 a hmu a, a thukru a, a lawm  
 avangin a neih zawng zawng  
 chu a va hralh a, chu lo chu  
 a lei ta a.*

Hmanlaia ro thuhruk dan chu leia phum a ni a, Mizote pawhin leia siam bel chhungah dahin pawisa te, thi te, dar te leh thil dangte pawh leiah an phum ÷hin a. Chutiang hmu fuhtu chu mi vannei tak a ni.

Lova ro phum ruk hmutuin a neih zawng zawng hralhin ro awmna lo a lei tih hi – Isua Krista chu khawvel chhandamtu a ni a, Amah rin

chu Pathian hnena thlen theihna awm chhun (Jn 14:6) a ni tih hre fuhtu chuan 'Isua neih ka duh zawk, ro hlu ber aiin, khawvel zawng ai pawhin' an ti a, khawvel nawmna leh hausakna aiin Isua neih an thlang zawk tihna a ni. 'Nang hmututen an lawmzia hi thuin an sawi thei lo' tih hla angin Isua Krista hmu fuhtu chu an hlim a, vanramah hruai thlen an ni dawn tih an hriat avangin an thlamuang a. Reteihna leh hrehawmna tawrh phah dawn mah se, pawin an ti lo va, eng nen mah thleng an phal tawh ngai lo. Isua nen chuan engkim ropuiin an hmu a, thil dang zawng chu he leia ral leh

mai tur a ni tih hriain ngaihhlut dan tawk an thiam thin.

**2. Tuikeplung tha tak ang**  
- *Vanram chu sumdawng mi, tuikeplung tha tak zawngtu ang chu a ni leh a; tin, ani chuan tuikeplung hlu tak pakhat a hmu a, a neih zawng zawng chu a va hralh a, a lei ta a.*

Sumdawng chu hlawnu zawngtu an ni a. Thil an lei a, hlep awmin an hralh leh thin a. Man to taka hralh theih tur tih an hriat thil chu an lei huai hle thin. Tuikeplung tha tak zawngtuin tuikeplung hlu tak pakhat a hmu a, a neih zawng zawng hralhin a lei tih hi chatuana nun theihna tur, nun hlu zawngtuin Isua Krista rin chu chatuana nun neihna, Pathian hnen thlen theihna a ni tih a hmu fuh a. Khawvel ropuina leh mawina zawng zawng kalsanin Isua zui a thlang zawk tih sawina a ni. Sakhaw mi tak, Pathian dik zawngtuin hun rei tak a zawn hnuah Pathian hnen thlen theihna kawng dik, Isua a hmuh fuha, mualphona leh

hrehawm tawrh huamin Isua neih a thlang zawk ang a ni. Kristian chungkuua sei lian ni lo, entir nan Sadhu Sundar Singh-a ang te chuan ro tam tak an khawm tur ai pawhin Isua zuia, hrehawm tam tak tuar an thlang a. Khawvelin ro a tih hralhin, ro hlu ber nia an ngaih Isua an lei ta zawk a ni.

Thlemna awmtirtu chungpik tur thu Isuan a sawiah kan taksa bung hrang hrang pawh thlemna awmtirtu a nih chuan paih bo a that zawk thu a sawiah, "Tin, i kutin emaw, i kein emaw a tihtluk che chuan tan la, paih daih rawh; kut pahnih emaw, ke pahnih emaw neia kumkhaw meia paih ai chuan, piangsualin emaw, kebain emaw nunnaa luh i tan a tha zawk e. Tin, i mitin a tihtluk che chuan kher chhuak la, paih daih rawh; mit khing hnih neia Gehenna meia paih ai chuan, mit khing khat neia nunnaa luh i tan a tha zawk e," (Mt. 18:8-9) a ti a. Hei hian eng dang zawng aia nunnaa luh theihna, Isua neih



a ṭhat zawkzia a tilang chiang hle. He thu hre fuhte chuan an taksa bung mai ni lovin an nunna chan hialin (Martar), tuikeplung ṭha mi ai pawha hlu zawk Isua Krista vanrama hruai theitu chu an vuan tlat a, thlah an tum lo va. Thil dang chu hnawmhne ang lekin an ngai a ni.

**3. Lenkhang den ang** - Isuan vanram tehkhin thu a sawi pahnih, 'Vanram chu lova ro phum ruk ang a ni' tih leh 'Vanram chu tuikeplung ṭha tak ang a ni' tihah vanram chu thil ṭha leh hlu tak, neih zawng zawng hralha lei tlak a ni tih a sawi a. Pathumna, lenkhang tuifinriata den ang tihah hi chuan vanram kal turin mi zawng zawng sawm an ni a; mahse, kal thei tur thlan a ni dawn a, mi zawng zawng kal theih a ni lo vang. Vanrama kal tura thlan lohte chu rawh tuina meiah paih an ni ang a, chutah chuan ṭah leh ha ṭhial a awm ang a, hrehawm takin an awm ang tih a sawi a.

