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KRISTIAN NAUPANG



Chawlhni bawhchhiat pawizia..... 6

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A man pe duh leh a bu la duh
chuan Circulation Manager
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Kristian Naupanga thu chhuahte hi Editor ngaih dan a ni vek kher lo.

A chhunga thu awmte

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Enkawltu lam aʔangin

Khawvel hmasawn zelin keini ram kilkhawra awmte pawh min luhchilh ve zel a. Kum 20/30 kal taa a hming pawh kan hriat ngai reng reng loh thil thar tam tak kan hmuin kan nei ve ta fer fur mai.

A bik takin computer hian mi tam tak eizawwna ʔha tak a siamin awlsam zawk leh chak zawkin pisa hna pawh an thawh theih phah a. Damlo te pawh computer inthlun zawmna internet hmangin daktor thiamten ram hla tak a ʔang pawhin an enkawl thei tawh a ni.

Hetianga ʔangkai tak taka an hman mek lai hian kan ramah erawh hi chuan a ʔangkai lo zawng mai ni lo a ʔha lo zawnga hmang an tam zawk niin a lang a. Rei tak tak an men phah a, zingah an tho leh thei si lo va; tam tak chuan nakin lawkah hrisel loh phah nan te an la hmangin an mit phei chu a chhiat hma phah dawn a ni.

Kristian naupangte hi chuan a ʔha zawng leh ʔangkai zawnga hman hram hram tur a ni a. Inkhawm ʔhulh phah nan te, zirlai zir loh phah nan te leh chhungte thu awih loh phah nan te hman loh tur a ni.

LALPA RINGTUTE CHU AN MUALPHO NGAI LO

Khaw pakhatah hian naupang fel tak leh Pathian thu awih tak mai hi a awm a, a hming chu Tlantei a ni. Kum kaw mi a ni a, pawl thum zirlai a ni. Lehkha thiam thei tak mai a ni bawk. An retheih em avangin a thiante chuan



an hmusit hle a, mahse Pathian a rin tlat avangin a thiante hmuhsitna chu engah mah a ngai duh lo va, a tawngtaisak zawk fo thin a ni. Tlantei nu leh pa te chu an felin an zaidam em em bawk a ni.

Tlantei te pawla mi pakhat Zovi chu a sual em em a, Tlantei chu a hmusit hle thin a, tawngkam tha lo tak takin a au thin.

Ni khat chu sikul an chawl a, Tlantei chu amah chauhvin daiah a kal a, a va tawngtai a. A tawngtai zo haw leh tura a thawh lai takin Zovi nen chuan an inhmu hlauh mai a, Zovi chuan, “Retheinu, khawnge i kal?” a lo ti a. Tlantei chuan, “Dai ka fang vel mai mai a ni,” a ti a. Zovi chuan lung a la a, Tlantei chu a vawm ta mai a. A khupah tak chuan a vawm fuh a, a thi pûr mai a. Zovi lah chuan a tlansan daih mai a. Tlantei chuan na a ti hle mai a; mahse, a tuar hram hram a; na ti tak chung chuan in chu a thleng thei hram a.

In a thlen chuan a nu chuan a lo khawngaih hle mai a, a mut hahdamtir a.

A tukah zingah chuan Tlantei chu sikul kal turin a insiam a, a kal ta a. A sikul bang haw lam chuan kawnga Zovi lo thusawp nuai chu a hmu a. A tlu a, a khup a lo sawh thi pûr mai chu niin!

Tlantei chuan tanpui a tum a; mahse, Zovi chuan a lo duh lo tawp mai a. Rei fe hnuah pawh chuan tanpuitu tur mi dang an awm si loh avang chuan Zovi chuan Tlantei tanpui chu a duh ta tho a; tichuan, thian tha tak an lo nih phah ta a ni.

Lalpa ringtute chu miten hmusitin tihchhiat tum thin mah se, a tawpah chuan a dingchang zawkah an tang tho zel a, suahsual rawngbawltute chu tihmualphovin an awm zawk zel ni.

