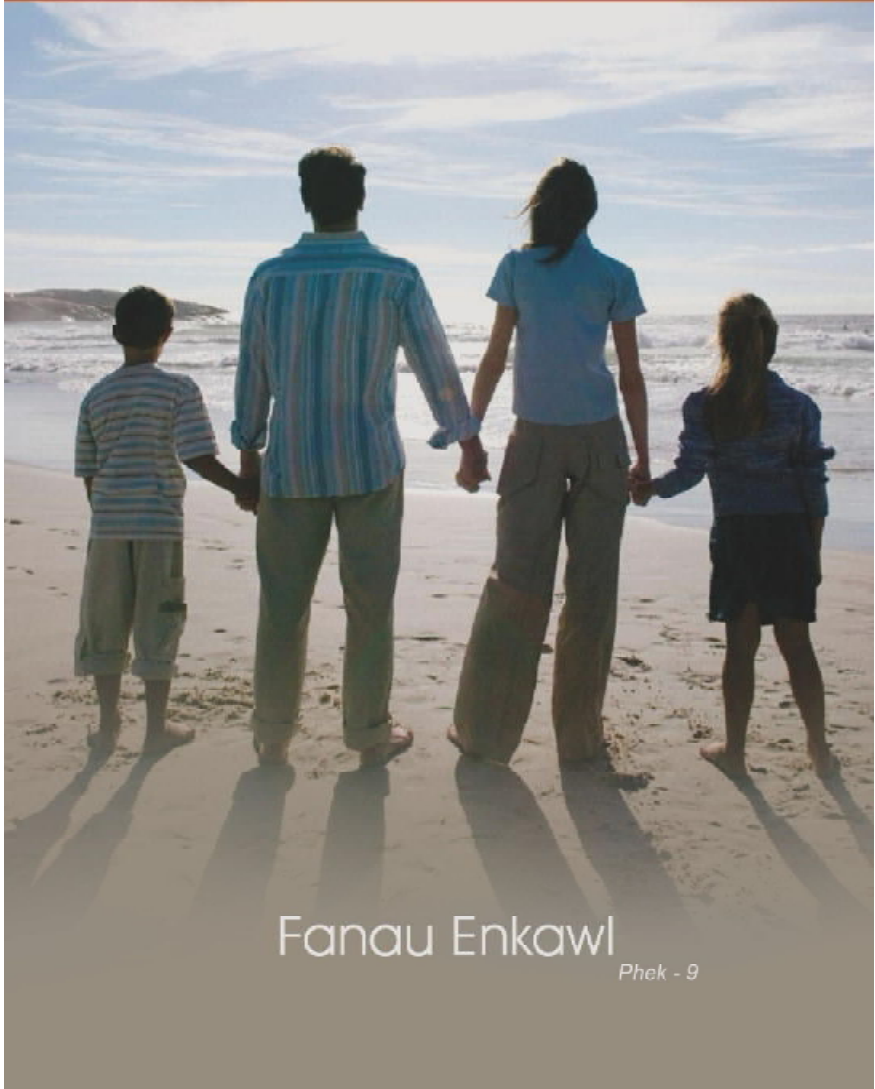


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A chungu thu awmte

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NGAIHHLUT TUR DIK ENG NGE NI ANG?

Tunlai khawvel hun inher danglam leh changkang zelah hian Information technology leh Media lam hian chhungkua leh khawtlangah nghawng lian tak tak a nei chho mèk a. Chung zinga pawimawh tak pakhat chu, kan ngaihhlut zawng min thlaksak daih hi a ni. Entir nan: kan thalaiten Computer, Internet te ngaihhlut nachang an hria a, a lawmawm e. Chutih rualin an nun, hun leh theihna zawng zawng sengin an buaipui emaw tih mai tur hian mut nachang hre lovin zan rei tak thlengin an meng a, zingah thawh nachang hre lovin hnathawh hun chu mut nan an hmang leh daih a. An ngaihhlut zawng chuan an nunphung a thlaksak dawrh dawrh a ni ber mai. Chutiang zelin Telephone pawh, kan hriat ve theih chinah tlem te a awm laiin kum rei lo te chhungin connection 6,00,000 chuang zet a lo awm ta. Kan ramin Phone Bill-a sum kan sen pawh a tam ta hle. Chutiang zelin, Motor Car, Bike, Scooty, incheina thlengin, heng kan ngaihhlutte hian kan nun a thlak danglam mèk chu a nih hi.

Hengah hian ngaihhlut tur dik chu eng nge ni ang? Lal Isuan, ‘Miin khawvel hi a pumin nei sela, a nun chan si sela, a tan eng nge sawt ang?’ (Mk. 8:36) tiin a sawi a. Greek thawngah “Zawe” tih chu “nung” tihna a ni a; hetia kan thuh a, kan kal a, kan ei/in che vel mai hi ni lovin Lal Isua nena nun inzawm, thih hnu pawha chatuana nung reng tawh, nun nei ngei chu Lal Isuan “nung” a tih chu a ni. Lal Isua nena nun inzawmna nei si lo chu “nun chan” chu a ni mai.

Chuvangin, Lal Isua chuan a ngaihhlut leh a ngaih pawimawh ber mai chu Amah nena nun inzawmna neih hi a ni. Miin khawvelah hian a duh duh neia, eiin, silhin feng thei se, in leh lo leh thil hlu tinreng, thiamna leh finna te pawh nei mah se, Lal Isua nen nun inzawmna a neih si loh chuan eng mah a ni chuang lo, ngaihhlut tlak a ni lo ve, a tihna a ni ang chu. Kan hring nun a tawp ni meuh chuan, thil neih that, incheina, sum leh pai, thiam leh finnaten tih theih an nei tawh lo. Chuvangin, ngaihhlut tur dik tak kan Lalpa nen nun inzawm a, a duhzawng tih hi inzirtir zel ang u. www.mizoramynod.org

*Kristian Chhungkua***KRISTIAN CHHUNGKUA LEH INRENCEM**

- *Liankimi*
Fin. Secretary,
Central Kohhran Hmeichhia

Bible-ah Pathianin a mite mamawh a pek ðin thu hmun tam takah kan hmu a. Lal Isuan a mite chu kan mamawh kan dil chuan min pek a tiam a, ni tina kan ðawngt̄ainaah pawh ‘Ni tin kan ei khawpin chaw min pe ang che,’ tiin kan dil ðin a. Kan dilnate hi chhangin Pathian chuan kan mamawh min pe ðin a ni.

Kan sum hmuh leh thil dang kan neihte hi Pathian min pek a ni tih kan pawm ðheuh va; churang chuan Pathian hnena lawm thu sawi nan thawhlawm pawh kan pe ðin a ni. “Thil zawng zawng hi i hnen aṅanga chhuak a ni a, i ta chu kan rawn pe leh mai che a ni si a,” tiin I Chronicles 29:14-ah kan hmu a ni. Amah leh thawhlawma kan pek bak kan sum la kawlte hi Pathian min pek tho a nih avangin fimkhur taka hman tur kan ni tih hi kan ngaihtuah ngai em? Kan sum hman ralnate hi Lal Isua hriatpui tlak, Lal Isua ni se a hman vena awm reng a ni ang em tihte hi kan rilruah awm fo sela a ða viau ang. Dik taka sum lak luh inzirtir a pawimawh tlukin dik taka sum hman kan inzirtir a ðul a ni.

Inrenchem kan tih hian sum leh thil dang kan neih ang hman phal lova kawmpui tlak lam a kaw lo va, kan neih ang ang ruahmanna fel tak nena hmanga, daihzai zawk leh ðangkai zawka hman a kaw a ni. Kan ngaih dan dik lo deuh pakhat chu mi inren thiamte hi mi uikawm, mahni it ngawih ngawih pawh lei ngam lo, mi ti kher kher leh mi rual pawl lo leh kawm hrehawm niin kan ngai ðin. Hei hi a dik lo a ni. Mi inren thiamte chu mi fing, mahni invawng fel, mahni inthunun thei leh mi remhriate an ni zawk a ni. Lal Isua ringtute chu inrenchem nachang hria, a hmanna tur pawimawh taka fimkhur taka pawisa hman ðin; mahse, mamawh loh lei nan chuan sum hman mai mai lo mi kan ni tur a ni.

Eng vangin nge Kristiante hi inren tur kan nih?

1. Inrenchem hi Pathian duh zawng a ni. Pathianin malsawmna min pekte hi ñangkai taka kan hman tura min pek a ni a. Tlaran taka kan khawsak a, leilung hausakna min pekte ren lo taka kan hman ral mai mai chuan min petu hi a lungawi lo vang. "I sumin Lalpa chawimawi la, i thil lo pung hmasa ber zawng zawngte nen," tih Thufingte 3:9-ah kan hmu a ni.

2. Kan neih ang angte ren taka kan hman chuan a daihzai ang a, harsa lo zawk leh rilru hahdam zawkin kan awm thei ang.

3. Kan ram hausakna te, kan sum leh paite remchem taka kan hman chuan kan tu leh fate tan kan kheksak tihna a ni. Kan hun laia ren lo taka kan thil neihte kan hman chuan kan thlahten hman tur an nei ve dawn lo a ni.

4. Mite tan malsawmna kan nih theih nan kan inrenchem a ñul a ni. Entir nan ren taka electric leh tui ka hman chuan

mi dang lo chang ve pha lote pawhin an chan ve phah thei ang a, ren lo taka ka lo hman mai chuan khawi laia mite emaw chuan an lo chan loh phah thei a ni. Inrenchem hi Kristian rilru nen a inmil a ni.

5. Inrenchem loh hi corruption bul a ni fo. Nu berin pawisa kan hman thiam loh chuan kan indaih lo reng mai ñhin a, pa ber tan chuan nupui fanau mamawh ang pe thei lo nih ai chuan dik lo deuh pawha sum hmuh dan zawn mai a awl ñhin.

Inrenchem chungchang kan sawi turah hian sum leh pai chauh ni lovin, kan vela boruak leh tui te, thing leh mau te, leilung hausakna hrang hrangte pawh hi a huam tel vek a. Amaherawhchu, nu kan nih angin sum leh pai leh in chung khur hi kan ngaih pawimawh hmasak a ni lo thei lo va, chu chu sawi hmasakah kan nei dawn a ni.

