

Estd 1986

# AGAPE

Vol. XXV No. 233

NOVEMBER 2011



Sap ram kohhranin Hmangaihna in  
tan tanpuina an hlan

*phok 20*

<b>Lak man</b>	<b>:</b>	<b>Kum khatah</b>	<b>₹ 50.00</b>
		<b>Copy khat</b>	<b>₹ 4.50</b>

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<b>Publisher</b>	<b>:</b>	<b>Rev. Lazuithanga</b>
<b>Agape Phone No.</b>	<b>:</b>	<b>(0389) 2326372/9862068537</b>

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## TUH RAH SENG

*Mahni tisa lama thehtu chuan tisa mi chhiatna a seng ang a, thlarau lama thehtu erawh chuan thlarauva mi chatuan nunna a seng dawn a ni (Gal. 6:8).*

*Lo nei mi te, kut hnathawoka eizawng te chuan, lovah te, huanah te buh leh thlai chi an tuh thin a, a rah pawh an seng a. Thlai chi khat mai ni lo, chi hrang hrang tuhtute phei chuan an tuh rah thahnem tham tak an seng thin a ni.*

*Ringtu nun pawh hi Tirhkoh Paula chuan tuh rah seng angin a tehkhin a. Kan tu leh fate hnenah te, chhungkuaah te, kan ni tin ei zawonnaah te thlarau lama tuhtu chuan thlarau lama a tuh rah tha a seng ngei dawn a ni.*

*Kum bul atanga kan nun leh hun hman dan te kha hunin liampui tawh mah se, han chhui kir la, kan tu leh fate nunah, kan chhungkuaah, rawngbawlnaah Thlarau lam chi tha eng nge ka tuh aw, kum tarop buh seng hun a lo thlen hunah thlarau lam thatna te, felna rah tha te seng tur ka nei ve ang em?*

*Ringtuten thlarau lam chi tha kan tuh loh chuan kan tuh lohna hmun awl apiang chu sual setana hmun leh chanvo a ni zel si a. Chhungkuaa mawhphurtu te, Kohhrana rawngbawltu te, Kristian tia inchhal ringtute hian dam chhung khawsak lungkhamna dah sang ber lovin thlarau lama chi tuh hi ngai pawimawh zawk ang u, kan inthlahdah loh chuan a hun takah kan seng dawn si a.*

*Chi hlu chu tuh rawh u, chi hlu chu tuh rawh u  
Kil tin te leh ram tinte fang zel ulangin;  
Nunna chhang phel ula, Chanchin Tha tlangaupui zel ula,  
Lalpa tan thawk rawh u, lawmman a tam si.*



*Kristian Chhungkua***FATE HNENA SAWI LOH TURTE**

- *Upa Zartzokima Khiangte*  
*Shillong - 21*

William L. Coleman-a, ðhalai zinga kum tam tak rawng lo bawl tawh ðhin leh ðhalai ningkhawng hre tawh tak chuan kan fate - ðhalai hnena thu sawi awm leh awm loh a awmzia a uar hle a, chung sawi loh tura a ngaihte chu tawi te tein han tar lang ve ila.

**1. 'In kum rual ang ka nih ve lai chuan...'** : Hei hi kan faten nu leh pate hnena duh an neihin emaw, ngiat an neih emawa nu leh paten an dan thlakna ðawngkam pakhat a ni a. Tunlai huna an nawmsak tawhzia leh hna an thawh hah tawh lohzia sawiin nu leh pate hian an hun laia hna an thawh rimzia leh an retheihzia an fate an fah nek hian an rilru an lo hneh lem lo va. Nu leh pate hi an dinhmun hre thiam lovah an ngai zawk a, ðhangthar nun hre thiam lovin nun hluih an cheng a. Thil hlui aþangin thil thar an teh avangin an inkarah awl zau tak mai awmin an hria

a ni. Hetianga nu leh paten an nun kal tawha namen lova retheihna leh harsatna an tawh thu an lo fah fo a nih pheih chuan ninawmah an la a, an nu leh pate hian an harsatna tawhte hi palzamsak tumah an ruat bawk.

Þhalaite hian harsatna leh retheihna lam thu ngaihlak tam ai chuan nun hlimawm leh phurawm lam ngaihlak an chak zawk a ni.

**2. 'In hre thiam lo em a ni'** : Inhriat thiam tawn lohna hi inngիրnghona ðobul a ni fo ðhin. I fapa chu len chhuah tumin a insiam a, pawisa chungchangah te, ðhian kawm

chungchangah te, zan len chhuah chungchangah te in inhnial a, thu tihtluk fumfe awm lovin i fapa chu 'In hre thiam lo a ni' ti chungin a chhuak ta tho va. Hetiang chiah hian nu leh pate pawhin fate hnenah 'In hre thiam lo a ni' an ti ve tho a ni. "Tunlai thalaite hi zawng an mak a nia" tih hi nu leh pa demna au rawl a ni fo thin.

### **Thalaite ze tlangpui**

(1) *Zalenna an duh* : Nu leh pate hian anmahni anga an fate hi hawi zau lo leh nguai ruai maia awm turah an dah tlat thin.

(2) *Mi dangte nena khai khin hi an duh lo* : 'Chu mi kha mi ang i ni lo' emaw 'chutin khatin ti ve rawh' tih angte hi an duh lo. Mi dangte chanchin an bula sawi vak hi an rilru hnehna a ni lem lo.

(3) *Anmahni thua thutlukna siam an duh* : Kawr chungchangah te, music chungchangah leh thil dang dangah anmahni duh thu ang ngeiin thil tih

an duh thin. Hei hi nu leh pate nen pawha inkalhna lai a ni fo. Sawi hona neih theih a tha ber fo vang. 'Khawvel' an nei a, an khawvela an khawsak dan sawiselna hian nu leh pate nen 'indona' a thlen thin. Eng pawh ni sela, an lumeh dan leh an kawr duh zawng te hian sualnaa a hruai loh chuan duh dan danglam maiah ngai thei ila a tha mai awm e. A pawimawh ber zawk chu anmahni kan kawmngaih theih leh kan biak theih hi a ni zawk. Inkawmngaih tur chuan inpawh a ngai a, inpawh tur chuan inngaihsak a ngai a, inngaihsak tur chuan inhriat thiamna neih a ngai. Hriat thiamna duhin kan fate hi an au takmeuh a ni. Tute pawh hian hriat thiamna hi kan mamawh theuh a ni.

**3. Harsatna hi nangmah chauhvin nei bikin insawih** : Hetianga harsatna an rawn sawi kan chhan hian an lo hriat thiam danah

chuan, 'Keini pawhin harsatna kan nei ve tho va, in harsatna sawi hi chuti taka nasa a ni bik lo ve,' tihna angah an ngai zawk a ni. Tin, thian kawm tur neih loh vang emaw, mi dangte hnawl an nih vang emaw te pawhin harsatna an nei thei a ni. Tin, chhياتna tak takte tawk thei dawn lova an inhriatna avangte hian motor leh bike te chak tak takin an khallh a, zu an in a, drug an rui a, an inngai a, pawisak an nei lo thin. An bialnu/bialpa te nena an inban leh te hian harsatna pakhat chu a siam leh a ni. Hengte hi ngaihnepsak mai lovin titipui theih a tha. Zan rei tak tak thlenga kawm che a duha a inhawng a nih chuan 'Zan a rei tawh' tihsan mai lovin kawm theih leh titipui theihin awm ang che.

**4. Tunah ngaihthlakna hun ka nei lo:** Coleman-a chuan, "Fate thusawi kan ngaihthla thei lo a nih chuan puih pawh kan pui thei lo vang," a ti. Fate nena inkawm theih leh titiho theih hi thil awlai

a ni lo. Pathian ze pakhat erawh fate ngaihthlak a ni, ngaihthlak theihna hi thlarau thil a ni. Rilru leh thlarauvin kan ngaihthla tur a ni.

American philosopher Mortimer Adler-a chuan thusawi ngaihthlakna hi kawng thum laiin a then a, a then azar chauh han tar lang ila -

- (1) Fate thusawi bara khawnsak lohna.
- (2) Mahni intlawhkhallh chungsa ngaihthlakna.

In fapate chuan, "Tun Nilai hian car ka mamawh dawn a, ka hmang dawn a nia," a'n ti dek dek a, a hman duh chhan pawh sawi hmain nang chuan car a hman theih loh dan tur i lo ngaihtuah vat vat nghal mai a. A tihchhiat i hlauh kha a dik lo a ni lo; amaherawhchu, i fapa duh chhan i ngaihthla thuantling lo kha i tihsualna lai chu a ni. Hetiang hi mahni chauh inhriatna atanga lo chhuak a nih avangin inpawh lohna

a thlen thei a, inhriat thiam lohna a hring thin a ni.

