

Estd 1986

# AGAPE

Vol. XXX No. 281

NOVEMBER 2015



**Ṭan lâk thar a ngai**

Phek 2-na

**Pathian thil thlan - Tuarna**

Phek 7-na

Kristian Chhungkua ♦ Sermon ♦ Article ♦ Hriselna huang ♦ Ei siam dan ♦ Hriatzauna

Lak man : Kum khatah ₹ 60.00  
Copy khat ₹ 5.00

### EDITORIAL BOARD

*Editor* : Lalfakmawii  
*Joint Editors* : Sailuti  
R. Rengkhumi  
*Circulation Manager* : H. Lalpianthangi  
*Member-te* : 1. Denghmingliani  
2. B. Bualchumi  
3. Lalmuanzuali  
4. Lalfeli  
5. Rev. K. Lalpiangthara  
*Publisher* : Rev. Lalramliana Pachuau  
*Agape Phone No.* : 0389-2326372  
*email* : 0389-2301824 (Heng number-ah hian  
agapechanchinbu@gmail.com office hun chhungin  
0389-2322285 biak theih a ni.)

### A chungu thu awmte

- |   |   |    |
|---|---|----|
| 1. Editorial  | - | 1  |
| 2. <b>Kristian chungkua</b> : Tan lak thar a ngai             | - | 2  |
| 3. <b>Sermon</b> : Pathian thil thlan - Tuarna                | - | 7  |
| 4. Kraws Pathian thiltitheihna                                | - | 11 |
| 5. Zosap Pi Teii khan hmu ve se ka ti                         | - | 14 |
| 6. Thlanmualah ka kal a                                       | - | 16 |
| 7. Women Centre hawn a ni ta                                  | - | 20 |
| 8. <b>Hriatzauna</b> : Food Posoning                          | - | 26 |
| 9. <b>Hriselna huang</b> : Nu naupai laia hriat tur           | - | 29 |
| 10. <b>Ei siam dan</b> : Badam Celery Chutney & Allu Fritters | - | 30 |
| 11. Hruaitute chanchin  | - | 31 |
| 12. Hriat atan  | - | 32 |

*Editorial***INRENCEM**

Lal Isua Krista piancham Krismas kan lo hnaih leh ta hle mai. Hlim tak leh dam tlanga taka hmang vek turin duhsakna kan inhlan a. Kan hlimna leh kan lawmna pawh he khawvel thilah ni lovin Lalpa danah a nih theuh kan beisei.

Krismas hi kan hunpui ber, kan ur leh kan nghahhlelh em em a ni a. He hun hi chhung tinte sum leh paia kan insenso hun leh kan inhawn hun tak pawh a ni thin. Kan tu leh fate duh zawng leh chakkhai kan lam nasat lai a ni a; chuvangin, hengah hian fimkhur leh uluk deuh zawka inngaihtuah chung a sum leh pai kan hman pawh a tul awm e. Kan mamawh leh kan tana tul thliar thiam a tha a ni.

Mizo zingah hian hausa leh nei deuchte chu eng emaw zat awm tawh mah se, a mimir hi chu kan la pachhe viau va. Chutih lain a khawsa thei deuchte aiin a rethei deuchte hi kan la inren thiam lo zawk em maw tih tur a ni. Kan mamawh loh leh kan khawsakna atana tul lem lo, kan hmuha duh chawpte kan lei mai thin a. Hengah hian sum tam tak kan khawh ral phah thin a. Thenkhat chuan a baa thil lei leh instalment-a lak te kan ching a. Hei hian kan khawsakna nasa takin a nghawng buai thei a ni.

Hlawh nei lote pawhin a awm sa kan ren hi hlawh kan neih theih dan a ni tih hria ila. Tul lova sum khawh ral hi Bible min zirtir dan nen a inkalh a ni. A tlaran zawnga khawsak hi a pawh hle. Tul bik thil a nih loh chuan sum indaih loh reng mai te hi thil zahthak a ni. Kan Bible chuan puar leh fanna ni si lova sum leh tha sen vak vak hi tha a ti lo a ni.

*Kristian Chhungkua*

## ṬAN LAK THAR A NGAİ

(Rom 13:11-14; 2 Kor 6:1,2)

- *Upa R. Dengzikpuia  
Maubawk, Aizawl*

Kum tawp dawn lama ‘Ṭan lak thar a ngai’ tih han sawi chu inhmeh lo ti kan awm mai thei. Thil ṭha tih nan hun lo a awm lo va, thil sual tih nan eng hun mah ṭha a awm hek lo. Krista thisen avanga nun thar kan neih tawh hnu pawha ṭan lak thar a ngaihzia kan zir ho dawn a ni.

**1. Pa hovin ṭan lak thar a hun :** Chhungkhat pa ber mawhphurhna leh a tih tur chu kan hre tlangpui awm e. Chhungkhat pa nih hi a ropui a, eng emaw ti zawng tak pheh chuan a nuam a, a hlu a ni. Juda paho pheh chuan an zing thawh hlim apiangin, Pathianin hmeichhiaa a siam loh avangin lawm thu an sawi ṭhin an ti.

Paho hi Pathianin duh taka a siam kan nih avangin kan hlu a, siam sual palh kan ni lo. Mawl leh tling lo leh tlak lo lutuka kan inngaih hian mi fak kan hlauh lo va, min siamtu Pathian pawl kan sawi zawk a ni. Tih dawklak ṭha lo kan neih hi kan pianpui

zia a ni lo va, mahni inthunun lohna avanga ti kan ni a, khua reiah chin dawklakah kan nei mai ṭhin. Vawiina kan chin dawklak ṭha lo, kan nun-phunga bet tlat tawh hi kalsana ṭan lak thar a ngai a ni.

Mihring sualna hrem nan Pathianin tui a lettir dawn a. Nova (*mi fel, Pathian nena leng dun*) hnenah lawng tuk turin a hriattir. Chu lawngah chuan a nupui, mo leh a fate, sa tin a tuak ṭheuhvin an leng tur a ni (Gen 6:22). Nova hi chhungkhat pa a ni a, Pathianin mawhphurhna a pek chu mahni insitna tel miah lovin a hlen chhuak a, a fate bakah a mote nen boralna tur lakah a chhanhim tih kan hria.

Nova lawng tuknaah hian an nu pawh a tel ve mai thei; mahse, Nova hi chhungkhat pa a ni a, chhungkaw mawh phurtu ber a nih avangin chawimawiin a awm a, Pathian thu awih lovin a chhungte nen tuiah tla hlum vek pawh ni se, Nova tho hi hnung khirh tur chu a ni ang. Kan fate, kan mote leh kan tute thlarau boral tur chhanchhuah nan chhungkhat paten tan lak thar a hun takzet a ni.

Pathian meuh pawhin a fak, a fate tana Joban rawng a bawl dan hi a ropui ngawt mai. Mi hausa tak a ni tih kan hria, chuti chungin zing takah a tho va, *‘Ka fapate hian thil an lo tisualin Pathian an lo sawichhia a ni mahna’* tiin a fate hming kimin halral inthawi a hlan thin. Joba chuan hetiang hian a ti thin tih kan hmu (Joba 1:5). Halral inthawina tur buatsaih hautak dan chu, tunlai tanngin ‘sum tam tak a ngai’ ti ila a dik mai awm e. Joba, pa hausa leh fel siin a fate tana a sen natsatzia hi kan zir thar a tul

hle mai. Joba hian a fate thil tihsual a hria pawh a ni lo va, Pathian an sawichhiat pawh a hre baw lo. ‘A ni mahna’ tih thu-ah a fate tan Pathian a au thin a ni. Fate tana Pathian hnena soal thupha chawi ngam leh fate tana ngaihdam dil tura chhungkhat pa kan chet chhuah a hun ta. Kan faten Pathian chhandamna an chan theih nan chhungkhat paten tan lak thar a hun tawh a ni.

## 2. Nu hovin tan lak thar a ngai :

Nu dinhmun pawimawhzia sawi tam a ngai lo. *“Kei zawng ka mawl, ka tlin ve lo, ka phak ve lo, fa enkawl hi ka thiam ve lo,”* kan ti. Tuna i awm dan tur ang khan Pathianin a siam che a, mawl leh ti ve thei lo turin Pathianin chanvo a pe lo che. Lei leh van siamtu hian tuna i nihna kha a tana tha ber tura a tih a ni a; a theihtawp a chhuah a, a tih theih sang ber chu nangmahah khan a hlen chhuak tawh zawk a, chu chu pawm mai tur a ni. Chu dinhmun atang chuan alawm i beih dawn.

Pasalte rawngbawlsak kawngah nuin tan lak thar a hun ta hle mai. Sari khan a pasal Abrahamana angin kohna a dawn kan hre lo. A pasal a tawiawm mai a ni lo, a zui tlat a, hrehawm a tuarpui a, harsatna a hmachhawnpui a, a thu a awih em em a ni. Pasalte chak lohna leh an fel lohna su kiang turin an nupuite aia tling zo Pathianin a siam chuang lo. Pathian thil siam dan mak tak mai chu hmeichhiain mipa hneh theihna thuruk an nei hi a ni a, he thiltihtheihna hi nuin Pathian tanpuina nena a hman phawt chuan chhungkhat pa tlabal an awm thei lo. Chhungkhat pa sukthlek leh nunphung tam zawk hi chhungkhat nu hlimthla a tih theih awm e. Chuvangin, nuten kan pasalte tan tan i la thar teh ang u. Pathian malsawmna dawng tur chuan pasalte tan kawhmuhtu leh zuitu nih a pawimawh a ni.