Sum leh pai : Rim taka hna kan thawha, kan hlawh chhuah te hi a enkawl dan kan thiam loh chuan ho takin a ral leh mai mai ñhin a ni. Chuvangin, pawisa kan

hlawh chhuahte hi țangkai tak leh daihzai taka kan hman hi mal min sawmtu duh dan pawh a ni.

Kan sum lak luhna kawng a inang lo viau hlawm ang. Loneitu te, sawrkar hnathawk te, sumdawngte leh ni tina ei chawp dapte pawh kan ni ang. Ni tin emaw, kar tin emaw, thlai thar lai emawa pawisa la lut kan nih pawhin kan lak luh ang ang kha renchem taka kan hman thiam a ngai a ni. Sum thawk chhuak tur chuan rim taka thawh a ngai a, taihmak leh remhriatte a ngai tel bawk a. Chutiang bawk chuan sum renchem tur chuan remhriat te, taihmak te, hmangchang hriatte a pawimawh em em a ni. Inrenchem tura kan tih theih thil harsa lo te te han sawi dawn ta ila.

(1) ***Ei leh barah*** : Ei leh barah hian sum kan seng hnem țheuh awm e. Kan taksa hrisel tur chuan kan ei kan tihthat pawh a ngai a, chaw țha leh kan taksa mamawh thil dang kan ei a ngai a, chuvangin sum senna lian ber pawh ni awm tak reng a ni. Amaherawhchu, ei leh barah hian țul lo takin sum kan khawhral nasa hlein a lang. Kan

inrenchem theih zawk nan mi tinin kan tih theih țheuhthe han tar lang ila:

(a) Chawhmeh kan leiin kan it zawng ringawt lei ai chuan kan taksain a mamawh lei a țha. A tlawm tih vanga kan chhungkuain kan ei tawk aia tam kan lei hian kan tichhe leh mai mai a, sum sen ralna a ni.

(b) Ei rawng kan bawlin kan chhungkaw ei tawk awm vel hriat a țha khawp mai. Kan ei sen loh kan paih hian sum kan paih a ni tih hria ila. Mi țhenkhat chuan a laklawh tih vangin kan ei tawk aia tam kan siam a, a țhing kan paih leh țeuh țeuh țhin. Lal Isua pawhin ei bang paih a phal lo va, a ruhtir leh vek a nih kha.

(c) Kan taksain a mamawh pawh ni lo, puarna tak tak tling si lo hmawmsawm lei nan pawisa kan hmang nasa. Hei hi naupang nei chhungkuaah hian a tam bik. Kan tu leh fate ei tur țha pek aia an duh zawng hmawmsawm, an pum pawhin a ngeih lem lohte kan leisak fo hian sum hehna bakah an hriselna thlengin a khawih pawi thei a ni.

(d) Nu tam tak chuan thingpui dawra ei tur lam mai hi kan ching. Thingpui dawra mi ei aiin mahni ina siam ve mai hian pawisa a hek lo. Dawra mi pahnih ei man zat khan in lamah mi 5 ei a siam theih a, a thianghlim zawk baw k si. Hemi tur hian inzir peih ila.

(2) ***Thawmhnawah*** : Mizote hi incheina lamah kan sang hle mai a, inchei pawh kan uar sawt a, hma kan sawnna kawng tak pawh a ni awm e. Amaherawhchu, kan neih mil tawka inchei hi kan inzirtir a pawimawh khawp mai.

(a) Mahi inhmeh zawnga inchei thiam kan zir a ʈul hle. Mi mawipui ang kha ka mawipui ve kher lo mai thei. Chuvangin, miin kawr man to tak an haa an nalhpui avang khan neih ve i tum lo vang u.

(b) Kan neihin a tlin tawka inchei hi a mawi a ni. Ka ʈiannu neining deuhvin kawr man to tak a hak avang khan neih ve kher ka tum tur a ni lo. ‘I vengte thawmhnaw awt suh’ tih a nih kha.

(c) Puk chawp/ba/ instalment-a thawmhnaw neih

hi chin loh a ʈha khawp mai. Ka pawisa neihin ka thawmhnaw duh kha a lei thei lo a nih chuan ka neihin a tlin hun nghah emaw a nih loh chuan neih loh emaw ngam mai tur. Tin, nute hian hetiang hi kan chin chuan kan fateah kan tuh sam khawp mai.

(d) Second hand hi a ʈha em em a, thawmhnaw ʈha tak tak he laia kan hmuh phak ve loh la thar tak takte tlawm tein kan lei thei a, thlasik lai phei chuan manhla tak a ni. Mahse, a lehlamah chuan second hand hian kan mamawh lem loh min leitir hnem khawp mai. Hmuh chawp duh chawp hi kan ngah phah. Chuvangin, kan mamawh tak zawn bik kan nei a nih loh chuan second hand en kual vel mai mai hi kan mamawh lem loh leina a ni duh khawp mai.

(e) Kan tu leh fate thawmhnaw man to tak tak haktir hi chin loh a ʈha. An naupan lai aʈanga thawmhnaw man to an hak ʈhin chuan an seilen hnuah pawh a man tlawm kha an hmusit mai ang a, an hautak viau ang. A to apiang hi a ʈha a ni kher chuang lo. Thawmhnaw a man a tlawm

avanga hnualsuat mai kan ching hi a dik lo.

(f) Chhuahvahnaa pawisa ah chhuah tam loh a tha. Hei hian thawmhnaw kan hmuh chawp; mahse, kan mamawh lem loh lei maina lakah min veng.

(g) Kan thil lei tur hi kan mamawh vang nge kan it zawng a nih vang maia lei tum kan nih tih hi inngaihtuah fo a tha.

(3) *Thil dangte*

(a) Kan choka almirah-ah hman ngai reng reng loh tea set leh dinner set kan tlar tuar a, hei hi kan intihhmuh khawp mai. Ka mamawh reng reng loh kha sum tam tak sengin ka lei tihna a ni.

(b) In chhung bungrua - sofa set, dawhkan, tar mawi etc. man to tak tak kan lei a, kan enkawl ngun zui leh si loh hian ho takin pawisa kan seng ral mai mai tihna a ni. Kan bungrua neih ang te hi uluk takin enkawl ila, rei tak min daih thei a ni.

(c) In chhung khawsakah inren kan zir a ngai a, hmangchang hriat a tul.

Sahbawn them hi a tharah hmehbelin a tawp rak thleng a hman theih. Mombati bung dah khawmin chhuan tuia a thar chhun nan a hman leh mai theih. Hetiang hian thil tam tak ren dan a zir theih.

(d) Electric leh tui ren kan zir a ngai. Nichina kan sawi tawh ang khan kan mamawh bak hi hmang lo ila kan bill a tlem sawt ang a, pawisa kan save tihna a ni. Chu bakah, mi dang tan kan khek a ni a, mi tana thil tha ti kan ni.

(e) Mi tam takin pawisa kan sen teuh teuhna; mahse, kan sawi tam duh vak lohna hi chu mobile bill-ah hian a ni. Nute chu a seng tlem pawl tak chu kan ni ang. Mahse, kan fate thawh chhuah la nei si lote hian ren lek lovin mobile an hmang a, a tuartu chu nu leh pate kan ni leh tho si. Chuvangin, kan fate pawh hi tul lova mobile hman vak vak hi pawisa a hek tih i hrih fo ang u.

(f) Zuk leh hmuam leh kuhva manah pawh hian kan seng nasa khawp mai. Kan taksa tana pawl turah hian sum

kan seng teuh teuh reng mai a ni. Hei hi ngaihtuah chian a ngai khawp mai.

(g) Thing leh mau, kan ram hausaknate hi kan mamawha kan hman tura Pathian min pek a ni. Mahse, ren miah lova kan hman bawrh bawrh chuan engtik niah emaw an la ral dawn. Thing leh mau kan suat nasa lutuk hian kan boruak a tilum a, tuihna a tikang a, harsatna tam tak min thlen a ni. Kan ram hring nuam tak mai, boruak thianghlim tak hi tichhiain kan thlahte tan thlaler kan hnutchhiah mai dawn em ni?

Kan tih theih dangte

1. Kan sum hman dan turah hian ruahmanna fel tak siam lawk a ngai a ni. Kan chungkuain pawisa kan lak luh aia tlema khawsak kan zir tur a ni. Nu ber remhriatna a pawimawh khawp mai. Kan thla tin buhfai mamawh zat, gas, naupang fee, bazarna etc. mamawh zat chu nu ber hian kan hre theuh va, hemi atanga hian ruahman lawkna kan lo siam thei a ni. Nu thenkhat chuan thla tirah hian an sum hmanna tur hriat lawk, entir nan bawnghnute bill, electric leh tui

bill, naupang fee, bazarna, etc. te kha envelope-ah an dah hrang sa thliah a, hei hian indaih lohna lakah a veng em em a, an zawngchhang hle a ni.

2. Tunlaiin nutling, fate kawrhnuai takngial pawh thui thiam lo kan tam ta em em mai a. Nau puan tlang thleh pawh man chawiin kan thuitir ta zel hi chu a zia lo deuh a ni. Kawr nalh taka thui kan thiam lo a nih pawhin kan mamawh zualpui tal intum thei turin i inzir ang u. Chutiang bawkin laphiar leh thil dangah pawh mahni intodelh i tum ang u, nasa takin pawisa kan khawl a ni mai. Nute hian kan fanute kan zirtir a va pawimawh em!

3. Bank emaw, mi mal emaw, hmun dang emaw atanga pawisa puk hi fimkhur a ngai khawp mai. Loan kan lak dawnin emaw, pawisa kan puk hmian emaw a rulh lehna tur ruahman fel sa kan nei a nih loh chuan loan te hi lak mai mai tur a ni lo. Sawrkar atanga loan kan lakte hi bat ral mai mai theiha ngai mi tam tak kan awm. Hei hi a dik lo, eng hunah emaw chuan kan rulh leh tho a ngai.

Tin, engtin tin emaw lo sawi bo thei pawh ni ta ila, Kristian tih atan chuan a mawi lo.

5. Inrenchem tur chuan taihmak a ngai a ni. Kan pawisa hmanna kan chhut fel fo a ngai a, a tir lamah phei chuan kan mamawh zat tur kan hriat loh avangin lo inrin lawk dan kan thiam dawn lo va; chuvangin, taima taka kan mamawh zat kan chhinchhiah a ngai dawn a ni. Tin, mi dang kuta kan in chung khur inrel dan kan dah nasa lutuk hian min tihautak a ni.

