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“BUHFAI THAM HI THILTIH TAWNGTAINA A NI”- PI TEI.....19

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A chhunga thu awmte

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Editorial :

I ṬAWNGṬAI ANG U

Beihrual thla kan hmang zo a, favang hun nuam leh hlimawm tak kan lo thleng leh ta reng mai. Krismas hun te pawh a lo hnai zual a, rilru pawh a zangkhai ta zawk em aw?

Kohhran Hmeichhe Inkhawmpui Lian thurel angin July thla Thawhlejni hmasa ber zanah ram pum huapin ṬawngṬai tlaivar hun kan hmang ṭhin a. Hetiang hian hun eng emaw chen chu kan kal; amaherawhchu, Bial ṭhen khat aṭangin tui fur tlak hun (July) aiin favang hun thengthaw nuam zawka ṭawngṬai tlaivar hun neih rawtna a lo lut a; Inkhawmpui Lian Committe chuan October thawhlejni hmasa ber zanah ṭawngṬai tlaivar hun chu a sawn ta a.

*He hun kan hman hian chhan dang pakhat a nei a; PWF Standing Committe chuan October kar hmasa bera eng ni berah emaw PWF puala ṭawngṬai neih ni se, tiin a rel a. Chuvangin, favang huna ram pum huapa ṭawngṬai tlaivar rawtna leh PWF puala ṭawngṬai hun rawtna chu la kawpin kum tinin **October Thawhlejni hmasa ber** chu PWF pual leh ram pum tana ṭawngṬai tlaivar hun atan kan hmang ta a ni. Hemi rual hian NEICCWA leh AICCW rawngbawlina atan pawh kan ṭawngṬai ṭhin.*

He ṭawngṬai hunah hian, Lal Isuan "lei chungah hian in zinga mi pahnih an thil dil kawnga an thurual chuan, ka Pa vana mi tihsakin an awm ang," a tih kha hre reng chungin kan hruaituten lungrual taka kan ṭawngṬai hona tur thupui an rawn chhawp chhuah hmang hian ṭawngṬaina leh dilna tinrenga thlaraua ṭawngṬaiin Pathian hnenah dilna i thlen ang u.

Kristian chhungkua :

NAUPANG ENKAWL DAN

I Samu. 1:20-23; 2:29-33; Joba 4:7,8.

(chhonzawmna ...)

*Upa K.Zoremsanga
Kulikawn*

A pahnihna hi han thlir ve leh ta ila, hetah thung hi chuan anmahni vengthawng reng rengin dimdawih takin kan enkawl a, engkim mai tihsak vek kan tum a, chu chuan mahni inrin tawkna nei hlei thei lo leh piangsual eng mah thiam lovah a chhuah thei a ni. Mizo nula puantah/laphiar chu sawi loh, buhthlei thiam lo kan tam ta lutuk te hi tu mawh nge ni ang? Mizo tlangval hngang hlai leh hngang hmerh pawh thiam lo kan tam ta te hi engati nge? Sawi tur a tam awm e. Hengte hi entirna mai an ni, *'kan tunlai hunah a tul tawh lo,'* ti pawhin i ngaihtuah mai thei e. Mahse, kan nula tlangval thenkhatte hian khawsak hona atana thiam loh kan nei ta nual mai, hei hi nu leh pate kaihhruai danin a hrin chhuah a ni mai lawm ni?

Mi thiamte chuan, *tleirawl/rawlthar an nih laiin chhiahhlawh angin enkawl rawh, nakinah a tan a la tha dawn nia* an ti. Vawiinah hian nu leh pa thenkhatten duat leh hmangaih pawh kan thliar thiam ta meuh lo hi a pawitak zet a ni. Duat hi khawvel tawng a ni a, hmangaihna chuan nakin hun leh kan nunna piaha nun lehna thlengin a kawc thin asin.

Kan thiannu pakhat chuan ti hian a sawi a: *Training-a kan kalnaah, nu leh pa hausat tak mai te hian an fa rualbanlo hi an rawn hrui thin a, an car dinna atanga an class room thleng turin kea kal ngai a ni. Chu naupang rualbanlo khawngaihthlak tak mai chu a kal thei lo va, bawkvak leh harsa takin an class room thleng turin a kal a ngai thin, a nu leh pate*

chuan a kal chu an thlir ngawt mai thin a. Duh ni sela chuan pawmin awlsam takin an hruai thleng thei ngei ang. An hausa tih a hriat a, car chi hrang an hmang fo va; chuvangin, chu naupang khawngaihthlak tak hruai tur chuan chhiahhlawh tirh tur pawh an nei ngei ang; mahse, an tir lo va, an tanpui bawk lo. Ka awm tlangnel ve deuh hnu chuan, a nu leh pate chu ka zawt ta a. Engati nge in pawm chhoh mai loh, hruai mai ula a tha lawm ni, a tan a harsa lutuk a nih hi, ka tih lai chuan, a nu chuan a fa kal lai chu mittui tla zawih zawihin a lo thlir ve reng thin hi a lo ni a. Chuta mi chhanna chu a ropui hle mai, 'Ni e tunah hi chuan ka pawm chho thei teh meuh mai a; mahse, hetia a kal hi ama tana la tha tur a nih vang a ni, nakinah ka awm loh hunah amahin a tih a la tul dawn a, chumi atan chuan tunah a inzir a ngai a ni', a ti hmiah mai.

Tichuan, kan training chhonzawm ta zel a, thla eng emaw zat hnuah chuan a pen

ve thiam tain, kan hawn dawn pheih chuan kal pahin 'aunty' tiin minrawn bye bye ve ta hial a ni', a ti a ni. Chumite nupa chuan an fa chu an duat nge an hmangaih? Ni, an hmangaih a ni, chu chuan a la chher puitling zelin a rinawm.

Nu leh pa thenkhat chuan, kan duat lutukna lamah an thil tih engkim kan pawmsak a, miin an sualna sawi se kan awih phal lo va, kan fate thusawi zawk kan pawmin kan awihsak zel a, chu chuan tahna min thlen thin a nih hi. Chu chu a ni, kan Bible chang tarlan tak I Samu. 2:29-33-ah pawh khan, Puithiam Elia leh a fate Hophnia leh Phinehasa chanchin kan hmuh kha. Puithiam Elia chu Pathian rawngbawltu Puithiam a ni; mahse, a fate enkawl kawngah a hlawhchhamin a duat a nih a rinawm, '*..keimah aia i fate i chawimawi zawk a...*' tih chu Lalpa thuchhuak a ni tlat. Chuta hremna lo thleng tur a sawi chu a rapthlak hle mai, '*... i inah tar kuna dam reng reng an awm lo vang..*' ' i

ina lo piang apiangte chu an vanglai takin an thi zel ang.. ' tih a ni ta a, Hophnia leh Phinehasa chungah a thleng ta ngei a nih kha. An thusawi leh an tih apiang pawmpui ngawt hian kawng tha lo zawk a hruai thlen theih avangin enkawl dan tawk thiam a va tul em! An dawt sawi kan pawmpui thin a nih chuan an puitlin hunah dawt sawi hmangah kan chhuah dawn tihna a ni.

3. Kan sawi tak pahnihte tang kawpin leh an mize mil, zalenna nena kaihhruai leh enkawl hi hlawhtlinna pawimawh tak bul a ni. Hemiin a ken tel pawimawh tak pakhat chu '*Ngaihsak*' hi a ni. Vawiina kan tu leh fate'n min auhna hla chu, '*Min ngaihsak rawh u, kei pawhin ka la ngaihsak ve ang che u,*' tih hi a ni. Tu pawhin ngaihsak nih hi nuam kan ti a, kan thla a ngam thin. Ngaihsak hlawh loh hrehawmzia hrilh ngai lovin kan hria a, ngaihsak kan hlawh lohnaah chuan nuam kan ti ngai lo. Chutiang bawkin naupang pawhin ngaihsak nih an duh a, chutah

chuan an thla a muang thin. Nausenin ngaihsak tura min hrilh ve thiam dan chu tapin a ni, chuta kan han kuah te, pawm te, han fawh thuak thuak te, han chul velte chu an tan a hlu em emin an taksa pawhin a mamawh a ni. Nausen chhawnchhaih lohte hi a lo pawi thei khawp mai, Hitlera hun laiin Aryan chi tha bik, thlah tha bik khawvel la ngamtu tur siam a tum a. Damdawi, ei tur thianghlim, thawmhaw leh mutna thianghlim chenin a buatsaihtir a. Tu mahin khawih loh tur, Nurse te pawhin khawih loh tur '*natna an kai ang*' tih a ni. Mahse, mak tak maiin chung nauteho chuan natna danglam tak an vei ta tlat mai, tah chuan naute dang enkawl anga enkawl tur an tih leh tak hnua an chhawnchhaiha an pawm kual leh tak hnu chuan an dam leh ta a ni, an ti. Chuvangin, in chhawnchhaih leh in khawihthe hi kan ngaihsakna lantirna a nih avangin a pawimawh hle mai.

Tichuan, naupang an lo thanlen deuh hnu chuan fuih te, an thil tih that faksak

te, lawmpui thiam te, tawngkam leh chetzia te leh inkhawih tein kan ngaihsak zui a lo t̄ul ta t̄hin a, chu chuan nun puitlingah a la hlangkai dawn a ni. Inngaihsaknaah hian kawng hnih a awm a, chungte chu – (1) **Negative attention** (*a t̄ha lo zawnga ngaihsak*) leh (2) **Positive attention** (*a dawmkang zawng, a t̄ha zawnga ngaihsak*) te an ni. *Negative attention* chu a t̄ha lo zawnga ngaihsak – a tira enkawl dan kan sawi ang chi te pawh telin a ni a. Positive attention-ah chuan a dawmkang (*constructive*) zawnga fak leh fuih te, chawimawi te a ni.

