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Kristian Chhungkaw dinhmun tehnaa
vawi eng emaw zah lawmman lo la tawh

N.E. Khawdungsei Bial Kohhran Hmeichhia

phok 32-na

Lak man	:	Kum khatah	`	50.00
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A chungu thu awmte

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Editorial

Pathian hruainain Kohhran Hmeichhiate chanchinbu Agape-in kum 25 a tlin meuh chuan a hmelmang pawh a danglamin kawng tinrengin hma pawh a sawn a tih theih awm e. Thiamna leh finna a sang zel a , kan hruaitute chetvelna leh an rawngbawlina hmuna mite nena thlalak chi hrang hrangte pawh a lang ta chuai chuai mai a. Tun hun a mite mual liam hnuah pawh thangthar lo awm zelte tan thil hlu leh hmuhnawm te pawh a ni zel turah ngai ila. Hun te a lo inher danglam zel a, hruaitute pawh inthlak chhoh zel a ni a, kan kohhrana committee sang ber pakhat Synod Executive Committee wawi 238:34(2) of 23/2/2012 chuan Synod hnuaiia thawktute a siamremna zingah Kohhran Hmeichhe Department-a thawktute pawh tihchet zingah tel vein, Nl. Vanlalsawmi, Asst. Co-Ordinator chu Synod Archive Department-ah Archivist atan a ruat a, April ni 2, 2012 (Monday)-ah a hna thar hi a zawm tan a ni. Hetia a thawhna Department te a lo danglam takah chuan Agape chanchinbu Editor a nihna pawh mi dangin chelh a lo ngaih tak avangin Agape Editorial Board Committee chuan Pi Lalrinkimi, Co-Ordinator, Kohhran Hmeichhia chu Agape Editor atan a ruat a, Circulation Manager atan Pi H. Lalpianthangi, General Secretary, Kohhran Hmeichhia chu a ruat baw a. Heng an mawhphurhna tihdanglamte hi Central Committee-ah thlen niin ruat ang hian pawm a ni a (*CC 436:9(1) of March 29, 2012*), April 2012 atangin an mawhphurhna te hi an la ve nghal a ni.

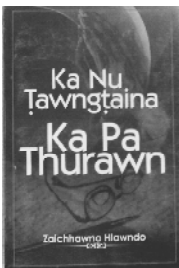
Tin, Pi Laldawnkimi, Archivist ni thin chu Hmangaihna In Superintendent atan ruat a ni a, Ani hi Inkhawmpui Lian Asst. Secretary chelh lai a ni a, a hna hi chhunzawm zel thei tura ngaih a ni a, Nl. Vanlalsawmi pawh a awmna Department dang mah se, Agape Editorial Board-ah leh Central Committee-ah term kal mek chu awm zui tura tih a ni a (*CC 436:9 (2) & 10 of March 29, 2012*).

Pi Lalhriatpuii, Hmangaihna In Superintendent ni thin pawh Synod Rescue Home-ah Staff Nurse atan ruat a ni bawh.

Kan hmaa tih tur awmte hi huphurbawmin lang thin mah se, min kotu Pathian chuan min puih a tiam tlat a. Kan hriat angin kan hmalakna lian tak mai **Women Centre** pawh hnuhpui lak hun ang maiin kan chet a ngai ta a, Pain in a tuak lai chuan theihna zawng zawng a chhuah angin Lalpa tana hnathawhna tur in kan sa mek a ni a, kan theihna zawng zawnga kan tana, kan mamawh ang sum kan hmuh theihna tura Lalpa au chung zelin keimahni lam pawh kan chet tlan a ngai dawn a ni.

Agape chanchinbu hmanga rawngbawlna hi a tangkaiin a chhiartu leh chhawrtu pawh kan thahnem a, a lawmawm hle mai . Pathianin thuziak hmanga rawngbawlna talent tha tak tak a pekte chuan mi dangte tana malsawmna ni turin thuziak tha te rawn thawh zel ula, a lawmawm hle ang.

SYNOD BOOKROOM BOOK NEWS



Ka nu tawngtaina, ka pa thurawn : Mizote zingah mahni chanchin ziaka tlangzarh ngam mi tlemte kan neih laiin Zaichhawna Hlawndo chuan ama nuna Pathian hnathawh leh Pathian avanga Bengali, Meitei, American, English leh hnam hrang hrang zinga a khawsak dan chanchin chu ngaihnaawm leh mi cho thei tak maiin a rawn peih fel ve leh ta. A man ₹ 100/-

Presbyterian Kohhran chanchin : Presbyterian Kohhran mi chuan Presbyterian Kohhran chanchin hi a tawh a fang chuan kan hre ve ngei tur a ni. He lehkhabu Rev. Lalhchuanliana buatsaih hian Chanchin Tha thlenna tura Pathianin Mizoram a lo buatsaih dan atanga Mizoram min chhui tan puiin Mizoram Presbyterian Kohhran chu Mizorama Pathian ram dinna atan leh Mizoram pawn lama Chanchin Tha puandarhna hmanrua atana din a nih dante chiang takin min hrihl a. Kan Synod rawngbawlna peng hrang hrang tobul leh hmasawn zel dante tarlan a ni bawh. A man ₹ 100/-

JANUARY - DECEMBER 2011 chhunga Kohhran Hmeichhiaten kan enkawl Hmangaihna In tana tanpuina sum (Donation) Synod Office-a theh lutte :

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40.828	Sangau Bial Kohhran Hmeichhia	2,500.00

Fahrah leh chanhaite hmangaiha sum leh pai leh thil hrang petute zawng zawng chungah lawm thu kan sawi a, Lalpan a let tam takin vur theuh che u rawh se.

HRIATTIRNA

Kohhran Hmeichhe Department-a pawisa thehlut apiangnten Bial Hmeichhe Treasurer kal tlangin, eng thil tur nge, khawi Bial pek nge, eng kuma mi tur nge, Chiang taka ziaka tar lan thin ni se, mi dang kan thawn phei chuan Chiang lehzualla ziah theuh ni se a lawmawm hle ang. Tin, receipt lak zel tur a ni a, receipt pawh vawn that zel ni se, a theih hram chuan tawngkaa inchah mai lovin ziah ngei thin ni se a lawmawm hle ang.

KRISTIAN CHHUNGKUA:

**NI TINA CHHUNGKUA ABIK TLAK PATHIAN
RAWNGBAWL HI (Lev. 6: 14-22)**

Lalchhawni

N.E. Khawdungsei Venghlun

Ni tina chhungkuaa Pathian biak pawimawhna hi kan ngaithla thin a, kan khuaa ringtu hmasate chanchin te, Kohhran Hmeichhe hmalakna te, Pathian thu dangte nen han tar lan ve ka duh a. Kan thenawmah hian ringtu hmasa zinga mi Pu Chhunga leh Pi Lungawii te nupa hi an awm a, Kum 1998 vel kha chuan an tar tawh hle a, an rin tirh lai an sawi dan hetiang a ni: *"Kan la vanglai hle a, Pathianin min pawl a, kan hlim lutuk a, Pathian thusawi te, tawngtai te nuam kan ti em em a; mahse, Kohhranin Pathian thu sawi ho te, tawngtai ho te a phal lo va, la kaih tur te kan keng khawm a, a ru kin kan sawi thin a, Dardah tlang pukah a ru kin kan va tawngtai thin an ti a, a kal khân pawh a hrehawm hle. Ngopa khua Pu Denga pawh kan zingah a tawngtai ve thin a, Ngopa-ho lahin 'kal sual' an ti a, Pathian thusawiah pawh an ruai duh tawh lo,"* an ti.

Kum 1982 khan keini nuho pawh kan harh thar ve nasa mai a, Pathian thusawiho kan ning thei lo va, bawkkhup leh thingthiin, tap zawih zawihin kan tawngtai a, Pathian thusawi kan kham thei lo, kan pi leh pute tawngtaia an bihrukna Dardah puk pawh kan hmang tangkai hle. Tichuan, kohhran nuhote pawhin theih ang tawkin hma kan la chho ve zel a ni.