6. Nu leh pate hian kan fate hi an mamawh apiang kan tihsak a, hei hian inrenchem tulna a hriat lohtir a, pawisa khawl tulna pawh a hriat lohtir a ni. Marwari (vai mi hausa)-ho chuan Rs. 3000 an neihin Rs. 300 hman tur neiah an inngai a, a dang zawng chu khawl turah an ngai mai an ti thin. Kan rama vai mistiri-te hi kan tluk lo em em a ni. An khaw lama an chungte thawn tur hi an khawl thei reng a ni.

7. Bank hman tangkai a tha. Vaiho hi chu Rs. 50 dah tur pawhin bank-ah an kal tang tang peih. Keini chu kan hman bang chauh khawl kan tum a, hei hi a dik lo a ni. Mizo zingah hian natna khirh deuh tuar dawl lo kan tam khawp mai. Pawisa kan lo khawl loh avangin natna emaw, harsatna emaw kan tawh hun a lo thlenin a manganthlak lutuk thin a ni. Sum khawl hi tum hram hram ila, eng emaw thulha harsatna kan tawh pawhin kan buai chhe lutuk lo vang a; tin, Pathian zara hetiang hun harsa kan tawng lo a nih phei chuan a vanneihthlak dawn hle a ni.

A tawpna atan chuan Pathianin malsawmna min pekte hi amah chawimawi nan hmang ila. Chu bakah chuan inren thiam takin daihzai taka hman tum bawh ila. Tul lo leh kan awh zawng mai mai atan hmang lo ila. Chutichuan, kan khawsak a lo awlsam ang a, kan hlim bawh ang a, Pathian pawh kan fak thei zawk bawh ang.

(He article hi April thla khan tihchhuah a ni a; amaherawhchu, phek 7-naah March thla chhuaka phek 7-na kan lo dahluh palh avangin chhuah nawn leh a ni a, tihsual palhah ngaihdam kan dil e. Manager, Synod Press)

*Sermon***FANAU ENKAWL**

- K. Laltlankimi
Bethlehem Venglai

Kristian Chhungkua tih tawngkam hi a ri a mawi a, a awmzia a ril a, Paulan, “Thu ril, thuk tak,” a tih ang mai hi a niin ka hria – “Chhungkaw member zawng zawngte Krista zuitu.” E! A va ropui em! Hla pakhat chuan, *‘Lalpa hretu ni mah la, Lalpa hriat i nih si loh chuan, chatuan nunna i nei lo’ng,*” a ti. Kristian chhungkua buaipuia, kan tulpuia kan tuipei em em lai hian Lalpa hian a hnung zuitu chhungkuaah min pawm ang em, tiin ka inzawt thin. Ka tlin lohnaah zahthlak ka ti a, hrehawm ka ti thin. Mahse, sawi ve tur neiin ka inhre si a, ti hian ka’n ziak ve a nih hi.

1. **Fate enkawl thiam turin :** Chhul khat kual theuh theuh pawh hi an lo inang lo thei hle mai; pakhat chu tih a nuam hle a ni thei, a dangte chu tihnuam tak an ni kher lo. Ze inang lo vekin an lo piang a ni ber. Chu vang chuan, nu leh paten uluk taka fate mizia zir chung a enkawl a tul. Solomona chu lal atan hriak thih a nih khan Pathianin, “Eng nge ka pek ang che, mi dil rawh,” a ti a. Solomona chuan, “Heng mipui hmaa lut leh chhuaka ka awm theih nan **finna leh hriatna** mi pe ang che. I mi heti zozai hi tu nge ro relsak thei ang le?” tiin

a chhang a. Solomona chungah Pathian a lawm em em a, a dil tel loh thil tha tinreng pek a tiam ta a ni (*II Chro. 1:10-12*). Solomona hnena finna leh thil tha tinreng pe theitu Pathian hi kan Pathian pangngai reng a ni a, fanaute kan enkawl na kawngah pawh hian Pathian hnen ata finna dil chung a fimkhur taka enkawl kan zir a pawimawh tak meuh a ni. A duh zawnga fate enkawl kan duh tak meuh a nih chuan chutiang mi chu Pathian puih chak zawng tak an ni ngei ang. Hawh u, tlangnel takin **finna** i dil ve ang u.

2. **Zirlaibu ða nih :** Paulan, “Mi zirtu ni rawh u, kei pawh Krista zirtu ka ni ang bawh hian,” a ti. Kan ðhenawm khawvengte hnenah Paula ang hian ‘mi zirtute ni rawh u...’ kan ti ve ngam kher lo a nih pawhin kan tu leh fate chuan kan duh emaw, duh lo emaw min zir, min entawn hrim hrim; kan nun hi tu leh fate tan zirlaibu ða a ni nge ni lo mahni inhriat i tum teh ang u. Kan tu leh fate kalna atana kan duh kawngah chuan nu leh pa kan kal hmasak a ngai a, kal lo se, ti lo se kan duh chu kan tih loh hmasak, kan kal loh hmasak a ngai. Dawt sawi duh lohvah te, mi rel ngai lohvah te, dik taka sum lak luhah te, ruih theih thil tih lohvah te, zuk leh hmuam tih lohvahte zirlaibu ða kan ni em tih inen fiah a va ðul em! Inkhawm, ðawngðai, Bible chhiar leh Pathian hnena thilpek pekahte tu leh fate tan entawn tlak, zirlaibu ða i ni mawlh teh ang u.

3. **Pathian rawn chungin :** Davida leh a sipaite ral dova an thang hlanin Amalek-hovin an khua an lo run a, an neih

zawng zawng an laksak a, khua an lo hal bawh. Davidan engtia tih tur nge tih Pathian a zawt a, Pathian rawn chung a kal avangin Pathianin a ðanpui a, a ch n zawng zawng a hmu let leh vek (I Samu. 30:1-8). Kristian chhungkuaa beihpui kan thlaknaah hian, “*Anmahni in chhungah eng mah ni bik si lo, Kristian chhungkaw campaign-a vak daw daw reng mai,*” ti te, “*An faten khawtlang nu leh pa lu an tihhai tehreng nen, amah lah chu a lam a lam bawh si,*” ti tea min seltu, min ei lo tak tak, Kristian chhungkaw nun buaipuitute veitu an lo awm ve bawh. A ni reng a, Kristian chhungkuaa mi ðulte hi mi fel hlang kan lo ni bawh si lo. Mi fel hlang ahnekin ðawngðaipui ngai em emte kan ni zawh. Chu vang tak chuan Pathian rawn chung a kal, Pathian rawn chung a hmalak, Pathian rawn chung a campaign a ngai. Mi min sawi dante hi a dik chiah chiah a tam mai. Mahni in chung khura theihpatawp chhuah hi kan bat, thil ðul hmasa chu a ni, kan chhungkuaah kan

hlawhtling vek lo a ni mai thei, chu vanga kan chhungkaw piah lama kan rawngbawl na kan hlamchhiah mai chuan Kristian chhungkaw campaign beihpui thlaktu tur an thahnem lo fe mai thei si. Chu vang chuan, Davida anga Pathian rawn zel chungin, mahni chhungkuaah leh chhungkaw pawn lamah pawh kan Lalpa tan i thawk zel ang u; chawl hman kan ni lo ve.

4. **Nupa inthurual** : Fanau enkawl kawngah nupa kan inthurual a ngai; tunlai khawvel hipna chak lutuk tak lakah hian kan fate hi Kristianna hrui thlung nghet tlat turin nupa inthurual a tul tak meuh. Inthuruala kal dun tlat pawha hlawhtlin a har vei nen, kan inthurual loh pheii chuan hlawhtlin a har leh zual tih hre Chiangtute kan ni ang. Kan inthurual lo a nih chuan fanau enkawl kawnga harh zawk zawk chu bang lova tawngtai a tul ngei ang. Anania leh Saphirite nupa anga thil dik lo tih kawnga inthurual erawh Pathian malsawm chak loh zawng tak a ni tih theihngihl lo ila.

Tlangkawmna : Kan ram, kan hnam damna ngelnghet a lo awm theih nana tul hmasa ber chu 'Chhungkaw dam' hi a ni. Chhungkua a dam chuan a dang zawng zawng chu a fuh vek dawn a ni. Chhungkua a dam tlan nana tul taka hma kan lakna hrang hrangte hi Pathian hriatpui hmalakna, kan Pathian pawhin a ngaih pawimawh tak a ni. Chu hmalaknaa kan tel ve avangin, Lalpa ngaih pawimawh tak rawngbawl na hna thianghlim chhunzawmtu kan nih ve avangin i lawm ang u. Heng rawngbawl hnate hi thawh reng pawh tum ila, kan kovah a awm reng dawn lo Chiang mai, mi dangin an la rawn ti ve dawn, keini chuan mual kan liam mai dawn. Hun tha kan neih lai hian kan Lalpa tan i thawk ang u. Kan tlin lohna a tam ngei ang, mahni pawh insiam tha zelin Pathian tanpuina dil ila. Ram hla zawka kal pha ve lote tan hmun leh hmuna rawngbawl na tur kawng inhawng hi theihtawp kan chhuahna atana Pathianin kawng min hawnsak a nih hi.



*Hriselna huang***TLAKCHHAM NATNA TLANGLAWN ZUALTE
(THISEN TLAKCHHAMNA)***- Zonunpari, Nutritionist*

Ei chhiat vanga thisen tlakchham/tem hi hmeichhe nau pai thei rual leh naupangte zingah a tam em em a, a bik takin chungkaw khawsak harsate zingah a tam leh zual. Iron tlakchham avanga thisen tem hi a hluar hle a, folic acid leh vitamin B₁₂ tlakchham vangin a awm bawk.

Iron tlakchham avanga thisen tem hi ei leh ina iron a tem vang emaw, taksain a hip luh tem hrim hrim vang emaw, taksa atanga a chhuah nasat (*thisen chhuak, rulhukawm pai*) avangin a awm thei. Kan ei leh ina iron a tem hrim hrim vang ai mahin a hip luhna daltu 'phytate' buh lam chia mite leh 'tannin' - thingpuia mite kan ei tel tam avang leh hip luhna puitu vitamin C leh calcium-te kan ei tel tem avangin kan ei leh ina awmchhun pawh kan hmang tangkai lo a ni mah zawk.