Naupang pakhat chuan a nu chhuat tihfai sa-ah milem a lo ziak hnawk nuaih mai a, a nuin a rawn hmuh chuan thinrim em emin a hau va, a sualzia hrilh pahin kut hial a thlak a ni. Chutih lai chuan a pa a lo lut a, ani thung chuan “*E khai, he lai chhuata milem ziaktu hi tu nge ni aw? A va han ziak thiam em em ve le, milem ziak thiam tak a la ni dawn a nih hi,*” a han tih chuan, chu naupangte chuan t̄ah aw tiauvn, “*A pa*

keimah’, tiin a lo chhang a. A pa chuan, ‘*E, a ni maw! Lo kal rawh, a ziakna tur ka hrilh ang che*’, tiin pindanah a hruai a, lehkha puan leh a ziakna tur a pe a, tah chuan a duh tawkin a ziak ta t̄hin a ni. Tichuan, chu naupang chu khawvela milem ziak thiam ropui leh hmingthang, *Lal Isua leh a zirtirten Zanriah hnuhnung an kil lai lem te, Monalisa lem te ziaktu, Leonardo Da Vinci* hi a lo ni ta reng mai a ni. A nu chuan a ngaihsak ve ngei mai; mahse, a t̄ha lo zawng (*negative attention*)-in a ngaihsak a ni, a pa thung chuan t̄ha zawng (*positive attention*)-in a ngaihsak a ni.

Kha naupang kha a pa chuan a nu hauhna rawn t̄anpuiin hauh rawn ta sela, chu naupang chu khawvel milem ziak thiam hmingthangah a chhuak bik kher lo vang. Chu chu a ni, naupang hian ngaihsak an duh a, a t̄ha zawnga ngaihsak an hlawh loh pawhin a chhe zawng tala ngaihsak duhin kan thu an awih lo t̄hin, i fimkhur zel teh ang u.

He enkawlna hnuaiah hi chuan hmangaihna hmun a chang a, Inhriat-thiamna duhawm tak a piang a, **Inrin ngamna** a awm a, **Dawhtheihna** chu a chawmtu a ni a, **Duh-thlanna** pawimawhzia a hre thiam thin a, a nun a lo puitling ta thin a ni.

A tawp berah chuan Joba 4:8-a kan hmuh, '*Buaina tuh chuan a ngai vek an seng leh thin*', tih hi a pawimawh hle mai. Nu leh paten kan tu leh fate enkawl hman lo leka sum ngaihtuah leh kawng danga kan buai hian, a ngai vek buaina kan seng leh thin a ni mai lawm ni? Aw le, heng zawng zawng tipuitling tur hian kan tu kan fate tan **HUN** kan pek a tul thin. Pawisa leh an mamawh dang pek kan ui loh viau laiin naupangte tan hun pek kan ui fo thin avangin naupang kawng dik lo kan zawhtir thin a nih hi.

Naupangin kan hman-gaihna an chhian thiam ve dan chu **HUN** a ni, hun i pek hian i hmangaih tih a hria a, a thlamuang thin. Tawngtai leh Pathian thu nena enkawl tluka

hlu a awm loh avangin i tu i fa **chu entir fo ang che**, tah chuan i lawmna a thlen ang. Biak inah te pawh hian kan in hruai tlem ta lutuk a ni lo maw? Nilai zan, Pathianni zana kan inkhawmte hi kan fel ta thep thup lutuk a ni, i chhangchhe ngam deuh teh ang u. Naupan lai atanga biak in ngaina lo tan KṚP rual leh puitling nih hnua biak in ngainat thut hi thil har tak a ni asin. Kan inkhawmte hi naupang nen inkhawm ila, lo bengchhengin lo ninhlei deuh mah se, i ngai thei hram hram teh ang u, an naupan laia biak in chhunga an bengchheng aiin, an thanlen hnua biak in pawn lama an bengchheng hi a bengchheng zawk asin.

I fa tan **HUN** pe rawh, tah chuan i dam ang a, kan ram a dam ang. Khawvelah hian in te, ram te, thawmhna leh thil dang chu duh kan thlang thei e; nimahsela, kan tu kan fa te erawh hi chu duh kan thlang thei lo va, Lalpan enkawl tura min pek, '*Lalpa laka kan ro chan*' te an ni tih hriain thahnemngai takin i enkawl theuh ang u.

Sermon :

CHHUNGKAW HLIMNA

- Rev. Chalhuna

*"Pathian an rin avangin ani chu a chhungte
zawng zawng nen an hlim ta em em a" (Tirh. 16:34)*

Chhungkua hi, *nakina vanram lo la thleng tur hlimthla a ni* an ti a. Kristian Chhungkua chu Pathian ram kan lo chan lawkna, Pathian duhzawng vana an tih anga leia an tihna hmun tur a ni. Lehlamah chuan hremhmun nakina lo la thleng tur hlimthla leh tuna lo chan lawkna hmun a ni bawk. Kan khawtlanga sualna leh harsatna kan tawh mek hi chhungkaw kehchhia (*broken family*) aṅanga kan dawn a ni, an ti. Kan chhungkaw nun hian khawtlang nun hona leh vanram leh hremhmun thlengin a nghawng phak a nih chu.

July thlaa kan Kohhran chhungkaw thuvawn chu, '*Chhungkaw hlimna*' tih a ni. Zawhna pawimawh chhungkaw tinin chhan tur kan neih chu - '*Chhungkaw hlimna hi khawi aṅanga hmuh tur nge?*' tih hi a ni. Tun tumah chuan Philipi tang vengtu chhungkuain Pathian an rin avanga hlimna an lo neih tak dan kan zir ho dawn a ni.

1. Chhungkaw inawp dan (administration) a danglam ta : Chhungkua hi Pathian din a ni mai lo

va, a inawp dan tur leh awm dan tur pawh Pathianin a ruahman vek a ni. A luahtu mihringten an duh ang ang a an awp tur a ni lo. Bible-ah hian chhungkua awm dan tur chipchiar takin kan hmu. Hetiangin - mipa lû chu Krista a ni a, hmeichhe lu chu mipa a ni (*I Kor. II:3*). Naupangte chu nu leh pa aiawh tur an ni (*Eph. 6:1*). Chhungkaw pa ber chu Pathian thu ang zela thu neitu ber a ni a, nu chu pa thuneihna huang chhunga chhungkaw enkawltu ber a

ni. Fate chu thu awih taka nu leh pa rorelna hnuaiia kun thiam tur an ni. Hetianga chhungkaw member tinten mahni dinhmun an luah theuh hian chhungkua chu a hlim thin.

Hetiang taka chhungkua inrem dan hi a fuh loh chuan chhungkua a hlim theih loh. Sum leh pai, in leh lo thain hlimna a siam thei lo. Car chhuak thar leh sitting room nuam sofa dup pawhin min tihahdamin min tihlim zo lo. Pa laka nu ber a hel emaw, nu leh pa laka fate an hel emaw chuan chhungkaw hlimna a bo vek thin.

Chhungkaw hremna/inawpna siam dik theitu chu a dintu ISUA KRISTA chauh hi a ni. Eph. 6:1-9 kha en Chiang ila 'LALPA-AH CHUAN' tih awmzia chu chhungkaw inremkhawm nan a pawimawh ber chu Isua Krista hi a ni tihna a ni. Tang vengtu chhungkuaah pawh Kristan a dinhmun a luah tak avangin nu leh pa

leh fate dinhmun kha a inrem fel ta vek a; chuang chuan an chhungkuaah hlimna a thleng ta a ni.

2. **C h h u n g k a w inngahna (foundation) a danglam ta :** Sam 127:1-ah chuan '*Lalpan in a sak loh chuan a satute chu an thawkrim thlawn mai a ni*' tih kan hmu a.

Mat. 7:24-27-ah kan Lal Isuan '*in nghet leh nghet lo*' thu a sawi a, chu chu lungpui chungsa sak leh thiauvut chungsa sak a ni. A satute pawh mi fing leh mi â tiin a sawi. Thiauvut chungsa sak chu khaw that lai chuan a nuamin a mawiviau thei. Mahse, a inngahna a ngheh loh avangin fur tui lian a lo thlen hunah a sawp chhe vek dawn. Lungpui chungsa in sak erawh chu a nghahchhan a ngheh avangin eng mahin a tichhe dawn lo.

Kan chhungkaw inngahna hi kan en chian hle a pawimawh ta. Tunlain chhungkaw lungphum atana

Lal Isua hman lova, sum leh pai hausakna emaw, politics hausakna emaw hmanga chhungkaw din kan tam ta em ni? Heng hi hun rei lo te chhung chu a mawiin a awhawm hle thei. Mahse, khawvel سوالنا tuilianin min chim mêk a, chhungkaw kehchhia kan pung tual tual mai. Bible-in a sawp chu nasa tak a ni, a tih kha kan thleng ta em ni? Heng سوالنا tui fawn lak atang hian khawvel ropuina te, sum leh pai leh thiamna te hian min chhanchhuak thei dawn si lo. Chhungkaw tam tak dinhmun chu a thlamuanthlak lohin a him ta lo hle mai.

Tang vengtu chhungkua hi sawrkar hnathawk, in leh lo, sum leh paiah chuan chhungkaw awhawm tak pawh an ni ang. Mahse, chu chuan hlimna a pe thei lo. Lal Isua an rina, amaha an inngah tak avangin an thlamuangin an hlim ta a ni.

3. An thil neihah an lungawi ta : Mihring nun

pangngai tak hi chu duhâma leh mahni hmasialnaa khat a ni. Mahni neih aia tam hi mamawhin kan inhria a. Mahni neih tawkah kan lungawi thei lo, a aia tam kan duh zel. Thuhrlitu thupui pawh "*Mi, a neihah a lungawi thei lo, heng zawng zawng hi eng mah lo mai a ni*" tih a ni.

Pentikos Ni-a Thlarau Thianghlim harhtharna changtute nun thar Bible-in a sawi hi a ropui hle. "*Ringtute chuan hlim tak leh lungawi takin an chaw an ei thin*" a ti.

Lal Isua Krista neitute chu an thil neihah an lungawi thin. Awhna, itsikna leh duhâma ten a tibuai fo tawh lo. An chanah an lungawi hliah hliah a ni. Chu chuan hlimna nun a siamsak a, an chaw ei a tui, maian bai mai mai pawh hmeh se puar takin an ei thin. Pathianni tuka sa hmeh kher pawh a ngai chuang lo.

