

Estd 1986

AGAPE

Vol. XXX No. 279

SEPTEMBER 2015



Lalpa fak leh chawimawi

Phek 7-na

I chhungkaw tan Pathian ko rawh

Phek 17-na

Kristian Chhungkua ♦ Sermon ♦ Article ♦ Hriselna huang ♦ Ei slam dan

Lak man	:	Kum khatah	₹ 60.00
		Copy khat	₹ 5.00

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<i>Publisher</i>	:	<i>Rev. Lalramliana Pachuau</i>
<i>Agape Phone No.</i>	:	<i>0389-2326372</i>
<i>email :</i>		<i>0389-2301824 (Meng number-ah hian</i>
<i>agapechanchinbu@gmail.com</i>		<i>office hun chhungin</i>
		<i>0389-2322285 biak theih a ni.)</i>

A chhunga thu awmte

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*Editorial***THINLUNGA PATHIAN THU KHAWL KHAWM**

Pathian hruainain September thla, kan kohhran tana hun pawimawh tak mai, Beihruai thla kan lo thleng leh ta a, Beihruai hi hlawk taka hmang turin i inbuatsaih ang u.

Tunlaiin kohhranhoten Thlarau Thianghlina 'Harhna' kan chang a, he kan harhna hian nula tlangval, tleirawl/rawlthar leh naupang têtêah a thawk nasa zual niin a lang a, taksa chetna changin lam dan chi hrang hrangin kan lam a, Pathian kan fak a, ze chi hrang hrang kan chang bawk a, kohhran inkhawm pawh kan thahnemin kan hlim thei hle mai. Lalpa chu fakin awm rawh se!

Thlarau Thianghlina Harhna lo thleng hi hmelmapa Setana hian tihbuaia, Pathian kan fak hi tihreh tumin nasa takin tan a la thin a, min bum tumin dik leh tha ni awm tak, mahse, dik si lo leh tha hauh si lo hmanrua eng eng emaw a rawn hmang thin tih hria ila. Mi ngaiha kawng dik ni awm taka lang, a tawpa thihna kawng ni si a awm thu Thufingte 16:25-ah pawh kan hmu a ni. Chuvangin, harhna changtute leh kohhrante kan fimkhur a tul hle mai.

Taksa chetna chi hrang hrangte, ze hrang hrang kan chante leh kan rilrua thu lo lut zawng zawngte hi Pathian duh zawng a nih leh nih loh kan hriat a pawimawh a, chumi atan chuan Pathian thua kan inthuum that hlea, kan tanngtai tam a tul takmeuh a ni. Pathian duh loh zawnga kan awm loh nan leh a chungathil kan tihsual loh nan Pathian thu hi kan thinlungah khawl khawm ila (Sam 119:11). Kan ke atan khawnvar, kan kawng atana eng - 'Pathian Thu' (Sam 119:105) hi kan tan a pawimawh em avangin, Pathian Lehkhabu Thianghlim hi tanngtaina nen taima taka ni tin kan chhiar thin a pawimawh takmeuh a ni.

*Kristian Chhungkua***NU LEH PA ṬHA AN ṬHA BER***(Kristian chungkaw short play)*

– *Upa B. Lalhmunliana*
Bethlehem Venglai

*(Nu valai tak pakhat Pi Kimi chu, zirlai tlangvâl pakhat,
 an thenawmte in luah, Mavâla te inah a lêng a)*

- Kimi** : (Kawngka a kik a) Mavâl, i awm em? Ka lo lêng lawk thei ang em?
- Mavâla** : E, lo lêng rawh, lêng ṭhu teh Nu Kim, eng nge ni ve teh mial?
- Kimi** : (Ṭhut pahin) Mavâl, eng emaw tak tihṭîr che ka duh a ni. Tûnlai i buai em?
- Mavâla** : Buai ve deuh tho mai. Eng nge, tih thiam ka nei ve dâwn em ni?
- Kimi** : Nei teh lul e, ka fate zirtîrtu ‘*tutor*’ atân sâwm che ka duh a ni. Zîngah emaw, tlaiah emaw, zânah emaw, ni tin dârkâr chanve vêl tal min pui la ka duh a ni.
- Mavâla** : Nu Kim, *tutor* ni tûr êm chuan eng subject mah hi han thiam êm êm ka nei lo asin.
- Kimi** : Chutiang lam a ni lo. I nungchang hi kan chîk ru reng ṭhîn che a, kan fate entawn atân leh an zirtîrtu atân ka awt êm êm che a, kan fate hi Pathian thu hrilh ṭhîn tûrin ka duh che a ni. Hei, i hriat angin kan pa (I pa Hminga) hi a hnaah a buaiin, in lamah lah hian a buai êm êm reng mai si a, zân âwl awm mang lo khawpin committee leh pawipang dangah a ṭûl a, fate han kîlkawina hun pawh a nei meuh lo a ni ber a. Kei lah, office-ah ni tin ka kai ve bawk si a, Kohhran Hmeichhe

hruaitu nih nêñ, in lamah sekrek khawih tûr a tam êm êm reng bawk si. Kan fate hian ni tina Pathian thu hrilhtu tûr an mamawh a ni.

Mavâla : Mahni fate Pathian thu hrilh tûra *tutor* zawng ka hriat wawi khatna a ni. I fate hi duhsak tûr dik tak i duhsak a, a ropui ka ti hle mai. Chutiang lama *tutor* ni tlâkah min ngai pawh hi ka lâwm ve hrim hrim. Mahse, min hre thiam la; hei, i hriat angin zirlai ka ni a, hun neiin ka inhre rih lo a ni.

Kimi : Ih maw Mavâl, kan pa nau Zira hi Middle School a kai aţangin phai lamah char char lehkha a zir thîn a, a zir zo va, Pathian thu lam leh kohhran lam hi a hawi lo tawp mai a. Kan fate hian Class VIII an zawh ve hunah chuan phai lamah High School chu kaltîr ve ila em ni ang, te kan ti deuh va, an Patea ang hian thiamna zir chhuak, Pathian lam hawi si lo an ni ve palh ang tih kan hlau a ni.

Mavâla : A ni khawp mai, nu leh pate kê aţanga Pathian thu leh an enkawlna tha dawng hman lova phai lama indah hma lutuk te hi that tâwk lohna lai a awm rêng asin. Phai lama an awm chhan tak ‘thiamna’ chu rawn hâwn ngei mah se, Pathian lam hawi lo leh, a thente phei chu ‘Pathian awm ring lo’ tea rawn haw ta mai tâwkte pawh an awm an ti a. Phai lamah lehkha kan inzirtîr thei a nih pawhin, ‘Khawiah pawh, nu leh pa hmuh phak lohvah pawh awm se, an ngaihtuahawm lo vang,’ tih hriat chian hnuah chauh phai lamah te hian indah thei ila a duhawm ngawtin ka hria. Eng pawh ni se, Nu Kim, chutianga *tutor* i duh ang chu, in fate nu leh pa aia tha an awm thei dâwn em ni?

Kimi : Mavâl maw, i tawngţai thâwm kan hre reng mai te hi a mak kan ti a, khawilo i kal dâwna

thingtlâng, hlate khuua awm i pa emaw, i nu emaw phone hmanga i dîl kher thîn thâwm te hi kan hre fo bawk a, i nu leh pa thu lo chuan khawiah mah i kal lo em maw tih mai tûr a ni a. Nu leh pa thu i âwih hle mai hi a ropui kan ti êm êm a ni. Eng ang nu leh pa nge maw i neih bik le? Phone-a rei deuh deuh in inbiak te hian eng nge maw in sawi zawhzai le, te kan ti rilru thîn a.

Mavâla : Nu Kim, ka nu leh pa chu khawvêl lam thilah chuan han chhuanna tûr chhan pakhat mah an awm lo. Heti tak maia ka ngaih pawimawhna chhan chu, ka tâna an ÷awngtai nasa êm êm mai hi a ni. Kan la naupan lehzual laite khân zân mutnaah te hian Pathian thu min hrilh thîn a, chutiang chuan min awi mu thîn. Naupang tê ka nih lai aṅanga tûn thleng hian kan lu chung a kut nghat te, nghat kher lote pawhin min ÷awngtaisak bâng lo va. Bible bung khat tal chhiar lo chuan kan mut an phal ngai lo va, ‘Nu leh pa thu awih chu dam reina, hmuingîlna a ni’ tih hi min hrilh ngun êm êm a, mi nu leh pate zawng tluk pha hauh mah suh se, keini unau za tân na na na chuan an hlu ngawih ngawih a, an thu ang zêla awm loh hi ka thei lo a ni ber mai.

