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KRISTIAN NALIPANG



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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

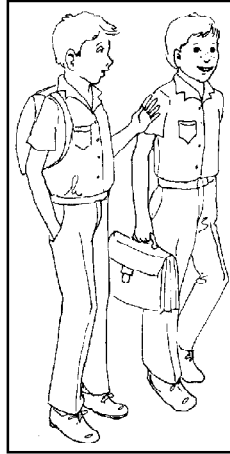
Beihrual thal kan hmang zo leh ta a, beihrual kan hman chhung khan kan tel ve ngai em aw? Naupang thenkhat chu a remchan dan angin an tel ve ʔhin a. Thenkhat dang leh chuan beihrual chu eng nge a nih pawh an ngaihtuah ngai lo.

Beihrualah hian ring loten Isua an lo rin ve theih nan a rualin hmun hrang hrangah hun an hmang ʔhin a. Amaherawhchu, Mizo zingah Isua hre lo an awm tawh loh avangin tunah chuan ringtute intihchak nan te, hnam dang zinga Chanchin ʔha hrlina hunah te kan hmang ta.

Keini Kristian naupangte pawh hian kan ʔhianta hnenah Lal Isua chanchin hi sawi ʔhin ila; a duh zawngin awm bawh ila; tichuan, missionary ʔangkai tak kan lo ni ang.

PATHIAN THU AWIH THATZIA

Hmanlai hian Liana leh Mawia hi an awm a. An pahnih chuan an inkawm ngeih em em a. Class V an ni a, lehkhah an thiam theiin an zir peih em em a. An pahnih chuan doktor nih an tum ve ve a ni.



Nakinah chuan Sanga hi an sikulah a rawn kal ve a, a sualin ni tin insualpui a nei ziah mai a. Liana leh Mawia te chuan kawm châk hle mah se insual a chin avang chuan an kawm loh phah a. Chu bakah Sanga te chu hausa hle mah sela a neih angah a lungawi lo va, mi thil neih ang a awt zel a.

Mawia leh Liana te thian dun chu rethei hle mah sela an nu leh pate rilru tihnat an hlah avangin an thil neih ang tawkah an lungawi mai a ni.

Hun a lo kal zel a, Liana leh Mawia te chu an tum ang ngeiin doktor an ni ta a. Sanga erawh chu a sual avang leh lehkhah a zir that peih loh avangin sikul a kal tawh lo va. Pathian thu a awih loh avang te, a neih tawkah a lungawi loh avang tein sual kawng a zawh zel a, a lo rethei ta hle a ni.

Vawi khat chu Sanga chu a chesual a, damdawi inah an va hruai chuan doktor pahnihin an lo enkawl a. A enkawltute a han en chian chuan an naupan laia an rethei avanga a lo hmuhsit thin Liana leh Mawia te kha an lo ni a, a zak ta hle mai a. Mahse, Liana leh Mawia te chuan tha takin an enkawl dam leh ta a.

Liana leh Mawia te chuan nupui te neiin fa pawh fel tak tak an nei a. Pathian an ñih tlat avangin an nu leh pate nen hlim takin an awm ho ta a ni.

Keini pawh kan neih ang tawkah lungawi takin awm ila; nu leh pate rilru tina lovin Pathian i ñih tlat ang u.

Ziaktu: V.L. Hmingduhawmi
Kum 9, Junior Dept.,
Zawngin



1. Ar note a inzat lo.
2. Vawk note hmui a inang lo.
3. Bawng note ke a inang lo.



4. Mipa naupang kawr ñial dân a inang lo.
5. Varak hmui a inang lo.
6. Thingkung ze rân dân a inang lo.

A NU LEH PATE TIPIANGTHARTU

Sap rama khaw pakhatah hian hmeichhe naupang fel deuh Nancy-i hi a awm a. A nu leh pate chu an inkhawm ngai lo va; a pa pheï chuan Pathian awm pawh a ring lo va, zu a in a, Pathian lam reng reng a ngaihsak lo.