Bible Study :**MANNA THUHRUK***Bible chang : Thupuan 2:12-16**C. January, B.D.*

1. Thuhma : He Bible chang hi Kohhran pasarihte hnena lehkhathawn pasarih zinga pakhat a ni a. Kohhran pasarih hnena lehkhathawn tak tak lam aiin khawvela Krista Kohhran, hmun hrang hranga ringtute, inenfiahna, zilhna leh fuihna tura Thupuan ziaktu hian a ziak niin a lang. Heng Kohhran pasarih a tarchhuahte hi fakna, fuihna leh zilhna bakah a hnehtute tana lawmman a tiam chi hrang hrangte kan hmu hlawn. Chung lehkhathawn pasarih zinga a pahnihna Pergamos Kohhran hnena lehkhathawn hi kan zir tur chu a ni.

2. Pergamos : Pergamos khua hi Rom lalber aiawhtu, ramawptu awmna a ni. Selucid ram khawpui a ni a, Selucid lal hnuhnung ber Attala in Rom sawrkar tlawn lungawi nana a pek a ni. Rom sawrkar chuan Asia ram khawpuiah a hmang zui a, Ephesi leh Smurna khuate angin sumdawna hmunpui a ni ve lo. Culture (hnamzia) lam leh sawrkar hmunpui a ni a. Library lian tak a awm a, kum sanghnih deuthhaw liam tawha an lehkhabu lak khawm 'parchment' ngawt pawh nuaih hnih chuang a ni. Lehkhabu hrang hrang lak khawm sawina 'parchment' tih

thumal pawh hi Pergamos khaw hming aṅanga lak a ni nghe nghe.

Sakhaw hmunpui a ni a, biak in ropui tak tak a ding a, Zeus pathian, Athens pathian, Dyonisos pathian biakna hmunpui a ni. Natna tidamtu pathian Asclepios tihdamna beiseiin mi tam tak khawvel hmun hrang hrang aṅangin an kal zut zut reng bawk a ni. Kaisara biakna hmunpui a ni a, A.D. 29-a Kaisara Augusta lal laiin amah biakna hmun atan in lian pui an sa a, Setana thutphah, ringtute tihduhdahna khawpui tih hial a ni.

Pergamos khuaa ringtute hi an fakawm hle, Setana

thutphah, ringtute tihduhdahna khawpui tih hiala an chhal khuaah an awm a, Kristiante chu nasa takin an tihduhdah a, an sawisa a, Krista thuhretu Antipa pawh an hal hlum hial a, chung zawng zawng chu an hriain mit ngeia an hmuh hnuah pawh Isua Krista chu an phatsan lo va, huai takin an rinna chu an puang chhuak a ni tih 2:13-ah kan hmu. Rinna nghet tak neiin Pathian tan an nunna hlan a thih, martar pawh an huam a, rinnaah an nghetin an huaisen hle mai, rinna kawngah an ropuiin an entawn tlak em em a ni.

3. Manna Thuhruk : 'Thuhruk' tih awmzia chu - '*khuh*', '*thup tlat*' tihna a ni. Hmuh leh a narana hriat theih loh, mysterious, thil mak inthup tihna te a ni a. Tichuan, Manna thuhruk awmzia chu ringlo mi, Lalpan a thupnate tan chuan hmuh leh chan theih loh, thuruk inthup hriat chhuah rual loh a ni. Zirnaa hriat fiah chi a ni lo va, beih vaka neih chi lah a ni hek lo, thiamnaa chhut chhuah theih a ni lo. Chu chu Pathianin

hnehtu apiang hnena pek a tiama chu a ni.

Manna hi Israel fate thlalerah ei tur nei lova an awma Pathianin a pek chhang chu Manna a nih thu kan hmu a, Juda-te thawnthuah chuan Solomona Temple a chhiat khan Thuthlung bawma an dah that manna chu Jeremian la chhuakin Sinai tlangah a thukru a, Messia lo kal hunah a la chhuak leh ang tih an beisei thu a awm. Juda-te chuan '*manna thuhruk*' chu Messia lo kal leh huna malsawmna a rawn thlen turah an ngai. Ringtute tan chuan Pathian ram an nuna a thlen huna khawvel thar, malsawmna leh nunna thlamuanthlak tak an chen tur a lantir. Chu malsawmna, Pathian ram nun thlamuanawm tak chu hnehtu apiangte hnenah pek a tiam a ni. Chang 17 '*A hnehtu apiang hnen ngeiah chuan manna thuhruk zinga mi ka pe ang a, lung var pawh ka pe ang, chumi lunga hming thar ziak nen; chu hming chu a changtu chauh lo chuan tu man an hre lo, a ti e'* tiin. Hnehtuin a hneh tur chu eng nge ni?

Nikola leh Balaama zirtirnaa tlu ve lo hnehtute hnena a tiam a ni. Nikola hming hi Grik hming a ni a, Balaama hming hi Hebrai hming a ni thung a, a awmzia erawh chu thuhmun niin 'mipui hneh' tihna ve ve a ni awm e. Heng mi pahnihte hian Israel fate tlukna turin inngaih leh milem biakna thil ei an zirtir niin a lang. Nikola hian thiangauna leh khurbinna lam a zirtir uar viau nia hriat a ni. Tawngkam dangin kan tunlai hun milin sawi ila, mipat hmeichhiatna dik lo taka hman leh khawvelna an zirtir a tih theih awm e.

Pergamos a Kristiante ang hian rinna nung leh nghet tak nei chungin Kristian nun thianghlim leh dikna kan hlamchhiah thei. A sawia sawi leh Kohhran, Kristian anga kan chet velna kawngah fak tlak tak, inpekna thuk tak nena rawng kan bawl lai hian lang lo lam leh mite hmuh loh lama nun ulukna kan tlachham viau thei. Pathian huat zawng tak inngaih leh khawvelna hian

kan nunah hmun a chan thuk viau chuan a pawh hle ang. Kristiante an hmuh lai ngeia an hal hluma, an mahni pawh tihduhdah an nih mek lai pawha Krista phatsan ve lo, an taksa pawh tihlum dawn mah se, Krista vuan tlattu Pergamos Kohhrante chuan inngaih leh khawvelna rilru pawmtute an haw lo va, chung mite chu ngampa taka an khawi avangin anmahni nunah nghawng tha lo a nei mek niin a lang. Chuvangin, Kohhran neitu Krista chuan a dem a, chung laka an inthiarfihlim chuan ringtu nun thlamuanna leh hlimna thuruk chu a pe dawn a ni.

Kristian nun thianghlim kan ngaih pawimawh a tulzia min zirtir sela, khawvel hmangaihna rilru kan put thin leh kan duhamna te hi Lalpan a hua tih hre thar leh ila. Krista, khandaih hriam tawn, hriam tak neia, khawvel lalna leh thuneihna, thihna meuh pawh hnehtu hmingin hneh zel turin tan i la thar leh ang u.

Hriselna huang :

NAUPANG KAWṬHALO ENKAWL DAN LEH INVEN DAN

*Dr. Lalhmuchhuaka
Paediatrician*

All India Radio Station aṭang hian, “*In dam tlang em?*” tih hunah Doctor-te leh mi thiamte ziah - Natna chi hrang hrang leh a enkawl dan te, a ven dan te kan lo ngaithla ṭhin a. He programme hi a bengvarthlakin inzirtirna ṭha tak leh inkaihhruaina hlu tak niin ka hria. Hetianga AIR Aizawl-a kan hotuten hun an han pe ṭhin hi a lawmawm a, Zoram mipui tan fin leh warna, hriselna lama min kaihruaitu a nih zel ka beisei.

Tunah hian naupang kawṭhalo, a enkawl dan leh a inven dan pawimawh zualte i han sawi teh ang.

Naupang kawṭhalo han tih hian eng eng emaw sawi tur awm bawk mah se, a tlangpuia han sawi mai hi chhinchhiah tur leh hriat chian theih tawk turah ngai ila. Naupang kawṭhalo chu an thil ei thlak danglam vang te, an pumin a zawh loh leh ngeih loh thil pêk/eitir vang te, natna hrik chi hrang hrang avang te hian an lo nei ṭhin.

Kawṭhalo hi êk tui, êk pangngai ang ni lo, ni khata wawi thum, wawi li, leh a aia tam te an êk hian kawṭhalo an nei a ni.

1. A enkawl dan :

(1)Naupang kawṭhalo chu enkawl nghal thuai tur a ni a,

an in tur tui damdawi (ORS) siamsaka, damdawi anga eitir mai tur a ni. He ORS (*damdawi*) hmang hian zaa sawmkua lai a enkawl dam theih a, a bak tlem te, zaa sawm vel chauh hi na zual leh Health Sub-Centre emaw, damdawi in emaw panpui ngai an ni.

(2)Nausen kawṭhalo chu nu hnute hnek chawltir loh tur a ni. A chhan chu nu hnute tui hi nau tana ṭha ber leh chaw ṭha ber a nih avangin a hnek tamtir zawk tur a ni. Naupang kawṭhalo tana pawimawh ber chu a taksa aṭanga tui chhuak kha luah khahtir leh vat zel hi a ni.

- (3) Kawthalo nasa leh nasa loah pawh an êk zawh apiangin tui damdawi (ORS) tam tawh pêk zel tur a ni. A pêk dan tur tlangpui chu naupang kum 2 hnuai lam tan glass no 1/4-1/2 (50ml - 100ml) vel pêk zel tur a ni a, an aia upa kum 2 chung lam chu glass no 1/2-1 (100 ml. - 200 ml.) pêk zel tur a ni.
- (4) Tui damdawi pek chu a luak chhuak zel a nih pawhin pek chhunzawm zel tho tur a ni. A chhan chu a luak chhuak zo veka ngaih a nih lai khan a taksain eng emaw zat a lo hip hman thei tlat a ni. Tichuan, a luak pawhin reh hun a lo nei ve leh mai a ni.
- (5) Tui damdawi (ORS) pek bang chu chhin tlatin dah zel tur a ni. Ni tinin ORS hi a thara siam tur a ni a, a hma nia siam tawh, hman bang chu paih mai tur a ni. ORS hi Health Sub-Centre-ah a thlawnin a lak theih a, damdawi zuartute hnenah lei tur a awm bawk thin. Tin, chini emaw, kurtaih leh chi hmangin a siam theih a ni.