Fate Pathian hnena hlan ngam nu kan mamawh. Fa nei thei lo Hani chuan Pathian hnenah fa a dil a, “Aw,

*Sipaihote LALPA, i bawihnu tlawmzia hi min hriatsak takmeuhva, min hriat renga, i bawihnu hi min theihngihl lohva, i bawihnu hi fapa i pek chuan, a dam chhung zawng LALPA ka pe ve thung ang a, a lu pawh meh reng reng a ni lo vang,” tiin (1 Sam 1:11). A dil angin Pathianin fapa Samuela a pe. Hani hian a fa a hlan satliah ngawt lo va, a fapa chu a dam chhung zawng Pathian rawngbawl turin a hlan a, chu mai a ni lo, “A lu pawh meh a ni lo vang,” a ti. Lal ropui ni tura Hani’n Samuela a enkawl dan tur hi ngaihtuah tham tling tak a ni. Amah mai chuan a enkawl lo tih a chiang, Pathian rawngbawl turin a hlan tawp mai a, Pathianin a pui a ni.*

Nuho zingah fate Pathian rawngbawl tura hlan ngam eng zat tak awm ang i maw? Kan fate hian lehkha thiam se, hna lian leh zahawm thawk ve se, tiin Pathian hi kan duhthusam ti turin kan sawm chauh te hi a ni mai ang tih a hlauhawm ta.

**3. Tunlai hian :** Aizawl veng pakhata PHE Zonal Tank sak mek chu PHE Minister leh khawtlang hruaituten an tlawh a. Minister-in hna chak loh chhan a zawhin an work supervisor chuan hlawhfa tur a hmuh zawh loh thuin a chhang. Hlain, *'Khaw nge thawktute?'* a tih ang mai kha a ni. Hei hi TV local news-a ka ngaihthlak a ni a, zahthlak ka ti hle a ni. Hna thawk tur kan hmuh zawh loh laiin awm mai mai kan kawlfur hlawm si. Chung aia mak chu hei hi a ni – kumin (2015) January-June thla chhung khan kan ramah mahni intihlum 52 an awm (*Didakhe Vol. XLIV No. 4 July-August, 2015*). Mahni nupui/pasal thah thuthang kan hrefo bawk. Pawngsual leh insuam thu hriat tur a awm leh thin. Sual a ngampa a, tisuatu thiam loh kan chantir thuai bawk. Chu mai a ni lo, Pathian awm ring lote nen chawhlui kil ho kan awm ta a ni awm e. Kan lo changkangin kan fing deuh deuh va, hmanrua leh chet velna a changkang tial tial a,

chutih rualin Setana pawhin hmanrua a neih belh ve zel bawk a. Hetiang nun hian nu leh pate hi min tuam zel dawn a, a zual telh telh dawn ni pawhin a lang. Chakna thar kan mamawh tulh tulh dawn a, min puitu tur kan mamawh tual tual dawn.

**4. Tlangkawmna :** Sualin a tihbuaite hi kan pasalte, kan nupuite, kan fate an ni. Anni enkawl tur hian nu leh pate lo chu Pathianin mi dang a dah si lo. Beidawng lova a fate leh a mote lenna tur Novan lawng a tuk tlah tlahva, chhungkaw mang vekna turah a chhungte a chhanhim ang khan chhungkhat pa leh chhungkhat nute hian kan fate himna turin tan i la thar sauh sauh teh ang u. Nu khawngaihthlak Hani chuan a fa chu Pathian hnenah a hlan a. Pathian tan a fa chu a enkawl sei lian ang khan kan fate hi Pathian tan hlan ngam ila, سوالنا لاکھا ا نهیو Pathianin a venghim dawn a ni. Tunlai thil awmzia hriaa thawhharh a hun thu leh inthlahdah a hun tawh lohzia kan hria (Rom 13:11-14), he

hna hautak tak thawk tur hian  
tun hi hun lawmawm,  
chhandamna ni a ni tih i hre  
thar leh teh ang u.

*Lalpa chuan a kotu zawng  
zawngte chu a hnaih thin a.*

*Tihtakzeta amah kotu zawng  
zawngte chu.*

*Amah thitute duh chu a  
hlawhtlintir ang a;*

*An au thawm a hria ang a,  
anni chu a chhandam ang'  
(Sam 145:18,19).*

Lalpa'n malsawm rawh se.

Amen.



### CHHANG SIAMTU LEH BUTTER ZUARTU

Khaw te tak teah hian chhang siamtu leh lo neitu an awm a. Chhang siamtu chuan lo neitu butter chu a leisak thin a, lo neitu chuan chhang siamtu chhangte chu a leisak ve bawk a, inngeih takin an khawsa ho va. Vawi khat chu chhang siamtu chuan a butter lei chu a buk tha leh a, a buk a tling lo tih a hriat chuan a thinrim hle a. Chhang siamtu chuan lo neitu chu, "A butter buk tling lovin a zuar a, a man ngai tho a chhiar si," tiin a hek a.

Court-ah an kal ta a. Judge chuan an thubuai chungchang a ngaihthlak hnu chuan lo neitu chu a bukna te a dik leh dik loh en dik turin court-ah chuan rawn la turin a ti a. Lo neitu chuan bukna a neih loh thu a sawi a. Judge chuan mak ti takin, "Engtin nge bukna nei lovin i butter hralh tur chu i teh?" a ti a. Lo neitu chuan, "Chhang siamtu hian butter a rawn lei thin avangin a chhang siam hi ka lei ve thin a. A chhang pound 1-a rit hi butter rih zawng teh nan chuan ka hmang ve mai a ni. Butter rih zawng hi a dik loh chuan mi dang dem tur an awm lo, amah hi mawhphurtu chu a ni mai," a ti a. Chhang siamtu chu zak tak leh hrilhhai takin a kal sawn ta a ni.

(Source : Darthlalang)



*Sermon***PATHIAN THIL THLAN – TUARNA***(Isaia 53:2-5)**- Upa C. Lalbiakluanga**Kulikawn*

Kan thupui **Pathian thil thlan – tuarna** tih hi Engkimtithei Pathian thil thlan a nih avangin a mak a ni. Van rorelna chuan mihringte suala kan tang chhanchhuak turin hmanrua, ralthuam, thiltihtheihna atana a thlan chu tuarna zuk ni tlat a. Mihringte hian kan hlauh ber leh kan duh loh ber chu tuar hi a ni a. Dam tein awm ila, nghei lo ila, harsatna tawk lo ila, tih hi kan duhthusam a ni fo va. Kar hlaa chhungkhatte kan inbiak chang pawhin, “Ka pi, ka pu a dam em? In dam lai a ni em?” tih te hi mihring rilrua lo awm, tawngka chhuak hmasa a ni thin.

**Mihring duh chu :** Mihringte hi chuan tuar kan hlau va, mawi loh kan hlau va, kan thil hlauh ber chu tuar a ni. Chumi letling thawk, Pathian thil thlan chu tuar hi a ni si. Mihringte hi mahni inhmangaih tlat, mi dangte aia inngai pawimawh, chungnun zawk chak, lansarh chak, lar chak, mite chawimawi nih chak, mahni indah pawimawh hmasa ber thin kan ni. Chu chu mihring mizia tlangpui chu a ni. Sualah kan ngai emaw, ngai lo emaw,

mihring zia a ni tlat alawm. Sum kan mamawh a, thahnemngai takin hna kan thawk a, kan thawh chhuah mi rethei zawkte han pek ve te chu mihring tan chuan harsa tak a ni zel mai. Tuar aiin tuar lova awm kan thlang zel a ni.

**Pathian thil thlan chu :** Pathian chuan min chhandam turin eng hmanrua pawh a hmang thei ang tih ring ila. Mahse, engati nge tuarna chhe ber, mualphona leh zahna vawrtawp, hmuhsitna

chhe ber, thil zahthlak tinreng tuara tlawm ral thaka, saruak, zangphara thihna zahthlak tak chu a rawn thlan tlat si le! Chungnung zawk nih kan tum reng laia Isuan hnuaihning zawk nih a thlang tlat si hi a mak a ni.

Isua pian hma daiha Zawlnei Isaian Isua dinhmun tur a sawi hi a mak hle. Pathian Fapa ni mah sela, “Pianhmang thātna leh hmeh mawina reng reng a nei lo,” a ti tawp mai a ni. Amah kan hmuha amah kan duhna turin mawina reng reng a awm lo, mihringte hmuhsit leh duh lohvin a awm. A lungngai fo va, natna a tuar reng a, miten an hmai an huhsan ang hi a ni. Hmai huhsan awmzia chu – biak pawh kan chak loh kan mi ngei zawng leh huat zawng, an hmeh pawh kan hmuh peih loh, kawnga kan tawh dawn pawha khaw dang kan hawisan hram ang mite hi an ni tlat mai. Mi bum ching, dawt mi hrilh ching, zu man

min dil ching, pan hnaiin a bawm reng, thenawm atan pawha kan duh loh tihna a ni. Chutiang tak chu Pathian Fapa chungba bel a ni a. Pathian thil thlan hi a va mak tehlu em!