(3) Active listening (thatho taka ngaihthlakna)

Kan fate hian an thusawi phur tak leh thatho taka kan ngaihthlaksak loh chuan kan bulah eng mah an sawi chak lo vang. Thatho taka an thusawi kan lo ngaihthlaksak dawn chuan rilru lo pek ve te, ngaihsak te, chhan let ve leh zawhna zawh thiam leh rilru hmun khatah kan awm a ni tih lantir thiamna a ngai. A chang chuan kan fate hian tawng tha lo takte pawh an hmanng thei a, '*Ka chhuak daih ang*' pawh an ti thei a, a thente chuan an ti tak tak pawh a ni thei, a thente erawh chuan beidawnna avang te, thinurna avang te, lungawi lohna avang te leh vui leh vui leh vaina avang te pawhin an lo ti thei bawk. Hemi avang hian nu leh paten thinur ve mai lovin an thusawi piah lama thil awmzia zawk kha man thiam a ngai a ni.

Chuvangin, fateh thu an sawi hian eng rilru puin nge kan lo ngaihthlak thin le?

**Tlangkawmna :** Hengte hi lo chhinchhiah ila -

1. Chaw ei laiin inzilhna thu sawi suh. Tun hma kan pi leh pute tih dan thin angin chaw ei laiin zilhna thu leh insawiselna lam thu sawi hi a tha ber lo. Thalaite hian an duh bikin a lang lo. Tihfuh loh phei chuan '*Kham daih rawh, ei tawh suh*' tihna ang a ni.
2. Thiante awm laiin sawisel suh. Mi dangte awm loh laia tih chi a ni.
3. Fate nena titi theih leh inkawm theihna turin boruak siam rawh. A tawng tam zawk nih tum lovin.
4. Thangtharte boruak hre thiam turin an dinhmuna indah thiama chumi atanga an khawvel thlir dan thlir ve tum rawh.
5. I fate i fuihin sermon pa te thlak suh.

*Sermon***HMEICHHIA**

Gen. 2: 20-23; Thuf. 31: 10-31; Isaia 66:13

*- Laldawnkimi*

Hmeichhia tih hi hrilhfiyah hranpa pawh a ngai lo vang, Pathianin mihring chi hnih mipa leh hmeichhia a siam a, mipa ni lo zawng hi hmeichhia kan ni mai a. Hmeichhia tih leh nu tih hi thuhmunah ngai ila kan sawi pawlh zel ang.

**1. Pathianin hmeichhia a siam chhan:** Pathianin hmeichhia a siam chhan chu mipa/pasalte *tanpuitu* tur a ni. *Amah tanpuitu tur a kawppui awm mi ka siamsak teh ang* (Gen. 2:20-23). Kan *tanpui* dan tur chu rilru, *tanwngtai* leh a tak ngeia *thawhpui* a ni ang, heng kawngahte hian –

- (1) A hnathawh leh a thiltihah *tanpuitu*.
- (2) Harsatna leh hrehawmna a neiha *tanpuitu*.
- (3) A lungngaiha thlamuantu.
- (4) A khawhar hnemtu.

**2. Hmeichhia kan danglamna:** Hmeichhiate hian danglamna mak leh ropui bik tak kan nei a, chu chu **mipate rilru hneh theihna** hi a ni. Mipate hian hmeichhiate ngaihsan zawnga awm hi an chak em em a, hmeichhiain ti theia an hriat chu tih hram an tum *thin*. Titia an sawi *thin* hi a dik mai thei e,

an tia lawm, Mizo hmeichhiain sipai an ngaihsan lai chuan Mizo mipate chu sipaiah an *tan* sup sup a, driver an ngaisang leh a, an intihhmuh leh a, engineer lam an ngaisang a, B.E. zir an intihhmuh leh, chutiang zelin thil dang dangah pawh a ni zel mai an ti, hei hi a dik leh dik loh chu kan ngaih dan dan ni se. Heng mipate kan hneh theihna ropui tak hi a dik zawnga kan hman chuan Lalpa tan thil ropui tak kan ti thei a, a ni lo zawnga kan hman erawh chuan mipate tikhawlo vektu leh hruai sualtu kan ni hlah thei.

**3. H m e i c h h i a / N u m a w h p h u r h n a :**

(1) **Pasalte hnena intulut tur leh zah thiam turin (Eph. 5; 22-24; I Pet. 3:1-4) :** D.L. Loyd Jones chuan, *“Nupui chu eng anga thukin nge Pathianah a inpek tih lanna ber chu a pasal hnena a inpekna a thuk danah a lang,”* a ti.



Sarin Abraham a chu “ka lalpa” a ti. Pasalte zaha an thu awih hi pasal leh kan chhungkaw zahawmna a ni a, nu ropuina a ni bawk.

**(2) Chhungkaw thlamuantu :** *“Nuin a fa a thlamuan angin ka thlamuan ang che u”* (Isaia 66:13). Chhungkuaah manganna leh hrehawmna a lo thleng fo mai, hengah hian nu chu thlabar leh mangang tur ni lovin chhungkaw tan thlamuantu a nih fo a ngai. Nu chu - thih leh natna, harsatna namen lo a lo thlen changa chhungkaw thlamuantu. Chhungkuaah hlawhchhamna leh beidawmna a lo thlen changa beiseina thar nei tura fuihtu leh thlamuantu. Ruah leh thli, rial, khawpui ri leh tek tla nasa tak a lo thlenin a chhungkaw thlamuantu a ni.

**(3) Chhungkaw boruak tha siamtu:** Pu Rokungan, *“Chhung tin khai dingtu chu chunnemi... paw ber mai chu chun lung lian, run in chhungah chhim thlipui a lo hrang e”* a ti. Nu chu chak lo tak ni mah se a chhungkaw tan a va hlu em. Nu tha chuan a chhungkua chu hmangaihna, dawhtheihna, ngilneihna, hriat thiamnain a enkawl a, thinrim chang leh awka vin chang nei mah se hmangaihna a

enkawl reng avangin a chhungten an hre thiam. Chuti ni lova sakei thinrim ang maia ang reng mai chuan a chenpuite bakah laina thlengin a hnawt bo vek. Nu a hlim chuan chhungkua a hlim, nu boruak chu chhungkaw boruak ti ila a dik mai awm e.

Nu chu kan nupa inkar, pa leh fa inkar, fa leh fa inkar, awmpui leh mi dangte nen inkar fel lo siam thatu, boruak tidaitu kan ni.

**(4) Fate kawng dik kawhmmuh :** *Naupang chu a kalna awm kawngah chuan zirtir ula, a upat hun pawhin a thlah lo vang* (Thuf. 22). Fate puitlinna leh a nun kal zel tur kaihhrainaah nute hi kan pawimawh hle mai. Enkaw l leh buaipui zui lam ngaihtuah hauh lova fa neih ve ngawt te, fuih leh zirtir an ngai.

Kan tu leh fate hi Sunday School leh ni tin sikul atanga zirtirna an dawn bak Pathian thu leh thu tha dawng lo an ni ang tih a hlauhawm. Kan ramah mahni nihna ang lova nung, tuai leh patil kan pung zel ta mai, mahni anpui nena innei ta hial te, innei ema sawi tur ni si lo inkawp tlat te kan pung zel, zah nachang kan hre lo va, Pathian paw kan sawi tih pawh kan ngaihtuah pha

lo. Heng kawngahte hian nuten ÷an kan lak thar a ngai hle a ni.

**(5) Hmeichhe ÷ha ni turin:** Hmeichhe satliah ni lo, khawsak ÷ha nih kan tum a pawimawh. Kan Bible-ah hmeichhe ÷ha leh ÷ha lo kan hmu nual a, ÷henkhat chauh tar lang ila:

**A ÷hate:** 1) Ruthi - A pasal thih hnuah pawh a chhungte hmangaih tlattu.

2) Estheri - A chipuite nun chhanhim nan mahni nunna thap ngam, lalnu anihna a hun taka hmang ngam.

3) Priskilli - A pasal nen lungrual taka rawngbawl dun. Chanchin ÷ha hril ngai pawimawh. Kohhran tana inphal.

**A ÷ha lote:** 1) Potiphara nupui - lalnu nihna hmang dik lova ÷ha lo taka Josefa thlemtu.

2) Lalnu Vasti - pasalte zah lo, hmel÷hatna chapopui.

3) Saphiri - Mi duham, hlepna bawlhhlawh hmanga pasalte thurualpuitu.

Lal Solomona, nupui 700 leh hmei 300 neitu hian hmeichhe dinhmun chu a hre Chiang viau a ni ang, nupui/hmeichhe khawsak ÷ha leh ÷ha lo chungchang a zia khnem hle.

*“Hmeichhe inhau hmang tak nen in zau taka awm ai chuan in chung chhip kila awm a ÷ha zawk (Thuf. 21:9), a tih laiin “Hmeichhe khawsak ÷ha chu a pasal tan lallukhum” a ti daih.*

**4. Hmeichhe khawsak ÷ha nih i tum ang u:** Thufing 31-ah hmeichhe khawsak ÷ha kan hmu, hetiang tak a nih theihna chhan hi he hmeichhia hian Pathian a ÷ih vang a ni. Hetiang mi ni tur hian Kohhran hmeichhe member zawng zawng i inbuatsaih ÷heuh ang u. Chu hmeichhia chu -

1) A tho hma

2) A chhungte ei tur a ngaihtuah, a siamsak.

