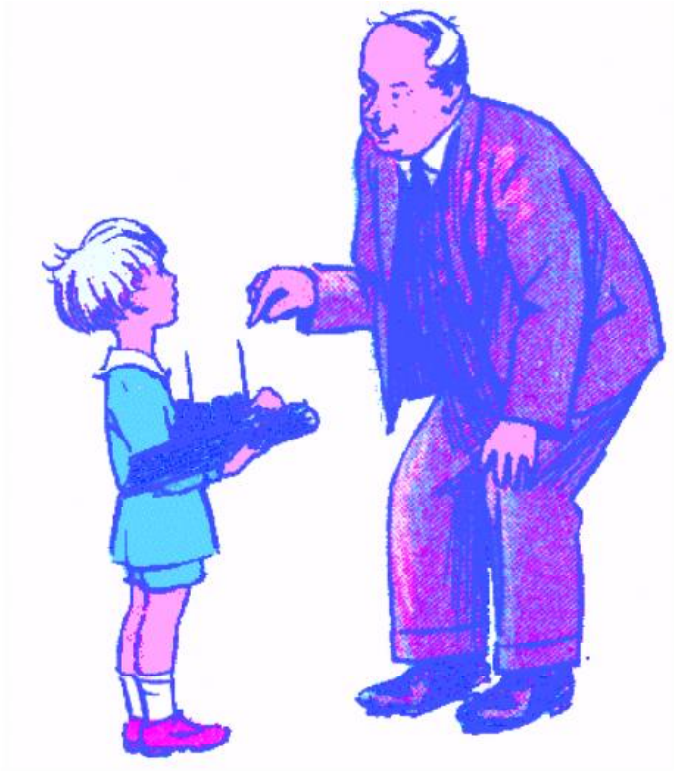


March 2012



Estd. Oct. 1994

# KRISTIAN MALPANG



Ṭawngtaina chhangtu Lalpa .....	4
Ka pu .....	6

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**March 2012**

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*Editor*  
**Zohmingliana**

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**Rev. K. Lalpiangthara**

*Joint Editors*  
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**Upa K. Thangkima**

*Circulation Manager*  
**Upa C. Lalbiaktluanga**

# **K R I S T I A N N A U P A N G**

**Synod Office**  
**Mission Veng, Aizawl -796001**  
**Phone - 0389-2324590**  
**e-mail:**  
[kristiannaupang@gmail.com](mailto:kristiannaupang@gmail.com)

A man pe duh leh a bu la duh  
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hriattir tur a ni.

**Kum khat lak man Rs. 30.**

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

## **A chhunga thu awmte**

	Phek
1. <b>Enkawltu lam atangin</b> .....	3
2. Chawhnu inkhawm loh pawizia .....	4
3. Tidamtu kan Pathian` .....	5
4. Tawng taina chhangtu Lalpa .....	6
5. Ka pu .....	8
6. Lori Adams .....	10
7. Hriatzauna .....	12
8. Zawn chhuah .....	13
9. Chei chhuah .....	14
10. Bible milem .....	15
11. Ka hmuh ang hmu thei rawh .....	Inside Cover

***Enkawltu lam ațangin***

Lehkha zir dan kalhmang thar CCE an tihah hian term exam te, kum tâwp exam te a awm tawh lo va. Kum tir ațanga class test, home work leh project tih tur hrang hrang ațangin mark khawl a ni tawh a ni.

Mizote hi zawi awia thil tih thiam vak lo, thil reng reng tih zawh thuaia âwl vat duh chi kan ni a, dawhtheihna pawh kan nei vak lo. Chutiang mi chu kan nih avangin lehkha zir dan kalphung thar pawh hi kan la hmang thiam vak rih lo.

Sap thufingin, 'Slow ang steady wins the race' a tih hi kan zir a pawimawh khawp mai. Satel leh sazupui intlansiakah pawh zawimuang, chawl miah lova kal ngar ngar satel a chak zawk ang khan kum tir ațang hian inthlahdah miah lovin lehkha zir nghal ngar ngar ila, a tawpah result țha tak kan nei thei ang.