Central hruaituten Kristian chhungkaw dinhmun tehna an siam khan ni tina chhung inkhawmah leh thil dangah hma kan la ve zel a, ram pum huapah 10-na bawr vel te, 7-na te, 2-na te kan ni ve a, rin loh takin kum 2001 khan ram pumah pakhatna kan ni ve nawlh mai a, kan lawm hle a, tichuan, tan kan la chho zel a, kum 2001-2005 (kum 5) pakhatna kan ni zawn a,

Kum 2006-ah Dawrpui Bialin min chhawk zawk a, kum 2007-2011 (kum 5) thlengin Lalpan kan bialah lawmman pakhatna a hung ta rup mai hi phu lo kan inti a, kan lawm hle a ni. Lalpa ropui ber rawh se. Amaherawhchu, a ram pum hi kan tha tawk lo a ni kan ti a, lawmman kan lak apiangin kohhran tinah theih ang tawka lawmin kan campaign pah thin. Tuna kan Bialtu Pastor hi Rev. Lalsiamliana a ni a, Kristian chhungkaw committee din hran a ngai lo ve, Kohhran Hmeichhe Committee hi a la tha rih e, a ti a; chuvangin, nuho hian kan keng zel rih a, Pastor leh Upate chuan a harsa zualah min pui thin. Tan kan lak dan tlangpui te lo sawi ila:

1. Ni tina chhung inkhawm nei thei lote pualin, thla tin ni khat awmni khamin kan tawngtai thin.
2. Hmeichhe inkhawm ban apiangin kan tawngtai thin.
3. Kar khat te, kar hnih te Pathian ni tlaia chaw ngheia tawngtai.

4. Zirna School tina Campaign
5. Kohhran Committee leh Bial Committee apiangin Kristian chhungkua chu agenda ding lai a ni.
6. Kum khatah wawi khat in tin luh chhuah thin a ni.
7. Kohhran tin dinhmun thla hnih danah Bial Committee-ah report pek a ni.

Hengte hi a tlangpuia hmalakna a ni a, Committee ten bial kan nei theuh va, bial li vel te kha group khatah kan insiam leh a, mahni bial leh group kha kan vil reng a, a harsa chinah chuan Pastor leh Upate nen hma kan la thin. Committee apiangin mahni Bial report thei turin tan kan la a, Committee member-te pawh kan infuih thar reng a, a harsa zual chu Committee pum puin kan bei thin baw. Tin, thla hnih dana kohhran tin report pek chu Bial Committee apiangin thlir a ni a, chak lo leh harsa deuh an awm chuan Bial angin Campaign kan nei thin.

Ni tina chhungkuua Pathian biak hi ringtuten kan tih ngei ngei tur a nih avangin hma latu leh a hlutna hretute hi kan din ngheha, kan inthlahdah loh a ngai hle. Ni tin chhungkuua Pathian be tura inzirtir hi hna hautak leh chanchin tha hrilna pawimawh tak a ni a, a thenin an ning a, a then an lo awm duh lo va, rilru leh ngaihtuahna tak tak seng a, ruahmanna siam thiam leh inpekna tak tak a ngai a, harsatna la nei te hian a hlutzia an hriat loh vangte a ni a, kan unauten a sur a sa hnuaiah nunna thapin an bei a, ram chhungah na na na hi chuan a hretute hian mawh kan phur a, kan hrilh mawlh mawlh a ngai a ni.

Keini bial pawh hma kan laknaah harsatna te kan tawk ve thin a, ina lo awm duh lo te, lo kal duh tawh suh u, ti te pawh kan nei ve reng a, kohhran pakhat report min hneh deuh mai a awm a. Chhungkaw pakhatana an pa ber chuan min ning khawp a, ***“Lo kal duh tawh suh u,”*** a ti a, thian thenkhat chu an kal

ngam lo va, a then chuan, ***“Martar ngam chin i kal ang u, an han harh thar hian a lawm hlei hlei an ni leh thin,”*** an ti a nih chu!

Nu pakhat hi an ina kan kal dawn apiangin a awm duh lo va, tlaiah a rawngbawl lai nan tumin kal tur kan insiam a, kan zinga upa ber Pi Tlanglawmi, Rev. Laldailova nu hovin kan inbuatsaih a, tichuan, an in chu km. 1/2 aia hla deuh hlek a ni a, kan pi ber chu wawi hnih a chawl chho va, kan han nang fuh ta a, duh tawka kan han sawi chu Lalpan mal a sawm a, kan lawm haw ta hle a ni. Kan Lal Isua pawhin ‘Pain min tir angin ka tirh che u,’ hi a tih kha hre reng ila.

Kei ve hi chu natna chi hrang hrang – diabetic te, lungna te, thawhhah te ka kawla, wawi li ka inzai tawh a, kum 5 chhung kum tin damdawi inah ka lutin, nunna derthawng khawpin wawi tam tak ka awm a; chuvangin, thiante hnung hi ka zui zo lo hle a ni. Tirhko Paulate chu an rin Pathianah

an chian em avangin an taksa tuarna te an hre phal lo va, Jail-ah te tangin vuak te, tihduhdah te, chaw nghei te nasa takin tuar mah sela, kan hrehawm nep tak an la ti thei reng mai a, heng thute hi chak lo tak chung pawhin ka zir ve reng a ni.

Mahni group theuh enkawl naah tha thlah theih a ni lo va, a khat tawh hian hma hi ka la deuh reng thin. Zan khat chu Pathian ropui nan han sawi ila; ka chak loh avangin kan fapain kal lo turin min duh a, **"Ka nu, zanin chu nau ka awm hman lo"** a ti a, a chhuak ta mai a; mahse, kal ka lo tum ve tawh avangin ka tupa Vanruatpuia chu ka paw ta a, kan kal chu ka ke a khur ta zawih zawih a, kan in aṅanga kawngpui chu in khatin a dang a, kawngpui pana kan chho tur chu ka kein min zo lo va, ka tlu ta a, tlangval pakhat hi a lo kal a, a hnenah chuan 'min kaitho la, kawngpui thleng khi min kai chho la, Kristian chhungkaw campaign-naah ka kal duh,' ka ti a, kawngpui thleng chu min kai

a, ke khur hlak hlak chung chuan ka kal thleng ve ta a, kan han campaign chu a neitupa kha Lalpan a lo buatsaih a, kan lawm haw ta em em mai a ni, Lalpa ropui rawh se, kan Pathian hi hmangaihnaa khat, rin ngam, inngahna tlak, a mite veng reng thin hi a va ni chiang em.

Kohhran nuho te hian Kristian chhungkaw campaign chauh ni lovin tirhko chawmna tur sum te kan tuak ve reng a, wawi khat chu ram thar sum tuak nan Dt. 24/4/1990 khan Pu Sanghnuna lovah mang khawhin kan inhlawh a, thal rum ni sat vanglai tak a ni a, ni a sa em em mai a, kan tui pai kan tla ta lo va, tui chawi tur a awm baw si lo, chawhnu her chauh vah tui kan nei ta lo, mi lova inhlawh kan ni a, haw mai chu a chi baw si lo, a neitute pawh an mangang hle mai a, Nuho hna thawk lah kan tui a hal si, "Lalpa, tui min pe rawh, tiin kan au kan au mai a, hna kan thawk reng a, a then chu an chau va, an thu tawp a. A mite au aw

ngaithlaa, hmangaih taka veng rengtu kan Pathian chuan a thiltihtheihna a han lantir ta a, an lo, hmun laili deuhvah hian lei a han hnawng ta a, Pi Kamliani, tuna Ramhlun venga cheng khuan a'n hai a, a lo put tam tial tial a, a lo dir ta a, duh tawkin kan in a, tuithawlah te kan dah a, kan lawm chu kan au tuar tuar a, Lalpa tana ke pen chhuakho tuihal lutuk chu mittui nen, lawmthu sawiin kan tap ta chur chur mai a, a va ropui em! Pathian chu fakin awm rawh se, a thiltihtheihna a nasa si a. Chumi hmunah chuan Kohhran Hmeichhiaten hriatrengna lung kan phun a, **Jehova Jire** tiin kan vuah a, **Lalpan a mi te tui a pe**, tiin Hla mawi takin Pu Tlangkhama'n min phuahsak a, YMA Field, Vaivakawnah Kohhran Hmeichhe Centenary lawm tum khan Bialin kan sa nghe nghe a, He hla phuah chhan tlem ka han sawi a, a copy min dil pawh an tam hle, mahse, pek tur kan nei hman lo va, he Pathian thiltih mak chungchang hi Agape July-

August 1990 chhuakah khan Pu Khamzakaia ET-in **Hmangaihna tui a luang Nuho fehnaah** tiin a rawn chhuah tawh kha, he tui hi a tukah chuan a awm leh tawh miah lo a ni. Kan pi leh puten biru chung a ruk thei ang bera Pathian an dawrna Lalpan a hre reng a, tun huna mite hnenah pawh hian a thil tih mak chu min la hmuhtirin kan la chhawr ni tein kan hre thin.