Nancy-i chu a thianten an sawm thin avangin Pathianni apiangin Sunday School-ah a kal ve thin a. A inkhawm chu a nu leh

pate chuan pawh an ti lem lo va. Sunday School-ah chuan Isua chanchin an zir thin a. Isua thih thu leh a thawhle thu te, Isua ring apiang vanrama an kal tur thu an zirtirtuten an sawi chu a rilruah a vawng reng a.

Zan khat chu a mut dawnah a tawngtai a, “Isu ka ring che a, ka thih hnuah pawh vanah min hruai ang tih ka ring e. I zirtirah min siam ve ang che,” tiin a tawngtai a. A mumangah chuan Isua a lo hmu a, a vâr hlin a inthum a, Nancy-i banah chuan duat takin a lo kai a, a lo lènpui a. Nancy-i hnenah chuan, “I tawngtaina kha ka lo ngaihl a, ka mi nih i duh avangin ka lawm em em a ni. Ka hnenah i nu leh pate pawh kha i rawn hruai dawn nia,” a lo ti a.

A han harh chuan Nancy-i chu a lawm hle a, a thiantle leh Sunday school-a an zirtirtute hrilh hlân a nghakhlê hle mai a. A mumang chu a nu leh pate hrilh tur nge hrilh loh tur tih a ngaihtuah neuh neuh a. Nakinah chuan a nu a hrilh ta a. A nu chuan, “Bawhte, mumang mai mai a nih chu, thu takah ngai duh reng reng suh,” a ti a. Nancy-i chuan, “Ka nu, mumang a ni a; mahse, a tak tak ang chiah a ni. Isuan min chhandam a, vanramah kan la kal dawn alawm. Ka pa nen hian Isua in rin ve loh chuan vanramah kal lovin hremhmun meidilah in kal dawn si a, a pawh êm mai,” a ti reuh va.

A nu chuan, “Thil ho mai mai an sawi ngai lo; naupang chhia in nih hi. Miin an tihder che u a, thil tak tak angin in ngai a. I puitlin hunah a hohzia i la hre mai ang,” a ti tlat a. Nancy-i chuan han sawi leh ngaihna pawh a hre lo va. A pa bula a sawi

phei chuan a lo hrâwk hrep dawn a ni tih a hria a, a ngawi ta mai mai a. Mahse, a mumanga Isuan, 'I nu leh pate ka hnenah i la rawn hruai dawn nia,' a tih kha a hre thar leh thin a. 'Engtin nge an awih thei turin ka hrilh ang aw,' a ti rilru thin. Tichuan, a nu leh paten Isua an rin ve theih nan a rugin thahnemngai takin a tawngtai a, a chang phei chuan a tap zawih zawih thin a ni.

Kum khat dawn lai an tan a tawngtai hnu pawh chuan inkhawm pawh an tum lo va, Isua chanchin ngaihtlak pawh an tum hek lo. A pa chuan zu a la in reng a, a nu pawhin Pathian thu reng reng a la ngaihsak chuang lo. Nancy-i chu a beidawng hle a ni.

Pathianni tuk khat chu a nu leh pate hnenah chuan, "Kan Pastor thusawi hi ngaithla turin inkhawm ve teh u. Pathian thu in awih lohva, Isua in rin loh chuan Setana pawl in ni a, hremhmunah in kal ngei ngei dawn a ni. Ka pa, zu in fo suh, i thih hnua i thlarau kalna tur a rapthlak em mai," a ti a. A pa chu a thinrim thut a, "Naupang te tein chutianga min tih khanglan chu le, i zak lawm ni? Ka fanu i nih kha, min va hmusit ve," tih leh ben a rual a, Nancy-i chu a beng tlu tawp mai a. A bengah a ben avangin a beng chu a khaw rum rum a, thisen a chhuak baw a.

A nu chuan, "Naupang chhia an ni a, khatiangin puitlingin kut thlak tur a ni hleinem. Mahni fa ben tluk te chu zah pawh i zak lawm ni," a lo ti a. A pa chuan, "Nang pawh chuan i duh em ni?" tih leh ben a rual a, a nu pawh chu a tlu tawp mai a.