## CHAWHNU INKHAWM LOH PAWIZIA

Khaw pakhat thing-tlangah hian Dika, naupang harh tak mai hi a awm a, ball thiam tak a ni. Chawlhni chawhnu inkhawm hun a nih chuan inkhawm aiin a thiante nen ball pet an thlang ta a. Nuam ti taka an inkhelh laini Dika chuan a ke ding lam ruh a tipelh ta a; na a ti em em a, a tap zawih zawih a. Health Worker hnenah an kalpui a, a lo inkhawm daih baw si a, tihngaihna an hre lo hle mai a.



An thianpa ber chuan a hmet risk ve tawp mai a. Inkhawm banah chuan Health Worker-in a han en chuan a ke ruh chu an lo hmet dik reng reng lo a, hmeh rem theih lohian a awm a. Doktor an entir chuan a ke ding lam chu tan a ngaih pah ta a.

A infiamna ber a ke chu an tan ta a, inkhelh leh a chak thei em em a, hrehawm a ti thei hle thin.

A mut dawnah pawh tiang hmang lo chuan a kal thei ta lo. A ball petpui thinte chuan an hmusit thei hle a, an nuih an nuih a. A thianpa Mafela chuan a khawngaih thei em em a, a kawm thin.

Chawlhni chawhnu inkhawm lova ball a lo pet chu a inchirin pawh a ti em em baw thin. Mi dangte pawh amah anga an awm ve a hlau thei em em thin a ni.

Ziaktu - Vanhmingthanga  
Kum 16, Tualpui

(Tualpui Kohran Junior Dept. thawnthu inziaksiak, 2011-a  
lawmman pakhatna)

## TIDAMTU KAN PATHIAN

Ka û chu primary school-a a kal lai a ni a. Ni khat chu school kal turin hlim takin a chhuak a. School a thleng a, lehkha te an zir a.



Classroom-a an zirtirtuin lehkha a zirtir lai chuan a biang lehlam chu a rawn na ringawt mai a; a vûng bawk a, na a tih em avang chuan lehkha pawh a zir peih lo va. An zirtirtu bulah chuan haw a dil a, an lo phalsak a, a haw ta a.

Chutia kalkawng a kal lai chuan a biang chu a rawn na ta vak mai a, na a tih em avang chuan a kal peih ta lo va, lamkhuang buk hnuaiah a ðhu a, a thiam ang tawkin a ðawngðai ta a. “Ka Chhandamtu nilengin, ka kiangah awm reng langin,” tih ðawngðaina thu kha a sawi ta ringawt mai a. Tichuan, a biang na pawh chu a lo dam ta a ni.

Keini Kristian naupangte hian natna leh manganna kan tawh chang pawhin, tidamtu Pathian hnenah tih tak zetin kan ðawngðai ang a; tichuan, anin min chhang ðhin dawn a ni.

Ziaktu - Laldusangi  
Kualmawi,  
Bilkhawthlir

1. Sanghawngsei bula hnah a awm ve lo.
2. Sanghawngsei mit a inang lo.
3. Sava mit a inang lo.



4. Zawhte hmuihmui a insei hleih.
5. Dawithiam hmui a inang lo.
6. Hmunphiah hmâwr buk a inang lo.

## ṬAWNGṬAINA CHHANGTU LALPA

Thingtlang khaw nuam tak maiah kan chhungkuain kan cheng a. Ka pi leh pu tu hmuh hmasak ber ka ni a, min duat hle a, an kiangah awmin ka seilian a.



Kum 9-a upa ka lo ni ve ta a. Ka pi leh pu an zin bo hlânin ka ni nên chauha in kan nghah laiin tuk khat chu ka ṭhianpa a lo leng a, luia sangha manpuiah minrawn sawm a. Ka ni ka dil nghal a, ka châk ve em avang chuan kal min phalsak ta a. Zingah chuan nghakuai tawktarh tur changpat kan man khawl ṭeuh a, chaw ei khamah kan kal dawn nia tiin mahni in lam ve veah kan haw ta a.

In ka thlen veleh chaw ka ei sawk sawk a, ka insiam a, ka ṭhianpa sawm tur chuan an in lam panin ka tlan ta nghal a. An in ka pan lai chuan ka ṭhianpa nau nen kan intawk a, “Tun lawk khan ka pa nen an kal chiah,” tiin min lo hrihl a. An kalna lam nia ka rinah chuan ka umzui ta nghal char char a.

Lui awmna a hlat em avang leh a kawng pawh ka hriat mumal loh avangin um phak ngei tumin ka theihtawpa chakin ka tlan a.