Bul tantu, ringtu hmasate hi an lo pawimawh khawp mai. Durtlang khua hi Pu M. Suaka'n Kristian khua tura a din ngat a lo ni a, chuang chu a ni mai thei hmun pawimawh hi a tam em em mai a, kohhran lama thil pawimawh pawh a tamin a chhunga chengten an chhawr ta a ni. Rualbanlo enkawl kawngah te hian an entwawn tlak hle mai, kan nau pakhat rualbanlo deuh awm ve pawh tu mahin an hmusit lo va, a nih nanging an en thiam em em a ni. M. Suaka khua a nih vang ka ti thin. Kristianna hian tuam dam a va ngah em, zar zo tur a va ngah em, keini khua

te pawh hian kan pi leh pute Kristiannaa an nghehna zar zovin Kristian chhungkaw dinhmun tehnaah te pawh hetiang dinhmun hi kan nih phah a ni ngei ang.

Kan bial hi ruih theih thil, sualna chi hrang hrangah kan fihlim bik lo va, tawngtaipui kan ngai nasa, kan tu leh fate harsa pui pui hmachhawn ngai tam tak nei kan ni a, heng avang hian chhungkuua Pathian biak, Buhfaitham, tirhkoh chawm leh rawngbawlna peng dangahte hian inthlahdah leh chawl hman kan ni lo tih kan inhria. Chhungkaw tinte hi fihlim a harsa em em a ni, mahse heng soal bawiha la tang te hi an la hriat loh vang a ni a, an hriat loh chu eng tin nge an rin ang, hrihlthu awm

lovin engtin nge a hlutna an hriat ang? Kan hrihl zel a ngai. Tirhkoh Paula-ten Isua Krista bawihah an invuah, Bawihin a pu tirhna hnial se, ti tha duh lovin inthlahdah se, a puin engtin nge a tih ang? Keini hi inen ila, 'nangni Farisai-te u, ka hre ngai lo a che u,' min ti ve ang em? Lal Isua hian a rawng kan bawl dan hi min han thlir se, 'nangni pawh kal bo in duh ve em?' min ti ve mai ang tih a hlauhawm a, tha thlah lova bawih thinlung pua kan tan zel a pawimawh. Lalpa Isuan thingah a tuar, kan Lalpa thilpek hlu a ni, chumi avangin kan soal vur aia sil faiin a awm, Pathian ngaiha thil hlu **Tuarna** eng chenin nge kan huam ve?

Lalpan a thu malsawm rawh se, Amen.



“Tu pawhin ka rawng a bawl chuan mi zui rawh se; ka awmnaah ka rawngbawltu pawh a awm ang; tu pawh ka rawng a bawl chuan ani chu Pain a chawimawi ang.” - Johana 12:26

BUHFAITHAM KAIHHRUAINA

Lalrinkimi

Co-Ordinator i/c Women

Buhfaitham rawngbawlina hi Mizoram Presbyterian Kohhran chhungkaw tinte rawngbawlina pawimawh tak pakhat a ni a. A enkawl hna hi Hmeichhiate kutah Synod-in a dah avangin theihtawp chhuahin enkawl a ni a, Pathian malsawmnain a lo thang lian zel a, a lawmawm hle a ni. Kohhranah mi tharte kan awm zel a, a kalhmang tlangpui inhriattirna hi a khat tawkin Kohhran tinah thawh chhuah thin a ni a, amaherawhchu, vawi 2/1 biak ina chhiar chhuah mai te hi hriat reng a lo har avangin mi tam zawk tena kan chhiar theih nan Agape-ah pawh kan tar lang zauh zauh bawh. Rawngbawlina pawimawh leh chhung tinte min nghawngtu a nih avang leh hriat zau nan Buhfaitham lo intan dan leh Mizorama kan inkaihhruaina tlangpui lo tar lang ila -

I. Buhfaitham intan dan sawi dan hrang hrangte :

1. Pakhatah chuan, Khasi (pitar) hmeithai pakhat hian sum leh pai a thawh chhuah theih loh avangin chaw a chhum dawn apiangin buhfai tham khat lek lek a dah hrang a, chu chu a hralh a, a man chu Pathianniah thawhlawm atan a pe ve thin a. A tih

dan chu miten an hriatin tha an ti a, kohhranah an lo ching chho ve ta zel a, an khuua Evangelist pa pakhat chuan Mission Fund atan Presbytery-ah a rawt chhuak ta a ni, an ti. Hei hi kan kohhran hruaitu hmasate atanga kan hriat lar dan ber thin chu a ni.

2. Buhfaitham hi Khasi Evangelist pa pakhat

tichhhuah nia sawi lar a lo ni leh ta a. Chuvangin, a dik hriat tumin chhui zel a ni a. Pi Lal̄thahmingthangi (w/o Rev. Lalpianga) chu a pasal PCI Assembly Officer a nih laiin Khasi-hovin Buhfaitham an tih tan dan lo ngaihven turin ngen a ni a, tichuan, kum 1992-ah PCI Assembly, Khasi ram Mairang-a neih tumin Rev. Willington-a (83) a kawm a, Rev. Willington chuan Khasi-hovin Buhfaitham an lo tih tan dan, a naupan laia a pain a hrilh chu hetiangin a sawi, *"Ka naupan laiin ka pain thawnthu angin min hrilh a, Mauphlang khuaah hmeithai pakhat a awm a, thawhlawm tur a nei lo va, buhfai a tham a, a dah khawm ta zel a, a hralh a, thawhlawmah a keng thin a, an khuaa Evangelist chhungkuate chuan tha an ti hle a, an tham ve ta a, Chumi hnuah chuan an Evangelist chuan an*

Presbytery khawmpuiah Buhfaitham chu tih ve a rawt ta a, Kohhrancho chuan an ti tan ve ta," tiin. Tin, hemi an tih tan hun hi Mairang harhna thlen (1906) hma niin a sawi. Evangelist pa hi tu nge a nih zawh leh a ni a, an hre mai tawh lo va, Pi Malsawmi chuan 'Pi Lyngdoh-i i ti mai ang,' te a ti fiamthu a ni.

3. Pi Zomuani'n kum 100 chhung Kohhran Hmeichhe chanchin a ziah dawn khan mi hrang hrang a rawn a, an sawi dan hetiang a ni.

(1) Pi Hlimi (Miss Gwen Evans) Zosap missionary ni bawk, kum 1959-1969 chhunga Haflong leh Shillong-a missionary-a awm chuan Khasi rama Buhfaitham tichhuaktu chu Joel Gatphoh a ni tiin Pi Teii a hrilh.

(2) Rev. Ednyfed Thomas-a ziak *History of Khasi Jaintia Hills* bua

inziak dan : "Rev. German Jones kum 1890 a thi ta hun laiin Joel Gatphoh chuan Garo rama missionary thusawi atangin Buhfaitham hi a hria a, a rilru a hneh hle a. Khasi Jaintia Hills-ah chuan a ti ve ta a ni," tiin. Pi Teii chuan kum 1890 a thi ta Rev. German Jones hun laia Joel-a hian Garo rama Missionary thusawi hi hria a nih chuan Khasi rama Buhfaitham an neih hi kum 1890 hma lam a ni ang e, a ti. (*Source: Kum 100 chhung Kohhran Hmeichhe chanchin by Pi Zomuani pp. 68-71*)

(3) Mrs. E. Rynjah, PWF Secretary hmasa ber leh Khasi Pastor thenkhat ten Buhfaitham ti tantu chu **Joel Gatphoh** a ni, an ti a. Kum 1903 velah Khasi-hovin an ti tan niin an sawi.

