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Phek 10-na

Kristian Chhungkua ♦ Sermon ♦ Article ♦ Ei siam dan ♦ Hriselna Huang

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### A chhunga thu awmte

- |   |   |    |
|---|---|----|
| 1. Editorial  | - | 1  |
| 2. <b>Kristian chhungkua</b> : Chhungkaw tinte mawhphurhna<br>"Chhungkaw maicham din" | - | 2  |
| 3. <b>Sermon</b> : Duh thlan tur pahnih   | - | 5  |
| 4. Lalpaah chuan lawm fo rawh u   | - | 10 |
| 5. Thlaraua khatin  | - | 13 |
| 6. <b>Testimony</b> : Siamtu rilru  | - | 16 |
| 7. American Samoa ram chanchin leh rawngbawlina                                       | - | 20 |
| 8. Vaivutah leh lungah  | - | 25 |
| 9. <b>Hriselna Huang</b> : Chaw tha hrang hrangte                                     | - | 26 |
| 10. Women Centre sakna atana sum lutte  | - | 28 |
| 11. <b>Ei siam dan</b> : Goa'n fish curry   | - | 31 |
| 13. Hriat atan  | - | 32 |

*Editorial*

Beihruual thla kan lo thleng leh ta reng mai. Beihruual hi kohhran din tirh lai vêl kum 1918 aṅang khân hman ṅan a ni tawh a. Mizorama Chanchin Ṭha a lo luh (1891) aṅanga chhiara kum 27-naa kohhran inchhiarnaah chuan kohhran member zât chu 11,427 a ni a. Beihruual hman ṅan a nih aṅanga kum nganaah chuan kohhran member pawh nasa takin an lo pung a, mi 32,592 lai an lo ni ta a, kum nga chhûngin a lêt hnih zetin an pung a ni. Beihruualin awmzia a nei hle a ni.

Kan zia hi mahnia thil tih chet chet aia a huhova thil tih nuam ti chi niin a lang a. Mahnia kal chhuaka mi dangte hnêna Pathian thu hrilh melh melh ai chuan a huhova beih hi kan thiam zâwng zâwk a ni mai thei a, kan peih zâwng pawh a ni zâwk ang e.

Beihruuala zir tûr hi Nilai zân thupui buah telh ṭhin a ni a. Hêngah hian kan hmalâkna pawimawh tak Kristian chhûngkaw chungchâng pawh hi a bîk takin kâr khat chhûnga zir tûr telh ṭhin a ni. Chhûngkuua Pathian biak inzirtirna chungchâng kohhran pum puiin hma kan lâk hi a hlâwk hle tih hria ila. Kan kohhran chhûnga ni tina chhûng inkhâwm la nei thei loten an lo neih theih nân te, chhûngkaw tinten kan chhûngkua leh mi mal nun ṭheuhah Lal Isua kan dah lal ber theih nân theihtâwpin ṅan la tlâng ila.

Tûnlai khawvêl sual leh harsa takah hian kan chhûngkuuaah Kristan lalna a chan loh chuan ṭiauvut chung a in sak ang khân kan tlusawp mai dâwn a. Chuvângin, Krista - Lungpui chung a kan sak ṭheuh theih nân ṅan i la ang u.

*Kristian Chhôngkua*

## CHHŪNGKAW TINTE MAWHPHURHNA 'CHHŪNGKAW MAICHÂM DIN'

- *Vânchhôngpuii*  
*Mission Vêng*

**1. Chhôngkaw maichâm:** Israel-te chanchin kan chhiar chuan maichâm hi an ngai pawimawh hle tih kan hmu a, ngun taka kan chhui chuan maichâm chu chhôngkaw maichâm a ni fo. Novate chhôngkua khan tui a let hnu a leilung an rah veleh khan an tih hmasak ber leh an ngaih pawimawh hmasak ber chu chhôngkaw maichâm Pathian tan a din a. Abrahama pawh Pathianin a ko va, kum 75 mi a nih laiin Haron ațangin a ko chhuak a, Kanaan ram a kal turin; a va thlen khan Lalpa chu Abrahama hnenah a inlar a, 'he ram hi nang leh i thlahte ka pe ang che' tiin chutah chuan Lalpa tan maichâm a siam tih kan hmu, chutiang bawkin Isaaka pawh Lalpa a hnenah a inlar a, kei hi i pa Abrahama Pathian chu ka ni, hlau suh, i hnenah ka awm alawm, mal ka sawm ang che tiin, Isaaka chuan Lalpa tan maichâm a siam a.

**2. Maichâm awmzia:** Maichâm chu Pathian leh mihring in biakna hmun a ni. Lalpa Pathianin 'Hmun thianghlim mi siamsak rawh se, an zinga ka chên ve theih nan' tiin Israel mite hnenah a sawi a (Ex 25:8). 'In zingah ka chêng ang a, in Pathian ka ni ang a, nangni pawh ka mite in ni ang' (Lev 26:12). Maichâm chu Pathian leh a mite inpawlna hmun pawimawh tak, hmun

thianghlim, puithiam lalber pawhin kum khatah wawi khat thisen nen a luh theihna a ni a. Pathian chenna hmun a nih avangin kan zah tur a ni, hmun thianghlim a ni a, zah taka hman tur a ni.

Kan in chhôngkhurah pawh Pathian kan biakna, kan pawlna leh ama hnena kan inhlanna hmun chu Lalpa tan hmun thianghlim a ni a, i ngaisang ang u. 'Pathian chu Thlarau a ni; a chibai

buktuten thlarau leh tih tak zetin chibai an buk tur a ni' (Jn 4:24).

**3. Chhung inkhawm hlutna:** Chhungkuua Pathian pawl thinte chuan man chawi ngai pawh ni se chhung inkhawm chu an thlah phal hauh lo vang a, a hlutzia hre pha lo tan erawh chuan a man dawng dawn mah sela an nei thei chuang lo vang. Chhung inkhawm hi kan remchan hun chauha neih kan tum chuan kum 100 dawn pawh dam ila kan nei thei chuang lo vang. Ni khatah darkar 24 a awm a, minute 1440 chhungin minute 10 chauh tal pawh Lalpa tan hun kan pe phal lo hi chu, Lalpa hnenah hian a malsawmna dil ngam tur pawh kan ni dawn em ni? I inngaihtuah chiang ang u. Kan chhungkaw maichâm mei a mit a, a alh reng loh avang em ni ang khawvel سوالنا hian kan tu leh fate min rûn nasat tâk em em ni? Ngawl vei, addict, AIDS te hian kan in chhungkhur min luh chilh nasa ta hle zawng a nih hi! Hawh u, سوالنا lo pung zel hian min chim buai

zel loh nan Lalpa tan chhungkaw maichâm i din zel ang u. Kan dam chhunga a rah kan hmuh hman loh pawhin chatuan khua a var hun chuan beidawng lova bei zêltute chuan an thawhrim rah an la seng dâwn si a.

**4. Nu leh pate thu awih hlutzia:** “Ka fapa, i pa thu chu zawm la, i nu thu chu hawisan suh. I thinlungah thlung reng la, I nghawngah awrh rawh. I vah vel in a hruai ang che a, I mut hun in a veng ang che, I thawh hunin a bia ang che” (Thuf 6:20-23). ‘Ka fapa, i pa zirtirna che chu ngaithla la, I nu zirtirna che chu hawisan suh; I lu atan parthi mawi tak a ni ang a, I nghawng atan thi ang a ni dawn si a’ (Thuf 1:8-9). ‘Naupangte u, Lalpaah chuan in nu leh pate thu zâwm rawh u, chu chu thil dik a ni si a. I nu leh i pa chawimawi rawh; chutichuan, i tan a tha ang a, leiah hian i dam rei bawh ang’ (Eph 6:1-3).

**5. Chhinchhiahna pawimawh:** Lalpan Mosia leh Arona hnenah hetiang hian

thu a pe a, ‘Thisen chu in tân in awmna in chhinchhiahna a ni ang a; tin, thisen chu ka hmuh chuan ka kal hlên ang che u a, Aigupta ram ka hrem hunah chuan nangmahni tiboraltu tur in chungah hri reng reng a lo leng lo vang’ tiin. Chu chu Aigupta rama Israel-te an him theihna chhan kha a ni. Lalpa chu Aigupta mite tihlum turin a kal tlang ang a, kawngka lu chung leh kawngka biang pahnih a thisen kai a hmuh chuan a kal hlên ang, an in chhungah chuan anmahni tihlum turin tiboraltu chu a luhtir lo vang.

Aigupta rama thihna thlipui a tleh laia Israel-te himna – beramno thisena chhinchhiah a ni ang khan keini pawh Lal Isua Krista thisen hlu avangin sual thihna thim ata kan chhuak a, Lalpa

Pathian chu chatuanin kan fak tawh ang.