Ziaktu - Vanlalnghaki
Kum - 9
Class - V
Primary Dept,
Kanhmun North



1. Sava hmui a sei.
2. A kutzungpui a pir.
3. A hrui ken a tawi zawk.



4. Phengphehlep a awm bik.
5. Phengphehlep fukna pangpar a te
6. Kawngkhar a dum bik.

CHAWLHNI BAWHCHHIAT PAWIZIA

Ka nu hian Chawlhnia infiam hi a phal ngai lo va. Chawlhni vawi khat chu kan thianhovin ka nu hriat loh laiin kan infiam a, kan hlim hle mai a.



Chawlhni a ni tih pawh hrechang tawh lova kan infiam lai chuan ka ke hi arawn na phut mai a, ka infiam thei ta lo va. Ka thianten min paw haw ta ringawt mai a. Doctor hnena kan va inentir chuan tui luma sil turin min lo ti a.

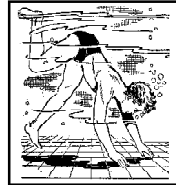
Tui lum chuan kan han sil thin a, ka ke vung chu a dam thei chuang lo va. Ka nuin zana ka muthilh laiin a tuk zinga ka ke na chu a lo dam vek theih nan Pathian hnenah min dilsak a. A tuk zinga ka thawh chuan ka ke na chu a lo dam vek mai a, ka lawm em em a ni.

Keini Kristian naupangte hian Chawlhni serh hi a pawimawh a ni tih i hria ang u.

Ziaktu - Francis Lalruatfela
Kum - 12
s/o Lalrokima
Junior Dept.,
College Veng, Kolasib

NU LEH PA THU AWIH LOH PAWIZIA

Inrinni vawi khat chu ka thianten Mat luia kalpuiah min rawn sawm a, ka kal chak em em mai a. Ka nu leh pa ka dil a, anni chuan an lo phal hauh lo mai a. Mahse, an hriat loh laiin kan kal ta tho va.



Kalkawngah chuan kan hlim hle a. Lui kan thlen chuan tui te kan cheng a, nuam kan ti hle a. A hnu lawkah chuan tuiah ka tla ta hlah mai a, ka thi dawn emaw ka ti hial a. Mahse, mi pakhat hian min rawn chhan ta hlah mai a.

Nu leh pate thu awih lova a ruka kal ka nih avangin hrehawm ka ti em em mai a. Chuta tang chuan nu leh pate thu lovin khawiah mah ka kal ngai tawh lo.

Ziaktu - Lalmalsawma
Junior Dept.,
Class - III
Agri. Complex
New Serchhip

Naupangte u, Lalpaah chuan in nu leh in pate
thu zawm rawh u;
chu chu thil dik a ni si a.

Ephesi 6:1

MEIZIAL - NUN TITAWITU

Vawi khat chu nipui chawlh laiin chhungte tlawhin Los Angeles-ah kan kal a. Ka pa chu varandaah a ̃thu a, meizial a zu khu hlat hlat a. Ka niin a rawn koh avangin a meizial zuk lai chu a dah a, a luhsan a.



Chutih lai chuan ka unaunu Victoria-i chuan meizial zuk chu eng ang tak nge a nih hriat a ch̃âk a, ka pa meizial zuk lai chu a lek vat vat a. Ka zuk chhin tawh leh tawh loh min zawt a, kei chuan, “Teuh lo mai!” tiin ka lo chhang a. Chutah ka rin loh deuh maiin Victoria-i chuan a zu ta mai. Meizial chu a han fawp a, a khuh ta bawrh bawrh mai a. A khuh nasa lutuk a, a luak dawn emaw ka ti hman tawh a. Chutia khuh bawrh bawrh chung chuan meizial chu zu chhin ve turin min pek a la tum ̃tang ̃tang a, “Kha, han tichhin ve reng reng teh, i thih phah lo vang,” a la ti hr̃âm a.

A meizial ken chu ka laksak a, leiah ka paih a, ka rap sawm ta vek a. Ka pa rawn chhuah leh hunah engtin nge a tih ang tih pawh ka ngaihtuah hman tawh lo. Chutih lai tak chuan ka pa chu a rawn chhuak a, a meizial dah chu a zawng ta ngei mai le!