**A vuakna vual :** Isaia bung 53:5-ah hian a vuakna vualtea tihdam kan nih thu a sawi a. Pathian thil thlan zel a ni. Kan damna tur hian Pathian tan thiltihtheihna hman tur dang a tam lutuk. Isua ban chak tak te, a aw mawi leh thiltitheih tak te, chung lama a pa ropuina, Pathian tawtawrawt rite pawh a duh chuan hmang thei a ni. Mahse, a vuakna vual lai tak, a chak lohna, hmehmaten an diriama, an hmuhsita, an vuakna vual lai tak kha thlangin damna min puansak a ni. Kan chak loh hi Lalpan a phal a, kan tuar hi a phal a, thihna thlan thim kan thlen pawh a phal.

**Chak lohna hi Isua ta a ni :** Natna benvawn kan neih te, lungngaihna te, harsatna te, mi min hmuhsitna nia ka hriat phurrit zawng zawngte hi Isuan a lo tuar vek tawh a, ka

tawrh ve hi a phal khawp mai. Thenkhat chu kan tih loh tur kan tih avangin tisa tak pawhin kan tuar a ni. Nu pakhat chu a ka chung a cancer tlat mai. An pa chuan, “A sahdah hmuam vang tih hi ka hre Chiang khawp mai,” a ti. Mahse, an vui lo va, an pa pawh chuan a hmuam reng tho a ni. A tih loh tur a tih avangin a tuar. Chutih laiin thenkhat leh chu zuk leh hmuam lama insum thei takte pawhin natna tha lo tak an tuar tho va. Mi tha, mi felte tawrhna hi a chhan zawng dawn ila hrilhfiah thiam a har hle ang. Tawrhna khawvelah hian Isuan tuarnain min rawn zawng a, kan phurrit hi min phurhpui a ni. A thisen thianghlim avanga kan chan tur ropui tak hi min hriatsak chian em avangin, he lui kama kan tawrh rih hi a phal mai a lo ni.

Akana chu a thil tihsual avangin lungin an deng hlum a, Stephana chu Isua ringtu a nih avangin lungin an deng hlum thung a, lunga den hlum

theuh theuh pawh an inang lo. Tisaa tuar theuh theuh hi kan tawrh chhan a inan dawn loh avangin kan thiltih kan chhut chian erawh chu a pawimawh hle. Juda-te chuan natna leh tuarna reng reng hi thil tihsual vangah an ngai vek a. Lal Isuan pian tirh ata mitdel kha, “A nu leh a pain emaw thil an tihsual lo, Pathian ropuina a lanna tur a ni,” a ti. Chutih laiin thenkhat chu, “Kal la, tihsual leh tawh suh,” a ti thung a, tihsual avanga tuar hi kan awm a ni mai thei. Chutih laiin a chhan hriat hauh lohva tuarte kan awm a, mahni kan inhre Chiang ber ang. A tha ber chu Lalpa duh zawnga tuar hi a ni. Akana tuar anga tuar ai chuan Stephana tuar anga tuar chu i thlang ang u.

### **Hrehawm tam tak tuarin Pathian ramah kan lut**

**dawn :** Josefa chu a uten Ismael khualzin hnenah an hralh a, Aigupta ramah Potiphara hnenah an hralh a. Potiphara nupuiin a thlem a; mahse, a duh lo. Dikna

avangin lung inah khung a ni. Lung inah pawh kum thum lai a tang a, a rei lutuk deuh va, a khawngaihthlak hle mai. Pathian hian a lama țang tlat, amah țıtu hi engati nge kum thum lai lung inah a tantir mai le! Mahse maw, tuarna hi Pathian thil thlan a ni tlat. Potifara ina chhiahhlawh nih reng ai chuan Pharaoa sawrkar ropui tak hnuaia Supply Minister ni tura Pathian thil thlan a lo ni reng mai a ni. Ringtu nunah hian awlsam taka kaisan theih a ni lo, a man pek a ngai zel. He leia Lalpa tan hrehawmna leh tuara kraws kan put hi kan lallukhum timawitu tur a nih tlat avangin Lalpan min duhsak zawk țhin a lo ni. Thil țha leh dik kan tih avanga tuar te hi Pathian thil thlan chu a ni si a.

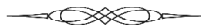
Kan fate سوالنا chung-changah pawh mi tam tak chu kan beidawng lek lek țhin.

Enkawl dan thuhmun țheuhvah pawh a سوال bik leh a fel bik an awm tlat țhin hi mak tak a ni. Pathian thu tiam fa, Isaaka ngei pawh khan fapa țha leh fapa țha lo a nei tlat mai. Eng nge maw a tihsual le? Rom bung kuaah, “Jakoba ka hmangaih a, Esauva erawh chu ka hua,” tih ziak hi zu han awm a! Nu leh pa țha ngei pawh hian fa سوال an hring tlat mai hi tawrhna khawvel tilang chiangtu a va ni em!

Thenkhat chuan natna rapthlak, cancer tih te hi hlauhawm hlein kan hre țhin. Heng kan tawrhna zawng zawng hi Pathian hriatpui phak loh a awm lo. Pathian ringa chhel taka tuar turin Pathianin min duh a ni.

*Lungngaihna rama rumna zawng hi,*

*Ka Lalpa hmaa lawmna hla tur.*



Tihrehawma ka awm hma khan ka vak bo țhin a;  
Tunah erawh chuan i thu ka zawm ta. (Sam 119:67)

**KRAWS – PATHIAN THILTIHTHEIHNA***(1 Kor 1:18-19)**– P.C. Lalchhandama  
Zemabawk*

He lai thu tawi te, sawi hlawh tak mai hi ka rilrua a awm ve tlat avangin han thai lan ve ka duh a; amaherawhchu, kan ziak seng dawn hauh lo va, a kil khat chauh hi kan thlur bing deuh mai a ni ang chu.

Kan hriat theuh angin, Pathianin min hmangaih em avangin kan ram dung leh vang a fang mek a, Thlarau Thianghlim pawlna leh harh tharna ropui tak kan chang a. Hei hi thil awm zen zen lo leh kan duh avang leh kan duh hun huna kan chan theih loh thil, van lam programme a ni a.

Hlut nachang hria ila, lawm nachang pawh hria ila, duat taka chhawm nungtu nih i tum tlat teh ang u. Chuti lo chu, fan lai hre lo Jerusalem ang khan tuarnain min zui palh hlauh dah ang e (Lk 19:43,44). Hetiang taka harhna kan chan mek lai hian – Thlarau Thianghlim hian min hruai tum dan a nei a, chu chu ‘Thutaka min hruai luh’ hi a tum ber a ni. Thutak chu eng nge? Kan hriat theuh angin thutak chu Lal Isua chanchin hi a ni (Jh 16:13).

Awle, he thu ka ziah lai hian ka rilruah Daniela bung

thum thua Hebrai tlangval pathum – Sadraka te, Mesaka te, Abednegoa te kha an lo lang a. Anni kha chu thutaka an din tlat avangin, lal thupek tidanglamin an taksa an hlan ngam a, chumi chuan thil ropui tak rah chhuah a nei a. Kan chhinchhiah atana kan duh chu –

1. Meipui rapthlak tak chhungah mi pathum kha an paih lut a, a palina Pathian Fapain a rawn belh a ni.

2. Ringlomiten Pathian nung a awm a ni tih an hriat phah a, an biak Pathian chu

milem betute ram chhung pum puiah a hming sawichhia apiang sah sawm leh, an in leh lo pawh hnawmhawka siam a ni ang tih thupek an lalin a chhuah hial a ni.

He lai thu hian ‘Kraws – Pathian thiltihtheihna’ a nihzia hi a tehkhin fiah ngawt mai. Mi zawng zawng rangkachak milim hmaah an kun dual dual laiin, anni chu an nunna pawh thlahlel thei lovin thutakah an ding tlang a, rawh tuina meipui sa tak hlauhawmnain a titim lo va, an vanglai nun hlu tak chu an vui liam ta. A va ropui em!

Unau duh tak, han ngaihtuah Chiang mah teh, laina hnai leh thenrual thate pawh an nei ve ngeiin a rinawm a. Chungte chuan engtin tak ngai ang maw? A then chuan – “Aw...ti tak tak lo pawhin han kun ve zawk mai se, milim chibai buk mai mai te chu mi zawng zawng tih a ni a. A va han atthlak em!” an tih ka ring thin. Tunlai khawvel – sual insawimawisiakna khawvel

leh sual khawi ngamna khawvelah hian ‘mite pawhin an ti ve tho alawm’ tia mahni hmasial taka rangkachak milim hmaa kun ve mai hi thil awl tak a va ni em! Kan Lal Isuan, “Tu pawhin min zui a duh chuan mahni hrehawm pawisa lovin, a kraws puin mi zui rawh se; tu pawh a nun humhim duh apiangin a chan ang a, keimah leh Chanchin Tha avanga a nun chan apiangin a humhim ang,” a ti. Unau duh tak, kan phak tawka Pathian hmangaih ve kan tum mek lai hian he khawvel dan hian min va tibuai thin em tiraw?