Aigupta rama beramno thisen avanga Israel-te an him ang khan, ni tin chhungkaw maichâm din ðhinte chuan Lalpa tawtawrawt hnuhnung a lo rik hunah chuan hlim takin Lalpa an hmuak dawn a ni.

Unau duh takte u, khawvel sum leh tangka, hausakna leh hmingthanna ni lovin, Hmangaih Johana angin “Ka fate thutakah an awm tih ka hriat aliama lawmna nasa zawk reng ka nei lo ve,” ti thei vek ila aw, he lei lawmna aia lawmna ropui; van lawmnain kan khat mai tur a ni a le! Kan chhungkuain van lawmna chu kan chan ðeuh theih nan chhiartute zawng zawng Lalpan a thlarauin mal min sawm ðeuh rawh se.



*Chhungkua hi rangkachak laih chhuahna khur a ni a. Rangkachak laitute chu nu leh pa, rangkachak chu fate hi an ni. Chhungkuaa ðan lak nachang hriate chu an hlawhtling a, ðan lak nachang hre lote chu tlai khaw hnuah an ðap ðhin. Rangkachak lai chhuak turin bul ðan nghal rawh le...*

*Sermon***DUH THLAN TUR PAHNIH**

- Rev. Zoramsanga  
Tuikhuahtlang

**Thuhmahruai**

Khawvel pum huap indona tia vuah tlak hnuhnung ber chu 'Indopui pahnihna' kha a ni awm e. Mizoram aṭang pawhin Kumpinu sipaite pui turin Mizo tlangval eng emaw zat an kal ve a nih kha. Kha indonaa pawl khawihu lian ber, indona tichhuaktu chu German-ho an ni, kan ti thei ang. Hitler-a leh a chekawi, *Nazi*-hoten German mipui rilru an hruai sual a, 'German hnam chu hnam chungnung kan ni e,' tiin Juda-ho leh hnam tenau dante an man khawm a, an suat vak mai a. An chhehvel ramte pawh tihluhnain an thuhnuaiyah an dah a, an awp a. An duhamnain chin tawk a neih loh avangin indopui a chhuak ta hial a ni. Ṭangrual sipaiten German ram chu nasa takin an sawp let ve ta thung a. Indopui tawp hnua *Nazi* pawl chêt dân dik tak khawvelin an han hre Chiang mai chu, rapthlak an ti ngei mai. Indona avanga thi chu sawi loh, Juda mipui ringawt pawh maktaduai ruk (6) chuang an lo suat a lo ni a.

Tichuan, indopui a tawp a, Germany chu ṭangrual ramten bung hnihah an ṭhen phawk mai a – Khawthlang leh Khawchhak tiin. Ram inrelbawlna pawh a hrangin an nei a ni. Khawchhak lam chu Russia ram enkawlna hnuaiah Communist ram an ni zui ta a. Tun hmaa Nazi pawlin German mipuite an

lo hruai sual dan chu ṭha lo an tiin Nazi-ho chu an haw hle a, Nazi pawla mi an man apiangte chu ro an relsak zel a, mi 8,000 lai thiam loh an chantir a, tam tak thi turin an chungthu an relsak bawk a ni. Ram leh sawrkar humhim turin *Stasi* pawl an din bawk a. An ram a din tirha Nazi pawl an huat vei

nen, hun kal zelah Stasi pawl pawh chu Nazi pawl ang bawkin an kal sual ve leh ta a, nunna tam tak an suat a. A hnu zelah phei chuan thiam loh an chantir tawh hnu, Nazi mi leh sate chu Stasi pawlah an ruai leh ta hial niin an sawi. A tawpah phei chuan, Stasi hi Nazi ai mahin an che rapthlak zawkin an sawi.

### **Heti hian kan sawi tum chu a chiang thei mai em le?**

Mihring pianpui zia chu *'thiltihtheih duhna'* a ni a, dîp ral nih a hlauh vangin mi chung a awm a tum reng thin. He rilru hian a rukin eng tik lai pawhin min kai-hruai reng a, kan thiltih tha leh fakawm ber ber nia kan hriatte pawh hi chhui chian chuan a bulah he rilru hi a lo biru kiau thin. Kristiante chuan hei hi *'sual bul'* (original sin) kan ti a, Adama bawhchhiatna va tawmpuia inhriat bawhchhiat ni lovin, keimahnia bet reng a ni.

Isua zirtirna chu a danglam hle a, ani chuan he kan pianpui zia hi a kalh tlat a ni. Ropuina dik chu chungnun duhnaah ni lovin mahni inbun ruaka mi dang tana inhlannaah a awm a; rah chhuah tur chuan thih hmasak a ngai a; chawimawi ni tur chuan inngaihtlawm a ngai a ni, a ti. Kan pianpui nungchang nen chuan a va inpersan em!

Tichuan, keini Kristiante chu kan pianpui mizia (sual) kalsana, Isua min zirtir anga *'nung tura thihna'* kawng zawhtute kan ni a. Amaherawhchu, German ram tharah German ram hlui zia a rawn lut ru tlat ang mai khan, nun thar neitute awm khawmnaah hian nun hlui zia, *'thiltihtheih duhna'*, *'chungnun duhna'* a lo lut ru fo thin. Chutiang chawhpawlh nun chu nun hlui zia aiin a hlauhawm zawk a, man chhuah a har a, a tenawm zawk bawk a ni. Kan inven a ngai hle mai.



### Mihring rilru

Kristian zirtirna dotute zinga a lar ber pakhat chu German mi thiam, Friedrich Nietzsche (*Fred-rik Ni-che* tia lam tur) hi a ni. Ani chhût danah chuan, mihring nun hi a bul aṅanga a tawp thlengin ‘*thiltihtheih duhna*’ a ni a, chu chu mihring rilru leh taksa hrisêl pangngai awm dan tur dik tak a ni, a ti. He laia *thiltihtheihna* a tih hi chakna aṅanga chak lehzualnaa kal zel duhna a ni a, chu chu mi dang rah beh leh mahni mi dang aia chungnun duhnaah a rawn lang chhuak fo ṭhin. Hemi aṅang hian mi thiltitheih leh mi chakte an rawn ding chhuak a, anni chuan khawvel an kaihruai a; chhia leh ṭha, dik leh dik lo kan tehna pawh hi anni rilru mil leh duh dan ang zela siam a ni, a ti.

Heng Kristian zirtirna - mi chak lo leh mi hnuaihning khawngaihna te hi zirtirna dik lo a ni a, a ti a. Heng hian mihring nun a ei chhia a, mihring nuna a

nuam leh a ṭha lai apiang hi Kristianna hian a tichhe zel a ni, a ti hial. ‘Kristiante chuan, he khawvel hi hmun hrehawm a ni an tih avangin vanram ngaih an inzirtir a, he khawvela mihring nun tihlutu – chakna leh thiltihtheihna chu ngaihnep an inzirtir ta zawk a ni; chuvangin Kristian thuvawn chu bawih thuvawn a ni,’ a ti. Mihringin he a mihring mihrinna hi kal pel a, nihna sang zawk a neih dan chu he ‘*thiltihtheihna duhna*’ hi a ni a, hei hi a nun kaihruaituah a hmang tur a ni, a ti.

### Isua rilru

Isua khan mihring mizia a hre chiang hle a, a hmaa kan sawi German mi thiam nen khan inkawm ta sela, Isua hian thui tak chu a ngaih dan a pawmpui ngeiin a rinawm. Mihring pianpui zia chu hmasialna a ni a, hei hian kan thinlungah bu a khuar tlat a, kan thiltih ṭha leh thianghlim ber ber nia lang pawh hei hian a pawlh nu fo ṭhin. Chumi aṅang

chuan thil tha lo chi tinreng a rawn chhuak thin, tiin Isua chuan a sawi mai a ni. Chungnun duhna a tang chuan duhamna pawh a lo awm a, chu zia nunpuitute chu mi chak leh mi thilithei an lo ni thin a, chu chu khawvelin kan ngaisang hle si a nih hi! Hetiang zawng zawng hi Chiang taka hre chungin, Isua chuan, “Hei hi kawng dik lo a ni” a ti tlat mai. Isua zirtirnaah chuan, he kan pianpui zia hi chin ral a ngai a ni. Isua chuan, rawngbawlsaka awm tur ni lovin, rawngbawlturin a lo kal a ni tih a sawi mai a, mihring pianpui zia nen chuan a va inkalh em! A zirtirten ropui an inchuh reng lain, ani chuan inngaihlu apiang an tlawm ang a, inngaitlawm apiang chawimawiin an awm ang, a ti thung. Mahni inhman-gaih anga vengte hmangaih turin min phut a. Buh fang pawh a thih zet loh chuan rah a chhuah thei lo, a ti.