Thisen tlakchham chuan luhai, chaw ei tui lo, chauh ngawih ngawih leh eng emaw hleka thawchham mai te a awm thin. Thisen a tem chuan taksa a dawldang a, vun, hmui, lei, mit vun hnuai chhung lam leh

kut ke a dang em em thin. Tin a ro va, a tliak hma a, thirfian ang deuhvin a er turh thei.

Thisen tlakchham/tem hian nu raicheha thihna te, nau pian hun hmaa hrin te, nausen piang hlim buk zang lutuk te, natna kai hma bikna leh harsatna dang tam tak a thlen thei.

Naupang zingah pawh thisen tlakchham hi a hluar hle a, a chhan chu ei leh ina iron tem vang te, rulhukawmin thisen a ei nasat vang te, naupangin iron khawl that (store) a neih tem vangtein a awm thei. Naupangin iron khawl that a neih temna chhan chu nuin a pai laia thisen a neih tem vang te, thla kim lova pian vangte leh laihruai tan hma lutuk vangte a ni tlangpu.

A enkawl dan : Thisen tlakchhamna a nasat tawh viau chuan ei leh in aţang ngawt chuan enkawl that a har thin a, iron leh folic acid mumni khata wawi hnih wawi thum emaw ei a ngai. A tui chi pawh tam tak a awm bawk. Iron telna lam chi reng reng hi chu chaw ei khama ei chi a ni. Rulhutkawm emaw, malaria vang emawa awm a nih chuan mi thiamte rawn vat chi a ni.

A venna atan : Thisen tlakchhamna tam ber hi iron tlakchham vanga awm a nih avangin a veng tur chuan ei leh in lama tan lak a ngai a, iron tamna lam chi ei tam a ţul a ni.

Kan ei leh ina iron awmte hi taksa hian a hip lutin a hmang ţangkai har em em a ni. Ei leh inah hian iron hi chi hnihin kan hmu a, *haem iron* leh *non-haem iron* an ti. Haem iron-te chu sa, sa thithun, sathin, sangha leh sa dang reng renga mi hi a ni a, taksa hian a hip lutin a hmang ţangkai awlsam bik a, ei theih hram a ţha. Non-haem iron chu buh, be, thlai hnah hring leh thlai danga awm hi a ni a, heng hi chu taksain a

hip lut har deuh. Vitamin C hian iron hip luhnaah a pui hle a, a chhan Fe +++ kha Fe ++ ah a siam a, taksain a hip lut awl thin. Tin, chaw ei khama thingpui in hian thingpuia ‘tannin’ awm leh iron kha a inbelhbawm tlat a, taksain a hip lut thei lo bawk. Chaw ei khama thingpui in ai chuan thei thur ei chin a ţha zawk hle. Thlai hnah hring te hi ni tin ei tel a ţha.

Thisen tlakchhamna veng tur hian sawrkar pawhin hma a la nasa hle a, iron leh folic acid mum, nu leh naupangte hnenah Health Department kaltlangin a thlawnin sem a ni a, heng sawrkar hmalaknate hi hman ţangkai a pawimawh hle mai.

Tin, rulhutkawm pai an tam viauna hmunah heng tihbo hna hi ngaih pawimawh a ţul hle. Ek in neih te, tui thianghlim chauh in te, ke lawnga kal loh leh thianghlimna kawnga tan lakte a ţul hle. Rulhut hlo ei thin te pawh a pawimawh hle bawk. Malaria ven hna pawh hi thisen tlakchham venna pakhat a ni thei a ni.



Charecter Study**TUN HUN**

(Marthi leh Mari nun aṅanga thlirin Paula'n eng nge a sawi ang?)

(Eph. 5:15-17; Lk 10:38-42)

Laltlanthanga Zote, M.Th.,.

1. **Hun rei lo te chauh khawvelah kan nei :** He changah hian Paula hian kan dam chhung hun rei lo te hi fimkhur taka hmang turin min चाह a ni. Sam ziaktu chuan, *“Kan dam chhung kumte chu kum sawmsarih a ni a, chakna avangin kum sawmriat pawh a ni thei e,”* (90:10); *“LALPA, ka tawpna tur leh, ka dam chin tur chu engtin nge ni tih, mi hriattir la; ka derdepzia hi mi hriattir ang che,”* (39:4) tiin mihring dam chhung rei lohzia leh Pathian tel lo chuan kan hun hman dan tur kan hriat lohzia min hrilh a. Chuvangin, kan Bible chuan naktuk thila inngah luattuk leh ngaihtuahna inthlahdah lutuka muan luat leh, duhdah taka nung lo turin min zirtir a ni.

Tun hun ṭheuhva kan nun hman dan hi kan ngai pawimawh tur a ni. *‘Vawiin chuan ti hian ka ti phawt ang a, naktuk aṅang chuan thil ṭha chauh ka ti tawh ang, ka sual tawh lo vang’* tih chi a ni lo. Kan tan naktuk a thleng tawh lo palh ang tih a hlauhawm a nia. Thil ṭha tih tur hria chuan TUNAH tih nghal a fuh ber. TUN hun hi a pawimawh ber. Kan dam chhung hunte hi a rei lo va, an hlu a nia! Hmang ṭangkai thiam ang u.

2. **Remchanna lei zel tur :** Khawvelah sualna a pun zel avangin Paula hian ringtute chu thil ṭha ti turin hun zawng zawng a remchan dan anga hmang hram hram turin min fuih a ni. Lal Isuan Setana hi suamhmang leh rukru, a theih ang anga kan hun ṭhate thil sual tihna atana hmang tura min ruksak tuma min veh rengtu a nih thu min hrilh. Thil ṭha ti lova hun kan khawhral mai mai ṭhinte kha mahni han inngaihtuah let ta ila; chhungkaw tana ṭangkai lo,

kohhran leh khawtlang tana thatpuina awm lo, mahni tan pawha hlawkna awm lo kan tih thinte i han mitthla teh ang u. Khang hun zawng zawngte kha hun hlu leh tha, Setanan min lo ruksakte an ni tih kan hrethiam em? Setana hian kan hun tam thei ang ber hi chan tumin kan ngaihtuahna leh kan nun zawng zawng hi a daw i thin a ni. Mahse, uluk taka nun kan hman a, thil tha leh Pathian duh zawng kan tih tlat chuan Setanan hun remchang a hmu thei dawn lo.

Thil tha tih tlat mai hi Setana hnehna a ni. Mahse, thenkhat tan chuan sum leh pai, eizawna leh hnathawh ngaih pawimawh lutuk avangin chhung inkhawm, Pathian biakna hun leh a thu ngaihthlakna hun pawh nei lo khawpa thil danga inham buai ve theih tak a ni. Lazara farnu Marthi ang maia mahni chauh inngaihpawimawhna hian chhungkaw nu tam tak chu min lo tibuai ve reng thei a nia! Mari ang hian he khawvela kan mamawh leh khawsaknate ai hian vana kan chatuan nunna

kan ngai pawimawh hmasa tur a ni. Sum leh pai, buh leh bal, in leh lo tha tak tak pawh nei mah ila, kan chatuan nunna chabi, Pathian leh a thute kan ngaihthah chuan boralna kawng zawh kan lo ni reng ang.

3. Pathian duh zawng eng nge ni tih ngaihtuah chungahun hman tur : Paula'n he thu hi min chah uluk khawp mai. *“Chumi avang chuan a duh suh ula, Lalpa duh zawng eng nge ni tih lo hre zawk rawh u,”* a ti. Pathian duh zawng chu engtin nge kan hriat theih tak ang? Heti zawng hian kan ngaihtuah ngai em? Keimahni nun theuhvah eng nge pawimawh bera kan hriat? Mi tu emaw an ni em, eizawna zawk em ni, nge, sum leh pai, in leh lo zawk? Ringtu tan chuan Lal Isua neia, Pathian nena inzawmna nghet tak neih hi a pawimawh ber mai. Chutiang nun kan neih theih nana min dal theitu zawng zawng chu kan paih thlak ngam a ngai a ni.

Kan hun Pathian pawl nan kan serh hran phal a ngai. Ni khata darkar 24 chhungin

minute rei lo te tal ɽawngɽai leh Pathian thu chhiarin, Amah pawlna hun atan i serh hrang thei em? Mi dangte tana ɽawngɽaisak theihnghilh ngai suh. Chu chuan mi dang bakah nangma tan malsawmna a thlen ang che. Mi dang zawng zawng aiin i chhungte bulah i hun tam ber hman tum rawh. Chhungkhat nu niha, pawn lam ringawta hun hman hian chhungkaw tan malsawmna nih a harsa. Kan in hi hotel ang chauhvah riahna leh chaw eina atana hman chi a ni lo. Kan awmna tur, kan chhungkuua kan chen hona tura Pathian min pek a ni. Tunlajah in leh lo nei lo tam tak an awm laia, mahni in luma chhungkuua chenpui tur kan nei hi kan vannei hle a ni. Hmanni lawka Japan ramin chhiat a tawh avanga chenna tur in leh lo nei lo tamziate kha

han ngaihtuah ila, in leh lo bakah chenpui tur chhungkuua Pathianin min la pe hi keini chukan vannei hle a ni.

TUN hunah Pathianin eng nge ti tura min duh tih ngaihtuah chungin kan hnathawh apiangah rinawm leh taima, thawk rim leh malsawm tlaka thawk tur kan ni. ɽhenkhat chu hun kal tawha an thil tih avangin an inchhir a, an lungngai ɽhin. ɽhenkhat chuan hma lam huna harsatna thleng thei an ngaihtuah a, an huphurh bawk. A dang leh chu an hun tawn mekah duhdah takin an nung a, Pathian pawh an ngaihsak lo. Heng zawng zawng tawpna chu thihna leh chatuana hremhmuna tawrh a ni. Keini chuan TUN hun aɽang hian kan nun hmang ɽha ila, **Nunna Lallukhum** chu kan la chang ngei ang. (Rom 13:11,12; Thup. 1:10).



Heng thu zawng zawng khaikhawmna hi i ngaithla teh ang: Pathian ɽih la, a thupekte vawng rawh; hei hi mihring zawng zawng tih tur chu a ni mai. Pathian chuan thiltih zawng zawng chungah ro a la rel dawn si a, thil inthup engkim, a chhia emaw, a ɽha emawote pawh, tih hi.

Thuhriltu 12:12,14.