Keini chuan kan thiam thu kan sawi duh a, mahni kan inkhawngaih thin a, lan mawi leh hmingthat kan duh thin a. Chu chuan kan hmangaih Isua hi min hnawltir a, thahnemngai leh titha kan intih laiin anchhe dawng thahnemngaihna leh thil tihthat hi kan lalin min pawmsak si lo. A va hahtlak thin em! Kan tih nasat ngaihtuahin Pathian ram a zauh phah lem lo va, kan

sawi nasat ngaihtuahin kan faten kan thu an sawtpui si lo...Rawngbawltu hmuhin miten min hmu thei baw k hek lo. Hmelmapa Diabola lah chuan min zah lo takin kan huang chhunga mi kan thalaite ruihhlo leh sua na chi hrang hrang hmangin a rawn phuar a, min chuhpui ve chamchi baw k si nen... Mahse, unaute u, i zam lo vang u, kan Bible-in Pathian thiltihtheihna thuruk tlawm tak, chak em em baw k si, eng mahin a hneh theih loh min hrilh a, chu chu **kraws** hi a ni. He kraws chhuangtu leh hmang thiamtu chuan an hmelma an hmachhawn tawh lo va, Pathian engkim ti thei chuan a hmachhawsak tawh zawk a, Lalpan hnehtu lallukhum a khumtir zawk thin.

Kan Lal Isuan, amah zui tumtu chuan, mahni hrehawm pawisa lova, mahni kraws pua zui tur a nih thu min hrilh a. Amah ngei pawhin ama kraws puin thihna hmangin khawvel a chhandam a nih kha. He hnehna thuruk hi a ni kan hman ve tur chu...Kan

mihring hlui kan vui liam apiangin kan nunah Krista a lo nung ve ang a, thiam thu sawi thin kha Isua vanga a ngawih a ngai tawh ang a, mahni aiin Lal Isua a dah pawimawh zel ang a, kan tan channa leh tuarna ni dawn awmin lang mah se, Isua duh dan thutak chu a din tlangpui zel tawh ang. Hei hi kraws thu chu a ni. Chumi hmunah chuan mi fing finna tihboralin a awm tawh a, keimahnia kan remhriatna a hman tlak tawh loh va, kan aiawh Lal hmaa ding (Isua) kha kan engkim a ni tawh dawn a, ama zarah Pathian thiltihtheihna chu fiah takin kan hmu thei tawh ang a, amah a lan hun apiangin ropuiin kan lang ve dawn zawk a lo ni. Unau duh tak, eng lai pawhin chu hnehna kraws chu i tan a awm reng a, nangmaha Setana tilawm thintu kha krawsa i khi beh apiangin hnehtu Lal Isua chu nangmahah a lo nung thin ang a, chu tak chu i tan ***Pathian thiltihtheihna*** chu a ni.

Lalpan a thu malsawm rawh se.

## ZOSAP PI TEII KHAN HMU VE SE KA TI

- *Liansanga*  
*'Tlau Run' Kanan Veng*

Ni khat chu ina ka awm laiin Agape chanchinbu an rawn dah a, a kawmah chuan Women Centre thlalak ropui tak, Phunchawnga mi kha ka hmu a. “Engtin nge kan Kohhran Hmeichhiaten an neih theih, buhfaiṭham sum an hmang awm si lo va?” ka ti rilru a. Pi Teii ka hre chhuak ta vang vang a. Kum 1959-a buhfaiṭhamah ṭhahnemngai taka a campaign-na lehkha leh, ṭhambela bel tur tam tak Chawngtlai Kohhrana a rawn thawn lai khan kei pawh Kohhran Committee aiawha Kohhran Hmeichhe Committee-a ka tel lai a ni a. Buhfaiṭham sum ziaktu niin, ka tih turin ka kovah an dah a. Ka thiam ang angin bela bel tur pawh ka sem zo thei a ni.

Pi Teii chuan chaw chhum dawnah buhfai hi wawi khat ṭham zel turin a ti a. Khang lai chuan thla khatah wawi hnih te thawh khawm a ni ṭhin a. Inkhawm pahin nuhovin an buhfai chu puan hmawrah tlem te tein an fun ṭhin a, ṭin pawh a khat ngai lo a ni. Khang hun lai kha chuan khawi khuaah mah buhfaiṭhama tiṭha kan la awm lo a ni ang. Pi Teii khan, “In tinin chaw chhum dawn apianga an ṭham theihna a nih dawn phawt chuan kei chu ‘Pi Buhfaiṭhami’ pawh min ti

rawh se,’ a ti e,” an ti a nih kha.

Pathianin mal a sawm a, kum 2014-a buhfaiṭham zawng zawng kha hmun khatah han chung khawm ta ila, a va tam dawn em! Chu buhfaiṭham chhun khawm leh tuna Women Centre hi Pi Teii khan rawn hmu ve se, ṭhahnemngai taka an lo thawh tawhna Lalpan mal a sawm a. Mizoram Presbyterian Kohhran Hmeichhiaten Lalpana rawngbawlna hlutziate an hriat phah a. Synod tan a va



hlu em! Heng hian tuna ram chhung leh pawna missionary thawk zawng zawngte tan fuihna tha tak atan Pathianin mal a sawm ngei ngei ang tih ka ring tlat a ni.

Heti hian ka ngaihtuah ta a. Israel-te kha an buhbal thar khan Pathian hnenah halral thilhlán atan chhangphut tha tak puithiam hnenah an hlan a. Puithiamin a vei khatin a lo tham a (Lev 2:2), halral atan Pathian hnena an hlan chuan lawm takin an chaw an ei thin. Keini chu chaw chhum apianga vawi khat tham turin Pi Teii khan Presbyterian chhungkaw tin chu buhfai tham theuh turin min sawm a. Pathian duh zawng tak a lo ni a, chhung tinin kan han tham ta a, a lo pung ta hle a ni. Ni tin vawi 2 thamín, tham 7 hi dut no khat a ni a, no  $3\frac{1}{2}$  chu kg. 1 a ni a, kum khatah kg. 28 a tling thei. Puan hmawra tlem te fun thin ai chuan a tam ta hle mai. Thamtute thinlungah Pathianin thilphalnain a thawk a, kuta tham chu an duhtawk

ta lo va, novin an suak ta pawk pawk hlawm mai. Mi thenkhat a ipa lo thawh ta mai te pawh an awm a ni awm e, tu mah inchhir an la awm lo va, hmasawn zel an tum zawk a ni.

Chanchin Tha hrilnaah hian hmeichhiate hi an awl thei lo. Thuthlung hluiah pawh heng – Sari, Rahabi, Debori leh Ruthi-te hian pawimawhna an nei, sawi tur a tam mai. Thuthlung tharah pawh hmeichhia an pawimawh zel a. Lal Isua tan Mari a pawimawh a, Isua leh a zirtirte tan iptepui banna ber chu Jerusalem-a hmeithai Marka nu Mari in niin an hmang rim leh em em a, patung in a tam awm nen! Zanriah hnuhnung an kilna leh Thlarau Thianghlim lo thlenna a lo ni lehzal a. Thuthlung thar inanna pawh hmeithai Mari a ni (Tirh 12:2).

Pathianin hmeichhiate rawngbawlna malsawm zel rawh se. Amen.

## THLANMUALAH KA KAL A

– R. Zomawia  
Tuikhuahtlang

Hmanah kha chuan hlim takin kan nui ṭhin a, anin min ring em em a, kei lahin ka ngaina a, a theih ang tawk tawkin min duat ve ṭhin, kei lahin ka tih theih ang angin ka chhang let a, hun leh nite rawn inher liam zelin kan hlim lai ni erawh a chuai mai hauh lo. Inthlahlel em emin kan awm dun reng emaw tih laiin ani chu hrisel lohnain a tlakbuak zel a, he khawvelah Krismas ringawt pawh vawi 80 a lo hmang chuang ve ta. Sam ziaktuin, “Kan dam chhung kumte chu kum sawmsarih a ni a, chakna avangin kum sawmriat pawh a ni thei e; nimahsela, a reina chu thawh rimna leh lungngaihna mai a ni; a ral thuai a,keini pawh kan thlawk bo ṭhin a nih hi,” a ti a. “A va la hun lo em! Kan va la inring lo em! Chuti

teh thut chu em ni dawn le!” kan tih lai takin he khawvel a khualzinna chu a lo chhuahsan ta a. Min hmangaih em emtu ka pu thlan chu ka tlawh ta a. Hlim taka min lo lawma, lo nui huk huk ṭhin kha nui tur a lo awm tawh lo, a thlana a hming mai chu ka hmuh theih tawk a ni ta reng mai a. A hming pheih chu lo intar lo se chuan a va ho dawn em aw! A lei taksa awmna chu 'Thlanmual' a lo ni ta a, a thlarau chawlhna ram erawh a dang daih thung tawh si. Tunah chuan mitthi a ni tawh

a, he lei kan hmuh theihna hmun an awmna veng pawh a hmingah 'Thlanmual' a lo ni ta reng mai.

