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*Editorial***PATHIAN THILTIHTHEIHNA**

Pathian thiltihtheihna hi a takin kan chang vek tawh ang a. Pathian ropuizia te, engkim chungang roreltu a nihzia te, a thuneihzia te, a hmangaihna ngahzia te a taka hretu kan ni theuh awm e.

Kan hlima kan lawm hi chuan Pathian kan mamawh taw lo fo, muangleiah hi chuan tihtakzeta Lalpa ngaihna leh auhna pawh kan nei tlem deuh. Amaherawhchu, natnate kan chungang a lo thleng a, kan ni tin nunah leh kan khawsaknaah harsatna thlipui hrang hrangin min han nuai a. Sum leh paih harsatna kan taw a, kan fanaute nunin a zir loh avangtein kan rum a, kan mangang a thin.

Kan rawngbawl na kawngah pawh sual hian ke kan pen zau hi a hlau hle a. Kal pangngaia kan kal hi chu min tibuai lem lo. Ramri pela Lalpa rawngbawl tura theihtawpa kan inbuatsaih laite hian min tibuai turin a thawk reng a ni. Kawng hrang hrang atangin min tibuaitu a lo lang thin.

Heng hunah hian kan zam a, kan chau thin. Mahse, heti zawng hian i han thlir teh ang – manganna leh harsatna ruam atang chuan tihtakzetin Lalpa kan au va, Lalpan kan au aw a ngaithla e. I pindan chhungrila luta, tihtakzet leh tap chungang Lalpa i auh kha a thlawn lo asin. I tawngtaia, a chhanna awm lo ang maia a reh vung vung a i hriat pawh khan beidawng lovin bei zel ang che.

Tirhko Paula chuan a taksaah harsatna a taw a. Chumi kiansan tur chuan Lalpa hnenah a dil a, chhanna a dawn chu: “Ka khawngaihna i tan a taw e; ka thiltihtheihna hi chak lohnaah asin tihfamkimin a awm ni,” tih a ni.

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Kristian Chhungkua

PHURRIT

– Rev. Vanlalzuata

“Nangni thawk rim leh phurrit phurte u, ka hnenah lo kal ula, keiman ka chawltir ang che u. Ka nghawngkaw a nuam a, ka phur pawh a zang a ni.”

Mi tinte hian mahni tawkah phurrit kan phur theuh va, phurrit phur hauh lo kan awm hial lo vang. Thalaite zingah hlei hlei hian phurrit phur kan tam a, Pathianin nunna zahawm tak min pek pawh hmang zo peih lova inawk hlum te, inhrai hlum te pawh hi phurrit an phurh zawh loh vang a ni ber. Phurrit leh beidawanna hi unau piang hmun an ni a, phurrit hi a lo kal hmasa a, beidawnnain a rawn zui ngei ngei a, hemi pahnih hian mahni thlan khur min laihtir a, chutah chuan ipik takin chatuanin min rumtir thin a ni. Phurrit hi kan pumpelph seng lo va, Pathian mite pawh hi phurrit phur nasa hlei hlei an ni zawk. Lal Isua pawhin phurrit pumpelph turin min zirtir reng reng lo va, a phurh dan min zirtir zawk a ni. Chutichuan, tuna kan sawi tur ber pawh hi phurrit hrim hrim aiin a phurh dan a ni zawk ang.

1. Phurrit kan pumpelph thei lo : Mi retheite phurrit chu hausaknain eng emaw chen chu a tikiang thei ang a, chutih lain mi hausate hlei hlei hian phurrit an nei tam bawk si a. Mi hrisel lote phurrit chu hriselna tharin a tikhian theih chin awm mah sela, mi hriselte hlei hlei hi phurrit avanga beidawng an ni si a. Thawk

rim bik nih hlauhna phurritte hian min delh a, mi hahdamte hi kan awt a. Nimahsela, khawvelah hian thawh rim avanga inawk hlum aiin thatchhiatna leh dawngdah lutukna avanga inawk hlum an tam daih zawk ang. Chuti a nih chuan tungchhova kal mihringte zingah hian phurrit pumpelph thei kan awm lo va,

kan awm lo takzet a ni. Kan phurh zawh tawk theuh hi phurrit kan phur a, a phurh dan thiam lo apiang kan hah zual mai mai a ni e. Kan Bible pawhin, “Mi tinin mahni phur an phur theuh dawn si a,” tiin min hrilh kha maw (Gal. 6:5).

2. Phurrit phur tura inbuatsaih : Sikul naupang class thuhmun, exam-naa zawhna thuhmun chhang ve ve an awm a. Pakhat chuan a nu hnenah, “Ka nu, kan zirtirtute hian min duhsak lo bik lutuk, ka thiam loh hlir min zawt a,” a ti a. Pakhat zawk erawh chuan a nu hnenah, “Ka nu, kan zirtirtute chuan min duhsak bik a, ka thiam thiam min zawt a,” a ti ve thung a. Heng naupang pahnihte report hi a dik lo ve ve a, zirtirtuten duhsak bik nei lovin exam zawhna an siam a, zawhna chhang tura an inbuatsaih dan a thuhmun loh avangin an report dan a thuhmun lo a ni zawk. Phurrit phur ve hauh lo tura inggaite ai chuan phurrit phur tura inbuatsaihte chuan an phur thiam zawk ngei ang. Thi mai lo tura inggaite aiin thi thut thei

nia inggaite chuan thih thut an thiam zawk ngei ang. Lal Isua a lo kal hunah pawh inring renga awmte leh inthlahdahte chu kan inang lo hle ang.

3. Phurrit phurh dan kan mamawh : China thufing chuan, “Khaw thim chu anchhia lawh suh, bati chhi eng zawk rawh,” a ti a. Kan chungah phurrit a lo thlen hian anchhia lawh mai lovin, a phurh dan kan zir zawk tur a ni ang. Mi thenkhat chuan kan chungah phurrit lo thleng hi kan bei let a, kan hua a, anchhia kan lawh a, a thlentirtu ni awma kan hriatte nen lam kan bei buai thin. Entir nan, natna tuar theuh theuh zingah mi thenkhat chuan vanduai bik nia inhriain kan kun tlawk tlawk a. Mi thenkhat erawh chuan, “Heng hi Isua zara ka ta,” tiin an tuarna chu hahdam takin an pawm thlap thung a. Lusun ina kan kalin, mi thenkhat chu thi thei ve lo ang maiin thihna chuan beidawna ruamah min hruai lut a. Mi thenkhat erawh chu ruang chungah Pathian fakin an lam dawrh dawrh thung.

Cancer vei pakhat kan tlawh a, “He natna hi ka tuar lo vang tih ka hlau a nia,” tiin lawm avangin a biangah a mittui a luang hial a. Chutih lain cancer vei ve reng reng lo mi thenkhat chu vui reng rengin kan kun tlawk tlawk thung si. Chuti a nih chuan phurrit phurh kan mamawh lo va, phurh loh pawh kan mamawh ber hek lo va, a phurh dan kan mamawh a nih chu.

4. Phurrit phurh dan : Nula pakhat thi tur chuan a nu hnenah, “Ka nu, lehkha zir dan te, rual kawm dan te, sumdawn dan te min zirtir thiam hle a; engati nge thih dan min zirtir loh?” a ti a. Mosian, “Dam chhung nite chhiar dan tur min zirtir rawh,” a ti a. Dam rei dan zirtir a dil lo va, hausak dan a dil lo va, dam chhung ni hman thiam dan a dil zawk a nih kha. Chutiang bawh chuan keini pawh hian kan chung a lo thleng apiang hmachhawn dan kan mamawh a, chu chu tawi te tein lo thlir ila.

(1) Pathian phalnaa lo thleng a ni : Kan chung a

phurrit lo thleng hi Pathian remruat a nih chiah loh pawhin a phalnaa lo thleng chu a ni ngei mai. Joba chung a vanduaina lo thleng nawn awn awn pawh kha Pathian phal chin tawh ang zela thleng a ni tih kan hria a, a bak chu Setana khan theih a nei lo a nih kha. Hla phuaktu chuan, “Kan tawrh hi Lalpan a phal, vui thei kan ni lo,” tiin a phuah bawh a. Chuvangin, kan chung a phurrit lo thleng hi a malin kan tuar lo va, Pathianin min hriatpui a, a remti a, kan phurh belh zel a phal thei a, tawh a tih tawh chuan a la kiang thei bawh.

(2) Lalpa chung a nghah tur : Pathianin amah ringtute min buatsaih danah hian, kan chung a lawmna leh hlimna lo thleng hi chu kan kawh hlen tura min pek a ni a, phurrit lo thleng erawh hi chu rei lo te kan kawh tur, a hnena pek let vat tura a rawn thlentir a ni. Nimahsela, mi thenkhat chuan kan kawh hlen tur hlimna leh lawmna hi rei lo te kan kawh a, Pathian hnena pek let tur phurrit hi kan kawh

reng bawk si a. “I awm dan tur chu Lalpa chungah nghta la, amah chu ring la, aman a ti vek ang,” tih a ni a (Sam 37:4). Kan phurrit hi nghtahna hmun kan hriat loh chang a tam thin a, “Lalpa chungah nghta rawh,” min ti a. Lalpa chungah nghta dan pawh kan thiam lo thei a, “Amah chu ring la,” min ti leh a. Amah chu rin dan kan thiam lo thei a, “Aman a tihsak vek ang che,” tiin min tiam leh a ni. Kan Pathian hian amaha innghatte chu an mamawh zawng zawng hmaih hauh lovin a tihsak dawn a nih chu. Pastor pakhat pawhin mi pakhat, phurrit tak phur hnenah, “Va haw la, Sam 37:4 kha ni tin mum thum ei thin ang che,” a ti e an ti.