Ngaih dan inang lo tak tak pahnih kan hre ta. Pakhat chuan, ropuina kawng chu

kan pianpui zia, ‘*thiltihtheih duhna*’ kalpui zel hi a ni, a tih lain pakhat chuan ropuina kawng dik tak zawng chu he kan pianpui zia chin ral hi a ni, a ti thung.

### **Ngaih dan indo inluan fin**

Kan inven reng loh chuan, he mihring zia, *thiltihtheihna sang zel umna* hian rawngbawl na huang chhungah min luh chilh thei a; min luh chilh tawh chuan pah chhuah leh a har a, a pawh hle a ni. Heng thil pahnih hi a inluan fin chuan ringtu nun piangsual a lo chhuak thin a. Rawngbawltute zingah pawh a lâf fâl nih duhna te a lo chhuak a; thlarau mi intite zingah pawh changsang bik leh thu hmu fuh bik nih duhna a lo chhuak a; thlarau mi nih duh baw si, khawvel ropuina thlahlel tho si te pawh kan lo awm phah ta a ni. “Ka ram chu he khawvela mi hi a ni lo,” tia Isuan min chah lawm lawm lain rawngbawl na kawngah pawh ropui taka inpho lan kan duh zel ta mai. Sawi thui a ngai lo

ve, kan chhui dawn thiam ang chu.

### **Tlipna**

Kan hmaah duh thlan tur pahnih a awm. Pakhat zawk hi chu kan pianpui miziaa bet a nih avangin thlan buai a ngai hran lo. Pakhat zawk erawh hi chu, kan mize kalh a nih avangin, kan thlang dawn a nih chuan theihtawp chhuaha beih a ngai ang.

Isuan, “Tu pawh a nun humhim duh apiangin a chan ang a; tu pawh keimah avanga a nun chan apiangin, chu mi ngei chuan a humhim ang,” a ti. Hei hi ralna kawng a ni a, mihring pianpui mizia aṅanga teh chuan thil âthlak a ni. Amaherawhchu, mi mal leh khawvel damna chu hetah hian a awm tlat si a ni.



## **PASTOR & PRO. PASTOR NUPUIE HRIATTIRNA**

Kumin 2014-ah hian Synod hnuaiia Pastor nupui leh Pro. Pastor nupuite intawhkhawm leh tur a ni a. Pastor nupui leh Pro. Pastor nupui zawng zawng a kim thei ang bera tel tura ngen leh hriattir kan ni e. Aizawl khawpui chhunga mite chu D.A. pek an ni ang a, khawpui pawn a mite erawh chu kal lam leh haw lam T.A. pek an ni ang. Ram pawna mite chu Train II Class a bill theih ang.

**A hun : Dt. 16.10.2014 (Nilaini)**  
**A hmun : Synod Conference Centre**  
**Speaker : Rev. Vanlalbela**

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## LALPAAH CHUAN LAWM FO RAWH U

(Philippi 4:4-9)

- *R.C. Lalhmingthangi  
Kolasib, Venglai (E)*

**1. Lalpaah chuan lawm fo rawh u; ka ti leh pek thin ang, lawm rawh u:** Malsawmna te, vanneihna te, damna te, eizawna tha tak kan neih avanga lawm mai tur kan ni lo. Eng pawh kan chungah lo thleng se, tuarna te, tlakchhamna te, thil tha lo eng pawh tawk mah ila, Pathian ringtute chuan ‘Lalpa, heng harsatnate hi ka chung a thlen i rem tih avangin. ka lawm e. Amaherawhchu, heng ka thil hi a thlawnin min tuartir lo la, eng nge min zirtir tur i neih? Min hriattir ang che,’ ti ta mai ila. Chuti lova harsatna kan chungah a lo thlena, Pathian kan han dem mai te, enga ti bik nge heng harsatna hi ka chungah kher a thlen te kan han ti a. “Lalpa, min pui rawh. Lalpa, min lak kiansak rawh,” ti mai lovin, lawm thu sawi ila, Lalpaah i inngat phawt mai ang u.

**2. In dawhtheihzia mi zawng zawng hriat ni rawh se, Lalpa chu a hnai e:** Nula tlangvalte pawh an inngai-zawng a, nupui pasal kan nei a, chhungkua kan han indin a. Mahse, kan beisei ang leh kan duh dan angin thil a thleng lo thei. Ei zawnaahte pawh kan duh dan anga thil a lo thlen loh lai te, rilru na ngawih ngawiha kan insiam changte a sawm thin. Heng hun a lo thlen hian inthen mai te, intihchhiat mai duhna te a

lo awm thin. Heng hun a lo thlen pawhin mahni inchin fel mai tum lovin, Lalpa i nghak ang u. Eng tik lai pawhin kan tan hian Lalpa hi a inpeih reng a ni tih i hria ang u.

**3. Engah mah mangang suh u:** Tuarna chi hrang hrang – lusunna te, cancer natna te, natna benvawn te kan chungah a lo thlen pawhin, i mangang mai lo ang u. Tunlai khawvelah thil chi hrang hrang min timangang theitu a tam mai. Kut

zungtang thlalak tih te, mit naute thla lak tihte pawh sakawlh chhinchhiahna hmahruaituah mi tam tak chuan an ngai a ni awm e! Tin, khawvelah chhياتna chi hrang hrang - lirnghing, thlipui, tam leh indonate pawh a la thleng ang. Ringtu tan chuan eng mah manganna tur a awm lo. Engkimah tawngtai leh dilin, lawm thu hril tel zelin, kan duhnate chu Pathian hnenah hriattir ila; tichuan, Pathian thlamuanna, rilru reng reng hriat sen lo chuan, kan thlung leh kan ngaihtuahnate chu Krista Isuaah chuan min venhimsak dawn a ni. A va ropuiin a va thlamuanthlak tak em.

**4. A tawp berah chuan unaute u, a dik apiangte, a zahawm apiangte, a fel apiang te, a thianghlim apiang te, a duhawm apiangte, a thangmawi apiang te, thatna reng a awma, fakna reng a awm phawt chuan, chung chu ngaihtuah rawh u:** A remchan em avanga zu leh ruih theih thil han tih mai te,

a rem avanga thil ruk, ei ruk te, a rem avanga nulat tlangval nawm chenna te, sual anga lang thei zawng zawngah hian i inthiar fihlim ang u. Josefa anga Pathian tana rinawm, pindan chhungrilah pawh piangthar ngam! Daniela te thian za ho anga Lalpa ring tlattu, tuar a ngaih pawha tuar ngam, Martar a tul pawha martar ngam turin i inbuatsaih ang u. Tute emaw an sawrkar chuan Kristiante kan zalen lo ang, tih mai maiah hian ringtute i buai lo ang u. Philippi 1:29-ah Krista avanga amah in rin chauh ni lovin, amah avanga in tuar pawh phal a ni si a; Pathian thuin 'thilsual tih avanga tuar ai chuan, Pathian rem tih zawng a nih chuan thil tha tih avanga tuar hi a tha zawk si a,' a ti (1 Pet 3:17).

Hengte hi a taka kan zawma, kan nunpui phawt chuan, kan dam chhung zawng leh kan thih hun a thlen pawhin thlamuanna Pathian chuan min awmpui zel dawn a ni.



## THLARAUA KHATIN

-Lalzawmliani  
Ramhlun Venglai

Engkim mai hian ‘rau’ an nei vek a, a rau chang khawpa kan inpekna lamah chuan kan ze em em zel a, sawi thiam loh, tih duh loh leh tih theih loh leh peih loh pawh kan nei lo, (*entir nan*, zu leh sa, politics, computer, internet mobile phone) a rau chang khawpa buaipuite chuan an bula awmte pawh an ngaihsak lo. An sum leh an hun zawng zawng pawh an buaipui atan an inpe fai vek a, chutiang tak chuan mihringte hi kan rau chan lamah chuan kan kal nâ a, kan rau chanin min hnuh let chinah phei chuan kan nun leh chetziaah pawh hai rual a ni tawh lo. Kan thih chilh ngam a, kan chhiatpuia, kan thatpui thei bawk.