Ni e, inzawh tâkah chuan, phone hmanga rei deuh deuh kan inbiak thinna chhan chu – kan sawi duh kan sawi zawhah phone aṅang chuan ni tin vawi khat tal minrawn ÷awngtaisak thîn a, chu chu ka lo ngaithla thîn a.

Kimi : Nu leh pa i lo nei tha êm a nih chu hetitaka i fel! Nangmah ang fa neih ve hi kan duh a ni.

Mavâla : Nu Kim, *tutor* atan minrawn sâwm a ni a, a

lâwmawm êm êm rualin, **fate tâna tutor ðha ber chu nu leh pa ðha an ni-in** ka hria. Min lo hre thiam la, ka ngaih dân takah chuan, in fate buaipui hman lêk lova in buaina zawng zawng kha a pawimawh lo zâwk vekin kei chuan ka hria.

Kimi : Ngawi teh Mavâl, Pathian thua kan thlung nghet tlat a ni tih hriat chian hma chuan phai lama intirh mai mai hi a ðha lo tih Zira aţang hian kan hre Chiang hle mai a. Ni e, hei, *tutor* atâna kan sâwm duhna che aţang hian Pathian thua châwm sei len hmasak kan duh ve ngei tih chu i hre thiam ngei ang a, châwmtu atân chuan ‘nu leh pa hi in ðha ber,’ i tih kha, a dik ngei ang.

Mavâla : Nu Kim, Bible chuan, “Fanaute hi Lalpa laka kan ro chante an ni...” a ti a, lei lam thil kan buaipui zawng zawng hi chu leia tâwp tûr vek a ni a, fate thlarau chauh hi vîn thlen thlenga kan chhawm theih chu a ni si a; chu vâng chuan, in fate *tutor* atân chuan in nupa ngeiin hun pe thei ula a ðha berin ka hria.

Kimi : I sawi chu a dik ang. Eng pawh ni se, Mavâl, hun remchâng i neih veleh lo lêng hrim hrim la, kan inahrawn chuangkai ve ðhîn hrim hrim ta che. Kan fate ai chuan kei leh kan pa (I pa Hminga) hi hrilh hmasak kan ngai a ni.

Mavâla : Pa Hminga te chu rawngbâwltu pawimawh a ni a, ani meuh Pathian thu hrilhthu atân chuan ka tê lutuk a ni. Ngawi rawh, remchângah ka lo la lêng ang a, Pa Hminga zâwk chuan min la hrilh rawh se.

Kimi : Tak takin, kan chhûngkua hian zir tûr tam tak kan nei a ni. Eng pawh ni se, i duh dân ang tak khân awm kan tum ang, kan pa nênn pawh hian tâna

kan inkawm ang tak hian la inkâwm ve ula ka duh hle mai. Mavâl, i zirna ka tibuai rei ta lutuk che, ka haw tawh mai ang e.

Mavâla : Thingpui lam rêng rêng ngaihtuah nachâng pawh ka lo hre lo va; ti rawh, ðu leh rih la, thingpui ka'n lum ang che.

Kimi : Ngawi rawh Mavâl, ka hawsan rih phawt ang che, i hun remchângah chuan rawn lêng ve fo ðîn la. Kei pawh in lama tih hmabâk tam tak leh fate tâna tih tûr tam tak nêh ka'n haw ang e.
(*An inmangha a*)



PASTOR LEH PRO. PASTOR NUPUI TE HRIATTIRNA

Kumin 2015-ah hian Synod hnuaiia Pastor nupui leh Pro. Pastor nupuite intawhkhawmna neih leh tur a ni a. Pastor nupui leh Pro. Pastor nupui zawng zawngte a kim thei ang bera tel tura ngen leh hriattir kan ni e. Aizawl khawpui chhunga mite chu DA pek an ni ang a, khawpui pawna mite chu kal lam leh haw lam T.A. pek an ni ang. Ram pawna mite tan Train II Class a bill theih ang.

A hmun : Synod Conference Centre
 A hun : Ni 15.10.2015 (Ningani)
 Registration : Dar 9:00 a.m. – 9:45 a.m.
 ðan hun : Dar 10:00 a.m.
 Speaker : Rev. C. Rosiama
 Thupui : Pastor nupui

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*Sermon***LALPA FAK LEH CHAWIMAWI**– *K. Vanlallawmi**Vice Chairman, Central Committee*

Kan thupui hi ‘Lalpa fak leh chawimawi’ tih a ni a. Kelkanga kan kala, ka Bethel-naah chuan Sam 149&150-na ka chhiar a. Lalpa fak leh chawimawi t̄lzia ka thinlungah a lo lang chiang ta em em a; chuvangin, ‘Lalpa fak’ tih emaw, ‘Lalpa chawimawi’ tihin emaw ka sawi pawlh deuh nual dawn a ni.

‘Lalpa fak’ emaw, ‘Lalpa chawimawi’ tih emaw awmzia chu ‘Pathian ropuizia hriat chian avanga zah leh t̄ih leh ngaina chungah amah biakna hi Pathian fak leh chawimawina a ni. Pathian chibai buk tih leh Pathian fak leh chawimawi tihte hi thil inang a ni deuh vek a. Pathian chibai buk tih hian a lalna hmaa tlawmna a kawka, chu chu Pathian chawimawina a ni bawka.

Lalpa chu eng vanga fak leh chawimawi tur nge kan nih tih hi hriat chian a t̄ul hle a. Kan chawimawina chhan tur sawi tur a tam hle mai a, a tlangpui chauh lo sawi ila.

1. Engkim siamtu leh enkawltu a ni : Lalpa chu

lei leh van leh a chhunga thil awm zawng zawngte siamtu leh enkawltu a ni a, mihringte pawh ama siam kan ni. Paula chuan, “Amah ātang leh, amah avang leh amaha tan thil zawng zawng hi a lo awm a ni si a, a hnenah chuan chatuanin ropuina chu awm rawh se, Amen,” a ti a.

Sam 139:5-6-na chuan, “Nangin ka hnung lam leh hma lamah mi hual a, ka chungah i kut i nghat bawka. Chuti kauva hriatna chu ka tan a mak lutuk a, a sang em a, ka ph̄ak lo a ni,” a ti a. Mihringte hriat phak rual loh kan Pathian hian fak leh chawimawi a va phu em! Pu Chawngkhupa pawhin “Mihring mihrinna hianin, a

ngaihtuah chhuak zo lo va che, ka Chhandamtu, i thuruk hi,” a ti a (KHB No. 36).

Pathian chuan thil siam chi tinreng hi a enkawlin a chawm thin. Sam 145:16-ah chuan, “Thil nung tinreng an chaw duh zawngin a hrai thin,” tih kan hmu. Pathian ropuizia chu a thil siam tinreng tuifinriat leh a chhunga thil awm zawng zawngte, vana arsate, ni leh thla leh lei chunga a thil siamte hi ngaihtuah chian poh leh a ropuiin a mak tial tial mai a ni.

2. Lal Isua min chhandam avangin fak leh chawimawit tur kan ni : “Pathianin khawvel a hmangaih em em a; chutichuan, a fapa mal neih chhun a pe a, amah chu tu pawh a ring apiang an boral lohva, chatuana nunna an neih zawk nan,” tih Johana 3:16-ah kan hmu a. Pathian fapa meuh kan aia tuarin a thi a, a tho leh a. Amah ringtute chuan amah avangin chatuan nunna kan lo nei thei ta! A va ropui em! Amah chu fak leh chawimawi lo thei kan ni lo.

Tu nge a hmangaih hai derin Fak lo tu nge awm thei ang? Tawplotawpin vanawm chhungin, Amah an theihnghilh lo vang.