Chumi ni chuan Nancy-i chuan Sunday School pawh a kai thei lo va, a damlo zui ta char char a.

Ni khat chu Pastor-in a rawn kan a, a lo chau viau a. Pastor chuan, Nancy, thlaphang reng reng suh, i tha chhuak leh thuai ang," a ti a. Mahse, Nancy-i chuan, "Pastor, ka that chhuah leh pawh ka ring lo," a ti a.

Pastor chuan, "Mami, engati nge chutiang te i sawi tak ni? I tha leh thuai dawn alawm," a ti a. Nancy-i chuan, "Ka nu leh pate hian Pathian thu an awih ve lo va, inkhawm tur leh i thu ngaithla turin ka sawm thin a; mahse, an awih duh reng reng lo va. Ka rilru a mangang em em a ni. Ka thih chuan min vuina inkhawmah thu i sawi ang tiraw?" a ti ta reuh a.

Pastor chu a mittui a tla zawih zawih mai a. Nancy-i hnenah chuan, "Mami, chutiang hun te a thleng a nih chuan thu ka sawi ngei ang," a ti a. Nancy-i chuan, "Chuti chu, thu dang sawi lovin

Isua hmangaihna leh a chhandamna thu chauh sawi rawh aw? Ka nu leh paten Chanchin Tha wawi khat an ngaihthlak theihna a nih dawn phawt chuan wawi ruk thih pawh ka huam a ni,” a ti a.

Nancy-i chu a na zual zel a, kar khat hnuah chuan a thi ta a. A thih lai tak chuan Pastor chu a damlo ve tlat mai a, a vuina inkhawmah pawh thu a sawi thei lo va. Nancy-in a damloh laia a thuchah kha a hre reng a, “Ka nu leh paten Pathian thu an ngaihthlak theihna a nih dawn phawt chuan wawi ruk thih pawh ka huam a ni,” a ti chu a bengah a ri reng a. A thih lai kher khera a damlo chu hrehawm a ti hle a ni.

Ni khat chu kawngka an rawn kik a, a va hawn chuan Nancy-i nu leh pate an lo ni a. “Engtizia nge ni a, in nupaa in lo kal teh tlat chu le? In fanu thih niah lah ka damlo tlat mai a, ka lo kal ve thei ta lo va, pawl ka ti hle mai,” a lo ti luam a.

Nancy-i pa chuan, “Kan fanu khan i thusawi ngaithla tur leh Pathian thu awih ve turin min sawm thin a, keini nupa hian kan ngaihsak reng reng lo va. Kan ngaihsak loh mai bakah ka thinrimin ka beng ta a, chuta tanga damlo ta kha a ni a. I hnenah hian, ‘Ka thih hunah min vui ang che, ka nu leh paten Pathian hmangaihna an ngaihthlak dawn phawt chuan wawi ruk thih pawh ka huam a ni,’ tih thu a sawi a ni an ti a. Chu chuan kan rilru a khawih em em a, ka thinlung hi chhun ang maiin a nâ a; kan inhmuchhuak ta a, Pathian chhandamna kan hmuh ve phah ta a ni. He thu hi i bulah sawi ila, kan fanu bula sawi ang hial ni dawnin ka hria a, kan lo kal vang vang a ni,” a ti a, a mittui a tla zawih zawih mai a.

Pastor chuan, “A va lawmawm êm! Nancy-i chu martar nung reng a nih tak chu. A nu leh pate dam nan a thi a, a thihna hmangin in hnenah thuchah ropui tak a sawi ta a nih chu. Ti rawh u, Pathian hnenah lawmthu i sawi ang u,” a ti a, an lu chungah kut ngathin a tawngtaisak a; tichuan, Nancy-i nu leh pate chuan hlim takin Pathian rawng an bawl ta a.

Keini Kristian naupangte pawh hian Nancy-i angin Pathian rawng i bawl tlat ang u.

