

ESTD : OCTOBER, 1994

JANUARY, 2013

KRISTIAN NAUPANG

THLA TIN CHHUAK
CHANCHINBU



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Kum 18-na

January 2013

Bu 220-na

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A man pe duh leh a bu la duh
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Kum khat lak man Rs. 30.

Kristian Naupanga thu chhuahte hi Editor ngaih dan a ni vek kher lo

A chhunga thu awmte

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Enkawltu lam atangin



Kum thar kan lo chuang kai leh ta a. Kristian Naupang chhiartu zawng zawngte kum thar chibai kan bûk a che u.

Mi tam takin he kum thar hi an hmu phâk lo va. Kan chungte leh kan thian tha tak takin chatuan ram min pansan hnua kum 2013 kum thar kan thleng thei hi Pathian malsawmna leh kaihhruaina a ni tih hre thar leh ang u.

Thla chanve velah sikul pawh kan lut leh mai dawn a ni a. Kan luh hnu rei lo teah exam a lo hun leh mai dawn avangin tun aţang hian kan zir laibu te lo buatsaih lâwk îla. Exam dawn leh exam laia hah deuha zir vak ngai lo turin lo inbuatsaih lawk ang u.



**Kristian Naupang chhiartu zawng zawngte,
Kumthar Chibai kan buk a che u.**

KAN NUNA THIL HLU BER - BIBLE

Khaw pakhatah hian hmeithai pakhat hi a awm a; pangpar huan zau deuh mai a neiin a enkawl tha hle a. A pangparte chu mawi a ti thei em em mai a. Miin a pangparte chu an leisak thin a. A enkawl that em avang chuan a mawiin a nalh bik hle a ni. A changin pawisa aiah in chhung buangrua chi hrang hrang an inthleng thin a. Chung an thil inthlenga an thil pek thinte chuan a tilawm thin hle a ni.



A pangpar zawrh chu hmeichhe naupang pakhat Siami hian ni tin a leisak ziah thin a. Ni khat chu Siami chuan pangpar leina tur pawisa a nei ta hauh lo mai a, hrehawm a ti em em mai a. A neitunu hnenah chuan a va kal a, thil dang nena a pangpar chu inthleng a va dil ta tawp a. A neitunu chuan, “Pawisa aiah eng nge min pek ang?” a lo ti a. Ani chuan, “I in chhunga i la neih ngai loh i tana hlu ber tur, kei pawhin ka roh ber ka pe ang che,” tiin a chhang a. Chutiang anga thil hlu chu hmuh a chak em avang chuan a pe ta a.

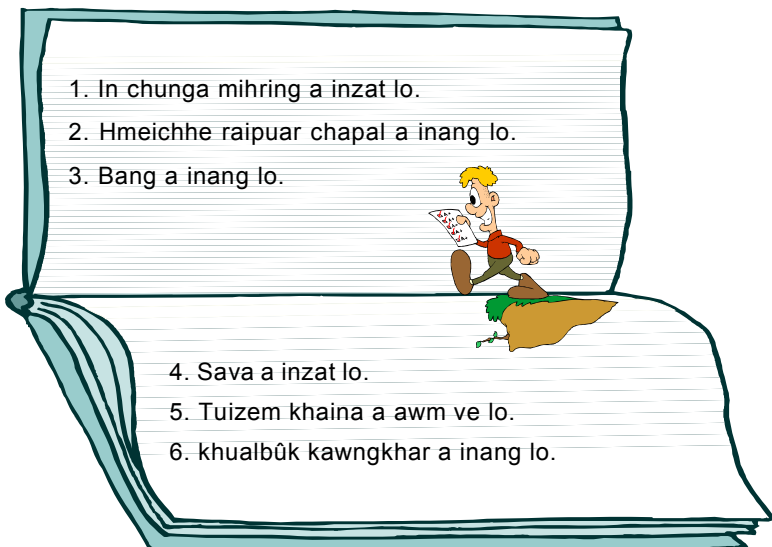
Hun a lo kal zel a, pangpar zuartunu chuan a pangpar huan siam kum sarih tlin lawmna a buatsaih a. An venga mite chu a sawm vek a, tlaiah ruai a siam a, mite pawhin lawmpuina thilpek chi hrang hrang an pe a. A thilpek dawnte chu zanah a hawng a, a hlim em em a. A tawpah chuan lehkhakhawng bawm hi a va hmu a, a han hawn chuan a chhungah Bible hi a lo awm a, a han keu chuan ‘Ka tana hlu ber - Siami’ tih hi a lo inziak a.