3. Thlarau Thianghlim, thlamuantu : Ringtute hi vanram panin kan kal mek a, chauh chang te, lungngaih ni te, harsatna rapthlak tak tawn chang te kan nei thin a. Thihbate kan tuar thin a. Pathian chuan a Thlarau Thianghlimin min thlamuan thin a, min tiharh a, kan tuihâlnate a tireh a, min hahchawlhtir thin. “Ani chuan hlobet hring dup hmunahte mi bawhtir thin a, chawlhna tui kamahte mi hruai thin. Ka nunna hi mi siam that thin a, Ama hming avangin felna kawngate mi hruai thin.” A va ropui em!

4. Pathian chu tute nge fak ang : Sam 150:6-ah chuan, “Engkim thaw thei tawh phawt chuan Lalpa chu fak rawh se,” a ti a. A huam zau hle mai. Thil nung tinrengin Pathian an fak tur a nih thu sawina a ni a. Thil nung ve lo zawng zawng pawhin Pathian chu fak tur a ni e.

5. Pathian chu khawihmunah nge kan fak ang :

Pathian fakna tur pawimawh ber chu Pathian Biak In a ni a. Thuthlung Hluiah Lalpan a mite a pawlna turin in saksak turin a ti a. Mahse, Davida chu thisen a chhuah nasat avangin Pathianin a sak a phal lo va, a fapa Solomona a saktir ta zawk a. Lal Isua hun lai pawhin Synagog-ah Pathian thu a zirtir thin a nih kha. Biak In hi Pathian Thlarau Thianghlim tihchakna leh a pawlna kan dawnna hmun a ni a. Biak ina Pathian faka inkhawm thin a ni Pathianin a ropuina a hmuhtir thin chu ni. Biak ina inkhawm ngai lo Kristian chak tak an awm ngai lo. Chuvangin, biak ina inkhawm hi kan ngai pawimawhin chhungkuain kan kal thin tur a ni. Pathianin a biak ina kal thin a ni in thatnain min titlai thin a ni. Sam 84:4-ah chuan, "I ina awmte chu an eng a thawl e, Nang chu an fak fo vang che," tih kan hmu.

A biak in thianghlim hi amah kan fakna tur hmun

pawimawh ber a ni. Biak in pan ve thei lo, damlo leh tar chak lo te, pan remchang thei lote tan pawh kan awmna hmun apiang hi amah kan fakna hmun tur a ni. Natna khum thleng pawh hian amah fakna hmun tha tak a ni fo.

6. Engtin nge Lalpa chu kan fak ang?

1) **Zai leh lam fak :** Pathian fak nan lam hi a thin a pawimawh hle a. Davida te, Miriami te pawh khan lamin Pathian an fak thin a. Mihringte hian kan hlim leh lawmna entirna pakhat chu 'lam' hi a ni a. Zai pawh a tha hle a, thinrim lai chuan zai hi har tak a ni. Mizote phei chu kan Kristian hma atangin zaia lam hnam kan ni a. Lam hi Pathian fak leh chawimawina tha tak leh pawimawh tak a ni. Amaherawhchu, thlarau leh thlarau loh tehna atana hman chi a ni lo. Mizoram anga mahni thut hmun chhuahsan meuhva lam hi khawvel ram dangah an tam lo hle. Mahni thuthmuna dinga ban phara mittui tla zawi zawiha lamte

chu an awm thin. A pawimawh ber chu, i lam khan Pathian i fak takzet em? Sual sima Pathiana inpêkna takzet nena kan lâm a nih chuan fakna a tling ang.

Pathian faka zai hi a nuam êm êm a, thu chhiara kan rilru hneh vak lo pawh hlaa kan saka rilru hneh em em a awm thei. Nehemia 9:5-ah chuan, “Ding ula, Lalpa in Pathian chu chatuan ata chatuan thlengin fak rawh u,” tih kan hmu a, chatuana fak leh chawimawi hi kan tih tur a ni.

Ka nu Vanzingi, Champhai khan a thih dawn thlengin Pathian fak hi a ning thei lo. A thih tsep tawh te khan hla a thlang a, khum hual tãihin kan tshu a, kan zaipui a. Kan zai loh laiin Bible kan chhiarsak a. Hetianga kan tih lai hian nã leh hrehawm eng mah a sawi ngai lo va, hlim hmel pu takin min lo zawm ve thin a. Kum 2002 February ni 2 khawvar dawn tsepah chuan a na zual ta hlein kan hria a. Kan pa, Rev. C. Vanlalhruaia chu

Pastor Quarters-ah a riak a, Pastor Lallianpara nen an lo kal a, a thi mêk niin kan hria a. Pastor Para chu a tawngtai a, a ri hriat theihin Pastor tawngtai tawpah chuan ‘Amen’ a rawn ti a. A hnuk chu a chat ta riari mai a. A ropui ka va ti em! “Lalpa chu fakin lo zai la, Zion tlang thlengin,” tia hla kan sa ang khan, ka nu khan Lalpa chu Zion tlang thlengin a fak ta a ni. Heta tãng hian damlo thi tsep tawhte pawh hi Pathian thua kawm thin a pawimawh-zia ka hriat chhuah phah hle.

2) **Kan nuna Lalpa fak leh chawimawi tur kan ni :** Kan nun ngeia Lalpa fak leh chawimawi hi a pawimawh hle mai. Mari chuan, “Ka nunin Lalpa a chawimawi e,” a ti a. A ropui hle mai. A nunin Lalpa a chawimawi avangin min chhandamtu ‘Lal Isua nu’ a lo ni ta mai a.

Thu tãa tak takte sawiin biak inah hlim hle mah ila, kan nun hi Lalpa duh zawnga kan hman si loh chuan Pathian a lungawi chuang lo vang. e.g. Thuhritu pakhat

pawh hian thusawi a thiam hle mai a; mahse, a nun a fimkhur lo va, Pathian duh zawngin a nung lo va, a thusawi ngaithlatuten, “I nun a bengchheng êm a, i thusawi kan hre thei lo,” an ti a ni.

Ni tina kan nun hi Pathian nen hmang dun ila, sual anga lang zawng zawng lakah inthiarfihlim ila, kan nunin Lalpa a chawimawi thei ang. Pathian thu zirna hmun pakhata zirlaite chu an hotupain, “Kawthlerah kal ila, Pathian thu i sawi ang u,” a ti a. Bible kengin an kal chhuak a. Kawthlerah te, bazar hmunah te an kal kual an kal kual a, a hawpui ta mai mai a. Zirlaite chuan, “Ka pu, thusawi turin min hruai chhuak a, thusawi miah lovin kan hawng leh si a. Engtizia nge?” an ti a. An hotupa chuan, “Ti khan kawthlerah leh bazar hmunahte khan mi tam takin min hmu a, kan nunin thu tam tak kan sawi kha,” a ti ta a. Hetiang deuh hian kan nunah Krista an hmuh theih nan kan nunin i lan chhuahtir zel ang u.

3) **Kan hna rinawm taka thawh** : Kan hna a sang emaw, a hniam emaw, eng pawh tha taka thawh tur a ni. Rawngbawltute, piangthar tha taka langte hian kan hna dik leh fel takin kan thawk em? Office tan hun dik takah kan kalin, ban hun dik takah te kan bang thin em? Sum leh paiahte kan rinawm em? Taima takin mahni hna theuh i thawk ang u. Mahni eizawna leh kan tih tur theuhte hi Pathian chawimawin an i hmang ang u.

4) **Thilpeka Pathian chawimawi** : Pathian chu engkim min pea, mal min sawm thintu a ni a. Keimahni laka a phut chu, a malsawmna kan dawn ang zela sawma pakhat pek hi a ni. ‘Ka inah ei tur a awm theih nan sawma pakhat zawng zawng chu thawhlawm inah rawn la rawh u,’ (Mal 3:10) a ti, hmun danga hman phal a ni lo. Mi rethei tanpui nan te, missionary chawmnate chu kan chanvo sawma pakua atanga rinnaa pek tur a ni. Hei hi Lalpa fak leh chawi-

mawina ropui tak a ni. “I sumin Lalpa chawimawi la, I thil lo pung hmasa ber zawng zawngte nen. Tichuan, i buh in chu a lo khat liam ang a, i sawrkhur chu uain tharin a luang liam ang” (Thuf 3:9-10).