Ziaktu - Lalchampuia
Sacrament Department,
Kawnpui Chhim Veng

TUMRUHNA

Naupang fel tak mai hi a awm a, a hming chu Zami a ni a, pawl 6 zir lai a ni a. A tum a ruh em em a, thu ziah te hi a tui em em mai a. Pathian ringtu a ni a, eng lai pawhin a hlim reng mai a, kawm a nuamin a fel em em a ni.

Ni khat chu hlim taka a school bâng haw lam chu motor-in a su palh a, damdawi inah an hruai a. A ke chu na a ti em em mai a, a ruh a lo tliak reng a; an lo tuam khawngsak tlat a.

Ni khat chu amaha din a han tum chhin chu a nuin a lo hmu reng a. “Bawihte, i la ding thei lo vang,” a lo ti a. Zami chuan, “Ka ding thei ang. Nangman tumruh chu hlawhtlinna a ni tih min hrih kha,” a ti a. A nu chuan, “Tum chu i tum thei alawml; mahse, i tlu palh ang e,” a ti a. “Nangmah ka vuan dawn che alawm,” Zami chuan a ti tlat a. “Aw le,” a nuin a tih chuan a nu chu a vuan a, din chu a han tum chhin ta a.

Zami chu a thutna a tang chuan a rawn ding ta a. A ding thei chu a lawm em em a, Pathian hnenah lawmthu a sawiin a tawngtai ta a.

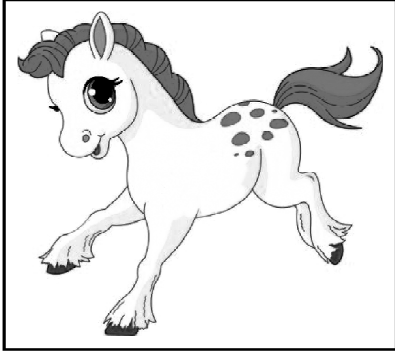
Tumruhna chu hlawhtlinna.



Ziaktu - Lianzampuii
Kum 11, Pawl - V
Junior Dept.,
Venghlui Kohhran, Aizawl

LORI ADAMS

Rhonda-i pawhin sakawr no te nalh tak a ni ang tih chu a ring mai a. Chuti pawh ni se sakawr a ngaina hle chungin mi sakawr enkawl damsak tur chuan ran in vawt lutukah a tlaivar peih dawn lo tih erawh a inhria a ni.



Zawi sap hian, “Eng vangin nge hetia in tih chiah, Cindy?” tiin a zawt sap a.

Cindy-i chu a ner sak a. Rhonda-i zawhna awmzia chu a hre thiam vak lo a, “Eng i tihna nge?” tiin a zawt let ve thung a.

“Eng vang chiaha hetia ti hi nge in nih?” tiin a zawt nawn leh a.

Cindy-i chuan a han ngaihtuah zui ngial a. Blaze-i no te zana an awmpui chhan a hrih tawh khan a hre si a. A tein \anpui a ngai ngawih ngawih a, an enkawl ta kha a ni a. Chu bakah an lakah sual hle mah se Rhonda-i \anpui chu an duh a. A han ngaihtuah let leh pawhin Cindy-i pawhin a hre thiam vak bik lo.

An laka a rilru put dan chu mak hle mah se Rhonda-i chung a thinrimna leh an thil tihsak avanga inchhima erawh a nei chuang lo, a khawngaih zawk a ni. A rilru ang chu Lori leh Jim-a te pawhin an pu tih a hre bawk a ni.

Chutia a han ngaihtuah chuan Isua an rin avangin Rhonda-i rilru put dan \ha lo tak pawh chu an lo hmuh kân thei tih a hre ta a. Cindy-i pawh chuan a thinchhiatzia a inhria a.

Isuan a nun tihdanglamsak lo pheih se chu Rhonda-i ang tho chu a ni ang tih a inhria a.

“Ka...” tia chhan tuma a tawng tan laiin Rhonda-in a rawn tawng khalh a.

“Ih... sakhaw lam thil in sawi thin nen khan in thil tih hi a inzawm em?” a lo ti a.