“Ka meizial zuk lai kha khawiah nge?” a ti ta rêng a. Ngawi rengin ka ding a, ka unaunu nena kan tih dan chu ka sawi mai ngam lo va. Mahse, ka ngaih dan sawi hun tak nia ka hriat bawk si avangin ka sawi ta a.

Ka pa hnenah chuan eng vanga meizial chu zu nge a nih leh a ̃that lohzia hre reng chung a zu tlat bawk si chu ka hriat thiam loh thu te ka hr̃ilh ta a.

Ka pa chuan an tleirawl lai a tanga zu a nih thu leh chutih lai chuan a that lohzia an ngaihtuah loh thu te, rual pawlna leh thiante tih ang ti ve thei, mi pangngai nihna anga an ngaih thu te min hrih a.

Tunah chuan a lo zuk rei tawh avangin a ngawl a vei tawh a, nghei leh mai chu a tan thil harsa tak a ni tawh. Ka pa, mi tumruh leh chak tak nia ka ngaih thin pawhin a meizial châkna chu a thunun thei lo. Chu thil chuan zawi zawiin a nunna a titawi hret hret zel a.

TV-a meizial that lohzia an tihchhuah ka hmuh pakhat chuan hmeichhe pakhat meizial ngawl vei hi a meizial zuk nasat avangin a damlo va, a hrawk an zai a; a thawk theih nan a hrawkah chuan an verh pawp a. Thawk pangngaia thawk pawh thaw thei lo khan a thawkna tura an verh kuaksak a tang chuan meizial a la zu hrâm maw le!

Ka pa hmaah chuan ka ding a, chutiang chu a chungah a thleng ve mai ang tih ka hlauh avangin ka tap ta a. Chumi ni a tang chuan ka pa chuan a meizial zuk chu a bansan mai theih loh avangin a titem hret hret niin ka hria.

A khat tawk hian ka hmangaih a ni tih hrihlin meizial avanga chên mai ka duh loh thu ka hrih thin.

Rei tak dam ka duhin TV-a nu pakhat ang maia nat leh mahni inthunun thei lova awm kha ka duh ve lo. Meizial hi ka zu ve ngai dawn lo va; kei chuan mei khu ni lovin boruak thianghlim chauh ka hîp dawn a ni.

(Valeria Soto-i ziah, *Smoking Is Cool ... Not* tih Chicken Soup for the Kid's Soul bua mi lehlin a ni.)

HA, HAHNI LEH KA

Hmawmsawm chi hrang hrang, mawi tak leh mit la tak tak a tam ta hle mai a. Naupang tui tih zawng tak leh thlum tui tak tak an nih hlawm avangin a ei pawh an ei nasa hle mai.



Hetih rual hian kan ha kan enkawl that tawh leh si loh avangin naupang tam tak chu an ha a ngê a, an ha te a na thin. Kan hahni te a lo puam a, a nasat phei chuan hnai te a lain kan khaberuh te a tina hial thei a ni.

Kan ka chhungah hian natna hrik (bacteria) tam tak eng lai pawhin a awm reng a. Thil kan eiin kan kaah chambang tam tak a awm thin a. Heng hi kan tihfai that leh si loh chuan kan kaa natna hrik nen khan inchawhpawlin thil thûr (acid) an siam chhuak a. Chu chuan kan ha tuamtu, a vâr (enamel) hi an ei chhia a, ha a lo ngê mai thin. A lo nasat zel chuan kan ha chhunga a thlîng (pulp) a zuk ei chhia a, a lo na ta thin a ni.