5) **Chanchin Ṭha hril** : Hei hi ringtu zawng zawngte tih tur a ni. Kan Lal Isua vana a lawn dawn pawh khan ram tina kala, Chanchin Ṭha hril turin min duh a nih kha. Ni tina a chhandamna chanchin ṭha hril tur kan ni. Kan hrilna hmun chu kan chhungkuaah emaw, ramthimah emaw, khaw dangah emaw, khawi hmun pawh a ni thei. Kohhrana kan chanvo leh tih tur eng pawh ṭha taka kan thawhte hi Chanchin Ṭha hrilna a ni. Chutianga kan tih chuan Lalpa kan fakin kan chawimawi tihna a ni.

6) **Inpekna** : A ṭul apiang ti tura a tana inpek hi a ni.

Kan Hausa emaw, kan rethei emaw, kan fel emaw, fel lo deuh emaw, eng pawh ni ila a ṭul ang apiang ti tura kan inpek chuan kan Pathian, kan tlin lohna zawng zawng pawh hre tlang vektu hian min hman dan tur hi a hre vek a ni. Chuvangin, amah fak leh chawimawi nana kan inpek mai hian Pathian kan fakin kan chawimawi a ni.

Pathian fak leh chawimawi tur chuan kan thinlungah Isua Lalbera dahin, kan hmaa tih tur awm apiangte ṭha taka tia, Pathian tana kan inhman a ṭul a. Pathian fak leh chawimawina tur kan sawi tak zawng zawngte kha tihtakzetin hmang ila. Nangmahah Krista nun ze mawi chu lo lang zel sela, Hmangaihtu Pathian chu i fak ngei ang.

“Chawimawi la, anin a chawisâng ang che” (Thuf 4:8). Amen.



Mi fing chuan mi dang tihnat ai chuan
anmahni nat an thlang zawk thin.

– Plato

A PUAN HMAWR CHAUH PAWH DEK ILA

- Pro. Pastor Zonunsanga
Ramhlun

"A puan chauh pawh dek ila, tihdamin ka awm mai ang,' tih a rilruk a ni. Tin, chawplehchilhin a thi put chu a reh ta nghal a, a na chu tihdam a ni tih a taksaah a inhre ta a" (Mk 5:28-29).

He hmeichhe natna hi eng nge ni : He hmeichhe natna hi a rei thawkhat hle a, kum 12 lai a thi a lo put tawh a. Doctor thiamte pawhin a ngaihna an hre lo ni tur a ni. He natna hi eng ber nge ni ang? A ṭawng bul lamah hian 'rúsei haímatos' (Gk) tia dah a ni a, thi put/thisen put - 'flow of blood' (RSV/WEB) tih emaw, 'issue of blood' (KJV/ASV) ti emawa lehlin a ni a, tunlaia haemorrhage (uk)/hemorrhage(us) natna kan tih ang hi niin NASU/CJB lehlin lamah hian tarlan a ni bawk.

He laia a kawh ber ni awma lang chu hmeichhe lam natna/that lohna a nih hmel a, he natna hi hmeichhe lama hman a nih avangin a nih tur aia thi put tam tiin lehlin theih a ni ang chu. A nun a tihbuai mai bakah a rilru thlengin a nghawng ang a, chu chuan a natna te pawh tizualin, insawiselná neuh neuh te pawh a nei ang tih a rinawm hle.

A rina chu a hria : Paula chuan, "Ka rina chu ka hria,"

a ti a. Paulan he laia a sawi hi a thûk hle a, a rina hi a hriat chian em avangin he thu hi a sawi a ni (2 Tim. 1:12). He hmeichhe thi put hian Paula ang êma rinna chu la nei lo mah se, a tidam thei ang tih a ring a. Hlau leh khur chung a rinna a dinpui erawh a fakawm.

He laia langsar ta em em chu, awmhmunah 'ka ring' ti mai lova a che chhuak hi a ni. A chet chhuah hma hian zawhna tam tak a inzawt ang

tih a rinawm. "Ka dam thei tak tak ang em? Dam ta lo ila..." emaw, "Miin min lo hria se a zahthlak ang," tih leh thil dang tam tak, hmeichhia a nihna avang ringawt pawha a zâmwam turzia thlengin zan mut hmunah a ngaihtuah ve ang. Nimahsela, huaisen takin a che chhuak chat a. A rinna chu thiltihin a lantir a (Jak. 2:17). A hma lam pana a tak taka a che chhuak lai hi a ropui hle. Isua hian amah chu a tidam thei a, 'A puan hmawr chauh pawh dek ila, damna a awm ang' tih a rinna hi a ropui hle.

Mi thianghlim lovin Lalpa a khawih! : Juda hnam danah he hmeichhe thi put hi mi tenawm, bawlhhlawha ngaih a ni. A chhuah pawh a chhuak ngam lo vang. A rugin mipui zingah a kal ngei ang (puanin a hmel pawh a inkhuh a rinawm nghe nghe). An hnam danah tu pawh chutiang hmeichhia a bawlhhlawh laia khawih apiang chu bawlhhlawh an ni a; an puante an su ang a, an inbual tur a ni a, tlai lam

thlengin an bawlhhlawh ang tih a ni (Lev. 15:27).

He hmeichhia ngei pawh hian chung zawng zawng chu a hria ang. Lo hre chhuak ta se, "Nang mi bawlhhlawh khan eng vangin nge Lalpa i khawih? Mipui zingah i awm reng reng?" te pawh an ti ang a, ÷awngkam chhe tinrengin an vawm mai thei. An tih dan tur leh a chung a thil tha lo zawk thleng theite pawh a hria ang. Nimahsela, chung zawng zawng chu huamin thih leh thih tiin a tawn tlang a, bawlhhlawh chungin Isua puan hmawr a khawih tlat si!

"Kei chu ka ni lo" : Lal Isuan, "Mi dek kha tu nge ni?" (Lk 8:45) a tih khan a bul vela mite khan, "Kei chu ka ni lo," an ti sap sap a. Khatiang taka amaha rinna leh beiseina neitu an awm zet chuan hriat chakin a zawt ta ruai a nih kha. Isuan a puan hmawr dektu kha a hre lo a ni lo. Engkimtithieia khan a hre lutuk. Tar lan duh a neih vang chauh a ni ngei ang. 'Tin, hmeichhia chuan a inthup theih loh a hria a, khur

chungin a lo kal a, a hmaah a bawkkhup a, a deh chhan leh chawplehchilha a dam tak nghalzia chu mi zawng zawng hmuhah chuan a sawi ta a' (Lk 8:47). Pathian ropuizia inpuang chu mi zawng zawngin an hmu a, mak tiin an thum mur mur ngei ang! Isuan thil mak a tih hian amah intihlansarh nan emaw, thiltithe i tak nia an hmuhna tur emawin a ti ngai lo. Pathian, Pa ropuizia tar lan nan a hmang zawk thin.

Isua a chet khalh! : He tihdamna chungchang thuah hian chhinchhiah tlak tak chu, hmeichhia in Isua a chet khalh lai hi a ni ngei ang. Isuan mi a tihdamin a khawih emaw, thu a pe emaw thin kha a ni a; he laiah ve thung chuan a letling Chiang hle. A khawih hmain hmeichhia hian a khawih hmasa a, hlau leh khur chung a rinna chak tak neituin a dampui thung. Isua thinlung tawh che thei rinna chu, "Kei chu ka ni lo," an tihsan vek laia hmeichhe awm nem zawk, tlawm tak, ding khur hlah hlah rawn pen

chhuak han mitthla hian mak tih nain a bul vel chu a khat ngei ang. Isua a chet khalh a, Isua a che ve ta thung a nih hi!