Cindy-i chu a inpet ruh a. “Sakhuana nen a inzawm em i tih chu ka hre thiam chiah lo va,” hre thiam vak lo hian a han ti a. “Mahse, Isua nen chuan inzawmna a nei a ni. Isua hnena kan sual kan puana kan nuna thu a neih a tawng kan rilru leh nun dan min thlaksak a. Kan nun dan hmasa nen chuan kan danglam ta a ni,” a tih zawm a.

Rhonda-i rilruah chuan zawhna a lo lut zut zut a. Mahse, a zawh hmain a khuh leh ta a. Ellen-i chu a rawn tlan lut vat a, na chhawkna leh tui a rawn keng a. “Eng nge i an?” a rawn ti a.

A chhan mai theih loh avangin a lu a lo bu a.

“Khuh damdawi ka hmu mai lo va, na chhawkna hi ka rawn la ta mai. A chhawk zangkhai thei deuh ang che,” tiin Ellen-i chuan a be zui a.

A khuh a reh veleh Rhonda-i chuan damdawi chu a ei ta nghal a. Cindy-i lam bawk chu a hawi leh nghal a. An bula thu Ellen-i chuan an thil sawi a lo ngaithla ve reng dawn tih pawh hre rengin a rilrua zawhna awm chu a zawt zui nghal a.

“A nih leh ka chungah Isuan chutiang chuan a ti ve duh ang em?” tiin a han zawt a. Chu zawhna kher chu zawh a tum sa pawh a ni lo va, a sawi chhuak phut a ni ber mai.

(Awm zel tur)



Hriatzauna Huang

Mi tin hian kal (kidney) pahnih kan nei theuh a. Mi tam tak chuan zun thlifimtu a ni mai emaw kan ti thin a. A hnathawh pawimawhzia tlem kan han tar lang ang e.

1. Thisen thlifimin taksa tana chaw tha chu thisenin taksa hmun hrang hrangah a sem darh leh a. A bak zawng chu phingah a lut a, kan zung chhuak leh thin.

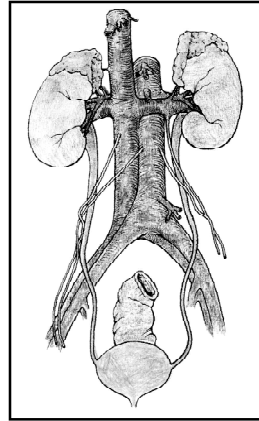
2. Taksa mamawh tawh chi/al leh acid a siam chhuak a; taksa bung hrang hranga thisen insem rual dan (blood pressure) te, taksa mamawh tawh tui chhek khawl te, thisen (red blood cell) siam chhuah te, ruh hrisel leh chak tha tak kan neih theih nan te hna a thawk bawh a ni.

3. Darkar tinin kan thisen luang kual vel hian vawi 12 vel kan kal hi a pal tlang ziah a. Ni tinin thisen litre 200 vel zet thlifimin tui bal litre 1-2 zunah a kal ral ziah bawh.

4. Kal hian thisen a thlitfim bakah taksa mamawh thil chi thum erythropoietin (red blood cell siamtu), renin (blood pressure vawngtu) leh vitamin D (taksaa calcium vawngtu leh ruh tichaktu) a siam chhuak reng bawh a ni.

Hetianga taka pawimawh a nih avang hian hmanlai Grik-ho pheih chuan mihring ngaihtuahna hi kalah a awmin an ring hial a ni.

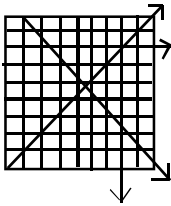
Kan kal hi kan dam chhung daih tura Pathian siam a nih avangin enkawl uluk hle tur a ni a. Taksa hriselna tichhe thei ei leh in, ruih theih thil, zuk leh hmuamah te kan insum tur a ni a. Taksa a tanga bawhlhlawh a inpaih fai zung zung theih nan tuisik thianghlim tam tawh kan in thin bawh tur a ni.