(3) Lal Isua nghawngkawh hmang rawh : Lal Isuan mihringte hi phurrit kan phur dawn tih a hriat avangin, “Nangni, thawk rim leh phurrit phurte u...” tiin chawlhna min kawhmuh a. “Ka nghawngkawh a nuam a, ka phur pawh a zang a ni,” a tih hian, “Rit in phur hauh lo

vang,” min ti lo va, “Rit tak in phurh pawhin zang takin in phur thei ang,” min tihna a ni a. “In thawk rim hauh lo vang,” min ti lo va, “Rim taka in thawh pawhin in chau lo vang,” a ti zawk a ni. A chhan chu a phurtu chak vang a ni lo va, a nghawngkawh hman a nawm vang a ni zawk. A nghawngkawh hmanngtute chu na chung pawhin an dam a, thi chung pawhin an nung a, hrehawm tuar chung pawhin an hlim a, thlan an pan dawn pawhin thawhlehnain a lo hmuak thin. Lal Isua nghawngkawh chuan phurh zawh loh khawpa rit a awm thei lo va, tuarna rapthlak ber pawh hi han phur ila, lawmna vawrtawpawh a chang daih thei a ni. Lal Davida pawh khan a lusun mangan lain he nghawngkawh hi a hmang a, “Ka mitthi ngaihte chu lamnaah i chantir a, ka saiip puan sin min hlihsak a, hlimnain ka taiah i hreng a,” tih thu mawi tak hi a chham chhuak thei ta a ni (Sam 30:11). Taylor Smith-a pawhin a ngal ruh a titliak

palh a, khuma muin Pathian pawl nan a hun zawng zawng a hmang zo va, a lawm ta hle mai a. “Lalpa, hetiang a nih dawn chuan ka khup ruh hi tliak leh law law sela ka va ti em!” tiin a au chhuak a ni.

(4) Pathianin min thlunna hrui a ni : Sam phuahtu chuan, “Tihrehawm hma khan ka vak bo thin a, tunah erawh chuan i thu ruat kawngte ka zawm ta... tihrehawma ka awm kha ka tan a tha a ni, i thu ruat kawngte ka zir thin avangin,” tiin a sawi a (Sam 119:67,71). Lehkhachaih pawh hi a chaihthu a hnaih reng theih nan hrui a thlun a ni a, a hrui a chah chuan a chaihthu lamah a kir leh ngai tawh lo. Chutiang bawkin phurrit te, tuarna te, hlawhchhamna te hi Pathianin amah kan tlan bosan thui lutuk lohna tura min thlunna hrui a ni. Chuvangin, mahni theuh hi inchhut chiang ila, kan tum ang theuh hian hlawhtlinna kawng hi zawh ta ila chuan kan tawngtai khat pharh ang a, Pathian kan hlat tual tual

ang. Kan tum anga kan awm theih lohna te, kan hlawhchhamna te, kan tuarna chi hrang hrangte hi a hnen atanga kan vah bo lohna tura Pathianin min thlunna hrui a ni thin.

Eng nge kan mamawh ber ni ta? Phurrit phurh emaw, phurh loh emaw kan mamawh ber lo va, kan chung a lo thleng apiang hi ‘Amen’ pek ngam kan mamawh ber a ni. Eng tik hunah emaw chuan natna khirh tak kan la tuar ngei dawn a, kan la thi ngei dawn bawk. “Thil eng pawh lo thleng se ka him a ni, a kutphah ropui chhungah,” ti thei tura kan inbuatsaih chuan kan thih dawnah pawh, “Hlim takin a hming ka puang ang, ka thih mek lai pawhin,” tiin hlimin kan zai thei ang a. Thihna lui kan hmachhawn pawhin, “Jordan lui malin ka kai lo vang, ka thih ai Lal Isua a thi si,” tiin ropuina ramah lawm luhin kan awm ang a, chumi piah lam chu chatuan a ni vung vung tawh ang.

*Sermon***THLARAU THIANGHLIM LEH A HNATHAWH**

– C. Romawii

*Central Committee Member***1. Thlarau thianghlim chu tu nge, eng nge a nih?**

Thlarau Thianghlim chu Pathian pakhata minung pathumte zinga mi a ni a, Pa leh Fapa ata lo chhuak, Pathian Chatuan mi, danglam ngai lo a ni a. Engkim hria, engkim ti thei, engkim fang chhuaka hmun tina awm a ni. Bawhchhiatna avanga mihring sual bawiha tangte chhanchhuak leh tura Pa leh Fapain hna an thawh zawng zawng tihhlawhtlinga, tifamkimtu a ni a. Thlarau Thianghlim chu mihringte hnena Nunna leh Enna petu a ni a, a mite hnena nunga inpuang thin a ni. Minung Pathian a ni a, Pa leh Fapa anga biak leh chawimawi tur a ni.

2. Thlarau Thianghlim hnathawh : Thlarau Thianghlim hnathawh hi sawi sen rual loh leh chhui chhuah zawh rual lova mihringte hnena thawk thin a ni a. A hnathawh dan hetiang hian a tlangpui chauh han sawi ila:

(1) Mihring nun tidanglamtu

– Thlarau Thianghlim chu mihringte nun tidanglamtu leh nunna thar petu a ni a. Mihring thinlung chhunggrilah thawkin, an sualzia leh chungpikzia te, chhandam ngai an nih et a hriattir a, Isua

Krista chu chhandam theitu a ni tih hriattirin, Isua hnenah a hruai thleng thin. Chutah ringtu chuan Thlarau Thianghlim hnathawh avangin chhandam nih inhriatna lawmawm tak chu a lo nei ta a. Hei tak mai hi ‘Piantharna’ kan tih hi a ni a. Ringtu chuan khawvel pek ang ni lo hlimna leh lawmna, thlamuanna mak tak mai chu Thlarau Thianghlim zarah a lo nei ta a. Thinlung thar neiin, thlarau damna a lo chang ta a. A chhandamtu Pathian fak lo thei

lovin a siam ðhin a ni.

(2) *Huaisenna leh chakna petu a ni* – Thlarau Thianghlim chu ringtute tihuaisentu a ni a. Lal Isua zirtirte pawh kha Pentikos Nia ThlarauThianghlim a lo thlen avang chauhvin huaisen takin Lal Isua khen beh thu leh thihna hneha a thawhleth thu an puang ngam ta a ni. Peteran huaisen taka Lal Isua chanchin a sawi aþangin mi tam takin baptisma an chang ta a nih kha. Tirhkohte Thiltih 4:13-ah chuan, “Petera leh Johana huaizia an hmuhin, lehkhathiam lo leh mi mawl mai an ni tih an hria a, Lal Isua hnenah an awm tawh a ni tih an hre ta a,” tia an sawi ang khan. Thlarau Thianghlim chu vawiin thleng hian ringtute tihuaisena, tichaktu a la ni reng a ni. Ringtu chak lo te tete pawh tichak ðhintu a ni.

(3) *Chenchilhtu leh awmpuitu* – Ringtu mi piangtharte chu Thlarau Thianghlim chuan a chenchilh a, a awmpui ðhin. Lal Isua’n,

“Kei kumkhuain khawvel tawp thleng pawhin in hnenah ka awm zel ang,” tia a lo sawi tawh angin. Lal Isua aiawhin ringtute chu Thlarau Thianghlim chuan a chenchilh a, a awmpui ðhin. Mahni chauh pawha hlim taka min awmtir ðhintu chu Thlarau Thianghlim hi a ni. “Hrehawmah pawh aman min awmpui fo va, Lili par mawi Lal Isua ka nei,” tih hla kan sak angin, ringtute chuan a awmpuina lawmawm tak chu an chang ðhin a ni.

(4) *Kaihruaitu a ni* – Thlarau Thianghlim chu ringtu nunah a lo chenin ringtu chu Krista anna kawngah te, felna kawngah te tiþhang lianin Pathian duh zawng ti turin a kaihruai ðhin. Lal Isuan, “Ani chuan kei mi chawimawi ang tia a lo sawi tawh angin, Lal Isua duh zawng ti tur leh amah chawimawi lo thei lovin a siam ðhin. A thu awiha amah ring ngamtute tan chuan an engkima engkim ni turin a inhuam ve thung a ni.