A thilpek dangte nen chuan a han khaikhin vel a, ho a ti em em mai a. “Ka tana a tangkaina pawh ka hre nek lo ve,” a ti a, khum bul dawhkanah chuan a theh pheih tawp a.

Zanlaiah chuan a lu a rawn na ta em em mai a. A muhil thei ta lo va, tui vawtin a dep a, a hnu deuhah chuan tui lum ip lâk a tumna lamah men pawh meng mang lovin a bula Bible chu a dap fuh a, tui lum ip emaw tiin a lu-ah a nghat ta a. A lo dam deuh a, a muhil thei ta a.

A tuk zingah chuan a lua Bible chu a hmuhin mak a ti em em mai a. Zana thil thleng chu a ngaihtuah Chiang a, a lawm ta em em mai a. Bible chu a keu a, a chhiar ta a. Siami hnenah chuan lawmthu a sawi mawlh mawlh mai a. Chuta tang chuan hlim leh lawm takin a awm ta a. Tichuan Bible chu a nuna thil hlu ber a ni tih a hre ta a ni.

Ziaktu - Laldinenga
Junior Dept.,
Kawnpui Chhim Veng



KHUALZIN

Hmanlai chuan Mizote hi khua leh khua, chi leh chi indo fo an nih avangin ram a ral̄ti a, an zin tam lo. British-in min awp chinah erawh chuan indo a awm ngai ta lo va, zalên takin an zin vêl thei ta a. Thâl laiin û leh nau kan tur tein mi khuaah an zin ve thin. Chuti anga zin satliahte chu khualpâng zin an ti.



Mizote hi mikhual thleng thin kan ni a. Hriat ngai lohte pawhin, “Min lo thleng thei ang em?” an tih chuan, “Thleng thei e a. Lo lut la, inngat rawh,” kan ti a. Kan neih ang ang an ei ve a, zanah puanthuah te kan thuah a. Zing lamah tukthuan ei khamah an kal chhuah dawnin chaw kan funsak a, chawhmeh pawh kan neih ang ang kan paitir bawk a; “Dam takin le,” tiin kan thlah liam thin. Hei hi Mizo nuna thil mawi tak a ni a, Mizoram tinuamtu tak pakhat a ni.

Amaherawhchu British sawrkarin kan ram an awp tirh lai chuan Aizawlah leh Lungleiah chauh dawrkai an awm a. Chung dawrkaite chi zawrh lei tur leh chakkhai dang lei tur chuan kum tinin mi tam tak an zin chhuak thin. Aizawl leh Lunglei zin kawng tlang dunga khaw thenkhatte chuan mikhual an rak em em a, thlen pangngaia mikhual thlen sên loh hun a lo awm ta a. Mikhual thleng tha duh lo deuh khua te pawh an lo awm ta hial a. Khualzin a hrehawm ta hle a. Zin turten zan riak buhfai an inken a, mi inah te an inkulh thin.

Mahse, rambuai hnu a tang chuan khawpuiah mi an tam ta a, motor kawng te pawh a lo awm ve ta nual bawk a. Bâwm phura khual zin an tlêm tial tial a, thlen in hnawn pawh

a reh zui ta a. Khawpuiah pawh tu man thlen in an hnawng ngai tawh lo. Hmana Zo nun mawi kha a lo vul leh ta a, Mizoramah khualzin a lo nuam leh ta .

Ziaktu: Samuel Lalliansanga
Junior Dept.,
Venghlui, Aizawl.



TAWNGTAI THILTIHTHEIHNA

Thingtlang khaw pakhtah hian mipa naupang inkawmngaih tak mai pahnih, Tlanthanga leh Liantluanga hi an awm a. Tlanthanga pa chu Kohhran rawngbawltu tha tak, Pathian tih mi a niin an chhungkua pawh an felin an hlim tlang hle thin a. An fate pawh an fel hlawm em em a ni.



Liantluanga pa chu zu in mi a ni a, a nupui fanaute ei ai leh an thawmhnaw man tur te zu manah a hmang zo thin a. An chhungkua pawh an retheiin an hlim lo em em thin a. Liantluanga chuan a thianpa te chhungkua chu a awt thei hle thin a; a phak ang tawh tawkin Pathian hnenah a tawngtai thin. A nu pawh tawngtai turin a sawm a, an tawngtai reng thin a. A thianpa pawh chu a sawm a, an tawngtai dun thin a ni. Tlanthanga chuan a thianpa chu a khawngaih thei hle thin a ni.