NAISINGPARA, TRIPURA-A BRU REFUGEE-TE IN KANG ṬANPUINA PEK DAN REPORT

- *Upa D.P. Biakkhuma*
Synod Secretary (Jr.)

Mizoram Presbyterian Church Synod chuan Tripura ram Naisingpara hmuna Bru Refugee kang mei tuarte chanchin lungchhiatthlak leh runthlak tak mai a han hriat chuan ṭanpui tula a hriat avangin March 23, 2011-ah Mizoram Presbyterian Church Synod Officers Emergency Meeting a ko nghal a, a theih ang anga ṭanpui dan kawng zawngin Synod aiawha kal turte a ruat nghal a - Rev. C. Lalsangliana, Synod Moderator, Upa D.P. Biakkhuma, Synod Secretary (Jr.), Tv. Peter Lalanpuia, Cameraman leh Pu F. Rawntlinga, Driver-te chu kal turin a ruat a, anni hi March 25, 2011 (Zirtawpni) khan Naisingpara pan hian an kal a ni.

1. **Kang mei chhuah dan :** March 19, 2011 zing lam dar 10:30 vel khan an khaw hmarchhak lam hret daifemah leipui/chuktuah huan an hal a, chu chu thliin an khaw lamah a beng phei a, an inte hi rap in a nih hlawm avangin a kang hi a nasa zual niin a hriat.

2. **Ṭanpuina hlan dan leh hlan zat :** Naisingpara kang-mei tuarte hi kawng thum - Tripura Sawrkar (Sub Divisional Magistrate), Mizoram Bru Displaced People Forum (MBDPF) leh a petuten mahni ngeia sem tein a pek theih a,

Mizoram Presbyterian Church Synod chuan Naisingpara bazar hmunah function fel fai tak buatsaihin Mizoram Bru Displaced People Forum Vice President hnenah Synod Moderator Rev. C. Lalsangliana a hlan a. Ṭanpuina hlan zat chu hetiang hi a ni:

- a) Thuamhnaw/mutbu 668 bags
- b) Bungbel - 82 bags
- c) Silpouline - 200 pieces
- d) Pawisa Rs. 5,12,000

(Pawisate hi Synod aṭangin Rs. 4,50,000; Kohhranho thawh khawm aṭangin Rs. 58,000;

Bethlehem English School, Noagang, Tripura pek Rs. 4,000 te a ni).

Ṭanpuina sum erawh hi chu kang mei avanga nunna ch̄an (thi) te, in leh lo ch̄an te, hliam zat etc. hi sawrkarin tuartute tuar dan a en fiahna a chhuah huna pek/sem turin Tripura Mission Field Secretary Rev. C. Zoramawia hnenah hlan rih phawt a ni a. Ani kaihhruaina hian Pastor A.K. Dawia (Kanchandpur), Pastor Zothankima (Zawlnuam), Pastor R. Lalhmuchianga (Kanhmun), Pastor Lalhruaitluanga Ralte (Darchawi), Pastor C.S. Rila (Noagang) leh Naisingpara hmuna kan Kohhran aiawh Kohhran Upaten a ṭul angin an lo sem dawn a ni.

3. Kang meituarte dinhmun : Tripura-a Naisingpara khaw kang hi ralkhat aṭanga suangtuahna ai daihin a lo nasain a rapthlak a, veng fianrial deuh, mei alhin a man phak loh tih loh, veng inzawm pangngai deuh chu a kang fai vek a ni. Hetiang hi kang mei an tuar dan tlangpui chu a ni:

- | | | |
|-------------------------------|---|-------|
| 1) In zawng zawng | - | 2895 |
| 2) In kang ral | - | 2085 |
| 3) In kang lo | - | 810 |
| 4) Thi | - | 17/18 |
| 5) Hliam | - | 40 |
| 6) Presbyterian Kohhran bik | | |
| a) Kohhran in 200 aia tlem lo | | |
| b) Koh. member 1000 chuang | | |
| c) Dan zawhkim | | 819 |
| d) Kohhran mi in kang 152 | | |
| e) Thi | | 1 |
| f) Hliam | | 4 |

Heng bakah hian kan Kohhran miten Pathian biak In an neih chhun chu a kang fai vek a, a bula an lungphun pawimawh tak pawh a kang bung nghe nghe a ni. Naisingpara hmunah hian kan Kohhran mite an la awm zel a nih chuan an Pathian Biak In hi tun din leh thuai theih ni se a duhawm khawp ang.

4. Naisingpara hmun tlawh thu : Mizoram Presbyterian Church Synod aiawha kalte leh Mission Field aṭanga rawngbawltu hrang hrang lo kal khawmte chuan a theih chen chen fangin an thlir kual a. He khuaa Presbyterian Kohhran Biak In dinna hmunah chuan

inkhawmna hun tawi tê neiin Rev. C. Lalsangliana, Synod Moderator, D.P. Biakkhuma (Synod Secretary Jr.), Rev. C. Zoramawia (*Tripura Mission Field Secretary*) ten thu an sawi a. Rev. A.K. Dawia (*Bru Refugee-te tana Synod Mission Board-in Pastor atana a rawih*) chuan Naisingpara khuain kangmei a tawrh dan report a pe bawk a, ãawngãai rualna hun hman a nih zawhah he hmun hi chhuahsan leh a ni.

5. Lawmthu sawina : Mizoram Presbyterian Church Synod-in Naisingpara hmuna kang mei tuarte ãanpui thei tura Pathianin chakna leh theihna min pek avang leh harsatna tawk lova min hruai avangin Pathian hming chu fakin awm rawh se. Hun chep tak karah SMS leh TV Scroll hmaningin genna siam a ni a, Kohhran leh mi mal inphal tak takten Synod ngenna chu chhangin sum, thuamhnaw/mutbu leh bungbelte rawn thawhin a hma lama kan sawi zat khi kang mei tuarte hnenah hlan theihin a lo awm ta mai a. Thilpek petu

Kohhran, chhungkua leh mi tin hnenah Mizoram Presbyterian Church Synod chuan lawmthu a sawi a ni.

Tin, Synod aiawha kalten harsatna an tawh lohna turin sawrkar lama kan hotu - (1) Pu Lalrinmawia, Parliamentary Secretary; (2) Pu Z.S. Zuala, MLA; (3) Pu Hrangnawna, DIG; (4) Mamit D.C. leh S.P.; (5) Kanhmun O.C leh (6) SDPO, Kanchandpur, Tripura-ten theihtawpin hma a la a, Synod aiawha kalten harsatna tawk lovin him takin an kal thei a, heng mite chungah hian Mizoram Presbyterian Church Synod chuan lawmthu a sawi bawk a ni.

6. Kang mei tuarte tun dinhmun : Heng kang mei turte hian chenna tur in leh lo an neih loh avangin school leh hmun remchang dangachte an cheng khawm a. Sawrkar leh tlawmngai pawl hrang hrangten ei tur leh ãanpuina chi hrang hrang an pe zel bawk a. Kang mei tuarte chuan an hmun hlui leh hmun remchangahte an chenna tur bawktê, hlam bial lek leka lian, a ban pawh kezungpui

tiat lek lekte phunin an inkhawr
 tan mek a, thlipui leh ruahpuiten
 a nuai ang tih a hlauhawm hle!

Tlangkawmna : Kan hriat
 theuh angin Mizo leh Bru
 unaute inkarah hian inhriatthiam
 lohna a lo awm zeuh zeuh tawh
 pawh a ni ang, Lal Isua zirtirna
 kan en chuan, “*Ka thu
 ngaithlatute u, ka hrilh a che
 u, in hmelmate chu
 hmangaih ula, a hua che u
 chu an thatna tur ti ula,*”
 (Lk. 6:27; Mat. 5:44) tih te,
 “*Chutichuan, thil engkim
 miin in chungah an tiha in duh
 tur ang apiang chu mi
 chungah pawh ti ve rawh u,*”
 (Mat. 7:12) a lo tih te,
 Thufingte 25:21-ah chuan, “*I
 hmelma a riltam chuan ei tur*

*pe rawh, a tui a hal chuan in
 tur pe rawh,*” tih a lo ni bawk
 a. Chu bakah, rinnaa mi
 huaisen kal hmasa Tirhkoh
 Paula chuan, “*Thil tha ti atan
 Krista Isuaah chuan siama
 awmin, ama kutchhuak kan
 ni si a; chu thil tha tih chu
 kan awmna turin Pathianin
 a buatsaih lawk a ni,*” (Eph.
 2:10) a lo ti bawk a. Hnung
 lama thil awmte theihngihl a,
 hma lama thil awmte bana
 hetiangang kang mei tuarte tanpui
 hi thil tha ti kan nih phawt
 chuan Pathianin Mizoram Pres-
 byterian Church Synod chu
 Bru unaute hmangaiha an tana
 thil tha tih theihna hun
 remchang min siamsakah ngai
 ila, tanpui thei dinhmuna kan
 awm hi i lawm ang u.

TIHDIKNA

March thla Character Study ‘ESTHERI BU’ phek 18-
 na, para khatna, tlar kuanaa ‘*Mahni inchawisan duh mi
 chu mihringin tihhniam tum mah se an ding chhuak dawn
 tho tho tih a lang reng*’ tih kha ‘*Mahni inchawisan tum chu
 Pathianin a tihhniam thiam a. Pathianin a chawisan duh mi
 chu mihringin tihhniam tum mah se, an ding chhuak dawn
 tho tho*’ tih tur a ni.

KOHHRAN HMEICHHE INKHAWMPUI LIANAH KA TEL VE

- *Lalrohlua*
Committee Member, Central KṚP

Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui Lian Wawi 44-na (*Kohhran Hmeichhe din aṭanga kum 50-na Golden Jubilee ni bawk chu*) hmangin March 3-6, 2011 chhung khan Central KṚP aiawhin Rev. K. Lalpiangthara, Leader CKṚP nen Kawnpui khuaah kan zuk tel ve a, Kohhran Hmeichhia nge nge a ropuiin kan zuk tel ve thei hi vannei ka intiin chhinchhia tur tam tak awmin ka hria, chung kan thil hmuh leh tawn aṭang chuan tlem azawng han tarlang ta ila.