(5) Thiltihtheihna petu a ni

– Ringtute hnena thiltihtheihna pe thintu chu Thlarau Thianghlim a ni a. Pentikos Nia Thlarau Thianghlim a lo thlen aṅang khan Lal Isua zirtirte khan thiltihtheihna nen rawng an bawl ṅan a. Isua chanchin an hrilhna apiangah damloten damna an chang a. Petera phei chu a hlimthla aṅang pawhin damloten damna an chang a nih kha. Amah Lal Isua ngei pawh kha baptisma a chan aṅangin Thlarau Thianghlim thuro angin van ata a lo chhuk a, a chungah a fu a, Thlarau Thianghlimin a lo khat ta a, thiltihtheihna chi hrang hrang nen rawng a bawl a nih kha. Vawiin thleng pawha ringtute thiltihtheihnaa thuam thintu chu Thlarau Thianghlim a ni.

(6) Ringtu nun titlawmtu

– Thlarau Thianghlimin mihring nun a luah reng rengte chu an tlawm thin. Thlarau Thianghlim chuan mi chapo takte pawh titlawmin Isua ke bulah a hruai thleng thin a. Lal Isuan, “Thuhnua-rawlh leh rilrua inngaitlawm

tak ka nih hi,” tia a lo sawi angin, mi rilru chapo leh tlang sang takte pawh tihniamin Krista rilru ṅawmpui thei turin a siam thin. Thlarau Thianghlim chenchilh mi chu a inngaitlawm thin a ni.

(7) Ringtute tipumkhattu

– Pentikos Nia Thlarau Thianghlim a lo thlen khan Lal Isua zirtirte leh amah zuitute chu an zain Thlarau Thianghlimin an lo khat ta vek a. Pathian hmangaihnaa phuar khawmin pumkhatah a siam a. Rilru hmun khatin ṅah-nhemngai takin an ṅawngṅai ho thin a. Pathian biak inah an kal a, hlim takin Pathian an fak ho va, in lamah pawh chhang phelin hlim tak leh lungawi takin an ei ho thin a. Engkim mai inṅawm duh khawpin Pathian hmangaihna chuan a phuar khawmin pumkhatah a siam a. Heta ṅang hian kohhran pawh a lo ding ṅan a ni reng a. Vawiin thlenga kohhrana tel zawng zawngte hi inhmangaih tawn tur leh pumkhata awm zel turin min duh a ni. Johana 17:10-a kan hmuh angin, Lal

Isua pawhina, “Henghote tan chauh hian ngensak ka ni lo, an thu avanga kei mi la ring turte tan pawh ngensak ka ni bawk e, an zaa pumkhat an nih theihna turin,” tia a lo tawngtai ang khan.

A tawp berah chuan ringtu, Thlarau Thianghlim neih tawhte hian kan chhunga Thlarau Thianghlim awm aw hi ngaichang ila, a hruai theih turin inpe ngam zel ila. Kan lawmna te, kan hlimna te a

lo pung deuh deuh ang a. Nun tam neihna kawngah min hruai zel dawn a ni. Thlarau Thianghlim hi kan hnena awm reng tur leh chatuan thlenga min hruaitu tura Pain a rawn tirh a ni. A thu zawmin, a duh zawngin nung ila, a hruai theih turin inpe bawk ila, van thlengin min hruai zel dawn a ni.

Thlarau Thianghlim min pek avangin Lalpa chu fakin awm rawh se.



*** Barabba chuan a thil tihsual avangin tihhlumin a awm thuai dawn tih a hria a, tan in pindanah thi tura an hruai chhuah hun chu nghakin a indawm kun reng mai a. Chutih lai chuan a thil hriat chhun chu pawn hla deuhva, “Barabba, Barabba,” tia mipui au dual dual chu a ni mai a. Mipuite chuan amah tihlum turin roreltu hnenah an ngen a ni ang tih a ring a, hlauhna in amah chu a rawn fan a. Tan in kawngkhar chu a rawn inhawng a. Sipaite chuan an hlinna khaidiat chu an han phelh a, pawnah an hruai chhuak a, an chhuah ta mai a. A duhna lam lamah a kal theih thu chu an hrilh a, a aiah Isua an tih chu khen beh a nih tur thu an hrilh bawk a. Barabba tan chuan a va lawmawm dawn tehlul em!

Lal Isua chu Barabba thih aia thi chauh a ni lo va, kan vaia thih aia thi a ni zawk. Sual man zawng zawng chu min tlaksak tawh a. Amah ring apiang CHATUAN NUNNA a pe a ni.

JERUSALEM KHUA KALSAN SUH U

(Tirh 1:4)

– Rev. H. Biakthansanga
Chaplain, Synod Hospital

Isuan a zirtirte chu Jerusalem khua kalsan lo turin a ti a. Zirtirte hi Juda Iskariota chauh lo chu Galili ram bial mi vek an ni a. Juda Iskariota hi Tuipui Thi (Dead Sea) chhak lama Kerioth khua emaw, Juda ram chhim lama Kerioth-Hezron khua atang emawa lo kal niin an sawi a. Jerusalem-ah kher Pa thil tiam lo nghah hi eng nge a tulna ni ang? Zirtirte dinhmun atang pheih chuan Jerusalem khua kher Isuan a thlang hi hriat thiam a har hle ang.

Zawlnei Isaia hmanga Pathian thu chhuak tihfankim nan Jerusalem kher hi a ngai a ni (Isa. 2:3). ‘Zion atang chuan dan thu chu a lo chhuak dawn si a, Lalpa thu chu Jerusalem atangin a lo chhuak dawn a ni’. ‘Dan’ tih tawngkam hi Mosia dan emaw, rinna dan (Rom 3:27) emaw sawina a kaw k thei ve ve a. He lai thu-ah hian Isua rin avanga thiam channa dan hi a inrem zawk a. ‘Lalpa thu’ tih awmzia hi Lalpa Krista avanga felna, remna, inremna, nunna leh chhandamna lo awm a ni a. Heng hi Jerusalem atanga intan tur a ni a. Jerusalem atangin khawvel hmun tina

darh tur a ni baw k. Pentikos Ni khan Isua avanga thiam channa thu chu zirtirte khan an puang chhuak a. Van hnuai a hnam tin zinga Pathian ngaihsak Juda lo kal khawm zingah mi 3,000-in Isua an ring a. Lalpa thu chu Jerusalem atang hian khawvel hmun tinah a lo darh ta a. Pathian kaa thuchhuak chu thiltih nei lovin a awm ngai lo, ‘...ka kaa thuchhuak chu...eng mah tih nei lovin ka hnenah a kir leh lo vang a, ka duh ang chu a tizo zawk ang’ (Isa. 55:11). Pentikos kut hmangin ram chhung leh pawn atangin mipui an lo kal khawm a. Israel-ten an buhphal kenga Lalpa hnena an hlanna hun

Pentikos kuta, Thlarau Thianghlim lo thleng leh buhphal (thlarau bo) 3,000 lai seng a ni hi thil thleng palh ni lovin, Pathian remruat a ni. Pathian leh a thu hi inngahna tlak a ni.

Thlaphang leh mangang taka an awmna Jerusalem-ah ngei Pa thil tiam chu dawn tur a ni. Dik lohna nei lo chung pawha Isua tihlum duhtu leh tihlumtute kha Jerusalem-a roreltu leh thuneihna chelhtu an la ni reng a. Zirtirte chu mi tam takin Isua hnungzuitu tih an hria a. Mi dangte hriat nih hlauvin nun chep takin an awm a. Man leh tihlum theih mai an ni. Isua, thihna hneha a thawhleha lah chu, thlan vengtute hnenah tangka tam tak pein, “Zanah kan muthilh hlanin a zirtirte an lo kal a, amah an ru ta a ni,” tiin Juda sakhaw hruaituten an sawitir a, Juda-te zingah an la sawi huai huai (Mt. 28:13-15) tih a ni. Hei vang hian Jerusalem khua hi zirtirte tan a him lo. Zirtirte tan Jerusalem hi thlaphanna leh ral̄itna hmun

a ni. Isua thupek erawh chu ‘Jerusalem khua kalsan suh u’ tih a ni si a. Thlaphanna leh manganna an tawhna khua/hmun ngeiah Pa thil tiam chu dawn tur a ni. An thlaphanna leh manganna pumpelhna kawng siamsak an ni lo. Thlaphang leh manganga awm hi hneha awm tihna a ni lo. Hnehtu chu khawvel roreltu leh thuneitute ni lovin, Pathian a ni tih an hriata, an hmuh nan Jerusalem hi Isuan a thlang a ni. Pentikos Nia Pa thil tiam a lo thlen khan, Isua hnungzuitu an nih kha mi dangin an hriat an hlau tawh lo. Chhungril nuna phuartu, thlaphanna leh manganna lak ata tihzalen an ni.