Ka ṭhianpa chu a pain luia kal a phal loh avangin a thang enna lamah a lo hruai daih a; churang chuan, um phak tur reng reng a lo awm si lo va.

Kawng ka hriat chian loh avang chuan ka bo ṭan ta der mai a. Ka awmna chin hre lovin lungngai leh hlau tak, hrehawm ti takin ka ṭap ta hawm hawm mai a. Ngawpui hnuaiah chuan sava hram thawm bak hriat tur pawh a awm

si lo, haw leh dawn pawh ni ila kawng ka hre tawh bawk si lo va, ka ãap ka ãap ta ringawt mai a ni.

Chutia hlau taka ka ãah lai chuan ka nu leh pa, ka pi leh puten Pathian thu min hrih ãhin leh Sunday School-a kan zirtirtuten min hrih ãhin Isua ãhatzia te, mangang te, lungngaite thlamuantu leh ãawngãaina chhang ãhintu a nihzia te, a zirtirten naupang an hauh lai pawha, “Naupang tãete ka hnenah han kaltir ula, hnar suh u; Pathian ram chu hetiang mite ta a ni si a,” tia min hmangaihtu Lal Isua ka ngaihtuah chhuak a.

Lalpa hnenah ka ãawngãai a, ka manganna leh lungngaihna, ka ãahna ka thlen ta a.

ãawngãaina chhangtu Lalpa chuan ka ãawngãaina tlãwm tak chu chhangin, ka manganna leh lungngaihna zawng zawng min paih bosak vek a. Naupang tãe ni chungin huaisenna min pe a, a vantirhkoh hmangin kal ka tumna lui chu min hruai thleng ta a.

Ka chhungten keimah chauhvin luih ka kal tih an hriat chhuah veleh ka ni pasal chu min hruai turin luih an rawn tir a, dam takin inah min hruai haw leh ta a ni.

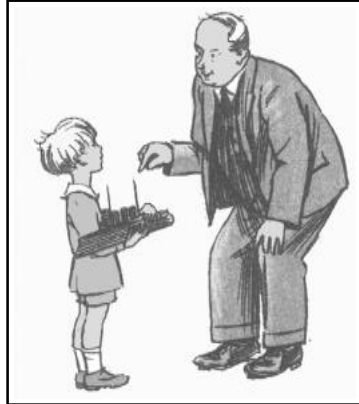
Nangni pawh ka Kristian naupangpuite u, lungngaihna, harsatna, manganna in tawh reng rengin naupangte hnar ngai lotu Lalpa pan ve ula, ãawngãaiin in harsatna thlen ãhin ula, Lalpa chuan a lo chhawk ang che u a, chatuan nunna a pe ang che u.

Ziaktu - F. Lalrindika  
Vangchhia



## KA PU

Eng tik a òangin nge ka nun a luah khah tih chu ka hre thei tawh lo. Mahse, ka nunah hian a bet tlat a ni ber mai. Ka pu chu khawvela mi ropui ber niin ka hria.



A chang chuan luiah te kalin sangha te kan man òhin a, nghakuai chiah dan te min zirtir òhin. Nghakuaia sangha ka man hmasak ber òum phei chuan ka intitheiin ka pu nen

chuan kan hlim dun kher asin. Chumi òum chuan nuam ka tiin thil harsa leh khirkhkan tak hneha hlawhtling ta ni hialin ka inhria a ni.

A chang chuan òhutthleng bûk theiah òhwin kan inkawm bawk òhin.

Nuam ka tih ber òhin chu chhêk ina kan kala thing hmanga thil eng emaw min siamsak òhin chu a ni. Kum li ka nihin sakawr lem bûk thei (rocking horse) min siamsak a. Mawi leh nalh tak chu a ni hran lo; mahse, ka pu ngaih dan chuan thinlung chhungril a òtanga hmangaihna leh duhsakna nena siam a nih chuan a mawiin a nalh a, a hlu a ni. Chu chu ka ngaih dan chiah pawh a ni.

Kum sarh mi chauh pawh ni mah ila ka pu bulah chuan ka harsatna zawng zawng ka sawi ngam a. A mal chungah min òhuttir a, ka rilru hrehawmna leh min tibwaitu zawng zawng chu ka hrilh òhin a; ka òah pawhin duat taka min kuahin min thlem lungawi leh mai òhin.