Kohhranah hian mi chi tinreng – mi ṭha leh mi sual,

rethei leh haus, lekhathiam leh thiam lo kan awm khawm a. Hmuh theih kohhran hi hmuh theih loh kohhran nena inzawm a ni a. Hmuh theih kohhrana kan tel chhung hian hmuh theih loh kohhrana kan tel zel theih nan Pathian biak dan te, a duh zawnga awm dan te kan zir a. Bible thu kan zir a, thuhril kan ngaithla a. Ringlote hnena Chanchin Ṭha hril tur missionary-te kan tir chhuak a. Kawng hrang hrangin Pathian duh zawng nia kan hriat danin kan thawk ho va. Chutianga kan thawh lai chuan buh lem leh buh tak thliar a la ni dawn a. Chutih hunah chuan inṭhenna a awm ang.

Hmuh theih kohhrana kan awm chhunga kan awm dan azir zelin kan awm dan tur relsak kan ni ang. Chatuan nunna neia Pathian hnena nuam taka awm tur leh chatuana hremna, Setana leh a hote zinga tel tur thliar a la ni ang. Chumi hunah chuan khawi lamah nge kan ang tih hriat chian tur a ni. Hmuh theih kohhrana kan awm

chhung hi kan insiam that theih hun a ni a, rilru leh tihtakzeta Pathian biak leh a rawngbawl hna kan thawh hun a ni.

Pathian hnenah a angchhunga awm nawm turzia sawi nan vanram ngaih hla tam tak kan nei a. A ropuzia sawi hleih theih lohte kan ti a. Mahse, chutianga kan sak mek lai chuan vanram kal theihna chahbi, lova ro phum ruk anga hlu Isua aiin khawvel ropuina, hmingthan te, larna te kan lei a. Kan faten thiamna an neih theih

nan leh hausakna duh vangin ro hlu, Isua kan hnawl a. Nawm chen duh vangin tisa chakna te, zu leh ruihhlo dang te lei nan sum leh pai kan khawh ral duh thin si a. Hei vang hian vanram hlutna kan sawi hi kan awi tak tak lo nge ni ang a, kan hre chiang lo zawk tih ngaihtuah tham a tling a. Benga hriatna mai leh mi hla phuah sa saa inawih lunglen kan duhtawk a nih chuan lenkhang tuifinriata den anga a tha leh tha lo thliar a nih hunah rawh tuina meia paih kan ni ngei ang.



*Zilhhau fo pawha a ring tikhawng tlat chu  
Vawilehkhatah tihtliahin a awm ang a,  
tihtdamna a awm lo vang.*

*Mi fel an lo pun hian mite an lawm thin a,  
Mi sualin rorêlna an chanin mite an rum thin.  
Finna ngainatu chuan a pa lawmna a thlen a,  
Nawhchizuar pawltu chuan a sum a tiral thin.  
Dik taka lalin ro a rêl chuan ram a phuisui a,  
Thamna a lâk chuan ram a chhe thin.  
A thenawm fak dertu chuan  
A ke atân len a zam a ni.*

(Thuf 29:1-5)

## DAM CHHUNG NI CHHIAR DAN

Job 16:22; Sam 90:9-12

– Zopari  
Central Committee Member

He thu hi Pathian mi Mosia ṭawngṭaina a ni a. He Sam siaktu hian mihringte derdepzia a hre chiang a, kan dam chhung rei lohziate a hre chiang em em bawk a. Chhum rei lo te lo langa ral leh ta mai ṭhin ang hi a nihziate a sawi a ni. Chuvangin, Pathian chatuan mi duh dan anga he kan dam chhung ni rei lo te hi hman a ṭul a, a harsa bawk si, kan dam chhung ni hi thawnthu ang maiin a la tawp ang tih Bible-in min hrilh chiang hle a.

Kum 2015 chu kan lo hmang zo leh ta mai a, hmang zo lovin mi eng zat chiah nge kan inthlah liam ni, kan hre ṭheuh a ni. An dam chhung ni an hman dan ang ang chu an liampui tawh a, hman nawn leh hman ṭhat leh theih pawh a ni tawh lo.

Kumin January thla tir aṭang khan kan nun hman dan han thlir let ila, kan ei zawnaah te, kan rawng-bawlnaah te, kan ṭhenrual te leh ṭhenawm khawvengah te, kan titi khawchang sawiah te, kan ṭawngkam hmanah te, kan thiltihna kawng hrang

hrangahte han chhiar nawn leh ta ila. Miten, ka chhungten, kan rawngbawlpuite leh kan hnathawhpuiten, a ṭha lama chhinchhiah tlak an hmu em, chhiar nawn leh fo chakawm an hmu em, nge chhiar nawn leh tlak loh, rilru tinatu hriat reng tlak loh zawk? Kan inen let a pawimawh viau awm e.

Rannung te tak te, thomitchhah hi ni khat lek a dam a, a dam rei loh tehlul nen hian mi zar buai reng rengin, mi nin hlawh em emin a dam chhung nun a hmang a, an ti ṭhin. Phengphehlep

ve thung hi chu ni 14 vel chhung a dam thei a, a dam chhung hun hman hi hlim takin a thlawk kual a, mi nun a tihlim a, a hmuh a nuam em em thung a ni.

**Thomitchhah ang hi nge kan niha phengphelep ang zawk hi** - Kan dam chhung ni kan hman dan hi mite tan thlakhlelhawm kan ni em, mite tan hnawksak, ninawm mai a ni em, chhiar dan kan thiam a va pawimawh em! A pawimawh em avang a ni ang Pathian mi Mosia pawh hian, *“Kan dam chhung nite chhiar dan min zirtir ang che,”* a lo ti a. He ṭawngṭaina hi – *“Lalpa, kan dam chhung rei lo te, kum 70-80 emaw lek hi van thleng, chatuan daiha chhiar tlak ni turin min zirtir rawh,”* a tihna ang a ni.