Phatsana a awmna hmunah Pa thil tiam chuan Isua a chawimawia theih nan Jerusalem kalsan loh tur a ni. In leh lo, nupui fanau leh eizawna kalsanin Isua an zui a. An beisei leh inngahna ber chu tihlum a ni ta mai si a. Beisei bo, chia i leh mangangin an awm a. Ropui taka Jerusalem-a lo chawimawitute lah

chuan an phatsan zo va. Hetiang dinhmuna an awm lai hian, thihna hnehin Isua chu a tholeh ta. A tholeh mai ni lovin, zirtirte zingah ei leh inin, thusawiin a awm a. Zirtirte chuan hlimna, beiseina leh phurna nasa tak an nei. “Lalpa, tunah em ni Israel-te hnenah ram i pek leh dawn?” tih zawhna zawt khawpin, an phurna pawh a sosang hle a ni. Isua ber thihna hnehin a tholeh tawh a. Thil dang mamawh awm tawh lovin an ngai a ni. Phur taka Isua tana feh chhuah nghal chu hmabak awm chhun niin an hria. Pa thil tiam chang si lova hlimna, beiseina leh phurna ringawt chuan rei a daih dawn lo. Thiltihtheihna a keng tel bawh si lo. Pa thil tiam a lo thlen erawh chuan, phatsantu nunah thiltihtheihna lo awmin Isua chawimawiin a awm a. Phatsana Isua a awmna Jerusalem-ah ngei mi 3,000 laiin amah an ring a. Chawimawiin Isua a awm leh ta. Thil lung lamah Isua phatin a awm a. Khawi hmuna emaw thiltih hmanga phatin

a zui thin. Phatsana a awmna hmuna ngeiah Isua chu chawimawia a awm theih nan Thlarau chuan hna a thawh a. Isua kan phatsanna thil lungah leh khawi lai hmuna emawa kan phatsanna hmuna Thlarau chuan Isua chawimawi a duh a.

Jerusalem-a ‘unaute’ a tipumkhat bawh. Heng tawngkam, ‘hmuna khatah an awm khawm, thahnemngai takin, intawm, rilru hmuna khat, lungawi takin’ (Tirh 2:1,42,44,46,) tihte hian kohhran dinhmuna duhawmzia a tar lang a. Pa thil tiam chang rawngbawlna chuan mi a tipumkhat a. Pawnlama nunho theihna chauh ni lovin, chhungril nun inpawh tlanna a thlen a ni. Kohhran tipumkhat lo zawnga rawngbawlna hi Thlarau hnathawh a ni ngai lo. Mihring thahnemngaihna maia rawngbawlna chuan rei a daih thin lo. An thahnemngaihna a reh rualin an rawngbawlna pawh a zuih ral thin.

‘Jerusalem khua kalsan suh u’ tih hi ṭawngkam danga sawi chuan, ‘Jerusalem khuaa hmun khatah awm khawm rawh u’ tihna a ni thei bawk a (Tirh. 1:15; 2:1). Ringtu mi mal awmna hmun ṭheuhvah Pa thil tiam (Thlarau Thianghlim) hi nghah leh chan mai theih a ni lo vem ni? Engati nge a huhova nghah leh chan kher a ngaih ni ang? Pathianin kohhran awmzia leh nihna tar lan chian a tum a ni. Kohhran hi Thuthlung Hlui lama chiang vak lova lang kha, Thuthlung Tharah chuan a lo lang chiang ta a. Pentikos Kut hi Israel-te tana buh leh thlai thar kut ringawt a ni lo va. Sinai tlanga dan pek an nih hriat tharna leh lawmna hun atan hman a ni a. Dan (Torah) chu an nun laipui, hruaitu leh an nihna (identity) a ni a. Pentikos Niah hian Pa, Fapa, Thlarau Thianghlima innghat Israel thar ‘kohhran’ chu a lo lang a. Lungphek pahniha ziak dan chu, thinlunga ziak danin a thlak ta a (Ezek 36:26-27). Bawihnu Hagari fa chu tisa dana piang a ni a,

Bawih lo nu fa chu thutiam avanga piang a ni. Thutiam avanga piang leh mihring remruatnaa piang chu a inang lo va. He leia Jerusalem chu dan hnuaiyah bawih a ni a. Thutiam avanga lo piang chu ‘Chung lam Jerusalem’ a ni a, bawih a ni ve lo. Kohhran nu chu ‘Chung lam Jerusalem’ a ni (Gal 4:21-31). Chung lam hrin ni lo chu kohhran a ni lo tihna a ni.

Ringtute tan Pentikos Kut awmzia chu a lo danglam ta. Pathian hnena buh leh thlai thar hlanna, Pathianin Sinai tlanga dan a pek hriat rengna ringawt a ni ta lo. Chhungril nun leh pawn lam phuartu laka zalenna kut leh hnehna kut a lo ni ta a. Zawlneite lo sawi lawk Israel thar ‘kohhran’ a lo lang a. Thuhretu ni tura Isua thutiam chu tihfamkim a ni ta. Krista chu ringtute kut inngahna a ni a. ‘Chuvangin, i kut ang u, dawidim hluia kut ni lovin, nun chhiat leh sualna dawidima kut hek lovin, takna leh dikna chhang, dawidim telh lovin i kut zawk ang u” (1 Kor. 5:8).

RINNA CHU THILTIH TEL LO CHUAN THI A NI

(Jak. 2:17,26; 1 Jn. 3:17-18)

– C. Lalbiaktluangi
Zotlang

Rinna han tih hi a pawimawh em em a, Tirhkoh Paula chuan rinna hi Kristianna laimu a ti hial a, Bible-ah chuan "Rinna chu thil beiseite awm ngeia hriatna, thil hmuh lohte hriatfiahna a ni," tiin Hebrai 11:1-ah kan hmu a. Chumi tifiyah tur chuan Hebrai bung 11 thu kha han chhiar thla zar zar ila, rinnaa ding tlat, mi hmasate chanchin tam tak kan hmu a ni.

Abrahama chu 'Rinna Pa' tih hial khawp a ni a. Pathian aw hriain a kal chhuak a. Beiseiawm a awm loh pawhin ani chuan beisei takin a ring tlat a. Pathian thutiam a ringhlel lo a, chumi avang chuan a rinna chu a felnaa ruat a ni ta a ni. Pathianin, 'I thlahte chu khiti zat khi an la ni ang a, chi ropui takah ka siam ang che' a tih chu a ring hmiah a, tar tak, kum za a nihin fapa Isaaka a nei a. Chu pawh chu halral atana hlan turin Pathianin a ti lehngal a, Phunnawi hauh lovin a hlan hmiah mai a, thi hnu nung leh ang maiin a hmu kir leh ta reng a ni.

Nova pawh khan Pathian aw a hriat hnuah lawng a tuk a, chu a rinna avang chuan amah leh a chhungte zawng zawng chhandamna lawngah an chuan theih phah a nih kha.

Pathian thu chuan rinnaah chuan in awm emaw nangmahni ngei inchhin thin ula, nangmahni ngei infiah thin rawh u a ti a, inchhin thin tura min tih hian engtin nge kan infiah ang? Hebrai Bung 11-a kan hmuh ang khan rinna chu chiang takin kan hmu a, thil beiseite awm ngeia hriatna, thil hmuh lohte hriat fiahna a ni a ti. Vanram pawh hi ringtuten a awm kan hria a; mahse, kan la hmu lo, kan la kal ngei dawn tih kan

ring a, chu chu ringtuten kan nghakhlel em em a ni. Abrahamana rinna ang khan rinnaah chuan hnehna a awm a, chu ngei chu kan chakna thahrui, khawvel hneha ngamna chu a lo ni.

Entir nan – Lo neitu pahnih hi an ṭawngṭai a, khua a khen rei tawh avangin ruahtui an dil ve ve a. An ṭawngṭai zawh chuan pakhat zawk chuan lei chu a let nghal mai a, pakhat ve thung chuan khawro lai taka lei lo leh ngawt chu ruah a sur leh loh chuan ka hah thlawn awm si a ti a. Ruah dila ṭawngṭai ve ve khan pakhat chu ruah dawng turin a inbuatsaih a, pakhat chuan eng mah a ti lo thung. A awmzia chu – pakhat rinnain a ṭawngṭai lain pakhat chu a ni lo a ni. Rinnaa ṭawngṭai thei tur chuan ni tin Pathian nena len dun a pawimawh. Ringtute hi rinna kawngah eng nge kan dinhmun ve ni ang aw? Harsatna chhum dumin min khuh lai te, lungngaihna leh mangannain kan chungah thla a zar mek laite hian kan rina hi kan hre ṭhin em?

Sipai za hotu tu emaw chuan, a bawih duh tak damlo thi lek lek tan Lal Isua hnena a ngenna kha rinna tak a ni. Lal Isua thiltihtheihna a rin ngamna khan a bawih damna a thlentir a ni. Lal Isua meuh pawhin, "Ka hrilh a che u, Israel-te zingah pawh heti ema rinna nasa hi ka hmu lo," a ti hial a. Amah ring ngam apiangte hi a thiltihtheihzia a hmuh tamtir mai ṭhin.

A pahnihna atan – thiltih ve thung chu eng nge ni ang le? Kan rawngbawlinaah hian Pathian hnathawh a lan theih loh ṭhinna nia lang chu Ringtu Thiltih kan uar thin vang a ni fo. Hebrai 12:1-ah chuan rinna siamtu leh tifamkimtu chu Isua a ni tih kan hmu a, Mi ṭhenkhat hi chuan kan tih vak vang leh ṭhahnemngaihna vanga rinna hi neiah kan inngai a, kan tih vak loh chuan ngaih a ṭha lo tir'u? Chutiang ni lovin, kan rinna kha thiltihah a lang zawk tur a ni a. Thiltih ṭhata rinna lam ni lovin, rinna neiin Lalpa ringin ke kan pen tur a ni zawk.