(4) Buhfaitham Garo Hills-a Baptist missionary pakhat chuan Khasi rama Mawkhar Kohhranah thu a

sawi a, Garo Kristian-ten Pastor leh Evangelist chawmna tura Buhfai an tham dan a sawi a, Khasi tirhkoh Joel Gatphoh chuan a lo la fuh hle a ni ang. Buhfai tham dan te, a tangkai dan turte sawi velin chanchinbu (monthly) **Nawngialam Khristan**-ah te a chhuah a. Tichuan, 1907 January atangin Khasi ramah Buhfaitham an ti tan ta a. Welsh Foreign Mission Report 1908-a a lan danin Joel Gatphoh chuan thla thum chhunga Buhfaitham chu Rs. 5/- lai a ni, tiin a ziak. (*Article by Upa Dr. Lalzama : Golden Jubilee Souvenir : Durtlang Pastor Bial Hmeichhia 1946 - 1995 p/42*)

Buhfaitham ti tantu ber hi hriat chian har mah se, he rawngbawlina pawimawh tak mai hi Pathianin mal a sawm a, keini Mizote chuan Buhfaitham hi Khasi ho atanga kan lak chhawn a ni a, Buhfaitham ti tantu

ber hi hriat chian har mah se he rawngbawl na pawimawh tak mai hi Pathianin mal a sawm a, keini Mizote chuan Buhfaitham hi Khasi-ho atanga kan lak chhawn a ni a, Buhfaitham man hi Rs. 80/- a nih thu tar lanna kan hmuh hmasak ber chu Aizawl Kohhran Thuremna, No. 5 of 27/6/1913 a ni a. Chuvangin, 1913 hi Buhfaitham neih tan kumah sawi leh zia a lo ni tawh thin a. Mission Veng Kohhran bik chuan kum 1910-ah Pi Zosaphlui leh Pi Siniboni te bul tanin biak in thar sak nan Buhfaitham hi an lo nei tan tawh a. (Mission Veng Kohhran kum 100 tlin lawmna bu - ***Lungphum p/35***) April 17, 1913-ah biak in thar hi la sak zawh chiah lohvin harhna nen an luah a, tichuan, Buhfaitham man Rs. 80/- chu Bible Women rawih nan hman ni se tiin an rel zui ta a, Kohhran Hmeichhe sum a nih

avangin anmahni kutah dahin Bible Women atana rawih turte pawh anmahni biak turin an ti a, hetiangin ***"Bible Women turin Lalshiana Nu nimin tlaia kan ruat chu Hmeichhe hovin Hmeichhe inkhawma ngaihtuah zawk turin kan pe ta. Hmeichhe sum a nih avangin anmahni'n a thawk tur thlang sela, an ti zia zia a ni ang"*** (Aizawl Kohhran Thuremna : No.1 of July 2, 1913) tiin an rel baw a ni. Mizorama Buhfaitham kum 100 tlinna (Centenary) hi lawm tum a ni a; chuvangin, Mizorama Buhfaitham tham tan kum tichiang turin SEC-ah ngen a ni a. SEC 214:76 chuan Mission Veng Kohhranin Buhfaitham an lo tham tan hun 1910 hi Mizorama Buhfaitham kan tih tan kumah a pawm ta a ni.

II. A hming : A hming hi Buhfaitham tih a ni a, tham khat lek lek dah khawm atanga intan a nih

avangin a hming hi pu niin a lang. Tunah hian tham khat mai ni lo, a aia tam pe leh no khata pe te an lo awm zelah hian a hming thlak rawtna te a awm thin a; mahse, Central Kohhran Hmeichhe Committee chuan a hming hi chu a tira mi, Buhfaitham ni reng sela, lo pe tam phal an awm pawhin thlak ngai a ti chuang lo a ni.

III. A pek dan :

1. Buhfaitham hi a bel neih hrana, chaw chhum apianga tham tur a ni a, a belah chuan **'Buhfaitham-Lalpa Chanpual'** tih pawh tar ngei tur a ni. Buhfaitham hi vawi khata a bela dah khat mai te, a khawntute an lo kal changa fairelbel atanga lo suah mai te an awm thin a. Pathian tana pek a ni a, a lawmawm vek a; amah-erawhchu, chaw chhum apianga lawm thu sawi chung a pek hi a kalhmang tur chu a ni. Chaw chhum

apianga tham/pek a thatna chu, zing leh tlaiah thilpek hmanga Pathian kan biakna, thinlung leh taksa Pathian lama min chettirtu a ni a; chu bakah chaw chhum apianga kan lo dah hran chuan an khawn huna pek tur neih loh a awm lo va, chhum tur kan neih chhung chu pek tur kan nei reng dawn a ni. Vawi khata dah khat mai thinte chuan ni tin Buhfaitham hmanga Pathian hriat tharna an nei ve lo a ni.

Tin, a khawntute lo kal changa lo suah mai hi a neitu leh a khawntu tan buaithlakna a awm a, buhfai ngah loh tum te a awm thei a, pek tur neih loh mai a awl; tin, a neitute an awm loh changin a khawntute tan mi **Fairel-bel**-a mi lo suah ngawt a rem lo bawk. Chuvangin, chaw chhum apianga lo dah hransa mai hi a neitu leh a khawntu tan a tha em em a ni.

2. Mi thahnemngaiten,

tham khat mai ni lovin, no khat pek inzirtir a hun tawh lawm ni, an ti thin a. Mahse, mi hausa leh mi rethei ber pawhin kan phak tawkin, chaw chhum apianga tham ziah hi kohhran ho kan inzirtirna a ni a, an rilrua Pathianin a thawh ang zela a aia tam pe duh tan pek theih vek a ni. eg. chaw chhum apianga vawi thum tham, no tina tham, no khat pek, etc.

IV. A enkawl dan : Buhfaitham hi kohhran chhung tinte rawngbawl na pawimawh a ni a, a enkawl leh a tul apiang buaipui hna hi Kohhran Hmeichhe kutah Synod-in a dah a, a lak khawm te, a hralh leh tul dang awmte a buaipui thin a ni. A enkawl danah henge hi zawm ni se a tha ang :

1. Chawlhkar tina lak khawm theih turin a khawmna bu siam a ni a. Synod Office-ah a thlawna

lak theih a ni a, lak khawm a nih hnuah Pathian hnena hlan zeta hralh tur a ni.

2. A hralhna man hi bat loh tur a ni a, fel taka ziaka chhinchhihahin endik theiha vawn that tur a ni. Tihral a nih hnuah kohhran sum enkawltu hnenah theh luh zel tur a ni.

3. Mahni Buhfaitham lo tlan mai hi loh theih loh thilah lo chuan tih loh tur a ni a; tin, buhfai tha lova thleng phe chu tih hauh loh tur a ni. Kan ei aia chhia Pathian tana pek chu min petu a zahawm hle a ni.

4. A hralhna rate hi Bial tin (Bial Hmeichhia)-in mahni dinhmun ena siam thin tur a ni.

5. Buhfaitham khawmna bu hi a thlawna lak turin Synod-in a siam thin a, Kum 2009 atangin Synod chuan *Buhfaitham hralhna bu te, Buhfai tham zat chhungkaw tin ziah luhna*

bu te, Buhfaiṭham man Kohhran Finance Secretary/ Treasurer hnena hlanna *Receipt bu* te Inkhawmpui Lian thu ngai pawimawhin a siam leh a, Synod Office-ah a thlawnin lak theih a ni.

V. A hmanna : Buhfaiṭham sum hi a tir lamah chuan Hmeichhe Tirhkoh (Bible Woman) te hlawh atan hman ṭhin a ni a, 1949 aṭangin Synod sum pui, Pathian ram sumah chhun luh a ni a, hemi kum aṭang hian kum khata hmuh zat tur budget pawh siam ziah a ni ta a, vawiin thlengin chutiang chuan a kal ta a ni. Tichuan, Synod hnuaia rawngbawlina peng hrang hrang tan a ṭul apianga hman a ni a, a ṭangkai em em a ni. e.g. damdawi in pual thawhlawm chu damdawi in tan chauh hman a ni a, Ramthar thawhlawm chu Ramthar tan chauh hman a ni a; Buhfaiṭham

sum erawh chu thawktu hlawh atan te, Synod Department hrang hrang enkawl nan te, ṭanpui ngaite ṭanpui nan te, thlarau bo chhan chhuah nan leh Pathian ram zau zel nan a ṭul apianga hman a ni a, a ṭangkai em em a ni.

VI. Inchhiarna :

1. *Chhungkua/in zat chhiarna* : Hetah hian kohhranpui tih dan angin kan kohhran mi awmna tawh phawt chu In/chhungkaw zatah chhiar vek tur a ni a, hmeichhe member awm lohna pawh kan kohhran mi parawl emaw, naupang emaw chauh awmna pawh ni se *chhungkua/in zat chhiarah* telh tur a ni. Tin, kohhran pawl dang nena inawmpawlhna chhungkuaah kan kohhran mi pakhat chauh a awm pawhin chhiar tur a ni a. Buhfaiṭham hi an chhungkuain an ṭham chuan kan kohhrana a luh loh pawhin ṭamah chhiar

mai turin inkaihhraina bu tharah chhawp chhuah mek a ni a, SEC-in a pawm chuan hman zui tur a ni ang.