Josefa nun han thlir lawk ila, a dam chhung nun kawng bumbohziate kan hria a, Pathian mi a nih a inhre Chiang a. Thil sual a tih theih loh tlat avangin lung inah pawh a tang a ni tih kan hria.

Tan ina a tan laia mumang a hrilhfihsak lal no hlantu chu chhuah a nih dawnin, “...min han hre reng ang che aw?” tiin a chah a, ani lah chuan kum hnih chhung chu a theihngihl ṭhak a. A hre reng ta awzawng lo va, a va rei duh dawn em! tih te ka ngaihtuah ṭhin. Mahse, rinawm takin Lalpa zai ngaiin a dam chhung nun chu harsa tak chung pawhin a chhiar dap dap reng mai a. A dam lai la lain Pathianin hna pawimawh tak thawkah a dah a, a ropuizia kan hria a ni.

*Dam chhung ni chhiar dan ṭha ber chu –*

*Lalpa rinchhan zel nun hman a ni.*

*Krista nena ṭan, Krista nena hman a ni,*

*Lalpa nghak reng chungka kan nun hman hi a ni.*

Naupang te pakhatin Enoka chanchin a sawi chu, *“Pathian leh Enoka chu an inkawmngleih em em a, an inkawm a, van lamah khian an chho zel a. Nakinah chuan*

*Pathianin, 'Enok, haw thla tawh lo mai rawh, hei van kawngka kan thleng tawh e, ka hnenah lo haw ve mai rawh,' a ti a, a luhpui ta a ni," tiin. Pathian nena len dun nana an dam chhung ni hmangtute chu Pathianin a hnenah a hruai lut zel thin. Chuvangin, kan dam chhung nite hi kan nuam tih dan leh kan duh dan dana hmang mai lovin, Pathian Engkimtitheia duh dan ngaichang chung a mawi taka hman tumin i inbuatsaih theuh ang u.*



## I dik lohna i pawm em?

*Vawi khat chu Governor hian tan in lian tak pakhat a tlawh a. An awm dan azirin ngaihdam a, chhuah zalen hial inhuamin lung in tangte chu an tan chhante a zawt vel a.*

*A kawm apiangte chuan tihsual an neih loh thu leh, dik lo taka puh an nih avanga chu tan ina tang an nih thu an sawi hlawn a. Nakinah chuan tang pakhat chu a tan chhan a va zawt ve leh a. Ani chuan, "Ka pu, kei chu ka sual vang renga tang ka ni, eng mah thiam thu sawi tur ka nei lo. Khai hlum hial phu zawk ka ni a, hetia nungdama ka la awm hi khawngailma vang chauh a ni. Kei zawng hrem ka phu reng a ni," a ti a.*

*Chu mitang chuan thu dik tak a sawi avangin Governor rilru chu a hneh hle mai a. Mi tang hnenah chuan, "Nang chu ni sual tak i nih chu, heng mi tha tak tak zingah hian thil sual ti awm chhun i ni. An zinga cheng ve tlak pawh i ni lo. Chu vang chuan ni khat pawh an zingah i awm tawh tur a ni lo," a ti a. Tang vengtu hnenah chuan ngaihdam a nih thu leh chhuah turin thu a pe ta a.*

*"Ka thiam lo a ni," tih hi mi chapote ka atang hian thil sawi har ber pawl a ni awm e.*

*(Thu lakna : Darthlalang, Nghakpuii)*

**HETAH HIAN LALPA A LO AWM A NIH HI**  
**(Gen. 28:16-19)**

– *Upa Hranga Colney*  
*Mualcheng*

Kum 2013 June thla aţang khan Kelkang thuhla hian sawi a tizual ta tih kan hre theuh awm e. Vawiin thleng hian khawi hmunah pawh kan sawi huai huai lo thei lo a nih hi maw. Mi thenkhatin fiamthu thawh nan KKK (Kelkang kal) tih leh KKKL (Kelkang kal lo) an lo ti rawl nen! Fiamthu thawh nana hman chi em ni dawn? MUP Tlangauvah pawh, “Kelkang kal an sim chuang law!” tih a ni bawk a. Kal lo pawn an sim chuang bik em ni aw!

Ni e, a hmuna kal chuan, ral aţanga ngaih ang ngawt chu a ni lo tawp mai. “A hmingah chuan MAKA” tih hi kan Lalpa hian a lo va pu dik em! Kei pawh ka kal ve a, ni 9.4.2015-ah a wawi hnih nan ka kal leh a. Kal hmasak ai khan mi pawh an lo tam ta. A hmun han thlena rilru khawih em em mai chu – mihringte hian Pathian hi kan va lo mamawh em, a va ropuiin a va lawmawm tak êm, tih mawlh mawlh mai hi a ni. Tihtakzeta nun thar leh lawmna (pawlna) thar neih tum tak tak chu beidawng leh hlawhchhamin a kir hauh lo

vang a, a biak, Lalpa chuan mal a sawm ngei ngei ang.