Khawvel mi chuan a thiltih leh thawh rimnaah lungawina a zawng a, Lalpa mi, rinnaa nungte chuan a rin Lalpa thawh rimna chu zuiin lungawi takin rim takin thil a ti zawk thin. Chu chuan amahah thiltih neiin a siam a, chumi avanga thil tha ti tura che chhuak thei, ama taksa ngei pawh chu felna hriamhreiah a hmantir a, chu chuan rinnaa thil ti thinah a lo siam ta zawk a ni. Pathian lawm zawng ni tur chuan chu a rin tur Kristaah chauh Pa lung a awi thei ta a ni tih Heb. 11:6-ah kan hmu a ni. Chu rinna tak neitu chuan a awmna tur chu thil tha tih a lo ni a, thil tha ti atana Krista Isuaa siam a nihna chu a lo chiang a, chu chu ringtute awmna tura Pathianin a buatsaih lawk a nih thu Ephesi 2:10-ah kan hmu bawk.

Aw le, ringtu thiltih leh rinna thiltih pawh hi a dang daih a. Rawngbawl ho rau rauvah pawh kan tih dan tam tak hi chu ringtu thiltih hmangin a ni fo. Chu chu

mihring aṅga chhuak rinna a ni. Rinna thiltih erawh chu Pathian thu awm sa kha mihringah Pathianin a taka a thlen theihna tura a hriattir thin hi a ni a. Mihring chu hmanruaah ṅangin, a titu erawh chu Pathian a ni thung.

Mosian Tuipui Sen a vuak chah lai khan tiang hmangtu chu Mosia a ni a; mahse, Tuipui Sen tichattu chu Pathian a ni thung. Abrahamate nupain an tar hnua fa an nei te, Petera tui chung a kalte, Elijan mitthi a kaihthawhte kha leilung dana thil awm thei a ni lo va, Lalpa thupek an dawn, an bawhzui vang a ni a, chu chu rinna thiltih chu a ni.

Ringtuten kan rinna chu thiltihin kan lantir tak ang? Kan thurin no. 9-na chuan, "Ringtu zawng zawngte tih tur chu kohhran inpawl honaa tel te, Krista Sakramen leh a thil serh dang vawn that te, a dan zawm te, ṅawngṅai zel te, Lalpa ni serh thianghlim te, amah be tura inkhawm te, a thuhiril ngun taka ngaihtlak te, Pathian malsawmna an

dawn ang zela hlim taka pek ve thung te, anmahniho zingah leh mi zawng zawng zingah Krista nungchang ang tihlan te, khawvel puma Krista ram tizau tura beih te, ropui taka a lo kal lehna hun nghah te hi a ni," a ti a, hei hian a fun kim hle mai. Hetianga nungte chuan rinna chu thiltihin an lantir a ni.

Paulan, 'Pathian mi, chung thilte chu tlansan la, felna te, Pathian ngaihsakna te, rinna te, hmangaihna te, dawhtheihna te, thuhnua-rawlhna te um zel rawh. Rinna intihsiakna tha chu bei la, chatuan nunna chu vuan rawh, chumi chang tura koh i ni si a,' a ti. Ringtu ni si, thiltih rah thaah rah lo rinna chu thi a ni tihna a ni. Tunlaia ringtu tam tak nun hi pawn lama ena mawi tak, belh chiana chawlhna tur awm lo kan ni fo.

Rinna chu thiltiha lang chhuak tur a nih rualin rinna tak tak chu a hmasa lo thei lo va, chu rinna tak tak leh rinna nung chuan pawn lam hmuh theihah thiltih neiin rah

chhuah a nei ta a, chu chu rinna leh thiltih inzawm tlat lan dan chu a ni. Hei hian rinna lovin eng mah a tih theih loh tihna lam aiin, rinna tak tak nena miin thil a tih chuan nung leh che a lo awm a, chu chuan mi thintlunghah thu a sawi thin.

Ringtu nun hi awm mai mai leh inthlahdah taka tih chi a ni lo. Hah taka beih hram hram ngai, harsatna te, dodalna te hmachhawn a ngaih chang a awm thin.

Thlemna tuar tam apiang an chhel vek lo va, tuar mai pawh ni lova, hneh tam apiangin nun tam an nei a, anmahniah ei tur a awm. Thatchhe tak tan a rinna chu nung lovah a chantir thin. Ringtu chuan huaisen taka ke pen a tul fo va. A rinchhan Lalpa, a rina hre chiang tan khawvelah hian hlauh tur a lo awm lo.

Chuvangin, rinna nunga thiltiha lantir turin Pathian khawngaihnaah hian i tlu lut thar zel ang u.

Amen.

TUARNA HI

– Rev. L.B. Pachuau
Ramhlun North

Vawi khat chu khawhar inah nu pakhat hian thu a sawi a. Duhthawh deuh hian, Pastor tha tak tak fate pawh Grace Home-ah an awm ve tho. Chuvangin tuarna hi “A tlak tlak vanduai” a ni mai, tiin lusun chhungte chu a hnem a. An lusun chhan, an tlangval thi chu, zu leh drug-te pawh lo ti ve thin, chungte avanga thi hma ta ni awm tak pawh a ni a. Chu chhungkaw tan chuan thlamuanna thuchah tha tak pawh a ni mai thei. Amaherawhchu, a ngaih dan (theology) kha a dik em? Nge, tuarna hi awmze nei taka mi tin chung a lo thleng zawk?

Tuarna awmzia thuril thuk tak hi hmanlai atang tawhin thil chik mi, mi thiam tam takin an lo chhui tawh thin a. A chhanna dik tak chu hriat fuh a har a ni awm e. Bible behchhanin hetiang deuh hian sawi fiah i han tum teh ang:-

1. Tuarna hi bawhchhiatna avanga lo awm a ni : Pathianin mihringte hi hrehawm tinreng tuar tur hrim hrimin a siam lo. An chenna tur khawvel pawh mawi leh duhthusama thain a siam zawk. Amaherawhchu, Evi leh Adama bawhchhiatna avangin sualna zawng zawng

te, natna zawng zawng te, tuarna zawng zawng te, taksa thihna leh thlarau thihna (hremhmun) thlengin a lo awm a ni. Chutiang zelin mi tin hi Evi leh Adama anga bawhchhiat ching mi kan ni a. Kan bawhchhiatna tin reng hian a phu tawk tuarna chu a thlen zel a ni zawk.

2. Tuarna hi Pathian chu dik taka roreltu a nihzia tilangtu a ni : Khawvel roreltute chuan mi sual thiam chantira, mi tha thiam loh chantir chang an nei thei. Mi famkim leh hre famkim an nih loh avangin. Pathian erawh chu engkim hmu thei, engkim

hre thei a nih avangin mi thate chungah hremna thlentir a, mi sualte chhuah zalen hlauh chi a ni lo. Pathian chu duhsak bik nei lo leh huat bik nei lo a nih avangin mihring chungah thil thleng zawng zawng hi dik taka ro min relsakna vek a ni.

3. Tuarna hmangin Pathianin min chhandam :

Suala tlu tawh mihring, an sual man tuara rum mek chu, an sual man phurrit phurh saktu an awm chauhva chhandam theih an ni. Chuvangin, Pathian chuan a hmangaihna sawi hleih theih loh avangin kan tuar ai tuar turin a Fapa mal neih chhun min pe a. Fapa chuan hmangaihna avang bawkin kan sual man phurrit zawng zawng chu phurin, kraws lerah mualpho takin kan tuar ai a tuar a, kan thih ai a thi a. Kan thawhle theih nan thihna hnehin a tholeh a. Chutiang chuan min chhandam ta a ni. 'Tu pawh amah ring apiangin amah avanga chatuana nunna an neih theihna turin' (Joh 3:15).

4. Tuarna hi Pathian hmangaihna min hmuh-chhuahtirtu a ni : Mi mangang lo, harsatna tawkg ngai lo, buaina eng mah nei lote chuan chhandamna awmzia an hre fuh thei lo va. Chhandam ngai an nih pawh an inhre hek lo. Amah-erawhchu, kan khawvel hi tuarna chi tinrenga khat a ni a. Chuvangin, mihring pangngai, chhia leh tha hriatna fim nei chin chuan, sual avanga chhandam ngai an nih an inhre chhuak thin a. Anmahnia tuarna thleng avang bawkin chuan sualna nei lo Pathian Fapain hmangaih avanga a tuarsakna chu an ngaisang a, an lawm a. Chutiema hmangaihna nasa chu hmangaihna an chhang let a. Hmangaihna avanga chhandamna thil thlawn pek chu lawm takin an chang thin.