A tidam a ni satliah lo : A mualphona turah a hliah-khuhin a tuamhlawm a, a chhanhim a, mi dangte a koh ngai lohna, "ka fanu" tih hial hmangin a thlamuanna nghet tak nen a chhilih zui nghe nghe. He nu hi lawm avangin a tap hawm hawm ngei ang le! A bul vela mite khan bawlhhlawhna ang anga pantute pawh Lalpan a pawm duh a ni tih an hriat phah leh zual ngei bawh ang. "Kei chu ka ni lo," titute khan "keimah ka nih kha" tih an va chak leh dawn si em!

Beiseina nung a nei tlat : He hmeichhia hian lungngaihna vawrtawp (depression) te pawh a nei ang tih a rinawm hle. Mahni indah hniamna te, dam thei tawh lo nia inhriatna te, chhungte tibuai nia inhriatna te a nei ngei ang. A dinhmun tur han ngaihtuah hian a va rapthlak em! Khawtlangin an thinhrik,

mi bawhlhlawha an ngaih, an ten, pasal pawh nei thei lo tur tih chiang sa khan lungngaihna (shock) nasa tak tuarin hmuhsitna a tuar ngei ang. Nimahsela, beiseinang a nei tlat a, tidamtu Isualam a thlir a, a pan a. A en tur dik tak Pathian lam a hawi a, damna a chan phah ta a nih kha.

Lungngaiin hliam i tuar em? Bawhlhlawh i inti em? Mite hmuhsit, endawng, tihduhdah emaw, thil dang dang vang emawin mittui nen hun i hmang thin em? A puan hmawr chauh pawh dekin damna a chan chuan, Kalvari tlanga nang leh kei avanga hliam tuar thisen hlu luang khan nang leh kei hi min tlan a, min tihdam a duh a, tu

pawh a ring apiangin an boral lohva, chatuana nunna an neih theih nan a rawn inchhawp hnai leh asin. Isua hnaihtu apiangten damna an chang a, thlamuanna reh thei lo a hnutchhiah thin. Mi bawhlhlawh leh mi sualte pawh kan khawlohna ang angin Lalpan min pawm duhe. A puan hmawr chauh pawh dek turin i kal ang le. Amen.

"Hetah hian nunna tui a luang, Kalvari-a lo chhuak chu; Mi tam tak tihdam nan a luang, Tu pawh a in duh zawng chu; Nang, Eden natna veitu kha, Lo kalin va in thuai la; Tin, Kalvari tui fim tak kha, I thinlungah a luang ang" (KHB No. 442).



Chhungkua hi rangkachak laih chhuahna khur a ni a. Rangkachak laitute chu nu leh pa, rangkachak chu fate hi an ni. Chhungkuaa tan lak nachang hriate chu an hlawhtling a, tan lak nachang hre lote chu tlaikhawhnuah an tap thin. Rangkachak lai chhuak turin bul tan nghal rawh le.

I CHHUNGKAW TAN PATHIAN KO RAWH

(Jona 1:6; 2 Sam 7:25-29)

- Lalroengi
Venghlui, Aizawl

Kan thupui hi zawlnei Jona lehkhawua mi a ni a. Jona chanchin chu kan hre tlangpui a, sawi tam lo ila. Jona chu Pathianin Nenevi khawpuiah simna thu sawi turin a tir a. Mahse, Jona hian a hreh hle mai a, a chhan chu Nenevi hi Assuria-ho khawpui a ni a, Assuria-ho leh Juda-ho chu inhmelma kumkhua thin, indo reng thin an ni a, an hmelmate pawh tiduhdah thin, rawng tak taka che thin an ni. Lal Hezekia te, Ahaba te lal lai pawh khan Assuria-ho hnenah hian chhiah an chawi a, Jerusalem pawh nasa takin an rawn vau thin a nih kha. Chuti anga an hmelmate hnena thusawi chu a hreh hle a ni. Chu vang chuan, Pathian tlan bosan turin Tarsis lam pan tur lawngah a chuang ta a. Mahse, Pathianin thli na tak mai a tlehtir a, lawnga chuangte chu an mangang em em a, anmahni Pathian theuh an au ta chul mai a ni. Chutih lai chuan Jona chu lawng chhungril lamah a lo muhil a, lawngpuin a rawn hmuh chuan - ***“Aw nang muhil, engtizia nge ni? Tho la, i Pathian ko rawh. I Pathian chuan kan boral loh nan min chhanchhuak mahna,” a ti a.***

Kan Bible-a thlipui tleh chungchang tlem han sawi ila. Lal Isua leh a zirtirte pawh dilah lawnga an chuan laiin thlipui na tak mai a lo tleh a, Lal Isua chu lawng chhung lamah a lo muhil si a. “Zirtirtu, min chhanhim rawh, kan boral dawn hi,” an ti a. Lal Isua’n thlipui chu

a hau va, a lo reh ta mai a! Zirtirte chuan, thli leh dil lam pawhin a thu an awih a ni tih an lo hre thiam ta a ni (Mt. 8:23-27). Tin, Paula pawh Rom khaw pana a kal laiin thlipui na takin a nuai a, ni tam tak chu chaw pawh ei tha hlei thei lovin an awm a, an mangang em em a. Mahse,

Paula'n - *“Mangang suh u, thlamuang takin awm rawh u, a ta ka ni a, ka Pathian chuan min chhanchhuak dawn a ni,”* a ti a. Pathian chhanchhuahna an dawng ta a ni. Tin, Jona hnenah pawh hian thlipui hmangin a rawn hriattir leh a ni.

Khang thlipui kan han sawi zawng zawng kha Pathian rem tihna, a thuneihna chhunga mi vek a ni. Tin, hla phuahtuten, dam chhung nun buaithlakzia leh harsatna tamzia thlipui angin an lo tehkhin thin a. Tunlaih hian chhungkaw tin mai hi thlipui hian na takin min nuai mek a, kan mangang em em a, kan zam thin a ni. Sualna leh harsatna chi hrang hrang kan chhungkuaah a lo thleng a, kan tuar mek a ni. Heng thlipui na tak leh hlauhawm tak kan chhungkua min nuai mektu lakah hian chhanchhuah kan nih theih nan - ‘Tho la, i Pathian ko rawh’ min ti a ni. A vantirhkohte chu thli-ah te a chantir a (Sam 104:4). Heng thlipui kan tawrh mek, kan chhungkua

min nuaitute pawh hi vantirhkohte pawh anni thei a ni.

Kan zinga a tam zawkte hi chuan kan chhungkaw buaina leh harsatna avang hian nasa taka Pathian au thin - chaw nghei, tlaivar, bawkkhup leh thingthitea Pathian au thinte kan ni ang. A hranpaa zirtir ngai pawh kan ni lo vang. Amaherawhchu, infuih thar zel erawh chu kan mamawh theuh ang. Mahni theuh pawh infuih thar reng kan ngai a ni. Beidawng mai lovin, Pathian i beisei tlat ang u. Pathianin min hre reng a ni. *“Lalpa chuan a kotu zawng zawng chu a hnaih thin a, an au thawm a hria a, anni chu a chhanhim thin”* (Sam 145:18).

Kan taksaah ngei pawh hian kan rin loh leh kan beisei loh natna mak tak takin kan na a, kan chhungkuaah pawh chuti ang a lo thlen chang chu a awm thin. Heng zawng zawng hi Pathian hnaih nan, Pathian min hnahtirtuiah hmang ila, chu chu Pathian

duh ber pawh a ni ang. Heng kan chhungkuaa sualna leh harsatna chi hrang hrang, chhungkua min tibuaitu a lo thlen hian, chhungkaw tinah Pathian ñih tura inkaihhruai a ñulzia leh ñan lak a ngaihzia min hriat thartirin, harh thar nan hmang ila a ñha ngawt ang.

Chhungkaw tana Pathian auva ñawngñai ñhin eng emaw zat Bible-ah hian kan hmu a. Chung zingah chuan:

1. **JOB** : A chhungkaw tan Pathian a au ñhin a, halral inthawina te a hlan ñhin. Ka faten Pathian pawh an lo sawi palh ang e, tiin an tan Pathian a au ñhin a, a ñawngñai ñhin. Chutiang chuan a ti ziah ñhin tiin Bible-ah kan hmu.