Kan Bible chang tar lan, Gen. 28:16-ah, “Hetah hian Lalpa a lo awm a nih hi... hei hi Pathian in a nih hi,” tiin a hmingah ‘Bethel’ a vuah a. He hming ‘BETHEL’ hi chuan Mizoram chu a lua h chhuak ta kher mai. A hming chauh ni lovin, ni tinin kan nunah hian Pathian hi lal ber mawlh rawh se. Kelkangah pawh Bethel Inpui an siam a, a bul lawkah Hmun Thianghlim, mipui tam tak len theihna a awm a. Chuta mipui pung khawm tihtakzeta ţawngţaina chuan Van

Lalthutthleng a nghawr nghing dur dur ngei ang. ‘Bethel, Pathian in’ tih hi a lo dik a nih hi.

Mi thenkhat chuan, “Kelkangah kal kher a ngai hlei nen, khawiah pawh a tawngtai theih alawm,” an ti a, a dik e. Naamana phar

damna turin Jordan lui kher a ngai a, vawi sarikh kher hnim a ngai si alawm le! Lalpa remruat chu Kelkanga kal kher kher a ni. Mizoram mipui zawng zawng hi kal vek thei ila aw! Kelkangah hian Lalpa hnathawh ropui tak i hmuin i hre ngei ang.



## LALPA, KA LAWME

*Pitar pakhat hian chaw ei tura a thut apiangin, “Lalpa, ka lawm e,” a ti thei ziah mai a. Chutih lai chuan Fulton-a chuan, “Ka pi, Pathian hnenah lawm thu sawi miah lo mah la, i chaw ei tur chu i hmaah a awm sa tawh reng a ni lawm ni?” a ti a. Pitar chuan, “Awm sa reng e, lawm nachang ka briat hian a tui lehzual thin a ni. Thil reng reng a tha lam zawng hlira thlir hi thubriltu pakhat hnen atangin ka zir tawh a, zing thawh veleh lawm thu sawi tur ka briat loh pawhin, choka atanga ei tur rim ka han briat te hian min petu Pathian hnenah lawm thu ka sawi ziah thin a ni,” a ti a.*

*Kum eng emaw zat a liam hmu chuan chu pitar pawh chu a lo chak lo va, a damlo va, a thi dawn hnai ta a. Fulton-a chu a khum bulah a va ding a. Pathian hnenah lawm thu sawina tur a neih pawh a rin tawh loh lai chuan pitar chu a han hawi a, a kianga amah tlawhtute a han hmu chuan, “Lalpa, thian tha tak tak min pek avangin lawm thu ka hrilh a che,” a han ti lehzal mai chu mak a ti hle mai a.*

## ZIRNA – MI TIN MAMAWH

– *Upa Lal̄thahluna Ralte  
Bethlehem*

Zirna hian tawpintai a nei lo va, kan pian ni aṅanga kan thih ni thlengin kan zir a, zir tawp ni reng reng a awm thei lo. Hla phuahu chuan, "Mihring chauh lo chu zirtir an ngai lo," a lo ti a. Thil nung dang zawng zawng chuan an awm dan tura Siamtu remruat sa chu zir hranpa ngai lovin an thiam mai a; mihringte erawh chuan ṅah bak chu a zira kan zir vek a ni. Mihring ke pen tin leh hawina lam apiang hi zir turin a khat a. Mihring dinhmun leh theihna inthlauhirtu ber chu zirna hi a ni.

**1. Zirna :** Zirnain a tum ber chu mihring taksa leh rilru tihvara hriatna leh theihna kawnga a nih theih sang bera awmtir hi a ni. Pathianin mihringa theihna leh thiamna a dah, awmze nei leh ṅangkai taka hmang thei tura buatsaih leh ṅanpui hi a ni. Hei hian mahni inrin tawkna te, khawvel hmachhawn ngam tura huaisenna leh theihna te min pe a, a hun leh hmun azira awm dan min thiamtir a ni. Eizawna hmun leh sawrkar hnuaia hna tam berah thiamna tar lanna (Marksheet) leh zir san zawng pho lanna (Certificate) phut a nih avangin

ngaihthah chi a ni lo. Zirna in pawn lamah hian inzir ve theih tak chu a ni naa, a nawlpui tan erawh chuan zirna in hi kan inzir thiamna hnar a ni.

Zir thiamna hian mi dangte tana ṅangkai theihna a tibelhchhah a, dinhmun leh inpekna inangah mi thiam chu an ṅangkai bik hle. Chuvangin, zir hlawkna man fuh laklawhte chuan zir zel hi an duh a, Rev. Donald Grey Barnhouse-a pawhin, "Pastor hna ka thawhnaah hian kum thum chauh hun nei tawh pawh ni ila, kum hnih chung chu inzirna hun atan ka hmang tho vang," tiin a sawi hial.



**2. A hun lai khawvelah min chentir :** Zirna hian a hun lai khawvelah min chentir a, zir ve lo chu hun liam mekah zel a cheng thung. Thiamna hmangin khawvel thar, zirna hmang chauhva kan chen ve theihna tur a piang chhuak zel a, zir zel leh awm mai mai inkar hi a zau tial tial a; chuvangin, a rualpawl tawk tala hriatna tih tunlai hi tih makmawh a ni. Khawvelin hma a sawn chak em em, thil tharin kan nun kawng tinreng a tidanglam. Thiamna tel lo chuan heng changkanna kawng tinreng hi chhiatpui theih a ni vek mai. Chuvangin, Krista nen khawvel ruala kal vea, ningkhawng hre ve phak tura zir zel a ngai.