Mitthi ngaiin kan ṭap ṭhin. Khawvela kan chenpui, kan hmangaih leh duh takte, kan nu leh pate, kan unaute, kan fa duat laite nen he khawvela inhmu leh ngai tawh lo tura han inṭhen meuh hi zawng a na a ni. Lungngaihna vawrtawp tuartu nun chu a chiai a, khawvel hi a tan a ruak a, hnemtu reng a hmu zo lo. Khua reiin a la hnem

ve mahna tih chu pawnglang hmuh theih chuan a dik ve na lai chu a awm mai thei le; mahse, thinlungah erawh a riak reng a, kan thinlungah a thi thei tawh lo va, an sakhmel leh an che vel zawng zawng a tuartu thinlungah a lo thar leh thin a ni.

Lal Isua he khawvela a awm lai pawh khan Lazara a thi tih an hrih khan a tap tih kan hmu. A thahna chhan nia lang chu – Isua khan Lazara kha a hmangaih em vang a ni. Kan hmangaihten he khawvela kan bula awm tawh lo tura min han kalsan hi chuan lungngaiin kan rum a, kan tap hawm hawm a nih hi. Ram hla takah an zin dawn a, inggai takin kan inthlah liam a, "Kan inhmuh kan intawh leh hma zawng, dam takin mangtha aw..." tiin kan inthlah liam a, a thlahtuin kan thlah a, a kalate pawhin min la thlah let thei a, dam leh dam, beiseina nen 'mangtha' kan la inti thei a ni. Thihna erawh hi zawng chutiang a ni ve tawh lo va,

chatuan atana inmangthana a ni si a.

Sam ziaktu chuan, "Ka mitthi ngaihna chu ka tan lamnaah i chantir a..." tiin a lo sawi a, a dam lai khawvel nun chu amah fak nan chauh hman a tum thu kan hmu bawk. Kan hmangaih kal tate ngaiin tap tap thin mah ila, kan ko kir tawh dawn chuang lo va, chu ai chuan khawvela kan la awm chhung hi chuan Pathian kan fak a, kan hun leh nite min siamtu tana theihtawp chhuah tur a ni e. Lalpa ringtute chuan he khawvelah hian tih tur tam tak kan nei a, Lal Isua khawvela a awm lai pawh khan thahnem a ngai em em a ni tih kan hmu. Lal Isua zui tumtute zinga pakhat chuan Isua hnenah, "Lalpa, ka pa mi vuitir zet rawh," a ti a. Isua erawh chuan, "Mi zui rawh; mitthiin anmahni mitthi chu vui rawh se," a ti. Kan hnena awm tawh lo ngaiin tap thin mah ila, anni zawngin min ngaiin hun an hmang ve tawh lo va, khawvel

hrehawm tam tak hi an rawn ngaihtuah ve tawh lo, an awmna azirin an hlim em em zawk a ni. Lalpa tana thahnemngai leh amah hmangaihtu dik tak kan nih chuan mitthi ngaia kan thah reng pawh hi Pathianin a duh ber lo mai thei a ni. Kan tana sawtna tur pakhat mah hmuh tur a awm tawh lo va, an tan han insengso tehuh tehuh mah ila, sawtna reng reng a awm tawh lo. A sawtna ber nia lang chu kan rilru damna hi ni maiin a lang. Rilru damna erawh a hlu a; mahse, sawt tawh lo kan buaipui lutuk erawh a chin tawk neih a thah khawp mai.

Thlan hnawih var, pawnleng mawina mai buaipui. Mi nungte chenna bul maiah chuan mitthi phumna 'Thlanmual' kan nei vek a. Chu thlanmual chu mi nungte cheibawl leh chhin-chhiahna mai a ni a, mi nungten chhinchhiahna siam lo sela chuan tute phumna ber nge eng mah a hriat tawh loh. Bible vekah hian engtin nge Lal Isuan Pharisai mi vervekte

kha a hauh kha... "Thlan hnawih var, pawn lam mawi taka lang, a chhung lam erawh chu mitthi ruhte leh bawlhhlawh tinrenga khat angte chu in ni asin." A hau na hle a ni. A ni tak a, thlanmual han kal ila, mawi tak takin thlan kan siam a, Krismas dawn hnaihah sum sengin kan theih ang tawkin kan chei a, kan tifai a, tunlajah phei chuan a tam zawk chuan thlanlung changkang thei ang berin kan siam tawh a, an thlalak chenin thlanlungah kan nem kai tawh a. Lal Isuan a sawi angin a chhung khur thuk takah chuan eng nge awm tih chu kan hre vek mai, ruhkawl leh bawlhhlawh mai chauh a ni. Lei taksa chu leiah a kir leh a, kan thlarau thi thei tawh lo chu chawlhna hmunah hahdam takin a chawl tawh zawk a ni. Hriat rengna hnunngung tiin lungphun hautak takin kan siam a, miten min hriatpui loh hlau ni awm takin chhungkhat zawng zawng, thenawm khawveng te, thiante chenin kan sawm thin. A thah viau rualin mi tam

zawk hi chuan tlin leh tlin lovin, puk chawp hialin lung hi kan phun thin a ni. Kan tih dan phung angin a lung tha takin phun ta mai ila, chhung leh khat hnaivai tak takte nen urhsun takin hun hmang ta zawk ila a tha zawk mai thei a ni. Mitthi tawhte tana hun kan hman dante pawh hi, ringtu dik tan chuan zawi zawia a hautak lo zawnga hun hman thiam kan zir a pawimawh tawh a ni.

Chhungril tawih leh hmuh tlak loh, mawina reng reng nei lo, hman tlak lohva nung mai mai hi eng zat tak awm ang i maw? Mi fel leh tha, rinawm em em an awm lai hian pawnlang chauh fai vur, mawi em ema inthiam, zahawm ber awm ang ziazanga huk dum dum, tawngkam bungraw hrang hrang chher chhuak thiam, mahni hmazawn su kaw duak duak thei mi tha tluantling loten kan ram hmel an tibal a, henghote thian tha ber chu thim tual mawi ho hi a ni. "A va han fel ve aw! An hausa bawk si a, tawngkam lah

a thiam, khawtlang leh kohhran tan an tangkai a, sum pawh a thawh hnem teh a nia," an ti a. Lehlamah a hre Chiangtu intite chuan an nuih tet tet bawk si a. "Khawi lam atanga hausakna hi hai chhuak nge maw a nih bik le?" tih chu kan inzawt hlawm a, kan sawi chhuak ngam bawk si lo. Pawnlangah chhungkua mawi takin a chei a, a intizahawm a, mita hmuh theih zawng zawng chu an chhungkua zahawmna turin mawi takin rawng a hnawih vek thei nia. Mahse, chhungril erawh ei tlak reng reng a awm lo va, bawlhhlawh leh rimchhia mai a ni.

Buaipui loh theih lohva kan ngaih, sawtna awm chuang si lo, kan thinsung hliam damna erawh ni bawk si hi kan nunin tam tak a inthlun zawm tlat mai a. Hengte hi buaipui dan tawk thiam ila, kan nun khua tihar thin mah se, tul lovah tawrh phah nan hmang lo ila, thil tihhautak lutuk tiziaawm zawngin kal tum ila a tha awm e.

## WOMEN CENTRE HAWN A NI TA

– *Lalfakmawii*

*Co-ordinator*

Mizoram Presbyterian Kohhran Hmeichhiate Project lian ber Women Centre Building, Phunchawnga awm, Rs. 5,42,71,000 senga sak chu Synod Moderator Rev. Lalrinmawian ni 12.8.2015 (Nilaini) chawhma dar 11:00 khan a hawng. He Women Centre hawna leh Pathian hnena hlanna hun hi Pi Rinchawii, Chairman, Hmeichhe Inkhawmpui Lianin a kaihruai a; Pi H. Lalpianthangi, General Secreary-in hawna inkhawma kalte lawmna leh inhmelhriattirna hun a hmang a. Moderator hian building hlanin Pathian thuchah ropui tak a sawi a ni. Pi Lalfakmawii, Secretary, Women Centre Sub-Committee chuan Women Centre report a pe a. ‘Women Centre hla’ Luangmual Kohhran Hmeichhe Female Voice-ten thiam takin an sa a, Mizoram Synod Choir-in Pathian fakna hla pahnih mawi takin an rem a. Pi C. Lalmangaihi, Ex-Chairman in lawm thu sawina hun a hmang a, Rev. Lalramliana Pachuau, Executive Secretary-in malsawmnain min òn a ni.

Women Centre hawn-naah hian kohhran tin atangin mi pakhat zel kal tura beisei an ni a. Donation petu te, Central Committee ni tawh te, Women Centre Sub-Committee member ni tawh te, mi sawm dangte leh Synod Department tina hotute an lo tel òa hle a, Synod pui pate (OM member-te) pawhin min uap òa hle a. Tin, Pu Lalthanhawla, Chief Minister te nupa pawh donation petu an nih avangin sawm a ni a, an nupain nilengin hun min

hmanpui thei bawk a. A hawna inkhawmah hian mi 1,200 zet kan kal thei a. Khaw chungchangah pawh fur lai a ni a, khuain min bumro mai ang tih a hlauhawm hle laiin, engkim chung a thuneitu chuan khaw òa leh boruak nuam tak min pe a. Heng zawng zawngah hian kan lawm em em a ni.