2. **DAVIDA** : A chhungkua lo la awm zel tur tan Pathian a au va, a ñawngñai ñhin. A chhungkua chu Lalpaah malsawm an nih theihna tur leh kumkhuaa tihngheh an nih theihna turin a dil ñhin. A thlah kal zelah Pathian duh loh zawng taka an awm pawhin, Pathianin ‘Davida

avangin ka paih thla vek lo vang’ a ti a, a zuah hram zel a. A tawpah pheh chuan Lal Isua a lo lang ta a ni. ‘Davida thlaha mi’ tih a nih kha.

Tunlaih ni tina thil thleng kan hriatte hian chhungkaw tinte Pathian lam kan hawi a ñul takzet a ni tih min hriattir a. Keini pawh kan chhungkua ñheuh hi Pathian hriatnaa tihngheh kan lo nih theih nan Pathian i au zel ang u. Pathian thua chhungkaw enkawl leh kaihhruai tum tlat mi nu leh pa kan nih a ñul takzet a. Tin, fate pawhin nu leh pate thu awih kan tum tlat a pawimawh a ni. Kan chhungkua hi eng ang nge kan nih tih kan inen fiah fo a pawimawh. Nu leh pate hian kan fate hi kan hmangaih hle a, an ñhatna duhin kan zilh a, an سوالin pawh kan ti a. Amaherawhchu, Pathian thu avanga an soal pawh tihpuina tak tak kan neih leh neih loh chu Pathianin a hria a ni. Kan fate enkawl naah hian mawh kan phur lian hle a ni. Kan enkawl tura Pathian min pek, kan kuta a dahte an ni. Taima

tak leh rin tlaka enkawl chu kan tih ngei ngei tur a ni.

Hagari chungchangah kan hmu a. Abrahamama'n a hnawh chhuah khan thlalerah tui in tur an nei ta si lo va, a fapa chu thingbuk hnuaiyah a dah a, 'A thi tur ka en ngam lo,' tiin. Pathianin naupang aw chu a lo hria a, vantirhkohin van aţangin Hagari chu a zuk au va, ***"Hagar, eng i ni nge ni le? Hlau suh, a awmnaa naupang aw kha Pathianin a hria asin. Tho la, naupang kha kai tho la, i kutin chelh rawh, amah chu chi ropui takah ka siam dawn asin,"*** ti in (Gen. 21:17-18). He lai chang hian rilru a khawih hle mai. Kan mangang ţap thawm hi Pathianin a hria a, a lo hnai ţhin. Kan fate ţap thawm pawh hi a hria a ni. Chu vang chuan 'hlaui suh' min ti a ni. Kan faten harsatna an tawhna aţang hian kai thova, kan kuta chelh tlat turin min ti a, ţawngţainain i chelh tlat ang u, Pathian i ko vang u.

Tin, Pathian hian chhungkua a ngai pawimawh

hle a ni tih Bible-ah kan hmu a. Abrahamama, Nova, Lota te chu an chhungkua zelin a ko va, a hruai chhuak a ni.

Keini hi chhungkaw tan eng ang nu nge kan nih tih mahni ţheuh inzawt ila:

- 1) Pathian ţih tur leh Pathian thutaka chhungkaw hruai tum tlat mi nu ka ni em?
- 2) Pathian thua chhungkua thlamuan ţhin, tihngaihna kan hriat tawh miah loh hnu pawha Pathian beisei tlat ţhin nu ka ni em?
- 3) Chhungkaw tana inngahna tlak nu ka ni em?
- 4) Thutlukna dik siam ngam ţhin nu ka ni em?
- 5) Tlawm a ngaih huna tlawm ţhin nu ka ni em?
- 6) Dawhthei taka nung ţhin nu ka ni em?
- 7) Insum thei nu ka ni em?
- 8) Remna siam tum tlat ţhin nu ka ni em?

David a chuan, ***"Ka nunna hi min siam that ţhin a, ama hming avangin felna kawngah te mi hruai ţhin,"***

a ti a (Sam 23:3). Keini pawh
 Pathian thu kan hriatte,
 thlarau mi kan intihnte hian
 kan nun min siam tha se, ni
 tinin felna kawngah min hruai
 se a tha hle ang. Jeremia

33:3-ah chuan Pathianin, “Mi
 au la, ka chhang ang che,” a
 ti asin.

Lalpan a thu malsawm
 rawh se.



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63	R. Lalpiangliana te chhungkua, Ramrikawn	Rs 30,000/-

ZORAM HMEICHHE INKHAWMPUI LIAN KAL LEH SYNOD HMUN TLAWH THU

– *Lalchawimawii*
Gondaek South, Tripura Mission Field

Keini Tuidu Pastor Bial hi Tripura Mission Field-ah chuan Bial upa berte zinga mi kan ni ve a, Bial Inkhawmpui pawh vawi 31 lai kan lo hmang ve ta reng mai. Kan rei tawh ngaihtuah chuan bial huapa Mizoram kal erawh kan la nei lo tluk a ni a. Chu vang chuan tun tum Zoram Hmeichhe Inkhawmpui Lian, Mamita neiha kan kal pawh hi kan chhangchhe em em mai a. Hnam leh tawng chi hrang hrang panga lai kal kan ni bawh a, duh dan pawh a inang lo ngiang mai. Tawng inhre tawn lo kan nih nual hlawn avangin sawi chhawn leh tur pawh kan ngah tlang hle.

Nikum 2014-a kan Bial Hmeichhe Inkhawmpui chuan kan Synod hmun pawimawh zualte tlawha Zoram kal a rel a. Kal man turte kan neih loh avangin Zorama kohhrante hnenah min tanpui theih dan kawng kan zawng ringawt mai a. Pathian remruat tak te pawh a ni ang, mi inpete azarah kan kal man daih tur chu Pathianin a mite kaltlangin min pe ta hlauh mai a. Kal hun atan pawh Zoram Hmeichhe Inkhawmpui Lian hmang nghal thei turin ruahmanna a lo rem leh ta zel a. Tichuan, mi 51 zet maite

chu Tripura atangin Mamita inkhawmpuiah kan kal ve thei ta a ni.

Kan tam tham deuh avangin group 8-ah kan inthen a. Kal hmam Mizorama awm dan tur zawng zawng a chipchiar thei ang berin kan inhrilh phawt a. Taksa vawn thianghlim tulzia te, thawmhnaw hak uluk a tulzia te kan inhrilh bawh a.

Mamit hmunah : Mamit khua kan han thlen chuan keini mi 13 lai mai chu Upa P.C. Rokima h/o Pi

Zarzokimi, S/N te inah kan han thleng a. Anni hi Tuidu Bialah missionary-a lo awm tawh an nih avangin nuam kan ti hle mai a. Chu vang chuan tlangnel tak leh mikhual lo takin a tuate pawh kan khawsa nghal bawrh bawrh a. Kan kohhran mi pakhat pheih chuan, “Sa kan ei nasa lutuk a, kan haw hunah chuan doctor inentir a ngai ang,” a ti hial!

Kan thlen tuk hi inkhawmpui rorel a nih nghal avangin kan thianta mi 4 lai mai, tawng pawh hre thiam lote chu engkhaw sawi lovin rorelna lamah an lo va kal daih mai a. Rorelna hmunah nilengin Tripura palai angin an lo thlu thuan ve zak a ni! Palai badge te an lo pek avangin a hnua pandal lama inkhawmah pawh usher-hoten platform lamah an lo thuttir ta ziah lehngal a. Thenkhat ve thung chu lamtual lam chak em em chungin, thutna hai palh hlahv vangin an lam chhuak ngam lo bawh a. Kan tam tham avangin felfai taka khawsak tlan chu harsa tak a ni.

Inkhawmpui kal hma hian nu pakhat chuan a pasal nen pheikhawk thar an lei dun a. A duh zawng kha a lo tet si avangin a aia lian hmun danga mi a zuartupain a rawn laksak a. A bawmah khung sain a dah nghal mai bawh nen, bun chhin ta chuang lovin inkhawmpuiah a keng nghal mai a. Chawlhni tukah bun a'n tum a, ding lam ve ve a lo ni si a! Bun ngaihna awm hek lo le, slipper nen chauh inkhawmpui chu a hmang ta a ni. Hetiang teh nuaih hi ni mah se, a nuam kan tiin inkhawmpui ropuizia kan sawi bang thei lo a ni.