Thiamna khawvela tlangnel ve phak tur erawh chuan beih fe a ngai a, a man pe phal lo tan chuan tin chhin chi pawh a ni lo. Tun hma chuan miin hna atana thiamna bituk a neih chuan hna tha tak a hmu zel. Tunlaih chuan pass chang chang leh thiam ve satliah tan hmun a chep

lutuk tawh a, a filawr tan lo chuan sawrkar leh mi mal hnuaiyah pawh hna a vang tawh. Chuvangin, chhawr tlak leh hman tlaka thiam tur chuan tunlai hmasawanna leh dinhmunin min mamawhna zawn ngaihtuah chungka kalna awm kawng thlan thiam a pawimawh.

**3. Phurrit a ni lo :** Sikul kal leh lehkha zir hi phurrita lak chi a ni lo va, kut hnathawh pumpelhna tur a ni hek lo. India sawrkar phei chuan zirna hi kan duh leh duh loh thil ni lovin tihluhna ang hiala a ngaih pawimawh a ni a, nu leh pate pawhin an fate zirna hi an dal thianga lo a ni. Eng hna pawh thawk dawn ila, lehkha thiamna hi a tangkai vek a ni. Remhriatna leh ngaihtuah thiamna hian hlawk leh tangkai zawka tha sen min zirtir.

Kan rama kan buaipui em em chu sikul kal nuam ti, lehkha zir peih si lote hi an ni. Sikul kal hi nawmchenna chi khata ngai, intawllen leh hlimhlawp bawl ringawta hun

hmang ral an awm furin a lang. A rual pawl tawk leh bangbo lo tawk chauhva thiam tum, hman tlak leh chhawr-nahawm tling tura tha seng peih lo, kut hnathawh ngaisang lo leh chapo tawk vela thiam ve nual si, pawl thila tel ziah thei, sports leh puipunna hmuna rual pawl em em ni chung hian hlawhtlin a huphurhawm.

**4. A pawimawh ber hlamchhiah loh :** Lehkha zir hi Mizo nu leh pa zawng zawng rual elna a ni a, a bathlau tal pawha an fate sikul thaa luhtir theih chu an rilru damna a ni. Mi tam tak phei chuan nungchang aiin thiamna hi kan ngai pawimawh zawk niin a lang. Nu leh pa thlazar hnuai awma enkawl na leh zirtirna tha dawn mamawh rual lek lek Vai ram leh hostel-a dah bo duh nu leh pa an awm fur a, Kristian inzirtirna aia Vai nunzia leh sakhua an than hnan tur pawh kan ngaimawh phal ta lo. Chuti taka kan intihsiakna chu ram pum ngaihtuah chuan kan hlawh-

tling thawkhat hle chuan a hriat a. Mahse, nungchang tha leh awm dan mawi inzirtirna kan hlamchhiah tak avangin lehkathiam phung-thlu lo zet zet, sakhaw ngaihsak lo leh pawisak nei lo kan pung ta viauvin a lang.

A chapo tawk chauhva zir, Pathian leh a hnathawh ringhlela Kristian sakhaw thurin lungphum thlenga dodal ta mai an awm thin. Pathian a tel loh chuan thiamna hi thiamna kebai a ni a, finna hi nun hruai botu a ni thei. Pathian hriatna hi finna bulpui a ni a, chumi phet zawnga zir thiamna chu chhiatna hmahruai a ni fo. Chuvangin, zirna hi engkim bul emaw tia, nungchang tha leh rinna aia dah pawimawh chi a ni lo.

**5. Mahnia inzirna :** Vaw khat chu university zirlai pakhat hian zirna chung-changa mi ngaih dan hre turin mi engemaw zat a kawm a. Hun leh tha tam tak a sen hnuah lo neitu putar kum 78 mi a kawm fuh hlah mai a.

Putar hnenah chuan. "Ka pu, kum eng zat nge zirna atan i hman?" tiin a zawt a. Ani chuan, "Sikulah kum 6 ka kala, kum 72 chhung zet chu sikul pawn lama zir nan ka hmang ta!" tiin a chhang. Albert Einstein-a chuan, "Zirna chu miin sikul aṅanga a zir chhuah zawng zawng a theihngihlh hnua amaha thiamna la chambang zawng hi a ni," a ti a. Hriatna hi sikul aṅanga kan zir chhuah a nih pawhin thiamna tak tak erawh chu mi mal kuta innghat a ni. Ni tin sikulah lehkha zir tawh lo mah ila, kan eizawna leh ni tin nuna hmasawn zel tur erawh chuan inzir reng ngai kan ni. Zirna lamah thiam sang tak ni mah se, a chapova, mi dang tana hnawksak a nih phawt chuan lehkha thiam a ni thei lo vang. Thiamna tak tak chuan mi dangte tana kan ṅangkai theihna a tipung a, rawn tlak, zah tlak leh nelawm si ni turin mi a siam a ni.