1. Hmeichhe Inkhawmpui Lian hi kan Pathian tan pawh malsawm loh theih loh niin ka hria. Ram chhung leh ram pawn aṭangin palai lo kal nu valai, upa deuh tawh leh tar lam thlengin hmuh tur an awm a, heng rawn kalhote hian kalsan lian tak tak - an pasal fanau, an tu leh fate an nei hlawm asin, chung kar aṭanga rawn kal an nih vang nge, inkhawm programme an neih reng rengin an ngai pawimawhin an ti tak tak hmel han hmuh te, lamtualala leng lo khawp lam thei an awm reng te, inkhawm ban tawh hnuah pawh haw hlei thei lova ṭul tak tak, vaivut zinga bingbilet te, lo ṭawngṭai ngawih ngawih te, nuho zaipawl zai leh tura inbuatsaih mekte hmel han hmuh khan ropui hlein ka hria.
2. Golden Jubilee kum a nih vang nge, inkhawm apiangin Lalpa Zanriah Sakramen hun tih lovah chuan Bial Zaipawl pahnih (*KṚP-ten Bial zaipawl kan neih ang ni lovin an Bial chhunga Kohhran Hmeichhe infin khawm zaipawl tihna*) an han zai ziah theite hi a ropui hle mai. Zaipawl member-te hi ka lo chhiar ruk danin 80-100 bawr vel an ni tlangpui a. An Bial chhunga an inbuatsaih dan tur han ngaihtuah phei chuan an fakawm tak meuh meuh a ni. Zaipawla ka la hmuh ngai loh zaipawl member-te an kut an

pharin an lam a ni mai lo va, zaipawl conductor thenkhat zingah Pathian faka zaipawl an hruai mek lain lawm avanga an bianga mittui tla zawih zawih, zaipawl hruai ngai baw site han hmuh chuan a lo thlirtu mai ni mah ila, hnuk ulh teuhvin kan lo ngaithla thei hial a ni.

3. Inkhawmpui chhung hian Rev. Zosangliana Colney, Executive Secretary i/c Women te, Rev. C. Lalsangliana, Synod Moderator te, Nl. Zohmangaihi, M.Th. Secretary for Women's Relation PWF te, Pi Lalengthangi, Missionary te bakah Central Kohhran Hmeichhe hruaitute atangin Pathian thu tha tak tak kan ngaithla a, ka lo thlir dan chuan thusawi kawngah pawh hian Mizo hmeichhiate an duai lo hlein ka hria, an inbuatsaihna a thain, Pathian thlarau pawn mal a sawm hlein ka hria. Bible Study hunah II Timothea hmangin Pi P.C. Laltlani, Librarian, ATC-in a buatsaih chu kan zir ho va, lei duh tan a bua lei theih a ni leh zelte kha a ropui hle mai.

4. Ni 4.3.2011 zing dar 6 - 1:30 p.m. kha rorel leh inthlan

a ni a, zingkar atanga rorelin hun thawl tha an nei thei hi an entawn tlak hlein ka hria, Central Kohhran Hmeichhe bul tumin rorelna hmunah tukthuan an buatsaih nghal baw a ni. Thurel tam tak awm mah se pahnih khat an thurel zinga mi ka'n tuihnih ve teh ang.

1) Women Centre atana an hmalakna hi a ropui hlein ka hria, Kohhran Hmeichhia tawh phawt chuan ui miah lovin hemi atan hian sum i thawh zel ang u. Kan tu leh kan fate, thingtlang lama mi harsa zawkte tan pawh kan hruaituten hmachhawp (*vision*) an nei thain ram dang atanga rawn kalte pawn an tlawh duh tur chhan chhuahna hmunpui tur hi chak takin han kalpui zel teh u.

2) *'Mizo Hmeichhia Theology zir chhuakte hi Synod Hmangaihna In leh Rescue Home etc.-ahte hman tangkai ni rawh se.'* He agenda hi an sawi ho lain rorelna hmunah kan awm a, an sawi hona atangin kan lo ngaihtuah zui theih ve atan tun dinhmunah Mizo Hmeichhia theologian 120 vel an awm ve tawh a, an zingah hian fel tak

tak leh thiam tak tak kan tluk loh tur eng emaw zat an awm a ni, chungho chu engtin nge kan tih ang, tun hma deuh kha chuan Pathian thu zir hmeichhia eng emaw zat an awm ve deuh reng thin a, tun dinhmunah erawh chuan hmeichhe Pathian thu zir hi India ram pumah tlakhniam lam a pan zel an ti. Ordination chungchangah chuan ngaih dan zau tak mai chu ka nei ve a; mahse, ka sawi ve hrih lo vang.

5. Pandal leh stage simple taka an siam ngam kha Kawnpuiho ka'n fak teh ang, khawmpui hautakzia kan sawi kan sawi a, chumi avang pawh chu a ni mahna kum khat danah kan hman tak hi. Khawmpui Lian sawmtu pawh kan haihchham ta deuh niin a lang, a enga pawh chu ni se, Kawnpui khua an fakawm, an pandal kha simple takin an siam ngam a, Rs. 5,00,000 (nuai nga) bawr vel an seng niin ka lo hria a, a lawmawm hle mai. Ceiling an siam lo ngam a, a bangah pawh puan an zar mai a, thutthleng atan Synod thing phel neih sa hmangin

brick-in an do va, lamtual zau tak an zuah bawk nen a hmuh a hahdam hle mai. Kan economy thlirin pandal ropui tak tak hi thil tul ber niin a lang lem lo, kan unau Khasi-hote pawh khuan khawmpui an thlenin simple takin thutthleng an rem mai a, keini angin pandal an zar ve lutuk lem lo niin a lang.

6. Sawi tur tam tak ka la nei a, report ziaktu tur ka nih chiah loh avangin duh tawk ta ila, a tawp bera ka han sawi nawn leh duh chu Kohhran Hmeichhe Inkhawmpui Lian hi Pathianin a la hmang hle niin a lang a, palai kal that/tamah erawh beisei in pha chiah lo deuh niin a lang. Inrinni chhuna Golden Jubilee lawmna inkhawma Aizawl khawpui chhung Kohhran Hmeichhe Zaipawl in thahnemin in zai thiam hle mai, programme sheet leh thawmhnaw inbelah Mizo kan nihna pholang zawnga hma in la kha a ropui bawk, in rawngbawlina theuhvah Lalpa awmpuina in chan zel nan duhsakna ka hlan a che u.



HMEICHHIATE LEH ZUK LEH HMUAM

Dr. Jane R. Ralte
State Nodal Officer/Project Officer
 &
C. Zothantluangi
Project Coordinator, Smoke Free Mizoram
Mizoram State Tobacco Control Society

Thuhmahruai

Mizote rilruah hian zuk leh hmuam han tih mai pawh hian thil thar kan la hriat ngai loh a ni lo a ni tih chu kan hre vek awm e. Zuk leh Hmuam hian Mizo nunah thuk takin bu a lo khuar tawh a, hmanlai kan pi leh pute hun lai aṅang tawha kan lo chin ṭhan leh kan culture-ah pawh lo bet tlat ṭhin a nih avangin kan taksa tana pawh a khawih nasatzia hi kan ngaihthah lui emaw tih mai tur a ni hial tawh a ni. A ṭhat lohna lam hi nasa zawka kan inhrilh hi a hun hle tawh a ni. Kan khawtlangin vaihlo kan tih nasat avanga natna hlauhawm tak tak kan tawrh mai bakah thihna hial pawh kan tawh nasat hle tawh laia, a ṭhat lohna inhrilh kan la ngai cheu erawh hi chu a zahthlak zawk hle a ni.

Survey report : Mizo hmeichhe zingah hian vaihlo hmang hi kan tam hle a, India ramah pawh a hmang nasa ber kan ni hial a ni. Global Adult Tobacco Survey (GATS) 2009-2010 report aṅanga a lan dan pawhin Mizo hmeichhia zaa sawmruk pakhat lain vaihlo hi kan hmang a ni. Hmeichhe zingah hian nu nau pai mekte pawh kan bang bik chuang lo

hle bawk. Kum 2009 – 2010-ah khan Civil Hospital Aizawl, Mamit District leh Kolasib District Hospital-a nu nau pai 243 hnenah vaihlo an hman dan Survey neih a ni. He survey result aṅanga a lan dan chuan heng nau pai zinga zaa sawmsarih pariat (78%)-te hian zuk leh hmuam hi an lo hmang chhin tawh a ni. Nu nau pai zingah hian vaihlo an hman

hian anmahni mai bakah an nau pai lai tan a pawl theih ring hi 99% lai an ni thung a ni, hemi a nih avang hian vaihlo that lohzia hi chu kan hre hle hlawm lawi si. He survey neih atanga a lan danin nu nau paite hian vaihlo hi an hmang nasa hle tih a hriat theih a, chumi bakah chuan vaihlo hmang ngai lote pawh an pasalte meizuk khu an dawng nasa hle bawh a ni. Tin, heng vaihlo hmangte hian an nau pai lai hian an chauh ngawih ngawih thu te, an nau pai chhung zawngin an taksaah harsatna chi hrang hrang an vei nasat thu an sawi a ni. Hemi bakah hian thenkhatte phei chuan vaihlo an hman avang hian an naute chu a zangin a chak lo nia an hriat thute pawh an sawi bawh a ni. Hetiang taka vaihlo that lohna an hre tawh chung pawh hian 96% te hian nau an pai avang hian vaihlo hi an hmang reng tho va, an nghei phah chuang lo a ni.

Vaihlovin taksaah nghawng tha lo a neihte

I. **Hmeichhia leh nu-ah :**
Vaihlo kan hman avang hian

kan taksa tana a pawl theih dan lam hi kan ngaihtuah tel a hun tawh hle a ni. Zuk leh hmuam hman avang hian hmeichhe tan hian a pawl em em a ni tih hi kan hriat a tul hle awm e. Vaihlo hman avang hian hmeichhe tan cancer chi hrang hrang – ka chhung, chuap, pumpui, chawdawt, hrawk, chhul cancer-te a thlen a. Heng bakah hian hmeichhe tan chuan vunte a chuar hma em em bawh. Zuk leh hmuam timi chu an thla tin huna thi neihte pawh a mumal lovin an tuar na bik em em a, an thite pawh a hul hma bik a ni. Nau pai kawngah pawh harsatna an tuar nasa bikin nau pai theih lohnaate pawh a thlen thei a, nau an pai a nih pawhin harsatna an tuar nasa thin a ni. Nuin nau a pai laia vaihlo a hman thin chuan ama tan chauh ni lo, a pum chhunga naute awm tan hian nasa takin pawl a khawih thin tih hi kan inzirtir a hun hle tawh a ni. Naute hian nu pum chhunga a awm lai hian a paitu a nuin a thil ei te, boruak hipte leh nu chakna thleng hian a lo ring ve thin a, vaihlova tur chi

hrang hrang awmte kha a thisen kaltlangin a nau pai kha a pe chhawng ve reng tihna a ni a, naute tan thil pawitak a ni thei a ni. Tin, kan hriat tur pawimawh dang chu nau pai laia zuk leh hmuam hmang thin chu an hah hma bik em em thin a, nau pai chhung zawngin harsatna tam tak an tawrh phah nasa em em thin. Chuvangin, naute pian tha leh hrisel tak neih kan duh chuan vaihlo hi kan hman loh a tul hle a, nau pai lai pheichuan inenkawl that a pawimawh hle a, chaw tha leh ei tur tha kan ei mai bakah hian zuk leh hmuam laka kan fihlim hi keimahni tan chuah ni lo, kan pum chhunga naute lo thang chho ve zel tan hian a pawimawh a ni tih hi wawn tlat i tum theuh ang u.