3) A fate/awmpuite tih tur a hrilh

4) Mi rethei a ngaihsak/a ÷anpui

5) An chhungte awm dan a ngaihven

6) A dawngdah lo

7) A pasal chu mi dangte zingah pawh a langsar in a ÷ha zawng in miin an hria.

8) A fate leh a pasalin an fak, mi nu dang zawng zawng aiin ÷ha ber an ti.

He hmeichhia ang ni tur hian Kohhran Hmeichhe member zawng zawngten ÷an i la thar ang u.

*Character Study***RINGTU NUPA CHU INTULUT LEH  
INHMANGAIHA NUN TUR (Eph. 32)***- Rev. C. Sangliana*

**(2) Inneihna - thlarau thuril thûk (chang 32) :** Tirhkoh Paulan ringtute inneihna a thlir dan leh hmuh dan hi a thûkin a ril hle mai. Mihringtena inneihna kan thlir dan leh hriat dan tlanglawn tak chu pawn lama lang thei chin a ni deuh mai a. Tah chuan mipa leh hmeichhia inngainaa induh tawnin an innei a, kawppuite laka rinawm taka awm intiamin an cheng dun a, fate an neiin dam chung ni an chhiar chho a ni mai a. Bible-a Pathianin inneihna a ruat chhan leh a ruat dan te, inneihna leh chumiina a ken tel nghal thil tinreng kan hmuhte chu thlarau lam thil vek a ni a. Pathian ruat dan ang taka inneihnaa nupa inpumkhatna chu a danglam bik a, a ang inlaichinna leh inzawmna dang a awm thei lo va, sawi fiah phak loh a ni ber mai. Chuvangin, Bible-in inneihna a sawi hi thlarau lam thil thûk, kan hriat vek phak loh leh kan sawi fiah thiam loh a ni a. Thlarau lam thu dik, Pathianin a tihlan ang chin zela Pathian samsuih nupaten an chan ðhin a ni. Chuvangin, inneihna hi thlarau thuril leh thûk tak a ni a, Tirhkoh Paulan Krista leh Kohhran inlaichinna aţangan ngaihnaawm takin min thlirpui a ni (chang 23-32). Tah chuan Krista leh a hmangaihna chu pasal tan entawn turah a tarlang a. Kohhranin Krista a hmangaihna leh thu awihna chu nupui tan entawn turah a chhawp chhuak a ni.

Heng thute hian a taka kan hman nghal tur thilte min chhawp chhuahsak a-

(a) Kristian chhungkua chu Lalpa chenpuina leh a uapna boruak hnuaiyah a awm tur a ni.

(b) Kristian chhungkua chu Lalpa rorelna hnuaiyah a

kûn tur a ni a. Lalpa duh zawng leh hruaina êng zuiin thutlukna te a siam ðhin tur a ni.

(c) Kristian chhungkuaah chuan kawng engkima inthurual tur pahnih ni lovin pathum - pasal, nupui leh Krista an awm tur a ni.

*Hriselna huang*

## THIN THIP

Thin thip kan tih hi a thip lai dik tak chu thin ni lovin pumpui hnûn a ni zawk a. Pumpui leh chaw kawng inzawmnaah chiah hian a rawn thip ðhin a ni. Hetia pumpui hnun a nat hian mi ðhenkhat chuan chil rialte siamin awm a tinuam lo viau thei a ni.

He natna hi engtia lo awm nge? Pumpui chhungah hian kan chawi ei lo ti zawptu tur acid a awm a. Pumpui hnûn leh chaw kawng inzawmnaah hian kawngka (*valve*) a ðul huna inhawng ðhin a awm a. He kawngka hi a hun lovah a lo inhawng ve palh ðhin a. Hetianga a inhawn takah chuan pumpuia acid awm kha rawn chhuak chhovin chaw kawng, pumpui hnûn hi a rawn chiah ta a, hei hian a tithip ta ðhin a ni. Tin, hemi avang ni lo, kan thil ei vangte a ni ve thei tho va. Thei thûr ei tam luat te, coffee in tam luat avangte pawhin thin thip kan tih mai hi a awm ve thei a ni.

Eng anga inenkawl chi nge? Hetianga thin thip nei zauh zauh ðhin tan chuan a thip veleh Antacid ei a ðha a. Mahse, chawi ei kham apiang chuan ei loh tur a ni. Antacid hi a thawk rang a; mahse, a rei lo thung a. Damdawi chi dang H2 Blockers an tih hi a thawk muang na a, darkar 9 chhung hna a thawk thei a ni. Hetiang chi damdawi

hi i ei dawn a nih chuan i chaw ei hma darkar 1/2 velah ei la, chaw i ei kham chuan hna a lo thawk ðan tawh dawn a, na tawrh hmain min lo veng hman dawn tihna a ni.

Kar khat chhunga thin thip hi vawi hnih aia tam i tuar ðhin a nih chuan natna, Gastro-Eosophageal Reflux Disease (GERS) i vei tihna a ni a, Doctor inentir ngei

ngei a tha. Mahnia i damdawi lo inchawh ve kha tha viau mah se, i dam hlenpui tak tak chuang lo vang. Dam hlenpui si lova a na a chhuah leh thin chuan kawchhung khan tawrh hun a la nei ang a, nikhaw reia i la buaina mai mai tur zawk a ni. Chaw kawng/ chaw dawt cancer pawh a tichhuak thei.

He natna GERD vei tawh tan chuan Doctor chawh ngei damdawi ei a tha a. Amaherawhchu, damdawi hi ei reng a ngai ta thung a ni.

A lehlamah chuan damdawi kan eiin kan na a chhawk loh chuan zai dam theih a ni a. Doctor-in zai a recommend chuan tunlaiah chuan awlsam tein laparoscope hmangin an zai thei tawh a ni. He an zai dan (*procedure*) hi fundoplication an ti.

Hriat tur dang a awm em? GERD hi vei tak tak

hmain inven dan a awm a. Chu chu kan ei leh ina insum leh kan nun phung tihdanglam a ni. Chocolate, purun var, hriak (mawm lutuk) leh zu lam chi reng reng hian thin thip hi a tizual thei a. Hetiang avanga a zual chhoh telh telh chuan GERD chu kan vei a ni mai a. I thil eia i thin tithip zualtu chu chhinchhiah la, chung chu insum hmiah mai rawh.

Tin, chaw ei kham hlima muhil mai chi i nih chuan mu zal lovin muthilh tum rawh. Hetianga i ti thei lo a nih pawhin i mut zalna kha khum a ni emaw, thutthleng sei a ni emaw, i lu nghahna tur lam kha inch li talin tisang ang che.

Thin thip kan tih mai, Sap tawnga Heartburn an tih hi i nei thin a nih chuan ngaihthah loh a tha hle, nakin zela buai loh nan.



*Interview***MUANPUII SAIAWI, IFS KAWMNA**

Nl. Muanpuii Saiawi hi Pu Lalhmingliana Saiawi leh Pi Thankhumi (Nupuii) te fa pathum zinga a naupang ber a ni. A ute chu Pu Ramdinsanga Saiawi, Gen. Manager, WeP Peripherals Ltd., Bangalore-a chhungkuaa awm leh Pu Ramzauva Saiawi, Dy. Manager, SBI Core Banking Project Head Office, Mumbai-a chhungkuaa awm an ni. Muanpuii hi Pathian ñih mi nula chhuanawm, IFS (*Indian Foreign Service*) officer a ni a, 2007 August thla tawp lam aţangin South Korea khawpui Seoul-a Indian Embassy-ah a thawk a, tunah hian 2<sup>nd</sup> Secretary a ni mek.

Kan Editor Nl. Vanlalsawmi leh Pi Zohmingthangi, Agape Jt. Editor lo ni tawhten an in, Chaltlang Thlanmual Vengah kumin kum chanve hma lam tawhah khan an kawm a, an inkawmna tlangpui chu hetiang hi a ni.

Editor – Ed.; Muanpuii Saiawi – MS.

**Ed:** Hmaichhana i hmel kan hmuh theih mai bakah i hun hlu tak min pek avangin kan lawm e. I pian leh murna leh i zirna chanchinte min hrilh thei em?

**MS:** Kei pawh ka lawm e. Mumbai-ah ka piang a, chunglai chuan Mumbai hming chu Bombay a la ni. KG aţangin Class - X thlengin St. Annes High School, Fort, Bombay-ah ka kal tluan chhuak a,

Matriculation chu distinction-ah ka pass a. Kan school chu kan in aţanga kea kalna phak lek a ni. Ka college kalna pawh kan in aţanga bus-a kala hla vak lo St. Xaviers College a ni a, chutah chuan Junior College (*Mizorama +2 ang*) leh College pangngai ka kal a, Psychology Major ka la a, B.A. hi first-ah ka pass.