**6. Nun hi zir turin a khat:**  
Eng hna pawh thawk ila, kan eizawna apiang chu hneh

taka thiam hi kan zir tur pawimawh tak a ni. Lo neia eizawng kan nih chuan kan ram leilungah eng thlaite nge ṭha duh, hmarcha thar hlawk dan, sawhthing tam pumpelth dan leh kan thar chhuah ve chhun thlai leh theite man man zawka hralh thei tura sawngbawl dante kan zir ve tawh a ngai. Chutiang bawkin infiamna leh technology lam kan buaipui a nih rau rau chuan, tualchhung pela hnam dang el phak tura insan mar ve a hun tawh.

Sumdawngte hlei hlei hian zir tur an ngah mai. A awm tawh hlep tura a man bithliah te, anmahni dawrtu ngaihsak leh an lungdamna ngaih pawimawh te, mi dang rawngbawlsakna rilru pu chung a sumdawn te hi zir ve tawh a hun hle. Anmahni dawrtu lehkhaw chhian leh thil dang tihsan daih te, a leitu tur zawkin khawngaih dil a ngai deuhthaw mai te hi a pawh a. A nih dan bak baka thil zawrh fak mawi leh, bungraw hralh duh luat avanga dawt hulhual pawh

sawi hreh loh ang chi te hi sim atan a tha hle. 'I lei dawn loh chuan khawih suh' tih te hi sumdawng thiamte tih ngai miah loh a ni a. Kan ramah hian hetiang tih ching, a leitu turten an duh pawh thlang thei lo khawpa a zuartu inhawn lohna hi a la tam hle. Hnam dang sumdawngte chu an inhawn em avangin tum

loh thlenga leisak chang a tam mai.

Kan hnathawh leh kan hmalakna kawng hrang hrangah hian zir tur kan nei theuh mai. Chuvangin, hma kan sawnna tur chuan, mahni inhawng renga hmasawna rilru pua kan kal zel a pawimawh hle a ni.



\* Sir Michael Faraday, scientist ropui leh Kristian tha tak mai chu thih ngamin a na a, chanchinbumi pakhatin a va kawm a, thih hnu lam a suangtuah dan a zawt rawk mai a. Ani chuan, "Suangtuahna a? Suangtuahna ka nei lo reng reng. Thil Chiang takah ka innghat tlat a ni. Ka Tlantu hi a nung tih ka hria, AMAH chu a nun avangin kei pawh ka nung ang," tiin a lo chhang a. *– Gospel Trumpet*

\* Mi thiam pakhat hian Krista ringtu hmeichhe naupang hnenah, "Mami, i va han khawngaihthlak tak em! Krista hming pu hi an awm theuh va, i rin ber pawh chu i hre tak si lo a le!" a ti a. Hmeichhe naupang chuan, "Ka hria alawm. Krawsa an khen beh, thlana an phum, thlan a tanga tho leh ta kha Krista ka rina chu a ni," tiin a chhang a. *– Hriat loh*

\* French Revolution lai khan mi pakhat hian bishop hnenah, "Kristian sakhua hi eng nge maw a nih le? Hetiang sakhua hi chu din a awl ngawt ang chu," tiin a tih-el khum a. Bishop chuan, "Ni e, a dik mai thei. Mahse, krawsa khen beh hnuah ni thum nia thlan a tanga thawh phawt loh chuan a din theih kher loh vang," tiin a chhang ve hmiah. *– Hriat loh*

*Hriselna Huang*

## ZUNTHLUM EI LEH IN

*-Lalruatdiki  
Dietician*

Zunthlum natna vei hi Mizo zingah pawh kan tam ta hle a. A chhan tam ber nia lang chu – kan ei leh kan taksa chet tam zawng a inhen (balance) loh vang a ni ber. Zunthlum natna kan lo vei hian ei leh in tur kan hre thiam lo va, a then kan insum lutuk a, kan taksa mamawh ang tawh pawh ei lova insum te kan awm bawh a.

Zunthlum natna kan lo vei hian a bikin bawngnute, sa, dal leh thil dang tam tak ei loh turah kan ngai fo va; mahse, heng hi taksain a mamawh tak tak a ni hlawm a; chuvangin, chin tawh neia ei thiam zir a tha hle a ni.

Mihring hi kan kum, kan san zawng, kan rih zawng, kan hnathawh hah zawng, mipa leh hmeichhia kan nih (gender) te leh kan natna azirin kan ni tin ei leh in mamawh zat mi tin hi a inang lo thei hle a. Chuvangin, ka ka thenawmnun ni tina ei leh in a mamawh zat kha ka tan chuan a dik lo thei a. Kan mamawh tawh chiah kan ei

theihna turin he lama mi thiam, dietician rawn chin hi a finthlak hle a ni.

Mi tam tak, dietician rawn theih lohna hmuna awmte pawh kan awm thei a. Zunthlum tana thil ei dan tur tlangpui i han tar lang teh ang.

1. Ril꠆am hun huna thil ei lovin, hun bi neiin thil kan ei hram hram tur a ni.

2. Vawi khata ei tawh lova ei zin zawk tur a ni. Entir nan: zingkar, tuk꠆uan, chhun, tlai dar 3:00-3:30 vel leh zanriah. Heti anga zinga thil ei tur hi a ni. Zanriah hi tlai lutuk lo, dar 7:00 hma lama ei fel vek tum hram tur a ni.