Chuvangin, Bible chuan, ‘Mi fing lote anga awm lovin...in awm danah fimkhur rawh u...uaiin ruiin awm suh u, Thlaraua khatin awm zawk rawh u’ (Eph 5:18) a ti. Isua hnenah mitdel tawngtheilo ramhuai man pakhat an rawn hruai a, a lo tihdamsak a, ramhuai bawlhhlawh chu, mi kawchhung ata a chhuah chuan chawlhna hmun zawngin a vak a vak a, a hmuh mai loh avangin, a chhuah hmun chu a va en leh a, a va thlen chuan a chhuahna in chu a ruak a, phiah faia, cheimawiin a hmu a, chu veleh amah aia sual

zawk ram huai dang pasarih a rawn hruai a, chutah chuan an lut leh a, chu mihringa awmzia chu a hmasa aiin a lo tha lo zawk a (Mt 12:45). Lal Isuan ramhuai a hnawh chhuahsak khan a hnawh chhuahsaktu, Thlarau Thianghlim kha amah luah khat turin sawm nghal sela chuan, ramhuai kha amah aia sual pasarih nen an lut tawh lo tur, amah mai chuan a lut ngam tawh lo va, ramhuai dang (sual zawk) pasarih sawm belhin a lut leh ta a, chu mihringa awmzia chu a hmasa aiin a lo sual ta zawk a.

‘Tunlaia kan thalai piangtharte an da leh hma, an tlo lo,’ tiin Camping/Campaign-te kan sawi chhiat phah a, tih dan tha danga thlakna tur kan hre bawk si lo, a chhan ni bera lang chu an pianthar hmaa an nun dan (chhandamna camping-a an kal hmaa an nun dan) kha zu in buai leh zu rui, insual leh itsik, huaikawmbawl, nu leh pa thu awih lo, mi kawlhse insum thei lo, in ti vei, Pathian sawi chhetu, tangka ngainatu, mahni chauh inhmangaih, etc. (2 Tim 3:1-9) an ni a. Chutah rawngbawltute chuan Pathian Thlarau Thianghlim tanpuinain mi sual an ni tih leh an thil tih sualte an hriata, sual Setana bawiha awm an ni tih inhriain, chhandamtu Isua zui turin duhthlanna an siam a, Lal Isua lo lan hmaa Johana thuhmila simna baptisma an chang ang deuh khan (Tirh 19:3).

Camp an lo chhuak a, piangthar cheiin kan chei a, anmahni pawh piangthar awma awm an tum a, an nun hlui, an chin thin tha lo an

bansan tawh siin an nun a ruak a, chumi hmun ruakah chuan Lal Isua luahtir si lovin, piangthar nih dik an tum a, a theih loh, Isua chanchin sawi tur an hre lo va, an tawngtai thei lo, an inkhawm tang tang mah se, rawngbawltute haw rual rualin an peih lo zui mai. Ramhuai man, mitdel, tawngthei lo, Lal Isuan a hnawt chhuak a, a chhungah Isua cheng zui tura sawm nachang an hre lo va, ramhuai chuan a chhuahna hmun ruak chu amah aia sual zawk ramhuai dang pasarih sawm belhin an luhchilh leh ta a, chu mihring mizia chu a hmasa aiin a sual zawk daih ta ang mai kha an ni.

Piangthar inti ve ting a, zuk leh hmuam an chin thin tha lote pawh thlah ve a, Lal Isua tana hmun kian si lote chu an insum zawh loh hun hunah an chin thin tha lote chu an ti leh a, a hma aiin an heh a, an luhlul sawt thin. Camp an luh hma aiin pianthar an hlat sauh sauh thin.

Chuvangin, Lal Isuan chhandamna hna thawk zova thihna hneha a thawhle hnuah a hring a hranin amah an be fo thei dawn tawh lo tih a hria a, amah zuitute hnenah chuan “Pain kei mi tir ang bawkin ka tirh che u hi,” a ti a. ‘... chung thu chu a sawi zawhin an chungah a thaw a, an hnenah, “Thlarau Thianghlim nei rawh u,” a ti a. Amah ngei pawh khawvela rawng a lo bawl lai khan Thlarau Thianghlim chu amah Lal Isua tantu, chawimawi tur a nih a hria. Ani chuan kei mi chawimawi ang (Jn 16:14) a tih kha, an zinga a awm laia anmahni chhandamtu a nih thu a sawi a, an hriatthiam loh zawng zawng pawh chu Thlarau Thianghlim lo thlen hunah chuan an hnena a thusawi zawng tura an hriat thiam lohte chu Thlarau Thianghlimin a hriat chhuahtir leh dawn a ti. Thlarau Thianghlim Pain ka hminga a rawn tirh tur khan a zirtir ang che u a, in hnena ka sawi zawng zawng a hriat chhuahtir leh ang che u (Jn 14:26) a ti.

Ringtu dik takte chuan Lal Isua kan thlan atang khan Thlarau Thianghlim chu kan chang tawh a, Kohhran thurin no. 6-ah chuan ti hian a ziak a: ‘Thlarau Thianghlim, Pa leh fapa ata lo chhuak chuan mihringte chu chhandamna changtuah a siam a,’ a ti. Bible chuan, ‘Pathian Thlarau Thianghlim chu tilungngai suh u, tlanna ni atan chuan amahah chhinchhiaha in awm kha’ a ti (Eph 4:30).

Pathian in in nih leh Pathian thlarau thianghlim nagmahniah a awm a ti bawk. Chuvangin, kan khahna tur Thlarau Thianghlim chu keimahniah a awm tawh a, Setana bawih ata min chhan chhuahna kan chan khân a tâ, a fa kan ni tawh tih chhinchhiahna thlarau chu min chantir a, ‘Pathian in in ni a, Pathian Thlarau nangmahniah a awm’ a ti a; mahse, thu ber nihna a la chang lo flat, a vau lâwk a, miin a tih khawloh chuan chu mi chu Pathianin a tikhawlo vang (1 Kor 3:17) a ti. Chuvangin, chhinchhiah ni



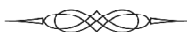
tawhin, a inah min nei tawh mah sela lalna leh thuneihna pumhlum chang lovin in neitupa chu a la awm theih tlat avangin kan tikhawloh loh nan luah khat law law rawh se, i in chhungah chuan rorel la, thuneihna chang vek rawh kan tih a ngai a ni. Khah a pawimawh em emna chu kan khah loh chuan kan luang liam thei lo tih a hriat avangin ‘Thlarau khatin awm rawh u’ min ti a ni.

Kan nuna thuneihna pumhlum a chan theih nan thlaraua khat turin amah ringtute chu thu a pe a ni. ‘Engtin nge thlaraua kan khah ang?’ tih i zawt a nih chuan Thlarau Thianghlim fa nihna chhinchhiahna i chan tawh kha. Pathian in i nih tawh kha in neitu a nih ang takin a in chhungah (nangmahah) chuan rorel sela, Thlarau Thianghlim hman i tum thin kha bansan la, Thlarau Thianghlimin hmang zawk tawh che sela, Thlarau

Thianghlim chu hruai tum lovin, aman hruai zawk che se, chutah zet chuan Pathian Thlarau Thianghlim hruai apiangte chu Pathian fate an ni tih mite hnenah kan tar lang thei a ni.

Petera te, Johana te pawh Isuan amah zui tura a sawmna chu an chhang mai a, a tan pawh an inhuam em em naa, an phat leh maina chhan chu Thlarau Thianghlima thuan an la nih loh vang a ni. Thlarau Thianghlim an chan hnuah chuan an phat tawh lo. A tan an martar a, thiltihtheinain a rawng an bawl a, chu nun chu keini pawh Lalpan min duhsak avangin ‘Thlarauva khatin awm rawh u’ min ti a ni.

Thlarauva i khah theih nan i thinlung hlan la, Lalpa tana nung tur leh a pawl turin i pumin inhlan rawh. Chutichuan, thiltihtheihna neiin LALPA RAWNG I BAWL ANG.



**Bible hi fin nan chhiar la, inhumhim nan ring la, thianghlim nan nunpui rawh.**

- Francis de Sales

## Testimony

### SIAMTU RILRU

*‘Ngai teh, fanaute hi Lalpa laka kan rochan te an ni a,  
Rila rah hi a lawmman min pek te an ni.’*

Tlangval puitling nupui nei rual zân a ni tawh a, a kum dik tak phe chu sawisak chi a ni lo. A naupang tawh lo. Mahse, mang tiang tak leh buaipuiawm tak, nungchang maksak tak nei a ni. A rui lo pawh hi a nu sa deuh phulh a, a ruih leh ruih lo hriat hran a har thei khawp mai. A farnute chuan **‘Tlinglova’** an ti mai thin. Zan men rei leh zing thawh tlai hi chu a siam chhuaktu a nih loh vek pawhin an siam laiin a pui nasa fe thin ang tih tur a ni. Biakin min chhang duh zen zen lo va, a duh zawng pawh kan zawt chhuak hlei thei lo.

Mamawh em em a nei lo va, rual a el miah lo va, hmasawn a tum hek lo. Tui zawng leh thawh peih tak tak a nei lo va, duh huam huam pawh a nei chuang lo. A chang leh chaw chhum kep an ngai tih pawh sawi lem lovin, tlangval pathum palite hi chaw ei lai takte hian a rawn hruai lut a, ‘Ei ve nghal mai ang u, in ei teuh dawn nia’ te a ti ringawt thin. Tihpuitlin pui tlak tak tak mang si loh hian rem chi hrang hrang a ruat

a, sumdawwna turte hi a phulpui hlut a, a vei tut tut a, tih rum rum hi a duh a, kan inring hman thin lo.