**Ed:** Lehkha hi i zir nasa nge,

thiam thei mi i ni hrim hrim?  
I hlawhtlinaah hian i nu leh  
pain engtin nge an puih che,  
ṭawngkam hnih khat  
chauvin han sawi teh.

**MS:** Tette aṭangin school  
ṭhaah ka lut thei vek a,  
kha kha vannei ka inti a,  
hei hi ka pa vang a ni. Ka  
nuin hna thawk lovin kan  
chhungkua min enkawla,  
ka ute nen kan school kal  
min vai liam a, kan school  
bang kan hawnin inah  
min lo nghak tih hriain  
thlamuang takin kan haw  
a, chu chu kan unau tan  
a hlu em em a ni. Tin, ka  
nu leh ka pain kan unau  
hi min ṭawngṭaisak reng  
bawk. Pathianin mal min  
sawm a, ka zirnaah pawh  
a tiṭha pawl chu ka ni ve  
ṭhin. UPSC exam ka beih  
lai phei chuan ka zir nasa  
em em a, eng mah dang  
ka ti hman lo.

**Ed:** Pathian rawngbawl tum  
tlat mi i niin kan hria a,  
rawngbawlna rilru hi eng tik  
aṭangin nge i put? I testimony  
min hriih thei em?

**MS:** Naupang te ka nih  
aṭangin inkhawm nuam

ka ti a, ka nu leh pain Biak  
Inah min hruai ṭhin. Kum  
1985-ah Bombay-ah Mizo  
chhungkua rawn awm  
thar an awm ta nual a,  
college zirlai leh  
missionary Mizoram leh  
Churachandpur aṭanga  
rawn kalte an awm sup  
sup ta bawk a, Mizo  
inkhawm, Bombay Mizo  
Christian Fellowship  
(BMCF) kan nei ṭan a.  
Mizo inkhawma  
inkhawm chu nuam ka ti  
em em ṭhin. Kum 1990  
September thlaah Pune  
Mizo Christian  
Fellowship-in Khandala  
khuah camping an nei  
dawn a, speaker chu Rev.  
F. Hrangvela, Pune-a  
Union Biblical Seminary-  
a Professor a ni. Tel ve  
turin BMCF min sawm a,  
Bombay-a college zirlai  
Mizote leh kei leh ka  
ṭhiante pawh kan la  
naupang deuh na a, kan  
kal ve a; kan piangthar ta  
a, kan hlim em em a.  
Chumi hnu kum 1996-ah  
ka damlo ta a, malaria  
damdawi pangngai ka  
nuin min eitir a, ka la ṭha

ta chuang lo va. Kan family doctor hnenah ka nu leh pain min hruai a. Doctor chuan ka natna chu malaria PF a nih a ring a, chutianga enkawl lohva ka lo awm rei deuh hman tawh avangin damdawi chak tak mai min eitir a, ka zo lo va, St. George Hospital-ah ka awm ta a. Thi mai turah ka inngai hman tawh a, **Pathiana ka lawmna leh thlamuanna pawh ka nei tawk tawh lo a ni ber mai** (*hei hi ka dah felsak thiam lo*), ka mangang em em a. Ka nu chu min awmpuitu ber a nia, Sam 23-na hi ka chham chhuak a, ka nu chuan, *i thu chham kha rilru zawng zawngin ring rawh*, min ti a; chu chuan min kai harh leh ta a. Pathianin min tidam a, ka tha chhuak leh ta a. Chuta tang chuan Pathian tana rawngbawl duhna hi ka nei ta a ni.

**Ed:** A ngaihnaawmin a ropui khawp mai. Tichuan, rawngbawlturinichhuaktamai nge, engtin nge hmai lakzel?

**MS:** Zai leh music-ah ka naupan lai atangin ka tui a, ka nu leh pain piano min hire-sak a, piano class-ah te ka kal a, grade VII thlengin ka pass a. B.A. ka zo va, Navy Nagar bula Biak In hlun tak Afghan Church-ah piano tumtu (*organist*) ka ni a. Kum 1998 June thla tirah Mizo zaithiam pali nen USA-a Celebrant Singers-a tel tura lak kan ni a. Kei chu zaithiam vang ni lovin piano tum thiam ka nih vanga lak ve ka ni. Chumi tum chuan India ram atangin Vaite pawh an tel ve. India atanga kalte zingah Celebrant Singers-a tel rei ber ka ni a, USA-in ka visa min pek belh phal tawh loh avangin 2000 Krismas zawhah ka lo haw ve ta a ni. Celebrant Singers chu zaia rawngbawl music ministry kan ni a, USA-a khaw hrang hrang leh ram dang dangah zaia rawngbawlin kan zin chhuak reng thin. Kan rawngbawl na tam ber 75% vel chu Catholic



kohhranah a ni. Catholic kohhrante hi evangelist-te rawngbawl na atana inhawng lo tak an ni thin a, Celebrant Singers hi zaipawla an hnena rawngbawl tur deuh bika he pawl dintu (*founder*)-in a din chhuah a ni. Group hrang hranga then kan ni a, zaia rawng kan bawl na hi Biak Inah te, hospital-ah te, school-ah te, kawthler lun laiah te, dawr hmun lun laiahte pawh a ni. USA-ah te, Latin American ramah te, Middle East ramah te, India ramahte pawh a ni a, Aizawlah pawh kum 2000 March thlaah kan group chu kan lo kal ve nghe nghe. Pathian hla saa zai bakah thu kan sawi a, a duh apiang ka tawngtaisak bawk.

**Ed:** A lawmawm hle mai. Tichuan, Central Service lam hawi ta ila. Central Service-a luh hi i tum sa reng nge, eng vanga lut nge i nih?

**MS:** Celebrant Singers ka chhuahsan takah khan

engtin nge Pathian rawng ka bawl zel ang tiin kawng hrang hrang ka dap a. BD zir pawh ka ngaihtuah a, pastor-te pawh ka kawm a. Hna thawk chungin Pathian rawng ka bawl thei a ni tih ka rilruah a lo awm a, chumi atan chuan Civil Service kher hi duhna ka nei ta a ni.

**Ed:** Mahni hamthatna leh ropui duh vang ni lova Pathian rawngbawl duh zawk vanga Central Service kher i thlang chu a mak danglam hle mai. I inbuatsaih dan te min hrilh thei em?

**MS:** 2001 November khan Hyderabad-ah coaching class ka kal tan a. 2002 UPSC Civil Service Exam-ah Prelims-ah ka inziak tling a, Mains-ah ka inziak tling leh a, 2003 April thlaa interview-ah pawh ka tling a; mahse, ka duh tak IAS leh IFS chu ka hmu ta lo va, IA&AS (*Indian Audit & Accounts Service*) ka hmu a, chumi kum December ni 15-ah officer trainee

hna Shimla-a Academy-ah ka zawm a.

**Ed:**A nih leh IA&AS chu i zawm ta a, IFS (*Indian Foreign Service*) Officer i lo nih tak dan han sawi leh ta che.

**MS:**Ka naupan tet laiin ka pa thian India ram aiawha ram danga awm IFS-te ka hmu thin a, nih ve ka chak ta a. IA&AS officer trainee ka nih lai pawh chuan UPSC exam chu ka bei tha leh a. Vawihnih ka tling zawn a, a vawih khatnaah Indian Revenue Service ka hmu a, chu Service chu mi chuan an duh em em a, kei chuan IFS nih kher ka duh a, ka zawm ta lo va, ka beih nawn lehah ka tling leh a, ka duh tak IFS chu ka hmu ta a, 2005-ah Officer-trainee hna ka zawm ta a ni.

**Ed:** Kan lawmpui takzet che a. Mizoram in IFS hmeichhia kan neih hmasak ber i ni hial lo maw? Officer Training-ah chuan a tiha pawl i tling em, lawmman dawn te i nei em?

**MS:**Ni e. Mizoram aṅanga

hmeichhe IFS Officer hmasa ber ka ni. Ṭawngṭai mi ka ni a, ka ṭawngṭai nasa a, Pathianin ka ṭawngṭaina a chhang a, kan training-ah chuan Officer trainee 20 kan awm a, a tha bera thlan ka ni a, **Gold Medal** ka la a. Thesis ziaik tha ber ka ni bawka, chutah chuan Gold Medal a awm lo va, medal awm chhun **Silver Medal** ka la bawka. Chung medal-te chu a awm chhun an ni a, la kawp an la awm ngai lo va, a la kawp awm chhun ka ni. IFS ka ni thei kha Pathian malsawmna ka dawn a ni a, ka training lai leh hna ka thawh tak taknaah te pawh Lalpa chuan mal min la sawm zui zel a ni.

**Ed:** Mizo nula ngei IFS i ni hi kan chhuang che a nia. South Korea-a i awm ṭan kum leh i hna chanpual te leh i hmalak dante min hrilh thei em?