Heng a chung a enkawl dan kan sawi anga enkawl a nih hnu pawha naupang kawthalo chu a reh theih lohva, a chauh tial tial zel chuan Health Worker hnenah emaw, damdawi inah emaw kalpui thuai tur a ni.

2. Naupang kawthalo ven nana thil pawimawh te :

- (1) Hnute hnekna bur (*Feeding bottle*) hman hian natna hrik an kai phah thin avangin, thianghlim taka enkawl reng a pawimawh tih hriat reng tur a ni.
- (2) Tui chhuan so dah vawh, thianghlim taka vawn that chauh intir thin tur a ni.
- (3) Ei tur chi reng reng sil faia, thianghlim taka vawn that chauh pek thin tur a ni.
- (4) An kut leh an thil khalh tur te sil fai that zel tur a ni.
- (5) Ek hi natna inkaichhawwna bul (*source*) a ni tih hriain ek in phui tha neih tur a ni a, ek thlahdah mai mai loh tur a ni.
- (6) In leh a vel vawn fai tur a ni bawk.
- (7) Tho, natna thehdarhtu lakah inthiar fihlim tur. Thil ei leh in tur te chhin phui that zel tur a ni.

Heng thil tlem te kan han sawi te hi kan hriat renga, kan zawm that chuan naupangte chu kawthalo tam tak lakah an fihlimin an hrisek phah dawn a ni.

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FAINA LEH THIANGHLIMNA

*Rev. Dr. Vanlalnghaka
Shillong*

Fai leh thianghlim hi a ṭul tak zet a, kan Kristianna nen a inhmeh bakah keini Mizote tan a pawimawh zual bik. Kan Zosapte pawh khan ṭawp leh bal min lo ti ṭhin khawp a. Nilai zan Bu 2009-ah pawh Rev. Dr. R. Lalbiakmawian a ziah ang khan, "Pu Buanga pheih chuan, 'khawvela hnam ka hriat tawh zinga hnam bal ber an ni,' " min lo ti hial a ni. "Sapho vawk vulh te chu Mizo naupangte aiin an fai zawk," te pawh a ti a ni awm e. Kan Khasi unaute pawh pawh hian anmahni zingah chuan, "Mizo te chu mi ṭawp, mi balho," tiin min lo sawi ṭhin a ni; huatah lak chi pawh a ni lo. Chuvangin, fai leh thianghlim hi ngaih pawimawh nachang i hria ang u.

1. FAI LEH THIANGHLIM A ṬULNA CHHAN ṬHENKHATTE

- (1) A mawi a, a zahawm bawk
- (2) Mahni tan pawh a nuam
- (3) A hrisel
- (4) Mahni rau rauah dam reina a ni
- (5) Pathian a chawimawi
- (6) Kristian Testimony a ni. Fai leh thianghlim hi Pathian an teuhna ber a ni (*Cleanliness is next to Godliness*). Khawvel hnam ṭawp berte pawh Kristian an lo nihin an lo faiin an lo thianghlim phah ziah a ni, Africa rama hnam pakhat tih chauh lo chu.
- (7) Kristian lote pawhin Kristiante chu fai leh thianghlim turin an beisei tlat.

2. FAINA LEH THIANGHLIM KAWNGA ṬAN KAN LAKNA TUR RAHBI ṬHENKHAT I LO EN TLANG TEH ANG U.

- (1) *Kan chenna in* : Kan chenna in ṭheuh hi kan lalna ram, kan thuhnuai a awm a ni. "An Englishman's home is his cas-

tle," an lo tih ðhin angin kan in chhung kan vawn danin kan mizia a tilang thui hle. In chhung fai chu a chengte tan a nuam a, a hrisel bawk. Tin, mi dang tan a zahawm. In ðha leh in ropuih kan cheng lo a ni thei, mahse, a fai chuan a ropui a ni.

Sitting room te, mut pindan te, chaw eina room te, choka te, bual in, êk in te leh sum hmun (*verandah*) thlengin a faiin a thianghlim tur a ni. Chhuat, bang, bangrel, ceiling, tukverh leh tukverh kawm, kawngkhar leh kawngka biang leh ventilation te an fai tur a ni. Chawmpangkar (*household dust*) leh maimawm ril a awm loh nan khum hnuai leh bang kil leh ceiling te hawl fai fo tur a ni. Zingah in chhung hmun kan phiat fai ðheuh awm e, hei bakah hian mut hmian kan pindan hrang hrang te hi phiat vek ila a ðha. Nilenga kan rah balh kha mutpui lovin phiah fai leh vek theih a ðha, a dang kan theih lo a nih pawhin mut pindan tal phiah leh i ching ang u.

Kan mut puan te hi fai taka sùk fo tur a ni (*bed sheet, lukham kâwr, rizai kâwr, etc., te hi*). Tukverh puan zar

(parda), ðhutthleng khuhna (*cushion cover*), dawhkan khuhna puante hi a khat tawka sùk fai fo ni sela. Tin, parda hi kut hruk nan leh hmai hruk nan hman miah loh tur, a khat tawka uluk taka sùk a ðha a ni.

Choka tinah kut hrukna towel kan dah ðheuh a; bal zawr lutuk khai reng hi thil tih chi a ni lo. Ni khat kar danah emaw, a theih pheih chuan ni tin su ila; a thlakna tur (spare) pawh neih a ðul. Tin, a awmna hi ei leh in siamna hmun a ni a, kan hman zin ber pawl a ni leh nghal. Kan kut fai sa pawh kan hru bal leh vek a, a hrisel loin a thianghlim lo hle.

Blanket te pawh sùk fai fo a ðha. Rizai, awngphah leh lukham te pawh a khat tawka a kâwr thlak ðhin tur a ni. Rizai hi a sai ðhata ni-a pho fo tur a ni; a chhan chu natna hrik pakhat (*household mites*) chi hi mutbu puan hluiah hian a awm duh em em a; heng hrik te hi mit lawnga hmuh theih loh a ni a; Allergy leh thawhah a siam duh a ni.

Tin, in chhung aţangin kan chhuak a, mahni hnathawhna lamah emaw, bazarah emaw, khawi khaw-

ihah emaw kan kal a ʔul ʔhin. Kan khawlai te hi a bik takin bazar hmun te hi a ʔawpin a bal em em mai a. Kan pheikhawkah chung bal te chu a kai lo thei lo va. Chuvangin, kan bazaar-na pheikhawkte phei hi chu in chhungah luhpui mai lovin verandah-ah emaw, kawngka bulah emaw vawthlep (*slippers*)-in thlak theih ni se a ʔha khawp ang. Sap ram leh Japan ram leh ram changkang dang tam takah chuan chhungkaw tam tak te chuan in chhunga pheikhawk bun luh an phal lo, anni khawlai te phei chu a fai teh lul nen.

Chokâa thleng silna (*Kitchen sink*) hi tihfai hle tur a ni. Thleng silna hmun hi sil fai fo loh chuan êk in tlukin a bawhlhlahw thei a ni. Oparah Talk Show-a an sawi dan phei chuan thleng silna hmun hi Sapho êkna (*European Commode*) aiin a hlauhawmin natna hrik a tam thei zawk an ti. Thleng silnaah hian khuar emaw, khi emaw, kak emaw a awm chuan natna hrik a tawm khawm ʔhin a, thawm phui zung zung a ʔha. A khat tawkin sahbon emaw, surf emawa sil fai ngei ngei tur. Tuiso pawhin chiaha tihfai theih a ni. Tin, thleng silna

(sink) hi a hmanna hriat chian a ʔul. Ei bungbel silna a ni ber mai. Tin, mi tam takin kut silna bik (*wash basin*) chokaah emaw, chaw eina room-ah emaw kan neih zawh loh avangin chaw ei dawn leh chaw ei khama kut silna pawh a ni thei ang chu. Amaherawhchu, hnap hnitna tur leh ha nawhna tur leh chil chhâkna tur leh kam ʔthuahna tur a ni hauh lo. Mi ʔhenkhat changkang tura ngaih pawh chutianga thleng silna hmun hman an awm fo mai, anmahni in leh mikhualnaah pawh. Hnam dang inah te in ti palh ang e, a thiang lo. In neituten an lo ti a nih pawhin an mawl vang maia ti an ni, nang chuan ti ve suh.

Tin, êkna (*commode*) hi a tihfaina bik (*Harpic ang te emaw*) ngeiin tihfai fo tur a ni. Ek aʔanga natna kai theih a tamzia kan hre ʔheuh awm e (*eg. kawʔhalo, santen, etc.*). Tin, European commode (*thu chungâ ekna*) hma dan thiam a ʔul. Mipa chuan êk nan, hmeichhia chuan êk nan leh zun nan, a ʔhutna (*seat*)-a ʔhut tur a ni a; hman zawha tleuh hnuah a ʔhutna (*seat*) kha kaih din ziah tur a ni. Tui hman kan nih tlangpui avangin a seat

tih thlik-thlawr hul nan a ÷ul. Chu bakah mipain an hman dawnin a seat a lo inkhup chuan kaih din hmasak nachang hre lova a seat zun khum mai an awm ÷hin. Airport, Restaurant etc., a European Comode (*thu chungakna*) te hi India ramah chuan han ÷hut mai ngam rual a ni lo; zun fep leh zun far tih hriat renga râng a lo awm fo ÷hin hi. Tin, êk in hi zun nan emaw, êk nan emaw kan hman zawhin tleuh fai leh ngei ngei tur a ni, i tleuh fai ngei a ni tih fiah lovin bathroom chhuahsan suh. Tin, mi inah a ni emaw, hotel-ah a ni emaw Mizoten êk in leh bual inah sikret bung paih kan ching a, a zu ve lote tan chuan a tenawmin a rimchhe em em mai a, chin fo loh a ÷ha.

Chaw ei dawhkan pawh a lan fai mai bakah a thianghlim tur a ni. A thangin a rimchhe tur a ni lo; sahbawn tuiin emaw tihfai fo tur. Thoin chaw ei dawhkan leh in chhhung hmun dang pawh a bawm loh nan in tinin tho vuakna pahnih pathum kawl ÷heuh ila. Tho ngaimawh

nachang inzirtir ang u. Theih phei chuan in chhungah tho lut thei lo turin kawngka leh tukverhah te net emaw a zar chi emaw dah theih a ÷ha.