A tih that duh lai kha chuan rilru chak tak, lehkhate pawh thiam thei ve tak a ni thin. Distinction-ah ngat a pass ve thin a. Mahse, a zirpui, a aia thiam lo zawka a ngaih thinten, MBBS, Engineering te an zawh tawh laiin ani chuan a pawl 12 kum li-na tur a sual ve tang tang a ni.

Thlasik vanglai pawhin ni khatah vawi hnih tuisikin a inbual ngei ngei a, a tenchhe em em a, thil tenawm deuh a rah emaw, a khawihfuh palh emaw pheichuan kan chungkuain kan buai thin. Dettol, Clean Angel, khawnvartui leh thil rim na dang kan zawng luai luai thin. Kha thil tenawm tak rim, a hnara cham zawng zawng thlenga tireh tura tanpui a ngai ta thin a, a hautak thei khawp mai. Kan tihfuh loh tum pheichuan kan tlaivar thak thei.

A room chhunga luh mai mai a phal lo va, a room chhunga thil awm zawng zawng hi an awm lohna turah vek an awm a, chutianga chen chu a thiam ve dan a ni a. “Ka privacy a nih hi,” a ti a. Kan hmuh ve a phal lo tawp mai a ni.

In chhung khur ni lo pawn lama inhmuhthe hian a biru daih zel. Vawi khat pawh biak inah inkhawm lain ka hawi kual mai maiin ka hmu ta thut mai si a, a

pawi teh a nia aw! Ka mit ka la sawn vat a, minute nga hnu vela a thutna lam ka melh leh chuan a lo awm tawh lo. Hringtu nu nen a biak ina inhmuh deuh kur kha a duh zawng a ni lo a ni ang. A chhuak nghal vang vang mai a ni.

Kum tirah Sunday School-ah a hming a ziak ve thin a, mahse, Easter Sunday a lo thlen meuh hi chuan kum tluan atan min peih lohsan tawh thin. Gospel Camping-ah te pawh kan luhtir ve thin a; mahse, an hrilh fuh chiah lo thin nge, a dawn-thleng lam hi a lo keng lei thin thin a ni ngei ang, camping laia halralna bawma a paih hnu ang chiahte hi a kar leh lawkah chuan a rawn khai haw leh ruih thin.

Idol thlan hun a lo inher chhuah apiangin guiter thar lei ngei ngei a ngai a, kan hung fur tawh. Lammuala football khel lian tham a awm apiangin ball boot thar leisak a ngai thin a. Mahse,

khawiah mah a solo ngai lo va, a inkhel ngai bawh hek lo. A inkhel en nan television hlai chi kan leisak a; mahse, lehlam pawl hi a ngei thin khawp a, an zavaiin hnek hrep a duh thin. Chuti taka kan fapain a ngei avang chuan kan ngei ve em em an ngai a, lehlam pawlho chu a thuin kan hnekpui hrep mai thin a. Amaherawhchu vawi leh khatah a tan lam thlak thut a ching a, kan lo ngeipui tawh laklawh thin si a, min tibuai thei khawp mai.

Sap faa a lo piang lo hi a inchhir thei em em a, keini pawhin pawl kan tihpui ve deuh thin. ‘India ram ve hi a, Thing si!’ a tih tawh hi chuan “Ni e, vaiho an hmelchhe si,” lo tihpui vat a ngai thin. A nih loh chuan a thinrim a insawh rei lutuk thin. Sawi vek chi pawh a ni lo. A ngaihawng nei vete pheichuan min tibuai thei thin khawp mai. Sawi tel lo mai ang. A kum a tam tawh si a, nuhzatthlak tak te, buaipuiawm tak te, thin tirim

tak tak te hian a khawsa thin a, changkan leh hmasawn tumna pakhat mah a nei lo va, a chapo ve em em ringawt mai a ni. A hma lam hun tur kan thlir a, kan lungngai a, kan mittui a tla fo thin. Kan fapa hi kan enkawl thiam lo a nih hi tiin a tih dan tur tha zawk kan zawng kan zawng a, kan hmu fuh thiam mai si lo. A chang leh nupa kan inmahpuih a, kan indem a, a pian tirh atangin kan chhui let a, kan tihsual lai ber kan zawng a, kan buai thin.

Ni e, keini chhung chu khitiang khian kan awm thin. Manganthlak tak a ni. Nimahsela, hei hi Siamtu rilru a nih ka ring fo thin. Fapa mal pakhat, enkawl harsa leh khirkhan zet mai ka siam ang a, hemi te nupa hi ka kawltir teh ang. Anni hian an enkawl thiam ber ang’ min ti tlat hian ka hria a. Chuvangin, amah Lalpa nen hian inhmachhawnin ding ta ila, ‘Fapa ka pe leh dawn che a, eng ang nge i duh?’ min ti ta se. Mi fapa

fel tak tak angte dil loin tuna ka fapa tho hi ka duh leh ang. Hetiang fapa khirh tak enkawltu atana tlinga ngaia min thlangtu chungah hian ka lawm a, ka inchhuang mah zawk a ni. Amahah hian Lalpan min rin tawkna te, kei mi tling lo tak tling leh fela min pawmna te, min hmangaihna te hi Chiang takin ka hmu thei a. Lalpa hian ka fapa maksak tak leh buaipuiawm tak avang hian amah ka au nasa thin dawn tih a hria a, amah ka bosan thin loh nan he thil SPECIAL TAK hi min kawltir a lo ni. Ka fapaah hian Lal Isua hmel duhawm tak a lo inphum ru reng a, hei hi ka lo hmu fuh lo mai mai thin a ni. Lalpan ka tlin lohna leh fel lohna zawng

zawng nena min pawm ang hian ka fapa duh tak hi a tlin lohna zawng zawng nen hian ka pawm thlap a, ka hmangaihna hian a kuangkua h tlat a, ka tan hian a hlu em em si a.

‘Hring nunah hian thil pakhat pe thei ta che ila, Ka Fapa, ka mit ngei atanga nangmah inhmuh theihna ka pe ang che. Chu ka mit atanga i inthlir chuan, ka tan a bik taka siam i nihna i hmu thei ang’

*(‘If I could give you one thing in life, My Son, I would give you the ability to see yourself through my eyes, only then would you realize how special you are to me.’)*

- Mama Nu



Thawnthu pakhat chuan, “Setana hian mi lungawi lote a thlem thin,” tiin a sawi a. Vawi khat pawh Setana hnenah, “Tute nge i thlem theih loh?” tiin an zawt a, Setana chuan hreh takin, “Mi lungawite” tiin a chhang tiin.

## AMERICAN SAMOA RAM CHANCHIN LEH RAWNGBAWLNA

- *Liantluangpui*  
*Missionary, American Samoa*

American Samoa hi Pacific tuifinriat chhim lam a awm, thliarkar tē tak tē tē pasarihin a siam a ni a; a khawpui ber chu Pago Pago (Pangaw Pangaw tia lam tur) a ni. America sawrkar awpna hnuai a awmin, America khua leh tui nihna an nei a ni. Sawrkar kalphung leh zirna pawhin American tih dan an zui a. Mihring hi 70,000 bawr vel awm anga chhut a ni a, anmahni hnam bakah khawchhak leh Sap kan tihhote an tam hle. South Indian-ho pawh sawrkar sikula thawkin an awm ve nual bawk. An ṭawng tualleng ber chu Sap ṭawng a ni.

A mi chengte hi ‘Samoan’ an ni a; an pumrua a lian a, mi hlim thei leh kawm nuam tak, ngaihsam tak, eng mah vei em em nei lo an ni, nuih an duh hle. Ei leh in, zu leh sa lam an uar hle, zai leh lam nuam an ti hle bawk. An thilphalin thil inpek nikhua pawhin an kut a hlawk thei hle. Mi thil dil mai pawh an awlsam a, âwm lo leh zahthlakah an ngai lem lo.

Chhungkuaah nu leh pa an thu hle a, faten an thu hnial turah an ngai lo. Nu leh pa thu awih lo chuan kut an tuar ṭhin. Inben leh

invuak an uar hle. Kan ṭhenawma awm ṭhin naupang pakhat chuan kan kawngghren a hmu a, ‘naupang invaw ṭhin em ni’ a ti a, kawngghren chu invuakna atana hman turah chauh a ngai a ni. Tunah erawh chuan US danah naupang kut inthlak awih a ni lo va, social service lam beng a thlen chuan thubuai lian tak awrh theihna a nih avangin kut inthlak hian reh lam a pan chho tial tial a, hei hian ṭhatna leh ṭhat lohna tam tak a nei a, sikul lama inthununna pawh nasa takin a nghawng a ni.