5. Tuarna kaltlangin ringtuin hnehna a chang thin : Sual avanga tuarna zawng zawng kan kal pelh hnuin, felna avanga tuarna a inñan thin. Piangthar si, rawngbawltu si, si tam tak tuar

tur a awm a. Dik lohna hmanga hlawkna awm thei zawng zawng chan a ngai a. Dikna tungding turin thiante then ngam a ngaih chang a awm a. Thianghlamna kawng zawh turin nawm chenna kawng zawng zawng hnawl ngam a ngai a. Chutiang chuan felna avanga tuarna tamzia hi sawisen a ni lo. Ringtuin felna avanga tuar tur awm zawng zawng a kal tlang chuan ropui taka ngantu a lo ni thin (Rom 8:37).

aṅanga tunlai thlengin ringtu dik takte nun chu tuarnain a khat a. Chung tuarna sawisen lohte avang chuan ringtu nun chu martar nun a ni kan ti thei ang. Thupuan bung 2 leh bung 3-a kan hmuh kohhran pasarihte hnena lehkha thawnah chuan “A hnehtu a piang” tih hi thunawn ang maiin kan hmu a. A hnehtute chu lawmman engemaw tak tiam vek an ni. Krista avanga tuarna chuan lawmman a keng zel a ni (Mk 9:41).

6. Tuarna hi lallukhum timawitu a ni : Hmanlai



Aw LALPA, ka chakna leh ka kulhpui,
 Mangan nia ka inhumhimna,
 Kawlkil aṅangin hnamte a lo kal ang a,
 Kan pute chuan dawt, thil tlaktlai lo,
 Hlawkna nei hlei lo chauh lo chu
 engmah an rochung love.
 Miin pathiante a insiamsak thei em ni?
 Chung chu pathian an ni hlei nem, an ti ang.
 Chuvangin, ngai teh u, tun tum hian
 anni chu ka hriattir teh phawt ang;
 Ka kut leh ka thiltihtheihna ka hriattir ang a,
 Ka hming hi LALPA a ni tih an hria ang.

Jer 16:19-21

*Hriatzauna***SOCIAL MEDIA THAT LOHNATE**

– *Upa Zarzokima Khiangte*
Shillong-21

Changkanna hian thatna leh hmasawwna tam tak a ken tel rual hian chhiat phahna tam tak a keng tel bawk. Social media hian a bik takin thalaite hi a nghawng nasa hle. Entir nan – selfie. He digital camera hi Oxford Dictionary chuan selfie hi kum 2013-a thu lar ber pakhat angin a sawi e, an ti. Mahni leh thianzahova thlalakna atan an hmang nasa a. Thingkung leh in chungachte lawnin thla an inlak a, tla sual palha vanduaina tawkte pawh sawi an awm a. Maktaduai 1.8 velin hmang meka sawi a ni.

Social media nghawng tha lote tlem azawng han tar lang ila:

1. Zirlaite zingah social media-in an rilru a kawih her tlat avangin an zirlaiah rilru an pe tak tak thei lo tih hi an hmuhchhuah chiang tak pakhat a ni.
2. Kaiser Family Foundation chuan kum 8-18 inkar darkar 7 vel social media hmang thinte hi class kal tura inpuahchahna rilru an nei thei lo va, lehkha an zir a nih pawhin an bih thuak thuak

ringawt thin a ti.

3. California State University-a Psychology Technology-a expert an tih chuan social media atchilhte hi mahni inatchilh, rual pawl lo (anti-social), tih harsa, kawlh tak an ni duh a, an mangang hma hle a, depression pawh an nei sam a ti.
4. Social media (Facebook, WhatsApp, etc.) atang hian naupangte pawh nasa takin a inbawl theih a, hei hian mahni intihchhiat duh hialna pawh a thlen thei tih

hi expert-ho thil hmuhchhuah a ni.

5. Social media ngawl vei hian nghawng tha lo a nei a:

1) Chicago University-a Booth Business School-a zir chianna neitute, Wilhelm Hofmann-a kaihhruaite chuan zu leh meizial addict ang chiah an ni, an ti. Maryland University-a zir laite chu social media hmang lovin darkar 24 chhung an han awmtir chu an buai nak mai a, an chiai nasa hle an ti.

2) An thau duhin, ei leh in lamah pawh harsatna an tawh duh.

The Shillong Times Dt. 22.11.2015-a chhuakin a tar lan dan chuan –

a) Thalai tam tak chuan mobile phone-a thu an hmuh hi nu leh pate thu aiin an pawm zawk a ti.

b) Kum tinin nupa kara harsatna nei mi 5,000 vel an awm thin a, chung zinga mi 3,000-te chu WhatsApp hman nasat avanga inthen an ni a

ti. Statistics-a a lan danin ni tin a court-a inthena avanga thubuai nei mi 10 zinga 5-te hi social media hman dik lohna vang a ni a ti bawh.

Aswinlyer-a pawhin social media hi mahni inthunun nan kan hman loh chuan kan chhiat phah thei, a lo ti bawh. Thu tha lo inthawn leh inkawmnate pawh hman sual theih a ni a, Social media hman sual avangin miin sex an lo hman phah a, tun hmaa natna bo tawha ngaih Syphilis leh Gonorrhoea (venereal disease)-te pawh chhuah leh phahin a tar lang bawh. Varuna Verma chuan Cyber Cafe-a miin hun a khawh ral tam chuan a pianpuia a thil zir theihna te, a vawn theihna te, hriat reng theihna te a hloh thei, a ti. Clinical psychologist Diana Vivin-i pawhin thil tak tak leh suangtuahna thil an thliar thiam lo va, thil tak tak nen inmihranin an inhria a ti.

c) Mahni inrin tawhna

(self confidence) an tlachham. Naupang pakhat pawhin Facebook-ah thian 500 lai neiin an inkawm thìn a; amaherawhchu, hmaichhanah mi a be ngam lo, tiin Shillong Times chuan a tar lang bawk.

A t̄angkai zawnga hman dan tur han duang ta ila -

1. Hna thulh lo zawngin hman tum ila.
2. Office hna leh zirna tibuai lo zawngin hman tum ila.
3. Inkhung binga mahni chauh inngaihtuah nan hmang lo ila.

4. Thu tha leh Pathian thu changte inthawn thìn ila.

5. Infuih nan hman tum ila.

6. 'Eng bawihah mah ka inphal lo' tih hi thupuih neih ila.

7. Thil t̄ul leh pawimawh atan chauh hman tum ila.

Hetiang kan hman theih chuan social media avanga harsatna leh kan chhungkaw nun buai thìn te, chhungkaw inkawm hona hun kan neih mumal theih loh te pawh a lo reh ang a. Keimahni ngei leh kan tu leh fate pawhin kan hun tam tak hi t̄angkai zawkin kan hmang thei dawn a ni.



Leilung nghahchhan ka ph̄um lai khan khawiah nge i awm?
I hriat thiam chuan sawi rawh.

A len lam bi te tu nge thliah, i hre meuh maw?

A nih leh, a chung awl tehna tu nge zam?

A nghahchhan chu khawiah nge a din ngheha,

Tu nge a kil lung ph̄um ni?

Varparh arsate an zai kh̄awma,

Pathian fate zawng zawng an au lai khan?

Tuipui chu chhula a lo chhuah lai khan

Tuin nge kawng lo khar hnan?

Joba 38:4-8

MIZORAM PRESBYTERIAN KOHHRAN HMEICHHIA
ROREL INKHAWM VAWI 8-NA REPORT

– *H. Lalpianthangi*
General Secretary

I. Rorel Inkhawm tuang taka hman zawh a ni

March 11-13, 2016 chung khan Rorel Inkhawm vawi 8-na chu Mission Vengthlang Bial Kohhran Hmeichhiain thlengin, Mission Vengthlang Kohhran Biak Inah tuang taka neih a ni a. Mission Vengthlang Kohhrante inhuamna avangin a buai leh mawh tam zawk hi an kuta awm a ni a, a ropui danglam hle bawk a ni. Hun hman dan tlangpui hetiang a ni – Zirtawp zanah palai lawmna leh Kohhran Hmeichhia leh Bial reports khai khawm Gen. Secretary Pi H. Lalpianthangi leh Asst. Secy. Pi Sailuti-te hnen atangin ngaihthlak a ni a. Rev. H. Lalrinmawia, Moderator-in ‘Thuhretu’ tih thupui hmangin Pathian thuchah nung takin a sawi a. Inrinni dar 9:30–4:30 p.m.-ah rorel a ni a. Zanah Rev. P.C. Pachhunga, Executive Secretary i/c Kohhran Hmeichhiain kan thupui lam hawi Pathian thuchah ngaihnawm takin a sawi a. Pathianni chawhma, chawhnu leh zanah ‘Thlarau Thianghlim leh a hnathawh’ tih thupui hmangin Speaker, Rev. Lalrinmawian Pathian thuchah ropui tak a sawi bawk.

A tir atanga a tawp thlengin inkhawm leh zai boruak a nuam hle a. Pathian thuchah sawituten an sawi tha hlawm hle a, kan hlawk tlang hlein kan hria a ni. Rorel pawh kum dang zawng aiin kan tuang emaw tih tur a ni a. Palaiten thahnemngai takin ro kan rel a, a lawmawm hle a ni. PWJC, Myanmar Phai Synod Hmeichhe hruaitu mi paliten kan Rorel Inkhawm hi an rawn chhim a, lawmawm kan ti hle. Tin, Pathian hnena thil pek ₹ 39,583/- hmuh a ni.