Women Centre hawn-naah hian a awmna Bial, Hunthar Bial chu neitu chan

changin kawng hrang hrangin an buai a. KTP, Pavalai leh Kohhran Hmeichhiate awl bik awm lovin an che a, a hawn hma ni atangin, a hawn ni leh a tuk leh lamah thlengin an hnatlang a, Bial neitu nih an tlin hle. Vaivakawn Kohhran Pavalaita pawhin pandal zar leh thutna rem zawng zawng an buaipui a, anni pawhin hun leh tha tam tak an seng bawkw. Phunchawng Kohhran Pavalaiten Traffic Police-te nen tang kawpin traffic lam leh a tul tul an buaipui a. An zavaia chungah hian lawm thu kan sawi a ni.

Kan hriat angin, a hmanna tura ruahmante chu thlarau lama intuaitharna – retreat neihna leh a huhova Pathian pawlna hmun atan te, mi harsate chhawm chhuah nan leh an dinhmun siamna atana thiam thil zirna hmun tur tein a ni ang a. A bul tanna atan chuan mi 20 vel tana puanthui zirna buatsaih phawt a ni a. He lai hmuna zirte chu mahnia eizawn dan kawng indap thei tura zir chhuahtir tum a ni. Seminar, workshop leh confer-

ence neihna hmun atan hman theih a ni bawkw a ni.

Kum 2001 Synod Inkhawmpuiin Women Centre din hi a remtih a ni a. A tir takah chuan hmeichhe rahbi tleu leh dawm chhuah ngaite khai chhuahna atana tih a ni a. Kum 2002 atang khan Kohhran Hmeichhe Centenary Project atan hman zui a ni. Women Centre kan neih theihna tur hian kum 2004 atangin Kohhran Hmeichhia thla thar tawngtai thupuiah telh a ni a. Tawngtai thupuia telh a nih atanga kum 7-naah a sakna hmun hi Pathian mite hmangin kan nei a. Ni 12.8.2011 khan a lungphum phum a ni a, lungphum atanga kum lina chiahah hawn a ni ve leh a ni.

July thla AGAPE-ah khan a building chungchang chu chhuah a ni a. Tun tumah chuan Women Centre kan puitlin theihna tura a kalkawng tlem han chhui ila –

Women Centre sakna turin ram kan neih loh avangin kan hruaitu hmasaten nasa takin an zawng a, a hah pawh an hah hle a. Chutih laiin Pu LH

Thanga chu lung lam tha lovin a damlo va, Kolkata-ah a lunga thisen zam block avangin zai a ni a. An zai zawh hnuah chuan a chau hle mai a. Chutia a chau hle lai chuan thi mai turah a inngai a; mahse, a ngaihtuahna chu a rawn inthlak thawk mai a. Tum lawkna pawh nei miah lovin a tawngtai ta mawlh mawlh mai a. Pathian tlanna ropuizia leh anin a hawisan thinziate chu a hmu chiang uar uar a. Lawm thu sawi leh dilin 'Amen' a ti ta vak vak mai a.

“Ka tawngtai zo chu ka hlim em em mai a. Pathian nen inhmachhawnin kan inbia ni berin ka hria. 'Malsawmnain ka vur che a, i hrisel lohvin ka veng che a, i sumdawnna i tlakchhiata, in leh lo chan thei dinhmuna i awm laia i rawn dil te kha i la hria em? I dil angin i leiba ka rulhsak che a, i dil let sawm aia tamin malsawmna ka pe che a. Nang chuan thawh lawm hrang hrangte i thawhin i pe thin a, hei hi chu mi dangte pawhin an tih vek a ni. Le, eng nge ka tan i tih ve?’ min ti a.

“Ka rilru chu a buai ta em em mai a. 'Lalpa, eng nge ti tura min duh?' ka ti a. In leh lo ka nei a, hmun hrang hranga ka ramte chu a lo lang nghal uai uai a. Engtin nge ka tih ang tiin rilru buai deuh, fim deuh si chuan ka inkhap kual nasa mai a. Ka in leh ka ram hmun danga mite chu ka han ngaihtuah a, Phunchawnga ka ramah lo khu chuan a fu hlei thei ta lo va.

“Ka ui leh ta angreng hle mai a. Chutia ka inkhap buai lai chuan, 'I va mak ve! Kei pawhin ka duh ber, ka Fapa neih chhun ka pe che asin. I zak lawm ni? Khawvel ropuina hlir i buaipui a,' min rawn ti a, ka zak ta em em mai a. 'Lalpa, min ngaidam rawh, ka phal e, ka phal e,' ka ti a. Ka hlim leh ta em em mai a. Ka chhungte pawhin Pathian tana pek chu an lo phal hle mai a. Ka taksa, ka thlarau mai bakah lei leh van pawh neitu ta kha ka ta emaw ka lo ti a, ka pek emaw ka lo tih kha, a neituin a duh a, a la leh mai zawk a lo ni tih pawh ka chiang ta hle mai a. Tichuan, Phunchawnga 'ka ram' ka lo



tih chu, ka nu leh pa, Upa Thansanga leh Tawni-te hriat reng nan a neitu Lalpa kutah a lo awm ta a ni,” tiin a ram pek dan hi a sawi a ni.

Phunchawng hi Aizawl leh Sairang inkar National Highway 54-in a paltlang a ni a. Aizawl aṅanga km. 12, Sairang aṅanga km. 8-a hlaa awm a ni. A zau zawng chu sq.metre 7,472.22 lai a ni.

Plan & Estimate hi T.Upa Samuel Lalfana, TBL Architectural Consultants, Khatlasiam a ni a. A in sakna tur hi cheng nuai 365 zet seng turin min chhut chhuahsak a. Hma lakna leh kal zelna kawngah pawh thurawn ṭha tak tak min pe bawk a. Pu Samuel Lalfana hian, “Pathian hnen aṅangin malsawmna tam tak kan dawng a, a hnena pek let leh hi ka tih tur niin ka hria,” a ti a. Ani hian architect-te inrawihna aia a zatve aia hniam fein, rawngbawlnaa ngaiin min tihsak a ni.

Women Centre satu hi Upa Chawngthanmawia, Kolasib Diakkawn a ni thung a. Khati lai khan kum 10 vel

chhunga kan tuak ngah chu nuai 90 vel chauh a ni a. Eng tikah nge a sakna tur hi kan ngah theih ang, tih chu ngaihtuah tham tak a ni. Central Committee chuan Pathianrawn chungin, “Mi hausa, kohhran hmangaih tak, kan sum neihin a daih bak pawh mahni suma sa zo thei tur zawn ni sela, a senso chu kan sum hmuh ang anga rulh nghal zel ni se,” tiin a rel a. Kohhran Upa zing aṅangin Class I Contractor pahnih pathum chu lam chhuah an ni a. Upa Chawngthanmawia chu biak hmasak ber a ni a. Anni chhungkua hi Kolasib Diakkawna awm an ni a, kohhran tan chuan a ṭul ang zela pe reng thei mi an ni.

Upa Mawitea chuan, “Kolasiba ka awm chu phonein minrawn bia a, ‘Women Centre sak thu hi i sawi ho teh ang u. Eng tikah nge i lo chhoh theih ang?’ an ti a. Tichuan, an sum neih dan te ka zawt a. Cheng nuai 90 an neih thu leh kum 10 chhunga an thawh khawm a nih thu min hrih a. ‘Chawl lovin min saksak rawh,’ an ti bawk a. Chutih laia estimate chu nuai 360

chuang a ni a. ‘Kum 10-ah nuai 90. Ehe!’ ka ti rilru a. Kan dinhmun ka thlir a, ‘chawlov’in an tih kha ka rilruah a awm reng mai baw k a. Eng thil nge ka ngaihtuah ka hre lo, thaw k thei lo nih ka hlau baw k si. ‘Rawngbawlnaa ngaiin’ tiin thlan tla phung chung chuan, ‘Ka thaw k ang e,’ ka ti ta mai a ni,” a ti.

Kohhran hmeichhiate pawhin theihtawpin sum kan tuak a, kan intiamna angin kan sum hmuh apiang chu a satu hnenah hian kan pe zel baw k a. Member zawng zawngte ni khat hlawh pek khawm te, Inkhawm thawhlawm, Kohhran Hmeichhe Ni thawhlawm te, Fund Raising Committee-te thawh chhuah te, Bial tina budget siama hmuh te, mi inphalte rilru pawh hawn a ni a, an hmangaih kal tate hriat rengna atan sum hlawm lian tak tak an pe khawm a, a building sak tanpuina hrim hrim lut leh Synod-in cheng nuai 140 lai a pek tling khawm hmanga sak a ni.

Women Centre sakna tur hian Kohhran Hmeichhia

zawng zawngten theihtawpin kan thaw k a. Kan sum tuak dan tlangpui chu – thing phurha hralh lehna te, Jumble sale te, hlo thlova inhlawhna te, be kang um hralhna te, rora chhut a tang te, thenkhatin sports-naa ei tur an zawrh a tang an hmuh te, an meizial leh kuhva man ai te an thaw h a. Chung chuan hna ropui tak a thaw k a ni.