Chanchin Tha hi Mizote aiin an dawng hmasa a, kum 1831 khan London Missionary Society-ten an lo hrilh tawh a. An ramah hian Kristian hi zaah 90 vel awma chhut a ni a, Kristian ram tih theih a ni. Kohhran pawl hrang hrang an awm a, kal sual pawl Mormon-hote hi an pung chak hle a, kohhran hrang hrangte ngaih mawh tham an tling tawh hial a ni.

Kohhran pakhat hi Pastor pakhatin a enkawl a, kohhran miten an Pastor hlawh leh ei tur chu an tum-sak vek a; mitthi vui, inneih, Biak ina thusawi leh inkhawm hruai hi Pastor kut vek a ni thung. A tlangpuin kohhran pakhat hi chhungkaw hung lian tak ang an ni a, 'chu mite chhung kohhran' ti te pawhin an sawi bawk thin. Inkhawm thawhlawm chu a thawhtu hming leh an thawh zat an puang zel a, tum khat thawhlawm tling khawm a tam thei thin hle. Tin, Pathianni leh kar laklawhah pawh kohhran miten an

Pastor chhungkaw chaw ei tur chu an keng khawm thin. Veng khata awm thei leh hniang hnar ber chu Pastor an nih zel thin avangin Pastor nih an duh hle a, sawrkar hna bansanin kum upa tawh tak takte pawhin Pathian thu an zir tha leh thin. US army chawl tawhte pawhin Pastor hna beiseiin an inzir tha leh thin. Biak in an ngah hle a, veng pakhat pawh pawl inang Biak in pali/panga laite a awm thin. Mipuiten an Pastor chu an duh tawh lo a nih chuan an ban thei a, a dang lak leh chungchangah pawh thu an nei hle. Pastor nupuite hian an pasalte rawngbawl naah chanvo tam tak an nei a. Pastor chu a nupui tel lo chuan kohhran enkawl thei lo hialin an ngai a; chuvangin, Pastor nupui chu a lo thih palh pawhin kum khat hnuah chuan nupui dang nei leh ngei turin an beisei thin.

Kohhran member-te chu kohhranah an inhmang nasa a, thenkhat pheih chuan biak in leh a chhehvelah hian an

hun tam zawk an hmang a ni ber. Hei vang hian kan naupang tam zawk chuan kohhrana inhmang, zaipawla regular taka tel chin chu vanram kai turah an ngai a, inhmang ve lo leh zaipawla tel tha lo chu kai ve lo turah an dah hmiah mai bawk. Kan thawhpui Congregational Christian Church of American Samoa (CCCAS)-te hian Pathian nena inzawmna neih pawimawhna lam an uar loh vang leh thawhlawm lam an buaipui nasat em avang hian kohhran dangho chuan piangthar lo awmna an ti thin a. Hei vang hian mi tam tak kohhran dangah an pakai phah thin.

Kohhran tam takin pawisa khelhi sum tuak nan an hmang nasa hle a, hei hian sawrkar office leh sumdawannaah pawisa tih chingpen a nasa a, pawisa khelhi avang hian dik lo tak pawisa lak luh pawisak loh nan an hman phah a, lung ina tang tam zawk chu pawisa tihchingpen vang an ni hlawm. Nute pawhin zan

rei tak tak thlengin an fate pawisa an khelhsan a, an pa te/an pahrawnte leh an chhungten naupangte chu an lo khawih a, an lo pawngsualte sawi tur a awm fo thin a ni.

Puithuna an la run hle a, ramhuai leh thla la ring tlat hi an la awm nual. Tlangdung tha tak tak leh National park te pawh a awm ve a, mahse huai an hlauh avangin heng ramhnuai leh tlangahte hian an kal ngam meuh lo, tlang deuh hlek kha chu ramhuai awm turah an ngai mai thin. Natna chungchangah thlarauin a tihnat niin an ngai a, a tidam thei tura an ngaihte hnenah an hruai thin, hnim leh chhampual eng eng emaw hmangin an lo enkawl thin.

American Samoa-ah hian kum 2007 khan Presbyterian Church of India (PCI) tirhin mi 3, Lalramnghaki Fanai leh Lalremtluangi Renthlei nen CWM hnuaia member pakhat CCCAS te pui tura tirh kan ni a. Kan kal hma



hian Church of South India (CSI) aṭanga kal nupaa thawk an lo awm a, an nu hi kan sikulah chuan a thawk a, an pa chu theological seminary-ah a thawk thung a. Keini pathum hi an kohhranin high sikul a neih chhun Kanana Fou H/S-ah kan thawk a, in khatah chengin kan rawngbawl na ber chu sikula zirtir a ni. Kohhranah chanvo leh mawhphurhna kan nei lem lo. Kan school hi pawl 9 aṭanga 12 thleng zirna hmun a ni a, naupang 260 zet leh zirtirtu 18 vel kan awm. An hnam zing aṭangin zirtirtu qualified rawih tur hmuh a harsa hle, qualified-ho chuan sawrkar sikulah awlsam takin hna an hmu a, a tam zawk chu Sap ram lamah kalin hnathawh tur an zawng ṭhin a. Thawk tura an hmuh chhunte chu High School zo ṭawkte an ni tlangpui.

Samoan mi, kan thawhpuite hian rinawmna leh taima taka hnathawh lam hi an ngai pawimawh lo hle a, a tam zawk chuan sikul

hi an lo kal ve tawp hi a ni ber a, naupang zirtir leh an grade siamahte an rinawm lo ṭhin a, hetiang han hmuh hian rilru a na duh hle a, tih tak zeta lehkha zir ṭhinhoten an tuar phah ṭhin. Chutih rualin naupang ṭhenkhat, ti ṭha peih vak lote chuan, 'Miss, in class-ah chauh hian lehkha kan zir ṭhin a, engati nge zirtirtu dang ang hian min awmtir ve mai mai loh, vawiin chu zir lovin awm ve mai mai ang u,' te an ti ṭhin a. Board exam a awm ve loh avangin anmahni zirtirtute grade pek ang ang kha an dawn a ni ṭhin si a, thiam si lova grade ṭha tak tak hmu an tam ṭhin hle a. Kan thawhpuite chu rinawm leh dik taka hnathawh dante chetze hmangin zirtir kan tum ṭhin a, naupangte pawh anmahni thawh chhuah ngei grade hmuh hlutnate kan hrilh uar ṭhin. Class lak hmam ṭawngṭaia Pathian thu hrilhna hun kan hmang ṭhin a, hei hian rah duhawm a chhuah ngei kan beisei.

Sikula class ṭan hma hian hun rei lo te ṭawngtai leh

thusawina kan neih thin a. Hei bak hi Pathian thu sawina tur hun kan duh hle a, Pathian hnenah kan dil thin a. Tichuan, Christian club kan nei thei ta a, he club lo indin dan pawh hi a lawmawm hle mai. Club din dawn reng rengin naupang aṅanga rawtna lo kal hmasak phawt a ngai thin a, tum khat chu kan Principal-in, ‘Naupang pakhatin Christian club din a rawt a, in tihpui thei ang em?’ tiin min zawt thut mai a, keini chuan ‘thei e,’ tiin he club hi kan dinpui ta a. Pathian remruatna felzia kan hmuhin kan lawm hle a ni. Chhun chawlh laiin class room-ah inkhawmna kan nei thin a, naupanghote nen zai hovin Pathian thute kan sawi thin. Retreat hunte pawh kan nei a, naupangte tan thil thar a ni a, an hlawkpuiin zawngchhang tlak hlein kan hria. He club hmang hian Pathianin hna a thawk zel a, nasa zawka a hman zel kan beisei a ni.

Kan naupangte zingah chhungkaw kehchhia aṅanga lo kal an tam a, a thente chu

in chhunga thlamuang lo leh him lo tak takte an ni a, an khawngaihthlak hle, sikul hi hahchawlhna hmun pakhatan an ngai hial a. A thente sawrkarin enkawltu nei tha lote a dahna hmuna awm an ni. Tin, khawvel ram dang ang thovin ruih theih chi eng eng emaw thliarkarah rawn lutin thalaite a khawih nasa hle. Kan sikul naupangte pawh lo inhnawmawih an awm ve a, sikul chhungah mante pawh an awm nawk a, heng avanga thunun tawkte kan nei thin.

Kohhranhote min ṭawngṭaipui tawhna zawng zawngah lawm thu kan sawi a. A chungah kan sawi tak aṅangte hian ṭawngṭaipui kan ngaih nasat dan chu kan hre thei awm e. In ṭawngṭaina avangin Pathian thiltih-theihna kawng hrang hrangin kan dawngin kan hmu thin a. Kan sikul tan leh thliarkar pum tan thahnemngai taka min ṭawngṭaipui zel turin kan ngen che u a ni. Lalpan malsawm che u rawh se.

