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Lori Adams.....8

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

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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

Furpui a lo thleng a, hmun tam takah lei min, kawng ping leh in chhia sawi tur a awm leh ta nawk mai le. Nunna chân êm chu an awm lo turah ngai ila.

Kan ram hi tlangram a nih avang leh a leilung hi a thâwl avangin ruah a sur tam deuh chuan a min leh mai ʔhin a. Hei vang hian fur ruahtui tlak tam lai hi chuan mi tin kan fimkhur a pawimawh hle.

In kan sak dawnah pawh hmun rem deuh leh lei nghet lai deuh thlan thiam a pawimawh hle a. A theih hram chuan ban kan phun dawnah a inngahna tur chu uluk taka ruahman tur a ni.

Hei bakah hian luikawra bawlhhlawh paih pawh fimkhur hle tur a ni. Tuihawkin a len bo mai theih loh chu paih loh tur a ni a; a len bo mai theih loh chuan luikawr sir vel chu tuihawkin a hreuh va, lei a min mai ʔhin a ni.

Englai pawha fimkhur taka kan khawsak phawt chuan chhiatna tam tak kan pumpelth thei a ni.

CHAWLHNIA INKHAWM LOH PAWIZIA

May 22 (Chawlhni) a lo thlen chuan Sangi chuan a nu leh pate bulah chuan, “Ka inkhawm peih lo,” a ti a, an in a tang chuan a chhuak daih mai a. A nu leh pate chuan, “Kan fanu hi chu enkawl a hahthlak thin ngawt mai,” an ti a.



Sangi chu inkhawm lovin a thiante nen hmun hla taka leng turin an kal ta a; a nuam thei ang bera hun hman an tum a. Kawng nuam taka motor-a an chuan lai chuan thing lian tak mai hi an su ta chawrh a. Sangi chu a ban ruh a tliak a, an thian zinga mi Mawii chu a hmunah a boral a.

Sangi chu damdawi inah a awm a, a nu leh pate hnenah chuan, “Ka nu, ka pa, min ngaidam rawh u. In thu ka awih loh avangin ka ban ruh a tliah phah a,” a ti a. A nu leh pate chuan, “Bawihthe, Pathian hnenah i tawngtai ang u,” an ti a.

An tawngtai lai chuan Sangi chu a khuh ta vak a, an tawngtai zawh chuan a nu chuan, “Bawihthei hi han en Chiang teh u, a awm dan hi a tha lo a nia,” a ti a. Daktawrte chuan oxygen te an han pe a; mahse, Sangi chu an chhan hman ta lo va. A nu leh pate chuan pawl an ti em em a ni.

Keini naupang fel tak takte chuan nu leh pa thu kan awih a tul em em a ni.

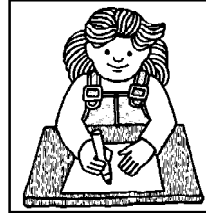
Ziaktu - T.C. Lalrinzuali
Junior Dept., Maite

(Pathianni Chawhnu Inkhawm, Maite Kohhran thu
inzhiahsiaka pahnhna a ni)

NUN DUHAWM ZAWK

Khaw pakhtah hian chhungkaw hlim thei tak hi an awm a. Chu chu Pu Kima te chhungkua an ni a, fanu pakhat Tetei an nei a.

Tetei chu Kristian chhungkua a tanga sei lian tih takah a fel em em mai a. A thiannu ve ber Sangi chuan thil tha lo chi hrang hrang a ti thin a. An inkawmngaih em avangin an nu leh pate pawhin an then hrang thei tawh lo a ni.



Ni khat chu Tetei te sikul chuan exam pawimawh tak an nei a. Top 3 ni pha chu hmun nuam takah hruai an ni ang tih an zirtirtute chuan an sawi a Tetei chuan chu chu a chak em em mai a, lehkha pawh a zir tha em em a. A thiannu Sangi ve thung chuan eng nge zir tura zir loh tur tih pawh a hre lo va.

An exam result a lo chhuak a, vanduaithlak takin Sangi chu a fail hlauh mai a, Tetei erawh chu a pass a, pahnihna hial a ni a.

Hmun hla taka an kal hlan chuan a thiannu Sangi chu damdawi inah te a awm a. Tetei zin lo haw chuan Sangi chu a han kan a, an zinna chanchin te chu a hrilh a.

Sangi chuan, “Ka thiam loh vek a ni. Lehkha te kha lo zir ila, thu te lo awih ila chuan i zinnaah chuan ka lo kal ve thei ngei ngei ang tiraw?” a ti a, a tap a tap a.