Hun a liam zel a, kum thum zet a vei hnu chuan Liantluanga pa pawh chuan a nupui leh a fapa a tan an tawngtai thin tih a hriat chuan a nun te a siam tha a, zu in te simin Biak In lam te a hawi ve tan ta a. Zawi zawiin a sim zel a, a tawpah phei chuan Kristian chhungkaw tha tak an lo ni ve thei ta a ni.

Ziaktu - Biaklawmawmi
Junior Dept.
Kawnpui Chhim Veng

Malsawmna



Annie chu a lehkhaw bawm (locker) chu nghengin a thaw hawk a. Chumi kum an sikul kal tan ni chu a tum leh beisei ang reng a ni lo.

An sikula hmeichhe naupang rawn lut thar Kristen-i chu a rilruah a lang phak lo hrim hrim. Chu nu pawnfen rawn fen ang chiah chu fen a tum a ni tlat mai.

Pawnfen satliah a ni lo. Nipui chung zawnga naupang pathum awma a inhlawhna atanga a lei, hah taka a tuak chhuah a ni tlat. Teen chanchinbua a hmuh phat atangin a inhlawh char char a, a lei ta a ni.

Pawisa a tuak ngah veleh a pawisa leh chanchinbu chu kengin a nu hnenah lei a ngan nghal a.

“Bawih, thawmhnaw pakhat lei nana pawisa sen teh chu tha ka ti lo hle mai. Mahse chuti taka i duh a nih chuan a man chu i tum mai a ni ang chu,” a nu chuan a lo ti a. Zirtawpni apiangin a nau awm hlawh a la thin a. A lak veleh a nu hnenah a pawnfen man atan a pe nghal vat zel a. Pawnfen man a pek tlak veleh phur deuhin a pawnfen leh a kawr ha chhin tur chuan a pindanah a tan lut nghal a. A inbel zawh veleh maimitchhingin darthlang hmaah a ding a, vaw thum a chhiar te te a, a inen ta a.

A pawnfen leh kawr chu a inmil chiah a ni. A sir thla te, a hnung lam te, a hma lam te chu a dik thlarh mai a. a ta tur ringa uluk taka thui ni mai awm a ni. A kal kual a, a thu a, a han vir kual vel baw a. Sikula a thianten an hmuh huna an sawi dan tur te a ngaituah chhin kual vel a.

A tukah chuan a nu nen a pindan chu an tifa vel a. A thawmhnaw dahna chhuar te chu rem felin thawmhnaw hlui mi pek tur te an thiar fel nghal a. Chung chu thlep felin bawmah an dah a. Kar tawp a pi hmanpui tura kal pahin thawmhnaw bawm chu Goodwill pawl hnenah an dah nghal a.

Chawlhni zana in an thlen veleh a pindanah tlan lutin a tuk sikul luh tan nia a thawmhnaw inbel tur, a pawnfen leh kawr vel te buatsaih lawk a tum a ni.

A thawmhnaw dahna chhuar a han hawn chuan a kawr a phawrh a, a pawnfen a hmu ta hauh lo mai le! A zawng kual ngial a, a hmu zo ta tlat lo mai le!

“Ka nu, ka pa!” tiin a au a, an rawn tlan lut vat a. Kawr khaina leh thawmhnaw te chu a lo darh nuaih mai a.

“Ka pawnfen! A awm tawh miah lo!” tiin a lo au chûl a.

A pa chuan, “Annie, amahin a kal chhualk hauh lo vang, kan zawng hmu em em ang,” tiin a lo hnê̄m a. Darkar hnih zet an zawn hnuah pawh chuan an hmu zo ta tlat lo mai le!

Chumi zan chuan Annie chu a khumah a thu a, a pawnfen bo tak daih dan chu a ngaihna a hre thiam lo hle mai a.

A tuk zingah chuan chau nghulhin a inhria a. Sikul kal tur chuan phûr lo deuh chuan a insiam ta a. Nipui chung zawnga a ruahmanna lo siam chu a thlâwn zo ta.

A lehkhabu bawm bulah chuan thil mak lehzual a tawng leh ta!

“Annie i ni tiraw?” a hnung lam a tang hian an rawn ti a.

A han inher chuan a phu zawk mai a, *‘Hei chu ka pawnfen kha a ni Chiang mai!’*

“Kristen-i ka nia. Principal-in i lehkhabu bawm bula mi hi min hmantir a. Kawthler thuhmuna kan chên avang leh lut thar ka nih avangin sikul velah hian min hruai kual theih a beisei deuh bawk a,” a ti a. Annie chuan ka hau hian a lo thlir reng a.