II. Thurel tlanguite

Thla thar tawngtai rual thupui kan hman mek hi tlema tidanglamin, thupui pakhat tihbelhin hman chhonzawm zel ni se tih a ni a, hetiangin:

- 1) Tu leh fate tan leh chhungtin te'n ni tin chhung inkhawm kan neih theih nan,
 - 2) Hmangaihna In leh HIV/AIDS veite enkawlina Grace Home tan,
 - 3) Kan rama sualna chi hrang hrang kan do hneh theih nan,
 - 4) Women Centre tan,
 - 5) India ram leh Wales ramah harhna a thlen theih nan.
1. ***"Moral Reforms chungchang inzirtirna neih ni rawh se,"*** – Moral Reforms chungchang inzirtirna neih hi a pawimawh kan ti a, a kalpui dan tur chu Central Committee-in lo ruahman se tih a ni.
 2. ***"Synod Hospital, Durtlang tan Charity Fund pek ni se,"*** – Synod Hospital, Durtlang tan Charity Fund pek tha kan ti a, kum 2012 atanga kum tin Charity Fund kan lo pek thin chu kumin 2016-ah pawh hian pek leh ni se, Kohhran Hmeichhe Inkhawm tum 2 (hnih) thawhlawm pek ni se, a lak khawm hun chu Central Committee-in lo ruat se tih a ni.
 3. ***"HIV/AIDS veite tanpui nan ram pum Kohhran Hmeichhiate'n Thawhlehan inkhawm tum khat thawhlawm pek ni rawh se,"*** – HIV/AIDS veite tanpui nan ram pum Kohhran Hmeichhiate'n Thawhlehan inkhawm tum khat thawhlawm chu HIV/AIDS veite enkawlina hmun Grace Home tan pek ni se, a lak khawm hun chu Central Committee-in lo ruat se tih a ni.
 4. ***"Central Committee atan khawpui chung Bial tin atanga inruat tawh lovin Central Committee member hi***

tun aia tihtlem dan zawn ni se," – He agenda lo luh ang hian Central Committee member hi tun aia tihtlem ni se, Central Committee-in lo bawhzui tur tih a ni.

5. ***"Ram pum huap sual thupha chawi țawnğtai rual chaw ngheia neih ni rawh se,"*** tih leh ***"Ram pum huap sual thupha chawina leh chhiat rupna lo thleng thei laka kan him theih nan awmni khama țawnğtai rualna neih ni rawh se,"***

Ram pum huap sual thupha chawina leh chhiat rupna lo thleng thei laka kan him theihnan awmni khama țawnğtai rualna neih ni se kan ti a, a hman hun tur chu Central Committee-in lo ruat se tih a ni.

6. ***"Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui Lian dawngtu Pastor Bialte țanpui nan Kohhran Hmeichhe member tinte hian kum khatah Rs. 10 țheuh thawh ni se."*** – Inkhawmpui Lian thlengtu țanpuina kohhran member tin tana kum khata Rs. 10 țheuh thawh hi chu a rit deuhvin kan hria a. Inkhawmpui Lian thlen hi a hautak em em avangin thlengtu țanpuina hi bial tinin uar deuh zawka pek țheuh tum ni se tih a ni.
7. ***"Agape Chanchinbu man chungchang."*** – Agape bu chhut man hi kum tin a san zel avangin tuna kan lakna (bu khat man Rs. 5/-, kum khatah Rs. 60/-) hian a bu buatsaihna senso a daih tak loh avangin, a bu buatsaihna senso khuh tura a man tisang lovin, a bu buatsaihna senso bu khat man aia a sanna chawi belh ngai zawng hi Pastor bial tin budget siam ni se kan ti a, Bial tin budget hi chu kum 2017-2018-ah siam ni se tih a ni. Kuminah (2016-2017) chuan Agape Budget hi khawpui chhungah chauh intuk a ni.
8. ***"Tuna Synod Hmangaihna Ina naupang kum 6 an tlin thleng chauh awm theih hi kum 10 an nih thleng lak ni rawh se."*** – Hemi chungchang hi thil zir chian ngai tak niin kan hria a. Central Committee-in lo zir Chiang se,

Inkhawmpui Lian 2017-a ngaihtuah leh turin rawn chhawp chhuak se tih a ni.

9. *"Ei leh in fimkhur dan (Food Safety) ram pumah inzirtir ni rawh se."* – Ei leh in fimkhur dan (Food Safety) ram puma inzirtirna neih hi a pawimawh kan ti a, he rawtna hi kan pawm a. Inzirtirna kalpui dan tur chu Central Committee-in lo ruahman se tih a ni.

III. 2016-2017 Budget

<u>Project</u>	<u>Budget</u>
A. 1) Central Budget	₹ 13,00,000
2) Women Centre	₹ 20,00,000
3) Agape chanchinbu	₹ 3,00,000
Total	₹ 36,00,000
B. Koh. Hmeichhia aṅanga beisei	₹ 20,09,000
Synod Grant	₹ 16,69,000
Total.....	₹ 36,69,000
Budget A+B Total.....	₹ 72,69,000

IV. Inkhawmpui Lian leh Rorel Inkhawm neihna hmun turte

- 1) Kum 2017-a Inkhawmpui Lian
A hmun : Serchhip, Leisekawt Field
A hun : Ni 10-12, March 2018
- 2) Kum 2018-a Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm
A hmun : Tuikual Kohhran Biak In
A hun : Ni 9-11, March 2018
- 3) Kum 2019 Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui Lian
A hun : Kolasib (Pastor Bial 3-ten an thleng ang)
A hun : Ni 8-10, March 2019

Kan ṭawngṭaina avangin kumin Rorel Inkhawm tuang tak leh hlawk takin kan hmang thei a, a lawmawm hle a ni. Inkhawmpui Lian leh Rorel Inkhawm thurelte ṭhahnemngai taka kan tihhlawhtlin ṭhin avang pawhin kan zavaia chungah leh Pathian chungah lawm thu kan sawi e.

Hriselna Huang

CANCER VEN DAN

Tunlaiin Mizote zingah cancer natna hi a lar hle mai. Mi thiamte chuan India rama cancer vei tamna state nite pawhin Mizoram hi an sawi hial a. Cancer hi chi hrang hrang a awm a, chungte chu kan hre viau tawh bawkin a lang a. A enkawl dan pawh kawng hrang hrang a awm bawk. Cancer hi a darh zau hmaa paih emaw, tihthih emaw a nih loh chuan a darh zau zel a, a tawpah thihna a thlen thin a ni. Kum a lo upat hian taksa hrisel lohna hrang hrang a rawn lang thin a. Hemi venna tha ber chu kan ei leh inah hian a awm a, chung chu lo sawi dawn ila:-

Cancer lakah hian a inven theih khawp mai a. A hmasa ber atan chuan meizial zuk loh leh zu lam pang khawih tlem a ni a, ei leh in fimkhur pawh a ni bawk. Tin, exercise mumal taka lak a tha bawk. Heng bakah hian:

1. Thlai leh thei ei tam : Thlai leh theite hi kan taksa tan an tha em em a, ei tam luat a awm lo kan ti thei hial ang. Kan ei tur pawngpaw sil vak hian a thatna a titem ve thei a; chuvangin, ei dawn emaw, ei tura buatsaih dawnah emaw chauh sil faia chan thin tur a ni.

2. Tui in tam tur a ni : Upat lamah hian kan tuihal khat tial tial a, hemi avang hian kum 30 ral kai hnu hi chuan tui hi kan in tlem tan tawh thin. Tui in tam hi taksain a ngeih em em a. Ni khatah bottle hnih kan in thei lo a nih pawhin YMA no 4 tal chu in ngei ngei tur a ni. Hei hian ril a tifaia, ril cancer lakah min veng thei a ni.

3. Tomato sauce : Tomato-ah hian antioxidant chak tak mai Lycopene an tih a awm a, hei hi prostrate (zun kawng) cancer laka min vengtu tha tak a ni. Tomato

pangngai ei loh pawhin a sauce tal ei hram hram tur a ni a, a tha em em a ni.

4. Purun sen leh var : A rim hi a na deuh nain ei tam hi thil tha tak a ni. Ni khatah purun var zung 4 emaw, purun sen pum chanve emaw ei ziah hian pumpui cancer lakah min veng thei.

5. Exercise lak : Exercise lak hi a tha a, hah lutuk erawh a tha chuang lo thei. Fimkhur taka lak a tha. Hah lutuka lak loh tur a ni.

6. Zikhlum, parbawr, etc. : Thlai zingah hian zikhlum, parbawr, nolkhoh leh bulbawk hnahte hi a tha bik deuh va. Heng hian cancer dotu sulfarophene a pai hnem bik a; chuvangin, ei tam a tha.

7. Rilru hahdam : Rilru hah hian engtiang chiahin nge cancer hi a siam theih tih chu mi thiamten an hre bik chiah lo nain, a kaichhuak thei tih chu an hre tawh a. Chuvangin, rilru hahdam tak leh thlamuang taka awm tluk a awm lo.

8. Bekang a tha : Bekangah hian zun kawng leh hnute cancer laka veng thei phytoestrogen a tam a, a tha em em a ni. Mizoten bekang hi kan ei tam viau va, hei aia tam zawk hi ei ila a paw lo vang. Bekang umah pawh hian phytoestrogen chu a la chhe vek lo.

9. Grep tui/Grape ei tam : Grape-ah hian cancer dotu resvaratol an tih chu a awm a, hei hian cancer hrik a do ve tlat avangin a tha hle a ni.