Tetei chuan, “Thiannu, tunah chuan i thil tihsualte zawng zawng i inchhir a; tunah chuan Lalpa tan nun duhawm zawk neih i tum tawh dawn nia,” a ti a.

Keini Kristian naupangte hian Lalpa tan nun duhawm zawk i nei thar theuh vang u.

Ziaktu - Anggie Malsawmkimi
Electric Veng, Kolasib

PATHIANIN ṬAWNGṬAINA A CHHANG ṬHIN

Ni khat chu ka u nen kan infiam lai
in ka ke hi a rawn na thut mai a, kan infiam
chhonzawm thei ta lo va.



Ka kal ṭha thei lo va, ka u chuan
min pawm lut a, ka nu chuan a chhan min
lo zawt a, damdawi inah min kalpui nghal
a; mahse, doctor-te chuan tih ngaihna vak
an lo hre chuang lo va, inah kan haw leh a.

Ka u nen chuan kan ṭawngṭai a, ka ke na chu a
rawn dam nghal a; kan lawm em em mai a, Pathian hnenah
lawm thu kan sawi leh nghal a.

Pathian hian naupangte ṭawngṭaina pawh a
chhang ṭhin a ni tih chiang takin ka hre thar leh ta a ni.

Ziaktu - Lalnunpuui, Kum 10
Class - IV
Junior Dept.,
New Serchhip

*Thla hmasaa Ka Hmuh Ang
Hmu Thei Rawh* tih kha
chanchinbu chhutna khawl
lamah tihsual palh a awm



avangin a lem a lang kim lo va.
Tunah hian a ngai kan rawn dah
nawn leh a, han zawng leh teh ule.

NU LEH PA THU AWIH LOH PAWIZIA

Ka nuin sikul ban veleha haw nghal turin min hrih a. Kan sikul banah chuan ka thiante chuan tui cheng turin min sawm a, ka kal ve ta mai a.



Tuih chuan ka han cheng dawn a, pialtlep nâlah ka tawihthlu a, ka tukkhum ka sawh palh hlauh mai a. Nikhaw hre lovin ka awm zui nghal a.

Ka thiante chuan ka nu leh pate an han ko vat a, damdawi inah min hruai ta nghal a.

Ka harh leh hnu chuan nu leh pa thu awih loh pawizia ka hre chhuak ta a ni.

Ziaktu - Francis Lalruatfela
s/o Lalrokima
College Veng, Kolasib



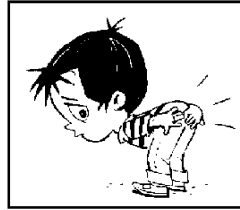
Hriattirna leh ngenna

In thil tawn ngei leh thawnthu ngaihnawm tak tak in rawn thawh thin a, a lawmawm hle mai. Chutih rual chuan, in thuziakte hi in duh hunah a chhuak thei lo tih kan hria a, paw kan ti hle. A indawt deuh hleka rawn tichchhuah a nih thin avangin kan rawn tichhuak nghal mai thei thin lo va, in lo nghak hram hram dawn nia.

Thenkhat rawn thawm chu office lama hmuh loh te kan nei thin a. Chuvangin, mi in rawn thawm emaw, daka in rawn thawm emaw a nih pawhin Editor, Kristian Naupang Chanchinbu, Synod Office, Aizawl-796001 tia address chiang taka ziakin in rawn thawm thin dawn nia.

HRIATTIRNA

Pawl ruk ka nih kum hian ‘Lehkha Eng’ tia kan sawi mai thin, ‘Class-ah a awm tha duh lo’ tih leh, ‘A nungchang a mawi lo’ tih hriattirna lehkha ka dawng a. Chu lehkha chu nu leh pate hnena pek tur a ni a, an hmu ngei a ni tih hriat nan a hnuai lamah an hming an ziaak ang a, zirtirtute pek leh tur a ni a.



Ka lehkha dawn chuan ka rilru a tibuai hle mai a. zingah sikul kal dawn, kan buai luai luai lai, motor a tanga chhuk paha ka pain a chhiar chian hman hmaa sign-tir a. Chhuk paha hre chhuak thut anga sign-tir puat ka tum a ni.

Mahse, hemi tuk hian ka tum angin ka ti mai ngam lo va. Motor a tanging ka chhuk a, ka pa pawh chu motor khawl tinung reng chungin thil min hrih tumin a rawn chhuk a. A bulah ka va kal a, “Hei hi min lo sign-sak lawk. Hremna lehkha pawh a ni chiah lo, a lem a nih hi. Kan infiamna mai mai a nih hi. Nu leh pate kan fiahna mai mai a nih hi. Hei hi kan zirtirtute ka entir leh tur a ni a, chhungkuaah harsatna kan tawh leh tawh loh enchhinna mai mai a nih hi,” tiin fiamthu pah deuh hian ka lehkha chu ka pe a.