Kristen-i chuan, “Mahse a ngai kher lo. Kan la inhmelhriat lo tih leh kawngah kan inpel zeuh zeuh chauh a ni tih ka hrih tho a,” a ti vat a.

A ti dik chiah. Annie nau awm kal vel leh Kristen-i ei tur siamna dawr uniform ha nen tlaiah an inpel zauh zauh chauh a ni. Annie chu a inngaihtuah harh a, “Tehreng mai. Ka fan kualpui ang che,” a ti ta a.

Chumi ni chuan Kristen-i chu an thiante chuan an biain a pawnfen mawi an tih thu chu an hrih hlawm a. Annie erawh chu an bulah a lo ding ngawi ve reng ringawt a ni.

Tlaiah chuan Kristen-i chu khawi a tanga a pawnfen chu a neih nge tih zawh chian a duh avangin a lo nghak a. Kawng tluan chuan an titi dun a. In an thlen dawnah chauh Annie chuan pawnfen chungchang chu a sawi chhuak ngam a.

“Khawia mi nge i pawnfen kha?” tiin a zawt ta dawt a.

“A mawi tiraw? Ka pi inentir kan nghah laiin ka nu nen chanchinbuah kan hmu a.”

“I nuin a leisak che tihna a ni maw?”

“Teh nang! Tunlai chu kan khawsak a harsa riau va. Ka pain a hna a chhan a, ka pi a dam baw si lo. Ka pi enkawl tur leh ka pa hna thawh tur zawng pah turin kan rawn pêm ta ringawt mai a ni.”

Annie chuan a ngaihtuah thiam ta deuh a. “I inhlawhna i khawl theih nual dawn chu.”

“Ka inhlawhna zawng zawng chu ka naute school uniform lei nan ka nu ka pe vek alawm.”

Annie chuan a dawhthei ta vak lo va, “A nih leh khawi a tângin nge i pawnfen kha i neih theih?”

“Ka nuin Goodwill-a an rawn dah hlim hlawl hi a va tawng a. A bawm a han hawn chuan chanchinbuah pawnfen lem kan hmuh ang chiah kha a lo awm a; a thar hlak, a lehkha inbel te pawh a la awm vek maw le.”

Goodwill? A thar hlak maw? Chu thil thlen dan vel chu Annie chuan a hre thiam ta uarh a.

Kristen-i chuan nui var var chung hian, “Ka nuin ka ta tur liau liau a nih ngei a ring tlat a. Malsawmna ka dawn a ni tih a ring tlat bawk.”

“Kristen, ka ... “ Annie chu a tawp chawt a. “Kristen, thil ka hrilh thei che ang em?”

“Tehreng mai,” a lo ti vat a.

“Kristen... “ an ngawi leh deuh hlek a, “Rei lo te ka pindanah i rawn chho lawk hman ang em? I pawnfen nena inhmeh deuh tur kawr ka neiin ka hria,” a ti ta a.

(Cynthia M. Hamond-i ziah,
Goodwill, Chicken Soup for the Kid's Soul bua mi lehlin a ni)



Hriatzauna Huang

Tunlaia khawvelin a buaipui em em pakhat chu thau luattuk hi a ni a. Kum leh san zawng phu lova thau kan tam tawh em em mai a. Hei hi a chhan lian ber nia lang chu kan hahdam ta lutuk bakah ei leh in lo tha ta te, ei leh ina kan insûm theih loh vang te a ni.

Thlan tla bawrh bawrha hna thawk thinte tan chuan thau lutuk hi a hlauhawm vak loh va. Amaherawhchu in chhunga hnathawk entir nan office-a thu chung a hna thawk thinte tan insûm a ngai deuh bik a. Naupang ei tura duhsak luattuk avangin thau lutuk (obesity) hi a awm thei bawk a ni.

Ni tin thlan tla khawpin hna kan thawk lo emaw, insawizawina hun kan nei lo emaw a nih pawhin ei turah kan fimkhur a pawimawh hle a ni.

Mumbai Mirror, Aug 17, 2012 chhuaka Eisha Sarkar thuziak a tang hian chaw tha thenkhat lo tarlang teh ang.

Aieng (Turmeric) :

Aienga awm curcumin an tih hian lunga harsatna awm tur a veng thei a. Chu bakah ni tina ei chuan thisena cholesterol sang



tur leh blood pressure sang tur a veng thei a, thisen kal vel a tichakin thisen zam ping (blood clotting) tur a vengin lungphu tha lo (heart attack) pawh a veng thei a ni.