In chhungah boruak thianghlim leh ni eng luh tamtir a ÷ha. Sap ramah thlasik vawh laia in chhung tihlum leh nipui laia tihvawh an duh avangin kawngkhar leh tukverh te an khar phui tlat a ÷ul ÷hin. Mahse, a khat tawkin in chhung boruak tichhuakin pawn boruak thianghlim an la lut a, a chhan chu thawk aṅanga inkai theih TB, hritlang, etc. natnate inkai darh a awlsam an ti. Thei hram ila chuan kum khatah vawi hnih khat tal chu chhungkuain emaw in chhung tihfai hnatlang hi neih a ÷ha. Tu leh fate hnenah thianghlimna thuchah ropui tak sawina a tling thei hial ang.

P.S. : He thu hi Shillong Bial Kohhran Hmeichhiaten 'Faina leh Thianghlimna' Seminar an neiha Rev. Dr. Vanlalnghaka thu ziah an zir ho Faina leh Thianghlimna bawh zui nana tihchhuah a ni. Ed.

(*chhunzawm tur*)

“BUHFAI ṬHAM HI THIL TIH ṬAWNGṬAINA A NI”- PI TEI

*Liansanga
Kanan Veng, Aizawl*

Kum 2010 hi Buhfaitham kum za-na a lo ni a. Vanneihthlak takin Pi Zomuanin Presbyterian Kohhran Hmeichhiaian Buhfaitham Centenary Souvenir Bu a tihchhuah kha mi rawn pe hlauh mai a, ka hming te a lo ziaak lang ve a, ka lawm hle. Kohhran Hmeichhe Centenary-a kum 100 chhung chanchin a ziaakah pawh khan ka hming kha a ziaak lang tawh bawk a, hman lai a lo ni ta reng mai. Buhfaitham tham tan hun (1910-a tan) hi ka aiin kum 16-in a upa a ni!

He Souvenir hian min tibengvar hle mai a, ka hriat loh thu tam tak min hrilh a, ka lawm hle a ni. Buhfaitham Centenary hi ka rilrua a tlak dante ka han sawi ve ang e.

Chumi hma chuan hetiang hian sawi hmaih hauh loh tura ka duh ka han sawi hmasa ang a: Kan khua Chawngtlaiah chuan Pi Thangvungi a awm a. Pastor Vanchunga hun lai khan Hmeichhe Tirhkoh nih tumin Aizawlah Pathian thu a zir ve a. A zir zawh hmain a pa a thi a, a zir zawm thei ta lo va. A sawi danin, *ka lung hi a leng em em thin a, ka thing phurhnaah te hian ka ṭawngtai a, van lam hi ka ngai em em thin. Tichuan,*

hla phuah hi ka chak ta a. Wawi khat chu A chatuan roluah tumin i bei zel ang, lungngaihna a lo len lai hian, tih hla hi ka thinlungah a lo thleng ta phut mai a, ka phuah ve ta a. Ka nun nen ka hmeh bel a, ka thla a muang ta huaiin ka hria a, ka lawm em em a ni. Tichuan, hla dang Chhandamtun hmun a siam zo ta, Suala tlute tho leh ila tih hla hi ka dawng leh ta a, ka phuah ve leh ta a ni, a ti.

A chanchin kal zel han sawi zui lawk ila. Pathian thu a zir theih tak si lovah chuan a patean enkawlin hlo te a thlo a. Hun a kal zel a, pasal mitdel (*an lal nupuia unaupa*) Lalsanga nen Pathian leh Kohhran hriatpuuin an innei ta a. A pasal chu mitdel mah

ni se Solfa te a thiam a, thuhriilu, Kohhran Comt. te niin a tangkai hle a; kut themthiam tak niin herhsawp thuthlengte hi a siam thin.

Pi Thangvungi chanchin ka sawi duhna chhan chu kan Synod hnuaiia Pathian thu lo zir tawh a nih vangin tirhkoh ni lo mah se Kohhran Hmeichhe hruaitu tha tak mai niin a dam chhung hun a hmang a ni.

Tuichangral Presbytery zau takah pawh khan a lar em em a, kan Pastor bialah phei chuan hotu chan chang ber a ni thin. Chawngtlai Kohhran Hmeichhe hruaitute hi mi mawl anga ngaih ni mah se an tha em em a; Pi Thangvungi ho hian buhfaitham te hi thahnemngai em ema buaipuiin an lo enkawl a. Tuichangral Presbytery-ah pawh buhfaitham rawngbawlna thang chho zelah sulsutu leh tihmasawntu zingah hmaih chi a ni lo. Amaherawhchu, buhfaitham hi engtik atangin nge an lo tih tan tih tak erawh chu ka hre thei ta lo.

Kohhran Hmeichhe Inkhawmpui Lian Chairman Pi Zomuanin Souvenir-a min

rawn ziah lan vena chhan hi sawi ka duh a, hetiangin :

Pi Tein thahnemngai taka Buhfaitham a beih tan lai khan Chawngtlai Kohhran Committee (Tual Upa) ka ni ve tawh a. Kan upaten ' *nang i la tlangval a, Hmeichhe Committee-ah tel rawh* ' min ti a, ka tel ta a. Buhfaitham sum min ziahtir a ni. Pi Tei lehkha rawn thawn leh Buhtham bel turte chu ka kutah a rawn thleng thin. Hmeichhe Committee chuan ka kutah an dah tawp mai a, Pathianni tlaiah buhtham bel bel tur chu ka sem a, tham bel nei an lo awm mang lo a. Mi hlim khua kan ni si a, Kohhran Committee member hlunte pawhin '*Zakaia hna i thawk a ni maw* ' tiin min lo fiam mai mai a. Chung lai chuan Chawlhni zana Kohhran thu puan hunah hian K. T. P. te, Sunday School naupang lam te, Hmeichhe lam te - ziaktu theuhin thu an puang thin a, kei pawh Pi Tei lehkha chu ka chhiar chhuak a, ka thiam tawkin ka sawi ve a. Pi Tei chuan '*chaw chhum dawna kan ei tawk no zat bela kan dah khan tui leih hmam vawi khat tham ila, a dahna bur remchang*

nei ıla, tah chuan dah ı̄ha ıla, chu chu Buhfaı̄tham a ni. Thiltih ı̄awngı̄taina a ni’ a ti a.

Chungte chu ka thiam tawkin *tuitai chanchin* tehkhin nana hmangin hetiang hian ka sawi belh a, *Tuitai pawh hi fur lai chuan tam hle mah se ı̄thalah chuan a kang leh mai a, tuihna nei erawh chu eng lai pawhin a awm reng ı̄thin. Buhfaı̄tham pawh inkhawm dawna phal ang tawka fun mai chuan tuitai ang a ni a, ı̄tham bel nei chu tuihna nei ang a ni. Mahni ina Pathian chanvo han dah chu a nuam em em a ni. Inkhawm hunah tam tak i lo khawl khawm tawh ang. Phal tawka fun ı̄thin chu an inkhawm loh chuan an thawh ve lo a ni mai, tiin. Kan khuaah chuan tuikhur hna nei ı̄ha tak tak pathum kan nei a, tuitai ı̄ha tak pakhat kan nei bawk a. Tuitai kha chu ı̄thalah a kang vek ı̄thin.*

Chung hun laia buhfaı̄tham an lak khawm dan chu – thla khatah wawi hnih lak khawm a ni a, chawhnu inkhawmah an puan hmawrah emaw, an lukhum hmawrin nuho khan an phal tawkin an rawn fun a. Hmeichhe ı̄thutna lam luhna kawngka bulah ı̄tin ruak an hung

a, an chhung khawm a. Inkhawm banah an tiral nghal zel a, a chang pheı̄ chuan mi harsa zualte an pek chang pawh a awm; chu lovah pawh tlawm te tein an hralh ı̄thin. A man a tlem a, a ziaktu nih pawh a awl hle ı̄thin a ni. A mawhphurtua min ruat tak avangin an lak khawm hun a lo thlenin a ziakna nen Hmeichhe luhna kangka bulah ka lo ı̄thu a, nuho lo luh paha an buhfai fun, ı̄tina an chhun lai khan ‘*I ı̄tham nge, i thawh?*’ ka lo ti a. **Thawh ti** leh **ı̄Tham ti** kha ka lo chhinchhiah a, ka lo hre chiang ta a. ı̄Thambel nei chu in ruk vel an ni a, Committee-ho chauh an ni nghe nghe.

Pathianni zan inkhawmah ka sawi ve ta a. Pi Tei sawi dan aı̄tangin ka sawi ı̄tan leh a, ka thiam tawkin ka sawi a. A hnuah buhfaı̄tham lak khawm a lo hun leh ta a, ka tih dan hmasa ang khan ka lo ti leh a, chaw chhum dawna buhfaı̄tham ı̄tham ı̄thin chu in sawmhnih leh pali zet an lo tling ta.

Nula pakhat chu committee member a ni ve a, ı̄thambel a nei ve a. A nu leh pa chu mi hlim kumhlun an ni a. Chu mite chuan, *chhiaikhawntu*

hna a ni ang, tiin, ‘Mami, thambel kha ti tawh suh’ an ti thin. Chu nula chuan ka hnenah ‘I thusawi chu ka lawm tak tak a ni. Thawhtan zinga ka pa zing tho chuan chaw a chhum dawn a, ka harh ve tawh a. Ka buhfaitham belah chuan buhfai chu a tham ve ta mai a, ka lawm em em a, chuta tang chuan kan chhungkuain chaw kan chhum apiangin kan tham ve ta zel a ni’ a ti. Chawngtlai Kohhran pawhin hma a sawn ve ta zel a ni e. Amaherawhchu, khang hun laia Pi Tei beisei pawh kha a la hniam hle a, tun nen chuan a danglam ta hle mai!