**MS:** Training ka zawh hnuah South Korea khawpui Seoul-a Indian Embassy-ah min dah a, 2007 August thlaah ka hna ka zawm a.

Kan hotu chu Indian Ambassador to South Korea a ni. IFS-te hi India leh ram dang inlaichinna hna thawk Indian diplomat kan ni a, kei hi hna la thawk rei hman lo junior diplomat ka ni. Kan hotu Ambassador pawh IFS a ni. Ram dang Diplomat-te nen Korean tawng kan zir ho va, exam-ah 1-na (*pakhatna*) ka ni a, lawmman pawh ka la. Lalpan min hruai zel a ni. Ka hna ber chu Political, Office Administration leh press a ni a, Head of Chancery ka ni a, kan Office pawisa kawl leh hman dan enkawltu ka ni baw. Ka hna chanpual bakah India ram atanga VVIP lo zinte lo dawngsawnga an programme-te lo tihfelsaktu ber ka ni. Seoul-ah hian India minister-te an lo kal zing ta viau mai a, President leh Prime Minister pawh an lo kal tawh a, ka tul thei em em a ni. India atanga Cultural Troupe lo kalte ka lo buaipui a,

South Korea-a awm India miten culture thil leh sakhaw thila Korean mite sawma thil an tih honaah pawh a buaipuitu ber ka ni fo. Indian Embassy-a thawkte zingah Korean tawnga tawng thei pahnih zinga mi pakhat ka ni a, nula ka ni baw nen, Korean mite nena thiltih honaah reng reng a che vel ber ka ni ziah a, ka hah ve thin khawp mai. Amaherawhchu, ka tawngtai renga, Pathianin min la hruai zel a ni. India sawrkar hna lian IAS leh IFS leh Central Service Class - I ang chi hi South Korea sawrkar hian a nei ve a, chuta thawk tura exam bei nula tlangval inziak tlingte interview dan tur lemchanga zirtir pawh ka nei nual. University zirlaiten thusawi turin min sawm a, ka sawi thin. Press Officer ka ni a, culture thil ka hnaah a tel baw thin a, Arirang TV-ah pawh min interview thin.

**Ed:** Mawhphurhna sang taki

nei chung chuan Pathian tan rawngbawl na i nei thei em?

**MS:** *Hnathawh chung a Pathian rawngbawl tum ka ni, ka tih ang khan ka hnathawhnaah ka thawhpuiten Kristian ka ni tih an hmuh theih nana hnathawh ka tum a. Ka hoten an zah tlak leh an entawn tlaka thaa thawh ka tum a, ka duh ang an thawh that loh chuan thinrima hau vak vak lova kaihhruai ka tum a, mi rinawm, corrupt lo ka ni tih an hre tur a ni. Ka thawhpuite zingah Lal Isua ka chawimawi tur a ni. Biak Inah zing tawngtai inkhawm ka hruai ve thin. Pathianin tawng thiam theihna min pe a, ringlote leh Pathian thu ngaihsak lote Pathian hnena hruai ka tum thin a, tunah hian ringlo pakhat chu Biak Inah ka rualin a inkhawm ve tawh a, Kristian a ni ve ta. Ka thawhpui Hindu pakhat pawh harsatna neiin a mangang a, Daily Reading ka pe a, Pathian*

thu ka sawipui a, ka tawngtaisak a, Biak Inah ka inkhawmpui thin. Korean Kristiante hian Pathian thu an awih a, an tawngtai nasa a, chu vang chu niin ka hria, an kohhran inkhawmte hi a nung em em a, Kristiante hi an ram mi 100-a 20 vel (20%) chauh an ni chungin khawvel ram hrang hrangte zingah zat leh zata teha missionary ram danga tir chhuak tam ber ram an ni.

**Ed:** A ngaihnawm e. Pathian ram zau zel nana i inpekna leh i thawh rimnate Lalpan mal sawmzel rawh se. Ihun hman dan dang min hrilh thei em?

**MP:** Thiamna leh talent ka neihte hi Lalpa min pek a ni a, ka naupan lai atang tawha ka duh zawng ka dil min pe zel bawka, chu vang chuan **Lalpa hi ka nunah a pawimawh ber, a pakhatna a ni.** Zing tawngtai naah ka kal a, zingah nilenga ka nun dan tur Pathian hnenah tawngtaiin ka hlan a. Ka thawhpuite hmuha

rinawm tak leh taima taka ka hna thawh ka tum a, chu chu Lalpa ka chawimawi dan tur a ni. Mi harsa tanpui ngaite tana Lalpa duh dana malsawmna nih ka tum a, ringlote hnenah Pathian thu ka sawi thin.

**Ed:** Central Service lamte hi kan thalaite tan kawng inhawngin i hria em? Ti ve tura fuih a chi ang em?

**MS:** Fuih zel chi ni e. Central Service hi ram tana rawngbawl nana tih chi a ni. Thalaite pawhin Pathian hnena tanngtaiin exam bei ve se ka duh. Central Service-ah hian scheduled tribe tan quota tam lem lo tak a awm a, Mizo hi a chuh thei zingah kan tel a, tihtakzeta beih nasat a ngai a ni.

**Ed:** A lawmawm khawp mai. Chhiartu tam tak tan malsawmna a nih kan beisei. Zoram mipuite hnenah thuchah (*sawi*) duh i nei em?

**MP:** Nuten an fate nunah Pathian ropuina a lan

theih nan tanngtaina nen theihtawp chhuahin tan la se ka duh. Chutianga tan an lak theih nan kaihhruaina mumal tak an mamawh. Kristian nute hi an pawimawh em em a, tunlai khawvelah hian Pathian tana inpea huaisen taka harsatna lo awm apiang su tlang thei tura an inbuatsaih a tul. Tanngtai tam a tul a, engtin nge kan mawhphurhna kan hlen chhuah ang tih Pathian rawn chung zela hriata hlen ngei tum a tul.

**Ed:** Kan lawm e. Agape Editorial Board aiawhin duhsakna ka hlan a che.

Muanpuui hi IFS Officer a ni a, ama nihna bakah pawh mi lian fanu a ni chungin intivei lo tak, tute tan pawha biak nuam tak a ni. Amah kal tlanga mi dangten tisa leh thlarauvah malsawmna an dawn zel theih nan te, a hna hnathawhnaa a mawhphurhna rip tak te tluang tak leh tha taka a thawh zel theih nan i tanngtaisak thin ang u.

## HMANGAIHNA IN ṬANPUI NAN SAP RAM KOHHRANIN SUM AN TUAK

– C. Lalrintluangi  
*Bridgend District Project  
South Wales, United Kingdom*

Ni 29 June 2010 (*Thawhlehni zing*)-a kan nupaa Aberystwyth pana kan zin chu Sap ram nipui nawm lai a nih vang mai ni lovin HMANGAIHNA IN committee-a tel tur kan nih vangin nuam ka ti hle mai a. Kan rama mi chanhai zawkte tan leh kohhranhova kan rawngbawlna pawimawh taka kan tel vena leh ṭangkai ve theihna tur a nih avangin ka phur lehzual a. Chu committee-ah chuan Mizo Synod kohhran hmeichhia te project pawimawh tak pakhat HMANGAIHNA IN ṭanpuina tura sum tuak dan tur rel a ni a. Hei hi Presbyterian Church of Wales General Assembly 2010-ah thlen a ni a, chu khawmpui chuan he sum tuak (*fund raising*) hi January 2011-August 2011 chhunga neih turin a remti ta a ni.

He sum tuak dan tur ruahmanna lo awm ta hi kan lawm em em laiin kan in thlahrung ru hle baw k a. A chhan chu a hma kum hnih emaw lekah khan PCW hian Grace Home, Durtlang sak nan pound 50,000 (*pound singnga*) zet min pe tawh baw k si a, a hnu lawkah kan kohhran pakhatin pound 6,000 (*pound sangruk*) zet Neonatology ward, Durtlang atan min pe leh

baw k si a, tuna Hmangaihna In ṭanpuina tur han tuak leh chu an hrin kohhran dangte pawhin min thik ang tih te pawh kan hlau rum rum a.

**He sum tuak lo inṭan dan:** Kum 2008 August thla khan Wales hmar lama nula pakhat Elin Roberts medical student chu a zirlaia ṭul tak (*elective subject*) avangin a ṭhian pakhat nen Synod Hospital, Durtlangah an rawn thawk a. An zirlaia ṭul

ber damdawi in an puih bakah Hmangaihna Inah te pawh an pui bawk a. Elin-i hi Pastor fanu a ni nghe nghe a. Hmangaihna In a hmuh hian phuisui tawk lo a tih bakah tui hnianghnar an nei lo chuan a rilru a khawih em em a. An rama a kir leh chuan chutih laia Mission Board Secretary Rev. David Andrew Jones hnenah a report ta a. Rev. Jones hian thil awmzia te min rawn zawt Chiang a, Durtlangah tui a harsat thu leh an ñanpui theih chuan thil lawmawm tak a nih tur thu kan lo sawi ve bawk a. Hmangaihna Ina thawktu Pi Lalhriatpuii te nen inbe pawpin an mamawh tui zem bakah thil ñul dang puansuk khawl lian leh a tihrona te, thlasika an intihlumna tur meihawl hman ngai tawh lovin central heating te, inawmlemna tur (*toys*) a sawi añangin kan nupain budget kan siam a. Hei hi PCW-ah hriattir lehin hma kan la ñan ta a ni.