ZAWN CHHUAH

A hnuaia bawm chhungah hian Tirkkohte Thiltih bung 9-naa thil hming/thumal 10 phum bo a ni a. Bible keu la, han zawng chhuak teh. Thla lehah a chhanna a lo chhuak ang.

THAI DAN TUR



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

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

THLA HMASAA MI CHHANNA

- | | |
|-------------|-------------|
| 1. STEPHANA | 6. BORAL |
| 2. JUDAI | 7. ETHIOPIA |
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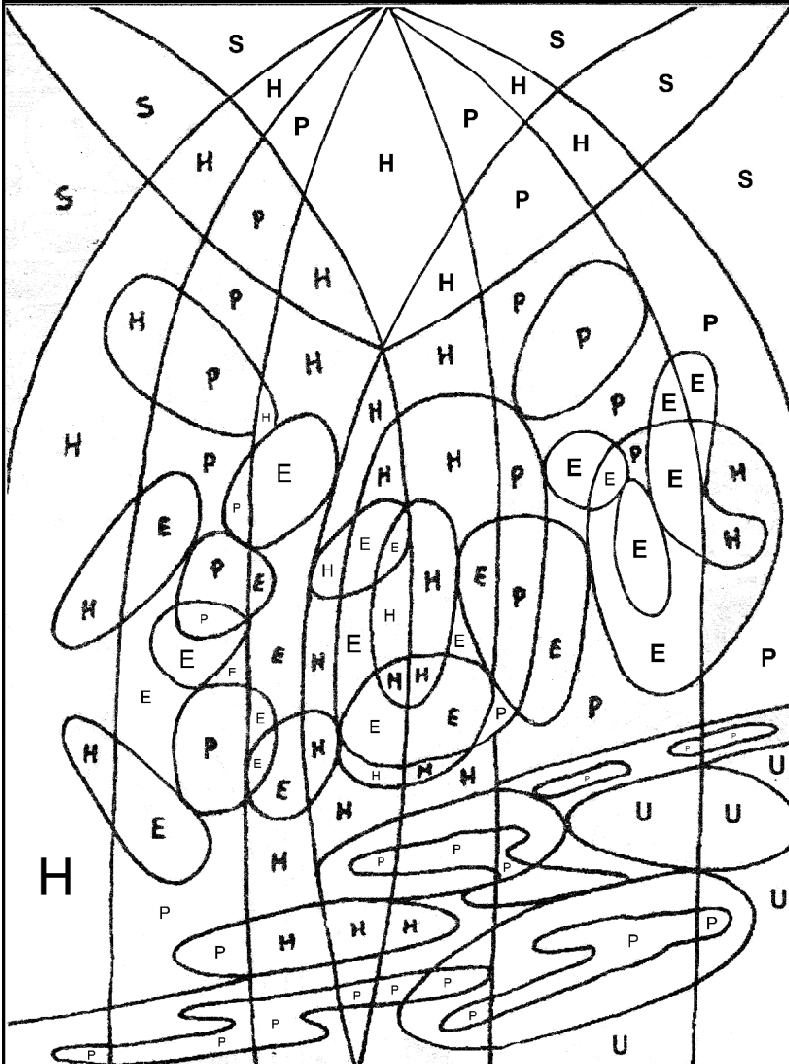


Rinzuali chuan nah a ti hle.



Chei dân tur

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



Bible Milem : **JEREMIA**



Bible Milem : **JEREMIA**



Bible Milem : **JEREMIA**



Bible Milem : JEREMIA



AWM ZEL TUR



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.

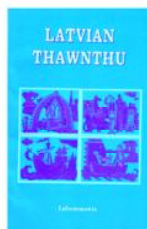
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To

HRIATTIRNA

Kristian Naupang chanchinbu agent thenkhatin a lam theih hun kan rawn thawn in hmu lo thin a. Hei hi in mobile network provider lamin an lo dan thin vang a ni a. Hei hi TRAI thupeka tih a nih avangin kan sms rawn thawn in lo dawn duh chuan STOP DND tih hi 1909-ah thawn mai tur a ni e.

SYNOD BOOKROOM BOOK NEWS



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