## Vaivutah leh lungah

Vawi khat chu thian dun hi thlalerah an zin dun a, kawng thui tak hah taka an kal hnu chuan an inhmu thiam lo va, an inhnial ta chiam mai a, pakhat zawk thinrim chuan a thianpa chu a biangah a beng ta sawk mai a. A thianpa chuan na a tiin a thinrim hle a. Mahse, eng mah a sawi lo va, ngawi rengin vaivutah chuan he thu hi a ziaak a: *Vawiinah ka thianpain ka biangah min beng.*

An kal leh ta zel a, nakinah chuan thing leh tui awmna hmun an thleng hlawl a. Chawlh hahdam pahin dilah chuan an inbual a, a thianpain a ben zawk chu chirhdumah a tla palh ta hlauh a, a pil dawn ta mai a. A thianpa chuan chhan tumin theihtawpin a bei a, a chhan chhuak thei ta hram a. Ngawi rengin dil kama lungpui pangah chuan: *Vawiinah ka thianpain ka nun a chhanhim,* tih thu hi a ker leh ta a.

A thianpa chuan, “Eng vanga ziaak zel nge maw i nih le? I bianga ka ben che khan vaivutah i ziaak a, i nun ka chhan him thu kha lung pangah i ker leh a, eng nge a awmzia?” a ti a. Ani chuan, “Ka chungah thil tha lo i tih thu kha chu hriat reng ka duh loh avangin thliin a len bo daih theih nan vaivutah ka ziaak a. Ka nunna i chhanhim thu erawh chu hriat reng atan ka ti a, tichuan, thliin a len bo mai theih loh nan lung pangah ka ker a ni,” a ti a.

I chungah thil tha lo thlengte chu vaivutah ziaak la, miin i chungah thil tha an tih leh i lawmnate chu lungah ziaak teh.

(Source: *Darthlalang*)

*Hrisêlna Huang*

## CHAW ṬHA HRANG HRANGTE

Kan ram a lo ṭhata kan lo hrisêl zawk nan kan ei leh inte hi a pawimawh em em a, in chhungkhura mite hlim taka kan awm theih nan chuan chaw ṭha a mamawh a, chaw ṭha ei chu **Hrisêlna** a ni a; chuvangin, tun ṭumah chuan chaw ṭha chi hrang hrangte han sawi ila:

**1. Iron:** Iron hi a bikin hmeichhiaten kan mamawh a, a chhan chu thla tin thi kan neih avang te, nau pai vang te, nau neiha thi a chhuah nasat avang tein iron kan tlachham thei a ni. Chuvangin, iron tamna lam chaw ṭha ei a ngai a. Chungte chu - sa, sangha, aṅtam, be lam chi, bulbawk nei chi, thlai hel ei chi, thlai hnah hringahte. Tin, nu nau pai tan Health sub centre-ah Iron Folic Acid a thlawnin a lam theih a ni. Iron Folic Acid hi hmelṭhatna a ni.

**2. Energy:** Kan taksa chakna pe hi a ni a, hengah te hian a awm - Cereals, thilbul, bahra, kawl bahra, balhla, theihai, apple, sangha, thlai hriak, ghee, butter, oilseeds.

**3. Protein:** Protein chu taksa siamtu leh siam ṭhatu, taksa ṭhanna atana ṭangkai tak a ni. Bawnghnute leh bawnghnute aṅtam siam, artui, sa, sangha, be, be mu, nuts oilseeds-ah te hian a tam.

**4. Vitamin A:** Hei hi mit (eye) tan te, vun tan te, natna lak a kan taksa veng tur te, mitdelna lak a inven nante a ṭangkai hle. Hengte hi a tamna chu a ni - sa thin, bawnghnute sangha, butter, artui, mai tai, thlai hel ei chi, thingfanghma, carrot, theihai hmin, sunhlu.

**5. Vitamin B 1:** Hei hi kan taksaah chakna a sem rual ṭhinte a ni. Thlai hnah hring duk lam chiahte a awm.

**6. Vitamin B2:** Bawnghnute, artui, sa thin, Thingfanghmaah te a awm a, hei pawh hi kan taksaah chakna sem rualtu bawk a ni.

**7. Vitamin C:** Hei hi hliam tidamhmatu țangkai tak a ni a, hri leng lakah pawh min vengtu a ni. Sunhlu, kawlthei, hmarcha, thlai hnah hringah te a awm.

**8. Vitamin D:** Vitamin D hi ruh leh vun tan a pawimawh em em a, ni sa/ni êng ațang te, artui, butter, sangha, liver oil ațangtein kan hmu thei.

**9. Vitamin E:** Hei hian vun a tițhain a timawi a, thlai hriak (vegetable oil), thlai hnah hring, be lam chi leh nuts, oil seeds ațangin kan hmu.

**10. Vitamin K:** Kan taksaah pem emaw, hliam emaw a lo awm hian a thi țhin a, chutianga thisen chhuak lo titawpa, thisen lo tikhangtu chu a ni. Thlai hnah hringduk lam chiah te, artui chhungmu, sa thinahte a tam.

**11. Calcium:** Kan ruh leh ha tițhatu a ni a, Bawngnhute leh bawngnhute ațanga siam, sangha leh lui saah te a tam.

**12. Carbohydrates:** Hei hi chakna min petu a ni a, dal, alu, be lam chi, thil bul ei lam leh thlai rah thlumahte a tam a ni.

### **Food Groups**

**1. Chakna min petu** - Cereals, bahra te, maize, kawlbahra, groundnuts, soyabean, butter, ghee.

**2. Taksa siamtu** - Bawngnhute leh bawngnhute ațanga siam, thlai rah be lam chi, artui, almond, groundnuts, cashewnuts.

**3. Taksa vengtu** - Thlai hnah hring, entir nan anțam, spinachs, bawkbawn, bawrhsaiabe, bean, fruits, drumstick leaves, serthlum, Thingfanghma, kawlthei,

Heng chaw țhate hi ni tina kan mamawh tawk kan ei theih chuan kan lo hrisêl ang a, natna do theihna te kan lo nei thei dawn a ni.

**WOMEN CENTRE SAKNA ATANA SUM LUTTE**

Women Centre sakna atana sum lut Receipt no. 401 aṅanga No. 700 inkar kan han tar lang leh a, petute zawng zawng chungah lawm thu kan sawi nawn leh a ni.

<b>SI No</b>	<b>Petu</b>	<b>Pekzât</b>
1.	Champhai Zote Bial	2,000.00
2.	Champhai Bethel Bial	5,000.00
3.	Saiha Bial - KH Ni thawhlawm	1,000.00
4.	Hnahlan Bial	5,000.00
5.	Khankawn Kohhran	4,500.00
6.	Tuipang Bial	1,300.00
7.	Nl. Lalawmawii, Muanna veng	720.00
8.	Lunglei Chanmari Kohhran	8,640.00
9.	Kanhmun Bial	500.00
10.	West Phaileng Bial	15,000.00
11.	Tuipuari Centre Bial	5,000.00
12.	East Phaileng Bial	10,000.00
13.	Khawbung Bial - KH Ni thawhlawm	1,220.00
14.	Phuaibuang Bial	10,000.00
15.	Sateek Bial	13,000.00
16.	Cherhlun Bial	4,000.00
17.	Ramhlun Vengthar Bial	65,000.00
18.	Khawlailung Bial	10,000.00
19.	Maubawk Bial	50,000.00
20.	Chawngte P Bial	5,000.00
21.	Tuithumhnar Bial - KH Ni thawhlawm	200.00
22.	Hlimen Bial	50,000.00
23.	Venghlui Bial	81,000.00
24.	Kulikawn Bial	80,000.00
25.	N. Hlimen Bial	7,000.00
26.	Bethlehem Bial	83,000.00

27.	Darlawn Bial	10,000.00
28.	Madanriting Bial	10,000.00
29.	Luangmual Bial	45,000.00
30.	Sialhawk Bial	10,000.00
31.	Saitual Bial	25,000.00
32.	Ramhlun Bial	65,000.00
33.	Kanghmun Bial	10,000.00
34.	Bukpui Bial	3,000.00
35.	Dawrpui Vengthar Bial	80,000.00
36.	Sihphir Vengthar Bial	20,000.00
37.	Kolasib Diakkawn Kohhran	20,000.00
38.	E. Lungdar Bial	35,000.00
39.	Serchhip Vengchung Bial	25,000.00
40.	Mission Vengthlang Bial	83,000.00
41.	Zote Bial	5,000.00
42.	Kolasib Diakkawn Bial	45,000.00
43.	Phainuam Bial	3,500.00
44.	Rawpuichhip Bial	10,000.00
45.	Ramhlun North Bial	85,000.00
46.	Teikhang Bial	10,000.00
47.	Zonuam Bial	60,000.00
48.	New Serchhip Bial	20,000.00
49.	Serchhip Bial	25,000.00
50.	N.E. Khawdungsei Bial	25,000.00
51.	Pi Lalsangzuali Ex Central Committee, Aizawl Kohhran, Venghloi	2,000.00
52.	Thingsulthliah Bial	25,000.00
53.	Silchar Mizo Bial	5,000.00
54.	Darlung Bial	10,000.00
55.	Venghnuai Bial	75,000.00
56.	Khawzawl Vengthar Bial	35,000.00