Alaichi (cardamom) : Hei hian thau kang fai turin taksa a tanpui thei a ni. Chaw pai tanwih kawngah pawh kan pumpui a tanpuiin a tichak a ni.

Hmarcha (chillies) : Hmarcha hian kan taksaa thau inchhek khawl a kâng ral thei nia sawi a ni.

Purun var (garlic) : Purun var hian sulphur compound allicin a pai avangin taksaa bacteria-in harsatna a thlen tur a vêng theiin cholesterol leh thau chhia inchhek khawl tur a vêng thei bawk.



Anțam hriak (mustard oil) : Hriak dang aiin thau a pai tlêm a. Fatty acid, oleic acid, erucic acid leh linoleic acid te a awm bawk a. Antioxidants, taksa timur țhang dik lo tur veng thei leh vitamins te a pai telin cholesterol sâng tur a vêng thei bawk.

Zikhlûm (cabbage) : A hel emaw chhum hmin emawa ei hian thlum leh carbohydrates inchhek khawl tur kha thauah a chantir a. Chu chu rihna tihhniam nan a țangkai em em a ni.

Moong dal : Vitamin A, B, C and E leh calcium, iron leh potassium a pai tam em em a. Thau a pai tlêm avangin intihchêr duh tana ei tur țha tak a ni. Chutih laiin protein leh fibre a pai tam avangin thisena cholesterol insiam tur a veng thei a ni. Fibre chuan chaw pai țawih a tiawlsamin zunthlum sâng tur a veng nghal thei bawk.

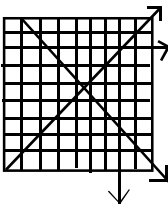
Khawizu (honey) : Taksaa thau inchhek khawl kha hman țangkaiin taksa tichaktuah a chantir hlauh a. Zinga khawizu thirfiante khat/ 10 gram leh tuilum chawhpawh in țhin a sâwt hle.

Thakthing leh lawngpar (cinnamon and cloves) : Zunthlum nei tan a țha hle. Thakthing leh lawngpar te hian taksain insulin a siam chhuah kawngah an puiin thlum insiam tur a tihniam thung.

ZAWN CHHUAH

A hnuaia bawm chhungah hian Tirhkohte Thiltih bung 10-naa thil hming/thu mal 10 phum bo a ni a. Bible keu la, han zawng chhuak teh. Thla lehah a chhanna a lo chhuak ang.

THAI DAN TUR



O	R	N	M	E	N	T	S	A	N
M	O	B	S	I	M	O	N	A	M
U	R	F	E	I	S	I	P	A	I
M	A	H	A	H	T	L	I	A	H
A	I	D	U	R	L	L	I	A	R
N	I	A	N	A	E	I	T	H	I
G	U	R	D	N	O	T	A	R	N
T	H	U	R	P	U	I	L	N	G
H	J	O	P	P	A	L	I	N	G
O	K	A	I	S	A	R	I	N	G

C	H	A	K	A	A	U	L	S	T
H	U	N	G	A	L	I	L	I	A
U	Z	U	A	N	G	M	L	D	L
R	E	M	N	A	M	A	N	A	H
I	B	U	H	I	T	N	A	R	T
H	U	A	N	H	N	A	R	T	U
N	L	U	P	M	E	S	I	A	M
I	U	E	R	O	R	E	L	N	A
M	N	G	U	I	N	A	T	U	R
S	U	N	H	L	U	T	H	O	A

THLA HMASAA MI CHHANNA

- | | |
|------------|------------|
| 1. CHAKA | 6. MANASE |
| 2. NEPTALI | 7. NGUINA |
| 3. GALILI | 8. SIDAR |
| 4. TALHTUM | 9. ZEBULUN |
| 5. RORELNA | 10. REMNA |

CHEI CHHUAH



Mawimawii chuan a hlau hle...!