3. Bawnghnute khar paih tuk tin no 2 in tum ila. Tunah chuan bawnghnute a khar paih sa (Skim milk) – Amulite leh Nestle siamte pawh lei mai tur a awm tawh a ni.

4. Buh (rice) kan tih tak hian chakna a pai hnem avangin thau tan te, zunthlum vei tan te leh mahni san zawng mil aia rit tan chuan ei tam loh hi a him ber a. A tlangpuiin tukthuan atan buh chhum hmin sa hi ml. 250 bowl hi tehkhawngah hmang ila, hmeichhiain bowl 1 aṅanga 1½ bowl (nem mukin) aia tam ei tum lo ila, mipain bowl 1–2 aia tam ei loh a ṭha.

5. Thlai hi a kana kan ei a nih pawhin mawm lutuk lovin, tel tlem tea kan ṭhin tur a ni. Thlai hel ei (salad) te, a chhum te leh steam te heng – iskut, maite, changkha, samṭawk, maipawl, bean, behlawi rah, tumbu, maitamtawk, fanghma, bawkbawn, etc. hi ni tin naupang kut tum tiat ang tal tukthuan leh zanriahah ei ziah

tum hram tur a ni. Fanghma leh maipawlte phei hi chu tam deuh hlek ei pawha pawh lo chi a ni.

6. Dal emaw, be lam chi bete te, chana, etc. hi a chhumin ni tin bowl khat tal ei a ṭha hle.

7. Anhnah tlak, entir nan – anṭam, zikhlum, anhling, phuihnam, etc. hi ni tin bowl 1–2 ei tum ila.

8. Sa kan eiin a thau, a vun leh a misa angte hi ei lo ila, ni khatah a ti hlang lai lep 2 (Kutzungpui tiat lo deuh) aia tam ei loh tum tur a ni. Hetah hian sa aiah artui pum 1 pawh kan ei duh zawk chuan a ei theih tho a ni. Duhthusamah chuan sangha leh arsa hi sa rau rauvah ei tam zawk a ṭha.

9. Zingah buh kan ei tawh avangin chhun chawah buh hman leh hi a ṭha lo va, chu ai chuan be leh chana lam chhum te, atta tēl tel lova siam te, chhangthawp atta aṅanga siam, etc. hi thlai nen ei ila a ṭha.

10. Thil kanah tel a tlem thei ang ber hmang ila; amah-erawhchu, tel ei tlem tih avanga tel ei loh tawp hi taksa tan a that chuan loh avangin ni khatah fiante 3-4 vel hman tur a ni. Hei hi thau pai tam chi heng – sa, artui, bawng-hnute, avocado, badam, almonds, etc. kan ei chuan tel kan ei zah khi tihhniam hret tur a ni. Tel hi a khal chi heng – vawk thau, ghee, butter, bawng thau, dalda, etc. hi hman loh tur a ni.

11. Thei hi a thlum avangin ei kan hlau thin a, a tlangpuiin kan ei thei deuh vek zawk a ni. A mum chi a nih chuan kuttum tiat leng lawng emaw, zai phel chi a nih chuan khap 1 zung 2-a chhah emaw te hi vawi 1 eiah hmang ila, ni tin vawi 3-4 vel ei thin tum tur a ni.

12. Zanriah atan hian buh kher ni lo chaw atana rin hi a pawl miah lo va, entir nan

atta t el tel lova kan, oats, etc. hi chaw atana rin theih tho a ni a. Buh kan ei duh hram hram a nih pawhin tlem te eia, thlai ei hnem zawk tum thin tur a ni.

13. Tlai dar 3:00–3:30 velah biscuit 2 vel, thingpui hang leh thei chi khat emaw ei ila a tha hle.

14. Zanriah ei khamah thei bak chu thil ei vak vak chin loh tur a ni.

15. Taksa kan sawizawi anga, ni tin exercise min. 45, kar khatah ni 5 tal lak tum hram tur a ni.

16. Pawn lam thil pack neuh neuh ang chite leh thingpui dawr thilte hi ei loh hram a tha.

Hengte hi a tlangpui a zunthlumte thil ei dan zirtirna a ni a, hetianga ei leh in kan tih chuan kan that phah ngeiin a rinawm.



*Lalpa chu hmun tinah a awm a,  
... Amah thitu chu a hre reng thin.*

*Ei siam dan***BAWNGSA / KELSA KAN DAN****1. Telh turte**

- 1) Bawngsa/Kelsa: Kg. 1, inch 1 bial vela chan sawm
- 2) Purun sen : Bul 4 vel chan sawm
- 3) Purun var : Bul 1 nawr dip
- 4) Tomato : Pum 3 vel chan sawm
- 5) Tel/Ghee : Pava chanve
- 6) Sawhthing : Inch 1 emaw, 2 emaw bial vel
- 7) Aieng : Fiante 1 emaw, 2 emaw
- 8) Hmarchapui ro: Pum 4 vel

**2. Masala**

- 1) Dania Powder : Fiante khat
- 2) Elaichi : 10 vel, kan ro chhut sawm
- 3) Thakthing : Inch 1 bial vel chhut sawm
- 4) Lawngpar : 10 vel kan ro chhut sawm
- 5) Tespata : Hnah 2

**3. A siam dan**

- 1) Tel/Ghee chu chhuan sata, purun sen kha thlaka, a sen thap thleng chhuan tur.
- 2) Sawhthing dip te, purun var te, tomato te kha thlak la, tomato kawi thlenga chawh tur a ni. Chumi hnuah telh tur dangte kha telh zel tur a ni.
- 3) Sa chan sa chu thlak lehin, a tui sawr chhuah that deuh hnuah masala te kha telha, ngun taka chawh tur a ni.
- 4) Hmarchapui ro kha thlak leh tur.
- 5) A tui insawr chhuak kha a kang deuh thlengin chhuana, ngun taka chawh tur.
- 6) Tui tlem leiha, chhuan hmin tawh mai tur.