Tunah chuan hman theiha peih a lo ni ta a. Synod Executive Committee-in a hman dan tur kaihhruaina a siam mek a, an peih hmaa hman turin Central Committee chuan kaihhruaina a siam baw k a. Zirlaite kaihhruaina tur pawh mumal takin a duang chhuak baw k.

Centre hlawhtlinna tur hian Lalpan kawng hrang hrangin hna a thaw k a. Hmun hrang hranga a mite chu a mamawh hun zela che turin a lo ruat diam mai a. Mihring hisap a tang hriat thiam phak rual lohvin engkim a lo buatsaih vek mai a, a ropui hle mai. Pathian min hruainaah hian Kohhran Hmeichhiate hi kan lawm em em a ni.

Women Centre kan neih theihna tura a kalkawnga awm zawng zawng – Women Centre neih thu ngaihtuah chhuaktu, a hmun petu, estimate siamtu, a satu, thawhlawn thawhtu, tha leh zung leh ngaihtuahna sengtu zawng zawngte leh Pathian hnena thlentute kan zavaiin kan lawm em em vek mai hi a ropui hle mai. Kawng engkima ruahmanna fel tak min siam saktu Lalpa chu chawimawiin awm rawh se.

Women Centre hlawh-tlin theihna tura kawng hrang hranga thawka, thawhtute

chungah lawm thu kan sawi nawn mawlh mawlh a ni e.

Women Centre project hi tawpsan leh chawhlsan mai theih a ni tawh dawn lo va, kal zel tur a nih tawh avangin member zawng zawngte tha thlah lova kan tan zel a tul dawn a ni.

He building ropui tak min petu Lalpa chu fakin awm sela. Beisei ang ngeia, rahbi tleu leh dawmkan ngai, changhai zawkten lei rem an lo raha, taksa leh thlarau lamah malsawmna nasa tak an lo neih theih nan Pathianin Women Centre hi malsawm rawh se, tih hi kan tawngtaina a ni e.



*Hotu chuan a hote a khalh a,  
hruaitu chuan a hote kawng a kawhhmuh thin.*

*Hotu chuan thuneihna a hmang a,  
hruaitu chuan a hote rilru a hmang.*

*Hotu chu an hlau va,  
hruaitu kiangah chuan thahnem an ngai.*

*Hotu chuan 'ka' a ti thin a,  
hruaitu chuan 'kan' a ti thin.*

*Hotu chuan hlawhchhamnaah mawhphurtu a zawng a,  
hruaitu chuan a tul angin a siam tha thin.*

*Hotu chuan engtin nge an tih a hria a,  
hruaitu chuan engtia tih tur nge a entir thin.*

*Hotu chuan 'Kal rawh u' a ti thin a,  
hruaitu chuan 'I kal ang u' a ti thin.*

*Hriatzauna***FOOD POISONING LAKA I HIM THEIH NAN***– H.T. Lalruatdiki**Dietician*

Ei leh in thianghlim hian hriselna lamah a hril thui hle a. Hetiang lamah hian hma kan sawn ñan ve viau va; mahse, hmasawanna tur erawh kan la ngah hle a ni. Kan ei leh in aţanga kan lo hrisel zawk nan kawng hrang hrang i han sawi teh ang.

**1. Bazar-a thil kan leiin :**

Bazar-na bag pakhatat sa, thlai leh thil ei mai theih chi reng reng kan ah pawlh tur a ni lo a, sa hi a hranga ah emaw khai emaw ñin tur a ni. Sa thisen aţang hian natna hrik a insiam chakin khua a lum phei chuan an pung chak em em a. Sa leh sangha i lei thisen kha i thlai leh ei tur dangah a far/kai tur a ni lo. Tin, sa leh sa siam sa vur bawm a mi (frozen meat) kan lei dawn a nih pawhin lei hnuhnunah kan nei ñin tur a ni. Rei tak ah kualat, kan awmna boruak (temperature) pangngaia dah reng chi a ni lo.

Thil kan leiin a thih leh thih loh (expiry date) te, a ñat ber hun chung (best before)

a pel tawh em tih te en chian hmasak a ña. A ñin lam chi kan leiin a khuar emaw, pur emaw kan lei tur a ni lo.

**2. Fridge chungah thil dah dan :**

Fridge chungah hian sa hi a hran hlakin kan dah tur a ni a. Bawm phui takah, a thisen ei tur dangah a far theih loh nan phui ña takin (Air tight-ah emaw) kan dah tur a ni. Freezer-ah kan dah chuan a tlangpuiin thla thum aţanga thla li a dah theih a; mahse, fridge pangngaia kan dah chuan ni hnih aia rei dah loh tur a ni. Kan fridge chung lum leh vawh zawng (temperature) hi 5°C hnuai lamah a awm tur a ni a, chuti a nih loh chuan boruak lum zawng 7°C aţanga 60°C hi

natna hrik insiam duhna ber boruak a ni. Chuvangin, fridge hi kan hawng reng tur a ni lo va, thil lum leh sa dah luh loh tur a ni. Thil sa kan dah luh chuan fridge chhung boruak lo tidanglamin kan ei tur dah te a tihhim loh phah thei a ni.

Fridge chhung hi tawt lutuka kan dah chuan boruak insem darh a awlsam lo va, ei tur a chhe hma bik. Ei tur zai lep sa leh ei bang fridge-a kan dahte hi ni khat chhungin ei zo hman ila a tha ber. Bawngnhnute hi duhthusamah chuan ni hnih aia rei lo fridge-ah dah ila, artui hel (fresh) hi fridge kawngkharah ni lo, a chhungah dah ila kar 3-5 a dah that theih a ni.

Fridge hi soda leh tui lum pep pepin sil fai thin ila a rim tui lo tur a veng tha hle bawk.

**3. Freezer-a thil dah dan:** Freezer-ah hian ei tur lo dah that te kan ching ta hle a; mahse, kan dah danah hian kan fimkhur a tul hle. Thil kan dah that duh dawnin entir nan – baibing, zawngtah,

rawtuai, etc. hi kan chhungkaw vawi khat siam tawk te tein fun diat diat thin tur a ni. Freezer-a ei tur a hlawma kan dah chuan kan ei duh dawnah a vaia tihtui a lo ngai a, kan duhtawk kan la thla a, freezer-ah bawk kan dah let leh a, tihtui tawh hnu dah luh leh hi natna hrik lo awm/luhna remchang leh tha tak a nih avangin kan siam tawk chiaha fun tur a ni.

Tin, freezer-a mi ei tur kan tihtui dawnin fridge chhungah kan titui tur a ni. Chumi a nih loh chuan sarang boruak lut lo chiah kan thun ang a, chawhtawlhah dahin a tui kha min. 30 danah kan thlak thin tur a ni. Microwave Oven nei tan oven-ah tihtui thin tur a ni.

**4. Pawn lam a kan thil ei:** Pawn lama thil ei hi kan fimkhur a tul hle a. Thei vel sa, lep leh den sa te hi darkar hnih aia tam a lo nih tawh chuan ei atan a him tawk tawh lo tih hriat a tha. Chutiang bawkin bawngnhnute atanga thil siamte hi fridge-a dah a nih loh chuan darkar 2

aia tam boruak panggaiiah a  
awm tur a ni lo. Chuvangin,  
bawngnhute aṅanga thil siam  
chu kan ei nena inkar darkar  
2 aia a rei dawn chuan sem  
atan tih loh mai a ṭha.

Kan han sawi takte khi  
ei sual laka kan him theih nan  
leh hriselnaa hma kan lo  
sawn theih nan hmangin  
zawm thei ila, a lawmawm  
ngawt ang.



## WOMEN CENTRE

– R. Lalthanruali  
Luangmual

- 1 Lalpa, i chhandamna Chanchin Ṭha,  
Zofate tan i hlan mai hi,  
Kan chhiar seng lo, malsawmna kan dawn hi;  
Kan lawm e, lawm thu kan hrilh che.  
  
Haleluia, Aw Haleluia!  
Lalpan thil ropui min tihsak ta;  
Changhai riangvai saltangte tan  
Women Centre kan lo nei ta.
2. Kan ram leh kan hnam min chawisangtu,  
I thil thlawn min pek zawng zawngte hi,  
Kan rul seng lawng che kan dam chhung zawng hian;  
Kan nun kan hlan, i hman atan.
3. Ṭawngṭaina chhangtu Pathian i ni,  
I miten kan dil min pek fo hi;  
I ropui lan chhuahna lo ni zel se,  
A sakhming khuavel thang chhuak se
4. Krista tana thuhretu kan ni,  
Tlang tin mual tina unaute nen,  
Hmangaihna hrui khat vuana lungrualin,  
Kan pen zel dawn kan Lalpa tan.