Women Centre hi in lian tak tak pathum inbawr khawm anga sawi theih a ni a. Mizo chhiara chhawng thum tura ruahman a ni a, a hnuai lamah pawh hian sak zawm mai theih turin a slab chhun sa a ni bawk. A building laita hi ‘Main Building’ tia lam a ni a. A chhawng chung ber (first/top floor) hi hall t̄e deuh mi 50 vel leng thei tura ruahman a ni a, a hnuai chiah (ground floor)-ah hian hall lian mi 200 chuang leng thei tura ruahman a ni bawk. Hemi hnuai chiah (basement)-ah hian choka te, chaw eina pindan te, kudam leh Production centre room pahnih awm tura ruahman a ni.

A building chhak leh thlang lam hi a intiat chiah a. A chhawng chung ber (mezzanine floor) ve ve leh a hnuai chiah (ground floor) hi riahna tura ruahman a ni a, mi 40 vel ve ve riah theihna tur a ni. Hemi hnuai a chhak lam leh thlang lam (basement) hi training-na hmun tur a ni a, a chhak lam chu ei siam lam atan a ni ang a, a building thlang lama mi chu puanthui zirna leh beauty culture atana hman tura ruahman a ni.

Ni tinin hnathawktu 30 aṅanga 40 velin an bung reng a. Tun dinhmunah hian a chung chih zawh vek a ni a, a bang pawh pin zawh tawh a ni bawk. A tihmam lam (plaster) pawh a pawn lam chu zawh a ni tawh a, a vanranda zawng zawngah tlak dal (railling) mawi taka siam mek a ni. A building sak hna hmabak la awmte hi chak taka kalpui a ni.

Tuizem (RCC Tanky) 1,25,000 litre leng tur pahnih siam tura ruahman a ni a. A ram pawh hung chhuah veka, gate pahnih awm tura ruahman a ni bawk.

Hetianga in mawi leh ropui tak mai sa thei tura Lalpan Kohhran Hmeichhiate min hruai hi a ropui hle. Hmun hrang hranga mite theihtawpin kan ṅanrual a, a sakna tur sum tuak chungchangah pawh hah takin kan thawk tlang a, ṅhenkhatin thingphur te, kawng hrang hranga inhlawh te, seconhand zuar te, thil dang zuar tein sum an tuak ṅauh ṅauh a. Chutianga kan thawh rah chu hetiang hian a lo ding thei ta a. Pathian hnenah lawm thu i sawi ang u.



*Ei siam dan*

## GOA'N FISH CURRY

(Goa mite Sangha kân dan)

**Telh turte**

Sangha	:	50 gm
Purun sen	:	125 gms
Purun var	:	Mal 6
Hmarcha sen ro	:	Pum 4
Coriender seed	:	Thirfiate 3
Coconut milk	:	150 ml
Tengtera paste	:	Chaw ei fian 1½
Aieng dip	:	Thirfiante chanve
Chi	:	A al tawk tur

**Siam dan:**

1. Dhania rah te, jeera rah te, hmarcha sen te chu tui tlem te nen her sawm la.
2. Purun sen, sawhthing, purun varte pawh tui tlem nen her sawm dap bawk tur a ni.
3. Thirbelah tel chhuang sa la, purun sen, sawhthing leh purun var den sawmte chu thlak la, minute 2 emaw, 3 emaw chawk rawh.
4. Masala chawhpawlh kha thlak leh la, chi leh aieng telh bawk la, tichuan, chawk let ang che.
5. Sangha chu thlak la, minute 3 vel chhung chhuang leh la, dim tein chawk let ang che.
6. A hnukung berah chuan coconut milk leh tengtere paste chu tui tlem te pawhlin telh ang che, tichuan, a ei theih tawh a ni mai.

**Hriat atan**

1. Heng hmunahthe hian Leadership Training leh Kristian chhungkaw campaign neiin kan hruaitute an feh chhuak a. Pathian hruainain tuang takin hun an hmang thei a, a lawmawm hle.
  - (1) Dt. 18-21.7.2014 chhungin Shillong Bialah Pi C. Lalhmangaihi, Chairman leh Pi Vanrammawii te an an kal.
  - (2) Dt. 18-21.7.2014 chhungin Madanriting Bialah Pi Lalrindiki leh Pi R. Rengkhumii te an kal
  - (3) Dt. 19-22.7.2014 chhungin Lunglei Bazar Bialah Pi Ramngaihsangi, Pi Lalbiakengi leh Pi Lalsiammawii te an kal.
2. Dt. 21.7.2014 khan Bawngkawn Chhim Veng Kohhranah Leadership Training neiin Pi Lalthansangi leh Pi H. Kapthangi te an kal.
3. Synod Bookroom lehkhabu thar -
  - (1) **Li thuk lam panin:** Hindu lal ram Nepal-ah engtin nge Isua a luh theih? Hnam ze dangte zinga Kohhran Ramthar rawngbawlina hi eng anga hautak nge? Heng zawhnate chhanna ngaihnawm leh kal hmasa missionary te sulhnu Rev. P.C. Nghaklianmawia, Nepal Mission Field-a Pastor ziah. A man Rs. 160
  - (2) **Return from tomorrow:** Lehkhabu ngaihnawm leh danglam tak, mihring nuna thil thleng zen zen lo a ni. Kum 20 mi chauh a nihin George Ritchie chu Army Hospital-ah a thi a. Minute 9 hnuah a rawn nung leh a. Chuta tang chuan Isua Krista chu tawngin a nun zawng zawng a thlak danglam ta vek mai. Chhingpuii lehlin a ni. A man Rs. 60.

## **KUM 2013-2015 INKHAWMPUI LIAN HRUAITUTE**

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Vice Chairman	:	Pi Rochuangkimi
Gen. Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Dr. Vanlalhruaii
Treasurer	:	Pi C. Lalneihthangi
Fin. Secretary	:	Pi Vanlaltluangi

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- |                            |                           |
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| 33. Pi Lalbiaki            | 34. Pi Lalfeli            |

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3. Rev. Lalramliana Pachuau, Executive Secretary i/c Women
4. Pi Laltlanmawii, Ex-Chairman
5. Pi Lalfakmawii, Co-ordinator

## **KOHRAN HMEICHHIA**

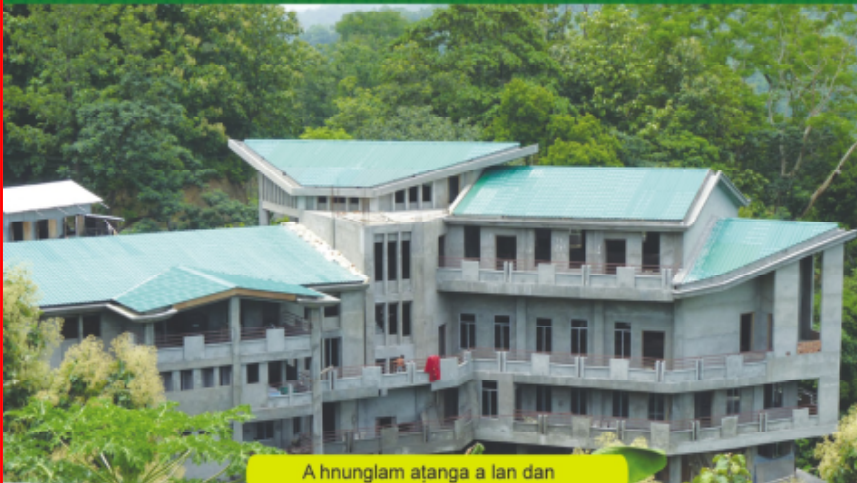
*Thupui : Thuhretu atana koh (Tirh. 1:8)*

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



Postal Regn. No. MZR/ 53/ 2012 - 2014 RNI Regn. 40876/ 88

## Women Centre sak mek July ni 21, 2014-a a lan dan



A hnunglam aţanga a lan dan



A hma lam aţanga a lan dan



A chhak lam aţanga a lan dan

To

\_\_\_\_\_

\_\_\_\_\_

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