Tunah chuan ka rilrua thu awm Marka 14:9-a Lal Isuan hmeichhe tlawm takin a chung a thil tha a tih chungchang a fakna kha Buhfaitham nen ka hmehbel ve dan sawi kan tum ang a :

Kum 1910-a Buhfaitham man Rs. 80 hi a tam ka ti a ni. Khang hun lai khan patlingin ni khatah *siki* pawh an hlawh pha dawn lo. Arpuin *siki* a man pha lo. Kum 1944 te khan keini khuaah te chuan mipain ni liah Re. 1 an hlawh a, hmeichhiain ni ngaah Re. 1 (*cheng khat*) an hlawh thei. Aizawlah pawh

Re.1-in chi ser riat a man a. Chuvangin, patlingin nikhatah *siki* a hlawh chuan Rs. 80 chu patling zathum sawmhnihin ni khatah an hlawh thei a. Pa mal chuan kum khatah a hlawh pha lo a ni. Chuvangin, buhfaitham sum tlingkhawm hmasa ber Rs. 80/- hi a lo va tam em ka ti a ni.

Marka 14:3-9 thua hmeichhe tlawm takin Lal Isua chaw ei laia hriak rimtui to tak, *duli* zathum aia tama hralh theih Isua tan phal taka a han sawh keha, a luah te a han thih mai hi Buhfaitham man Rs. 80 nen inang ka ti tlat a. He hriak pawh hi *duli* 320-in hralh ta sela, khang hun laiah chuan mipa puitlingin ni khatah *duli* an hlawh thin a, patling 320 nikhat hlawh a nih chu! He hmeichhiain Isua tan he hriak a hmang mai hi zirtirte zingah phunnawi an lo awm a, he hriak hi patling ni 320 vel hlawh tawh a ni si a, hralha mi retheite pek zawk a tha ti zawngin an sawisel a. Mahse Lal Isuan, “...*khawvel zawng zawngah khawiah pawh Chanchin Tha an hrihna apiangah he hmeichhe thiltih pawh hi amah hriat reng nan an sawi ve zel ang*” a ti ta

zaw k tlat mai.

Chutiang baw k chu buhfaitham pawh hi a ni. Heti taka buhfaitham Pathianin mal a sawm hi a mak a, a ropui hle. Bible-ah hian khawiah nge *tham* tih *ṭawngkam* hi a awm ang tiin ka zawng ka zawng *ṭhin* a, Leviticus 5:12 (Lehlin thar)-ah hian *Chhangphut thilhlana mi puithiamin a lo **tham** ang, ei tur thilhlana a ni si a*, tih ka hmu ta a. Bible-ah pawh a chuang a nih hi ka ti ta a. Israel-te zingah pawh **chhangphut *tham*** tih a lo awm a, chhang chu an chaw pui ber a ni a. Keini chu buhfai hi kan chaw rinpui ber a ni a; churang chuan, kan chaw rinpui bera mi, Isua tana kan *tham* thei hi thil lawmawm tak a ni. Kohhran tan sum hnar *ṭha* ber zingah a tel pha a ni. Buhfai kan ei chhung chu *tham* tur kan nei dawn a ni.

Ni khatah chaw vawi hnih kan chhum a, thla khatah chaw vawi sawmruk kan chhum a, kum khatah vawi zasarih leh sawmthum chaw kan chhum a. Pi Tein *thiltih ṭawngṭai a ni*, a ti a. *ṭawngṭai pangngai bakah*

chaw chhum apianga buhfai i *tham* chuan i *ṭawngṭai ri chu* van lamah eng lai pawhin a chho reng dawn a ni. Kohhrana hmeichhia zawng zawngte u, *ṭangrual* taka kan *thiltih ṭawngṭaina* Pathian hnena a han thleng chho hum hum mai chu a va nuam em. Tel ve lo chhungkua kan nih a hlauhawm hle a ni.

Ka sawi seng dawn lo a, a tlangkawmna lo siam ila. Lal Isua chaw ei laia hmeichhe pakhatin hriak rintui to tak a han sawh keh mai chuan mi *ṭhenkhat* an lo thinur a, an sawisel a. Lal Isuan sawisel suh u, chanchin *ṭha* an hrilna apiangah he hmeichhe thiltih hi amah hriat reng nan an sawi ve zel ang a ti a. Chutiang bawkin kan Kohhran Hmeichhiate Buhfaitham hi sawiseltute awm mah se Chanchin *ṭha* an hrilna apiangah an sawi ve zel ang a, a *ṭhatna* hria apiangin an *tham* tam zel baw k ang. Kohhran Hmeichhiate *Thiltih ṭawngṭaina* hriat rengna atan chaw ei hma ngeiin buhfai hi *ṭhahnemngai* takin i *tham* zel ang u.

Pathianin buhfaitham hi mal sawm zel rawh se.

Nu tha entawn tlak :**ADA LEE CHANCHIN**

*C. Biakchhingi
Mission Vengthlang*

Kristianten nu tha leh entawn tlaka kan ngaihte chu nu khawsak tha fel, pasal leh fate, in chung khur te tha taka enkawl thin an nih bakah an in chung Kristian nun leh inkaihhraina hmang mi hi an ni ngei ang a. Chhungkuaah hian nute hi kan pawimawh em em a, Chhungkaw nun leh kaihhruai danah pawh nu ber duh dan leh nun dan hian kawngro a su hle a ni tih hi hai rual a ni lo vang. Chu chu a tak ngeiin keimahni pawhin kan hmuin kan tawng tawhin ka ring.

Tun tumah pawh hian nu tha leh entawn tlak, Pathian ring mi, rinnaa a fate kaihruai thintu leh a nun hrehawm leh harsat lai ber pawha Pathiana innghat tlat thei leh Pathian hminga harsatna hneh theitu chanchin tlem han ziak ka tum a. Amah chu Mrs. Ada Lee a ni a. “*Darjeeling chhiatna rapthlak*” tih bu chhiartute chuan in hre tawh ang a, amah anga nu vanduai hi khawvelah an tam lo vang a; mahse, a nunah hian zir tur tha leh ropui tak tak kan neiin ka hria a, chung chu han tar lang ila.

Ada Hildegard Jones (*a tira a hming*) chu March 23, 1856-ah West Virginia tlangram mawi tak Smithton

khuaah a piang a. A naupan lai hun chu an ramah indona avangin hun harsa tak a ni a, anni chungkua pawh an rual bawk a, a tan lehkha zir a harsa hle mai. A ni tanpuinain 1870 kum khan Seio College-ah a kal a. Chumi College-a a awm lai chuan a lo piangthar ta a, India rama hmeichheho hnena rawngbawl tura kohna a hmu a, a inpe ta a ni. December 22, 1876-ah Bombay a thleng a. Calcutta-a thawk turin an ruat a. June 6, 1881-ah India rama thawk ve Missionary David Lee nen Madras-a Vespary Methodist biakinah an innei a. David Lee chu Bangalore-ah Pastor hna thawkin a awm a. A kum leh July 22, 1882-ah chuan fanu

duhawm tak an nei a, a hmingah Vida Maud an sa a, September 10-ah baptisma an chantir a.

An naute chu thla sarh mi lek a nihin an pa chu a dam lo a, a na hle mai a; chuvangin, Feb. 5, 1883-ah America lam panin an hawng ta a. Thla thum leh ni sawm lawnga an kal hnu chuan America ram chu an thleng ta a. America rama an awm chhung chuan Mr. Lee chu a lo tha deuh a, Ohio chhak lam pang Conference-ah hna an pe a. Pathianin an hna thawh te mal a sawm a, mi za tam tak an piang thar a. India ram chu an vei em em reng baw a. 1894-ah India-a kalna hun remchang an hmu leh ta a, an kal leh ta a ni. Fa pasarih lai an nei tawh a, an fanu pakhat erawh chu a nausen laiin a thi a. India an thlen hnuin pakhat an neih belh leh a. An fate chu a upat indawtin Vida-i te, Lois-i te, Wilber-a te, Herbert Wilson-a te, Ada Eunice-i te, Esther Denet-i te leh Frank-a te an ni. Naupangho chuan thlasikah Calcutta-ah lehkha an zir a, nipuiah Danjeeling-ah an zir thin a.

Mrs. Ada Lee hi nu nih a tling hle mai. A fate chu tha takin a enkawl a, chutianga chhangchhia chu an ni chungin an chhungkua chu an hlim em em thin a ni. An fate chuan zai te an ngaina a; tin, an talent neih ang zelin an nu pawhin fuiha tihphur dan a thiam a, a tanpuiin a zirtir bawk thin. Thenkhatin piano tum te, tingtang tum te, violin tum te an thiam a, an chhungkua ngawt pawhin zaipawl mawi tak an siam thei a ni. An taksa hrisel nan tha takin a enkawl a, naupang hrisel tak an ni a, hawihhawmna leh chetzia tha tinreng te pawh a zirtir thin. Nu leh pa ngaina tak leh unau inhmangaih tak an ni tih pawh an diary atang tein a lang. An piang thar theuh baw a. Tin, ni tin chhung inkhawm a neihpui a, chu chang ni lovin an mut tawh hnuin an khum bulah a mal malin a tanngtaisak thin. Chutiang tak chuan an thlarau tan pawh thahnem a ngai a ni.

1899 kum khan an fanu upa ber Vida-i chu kum 17 lai a lo ni ve ta. Chumi kum

chuan a naute pali leh anmahni tanpuitu tur Bengali hmeichhia pakhat nen Darjeeling-ah awmtir an tum a. Tlang pangah in chhawng hnih nuam fe, lian vak lo an luaa a. May 1, 1899-ah chu in chu an chhungkuain an luaa phawt a, chawlhkar eng emaw zat an awm ho hnuin Calcutta-ah an chhuksan ta a. August thlaah a pa chu an naute Estheri hruaiin a han zin a. Estheri chu a u-ten awm an chak em avangin a hnutchhiah ta nge nge a.