2. **Naute-ah** : Nuin nau a pai laia vaihlo a hman thin avang hian heng a hnuai kan ziahte hi a pum chhunga nautein a lo tawrh phah ve thin a ni. Nuin a nau pai lain vaihlo hmang ngai lo mah se a chenpuiten mei an zuk khum fo chuan (*Second hand Smoke*) heng a hnuai natna chi hrang hrangte hi a nau pai hian a tuar thei tho a ni.

(1) **Low birth weight (Naute pianghlim zang lutuk)** : Nuin nau a pai laia mei a zuk emaw, meizu mi bula a awm reng emaw chuan a boruak hip luh tur leh nautein nun nana a lorin ve tur kha a tlem phah thin a, hei mai bakah hian a pum chhunga naute thanna tur kha a dal thin avangin naute khan a mamawh zat chaw tha leh boruak thianghlim kha a hmuh theih loh phah ta thin a, nautein a tuarin a rih tur ang zat thleng pha lovin a awm phah ta thin a ni.

(2) **Sudden Infant Death Syndrome (SIDS)** : Nausenkum khat tlin hmaa chhan awm lova thih thutna a thlen thei a ni.

(3) **Natna thleng thei dangte** : Naute hi a lo pian chhuah hnuah pawh nasa takin a hriselna a khawih pawithei phah thin a, heng natna chi hrang asthma, TB, cancer, bronchitis, pneumonia, bengkerh leh chuap lam natna hlauhawm tak tak hi an vei sam bik em em a ni.

(4) **Miscarriage (nau chhiatna)** : Nau chhiat theihna

a thlen a, hei hian nu hriselna thleng pawhin a khawih pawl thei thin a, a hlauhawm hle.

(5) Ectopic Pregnancy (chi kawnga nau pai) : Chi kawnga nau pai a thlen nasa a, naute lo insiam chho mek tan a hlauhawmin nu nunna thleng a khawih pawl thei a, chu mai bakah nau pai leh zelna tur atan harsatna nasa tak a thlen thei a ni.

6) Placenta Previa : Chhul innghak a awmna tur pangngaia a awm loh hian chhul kawngka inhawng turah khan block a siam theih avangin nau neih dawn hunah harsatna chi hrang hrang an tawk thin - thi put nasate a thlen avangin nu nunna thleng a hlauhawm phah thei.

7) Premature Delivery (a hun hmaa nau hrin) : Nau a hun hmaa hrin a thlen thei.

Tlangkawmna

Hetiang hi Mizoram ngeiah kan dinhmun a nih avangin vaihlo hi hmang lo tura rilru kan siam a pawimawh hle a, kan lo hmang thin a nih pawhin kan nghei ngam a hun hle a ni. Mizoramah ngei pawh survey kan neih atanga a lan danin vaihlo that lohzia chu kan hre

tawh a; mahse, bansan tumna tak tak kan nei chuang lo hi a pawina a ni. Hre reng chung a kan sim duh loh chuan keimahni tan chauh ni lo, kan thlah lo kal zel tur tan pawl kan khawih thei a ni tih hi kan pawm a hun hle tawh baw. Kan thlah lo kal zel turte tan malsawmna kan lo nih zawk theih nan vaihlo lakah i fihlim theuh ang u.

A tawp berah chuan Kristian kan nihna hi kan tihlan a hun tawh hle a, I Korinth 3:16-17-ah *'Pathian in in nih leh Pathian Thlarau nangmahniah a awm reng tih in hre lo vem ni? Tu pawhin Pathian in chu a tikkhawloh chuan chu mi chu Pathianin a tikkawlo vang; Pathian in chu a thianghlim si a, chu in chu nangmahni in ni e'* tih leh I Petera 1:15-16 *'A kotu che u a thianghlim angin nangni pawh in chetzia zawng zawngah lo thianghlim zawk rawh u; Nangni in thianghlim tur a ni, kei ka thianghlim si a'* tih thute hi a taka kan zawma, keimahni tan mai bakah thangthar lo la awm zel tur tan malsawmna kan nih theihna a ni tih hre rengin zawm i tum theuh ang u.

BUHFAITHAM CENTENARY LEH MISSION VENG KOHHRAN HMEICHHIATE

- Lalhmachhuani, Buhfaitham Ziaktu

Kum 1910-ah Mission Veng Kohhranin Biak In sak țanpui nan buhfai an țham țan a. Pi Hluui leh Pi Sinoboni te sulsutu pawimawh tak an ni. Nuhovin puan hmawrah bawkin Pathiannah maicham bula khovah an dah khawm țhin. Biak In sak zawh hnuah pawh titawp mai lovin an chhonzawm zel a, Bible Women pahnih - Pi Chhingtei leh Pi Khuangi te lawmman atan an hmang țhin. Hei hi kum 1913 kha a ni. Zosap Missionary-te pawhin Mizote hi buh ei kan nih avangin thawhlawm ke pawimawh a la ni thei ang tih te an ring ni tur a ni. Khawvel awm chhung hian he rawngbawl na hi chhonzawm zel thei ila a duhawm ngawt mai. Zosapte haw hma pawhin nasa takin hma a sawn chho va. Min hawsan hnuah Mizote kuta a awm hnu pawhin hma a sawn zel a ni. Theihtawp chhuahtute zingah kan Kohhran Hmeichhe hruaitu lo ni țhin - Pi Zolawmi, Pi Saptawni, Pi Biaksiami, Pi Thangnghilhlovi, Pi Lalzingi te bakah kum tam tak lo khawn tawh mual liam ta zawng zawngte kan theihngihl lo va, an țhahnemngaihna avanga tun hun thleng thei hi kan ni tih kan hre reng a ni. Vawiin kan thil tihte hi vanram atang chuan min lo thlir reng ang. Vawiinah ngei pawh hian heng mi hmasate rawng lo bawlpuitute min la dampuia, kan hotute nena he hun hlu tak kan hmang ho thei hi a ropui danglam hle a ni.

Mission Veng Kohhran in 766-te hian buhfai kan țham vek a. Kan Bial pawhin țham kim lawmman pawh kan lo la tawh țhin a, a lawmawm hle mai. Upa bial 16-a țhen a ni a, chumi chhungah chuan buhfaițham khawntu bial 138-ah țhen a ni leh a, mi 138-in thla thum dan zela khawnin kum khatah mi 552-in he rawngbawl hna tlawm leh țangkai tak hi an

thawk mek a ni. Kum a lo thar hian kum tir teah buhfaițham khawntute hlanna inkhawm urhsun tak bialtu Pastor hovin neih țhin a ni. Biak In hnuai berah dah khawmin Thawhtanni tukah hralh țhin a ni. Centenary lawm thla November thla thlenga kan thawh chu Kg. 56,973 a ni a, Rs. 5,69,730 lai a tling a ni.

Kohhran Hmeichhe Nia Buhfaitham Centenary lawm tur hian kan inbuatsaih nasa ve hle a, Kohhran Committee chuan Rs. 1,50,000 lai min pe a, kan lawm hle a ni. Hei hian Pastor leh Upahoten he rawngbawlana an ngaihhlutzia a entir hle mai. Buhfaithamtu in tinah Buhfaitham Centenary frame Logo pek vek an ni a, Upa bial 16-te chu Group 4-ah insiamin kan theih ang angin kan inbuatsaih a, Buhfaitham Drama zir a ni bawk. Ni 26.11.2010 (Friday) zing tawngtai inkhawm pawh lawmthu sawi tawngtai rual nan hman a ni. Chawhma inkhawmah Central Kohhran Hmeichhe Programme siam hman a ni a. He ni atan bika phuah hla leh chang ngaihthlak a ni. Buhfaitham rawngbawlana chanchin han ngaihthlak hian rilru a khawih thar hle mai. Mi 250 lai kan inkhawm thei, chhunah thingpui ruai kan chang ho va, chawhnu programme chu Kohhran Hallah kan hmanga, Drama, Group zai, Hruaitu hluite lemchan, Solo, Buhfaitham thuinchhang te ngaihthlak a ni a, hlim taka zai ho a ni. Kohhran Hmeichhiate zingah zaithiam te, lemchan thiam te, talent nei tha

tak tak te che vel hian Pathian ropuina a tilang hle mai. Kan Upa leh Pastor hovin Buhfaitham Centenary ruai ropui tak kan theh a, he hun thleng theia kan awm hi kan va vannei tehlul em! Pathian hnenah lawmthu i sawi ang u.

Kum za dang lo awm leh tur hi engtin tak ni ang maw tih hi rilruah a awm reng. Kan tu leh fate hi an naupan lai atanga kan zirtir a tul tak meuh a ni. Kan zirtir that phawt chuan he rawngbawlana hi a kal zel ang a, hma a sawn zel dawn a ni. Kum za dang a thlen hunah chuan kumina kan tih dante hi an la rawn zir ang a, an reportte chu van lam atangan kan lo ngaithla ang a, a ropui dawn mang e. He rawngbawlana hi kan inzirtir that loh erawh chuan in tina buhfaitham khawna kal kual te, Biak Inadah khawm khera hralh te ‘**a hmanlai, a thing**’ te an la rawn ti mai ang tih a hlauhawm a ni. Kan tham theuhte hi lei emaw tlan mai emaw tha zawk ti te, tham lova a bag-a pek mai thaa hriate kan pung zel ang tih a va hlauhawm em! Inveng tlat ang u. Centenary lawmtu zawng zawngten ‘Thlen chin atanga hmasawn zel i tum tlat ang u.