2. Kan kohhran mi chhungkaw khat, biak in khata lawi lova, hmun danga lawi hrang an awm chuan, chhungkaw hotu ber lawina lamah emaw, an chhungkaw remtih tlanna lamah emaw chhiar tur a ni a, hmun hniha chhiar loh tur a ni. Hmun hniha kan chhiar chuan, kan nihna tak aia a pun dawn avangin a dik thei lo a ni.

3. "Buhfaitham bel neia chaw chum dawn apianga Buhfai tham thin te chu Buhfaitham tham chhiar tur an ni" (C.C. 379:9(2) Of 29/3/2007) report form-ah buhfai tham ziah zat zawh a ni a, chuvangin, chaw chhum apianga tham turin kan inzirtir a ni.

4. Kohhran mi, Testimo-

nial lehkha nei, mahnia in luah hrangte ni tin chhung inkhawm leh Buhfaitham tham ziah thin tura sawm leh ngen hi Kohhran Hmeichhiate rawngbawl na pawimawh tak leh kalpui reng a ni a, Kohhran chhungkua, ni tin chhung inkhawm leh Buhfaitham tham ziah chhungkaw zat chhiarnaah pawh chhiar tel thin an ni a. Kohhran hruaitu thenkhat, Testimonial neite chhiar chung-changah Hmeichhe hruaitute tidik lo anga lo ngaite an awm thin avangin SEC-ah Testimonial nei te chhiar dan tur min tihchiansak turin ngen a ni a. SEC : 220 : Gen. 8 of 4/12/2008 chuan Testimonial neite **chhungkua/in zat** chhiarnaah kan chhiar zui zel min phalsak a; Kohhranpui erawh chuan pem lehkha nei chauh an chhiar avangin chhungkaw zatah Kohhran Hmeichhe inchhiarna leh Kohhranpui inchhiar a inzat

lo thei dawn a ni tih hriat ni se. Chu bakah inchhiarna reng reng chu a chhiar hun a inan loh chuan a zat a inang thei lo tih hi hriat tur a ni a, buai tur a ni chuang lo.

VII. A hlutna : Buhfai-
tham hi ni tina Lalpa hnena lawm thu kan sawina leh amah kan pawlna a ni a, puitling leh naupangte, tar leh thalaite, mi hausa leh rethei pawhina kan tih theih vek rawngbawlna awlsam leh tangkai tak si a ni. Pathian nena ni tina nun inzawmna, lawmna tam tak thlen thei a ni a, chaw chhum apianga tham/pe ngai lo ai chuan a pe thintu ngei chuan lawmna a chhar

chhuakin, pek tam deuh deuh duhna pawh amahah a lo awm zel thin a ni. Chhungkaw tinin kan inphalna ang zela, a tam emaw, a tlem emaw, Lalpa hnena kan lawm thu sawina a ni a. Chutah chuan kalhmang fel taka tih a nih theih nan kohhranin ruahmanna a siamte zawm theuh thei ila a lawmawm hle ang.

Heng tar lante bakah hian hriat duh leh zawh duhte kan neih chuan Pastor te, Upa te, Kohhran Hmeichhe hruaitute pawh zawh zel theih a ni a; tin, Synod Office lamah pawh zawh theih reng a ni.

Mission mak tak : Mi thenkhat chuan Mizoram hi 'Lalpa zawnchhuah ram' niin an sawi thin. India leh Bangladesh ram kil khawra Chanchin Tha hril tura hnam ropui Welsh Missionary-te rawngbawl dan kha Rev. Vanlalchhunga chuan "Mission mak tak" vuahin a chhinchhuakin a chhui a, a ngaihnawm hle. Synod Bookroom hrang hrangah ` 80-a lei tur a awm e.

Sermon**LALPA HMAN TLAK**

C. Lalneihthangi
Central Committee Member

Khawvelah hian mi hman tlak ni turin mi tin, chungkaw tin hi kan buai a ni ber a, kan tu leh fate lehkha kan zirtir chhan ber pawh chu tho chu a ni. Thiamna lo nei se, mi hman tlak an lo ni thei dawn a ni tih chu kan duhtusam ber a ni. Hengte hi hlamchhiah chuang lovin, Lalpa hman tlak ni tura thil pawimawh tam tak zingah kawng thum chauh tun tumah hian i lo thlir teh ang :

1. A piangthar ngei tur a ni :

Lal Isua nena chiang taka intawhna miin a neih loh chuan a nun a buai thin. Tunlaiah kohhranh zingah piangthar lo an awm dawn em ni kan ti mai thei. Kohhran rawngbawlnaah mi piangthar lo an awm ve thei tlat thin. Naupang deuh la nih laia sual chi hrang hrang khawih thin khan a lo upat deuh hnuin sual tih peih lohna a lo nei a. Sual chu a kalsan ngei mai, mahse, Pathian tawhna tak a neih loh chuan Lalpa hman tlak a ni thei thin lo. Hei hi kan kohhran huang chungah a hmei a pa te chungah thil thleng niin ka hre ve thin. Hlaah kan sa a, ' I piangthar tur a ni, that deuh

mai a tawk lo' tih a nih kha. Hei mai bakah kohhranah hlim lamna runpui a lo thlen changa, phurna lo awm ve thin hian mi thenkhat chu a bum ve thinin a lang. Nu pakhat pawhin a chanchin a sawinaah, "Fate han neih ve tawh hi chuan, chiang chiah lo mah ila, piangthar awma awm ve mai hi awl tak a ni," a ti.

Krista kraws thleng ngeite lo hi chu Lalpa hman tlak an ni thei thin lo. Mi thiamte an thain an ngaihsanawm lain piang-thar ziktluak an nih loh chuan Lalpa hman tlak an ni thei lo. Anmahni an inhmang a, Lalpa hman tlak erawh an ni thei lo. Chutih rualin mi thiam

piangtharte hi Lalpa tana hman tlak, mi tangkai tak an ni thei thin. Tute pawh Kristaa nun nei tawhte chu Kohhranah chauh ni lovin, in chhung khurah pawh Lalpa hman tlak an ni thin. Tunlai kan khawvel hun tawn mekah suauna chi hrang hrang a tam ta hle mai. Heng hmachhawn tur hian mi hman tlak kohhranah leh chhungkuaah Lalpa'n a zawng mek a. Kan tu leh fate heng harsatna dopui tur leh an thlarau nun kaihruai tur hian nu leh pate hian mawh la ngam turin kan thlarau nun kan inenfiah a tul hle a ni.

2. Inpekna a pawimawh :
Mi inpe lote hi hman theih an ni lo fo. Krista-a nun neitu inpete hi Lalpa'n a hmang duh hle. Khawvel thilah hi chuan mi a inpek hle chuan piangthar lo tan pawh hman tlak a ni thei zel a. Mahse, thlarau rawngbawlnaah chuan inpekna ngawt hi chu Krista tel lo chuan a zikthuak thei thin lo. Mi piangthar inpe lote hman theih an ni lo angin mi inpe piangthar lote hman tlak an ni thei lo. Kohhranah hian mi inpe

tak tak an awm thin a, an fakawm hle. Kohhranah, thalaiah, hmeichhe lam rawngbawlnaah pawh Pathian tana inpe tlatte hian Kohhran hi an khalh nung zel niin a lang. Inpekna hi taimakna tel lo chuan tih theih pawh a ni lo va. Mi inpete hi mi taima, mahni in chhungah pawh buai ve tak takte an ni chawh thin a, buai lo deuhte phei chu an awm ang a, mahse tih tur tam tak kara hun pe hramte hi Kohhran hnarkaitute an ni duh hle.