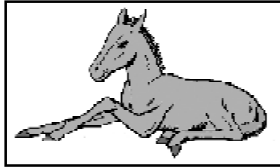
Ha leh hahni fai taka vawng tur chuan heng hi kan hriat reng a pawimawh a ni -

1. Hmawmsawm thlum chi ei tam loh tur. Kan ei zawhah fai takin ha nawh tur a ni a. Ha nawh a remchang lo a nih pawhin uluk taka kam thuah fai tur a ni.
2. Ni tin ha nawh fai ziah tur a ni a. Ha kara thil bet a awm chuan tihfai tur a ni a. A bik takin zan mut dawnah phei chuan uluk lehzuala nawh fai tur a ni.
3. Ha nawhna hlo (toothpaste/toothpowder) chi hrang hrang a awm a. A eng chi pawh hman ila fluoride tel ngei hman thin tur a ni. Fluoride hian ha nget tur a veng thei a ni.
4. Chaw tha ei tam tawh loh avangin ha leh hahni hrisel lo hi a awm theih bawh avangin artui, be lam chi, thlai hnah hring, tomato leh sêr lam chi ei tam tur a ni. Heng hi ka chhung mai ni lovin taksa tan pawh a hrisel a ni.

(Hriselna chanchinbu August, 2009-a mi lak chhuah a ni.)

LORI ADAMS

Jim-a chuan a mutbu khaiin a kawr nghawng a titung a, a theih ang angin a nghawng a titawm baw k a. Boruak vawt a han hip chuan a hnar a tithip hlur baw k a. Sakawr no te ril tam avang chuan hma lam an pan hram hram a tul tih a ngaihtuah reng a.



Ellen-i chuan kawngkhar a hawng a; vur tla leh vur sur avang chuan sakawr in chu an va hmu fuh ta lo emaw an ti hman hial a. Vur tla chuan han deuh lai a neih zauh avangin an va hmu fuh thei ta hlauh a. A tawpah chuan sakawr in kawngkhar chu an va nam hawng ta rawk a.

“I lo let leh ta maw. Kan lo ngaihtuah hman viau che asin,” Lori chuan a lo ti var a.

Ellen-i leh Jim-a chu kawngka bulah thawk lain an han ding vang vang phawt a. An rawn kalna lamah an tha neih zawng zawng an hmang zo vek ni maiin an lang a. Jim-a chuan a thil kente chu a thlauh tawp a, mut chawlh vang vang chakawm berin a hre hial a.

Lori chuan a va pan a, a biang vel chu a chulsak nawk nawk a, “I tha em?” a va ti a.

Buk ngihat pahin, “Ka thawk that theih hunah,” tiin a lo chhang a.

“Heti laiah hian thu rawh,” tih pahin kaiirawn a tum a. Mahse, Jim-a chuan duh lovin, “Thil kan eitir vat a ngai. Chuti lo chuan, a dam chhuak zo lo vang,” a lo ti tlat a.

(Awm zel tur)



Hriatzauna Huang

April thlaah khan khawvel mihring tamna ram sawm kanrawn tar lang tawh a. Ram zawng zawng deuhthawa mihring an pun chhoh zel laiin ram thenkhatah thung chuan tlem lam an pan hret hret thung a.

Hei hi a chhan ber chu nau piang an tlem avang leh mitthi an tam avang te, ram danga pem an tam avang te a ni.

Population Reference Bureau-in kum 2008-a a chhut dan chuan kum 2008-2050 chhunga ram hrang hranga mihring cheng an tlakhniam dan tur an chhutna a tanga an thlan chhuah ram sawmte chu -

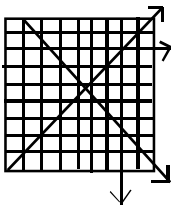
Ram	%	Kiamna zat
1. Bulgaria	-35%	- 26,48,000
2. Swaziland	-33%	- 3,78,000
3. Guyana	-29%	- 226,000
4. Georgia	-28%	- 13,06,000
5. Ukrain	-28%	- 1,28,05,000
6. Tonga	-27%	- 28,000
7. Japan	-25%	- 3,25,68,000
8. Moldova	-23%	- 9,46,000
9. Russia	-22%	- 3,17,75,000
10. Serbia	-21%	- 15,35,000

(Top Ten of Everything, 2010 bua mi lak chhawn a ni.)