**Hma la tute:** He fund raise atana hma laa

mawhphurtute hi Children and Youth department, Coleg-y-Bala (*Pi Teii pawh a lo thawhna ñhin tunah Training centre pakhtah an hman mek*) Rev. Gwyn Rhydderch, Mrs. Nia Williams leh PCW office-a Communication-a thawktu Miss Mari Flur Williams-te an ni a. Tin, **fund raise committee**-ah hian kan nupa bakah Mizorama kal tawh leh kan missionary ñhin Pi Zopari te an ni a. Committee hmasa ber chu nikum May ni 11 chawhnu dar 2-ah phone committee kan nei a, a danglamin hun leh pawisa a hek lova a tih chi phian mai. Hemi hnuah Aberystwyth-ah ñum hnih committee kan nei leh a. Hmangaihna In chanchin leh a lo indin dan te, Zoram Kohhran Hmeichhia te hmalak dan chipchiar takin kan hrilh a. Hemi añang hian Coleg-y-Balaa thawktu Mrs. Nia Williams leh mi dangte nen phone-a inbe pawp zelin Hmangaihna Ina naupangte thlalak Mizoram añanga an rawn thawnte

nen poster mawi tak leh rilru khawih tak siam a ni a. Hemi bakah hian fund raise puala inkhawm an neih huna hman tur lehkhahu te leh Hmangaihna In chanchin kan pain a buatsaih a. Heng hmanruate hi a bika buatsaih lehkha ip lian tak hmangin kohhran tinah 2010 kum tawp lam khan January 2011 aṅga hman ṅan turin an thawn chhuak vek a, a buatsaihtute an fakawm hle mai.

**Sum tuak dan tlangpui:** Kum 2011 a lo inher chhuah chuan Welsh kohhran tinin anmahni remchan danin programme an siam a, an tih dan inang vek lo mah se a tlangpuiin mahni awmna khuaa zaipawl leh zaithiamte sawmin concert an buatsaih a, heng an mi sawmte hian hnuchham ṅanpuina tur a nih hriain zai man an la lo va, luh man te siamin cake leh thingpui an hralh a. Kan enkawl kohhran pakhat Porthcawl aṅang pawhin paho zaipawl mi 60 rual zet kan sawm a, heng mite hi

concert neia ticket pawh man to tak taka hralh ṅin an ni a; mahse, hemi zan hian eng mah sum an beisei lo va, an kal man pawh mahni intumin, mipui lo kal khawm aṅga donation kan hmuh chu Hmangaihna In pual a ni ta a. Pastor bial leh kohhran mal hrang hrangin min sawm kual a, kan nupa leh kan fate nena kan tlawh chang a tam hle a, kan hlimpui ṅin hle. Min sawmna kohhran pakhat Penclawdd kohhranah chuan Biak in luh man puitling tan pound 5, naupang tan pound 3 an la a, programme phek pakhat chauh kha Pound 1 zelin an hralh bakah thingpui leh cake pound khat zelin an hralh a. An khaw chhehvela zaipawl hrang hrang leh naupang zaipawl sawmin, a khawnawtin an ṅang a ni ber mai. Hmangaihna In chanchin leh ṅanpui ṅulna chhante sawi fiah turin interview te min neihpui a, a chhan chu a lo kal tam zawk hi kohhran mi leh kristian pawh ni vek lem lo



an ni a, mi ÷anpui nan chuan an fel hle bawk si, kan ram awmna leh mamawh dan chiang taka sawi fiah a ÷ul ÷hin. ÷hahnem an ngaihzia leh mi ÷anpuina rilru an neih lenzia hmuh hian rilru a khawih em em a, Zoram kohhran hote hmuh ve atan leh tel ve nan kan it ÷hin hle mai.

**Kharna inkhawm:**

Ruahman lawk angin September ni 24 Inrinni chawhnu dar khatah Colegy Bala-ah hman a ni a. PCW Assembly Moderator Rev. Robert O. Roberts (*ani hi Elin-i pa a ni nghe nghe*) hnenah cheque hlan a ni a. Vanneihthlak takin he hun min hmanpui tur hian Mizo Synod Moderator Rev. C. Lalsangliana a lo tel thei hlauh mai a, ani hnenah he cheque hi hlan nghal a ni. Moderator pahnihin cheque an han inhlan hian kan kohhran pahnihten he rawngbawl na kan ngaih pawimawhzia a tilang chiang hle. He inkhawmah hian naupang, ÷halai leh nu leh pa kal khawm kan ni a,

inkhawm pawh chhawng thumin kan hmang a. Inkhawm hmasa berah zaihona leh inhmelhriatna te, Wales leh Mizoram kohhran inlaichin dan te; tin, kohhran hrang hrangte hnen a ÷angin sum an tuak dante kan ngaihthla a, kohhran member tlem leh Sunday School naupang sawm emaw lek neite pawhin ÷hahnemngai taka ÷an an lak dan han hriat chuan rilru a khawih hle mai.

Session hnihnaah chuan group thum, naupang, ÷halai leh puitlingah in ÷hen darh a ni a. Puitling group-ah chuan mi 40 vel zet kan ni a. Heng zingah hian Mizoram kal tawh an awm nual a, Mizoram kohhran an hmuh dan a ÷hain an fak hlawm hle a, kan tlin lohna leh fel lohna tam tak a awm tho si a, kan phu lovin a zahthlak lek lek zawk. Pu Robert-a phei chuan hnuk ulh ÷euhvin a sawi a, rilru a khawih khawp mai.

Hemi zawhah hian Mizo chaw ar buhchiar Mizo nu pathumin kan siam chu kan ei ho ta a, Mizo chaw tem (*a test of Mizo food*) ve an duh si a, a siam awl leh Mizo bera kan ngaih kan siam ve tawp mai a ni. Sapho zawng hnampui an nihna a hriat ðhin, tui ti takin an ei ve liam liam a, a siam dan leh recipe min zawt an awm ve nual. Buh ei hnam kan nih leh Buhfaitham rawngbawlna chanchin hrilhna remchang tak a ni baw.

Session thumnaah chuan Hmangaihna In chanchin leh naupangho thlalak leh an zai ngaihthlak a ni a. Tin, Mizoram Moderator-in lawmthu te sawiin a mawhphurtu zual Rev. Gwyn Rhydderch te, Miss Mari Flur Williams te, Mrs. Nia Williams leh a pasal Rev. Bryn Williams, PCW General Secretary, Rev. Robert Roberts, Moderator leh a fanu Elin hnenah lawmthu sawina thilpek Mizo ipte chei leh stall a hlan baw a. Hlim tak leh kham

lo takin hun chu kan hmang zo ta a, inthlahlel takin tlai dar liah kan inthen darh ta a ni.

Hemi bakah hian Wales ram chhim lama awmte pualin PCW Training Centre pakhat Trefecca-ah he sum tuak kharna hi September ni 28 Nilaini zan dar 7-ah hman a ni a, hei erawh hi chu zan lam a ni baw ken, Bala ai chuan kan tlemin hun pawh kan hmang rei lo zawk a. Moderator Rev. C. Lalsangliana'n a wawi hnihna atan cheque a dawng leh ta a. A vaia kan sum hmuh cheque-a inziak hi 27,200 (*pound singhnih sangsarih leh zahnih*) a ni a, hemi ziah laia tel hman lo pound 1000 (*pound sangkhat*) a awm bakah sum tuak hi kohhran ðhenkhatin an remchan danin an kalpui mek a; chuvangin, pound 30,000 (*pound singthum*) chu kan tlin ngei rin a ni. An budget chu pound singkhat zetin an khum dawn tihna a ni a, an fakawm kher mai.

Aw le, heti taka kan kohhran min hringtuten hnuchham enkawlina min ngaihtuahpui leh an thahnemngaihna hi a ropuiin a lawmawm a, keini pawh kan lawm tak zet a. Tuna PCW Moderator ni lai mek Rev. Robert Roberts hi Hmangaihna In tanpui tul tia thlentu Elin-i pa a ni lehngal a, a inhmeh lehzual. Elin hi tunah chuan Doctor puitling ni tawhin pasal a nei tawh a, Mrs. Elin Evans a ni tawh nghe nghe. Bala-ah hian thu tawi sawina hun siamsak a ni a. Amah pawh hian a report pekin hetiang takin rah tha a chhuah ang tih a suangtuah pha bik kher lo mai thei. Awmze nei taka report a pek hi mi chanhai zawk leh fahrahten lo hmang tangkai ngei se, an pawisa min thawh chhuahsak zawng zawngte hi a hmanna tur dik taka hman ngei a nih kan beisei tlat a ni.