Vanduaithlak takin September 24, 1899 zanah, a hma darkar 36 lai ruah a sur bur bur hnuin, Vida-i te unauza awmna in chu lei minin a chimpil ta vek mai a. Chumi tuma an nunna humhim tuma an beih dan leh lei minin kawng a lo hnawh vek tawh si avanga tihngaihna an hriat lo va, an in lama an let leha an u berin Pathian hnena tawngtai a rawt te, thlamuang taka Pathian hnen pan tur nih inhriaa lei minin an in chawpa a vur pil thute an unau zinga dama an chhan chhuah, Wilbur-a hnen atangin a nu

chuan a lo dawng a ni. Wilbur-a pawh chu October 2-ah a thi ve leh ta a. Chumi chhiatna rapthlak taka an fa duh tak takte an ka pawh chhawn loh chang pawh ni lo, an ruang awmna pawh an hriat theih loh te bakah, an fapa dama chhan chhuah pawh a thih leh zel tak hnu pawhin a rinna nasatzia leh a huaisenzia chu a mak ngawt mai. Setana lah chuan, *“I fate zawng zawng Pathian hnenah i hlan thin a. A ram tana thawk turin i hlan a, tunah hian khawiah nge an awm tak? I tawngtainate hi eng nge a tangkaina?”* ti tein min thlem thin, a ti. Mahse, *“Lalpa ka tawngtaina te hi i chhang thin tih ka hria. Vaw eng zat nge ka rilrua ka duh zawngte min pek thin kha? Tunah hian Setanan ni tin min tibuai thin hi ka ning tawh a ni,”* tiin a tawngtai a. Isua chuan heti hian a thinlungah thu sawiin a hria *“I lungngaihna te ka hriain ka tuarpui a che. Mahse, i lungngaihna chuan ka lungngaihna leh ka tuarna chu a tluk lo a ni. I fapa Wilbur-a chuan ka thu a hril alawm.*

Kum 50 chhunga a thu hril tur zat chu heti chen dam hian a hril asin” ti hian a hre ta a. Chuta tang chuan a rilru chu a thlamuang ta em em a, Krista pawlna leh awmpuina nen hlim takin a lo awm leh thei ta a ni. Chu achhapah thian pakhat hmuh pawh a la hmuh ngai loh hian lehkha a rawn thawn a. *“I fapa Wilbur-a chanchin leh tuarna te, a unaute hovin thihna an hneh dan te chu Sap ram Kristian Chanchin bu zawng zawngah an chhuah a, pulpit sang aia tamah an sawi a, mi sang tam takin chhandamna malsawmna chu an hmuh phah ta a ni,”* tiin. Chumi ni atang pheii chuan *“Setanan min tibuai ngai tawh lo, Pathianin ka tawngtainate a chhang ngei a ni,”* a ti. A thiante tam tak chuan chu chhiatna rapthlak tak chuan a rilrute tikehsawmin a hna pawh kalsan a duh hial an ring a; mahse, Pathianin chakna nasa tak a pe a, an tuarna chuan tan a laktir sauh sauh zawk a ni. Chhandamtu chu a fak a, a awm dan tur chu amahah a ngat tlat a.

Pathian chuan mak tak maiin a hruai a, Lee Memorial Mission leh in din nan pawisa a pe a. An in leh a thilung ruak tikhah nan fapa dang a pe leh a. Tin, tam mangang ei tur nei lo naupang za aia tam mah an chawm ta bawka. Hnathawhpui tur tha tak te a pek belh zel a. Chu an vanduaina chu malsawmin a awm tak zet a ni.

Mrs. Ada Lee hian a hun hnuhnung lam pawh Pathian rawngbawl nan, a bik takin Hindu hmeithaihote tanpui nan a hmang zel a. A pasal Dr. Lee-an 1924-ah a boralsan a, chumi hnuah pawh huaisen takin a thawk zel a. June 11, 1948 khan Pathian in mawi nuam tak chu a thleng ve ta a ni. A pasal leh a fa duh takte nen hlim leh lawm taka an han inhmu chu a va ropui dawn em!

Tun thleng pawhin Lee Memorial Mission hmangan Pathianin hna ropui tak te a la thawk zel a ni.

Ei siam dan:

AR KAN (FRAGRANT CHICKEN)

C. Lalneihkimi

1. Telh turte

ar (<i>broiler</i>)	-	pum 1, a awm ti	
Hmarchapui	-	pum 1, chan sawm	
purun var	-	mal 3, chan sawm	
sawhthing	-	inch $\frac{1}{2}$ sin te tea chan sawm	
dhania powder	-	thirfiante chanve	
Jeera powder	-	thirfiante chanve	
têl	-	thirfian lian 4	
thingmarcha dip	-	tlem	
dhania hnah chan sawm-	-	thirfian lian 2	
chi	-	a âl tawk	
Ralleng purun <i>emaw</i>			
Mizo purun <i>emaw</i>			
spring onion <i>emaw</i>		-	bul 4 vel chan sawm
hmuh theih ang ang			

2. A siam dan

- (1) Hmarcha, purunvar, spring onion, sawhthing, dhania, jeera powder, chi leh thingmarchatê chu têl thirfian lian 2 nen chawhpawlha, ngun taka hmeh pawlha, dah rih tur.
- (2) Têl thirfianlian 2 chu thirbêlah chhuan sata, arsa chu thlak tur a ni. Ngun taka chawha, arsa chu a lo sen thap thlengin, minute 4 vel chhuan tur a ni.
- (3) Hmarcha, purunvar, spring onion, dhania leh thil dang, têl nena chawhpawlha i dah hnan kha thlâk leh tur a ni. Minute 4-5 vel emaw, arsa a hmin thleng chhuan tur a ni.
- (4) Suan dawn tepah dania hnah chan sawm chu thlaka, chawhpawlha, suan nghal mai tur. A sat laia ei nghal mai theih a ni.



KAN HRUAITUTE CHANCHIN

PI C. LALTHANZAUVI

Pi C. Lalthanzauvi (Pi Zautei) hi kum 1952, January-ah Pu C.L. Khawchhana leh Pi Hmingliani te fa hming koh atan Chhunge khuaah a piang a. Pianpui unau hmeichhia 3 leh mipa 3 a nei. Kum 1973-ah H.T.

Rohmingliana nen inneiin fa - 5 (*mipa 2 leh hmeichhia 3*) leh tu 6 an nei a. A pasal hian kum 2006-ah a thihsan a, tunah Dinthar vengah an chhungkuain an khawsa a ni.

Pi Zautei hian ni tin ei zawna kawng dang zawh loin in chhungkhur leh tu leh fa enkawl chu a hna pui berah a hmang a.

Rawngbawlna lamah : Dawrpui Vengthar Bial Hmeichhia-ah Comt. member (*hun eng emaw chen*) leh Fin. Secretary a ni m êk a.

Kohhranah Hmeichhia : **1989-1990** : Treasurer (*Lunglei Farm Veng*) Dinthar Vengah - **1993-1996** : Comt. mem.; **1997-2010** : **O.B.** - Fin.Secretary, Treasurer, Secretary, Asst.Secretary leh tunah Chairman a ni. Dawrpui Vengthar Bial aiawh hian Central Kohhran Committee-ah rawn awmin tunah Term hnihna a chelh m êk.

Tin, Kohhranah Inrinni zan Thuhriltu, Nilai zan thupui hawngtu, Puitling SS Zirtirtu, Building Comt. leh Kristian Chhungkaw Comt.-ah a awm bawk.

Khawtlangah pawh a inhmang hle a, MHIP Hqrts.- ah Comt. member-in term hnih, Branch-ah O.B. ni rengin kum 1999-2008 chhung President-ah ñangin, tunah Vice President-ah a ñang m êk a.

Bible chang duh ber chu Sam 100-na niin, KHB No. 36-na "*Aw khawngaihtu Pathianin*" tih chu a hla duh ber a ni.

Pi Zautei hian Lalpa tan chhuan tur eng mah a neih lohzia a inhre Chiang a. A tih theih tawh Pathian faka zai leh lam hi a tuiin a thlakhlelh ber pawh a ni. Pathianin a rawngbawl tura a thlang hi ropui a tiin theih ang tawka A tana inpêk zel chu a duh ber a ni.

Amah hi nu sa ða tak, mawng zang, mi rilru zau leh eng mah thawh hreh nei awm lo khawpa kohna apianga ei mai zel, mi inpe leh hlim thei leh fiamthu duh tak a ni a. Biak pawh te a nuamin a mawphurhna te Pathian ring tlat chungah hlen chhuah tum mi a ni.

BUHFAITHAM CENTENARY

Doh is 'F'

*- Nl. K. Lalpamawii
Champhai Kahrawt*

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Lawm tak-a pe- tu Lalpan a hria, Kohhran nuten

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chanhuamzela thamin; A thlawnin Lal-

d : - : - d : r : m f : - : - - : - : - s : s : m d : r : m
s ₁ : - : - s ₁ : l ₁ : ta ₁ l ₁ : - : - - : - : - d : d : s ₁ s ₁ : - : s ₁
m : - : - m : d : d d : - : - - : - : - m : m : m m : f : s
d : - : - s ₁ : l ₁ : s ₁ f ₁ : - : - - : - : - s ₁ : s ₁ : s ₁ s ₁ : - : d

pan Fa-pa minpe, phal tak-a tham- tu

m : - : r r : r : - f m : - : r r : d : t ₁ d : - : - - : - : -
s ₁ : - : - t ₁ : t ₁ : - l ₁ s ₁ : - : - s ₁ : - : s ₁ s ₁ : - : - - : - : -
s : - : - s : s : - f r : - : f f : m : r m : - : - - : - : -
d : - : - s ₁ : s ₁ : - s ₁ s ₁ : - : - s ₁ : - : s ₁ d ₁ : - : - - : - : -

chuan thlarau hlawkna an hmu ang.

1. Buhfaitham kum zana kan lo thleng ta,
Lawmin hlimin i lam kan lo hawi e;
Buhtham hmanga Pathian nung i nihzia inpuangtu,
I hming fakin chawimawina sang ber kan hlan che.

Lawm taka petu Lalpan a hria,
Kohhran nuten chan huam zela thamin;
A thlawnin Lalpan Fapa min pe,
Phal taka thamtu chuan thlarau hlawkna an hmu ang.
2. Kan Buhfaitham Lalpa chanpual bêl hi,
Lalpan a hmu reng tuk tin tlai tinin;
Setana hneh nan hawng rawh Faitham bêl ni tinin,
I lawmna tipungin mal a sawm zel ang che.
3. Inngaitlawmin Lalpa ram zau nan hian,
Lal Isua i thleng ang no khat talin;
Lalpa chanpual bêlah no khat tal serh hrang vein,
Pathian ram zau nan Buhfaitham lo pung zel se.
4. Buhfaitham rawngbawl pawimawh thawktute,
Thamtu, khawntu, hralhtu leh leituten;
Pathian tana inhlan chung a tha thawh thar zelin,
Thahnem ngaiin tan i la thar zual zel ang u.