Lalpa tan hian eng chen nge kan inpek theih le? Mi tinin kan tih theih inkhawmahte hian eng angin nge hun kan pek theih thin – thenkhatin inkhawm ngawt a ni lo an ti a, mahse, inkhawm ngawt pawh kan theih/peih si loh chuan kan inngaihtuah chian a tul hle ang. Zan khat ka inkhawm tur hi dawrah nu pahnih an lo thu a, ka kal pelh chiaha an tawng ka hriat chu – inkhawm reng ringawt tha an tih loh thu leh ina awm tam pawimawh an tih thu a ni a, inkhawm kan bang a, dawra thu te pawh

chu an lo la titi bawrh bawrh a, ka ngaihtuahna an tithui khawp mai. Lalpa tana kan inphal dante kan inenfiah a ṭul hle ṭhin a ni. Rom 12:1-ah chuan Lalpa lawm tlak ni tur chuan kan taksa Ama hnena kan hlan fo a ṭul a, chu chu mi tinte tana kan rawngbawlna awm reng a nih thu kan hmu a ni. Pathian hnen aṭanga thu nung dawng turin inkhawm, ṭawngṭai leh Bible chhiarte hi ringtu tihmakmawh, hman tlak kan nih theihna a ni, Lalpa nena inpawlna nun a thara nei fo lo chu hman tlak an ni thei lo. Lalpa aw tih tak zeta ngaithlatu leh a aw Lalpa'n a ngaihtlak ṭhinte erawh chu malsawmin an awm ṭhin a. Mi hman tlak an lo ni ṭhin.

3. Pathian hnena ber petu/ hlanute Lalpa hman tlak an ni ṭhin : Kristaa nun neitute Lalpa hman tlak ni turin an nunah Lalpa'n Lalna a chang tur a ni. Kan nunah hian lal dang, ngaih pawimawh dang kan ngah lutuk ṭhin a, chu chuan Pathian ngaihsak lohnaah min hruai a, hriat loh hlanin duh lohna lamah kan peng ta ṭhin a ni. Sam 105:2-ah chuan, 'A thil tih mak zawng zawng thu chu ti ti

rawh u' tih kan hmu a, kan titi duh zawngte hi eng nge ni tih kan inhre thei awm e. Lalpa thil mak tih Kristaa lo langte hi kan titi tui ber ni awm tak a ni a. Kan rawngbawlpui nu upa ve lam tawh chuan "Tun hma deuh kan pianthar hlim leh a hnu thleng pawhin Pathian thu hi kan titi tui ber kha a ni ṭhin a, inkhawm bante hian Pathian thu kan sawi ho ṭhin a. Tunah chuan 'nalh ve' te kan inti vel mai mai tawh a," a ti a.

A ni tak a, kan rilru sukthlek hi a pawnlang ta hle niin a lang. Ṭhian inkawmte Pathian thu hlir kan sawi thei lo a nih pawhin ṭawngṭai dunntate han neih theih hi chuan nun a inpawhin rilru hlim takin kan awm zui thei a, Amaherawh chu kan nunah kan dah lal tur Lalpa hi a lal loh em ṭhin avangin atana tawrh chu sawi loh amah pawlna hun han pek hramte harsa kan ti ṭhin.

Min ngaidam turte, mal min sawm turte, min veng him turte, min chhandam tur tein kan duh a, kan nuna Lal tur erawh hi chuan kan duh lo a ni mai em aw? Ka duh leh peih chin chauh ṭawngṭai a, Bible

chhiar a, duh chang leh peih
chang chauha inkhawm leh a
tana inhman ve hi ka tih dan a
nih chuan ka nunah a Lal lo a
ni tih a chiang mai awm e.
Chutiang mi chu Lalpa'n a
hmang thei thin lo a ni.

Johana lehkha-thawnah
khawvela thil awmte hmangaih
lo turin min hrilh a. Hrilhfihtu
pakhat chuan Pathian ropuina
tur ni lo zawng zawng hi
khawvel thil a ni a ti a, keimahni
ropui leh mawina tur zawk hi
kan ngaihtuah tam a ni em le
Bible-ah khawvel hma-
ngaihtute thenkhat—Lota nupui,
Akana, Hamana, Juda Iskariota
leh Demate nun tawpna han en
ila, a rapthlak a ni.

Ringtu zawng zawng-te
bungbel thianghlim Lalpa

hman tlak kan nih theuh hi
Lalpa'n a duh si a. A hman tlak
ni turin kohhranah leh mahni
in chungah a hnenah tlu lutin
i inhlan thar thin ang u.
Bungbel bal leh thianghlim lo
chu keini pawhin kan hmang
duh lo a ni a. Tui leh sahbawn
a sil fai theih loh phei chu
nawhna hriam zawkte kan
hmangin kan nawt thin a.
Lalpa'n a tana thianghlim tak
leh hman tlak kan nih theih nan
thlarau lam sil fainate kan
chungah a hman chang a
awm bawk thin.

Min hmangaihtu hian
bungbel thianghlim, hman
tlak, ngaihhlut tlak kan nih
theihna tura min buatsaih
dante i chhut chiang zel
ang u.



*Hriselna huang***MIT ENKAWL DAN***Dr.**Lalsangzuali
MBBS, DO; Eye
Specialist*

Pathianin lei leh van leh a chhunga thil awm zawng zawngte ama duhthusam ang takin a siam a. A thil siam mawina leh thatna te chu mihringin kan chhim ve theihna atan khaw hmuhna tur mit pahnih min pe hi malsawmna ropui tak a tling a ni. Kan mit tel lo chuan khawvel hi a thimin a thaw ipikthlak ngawtin a rinawm.

A khawvel siamah hian han hawi vel ila, engkim mai hi awmze nei vekin a rem khawm vek a. Mihring hian kan kut hlei avang leh duh dan kan neih ve thin avangin thil tam tak kan khawih danglamin kan tichhe zawk a ni. Mit pahnih nei chung sia, kan thil hmuh te hi a phira hmu lovin, pakhata kan hmu fiah zel te hi a them thiamzia a tar lang Chiang hle a ni.

Mit hi pahnih kan nei theuh va, kan taksa peng te reuh te ni mah se, an pawimawhin, an hnathawh dan hi a complex, a makin a danglam em em mai a ni. Chu vang chuan, uluk taka kan enkawl hi an phu tak zet a ni. Minit 5 vel chauh hi muthlu lovin han maimit chhing chhin ila, an pawimawhzia hi ngaihtuah nachang kan hre mai thei.

Mit vawn that dante a thlangpuiin han tar lang ila.

1. Ei leh in - nutrition : Kan mit hi vawng tha tur chuan, mit tana tangkai turte chu ei kim kan tum tur a ni. Kan ramah hian mit tana ei tha hmuh phak renga awm tam tak kan nei.

Hengte hi :-

(1) **Vitamin A :** Vitamin A hi "retina" (mit chhunga hân pan tak, 'mit-parda' anga kan sawi) tan a pawimawh em em a. Retina hi khua min hmuh fiahtir bertu leh thimthamah pawh thil min hmuh chiantirtu a ni a. Chu bakah, upat lama mit fiah lohna chhan - 'Cataract' mit naute

paw, leh ARMD (Age Related Macular Degeneration) lakah eng emaw chen a veng ve thei a.

Vitamin A awm tamna :

Mai/mai an
Thlai hnahhring
Karat
Thingfanghma
Artui
Sa thin

Vitamin E awm tamna

Thlai hnah hring
Nghapui thau
Badam
Khawkherh

(2) ***Anti-oxidants*** : Anti-oxidants-ho hi vitamin A, C leh E awmna reng rengah chuan an awm ve zel a. Hengho hi boruak leh kan ei leh ina lo awm tel ve, kan taksa khawih chhe theitu laka min venghimtu an ni.

2. Naupang tan : Naupangte hian an mit hi sawisel nachang an hre kher lo mai thei. Nu leh pate chuan chik taka an fate an en chuan, an mit an lo nuai vak vak emaw, mit uihlit emaw an nei deuh reng thei. An lu te a na a nih loh pawhin a pangngai aia hnai takah emaw, hla tak emawa thil en an ching te a nih chuan, an mit a fiah loh vang a

lo ni fo thin. Chuvang chuan, an hmuh fiah lohna chhan hre hma turin an mit entir thuai a tha. Sikul kal lai a nih pheii chuan an thutna atangin blackboard te an lo hmu fiah lo thei; sawrkar hian a ngai pawimawh a, School Health programme hnuaiah chuan Health department-a thawkten sikulahte kalin an mit an ensak thin.

Tin, tunlaiah pheii chuan TV leh computer en leh hman kan ching nasa ta hian thui takin mitna leh tarmit vuah tul khawpa mit tha lo (refractive error) a siam duh khawp mai.