ZAWN CHHUAH

A hnuiaia bawm chhungah hian Johana bung 15-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



T	H	L	U	A	N	G	L	M	M
U	H	H	M	A	N	G	A	I	H
R	I	L	I	A	M	A	L	O	W
I	V	U	A	I	T	H	L	E	P
N	B	U	S	M	G	R	E	P	S
A	A	T	U	N	U	I	H	E	H
H	W	R	A	T	H	A	R	N	E
I	I	I	L	U	D	A	N	G	A
T	H	L	A	R	A	U	I	T	T
T	A	W	R	H	N	A	T	U	U

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

THLA HMASAA MI CHHANNA

1. PATHIAN
2. KAWNG
3. THUTAK
4. PHILIPA
5. FAPA
6. NUNNA
7. HMANGAIH
8. ISKARIOTA
9. INLAR
10. THUPEKTE



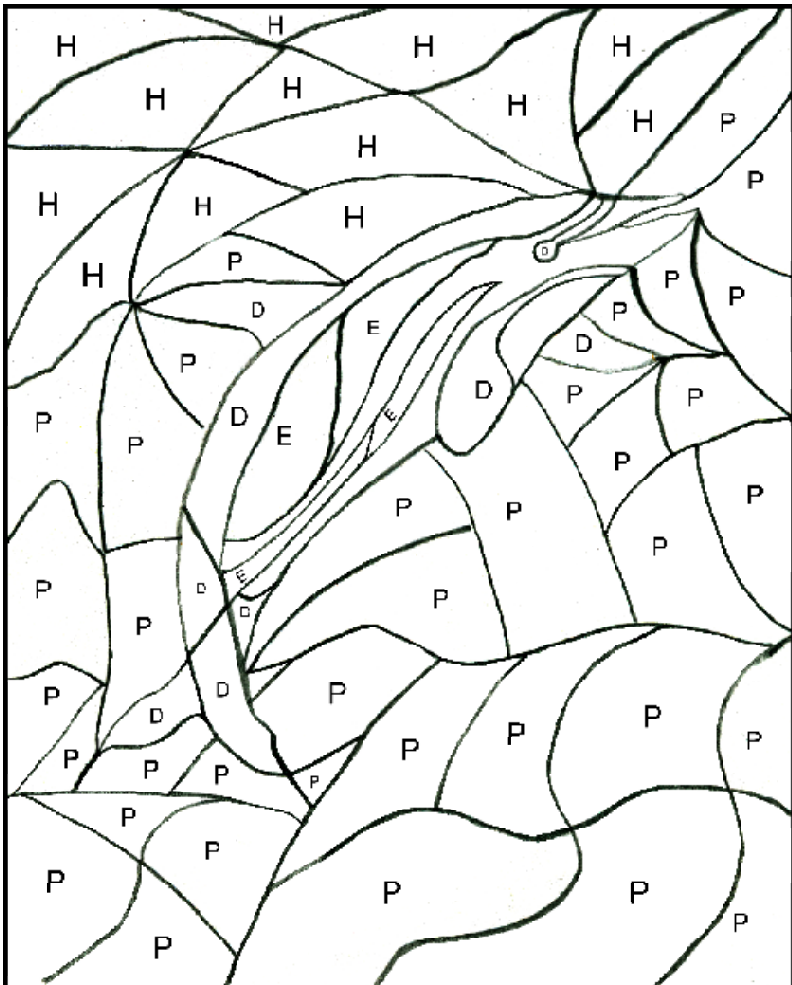
CHEI CHHUAH



Mahriati chuan mawi a ti hle

Chei dan tur

D = Dum, P = Pawl, H=Hring, E=Eng.