Hrem leh thunun ka ngaih chang pawhin ka thil tihsual leh min hrem chhan chiang takin min hrilh hmasa phawt thin a; eng vanga tisual nge ka nih min zawt ziah bawk. Mi a hrem nghal ngawt ngai lo a ni. Ka zahin ani pawhin min hre thiamin min dawh thei em em a ni.

Ka pu ka zah em em chhan pakhat chu hmeichhe naupang sam tawna sen leh naute lem ringawt ngaihtuaha buaipui rual leka min ngai lovin, puitling anga min en tlat chu a ni.

Kum riat ka nih chuan thil rapthlak takin ka nun a tidanglam dawrh a. Chu thil chu thihna a ni.

September thlaah ka pu chuan cancer a vei tih an hmu chhuak a. Ka pu chu thi theiah ka ngai lo va; a kum leh February thlaa amah kan vui lai pawh chuan damin ka hmu leh tawh dawn lo a ni tih chu ka la pawm thei chuang lo.

Thla ruk zet a damlo an enkawl chhung chu a reiin hrehawm hi ka ti em em mai a. Kei erawh chuan thihna chu eng nge a nih ka la hre thiam lo zawk a, ka pi tan chuan a hrehawm leh zual ngawt ang, ka pu chanchin an sawi apiangin a tap nghal titih zel.

Thil reng reng chu a vai ruai vek hian ka hria a. Kum riat mi tan chuan hriat thiam phak niin ka hre lo va, ka ngaihtuah duh ta lo va. Thihna chu eng pawh lo ni se, ka tan chuan a tak tak a ni thei lo.

Kan thil tawn chhoh mek chu engti kawng mahin ka hawisan thei lo tih zawi zawiin ka hre chho ve zel a. Sakawr chungchuan te, sangha man te leh hlim taka ka pu nena inkawm te chu a theih tawh dawn loh tih te chu ka hre thiam chho ve zel a.

Ka pi ina ka kal tum pawhin meizial, coffee leh thing phuai rim inpawlh nam rum rum thin pawh kha a awm tawh lo va. Chung rim chu ka pu khan a nam rum

rum reng thin a ni. Ka bul vela awm zawng zawngte chu an ngui nghiai vek a. Kei pawhin lungngaih awmzia pawh ka hre thiam ve hret hretin ka hria.

A tawpa tawpah chuan ka pu chuan min kalsan ta tih ka pawm ve ta a. Lungawi loh deuh pawha min hnemtu tur ka nei ta lo! Min kaihruaitu ber a awm tak si lohvah chuan mahniin khawvel ka hmachhawn ta a. School lama harsatna ka tawh pawhin ka theih ang angin ka ching fel ve zel mai a ni. Zan tam tak chu ka pu ngaiin ka inṭap muhil thin.

Pawl sarh ka nih hian thin dik lo ka kawm a. Tuk khat chu school inthiarna pindanah hmeichhe pakhat hian meizial min theh a tum a. Chutih lai tak chuan ka rilruah meizial vangin ka pu pawh a thi tih hi a rawn lang zawk a.

“Ni lo ve,” tiin ka hnar a. “Hmeichhe naupang fel,” ti te, “A fel mah mah,” ti tea min sawi zui pawh chu pawh ka ti lo. Meizial zuk loh chu ka thutlukna a ni tawp mai. Meizial min theh phet an tum thin a, mahse ka hnar zel a. Ka tu leh faten meizial avanga min chān ve mai ka duh lo a ni.

Ka pu dam lai khan ka la naupan em avangin inzirna tur ka ngahzia ka lo hre lo va, tun hnuah ka hre thiam ṭan dawn chauh a ni. Mahni inrintawkna te ka nei chho ve zel a; harsatna pawh lo awm sela, ‘Ka puin engtin nge a tih ang?’ tia ngaihtuah chungin ka pal tlang ve thei zel. Ka laka a dawhthei ang khan tu mahin mi dang chungah dawhtheihna an lantir sengin ka ring lo.

Ka pu thihna chuan thil tam tak min zirtir a. Tu mah hi thihnain a hneh theih loh khawpa chak an lo awm lo tih hi ka hriat chhuah phah bawk.

(Leslie Miller-i, kum 14 mi ziah, *In Every Thought* tih *Chicken Soup for the Preteen Soul* bua mi lehlin a ni.)