*Hriselna Huang*

## NAU PAI LAIA HRIAT TUR

### TIH LOH TURTE

1. Nau pai, raipuar laiin chet ve reng tur a ni a. Boruak thianghlim dawng turin pawnah chhuahvah a tha a, in chhungah tawm reng loh tur a ni.
2. Fai takin ni tin inbual tur a ni. Inbual fai hian thisen kal a ti tha a ni.
3. Tui in tam tur, thlai leh thei lam ei tam a tha.
4. Hnute hmur hi naute hnek turin lo buatsaih lawk tur a ni a, hriak te hnawiha fai taka lo enkawl tur a ni.
5. Kawr thawl lam hak tur a ni a, pheikhawk sang bun loh tur a ni.
6. Hah lutuk lo, a tawk chauhvva exercise lak tur a ni.
7. Sub-Centre-ah invenna lain in-check-up thin tur a ni.
8. Thlai tharlam leh thei ei tam tur a ni a, damdawi ei tam a tha lo.

### TIH LOH TURTE

1. Zu in loh tur, mei zuk loh tur, sahdah leh tuibur hmuam loh tur, nu tan leh naute pai lai tan a tha lo a ni.
2. Nau pai a tanga thla thum chhung chu damdawi ei loh hram a tha, natna eng emaw a neih chuan doctor rawn vat tur a ni.
2. Damdawi mahni inchawh chawp ei loh tur a ni.
3. Naupai tan tirh a tanga thla thum chhung chu mipat hmeichhiatna hman loh a tha.
4. Hnathawh loh tur ni lovin, rit chawi nasat loh tur.
5. Nuin nau a pai laiin rilru hahdam a mamawh a, a pasal pawhin duat taka enkawl a tha. Nau pai tih inhriat a tanga in enkawl uluk em em tur a ni.
6. Damdawi inah emaw, mi thiam awmnaah ngei nau neih a tha.

*Ei siam dan*

– Zairemmawii Ralte

**1. BADAM LEH CELERY CHUTNEY**

Badam	-	100 grams
Celery	-	kau 3
Hmarcha	-	pum 6
Chi	-	a al tawk

*A siam dan:*

Badam chu rawt sawm la, tlemin tihdawng deuh ang che. Tin, celery chu sil fai la, rawt tel bawk la. Chutiang bawkin hmarcha pawh, kawii tha taka rawtin a tawk mai ang.

Hetiang chuney hi kaikuang nen a inrem em em a ni. Badam-ah hian chakna – hriak (fats) leh protein a tam em em a, celery-ah hian vitamin leh minerals a awm a, hmarcha hringah hian vitamin tlem a awm bawk. Chutney hian chaw ei a titui ve hle a ni.

**2. ALU FRITTERS**

Alu	-	lian deuh pum 6
Corn flour	-	fian lian (table-spoon) 10
Black peper	-	tlemin te
Artui	-	pum 2
Chi	-	a al tawk tur tlem te

*A siam dan:*

Alu chu grater-in tisawm la, chumi hnuah chuan cornflour, artui, thinghmarcha dip leh chi chu uluk takin chawhpawlh tur a ni. A tui lo awm chu paih/thlit chhuah mai tur a ni.

Thirbel dar hlai deuhah tel sa takin chhuang la, tel saah chuan thlak la. A senduk deuh thap hunah suah chhuah mai tur a ni. A sat lain ei ila, a tui khawp mai. Chawhmeh atan a tha a, chhun thingpui hmehah pawh hmang ila, a tui khawp mai, sauce telhin a tui lehzuah.



*Hruaitute chanchin***PI VANLALNGHAKI**

Pi Vanlalnghaki hi Thangliana (L) leh Biakthangi te fa u ber niin Aizawl Tlangnuamah a piang a, unau mipa 3 leh hmeichhia 5 an ni.

Kum 1975 khan Zothankhuma, Dam Veng nen inneiin, fapa 3 an nei a, fa mote leh tu pangate nen Dam Vengah an cheng a ni.

Rawngbawlna lam Kohhranah kum 1984-2012 chhung hian Kohhran Hmeichhe Committee-ah OB niin hemi chhung hian chanvo hrang hrangte a chelh a, kum 2013-2014 chhung Committee Member niin tunah 2015 hian Chairman a ni.

Kohhranah Puitling zirtirtu, Inrinni zan thusawitu leh Kristian Chhungkaw Committee Vice-Chairman a ni bawk.

Bial Kohhran Hmeichhe Committee-ah hian Mission Veng Pastor Bialah 1989-1992 chhung Asst. Secretary, kum 1993-1997 chhung Secretary niin, Venghnuai Pastor Bialah kum 1998-2012-ah Bial Committee Member a ni bawk. 1999-2003 chhungin Central Committee-ah a awm tawh bawk.

Eizawna lamah chuan Govt. Primary School, Dam Veng-ah Headmaster hna a thawk mek a ni.

Bible chang a ngainat zual chu, “Nangmah i inhmangaih angin i vengte i hmangaih tur a ni” Matthaia 19:19 kha a ni a. A hla duh zawng chu – Hosanna ti zelin aw, Halleluia! Amen, KHB no. 116 a chang tawp ber, “Min hmangaih hi tu man an hnial thei lo ve,” tih hi a duh zual lai ber chu a ni e.

**Hriat atan**

1. Heng hmunahte hian kan hruaitute an feh chhuak a, Pathian hruainain tluang takin hun an hmang -
  - 1) Ni 29.8.2015-ah Tuikhuahtlang Kohhranah Leadership Training pein Pi Rinchawii, Chairman leh Pi Lalnuntluangi, Com. Member-te an kal.
  - 2) Ni 17.9.2015 khan Armed Veng Bial-ah Pi C. Zopari leh Pi Lalduhthangi Com. Member-te Leadership Training pein an kal.
  - 3) Bungtlang 'S' Bialah ni 18-20.9.2015 Leadership leh Kristian Chhungkaw Campaign-in Pi Lalpianthangi, Pi Lalbiakengi leh Pi Sangthuami, Com. Member-te an kal.
2. **Ṭawngkam mawi, Social Networking & Human Trafficking Booklet** chu copy 3,000 chhut nawntir leh a ni a. A duh tan bu khat Rs. 10-in lei theih a ni e.
3. **PWF 2016 Biennial Conference Khatla Kohhranah :** October 28-30, 2016-a PWF 16<sup>th</sup> Biennial Cenferece Mizoram Presbyterian Kohhran Hmeichhiate thlen tura ruat chu Khatla Kohhranah nghah a ni ang.
4. AGAPE lak man la pe lo zawng zawngten kumin 2015 December thla ral hma ngeia pek ṭheuh i tum ang u. A lak man pe ṭha lo kan awm nual avangin kum thar lama chuan a man pe ṭha lo te chu thawn chhonzawm a harsat dawn avangin Agenten min hriat thiam kan duh a, kohhran tina mawhpurtute pawhin a ṭul anga kan lo enpui deuh theih chuan a lawmawm khawp ang  
 AGAPE rawngbawlina tluang taka a kal theih nan Pathian hnenah i ṭawngṭai thin ang u.

## 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. Rengkhumi        |
| 7. Pi Tlangmawii      | 8. Pi Lalhmingmawii Sailo |
| 9. Pi Zothanpari      | 10. Pi P.C. Nuzawni       |
| 11. Pi Lalpianthangi  | 12. Pi Lalbiakengi        |
| 13. Pi Lalfeli        | 14. Pi C. Chawngpuii      |
| 15. Pi Vanrammawii    | 16. Pi Zopari             |
| 17. Pi Lalrokimi      | 18. Pi C. Thanthuami      |
| 19. Pi B. Bualchhumi  | 20. Pi Dengthmingliani    |
| 21. Pi Lalrinpuii     | 22. Pi Liansangi          |
| 23. Pi Lalnuntluangi  | 24. Pi Lalhmingthangi     |
| 25. Pi Lalnunsiami    | 26. Pi Lalhliapi          |
| 27. Pi Sangthuami     | 28. Pi R. Vanlalruati     |
| 29. Pi Lalbiakhluni   | 30. Pi P.C. Lalmangaihi   |
| 31. Pi Vanlalpari     | 32. Pi C. Nuntluangi      |
| 33. Pi Lalduhthangi   | 34. Pi Rothangliani       |
| 35. Pi Vanlalnghaki   | 36. Pi Lalmuanzuali       |
| 37. Pi Sawithangi     | 38. Pi Lalbiaksangi       |

### Ex-Officio Member-te

1. Rev. Lalrinmawia, Synod Moderator
2. Rev. B. Sangthanga, Synod Secretary (Sr.)
3. Rev. Lalramliana Pachuau, 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 rawngbawlna tihlawhtling tura thawh ho.
  2. Kristian chungkua din nghehtir tura ñan lak.
  3. Ñanpui ngaite Krista hminga ñanpui.
  4. Chanchin Tha puan darh.

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



*Khawailung Dinthar Bial Leadership training leh Kristian chungkaw campaign*



*Ramhlun North Kohhran Leadership training*



*Thingsulthliah Bial Leadership training leh Kristian chungkaw campaign*

To

\_\_\_\_\_

\_\_\_\_\_

Published by Rev. Lalramliana Pachuau, Aizawl - Mizoram On behalf of Agape Association.  
Printed at Synod Press, Mission Veng, Aizawl - 796001 Copies - 41,600  
[www.MIZORAMSYNOD.org](http://www.MIZORAMSYNOD.org)