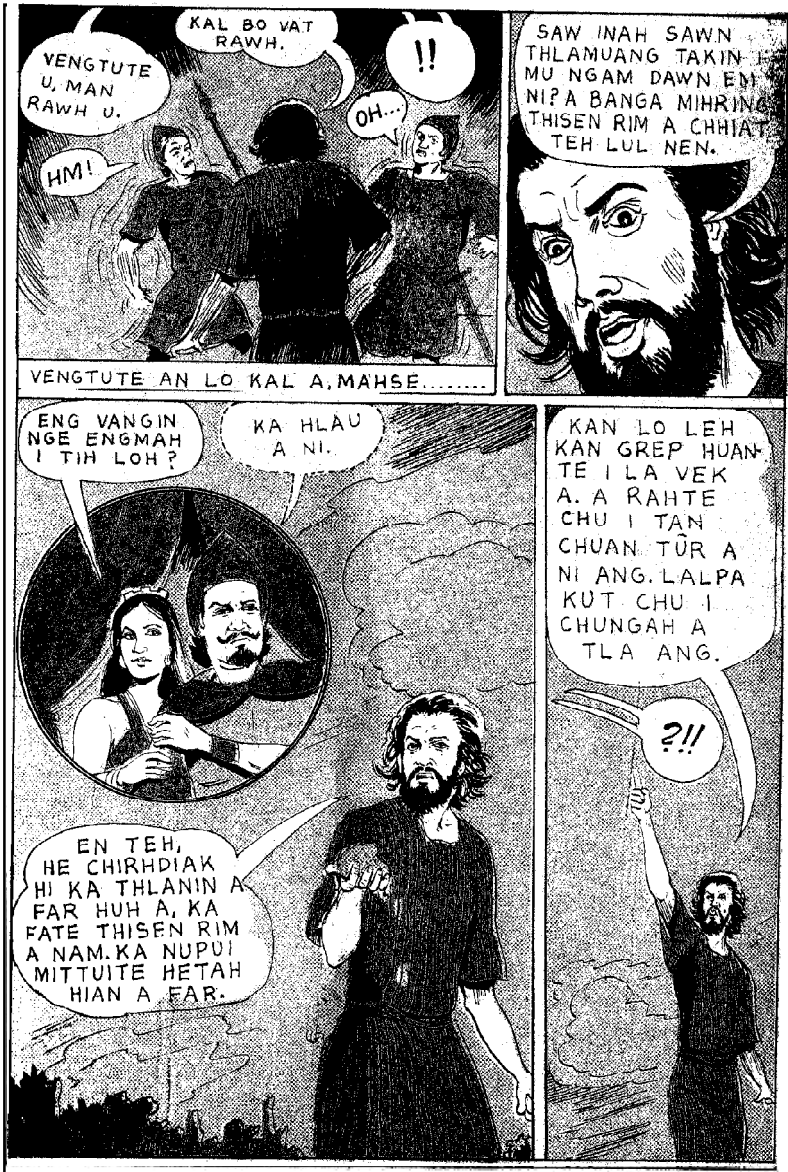


Bible Milem
MIKA









KA H MUH ANG H MU 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 thlalehah kan rawn chhuah ang.

To

1. Khawvel mi tumruh hmingthangte : Khawvela thil hlu leh ropui zawng zawngte hi mi tumruh, sehheh leh 'a theih loh' nia mi naranin an ngaih tawh 'a theih a ni' tia, tih tuma bei fat fat thinte'n an sual chhuah vek a ni. Chung mi tumruhte'n hringnun kham leh suar an lo paltlang dan hi ngaihnawm titu apiang chu a hlawkna teltu kan ni fo. He lehkhahu, huaisenna thar min pe thei hi a ziaktu Zomawia Khiantge-in a kum thar thutiam a tihhlawhtlinna a ni nghe nghe. A man Rs. 100/-

2. Arah tam lehzual nan: He lehkhahu Upa Zomuana buatsaih hian tuarna hlutzia leh a phena malsawmna awm chu min kawhmuh a. Kan chungah tuarna leh harsatna a lo thlen pawhin Pathian nena hmachhawn dan kan zir chuan kan rah tam lehzual dawn a ni tih min kawhmuh a ni. A man Rs. 60

3. Thil bul thawnthu : Khawvel hnam dangte thawnthu aiin kan pi leh pu te thawnthu kha a lo nep hauh lo. He lehkhahu ziaktu Lalrammawia Ngente hian thil bul thawnthu thenkhat a chhui a chhui a, chuta a thil hmuh chhuah chu thilsiam leh lei leh van leh a chhunga thil awmah hian Siamtu Pathian hi a lo inpuang ngei mai tih hi a ni. A man Rs. 150