HRIAT ATAN

1. ZIN REPORT :

- (1) **Rengtekawn Bial** : July 30-Aug 1, 2010 chhung khan Rengtekawn Bial huapin Pangbalkawn Kohhranah Leadership Training leh Kristian Chhungkaw Campaign neih a ni a; Pi Vanlaltluangi, Pi K.Lalbiakzami Committee Memberte leh Pi H.Lalpianthangi, Asst.Co-Ordinator te an kal. Inrinni-ah Leadership Training neih a ni. Rengtekawn hi Bial thar a ni a, Kohhran pasaih leh B.C. pakhat an awm a, Training-ah hian Kohhran tin te lo kal kimin mi 70 zet an tel thei. Zirtawpni zan ațanga Pathinni zan thlengin hun hman a ni a, Inkhawm banah inpawlhona tum thum lai neihho a ni bawk.

- (2) **Cherhlun Bial** : August 20-22, 2010 chung khan Cherhlun Bial huapin Cherhlun Kohhranah Leadership Training leh Kristian Chhungkaw Campaign neih a ni a, Pi C. Lalneihkimi, Vice Chairman, Pi Raldochhungi leh Pi K. Lalthanpari, Central Committee Member-te an kal Bial chungah kohhran 5 an awm a, Leadership Trainingah kohhran 3 aţangin member 24 an tel thei. Zirtawpni zan aţanga Pathianni zan thlengin hun hman a ni a, he hun hi Bial chhung kohhranten an hlawkpui ngei beisei a ni. Tin, an Bialah Pathian ram a lo zaua Kristian chhungkuaa an hmalaknain hma a sawn zel nan i ţawngţaipui ang u.
- (3) **NEICCW Committee** : August 12, 2010 khan NEICCW Committee, Shillong-ah neih a ni a; Pi Zomuani, Inkhawmpui Lian Chairman leh NEICCW President ni baw chu Committee hmanhian a kal. Tluang tak leh dam takin a lo kir leh.

2. AGAPE CHANCHINBU LAKSAKTU THARTE

A hnuai tarlan ang hian Missionary tana Agape Chanchinbu laksaktu Bial, Kohhran leh mimal, chungkuaa heti zat kan lo awm leh hi a lawmawm tak zet a. In zavaia hnenah Agape Editorial Board Committee chuan lawm thu a sawi a ni. In inpekna hlu tak avangin hmun khawhar zawka awm Missionaryten Agape Chanchinbu an lo chhiar ve thei hi a lawmawm em em a ni.

(1) Assam Rifles Kohhran Hmeichhia	-	5
(2) E.Lungdar Kohhran Hmeichhia	-	1
(3) Chaltlang Kohhran Hmeichhia	-	20
(4) Lalrinliana Ralte te chung, Serchhip	-	10
(5) Saihmingthangi, Mission Veng	-	10
(6) Lalhmachhuani, Mission Veng	-	5
(7) Rotluangi, Electric Veng, Aizawl	-	15
(8) Dawrpui Kohhran Hmeichhia	-	10
(9) Khatla North Kohhran Hmeichhia	-	10
Total	=	86

BUHFAIṬHAM CENTENARY KAN THLENG TA

- *Upa Roneihliana,*

Sakawrdai Chhimveng Kohhran

Doh is F

ṁṁ.f ₁	s ₁ :- .s ₁ :l ₁ .s ₁	s ₁ :- :d .r	m :- .d :m .r	d :- :d .l ₁	s ₁ :- ṁ ₁
:d ₁ .r ₁	ṁ ₁ :- ṁ ₁ :s ₁ .f ₁	ṁ ₁ :- :s ₁ .s ₁	s ₁ :- ṁ ₁ :s ₁ .f ₁	ṁ ₁ :- :s ₁ .f ₁	ṁ ₁ :- :s ₁
Lalpa	chanpual thilpek	hlu	Chhungtin	runtin fangchhuak in,	Kan sawmvel Buh-
:d .r	ṁ :- ṁ :m .d	d :- :d .d	d :- ṁ :r .f	ṁ :- :f .f	d :- .d
:d ₁ .d ₁	d ₁ :- .d ₁ :f ₁ .f ₁	d ₁ :- ṁ ₁ .s ₁	d :- ṁ ₁ :s ₁ .s ₁	d ₁ :- :f ₁ .f ₁	d ₁ :- .d ₁

s ₁ .l ₁	s ₁ :- ṁ ₁ :d ₁ .ṁ ₁	r ₁ :- ṁ ₁ .f ₁	s ₁ :- :l ₁ .l ₁	s ₁ :- :d .r	ṁ :- .d
:s ₁ .f ₁	ṁ ₁ :- .s ₁ :s ₁ .s ₁	s ₁ :- :d ₁ .r ₁	ṁ ₁ :- :f ₁ .f ₁	ṁ ₁ :- :s ₁ .s ₁	l ₁ :- ṁ ₁
faitham sum	Lalpa ram	tan,	Tui mal far	te iang	a Tuipei lian ang
:d .d	d :- .s ₁ :s ₁ .d	t ₁ :- :s ₁ .l ₁	s ₁ :- :d .r	d :- :d .t ₁	d :- ṁ
:d ₁ .d ₁	d ₁ :- .d ₁ :r ₁ .r ₁	s ₁ :- :d ₁ .d ₁	d ₁ :- :f ₁ .f ₁	d ₁ :- ṁ ₁ .s ₁	d :- ṁ ₁

Thunawn

ṁṁ.r	d :- :t ₁ .l ₁	s ₁ :- :d .r	ṁ :- ṁ :r.d.r	d :-	d .d	r :- ṁ
:s ₁ .f ₁	ṁ ₁ :- :s ₁ .f ₁	ṁ ₁ :- :s ₁ .s ₁	s ₁ :- .s ₁ :t ₁ .s ₁	s ₁ :-	ṁ ₁ .ṁ ₁	s ₁ :- :l ₁
lo changin;	Hun lawmawm	Cetena-	ry kan thleng ta.		Hmangaihna thil	
:r .f	ṁ :- :r .d	d :- :m .f	s :- ṁ :s .f	ṁ :-	d .r	d :- :d
:s ₁ .s ₁	d ₁ :- :f ₁ .f ₁	d ₁ :- :s ₁ .s ₁	d ₁ :- .s ₁ :s ₁ .s ₁	d ₁ :-	d ₁ .d ₁	s ₁ :- :s ₁

r	:d	:m.r	ṁ :- :-	:- :m .f	s :- .s :l .s	ṁ :- .d :r.m	r :- :s .m
l ₁	:-	s ₁	s ₁ :- :-	:- :s ₁ .s ₁	d :- .d :d .s ₁	s ₁ :- .s ₁ :s ₁ .d	t ₁ :- :s ₁ .s ₁
pek	hlu	chu		Hmangaihna	hmangaihna	chhan letnaa	ni, Kan nghal
d :-	:r	d :- :-	:- :d .r	ṁ :- ṁ :m .f	d :- .s ₁ :s ₁ .d	t ₁ :- :d .r	
s ₁ :-	:d	d :- :-	:- :d .d	d :- .d :d .s ₁	l ₁ :- .r ₁ :r ₁ .r ₁	s ₁ :- :d .d	

s	:-d:m.r	d	:- .r :d .l ₁	s ₁ :-	:d .r	ṁ	:- ṁ :r.d.r	d :-
s ₁	:-s ₁ :s ₁ .s ₁	l ₁	:- .l ₁ :s ₁ .s ₁	ṁ ₁ :-	:s ₁ .s ₁	d	:- .s ₁ :s ₁ .f ₁ .f ₁	ṁ ₁ :-
kum-sul lo veiin		hun lawmawm	chu	Centena-	ry kan thleng ta			
d :-	:m:s.f	ṁ	:- .f :f .f	d :-	:m .f	s	:- ṁ :s,f .f	ṁ :-
d	:-d ₁ :d ₁ .d ₁	f ₁	:- .f ₁ :f ₁ .f ₁	d ₁ :-	:m ₁ .s ₁	d	:- ṁ ₁ :s ₁ .s ₁ .s ₁	d ₁ :-

2. Pheilai khai lungrual zawngten chhung tin run tin fang chhuakin, Buhfaitham Lalpa chanpual tia auvin; Harsatna karah pawh tap chungin buhpahl kengin, Lalpa tan chawl lovin i bei zel ang.
3. Thinlung hlan, thinlung petu, thilpek aiin a hlu zawk, Kan thinlung ro hlu berte i hlan ang u; Buhfaitham thilpek hlu ram tinah darh zau zel se, Lalpa tan chawl lovin i bei zel ang.
4. Kan nghah kum sul lo veiin Centenary kan thleng ta, I lawm ang u zaleng lungrual zawngte hian; Hlim leh lawm zai vawrin, pheilai khai lungrual zawngten, Hun lawmawm Centenary kan thleng ta.

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Kan hlimna leh kan lungngaihna thlentu ber chu kan rilru put hmang a ni. Pawn lam thil leh harsatnate hian kan duh miau loh chuan min tilungngai ngawt thei lo. Rilru hrisel leh ni tin nuna nun zangkhai neih dan kawng 115 tar lanna bu, K.C. Lalmalsawmzauva buatsaih Rs. 40 man hi chhiar la, i remtihna tel lova tu man an tihlim loh theih loh dan che i hria ang.

Hlimna Thuruk : Kum 1965, 1969, 1979 leh 1990-a a ziaktu, Upa Dr. L.N. Tluanga'n a lo chhuah tawh, mite'n an duh em em thin kha an inneih Golden Jubilee pualin an chhuah nawn thei leh ta hlauh mai. Tlu leh thin Kristiante tan mamawh chhanna lehkhabu a ni e. A man Rs. 50/-

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