Chei dan tur

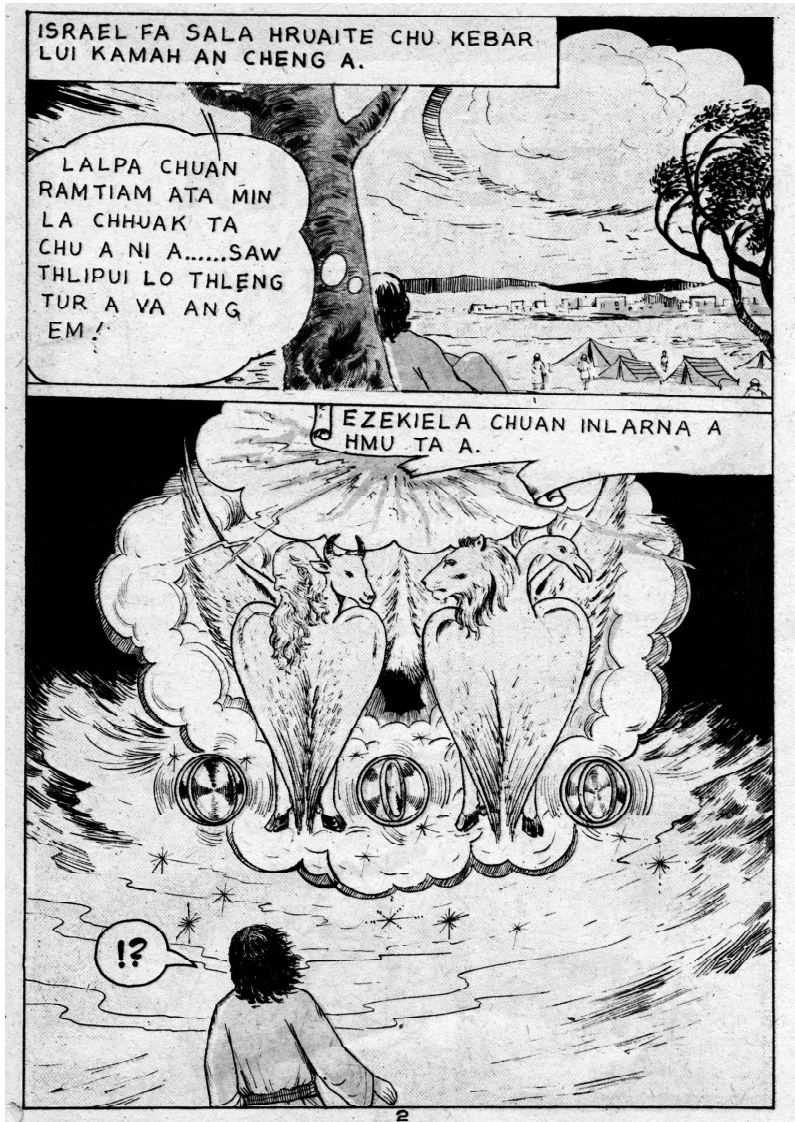
1 = UK, 2 = Sen, 3 = Dum, 4 = Pawl



Bible Milem : EZEKIELA



Bible Milem : **EZEKIELA**



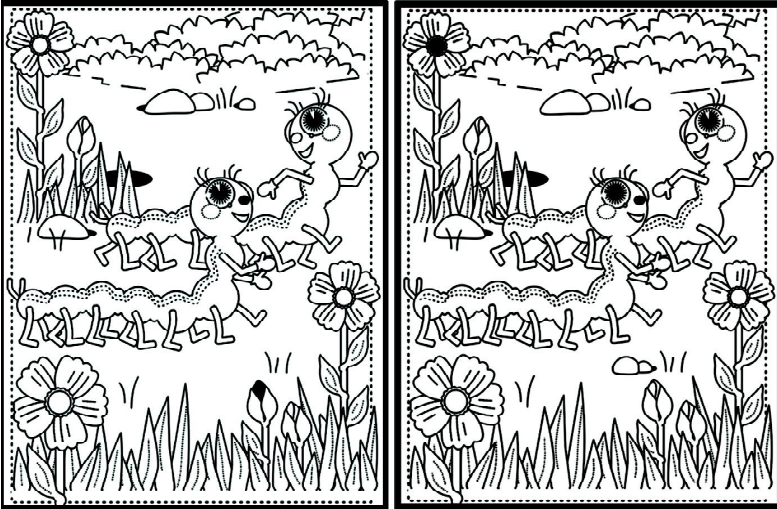
Bible Milem : EZEKIELA



Bible Milem : EZEKIELA



KA HMUH ANG HMU THEI RAWH



A chung a lemziak chi hnih khi ngun takin en la, a inan lohna chi ruk hmu thei rawh.

A hnuaiah hian a chhanna lo ziaak la

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

A chhanna chu thla lehah kanrawn chhuah ang.

To,



Mission Veng Kohhnan Naupang Chawhnu Inkhawm
Centenary lawmna - Rajiv Gandhi Stadium, Mualpui