Naupang mit that loh dan tlangpui –

(1) Tarmit an mamawh vang a lo ni thei.

(2) An mit a kalh thei, hei hi doctor hnena hruaia, a chhan en fiah zui a tha.

3. Upa lam tan :

Presbyopia : Mihring hi kum a lo tam chho zel rual hian mit hian khua a hmu fiah lo ve tial tial a ni. A tam zawk chuan lehkha kan chhiar emaw hnai te emawa kan thil hmuh chu a phe tial tial thin. Amaherawhchu, khaw hmu thei reng reng lo

khawpa mitdelna chu a ni lo. Hei hi (Presbyopia) chu tarmit hmanga fiah thei mai a ni a. Kum upat lama mit fiah lohna leh mitdel theihna chhan te chu

- (1) Mit naute paw "cataract"
- (2) Mit BP sang "glaucoma"
- (3) Zun thlum (Diabetes) leh BP sang (Hypertension)
- (4) ARMD age related macular degeneration

Heng avang hian kum 50 pelh chuan mit hi a khât tawka entir a tha, a bikin, BP sang leh zunthlum nei te phei chu an inhriat tirh aţangin a khat tawka mit doctor hnena inentir a tha. Heng natna te hian inentir hmain mit a lo khawih hman thei. Chuvang chuan, a lo fiah lo sa chu tih dam theih loh ni mah se, a hma lama treatment lak a nih chuan, mit chhiat zual zelna emaw, delna emaw lakah a inven ve theih a ni.

4. Mit atana exercise : Khawvel hun inher changkang zelah hian, kan ramah te pawh hmasawna tam tak kan hmu chho zel a. Heng hmasawna zingah hian television (TV) te, video games te leh computer te hian nasa takin kan nunphung a khawih danglam a ni. A bik

takin mit hian a tawrh phah fo thin.

Chuvang chuan, TV leh video games te hi chu kan en duh a nih chuan, hun bituk neiin, ni tin darkar 1 aţanga darkar 2 aia tam lo hi en thei hram ila chuan kan mit insawiseln tam tak pawh hi a kiam ang.

Computer te erawh hi chu tunlai chhanah mi tam tak tan chuan eizawna/hnathawhnaah te hman a lo tul ve ta a. Hei hian "computer vision syndrome"- CVS a siam nasa hle a. A rei-ah phei chuan mit fiah lo te a thlen theih hun a awm. Mit khap a lo khat, a ngai reng rei tak tak lo en te a tul avangin, a thil thlen theihte chu :

- (1) mit kham
- (2) mit chhunga ngap
- (3) lu na
- (4) thil hmuh phir
- (5) mit sen rem rum
- (6) nghawng, dar, hnungzang na
- (7) thil en lai fiah (focus) mai thei lo.

Hengte hi tarmitin men tihnawm deuh chang awm thin mah se, a tihthat hlenna a ni kher lo thei.

Kan khaw hawinaah hian kan mit hian thil hla leh thil hnai hmuh chhawk a chet reng a tul a ni. Hemi ti tur hian a tha a seng nasa thin a, hei hian mit a tichau (eye-strain) thei khawp. Chuvang chuan, mit a chhiat zel hmain mit tha tihchak a tul a ni. Kan taksa pawh vawng hrisel tur chuan insawizawi (exercise) thin a tul ang bawkin, kan mit pawh hian exercise a mamawh ve tho a ni.

Heng exercise hian computer hmang nasa te chu eng emaw chen chu a chhawk ngei ang.

(1) 20/20/20 rule - minit 20 danah, second 20 chhung tal, fit 20-a hla thlir turin computer kha hawisan rawh.

(2) I kutzungchal kha i hmai atanga inches 10 vela hlaah dah la, zawi tein, i hmai hnaihtir tial tial la, i zungtang i hmuh phir tan veleah dah hla leh la, ti nawn leh zel rawh. Hei hi i hnar zawn thleng lek lek khawpa hnaia phir lova i hmuh theih thlengin ni tin minit 5 tal ti thin rawh.

(3) I thil chhiar tur kha i hmai hnaih teah dahin en la; tichuan, fit 10-a hlaa thil awm en turin i

mit kha en sawn la. Hetiang hian a hnai leh a hla kha en chhawk la. I en chhawk apiangin i en chhung (focus) kha ti rei tial tial rawh.

Heng exercise hi i tih thin chuan i mita tha tam tak kha i sawizawiin, i tichak ang a, i mit i sawiselna zualpui chu a chhawk ang.

5. Hriat tur pawimawh :

(1) Mit na i neih chuan, mahni thua damdawi awm ang thlawr mai hi thil tha lo tak a ni. Doctor awm lohnaah pawh a theih hram chuan "steroid" tel chi, entir nan Betnesol eye drop te hi pawng hman mai loh tur a ni. A tirah chuan a dam angin lang mah se, a nat chhan tak hriat loh chuan hun reiah mit tana tha lo zawk a ni fo.

(2) Mit a mim emaw, a thak emaw hian mit hi nuai loh hram tur a ni; mit darthlalang hi a derthawng (delicate) hle a, a pilh hlahu chuan, lawng (ulcer) a insiam thei a, mitdelna hial pawh a thlen thei a ni.

(3) Doctor-in tarmit emaw, damdawi emaw, enkawl dan tur a chawh chu ngai pawimawha, dik

taka zawm zel hi a tha, thil tha lo zawk a thlen belhchhah loh nan.

(4) Meizial zuk hian rin aiin mitah nghawng a nei –

- (a) "cataract" leh ARMD te mi pangngai aiin a neih hma theih.
- (b) mit ro "dry eye" a siam.
- (c) mitna "allergic conjunctivitis" a thlen thei.
- (d) mit hrui a khawih chhe thei "optic neuropathy"

(5) Hmeichhia, a bik takin nula te hian tunlaiah hian "Eye make-up"- mit chei te kan lo uar ve ta hle a. Make-up kan hman te hi vawn thianghlim a thain, inhman tawm te hi ching lo hram ila. Tin, kum 1 aia rei lo hi hman theih zel ni se. Kum te a lo tlin tawh chuan, paiha, a thar hman

theih zel hi a tha. Allergy leh infection - mit na chi khat, "conjunctivitis" a siam thei khawp mai.

(6) Tleirawl te hian tunlaia fashion kan um zelnaah hian, mit rawng tidanglam duha, "contact lens" mit chhunga lens vuah thin te kan lo awm ta a. Heng thil kan hman te a nih chuan, doctor te rawn chunga hmangin, uluk taka vawn thianghlim tur a ni a. Tin, ni tin a rei berah darkar 8 aia tam lo vuah thei ni se, intawm te pawh ching lo ila. Mit dathlhalang a tipem/ pilh theih avangin, a khat tawka doctor hnenah inentir a tha.

Kan mit te hian Pathian ropuizia min hmuhtirtute an nih angin, keini pawh hian enkawl dan tha kan hriat ang zel hian i vawng tha ang u.

Note: Dr. Ma-i Eye Specialist a nih angin mit enkawl dan ziaak turin kan sawm a, kan sawmna ngai pawimawha thu tha tak min ziahsak avangin a chungah kan lawm em em a ni.

Hringnun zinkawng : Hringnun zin kawng hi phei vek a ni lo fo. Rinhlelhna, harsatna, kham leh suar tam tak paltlang a tul thin. Rinhlelhna leh harsatna kara rinna nun pui dan zirna lehkhabu, Melvyn Vanlalhlimpua buatsaih chu a lo chhuak ta. Synod Bookroom hrang hrangah ` 180-a lei tur a awm e.

Ei siam dan:**1. KHANGHU LEH ARTUI KAN RO**

Telh turte :

Khanghu	:	tel 1
Artui	:	pum 1
Chi tlem		
Tel	:	Pava chanve

A siam dan:

1. Khanghu chu kuta sih chhum theih chinah mal la, a kuang chang chu paih ang che.
2. Artui chu vaw keh la, thleng kumah bun chhuak la, chi telhin ngun takin chawk ang che.
3. Khanghu chu a kuang mal te te lovin a hlawm deuh pawhin Artuiah chiah ang che.
4. Tel, a kanna turah thlak la, a sen thapah let la, lehlam lehlam a sen thapah thura, a dang thlak leh zel mai tur a ni.