*Ei siam dan***VAWKSA VAIPADEN****Telh turte**

Vawksa tha tak	:	½ kg.
Purun sen	:	Pum hnih lian tha tak
Sawhthing	:	Zailep 10 vel
Hmarchapui	:	Tlem te, duh loh chuan telh loh tur
Ajinomoto	:	Tlem te
Chi	:	A al tawk
Ghee/hriak	:	Table spoon thum vel
Iskut	:	Pum lian tak, chang tha tak
Ser tui	:	Tlem te (table spoon ½)

Siam dan

1. Vawksa chu sin te tein chan la, dekchi te-ah dah rawh. Ajinomoto tlem te telh la, ser tui telh nghal bawk la.
2. Purun sen, a var, sawhthing, hmarchapuite chu sin te tein chan la, belah chuan dah lut la, a chim chinin tui leih la, ghee/hriak telh rawh.
3. Iskut sin te tea chan chu telh nghal la, phui takin chhin la. Mei na lo tein a tui kang thlengin ur rawh. Tichuan, a ei theih a ni mai.

(Iskut aiah hian thlai chi dang, bean-te leh an'amte pawh mahni duh zawng zawng a hman theih a. Vawksa aiah hian sa chi dang a hman theih tho a ni).

Kan Hruaitute Chanchin : PI KHAWLVUANI



Pi Khawlvuani hi Upa Liansiama (L) leh Pi Tlangtimawii (L)-te fa 7 zinga 5-na niin ni 22.2.1946 khan Hlimenah a lo piang a. Kum 1957-ah Saikhamakawnah an pem a, kum 1966-ah R. Sangzuala nen inneiin fa fapa 3 leh fanu 2 an nei.

Zirna lamah matric (HSLC) niin Health Dept.-ah LDC-in a lut a, Assistant a kai hnuin Dte. of Higher & Technical Education-ah sawn a ni a, kum 2008 khan pension-in a chhuak a ni.

Rawngbawlna lamah chuan a nulat laia naupang lam S.S. zirtirtu ni thin a ni a. Kum 1975-ah Melthum Kohhran atanga Saikhamakawn Kohhran a lo indan khan Kohhran Hmeichhe Secretary hmasa ber a ni a, chuta tanga kumin (2011) thleng chaw lovin Office Bearer dinhmun chi hrang hrang a chelha, tunah hian Chairman a ni mek. Kohhranah Thuhritlu niin Puitling S.S. zirtirtu a ni bawk.

Hlimen bialah 1978 atangin O.B. nihna hrang hrang a chelha, Central Committee-ah 2009 atanga a tel atangin Bialah hian Ex-officio a ni. Central-ah hian term nhihna a hmang mek a, tunah hian Vice Chairman a ni. Kohhran Hmeichhe aiawhin FG & CC Committee-ah a awm a, Mizo Synod aiawhin PWF Nomination Committee a ni mek bawk. Kulikawn biala an awm lai (1981-85) chhung pawh khan Office Bearer-ah a awm thin.

Rawngbawla a inhman tawh hnu kum 1982 khan inhmu chhuak tharin a tih tur a kova innghat chu hlen chhuak zel turin Pathian hnenah a intiam thar leh a, tun thleng hian a la hlen chhuak zel a ni. Pi Khawlvuani hi mi rilru zau leh inhawng tak a ni a, Kohhran leh a rawngbawlnaa neitu em emte zinga mi a ni

Bible bu pumah hian Sam No. 23-na hi a duh ber a, chang malah chuan Sam 92:12-14 thu hi a duh ber a ni.

HRIAT ATAN:

- 1. Buhfaithama sum hmuh zat :** April 2010–March 2011 chhunga Synod sum hmuh dan tihchhuah a lo ni leh ta a. Synod sum hmuhna head hrang hrang - (1) Pathian ram (2) Mission hnuaiah te kum 2010–2011 chhunga sum hmuh tura beisei chu khum theuh a ni a, a lawmawm hle. Hetih rual hian Pathian ram head hnuaiia Buhfaitham suma hmuh tum zat Rs. 5,90,00,000/- chu April 2010– March 2011 chhungin Rs. 7,55,28,608/- hmuh a ni a. Budget hi Rs. 1,65,28,608/-in khum a ni. Chhung tinte rawngbawl na leh inpekna atanga hetiang zat a tling khawm thei hi Pathian khawngaihna leh malsawmna ropui tak a ni. Chhung tinte Pathianin malsawm che u rawh se. Kum 2011–2012-a Synod-in buhfaithama sum hmuh tur a ruahman zat chu **Rs. 7,00,00,000/-** a ni a, budget tlin tur hian tan i la sauh sauh ang u.
- 2. Agape chanchinbu laksaktu :** Thla danga kan tihchhuah thin ang bawkin missionary-te tana Agape chanchinbu laksaktute kan han tichhuak leh a; mi mal, chhungkua, bial leh kohhran, missionary-te tana chanchinbu laksaktu zawng zawngte chungah lawm thu kan sawi a ni. April thlaa missionary-te tana Agape laksaktute leh lak zat rawn inhriattirte chu hengte hi an ni:

<i>Sl.No.</i>	<i>Laksaktu</i>	<i>Lak zat</i>
1)	Pi R. Lalhmachhuani	3
2)	Pi R. Lalsangpuui, Chanmari Koh., Lunglei	5
3)	Pi Sangtluangi, Republic Veng, Aizawl	4
4)	Pi Thangliantluangi w/o P.C. Chhunga	5
5)	Dilkhan Kohhran Hmeichhia	10
6)	Kangmun Kohhran Hmeichhia	10
7)	Ramthar North Kohhran Hmeichhia	20
8)	Ramhlun Vengchhak Kohhran Hmeichhia	20
9)	Sialhawk Bial Kohhran Hmeichhia	20

2011-2013 INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Laltlanmawii
Vice Chairman	:	Pi Khawlvuani
Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Laldawnkimi
Treasurer	:	Pi Lalsawmliani
Fin. Secretary	:	Pi Liankimi

Committee Member-te

- | | |
|-------------------------|-------------------------|
| 1. Pi V. Vanlalthmuaki | 2. Pi Raldochhungi |
| 3. Pi K. Lalthanpari | 4. Pi Biakengi |
| 5. Pi Malsawmtluangi | 6. Pi Lalnuntluangi |
| 7. Pi Lalchawimawii | 8. Pi Hmingkhumi |
| 9. Pi C. Lianpari | 10. Pi Rochhungi |
| 11. Ni. Lalthantluangi | 12. Pi C. Lalneihthangi |
| 13. Pi Rosangpuii | 14. Pi Zohmachhuani |
| 15. Pi Parchhuaki | 16. Pi Liansangi |
| 17. Pi K. Lalthangmawii | 18. Pi Vanlalpari |
| 19. Pi C. Lalrinliani | 20. Pi Ramngaihsangi |
| 21. Pi Rochuangkimi | 22. Pi Laltlanthangi |
| 23. Pi Lalrotluangi | 24. Dr. Vanlalhruaii |
| 25. Pi Vanlaltluangi | 26. Pi Lalthansangi |
| 27. Pi H. Kapthangi | 28. Pi Lalrinzuali |
| 29. Pi Lalrindiki | 30. Pi Lalrinkimi |
| 31. Ni. Vanlalsawmi | Co-ordinator |
- Asst. Co-ordinator

Ex-Officio Member-te

1. Rev. C. Lalsangliana, Synod Moderator
2. Rev. P.C. Pachhunga, Synod Secretary (Sr.)
3. Rev. Lalzuithanga, Executive Secretary i/c Women
4. Pi C. Lalneihkimi, Ex-Chairman

KOHRAN HMEICHHIA

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

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

BOOK NEWS

❖ **Khawvel mi tumruh hmingthangte :** Khawvela thil hlu leh ropui zawng zawngte hi mi tumruh, sehheh leh 'A theih loh' nia mi naranin an ngaih tawh 'A theih a ni' th tuma bel fat fatten an sual chhuah vek a ni. Chung mi tumruhten hringnun an lo hman dan huaisenna thar min pe theitu Zomawia Khiangte ziak hi chhiar ngei chi a ni. A man ₹100.

❖ **Mizo jawng peng hrang hrang Dictionary :** Jawng hi inunau nan a pawimawh zia hi uar tawh har khawpa jangkai a ni. Mizo hnathlak jawng peng hrang hrangte inanna leh inhnaih zia zir chhuah nan he lehkhabu hi B. Lalhangliana buatsaih a ni. A man ₹80.

❖ **Hringnun Hlimthla II :** Hringnun hlimthla hi a tak hmuh tur a awm lo va. Ziaka dah a nih erawh chuan kan mihring-puite hringnun hlimthla hi fiah takin thlingin kan inhmuhpui thin. Lalrammawia Ngente chuan kan hmuhpui theih turin Hringnun kil thenkhat min rawn thirpui a. Chutah chuan 'Beiseina chhimbai' 'Ka pa pui roh kha' 'Nun pangpar' 'Dikna lal tiang' 'Ramhuai liam kawm' 'Lungtum' 'Pangpar kual' leh 'Nghihloh hraite' th thawmthu tawi ngaihnawm tak tak a awm. A man ₹60.

❖ **A rah tam leh zual nan :** He lehkhabu Upa Zomuana buatsaih hian tuama hlutzia leh a phena malsawmna awm chu min kawhmuh a. Kan chungah tuama leh harsalna a lo thlen pawhin Pathian nena hmachhawn dan kan zir chuan kan rah tam leh zual dawn a ni th min kawhmuh a ni. A man ₹60.

To,

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Hnahlan Pastor Bial Kohhran Hmeichhe Inkhawmpui wawi 39-na, February ni 11-13, 2011, North Dilliang Kohhrana neih chu Pi Lalinkimi, Co-ordinator, Pi Khawlvuani, Vice Chairman leh Pi J.H. Lahmangahi, Commt. Member-ten an hmanpui



Mizorama Buhfaitham neih hmasak berna hmun Mission Veng Kohhran Hmeichhiateh Buhfaitham Centenary ropui takin an lawm. Phek-28



Naisingpara kangmei tuarte Mizoram Presbyterian Church, Synod chuan tanpuina a pe. Phek -17

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