Hmangaihna In chungchangah hian keima mi mal hmuh dan tlem sawi

telin heti taka saphoten sum min peipunsak takah chuan rawt duh te pawh ka nei ve a, tun hi hun remchangah hmang ila a thain ka ring. Kan thawhpui saphote Zoram an lo zina an tlawha an thlalakte ka hmuh thin leh Agape chanchinbua report leh lawmthu sawina bak hi chu he rawngbawlina hi ka tlawh ngai lo va, ka inthiam lo thin khawp mai. Mahse, 'Zoram pumin a buaipui alawm' tiin ka ngaih a tha ve tawp mai a. Tun kum August thlaa kan rawn chawlh laiin tlawhna hun remchang tak ka nei ta hlauh mai a, kan chungkuain kan kal thei nghe nghe a. Thawktu thenkhatin min lo dawngsawng a, naupanghote hmel hmuh a nuamin thawktute pawh an fel hle mai. In chung lama naupang, nausen puak leh pawm ngaiho kan hmuh hnuah a hnuai lama tlema kum upaho zawk hnenah kan kal leh a, anniho chu tlemin an lo leikang deuh tawhin an thil zir, hla leh

chang sawi rual te kan ngaithla a, rilru an khawihin a hlimawm hle mai. Hemi tuma an thlalak leh zai, group zai leh solo kan hawnte hi Bala-ah kan entir a, a thu awmzia te kan hrilhfiaksak a, hmuhnawm an tiin an rilru a khawih hle.

Naupang 30 awmna thin kha naupang 50 awm theihna tura tihlen a lo nih tak avangin nau awmtu leh thawktu dang pawh lak belh an ni ngeiin a rinawm a. Kan tlawh nia khang naupangten kuah leh pawm an chakzia ka hmuh khan naupang lian zawkte bulah khan anmahni kilkawitu awmin an zinga hun tam zawk hman a tulum ang a, zirna sikul tenau deuh Pre-school hial te pawh neihpui a, bul tanpui theih ni se ka va duh em! Nau awmtuho tan pawh a nausen zualho enkawl leh an tana hun sen tam a lo tulum zawk ngei ang a, a teho leh lianho hian enkawltu nei hrang thei se.

Nuho project a nih angin nu hote pawhin hman

changa tlawh naran mai lovin kar khatah nikhat nileng tal a tulum anga puia, naupang lo kilkawipui a, infiampui leh Pathian thu lam hawi lehkhabu te chhiarsaka hun pek ve a tha hle mai. Keimahni kan hman loh pawhin kan fate college leh university an chawlh changa pui tur te pawhin tir thin ila, an hun awl hman thatna a nih bakah rawngbawlna pawimawh taka ni dawn a. Naupangten ngaihsaktu leh kuahtu an ngai em em a, a thawktu leh nau awmtuten an kuah vek seng lo nen, a thawktu pawhin anmahni tlawmngaia pui bawmtu an duh thu min chah a, ka fate pawhin kal leh an chak em em a; mahse, kan chawlh chhung hunin min daih loh avangin kan kal leh thei ta lo va, pawh kan ti hle mai. Entir nan, Pastor bial emaw, kohhran mal emaw pawhin an mission field anga ngaiin luhchilh a hun ta niin ka hria.

Sapho hian naupang hi an ngai pawimawhin an

ngaihsak a, awm khawmna hmunah naupang an tel phawt chuan an inawm lemna tur (*toys*) te, lehkhabu leh rawng cheimawi tur te, an ei leh in turte an ngaihtuah tel thin a. Tuna sum kan tuak pawh hian inawm lemna an nei tlem te, tui, anmahni enkawl faina tur an neih hnianghnar lo te, an thawmhnaw tihro nan meihawl an la hmang thin tih an hriatin an rilru a khawih em em a. A theih phei chuan tun tumah chuan an inawm lemna tur leh infiamna bik tur room te pawh buatsaih theih ni se a lawmawm hle ang. Kan nupaa budget kan siam lain kan lawmin kan phur a; mahse, inthlahrung takin pound 15,000 kan target a, committee-a kan thlenin an mamawh te ngaihtuah hian pound 20,000 ni turin an remti a, kan lawm khawp mai a, sum tuak zawh dawn meuh chuan pound 30,000 (*India pawisain ₹ 21,00,000 chuang zet*) a tling thuak ta mai te hi tunlai sap ram sum leh paia an harsat lai a ni nen

mak kan tiin kan lawm hle mai. Pathian hi fahrahte khawngaihtu leh hmangaihtu a nihzia a lang Chiang hle mai, chu bakah sum tuaktu kohhranhote hian phur tak leh phal takin an pe a, an Hausa bik hauh lo tih i hre nawn fo ang u.

Sum tuaknaa hmalatute hian Mizoram lo zina naupangte rawn hmuh leh kan thalaite rawngbawlina rawn hmuh an chak hle mai a, an zinga hotu ber pakhat Rev. Gwyn Rhydderch, Director, Children and Youth Services, Bala chu KṚP General Conference 2012-a lo tel turin Moderator-in a sawm a, a theih phei chuan a nupui leh thalai pakhat dang nena lo kal an tum nghe nghe a. Hemi tum hian Hmangaihna In rawn tlawh leh naupangte pawh rawn hmuh a duh ngei ang a, hmalakna leh hmasawn-nate pawh lo hmuhpuia lo sawipui ngei turin mawhphurtute pawh ka ngen nghal bawke.

*Hriat zau nan*

## HIV LEH AIDS CHUNGCHANGA CHANNELS OF HOPE MOBILIZATION WORKSHOP

– *Dr. Vanlalhruii*  
*Central Committee Member*

Mizorama Kohhran hrang hrang hruaitute tana buatsaih August 18-20, 2011-a chhunga Mobilization Workshop, Synod Conference Centre-a neihah hian, Pi Laltnanmawii, Chairman, Zoram Hmeichhe Inkhawmpui Lian, Mizoram Synod nen Central Committee aiawhin kan tel ve a. Kan hlawkpui khawp mai.

HIV leh AIDS hi Mizoramah chuan kan hmelhriat tha hle tawh a. Ni tina kan hriat, kan ngaihthlak leh kan khawsakpui loh theih loh a ni tawh tlat mai. Kan hai der leh kan ngaihsak loh poh leh kan tuarin kan dai thuk deuh deuh dawn si a.

He Workshop hmanga thil pawimawh tak kan zir chhuah chu invenna lamah tan lak a ngaihzia leh he natna khirh tak hmachhawn leh ngaihsak kawngah, sawrkar leh tlawmngai pawlte hmalaknain kan ram mamawhna a khawp tawh lo va, Zoram damna thlen hi Kohhranho mawh lian tak a ni tih hi a ni. Zoramah Kohhran tluka mite nuna thu sawi thei leh khawih che zo dang a awm lo. Thiltitheh tak dinhmun luahtu a nih avangin, Kohhran huang chhunga rawngbawlina hrang hrang (Sunday School, Pulpit Sermon, Naupang leh Tleirawl Inkhawm, Nilai Zan Thupui Zir, etc.) te hi HIV leh AIDS chungchanga inhrilh hriat leh inzirtirna atana tangkai ber, thawk chak thei ber leh thawh hlawk thei ber a ni.

### HIV leh AIDS chu eng nge ni?

1. HIV :  
 H- Human (Mihring)  
 I-Immuno deficiency (Natna laka taksa vengtu tlakchhamna)  
 V-Virus (Hrik)

**2. AIDS**

A-Acquired (Neih chawp)

I-Immune (Taksa Vengtu/Natna hrik dotu)

D-Deficiency (Tlakchhamna)

S-Syndrome (Natna chi hrang hrang a ruala lo lang chhuak)

**Zoram dinhmun chu hetiang hi a ni e****NATIONAL AIDS CONTROL PROGRAM  
Mizoram HIV dinhmun October 1990 - June 2011**

Thisen test tawh zat : 1,53,544  
 HIV Positive : 5,896  
 AIDS vanga thi tawh : 223 (Mipa - 144, Hmeichhia-69, Naupang - 10)

<b>Inkaichhawn Dan</b>	<b>Mipa</b>	<b>Hmeichhia</b>	<b>Total</b>
Mipat Hmeichhiatna aṭangin	2,035	1,742	3,777 (64.1%)
Inchui	1,451	273	1,724 (29.2%)
Nu leh naute	10	107	208 (3.5%)
A dang (chiang lo)	111	76	187 (3.2%)
<b>Total</b>	<b>3,607</b>	<b>2,198</b>	<b>5,896</b>