2. BAWKBAWN LEH ARTUI KAN (FRY)

Telh turte:

Bawkbawn a lian deuh	:	pum 4
Artui	:	pum 2
Chi tlem		
Tel	:	No 1 ½

A siam dan:

1. Bawkbawn chu a dung zawng emaw, a bung zawng emawin pan takin zai lêp rawh.
2. Artui chu thlengkumah vaw kehin ngun takin chawk la, chi al ang che.
3. Tel chhuang la, a sat deuh hunah bawkbawn zai lep chu artuiah chiah la, la chhuak lehin a mal malin kang rawh, a sen deuh thapah let la, a sen rual thapah i thur dawn nia.
4. A mal tê têin a kan theih a, a rualin lêp hnih emaw, lêp thum emaw pawh a kan theih a ni.

Kan Hruaitute chanchin:**Pi Parchhuaki**

Pi Parchhuaki hi Pu Saikhawsiamia (L) leh Pi Chhingdailovi (L) te fa mal niin April 9, 1949 zan dar 9.00-ah Serkawn Christian Hospital-ah a lo piang a, kum 1974-ah Pu Z.D. Lalliana (L) nen innein fapa 2 leh fanu 1 an nei a.

Eizawnna lamah chuan kum 1973 atangin Health Department-ah Nurse hna a thawk a, kum 1985-ah Health Supervisor hna a thawh lain a chawlhsan ta a ni.

Rawngbawlna lamah chuan Synod hnuaiah kum 2002-ah Pathian kohna changin Arunachal Pradesh East Field-ah Contract missionary-in New Khamlang-ah a thawk a, kum 2003 June thlaah kir lehin Tripura Feild Tuidu-ah Officiating-in a kal leh a, hetah hian October thla thleng a thawk a, November thlaah Mizoramah a lo haw hlen ta a ni. Ramthar Field-a a thawhnaah pawh Kohhran Hmeichhe rawngbawlnaah Committee member te niin Buhfaiṭham rawngbawlnaah te theihtawp chhuahin a thawhna rama mite a kaihrui thin a ni. Tunah Dinthar, Aizawl-ah tu leh fate nen an cheng mek a ni.

Biala rawngbawlna : Kum 2005-2006-ah Bial Committee member, Kum 2007, 2009, 2012-ah Asst. Secretary.

Kohhran malah : Kum 1995, 2002, 2004-ah Committee member, kum 2005-ah Secretary, kum 2006-2009-ah Chairman, kum 2010-2011-ah Vice Chairman.

Kohhranpuiah : Inrinni zan thuhrlitu, Puitling Sunday School zirtirtu, Ramthar Commitee-ah leh Kristian chhungkaw Committee-ah member a ni.

A Bible chang duh zualte : Johana 4:23,24; Isa. 58:12, a hla duhte KHB No. 57, 70

Pi Parchhuaki hi Mi taima leh rawngbawlnaa mi inpe, hlim thei tak, a bula awm nuam tak a ni a, Kristian chhungkaw dik tak dinna kawnga beidawng lova theihtawp chhuah zel turin Zoram nute a chah a ni.

HRIAT ATAN

1. Dt. 19/4/2012 (Ningani) dar 1.00 p.m.-ah Central hruaitu lo ni tawhte JM Lloyd's Hall-ah Women Centre pualin mi 89 lai an inhmukhawm a, Pi Laltlanmawii, Inkhawmpui lian chairman-in a kaihruai a, Pi Lalrinkimi Co-Ordinator-in a sawi hawng a, Rev. Lalzuithanga, Executive Secretary i/c Women-in Women Centre chungchang leh Pathian Engkimtitheia rinchhana hma la kan ni a, a zamawm loh thu te phur takin a sawi a, Women Centre leh a chhehvel khua zawng zawngah Lalpa ram a thlen theih nana tawngtai rualin sawi hona hun hlimawm tak an hmang. Hun rei tak atanga Women Centre din tuma hmalakna a lo hlawhtling chho dawn ta hi an lawm hle a, Women Centre sakna tura ram tha tak petu Pu L.H. Thanga te chhungkaw chungah leh Synod chungah an lawm hle a ni. Kal khawm te hian Women Centre sakna tur sum hmuh dan tur te an sawi ho va, cheng nuai hnih chuang lai senna tur Choka (Kitchen) man thawkhawm an tum a, Pi R. Thanzami, Ramhlun Venglai leh Pi Sawichhungi Bawngkaw Chhim Veng chuan cheng singkhat an pek tur thu an puang nghal a, mi dangte pawhin chhungte hriat rengna atana pek a tih chi tur thu te an sawi bawk. Kum tam tak chhunga hruaitu lo ni tawh inhmu ngai tawh lote an han inhmukhawm chu nuam an tiin an inchi bai nasa hle, hun tawpah thla te an la ho bawk.

2. **Hlimen Bial** : April 14 (Inrinini)-ah NI. Vanlalsawmi, Archivist leh Pi Biakengi, Central Committee member-te Hlimen Bial huapin Hlimen Damveng Biak Inah Leadership Training leh Kristian chhungkaw Campaign neiin an kal a, tha takin hun an hmang, Bial neitute hi an kal tha hle a, Central hruaitu lo ni tawh Pi Thankimin a tawiawm bawk.

3. **Rabung Bial** : Dt. 13-16/4/2012 chhungin Pi Liankimi, Treasurer, Pi Rochhungi leh Pi H. Kapthangi Central Committee member te Rabung Bial huap-in Rabungah Kristian chhungkaw Campaign leh Leadership Training neiin an kal a, Thlai chi thlak hun lai te a nih avangin kal an tam lutuk lo va, Kristian chhungkua bakah Women Centre chungchang leh tu leh fate hum sual laka

venhim thu te inkhawm khawwmna lamah sawi hovin hun tha tak an hman.

4. **NE Khawdungsei Bial** : Dt. 13-16/4/2012 chhungin Pi Laltnanmawii, Chairman, Pi Lalchawimawii leh Pi C. Lianpari Central Committee member te chu Kristian chhungkaw dinhmun tehnaa lawmman pakhatna Trophy lawmpui pahin Kristian chhungkaw Campaign leh Leadership Training neihpuiin Rabung Bial huapin Rabungah an kal a, Kristian chhungkaw Campaign-a tan an lak danah an entawn tlak thu leh Ramthar puala inhlawh an neihnaa lei charah Pathianin tui a pek thu te chuan an rilru a khawih hle a, hlim takin hun an hman ho a ni.

5. **Thuampui Bial** : Dt. 14-15/4/2012 chhungin Leadership Training leh Kristian chhungkaw Campaign neihpuiin Pi Lalnuntluangi, Pi Parchhuaki, Pi Vanlaltluangi Central Committee member te Zuangtuiah an kal a, Bial chhung kohhran te inpumkhatna a thain chhiat tawh te an awm chungin tha takin hun an hman ho a ni.

TIHDIKNA

Agape April 2012 chhuak kawm hnung lama thlalak te kha **Durtlang Bial Hmeichhe Inkhawmpui** ti vekin tar lan a ni a, a khawih tute tihsual palh liau liau a ni a. A chung ber kha Barak Area inkhawmpui hmanpuina thlalak a ni a, a pahnihna Ushers te thlalak kha Rorel Inkhawm vawi 6-na Tlangnuam Kohhran-a min thlengtu Ushers, nula tlangval nalh tak tak te thlalak a ni a, a pathumna biak in chhung inkhawm lai thlalak kha Dt. 9-11, March 2012 chhunga Tlangnuam Kohhran biak ina rorel inkhawm neihnaa Pathian biak inkhawm lai thlalak a ni a, hming tar lan sual palhah chhiartu zawng zawngte ngaihdamna kan ngen a, mahni copy theuh lo ziah that ni se a lawmawm hle ang.

2011-2013 INKHAWMPUI LIAN HRUAITUTE

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Vice Chairman	:	Pi Khawlvuani
Gen. Secretary	:	Pi H. Lalpianthangi
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2. Upa D.P. Biakkhuma, Synod Secretary (Sr.)
3. Rev. Lalzuithanga, Executive Secretary i/c Women
4. Pi C. Lalneihkimi, Ex-Chairman

KOHHAN HMEICHHIA

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

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



Thuampui Bial Leadership & Kristian Chhungkaw Campaign



Kohhran Hmeichhe Rorel Inkhawm Ushers - March 9 - 11, 2012



*Kohhran Hmeichhe Rorel Inkhawm, Tlangnuam Kohhran Biak In
March 9 - 11, 2012*

To,

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