Aizawl lamah : Inkhawmpui zawh tukah Aizawl panin Bawngkawn Bial motor hmanah mi eng emaw zat kan inhnawh chho ve a. Aizawl la kal ngai lo mi mawl tak takte zo taka min lo thlengin, chaw eina tur in hrang hrang min lo ruatsak bawh a. Heng kan thlennaah hian mi thenkhat chu ₹ 100, ₹ 500 leh duhsakna thilpek chi hrang hrang an lo pe bawh a. An chungah leh Pathian

hnenah lawm thu ka sawi mawlh mawlh a ni. An mit tlun lohna tam tak kan nei a, an mi ngaihdam pawh kan ngai hle a ni.

Chutia kan thlen in tur vel kan siam rem lai chuan bathroom-a nu pakhat lut chu an lo kalh khum palh a. Pawn lama awm phone number a neihte chu biak a'n tum thin, hall khawk ri nen tu mahin an la thei bawh si lo, a lo mangang nasa hman hle mai a. Minute 10 hnu vela mi dangten kawng an hawna, a rawn chhuak lawm lutuk leh mangang hman bawh si kha a hmai pawh a thim vek hman a ni! Ni danga Aizawl la hmu ngai lo, khatiang room nuam leh thawl tak maiah kha chuan tawng a lo khawk nasa nen, kan hre lawk thei lo kha a ni a. A tawpah chuan khuarkhurum atanga lak chhuah ang maiin kan han inchhanchhuak ta pawt a.

A tuk Thawhlehnia kan kal kualna turin kohhranin bus 2 min hmansak leh tawp mai a. Min duhsakna a ropui tawh tehluul nen, hetiang a min la

buaipui zel hi lawmawm ka ti takzet a, Lalpa chu fakin awm rawh se. Hemi ni, ni 10.3.2015 hian Synod Hospital, Hmangaihna In, Aizawl Theological College, TNT Zuangtui leh Synod Office te kan tlawh a. ATC hmun kan thlena ka rilrua awm chu – a hmunhma thianghlim, felfai leh nuam tak mai, zirna tha bawh siah hian keini Tripuraram Kristian thalaite hian Pathian thu han zir ve thei se a va tha dawn em, tih hi a ni. Kan hma lawkah Tripura Synod ding tura ruahman mek a lo ni bawh nen, pastor tur chher nan ATC ngeia zir chhuak hi ni thei se ka ti hle a ni.

TNT Zuangtui leh Hmangaihna In kan tlawh chu nuho kal khawm kan ni bawh a, kan rilru a hneh tlang ngei mai. Khatiang nu leh pa nei lo, fahrah leh riangvai kan hmuh rual khan tu mah insum thei kan awm lo, kan tap chhuak hawm hawm mai a ni. Pathian Thlarau Thianghlim tel lo chuan a tah ngawt theih loh va, tawngtai rualna

kan han nei te chu kan rilru a khawih tlang baw k a, mittui kan dang zo lo a ni ber a. Nu pakhat phei chuan, “Keini nu leh pa nei, fuke kim nei baw k site hian Pathian hi nasa taka fak leh chawimawi tur kan ve ni tehlul em!” a ti vawng vawng mai a ni. Thawktu zawng zawngte an fakawmin Pathian pawhin malsawm zel se kan va ti em!

Hemi hnu hian Synod Office kan tlawh leh a, hetah hian chanchin sawi tur kan ngah hle mai. Thenkhat lift-a chuang chhote kha chhuahna tur an hriat thin loh avangin a ngai te bawkin kan inhmu leh tham thin! Chutiang chuan kal sawt hlei thei lovin kan chuang kual tawn chhen mai a, kal a tisawt lo mah a ni. Kan Synod Office zet chu pui an ti a, hahipin an sawi reng mai a ni. Heng zawng zawng

hi Pathian ram kan pek tling khawm atanga sak a nihziate kan inhrihlhiah hlawm baw k a. Kan hlim tlang takzet a ni.

Aizawl kan thlen chhoh tuk, Thawhleh zanah Bawngkawn Chhim Veng Kohhranah leh Chanmari Kohhranah report kan pe baw k a, kan lawm hle. Inkhawmpui Lian hmang theia min hruaitu Pathian chungah kan lawm takzet a. Min duhsaktu kohhranho zawng zawng leh Mizoram kan kal theihna tura sum leh paia min puitu zawng zawng chungah lawm thu kan sawi a. A bik takin, min lo mikhualtu Bawngkawn Chhim Veng Kohhran chungah lawm thu kan sawi takmeuh va. Pathianin a let tam takin a malsawmnain vur zel rawh se.



Rilru lam doctor thiam hmingthang, Alfred Adler-a, Vienna khuaa mi chuan, “Mi dangte ngaihsakna nei hauh lote hi khawvela harsatna nei lian berte an ni a. Mihringte hlawhchham thinna hi hetiang mite vang hi a lo ni e,” a ti.

*Ei siam dan***RAWTUAI BAI****Mamawhte:**

1. Rawtuai bai tur chan sa
2. Soda, chi, purun var den sawm leh bahkhawr hmer khat vel
3. Hmarchapui pum 4/5
4. Nghaum kan hmin sa/saum
5. Alu chhum hmin pum 2/3

Rawtuai chu sil fai la, chi leh soda nen hmeh pawlh rawh. Tui leih lovin chhuang so bawrh bawrh la, chawk zeuh zeuh ang che. A tui a kang hunah i duhtawk tui leih la. Hmarchapui, purun var, alu chhum hmin rawt sawm, bahkhawr leh nghaum/saumte thlak leh la. Rei lo te chhuang so leh la, ei theih a ni ta e. (Nghaum/Saum tel lo pawhin a tui tho.)

Pi Lalbiakhnaih (L) chanchin tlangpui

Pi Lalbiakhnaih hi Pu Vanruma leh Pi Zathluaii-te fa 14 zinga pahnhna a ni a. November ni 3, 1989-ah Upa Lalthangvunga Sailo nen Mission Vengthlang Biak Inah an innei a, fapa pakhat Vanlalawmpuia Sailo an nei. Nupa inkawmngaih tak leh inlungual tak an ni.

Ni tin hnaah chuan Chief Engineer, PHED Office-ah a thawk a. A nulat lai atangin rawngbawlina peng hrang hrangah a inhmang thin a. SS zirtirtu chawimawina diploma a dawng tawh bawk. Jubili Kohhran Hmeichhiaah Office Bearer post Fin. Secretary tih loh chu a chelh kim vek tawh a, a hun tawp thlengin Mission Vengthlang Bialah Secretary hna a chelh a ni. Pathianni chawhnu thuhritu, Puitling S.S. zirtirtu, Kristian Chhungkaw Committee Member leh Silver Jubilee Organizing Committee Member a ni mek bawk.

Pi Biaki hian July 11, 2015 khan chatuan ram min pansan a. Ui tak chungin a tuk Pathiannah kan thlah liam ta a ni.

Hriselna Huang

THINGPUI

– *Dr. Lalsiampara*

Chaw atana rinrawla kan hman ni lem lo, kan chelek nasat viau si zingah heng – thingpui, kuhva leh vaihlote hi a lar pawl a ni awm e. Heng thilte hian eng ang chiahin nge taksaah nghawng a neih thin tih tlem tlemin han tar lang ila.

Zirmi (researcher) tam takin thingpui hian mihring taksaah eng ang chiahin nge hna a thawh tih an lo zir tawh thin a, an hmuhchhuah chu a inang tlangpui. A thatna tam tak a awm lain that lohna pawh a nei ve. Thingpui chang lo, chaw leh thil dang, a tel lova kan awm theih lohvahte pawh hian that lohna a awm ve thei tho tih hriat tur a ni. Taksa tana thil tha kan ngaihtuah hian kan hriat reng tur chu, eng chenah nge a thata a that loh theih tih hi thliar thiam fo a ngai. A tawk chiah zela thil ei leh in hi taksain a ngeih ber. A tlem lutuk emaw, a tam lutuk emaw chuan hriselnain a tuar thei thin.