**Age sex proportion of HIV +ve**

<b>Age group</b>	<b>Mipa</b>	<b>Hmeichhia</b>	<b>Total</b>
Kum 14 hnuai	108	115	223 (3.8%)
15-24	827	636	1,463 (24.8%)
25-34	1,599	862	2,461 (41.7%)
35-49	1,041	537	1,578 (26.8%)
50 & above	123	47	170 (2.9%)
Chiang lo	0	1	1
<b>Total</b>	<b>3,698</b>	<b>2,198</b>	<b>5,896</b>

Sap ṭawnga Workshop kan tih hi mi eng emaw zat rualin Project pawimawh bik tak neia, thil ṭha leh ṭangkai thawk chhuak tura a thawh hona leh zir hona an neih sawina a ni. HIV leh AIDS Workshop, World Vision hnuai CARE-in a

buatsaih pawh hi programme ruahmanna fel thlarh mai, awmze nei tak, a kailawn duan sa inthlung chho thlap mai a ni a. Hun khawh ral mai mai a awm lo. Zirna hmanrua kan hnianghnar a, kan thlu mai mai hman lo va, kan ka pawh a awl hek lo – sweet duh tawka hmuam tur min chhawp miao si a. Min kaihruaitu leh a telte zawng zawng inpawh takin kan thawk ho va, boruak a zangkhai a, rilru leh thinlung inhawng leh thatho takin ni thum chung Workshop hun kan hmang. Kan ngaih dan do tak tak zir tur pawh min chhawp chhuahsak a, inhniaalna tur pawh a tam. A tawpkhawka kan thinlung sak tituiraltu leh mittui titlatu chu HIV+ ngei hmeichhe naupangtein a awka ngeia a chanchin min hrilh leh, HIV+ zinga inpe zo taka thawktu Medical Doctor rawngbawlina report kan ngaihthlakte chu a ni.

HIV leh AIDS chungchangah hian, tu pawhin hriat tur, zir tur, zawm tur, fimkhur tur leh tih tur kan nei tak zet mai. Tawngkam bungrua hman ringawt chungchangah pawh kan fimkhur a lo ngai hle mai. HIV leh AIDS hi kan kawtkaiyah a rawn inhung mai pawh ni lovin, kan in chhung min luhchilh tawh. Chuvangin, invenna tha tak pakhat chu zir chian leh hriat chian hi a ni lo maw?

HIV hrik taksaa a lo luh hian thisen exam-na atanga finfiah theih mai a ni lo. Thla 3-6 emaw hnuah HIV pai a ni tih finfiah a ni chauh. HIV a pai chuan zawi zawiin a taksaa taksa veng khawl a lo chhe tual tual a, taksa chu vengtu nei lovin a lo awm ta a. Chutih hunah chuan, tun hmaa taksa natna thlen thei lotu thleng pawhin, taksa ei chhe thei an lo ni ta a. Taksa veng khawl chhe tawh leh natna chi hrang hrangin taksa a rawn bawh buai hun a lo thlen hunah, chu mi chu AIDS vei a lo ni ta a ni. A hma zawnga HIV+ kha AIDS vei a lo ni ta a ni.

HIV leh AIDS sawi nana kan tawngkam hman thinte pawh hi kan hman dik leh fimkhur a tha hle ang. Kan tawngkam bungraw lekin kan rilru sukthlek a hril a, a tha leh hawihhawm hman thiamin thawh hona leh tan rualna tha a hring chhuak ang. Heng thu te hi lo chik ve teh, i hman thin



leh i hman duh zawkin i rilru put zia chu a hril Chiang hle ang.

- |  |   |
|--|---|
| 1. Sual leh thiam chang thei loho        | Chak lo leh tlu sual thei vek kan ni                          |
| 2. Nun suattu natna                      | Nunna tana hlauhawm tak, mahse, eng emaw hmanga enkawl theih. |
| 3. AIDS hripui                           | HIV hri leng  |
| 4. AIDS kai                              | HIV kaichhawng  |
| 5. Nun duhdah                            | Kawppui tam tak nei   |
| 6. Tihdam theih loh natna                | Thihna thlen thei natna hlauhawm                              |
| 7. AIDS kai darh                         | HIV kai darh  |
| 8. AIDS do hna                           | HIV kaite ngaihsak  |
| 9. HIV kai awlsam thei rual khat (Group) | Khawsak leh nun dan zir loh vanga kai awlsam mi.              |
| 10. HIV/AIDS                             | AIDS vei tawh a nih loh chuan, HIV+ a ni                      |
| 11. Derthawng bik rual khat (Group)      | Derthawng vek   |
| 12. AIDS fahrah                          | Fahrah leh naupang dinhmun derthawng, AIDS vanga fahrahte     |
| 13. AIDS Test                            | HIV Test  |
| 14. AIDS kai chhawn hlauthawnaawm dan    | HIV kai chhawn hlauthawnaawm dan                              |



***Ei siam dan*****AR PUM KAN (Bolivian Stuffed Chicken)****Telh turte**

Ar	: Pum khat, kg. 2 vel
Purun var	: Mal thum vel, chhut sawm
Vawksa chhum hmin	: 225g/pava khat
Hmarcha dip	: Duh thak dan azir
Chaw hmin sa	: Kuttum tiat vel
Purun sen	: Pum khat, chan nawi
Tomato sauce	: Thirfian lian thum
Grape rep	: Vei khat vel
Badam kan hmui	: Vei khat vel (den sawm)
Butter or oil	: Thirfian lian hnih
Chi	: A al tawk

**A siam dan**

1. Purun var den sawm chuan ar pawn lam leh chhung lamte ngun takin chulh tur a ni.
2. Butter emaw, oil emaw tel lovin telh tur dang zawng hi chawhpawlha, ar kawchhungah thuna, a thunna lai chu thui phui a tha.
3. Ar chu thirkuta chhun kuak deuh a tha.
4. Gas thukah 180°C/350°F emawa ura, oil kha leih zeuh zeuh va, darkar hnih vel ur tur a ni.
5. Oven neih loh chuan belah tel daha, a sat deuhvah ar chu thlaka, a sen rual thap thleng telah chhuan tur a ni. Chumi zawhah tui tlem tlem leiha, chhuan hmin tur a ni.

***Kan Hruaitute Chanchin*****C. VANLALHMUAKI, COM. MEMBER**

C. Vanlalhmuaki hi Pu Dengphunga (L) leh Pi Thangnasai-te fa 9 zinga a mi lai ni turin W. Phailengah a lo piang a. Kum 1973 November ni 12-ah C. Zarzoliana (VFA), Thuampui nen innein fapa 2 leh fanu 3 an nei. A fanu 1 chuan a tet laiin a boralsan tawh a, tunah Thuampui vengah an khawsa mek a ni.



Eizawna lamah chuan vawk te an vulh a, dawr te an siam ve a. Rawngbawl na lamah chuan Senior Dept. a luh aṭangin naupang Sunday School-ah zirtirtuah ṭang nghalin, hemi kum vek hian Chhippui Pastor Bial Kohhran Hmeichhe Secretary-ah thlan tlin a ni a, hemi kum vek hian Pathianah lawmna changin, taksa chetna te pawh chang nghalin a phak ang tawkin Pathian rawngbawl hna a thawk ve ṭhin a ni. Sawikhawm a lo ni a, Chhippui Bial chu W. Phaileng Bial tih a lo ni ta a, la thawk zui zelin tualchhungah Chairman leh Secretary hna a chelh a ni. Heng a hna hi a nulat chhung zawngin a thawk a ni.

Kum 1969-1970-ah khan Synod Home Mission hnuai ah Tuikuk zingah a lo thawk ve tawh bawk.

Kum 1983-ah Thuampui Vengah an awm a. Kum 1986 aṭangin Committee-ah tel vein kum 1990-ah Secretary-ah thlan a ni a. Asst. Secretary te, Chairman te, Vice Chairman te a chelh a. Bialah Fin. Secretary, Treasurer leh Vice Chairman te a chelh a, tun thlengin committee-ah a la awm a ni. Kum 2009 aṭangin Central Committee-ah a lut a, tunah hian a term hnihna a hman mek.

A Bible chang duh zawng chu Luka 24:29-31; Johana 4:21-24; Sam 103:1-5 leh 115:8-9 a ni a. A hla duh ber chu KHB No. 464 a ni. He hla hi a lusun mangan laia Pathianin a pek niin a thlamuanna a ni. Engkimah Pathiana innghat tlat mi a ni. Lehkha zir zawm aiin Pathian rawngbawla kal a thlang a, vawiin thleng hian a la inchnir lo a ni.



**Muanpuii Saiawi, IFS kawmna**

*phek 6-na*

*Muanpuii Saiawi hi South Korea-ah India ram  
aiawha IFS Officer-a awm a nih avangin India  
hnam incheia inchei a tul thin a, Sari hi a kaih thin  
a ni. - Ed.*



To,

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Published by Rev. Lazuithanga,  
Aizawl - Mizoram  
On behalf of Agape Association.  
Printed at Synod Press  
Mission Veng, Aizawl - 796001  
Copies - 34,000

[www.MIZORAMSYNOD.org](http://www.MIZORAMSYNOD.org)