Ka pa chu a nui hauh lo. Lehkhaah chuan a hming a ziaak a; mahse, chu thil avang chuan sikul banah hremna eng emaw chu ka tuar ngei dawn a ni tih min hrih a.

Chumi ni chu rei ka ti ngei mai! Ka pain min hrem dan tur chu ka ngaihtuah nileng a ni ber mai. Thian kawm tura len chhuah phal loh emaw, a aia pawzaw, thla

khat chhung TV en phal loh emaw a ni mai thei. TV en phal loh chu ka hlau ber; a chhan chu TV en chu nuam ka tiin ka en nasa a ni.

Sikul bana ka pain min rawn lam chuan nungchang tha awm deuh hian ka awm a. Min hrem a tum chu a theihnghilh theih mai beiseiin fel deuhvin ka awm a ni.

In chu tluang deuhvin kan thleng a, in chhung kan luh chiah erawh chuan, “Khai le, i pindanah han chho la, min lo nghak reng ang che,” a ti ta! Ka rilru chuan, ‘Chhei le!’ tiin ka ngui rawih mai a. Phur lo deuh chuan ka chho ta hnâ hnâ a.

Thla khat chhung TV en phal loh tih lam chu a tel lo; mahse, ka theihnghilh leh hauh tawh loh turin min bêng hrep!

Chu hremna a tang chuan ka inzir fing ta a. Nu leh pate lakah thil zep tit tet loh tur; thu dik chu hrilh tlang pawp mai ila, keimahni pawh ka hahdam zawk daih a lo ni. Kan tihsual chu a mawh pawh kan phur ngam tur a ni.

(Kenan Thompson-a ziah, *The Little Notice* tih Chicken Soup for the Kid's Soul bua mi lehlin a ni)



LORI ADAMS

Hnute an hnektir loh lai a nih avangin Jim-a pawh a awl rih a. Ellen-i leh Cindy-ite intuam lum lai chu a thlir reng a. Kawngkhar an hawn dawn lai takin thil ngaihtuah chhuah thar a nei thut a.

“Ngawi lawk ru!” a rawn ti chhuak thawt a.

Ellen-i chuan, “Eng nge ni ta?” a lo ti a.



A ngaihna hre lo taka an thlir lai chuan a nui var var a. “Tihchi-ai che u ka tum lo a nia. Hrui hlûm ka hmuhin ngaihtuahna thar min pe atin a ni. Ka thawnthu chhiar pakhtatah mi thenkhat puka lutin an kalna an chhui kir leh theih nan an hrui ken an phelh zel a, an kir leh dawnah hrui chu an chhui let leh a, him takin an chhuah leh theih phah a,” tiin Jim-a chuan a lo chhang a.

“Thil tha tak a nih chu! Jim-a nena kan rawn pheih khan sakawr in hi kan rawn zawng hmu zo lo tep asin,” Ellen-i chuan a rawn ti ve baw a. “Rawn hmu lo ngat ilang chuan khawi nge kan thlen ang a, eng nge kan tawn ang tih pawh hriat a ni hlei nem. Hrui chu he in kawngkharah hian thlung ila, kal pahin a hlum chu kan phelh zel ang a. In kan va hmuh theih a nih pawhin kan rawn chhui let leh ang a, a tha ngawt ang,” a ti zui a.

“Chu chiah. Hetiang vur sur kara kalna tur hmuh theih loh chu manganthlak tak a ni,” Jim-a chuan a lo ti ve baw a.

“I sawi dik chiah,” tih pahin Ellen-i chuan kawngkharah hrui hmawr chu a hling mawlh mawlh a. A inpeih fel chuan hrui hlûm chu a keng a, “I inpeih tawh em?” Cindy-i hnenah chuan a ti a.

“Inpeih mai e.”

Kawngka lam panin an kal nghal a.

“Cindy, ka hnungah min rawn zui zel rawh. Hrui hi rawn vuan ve zel la, kan inhloh lo mai ang.”

Kawngka chu an hawng a, vur sur pik mupah chuan an chhuak nghal a. An chhuah veleh a theihtawpin kawngkhar chu a pawt a, a pawt khar thei hram a.