## LORI ADAMS

Vur a sur nasat em avangin an in hungna pal pawh a hmuh phak mang loh va. Ellen-i leh Jim-a te Blaze-i no te thil eitir tura an kalna chin pawh darkar khat dawn a ni tawh a. An chungah harsatna a thleng a nih loh chuan an rawn kir leh a hun daih tawh a. Mahse, chuti lam chu ngaihtuah pawh a ngaihtuah chhin ngam lo a ni.



A hmai zartu sam rawn tla thla han huih sawn pahin a awmna pindan kal tlangin bang hrula an hûn thutthlengsei lam panin nghet lo deuh hian a kal phei chhat chhat a. Chutia tawi te a han kal pawh chuan a tichau ngawih ngawih a, thutthlengah chuan a mu zawi ta reng a. Chet pawh a che peih lo. A hmui ro lutuk chu a liak huh peih tawh a ni.

Lori te unau chu a hre thiam thei thlawt lo. Blaze-i no te chuan an tan awmzia a nei lo hle mai si a. Ni rei lo teah an awmna lowa lam an pan mai dawn a, tlawh pawh an rawn tlawh tawh kher lo mai thei. Chuti si engati nge sakawr no te thih leh dam chu an ngaih pawimawh em em ni? Hetiang khaw vawt karah a dam chhuah theih nana ran ina an awm reng peih ni?

(Awm zel tur)



## *Hriatzauna Huang*

Naupang natna tlanglawn zingah khuhip hi a lar berte zinga mi a ni hial awm e. A tuartu tana hrehawm leh nu leh pate tana buaithlak tak a ni bawk.

He natna hi hrik chi khat H. Pertussis an tihin a rawn siam a ni a. Natna hrik chu thawkna dâwtah a lut a, a tivûng a, hrawk a tanga chuap lamah pân te a siam a. A tirah chuan hritlang na tak angin a rawn inţan a, a lo zual deuh deuh a, thawk aharsain an inhîp vak vak a, an luak bawk ţhin.

A lo rei deuhah chuan thawkna dâwt te a vûng a, chuapin hliam a tawh phah thei ţhin.

**A kai dan:** Khuhip hi inkai awl tak a ni a. Naupang chu a khuh apiangin natna hrik chu hla tak tak thlengin a leng chhuak uai uai a. Natna hrik chu rei tak a dam theih avangin naupang dam lo chu hapta ruk ral hma loh chuan mi dang nen inkawmtir loh tur a ni.

**Inven dan:** A hun laia khuhip venna inchiu hi a ven dan awm chhun a ni.

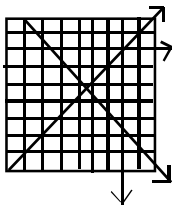
Natna eng emaw kan neih phawt chuan daktor emaw, damdawi lam thiam emaw râwn vat zel hi a ţha ber a ni.

(Hriselna leh Dam Reina, 1983-a mi lak chhawn a ni.)

# ZAWN CHHUAH

A hnuai bawm chhungah hian Tirkkohte Thiltih bung 3-naa thil hming/thu mal 10 phum bo a ni a. Bible keu la, han zawng chhuak teh. Thla lelah a chhanna a lo chhuak ang.

THAI DAN TUR



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

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

## THLA HMASAA MI CHHANNA

- |              |             |
|--------------|-------------|
| 1. PENTIKOST | 6. ARAB     |
| 2. PETERA    | 7. ELAMITAI |
| 3. KURINI    | 8. ASIA     |
| 4. GALILI    | 9. HRIL     |
| 5. KRIT      | 10. KRISTA  |