1. Thingpuih hian eng thilte nge awm (chemical constituents)? –

Thingpuih hian thil tam tak a awm a. Carbohydrate, fat leh protein erawh a pai tel lo tluka ngaih a ni. Thingpuih awm pawimawh zualte chu:

- * Alkaloids
- * Catechins
- * Phenolics (Polyphenols)
- * Tannins
- * Caffeine
- * Theanine

- * ECGC (Epigallocatechin gallate)
- * Flavonoids
- * Theophylline
- * Theobromine
- * Fluoride
- * Aluminium

Heng chemical-te hi taksa mamawh tak takte a ni hlawm. Heng zinga mi catechins leh flavonoids hi anti-oxidant tha tak nia ngaih a ni. Hengte hi taksa tana tha, cancer hial pawh eng emaw chen veng thei nia sawi a ni.

2. Thingpui thatnate –

Zirmite sawi danin thingpui hian thatna tam tak a nei:

* Thau lutuk tur a veng, green tea hi tha zuala ngaih a ni.

* Anti-depressant tha tak a ni.

* Thaw rimchhe tur a veng.

* Green tea hi 'Sun burnt' damdawi tha tak a ni a, hnawih mai tur a ni.

* Mi a tiharhvang a, rilru a tichak thei.

* Taksain natna a dona khawl a tichak.

* Taksa chet vel dan (physical activity) a pui nasa hle.

* Stroke laka taksa vengtu tha tak a ni.

* Rul tur leh rannung tur (insect bite) a tichhe/dal thei (antivenom property).

* HIV-AIDS natna a tinep.

* Lung leh thisen dawt hriselel nan a tjangkai.

* Cancer venna puitu a ni.

* Zunthlum ven nan a pui.

Heng bak pawh hi thingpui thatna tam tak sawi tur a la awm.

3. Thingpui that lohna –

* Thingpui awm fluoride hi ruhah a inchhek khawl thei

a, ruh chak lohna chi khat 'osteoflurosis' siamin ruh a tliak sam.

* Thluak lam natna chi khat 'Alzheimer's disease' a thlen (induce) thei.

* Thingpui in tam lutuk chuan aluminium toxicity a awm thei.

* Chaw pai tawihna a tibuai thei (tannin effect).

* Hmeichhe upa lam natna, 'Premenstrual syndrome' a tizual thei.

* Zun kawng hnathawh a tibuai.

* Muthilh theih lohna a thlen.

* Kalah lung a siam thei.

* Thingpui sa tak in thin leh thingpui awm 'tannins' hian chaw kawng cancer veina 'risk' a tisang.

* Thingpui hian ha a tibal .

Heng thingpui that lohna tam zawk hi chu tam tak ina thleng thei chauh a ni.

Tlipna : Thingpui hian taksa tana thil tha tam tak a awm laiin thil tha lo pawh a awm ve tho, a tawk chauhva in thiam a ngai. Khawl nuai aiin thianghlim taka kuta nuai hi hriselel zawka ngaih a ni.

*Hruaitute chanchin***LALMUANZUALI**

Pi Lalmuanzuali hi Upa Lianchia (L) leh Pi Vanlaltani te fa 9 zinga a upa ber a ni a. South Vanlaiphaiah a piang a, Lungleng South-ah te, Hnahthialah te an chhungin an awm kual a. Pu Ramfangzauva (L), Manager, State Bank of India nen innein fapa 2 leh fanu 2 an nei a, tu 1 an nei tawh bawk. Tunah hian Zemabawkah an cheng mek a ni.

Government Aizawl College-a Political Science Department-ah Associate Professor hna a thawk mek.

Zemabawk Pastor Bial Kohhran Hmeichhiaah Committee Member leh Secretary-te lo ni tawhin tunah Assistant Secretary a ni.

Tualchhung kohhranah Puitling Sunday School zirtirtu, Inrinni zan short sermon sawitu leh Kristian Chhungkaw Committee member a ni mek a. Kohhran Hmeichhe Committee-ah Vice Chairman tang lai a ni bawk.

A hla duh zawng chu Kristian Hla Bu no. 451-na, 'Nunna hi Lalpa ka pe' tih te, no. 509-na, 'Dam lai khawvelah hian lungawina kim reng ka hmu lo va' tih leh No. 428-na, 'Hmangaih zual che ka duh, Lalpa Isu' tihte hi a ni. A Bible chang duh zawngte chu 1 Korinth 1:26-31; Isaia 40:29-31 leh Sam 32:8-te a ni.

“He khawvel hian hun khirh tak a tawng chho mek a. A tak leh a lem thliar hran theih lohna khawvelah hian thlarau leh tihtakzeta Pathian rawngbawltu ni tur leh, mahni inen lova Isua lam en chung, nghet tak leh tihchet rual lohva Lalpa hna thahnemngai taka thawk fo turin tan i la thar zel ang u,” tiin min chah a ni.

Hriat atan

1. **Leadership leh Kristian Chhungkaw Campaign**-in heng hmunahte hian kan hruaitute an feh chhuak a, Pathian hruainain tluang takin hun an hmang:

- 1) June 5-7, 2015 khan Khawlailung Dinthar Bialah Pi Vanrammawii, Pi Lalbiaki leh Pi Rothangliani-te an kal.
- 2) July ni 10-13.7.2015 khan Khawzawl Dinthar Bialah Pi Lalrokimi, Pi Lalrinpuii leh Pi Liansangi-te an kal
- 3) July ni 10, 2015-ah vek hian Thingsulthliah Bialah Pi C. Chawngpui, Pi Lahliapi leh Pi Lalnuntluangi-te an kal.
- 4) Ni 30.5.2015 chhun leh zanah Ramhlun 'N' Kohhranah Pi Lalhmingmawii Sailo leh Pi Vanrammawii-te an kal

2. **Leadership Training** neiin heng hmunahte hian kal a ni bawk –

- 1) Ni 20.6.2015-ah Zemabawk 'N' Bialah Pi Rinchawii, Chairman leh Pi Rallianthangi, Fin. Secretary-te an kal.
- 2) Ni 27.6.2015-ah Vaivakawn Bialah Pi C.Lalhmingmawii Ex-Chairman leh Pi Lalpianthangi-te an kal.

3. **Pi Lalbiakhnaihni'n chatuan ram min pansan** : Pi Lalbiakhnaihni, Central Committee Member chuan thisen cancer natna avangin July ni 11, 2015 (Inrinni) 1:40 pm khan chatuan ram min pansan a. A tuk ni 12-ah an chenna Mission Vengthlangah Bialtu Pastor Lalbiakvulmawia'n a vui a, ropui taka thlah liam a ni. Central Committee chuan ni 16.6.2015 khan Pi Lalbiakhnaihni hi a ral a ni.

4. **MSACS leh World Vision nen HIV/AIDS Trainers Training and Advocacy neih a ni** : Inkhawmpui Lian wawi 46-na IX(2)-in a rel angin, MSACS leh World Vision nena țang kawpin HIV/AIDS chungchanga Trainers Training cum Advocacy Programme July 13-17, 2015 chhung khan Synod Conference Centre-ah neih a ni a. Pastor Bial tin ațangin mi pali zel kal tura ruat an ni a. Bial aiawh an kal țha hle a. Heta lo kalte hi an awmna kohhran țheuhvah traning pe tura beisei an ni.

KUM 2015-2017 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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Vice Chairman	:	Pi K. Vanlallawmi
Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Sailuti
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3. Rev. Lalramliana Pachuau, Executive Secretary i/c Women
4. Pi Lalfakmawii, Co-ordinator
5. Pi C. Lalmangaihi, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thil tumte:
1. Kohran pum rawngbawlna tihlawhtling tura thawh ho.
 2. Kristian chungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



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



Darawn Bial Leadership training leh Kristian chungkaw campaign



Dawrpui Bial Leadership training



Sumsuñ Bial Leadership training leh Kristian chungkaw campaign

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Published by Rev. Lalramliana Pachuau, Aizawl - Mizoram On behalf of Agape Association.
Printed at Synod Press, Mission Veng, Aizawl - 796001 Copies - 42,100
www.MIZORAMSYNOD.org