10. Aspirin (Na chhawkna) : Na chhawkna chak lo chi, doctor-ten an chawh kher ngai lem lo chi (Paracetamol kan tih ang chi hi a ni tlangpui ber ang) ei zeuh zeuh a paw lo thei. Mi thiamte zir chhuah dan chuan mawngkaw cancer tur 60% laiin a veng thei a, chaw kawng, hrawk bawr cancer tur 90% laiin a veng thei. Mahse, ei nasat lutuk chuan internal bleeding a siam thei a; chuvangin, pawngpaw ei tam luattuk erawh a tha lo thei. Tin, lung lam natna atan aspirin te hi a tha tih an hmuchhuak tawh bawk.

*Hruaitute chanchin***LIANSANGI**

Pi Liansangi hi Pu Thavapa (L) leh Pi Thanliani (L)-te fa 7 zinga upa ber a ni a. Phullen kuaah piangin a sei lian a. Kum 1972-ah Pu Thaliana (L), Chhinga Veng nen innein fapa 5 an nei a. Kum 1973 ațangin Dawrpui Vengtharah an awm a, tu leh fate nen tunah hian Dawrpui Vengthar West-ah an cheng.

Pi Sangi hi kohhran leh khawtlangah theih ang angin a inhmang thin a. MHIP Com. Member leh Village Council Court-ah member te, Mizoram Industries Association-ah Vice Chairman te a lo ni tawh a, tunah hian Treasurer a ni mek.

Eizawna lamah chuan la phiarna dawr 'Zoram Knitting House' nein la phiar hi eizawn nan a hmag a, kawrlum leh pullover leh school uniform chi hrang hrang a phiar thin.

Naupan tet ațanga inkhawm ngaina mi a ni a, Senior Dept.-a a awm laiin ațangin S.S. zirtirtuah lak a ni a. Dept. hrang hrangah thawkin a pasal neih thlengin a thawk a ni. Kum 1983-ah Beginner zirtirtuah lak leh a ni a. Tualchhung kohhranah thuhrlitu a ni. Kristian chhungkaw Committee member a ni bawk.

Kum 1983 ațangin Kohhran Hmeichhe Committee ah a lut a. Secretary tih loh chu OB post a chelh kim vek a, tunah hian Vice Chairman hna a chelh mek.

Bial Kohhran Hmeichhe rawngbawlnaah chuan Chairman leh Vice Chairman chanvo a chelh thin a, tunah hian Chairman hna a chelh mek a ni.

A hla duh zawng chu KHB no. 412-na, 'Ka ralthuamna ka dah ngam lo' tih leh no. 52 'Lal Isua hming i fak ang u' tihte hi a ni. Bible chang a duh zual chu Sam 19:7-9 leh Rom 12:1-2-te hi a ni.

Kan hun hi tui luang angin ni tin a liam zel a, hun tha kan neih lai hian khawngaih rawngbawl hna Lalpan min pek hi thahnemngai takin i thawk zel ang u, tiin mi chah a ni.

Hriat atan

1. **Rorel Inkhawm tuang taka neih a ni :** Kohhran Hmeichhe Rorel Inkhawm chu March 11-13, 2016 chhung khan Mission Vengthlang Kohhran Biak Inah neih a ni a. He Rorel Inkhawm hi Mission Vengthlang Pastor Bial Kohhran Hmeichhiaten an thleng a, rorel palai 455 lai an kal thei a, a lawmawm hle. Rorel Inkhawm thupui chu Thlarau Thianghlim leh a hnathawh tih a ni a, Rev, Lalrinmawia Electric Veng Bial Pastor-in a sawi (*Inkhawmpui Report kimchang chu phek 25-28-ah*).
2. **Inkhawmpui Lian leh Rorel Inkhawm neih lehna turte –**
 - 1) 2017 Inkhawmpui Lian – Serchhip
 - 2) 2018 Rorel Inkhawm – Tuikual Kohhran
 - 3) 2019 Inkhawmpui Lian – Kolasib
3. **Tual Upa atan Bangalore Kohhranin Hmeichhia an thlang –** Bangalore Mizo Presbyterian Kohhran (BMK) chu November 6, 2011 khan a piang a, kum 5 hmel a hmu ve ta. February 28, 2016 khan a vawi khatna atan Tual Upa 6 an dil angin Synod OM phalnain thlan an ni a. Chung zingah chuan Dr. Lalrinawmi Ralte leh Dr. Hrangthanchhungi-te an tel ve a. Anni hi 2016-2018 chhung atan a ni a. AGAPE-in a lawmpui takzet a, an rawngbawl zelna turah Pathian tanpuina leh tihchakna i dilpui thin ang u.
4. **Tihdikna –** Rorel Inkhawm Bulletin-a Rorel Inkhawm tanpuina pe, Sl. No. 10-a Bungkawm Bial Kohhran Hmeichhia tih kha Bawngkawm Bial Kohhran Hmeichhia tih zawk tur a ni a, an pek zat chu Rs. 3,000/- a ni.

Bial eng emaw zat atangin Rorel Inkhawm tanpuina dawn a ni a, a lawmawm hle. Rorel Inkhawm leh Inkhawmpui Lianah hian Bial tinten mahni theih ang anga tanpuina kan pek zel theih chuan a lawmawm hle ang.

.....

KUM 2015-2017 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Rinchawii
Vice Chairman	:	Pi K. Vanlallawmi
Gen. Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Sailuti
Treasurer	:	Pi Maria Lalchhanhimi
Fin. Secretary	:	Pi Rallianthangi

COMMITTEE MEMBER-TE

- | | |
|-----------------------|---------------------------|
| 1. Pi B. Zomawithangi | 2. Pi C. Romawii |
| 3. Pi Lalsiammawii | 4. Pi Lalbiaki |
| 5. Pi C. Zopari | 6. Pi R. Rengkhumii |
| 7. Pi Tlangmawii | 8. Pi Lalhmingmawii Sailo |
| 9. Pi Zothanpari | 10. Pi P.C. Nuzawni |
| 11. Pi Lalpianthangi | 12. Pi Lalbiakengi |
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| 37. Pi Sawithangi | 38. Pi Lalbiaksangi |
| 39. Pi Thangthuami | 40. Pi Lalmachhuani |
| 41. Pi Lalramthangi | |

Ex-Officio Member-te

1. Rev. H. Lalrinmawia, Synod Moderator
2. Upa H. Ronghaka, Synod Secretary (Sr.)
3. Rev. P.C. Pachhunga, Executive Secretary i/c Women
4. Pi Lalfakmawii, Co-ordinator
5. Pi C. Lalmangaihi, Ex-Chairman

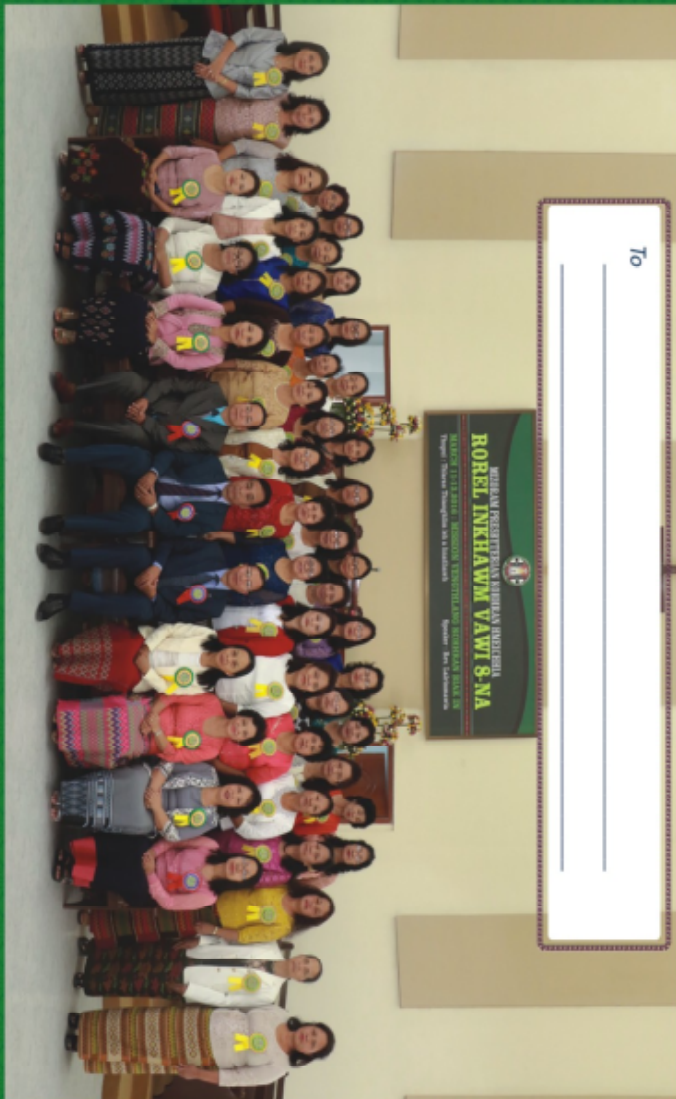
KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thil tumte:
1. Kohran 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.



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