*Hruaitute chanchin*

## SAWITHANGI



Pi Sawithangi hi Pu Thangzuala leh Pi Lalmawii (L)-te fa paruk zinga upa ber niin Hortoki khuuah a piang a. Upa Lalhangmawia nen inneiin fa 6 an nei a, Zemabawk North-ah an awm mek a ni.

Zirna lamah chuan B.A., B.Ed. niin Govt. Ramhlun Middle School-ah Headmistress hna a thawk mek. Khawtlang lamah chuan Bawngkawn Branch YMA-ah kum 1 Asst. Secretary a ni a, TMA Life member a ni.

Rawngbawl na lamah chuan a theih ang tawka rawngbawl naa tui ve thin a ni a; Bawngkawn Branch KTP-ah Leader leh Secretary tih loh chu OB chanvo a vuan kim a; Chawtlang Bial K.T.P.-ah Treasurer te, Finance Secretary te a lo ni tawh thin.

An Kohhran Hmeichhe Committee-ah 2005 atanga telin Secretary, Vice Chairman, Chairman te lo ni tawhin tunah hian Vice Chairman a ni mek a. Bialah Secretary leh Asst. Secretary a ni tawh a, tunah hian Bial Secretary a ni mek. Naupang Sunday School-ah eng emaw chen rawng a bawl hnuin Puitling Sunday School zirtirtu chanvo a chelh mek a, Inrinni zan Thuhritu a ni bawk.

A Bible chang duh zawng chu 1 Tim 2:4, Mt 28:18-28 a ni a. A hla duh zualte chu – Ka Lal duhawm ka zahpui lawng, Hmanlai Pharaoa bawihte kha tihte a ni.

Chhungkaw tina nute hian kan tu leh fate Krista hnenah hruai thleng vek ila, chu chu kan chhungkua leh ram damna tur a ni. Vawiina keiniho mual kan liam hnua kan hnu rawn chhui tur kan tu leh fate Krista neitu ngheta kan siam loh chuan Krista hriat lohnain a hneh mai dawn avangin, a man pek ngai pein kan tu leh fate Krista hnena hruai thleng ngei turin chhungkaw tina nuten theihtawp i chhuah mawlh ang u.

*Hriat Atan*

1. Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm vawi 8-na chu Mission Vengthlang Kohhran Biak Inah March ni 11-13, 2016 chhungin neih a ni dawn a. Hetah hian rorel palai turin Bial tin aṅangin aiawh 2 zel intirh tur a ni.

Rorel Inkhawma thlarau lam thupui tur chu **Thlarau Thianghlim leh a hnathawh** tih a ni ang a, a sawitu tur chu Rev. Lalrinmawia, Electric Veng Bial Pastor a ni ang.

**SUNNA**

1. *Esther Lalsiammawii, thla 11-a upa, Pu Bethlehemthanga leh Pi Thangkhawli (L)-te fanu, Hmar Chaltlang khua, ni 7.4.2015 aṅanga Hmangaihna Ina kan enkawl chuan pneumonia avangin ni 19.1.2016 zing dar 8:00 khan chatuan ram min pansan ta. Hmangaihna Ina thawktu mi 10-in a ruang hi Hmar Chaltlang thlengin an zui a. Hemi ni vek hian an khua Hmar Chaltlangah ui tak chungin vui liam a ni.*
2. *Samuel Lalchhanchhuaha, kum 1, Pu K. Lalawmpuia leh Pi Lalremsiami fapa, Khumtung khua, October ni 20, 2015 aṅanga Hmangaihna Ina enkawl chuan ni 2.2.2016 zan dar 8:00 khan Synod Hospital-ah thluaka khawsik lut avangin chatuan ram min pansan a. A ruang hi an khua Khumtungah phurh chhoh a ni a. A vuina inkhawmah hian Hmangaihna Ina thawktu mi 5 an han tel a, ui tak chungin thlah liam a ni.*

## KUM 2015-2017 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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### KOHHRAN HMEICHHIA

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

- Thil tumte:
1. Kohhran pum rawngbawlina tihlawhtling tura thawh ho.
  2. Kristian chungkua din nghehtir tura ãan lak.
  3. ãanpui ngaite Krista hminga ãanpui.
  4. Chanchin ãha puan darh.

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



*Hmangaihna Ina naupangten Krismas 2015 thilpek an dawng*



*Kawrthah Bial Leadership training leh Kristian chungkaw campaign*



*Saiha Bial Leadership training leh Kristian chungkaw campaign*

To

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