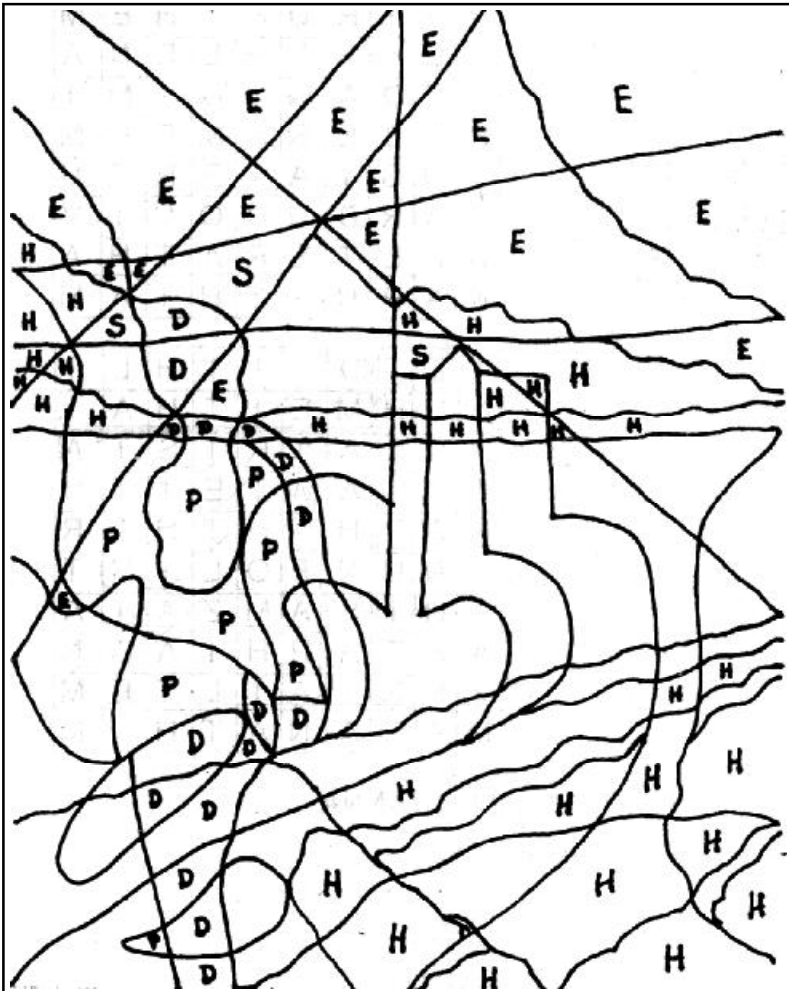
# CHEI CHHUAH



Mangheta chuan a ti ziah thin.

Chei dan tur

D = Dum, S = Sen, E=Eng, H=Hring.



Bible Milem : **ISAIA**



Bible Milem : **ISAIA**





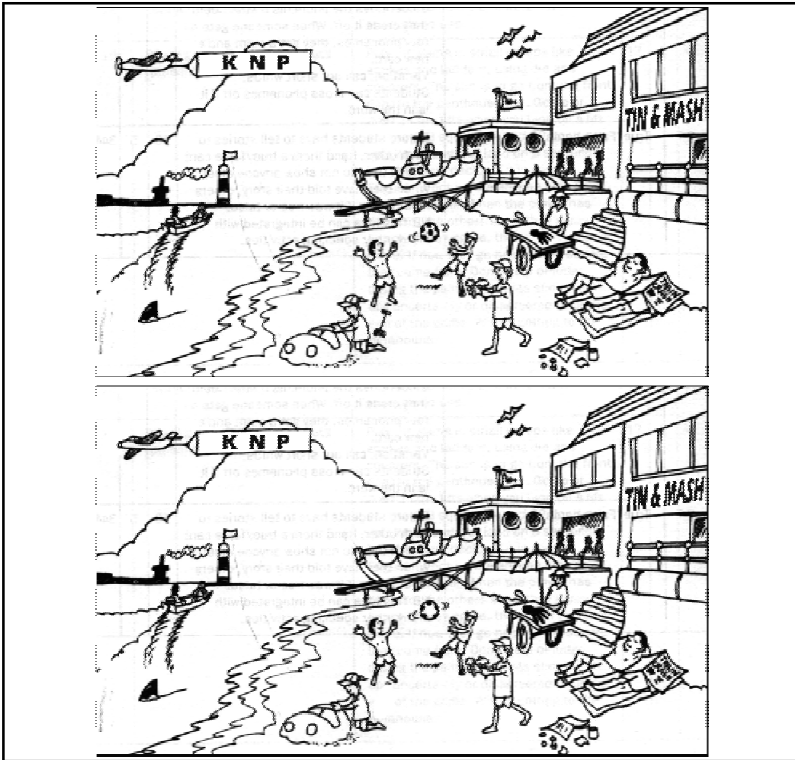
Bible Milem : **ISAIA**



Bible Milem : **ISAIA**



# 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 kan rawn chhuah ang.**

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