Sakawr inah Lori nen chuan an awm dun ta ran a. Khawhar hmel tak hian an inen reng ringawt a, sawi tur pawh an hre mai lo.

“Zanin chu a vawt deuh dawn a nih hi,” zawi te hian Lori chuan a rawn ti chhuak a.

Jim-a chuan buk nghat pahin, “Mahse, pawn lam ai chuan a vawt nep viau vang,” a lo ti ve a. Pawn lam ngaihtuah ringawt pawh chuan a tikhur thei a. “He lai kan thlen hma khan vawt tiin kan thi mai dawn emaw ka ti hman alawm le!” a tih zawm a.

“Kan lo ngaihtuah lutuk che asin.”

“Ellen-i leh Cindy-ite khan in an thlen theih i ring em?” tiin a u chu a han zawt a.

“Pathian tanpuina kan dil tawh a. A hruai ngei ang tih kan ring tlat tur a ni,” a lo ti a.



Hriatzauna Huang

Bible chuan kan mit hi ‘*taksa khawnvar*’ a ti a. Taksa bung hrang hrang zingah mit tha lo leh khaw hmuh theih loh, mitdel hi a hrehawm ber awm e.

Kan mit hi uluk taka enkawl tur a niin kan dîm hle tur a ni. TV en nasat lutuk te, video games khelh nasat lutuk te hi mitin a haw em em mai a; naupang tam takin tarmit an vuah phah tawh a. Tarmit vuah a ngaih tawh chuan kan mit hian ngai a aw h tak tak thei tawh lo a ni. Chuvangin, kan mit hi kan dim hle tur a ni a. Kan mit hian darkar ruk a tanga darkar riat chhung vel tal muthilha hahchawlh a mamawh tih pawh hriat a tha.

Bawlhhlawh lût : Mitah hian thil a lût duh khawp mai a. Chutianga bawlhhlawh a lut a nih chuan nuai mai lovin tuia tleuh fai tur a ni. Tleuh fai theih a nih loh chuan mit vun chu keuva bawlhhlawh chu puan faia hruk chhuah tur a ni.

Chinai, soda leh chingal mita lût : Heng hian mi a kâng thei a. Mita a lut palh a nih chuan muangchang lovin mit vun hnuai lam keu kauva tui thianghlim tam tawka tleuh nghal vat tur a ni. Chutianga ngun taka tleuh hnuah chuan a theih chuan boric acid tui tam tawk taka mit chu tleuh leh tur a ni.

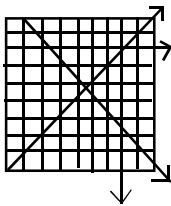
Tin, mit na hri hi a leng deuh fo baw k a. Kut bâla mit nuai a tang te, vaivut leh bawlhhlawh lêng vel a tang tein mit na hri hi a kai theih a. Kan lo kai a nih chuan mahni thua damdawi inchawh ve mai lovin, damdawi lam thiamte rawn vat a tha ber mai.

Mizote hian damdawi ei kan huai angreng khawp mai a. Na chhawkna satliah (paracetamol, digene, etc.) tih loh damdawi dang reng reng chu, ‘Mi pawhin an dampui,’ tih vanga lo ei ve ringawt hi a him lo. Damdawi chak deuh chi pheih chu ei loh theih chuan ei loh a him ber. Damdawi reng reng hian kan taksaah nghawng a neih vek avangin kan fimkhur em em tur a ni.

ZAWNCHHUAH

A hnuaia bawm chhungah hian Johana bung 19-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	U	R	I	N	K	U	P	S
H	U	I	N	R	I	N	N	I	I
U	S	J	U	D	A	K	A	L	L
T	O	H	I	M	A	H	Z	A	V
H	P	R	E	A	T	E	A	T	A
L	U	M	P	A	R	N	R	A	R
U	I	O	M	O	R	G	E	N	A
N	L	I	A	M	S	B	T	U	D
K	R	A	W	S	L	E	H	N	A
A	R	S	I	P	E	T	H	I	R

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

THLA HMASAA MI CHHANNA

- | | |
|--------------|--------------|
| 1. NAUPANG | 6. ZAHNGAI |
| 2. TITLU | 7. DULI |
| 3. GEHENNA | 8. NGADAM |
| 4. BERAM | 9. KOHHRANHO |
| 5. INKHAWMNA | 10. HMUSIT |



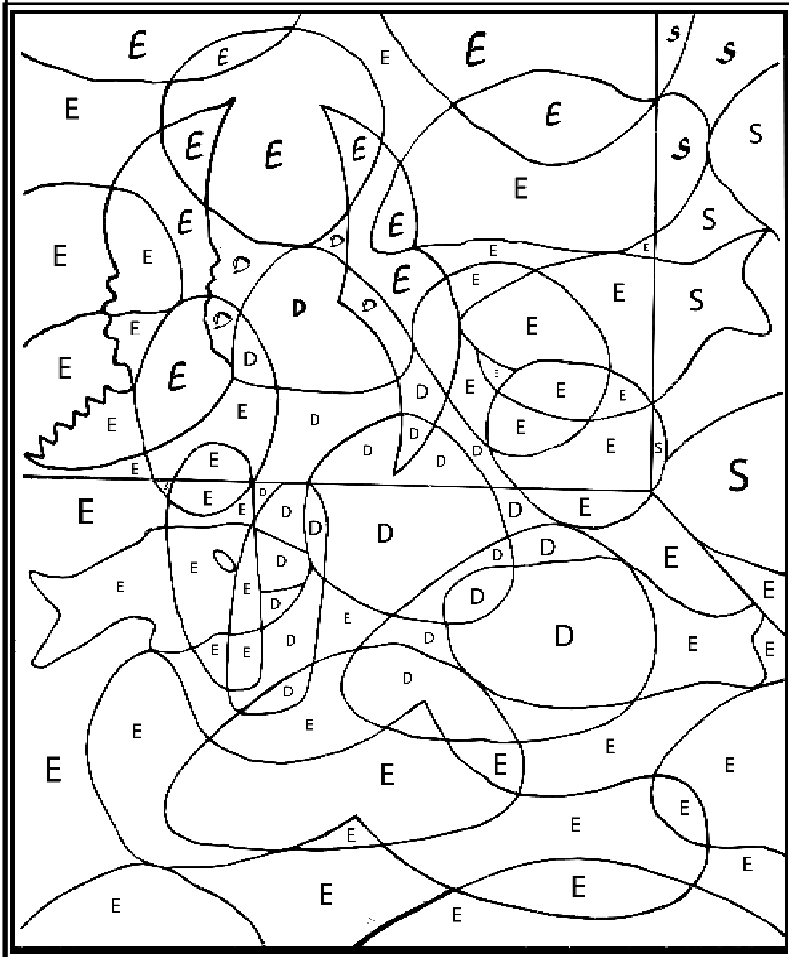
CHEICHHUAH



Manghetan a lawm hle.

Chei dan tur:

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



Bible Milem : **ISAIA**

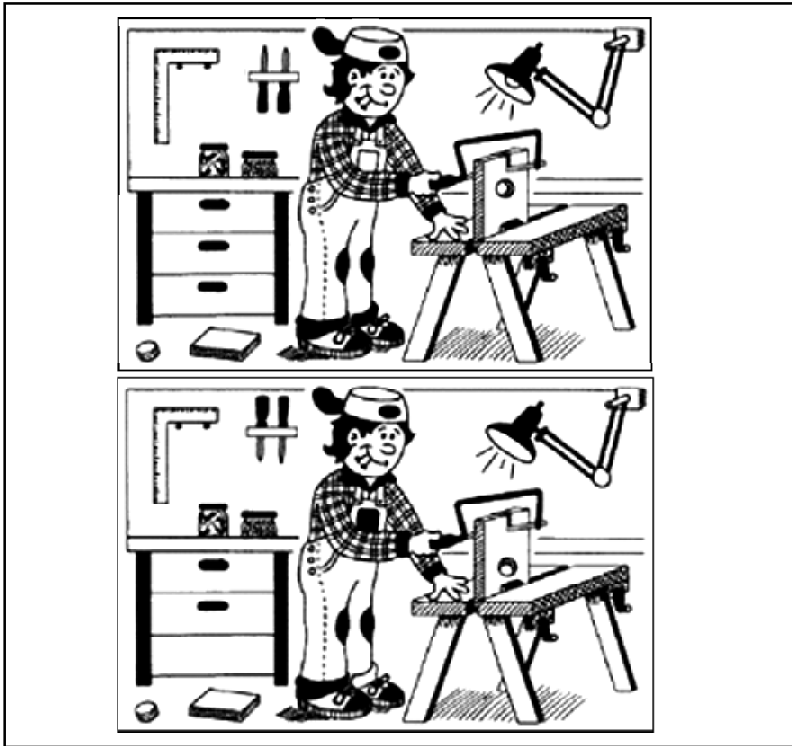








KA HMUH ANG HMU THEI RAWH



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 ziak la:

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

A chhanna chu thla lehah kan rawn chhuah ang.

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To

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Thu chhuah tur nei chuan
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