

In hmaah nunna leh
thihna, malsawmna leh
anchhia ka dah tih tunah
hian unchungchang thua
hretu atan lei leh van ka
ko a ni; chutichuan nunna
chu thiang rawh u, in nun
theih nan, nangni leh in
thiahte nen.
(Deut. 30:19)

KRISTIAN THALAI

January
2014



Kristian Thalai Prawl Chanchinbu thla tin chhuak

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KTP General Conference hla bu leh Krismas hla bu tlangzarh



Central KTP Committee, 2012 - 2014

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KRISTIAN THALAI PW̄L

Thupui

Rawngbawl t̄ura chhandam

Thupui inngahna

Ephesi 2:10 Thil tha ti at̄an Krista
Isuaah chuan siama awmin, ama
kutchhuak kan ni si a, chu thil tha tih
chu kan awmna t̄urin Pathianin a
buatsaih l̄aw̄k a ni.

Thil tumte

1. Isua Krista rinna leh amah anna kawnga thalaite hrui.
2. Kohhran kut ke ni tura thalaite buatsaih.
3. Kohhran hnathawh tihpuitin.
4. Krista Chanchin Tha puan darh.

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KUMTHAR CHIBAI

Pathian hruaina in kumthar kan lo chuangkai leh ta, hunthar, nithar, kan la hman ngai reng reng loh hmangin bul kan ñan leh dawon a ni a, ngaihtuahna thar, inpekna thuk zawk nen bul kan ñan leh ðhin a ngai a, KṲP member te hi inthlahdah mai thei kan ni lo, kumthar hi rilru thar, nun awmze nei, midangte tana malsawmna ni zel turin kan rilru kan siamfel a ngai takzet a ni. Pathian khawngaih rawngbatwl hna kan kova Lalpan a nghah hi kalsan mai thei kan nih loh laiin chhungkua, mimal nun, hriselna, eizawmna ah harsatna hrang hrang awm thei ani a, chung zawng zawngah chuan engkim min petu Pathian rawngbatwl hi kan ngaih pawimawh ber tur ani tih hi kan wawon reng a va ðul lehzul em.

KṲP te hian kumtharah hian kum hlui a Pathian rawngbawlhna kan thawhna a kan inbuatsaih ðhat tawk lohna leh keimahní insiamchawp harsatna hrang hrang awanga kan chak tawk lohna te atanga insiamþha in hma kan sawn zel a pawimawh a ni. He khawwela kan chen chhung hian kan nitin zirna, eizawmna kan ngaih pawimawh a ngai, chutih rual chiah chuan engkim min petu Pathian theihngihl a he lama kalvak hi thil awm thei a ni. Min tlantu leh Chhandamtu theihngihl a, mahni tleina lam leh ngaih pawimawh zawng, khawwel ngaihsan leh fak rawn thil chi hrang hrang hlimpui lutuk tepawh thil awmthei a ni, kan fimkhur a ðul hle.

Kumtharah hian beiseina thar, inpekna thuk zawk, rinawmna, midangte hmangaihna nen hun kan hman ðheuh theih nan duhsakna Editorial Board in kan hlan a che u ♦



KRISTIAN ṲHALAI

Kum 2014 kan lo chuangkai ta reng mai. Pathian hnenah lawmthu sawi ila. Kristian Ṳhalai chanchinbu hi kum 2013-ah copy 37500 kan chhu a. Kumin KṲP Diamond Jubilee kumah hian copy 40000 chhu kai thei turin Branch tinte kum hmasaa lak aia tam la thei tura ñan la turin kan inngen a ni. A man pek chungchangah kan kaldan pangngai angin kum tirah pek lawk leh ðheuh tum ila, lakzat pawh a hma thei anga tihfel ðheuh tumin lakbelh duh chuan 9436142398 ah hriattir ni se.

— Ed.



Kum thar 2014 ni chhiar dan tur

— Rev. K. Lalhmuchhuaka
Synod Moderator
Mizoram Presbyterian Church

Sam 90-na chuan, Pathian chu engkim bul leh tawp a ni a ti a. Tlang, leilung leh tuifinriat te ama siam a ni a. Mihringte pawh ama siam an ni. Mihringte chu Pathian duhloh zawng tia boral thin an ni. Pathian thinrimna a ral thin an niin a sawi. Jakoba chuan mihring nun chu zinga hlobet par a, tlai lama lo vuai leh mai ang lek leh chhum reilote lo langa ral leh ta ang maiin a sawi baw. Chuvangin Lalpa remtihna nghak zawk turin a ti. Heng zawng zawngah hian Sam phuahtu chuan “Kan dam chhung nite chhiar dan tur min zirtir rawh...finna thinlung kan neih phah hialna turin” a ti.

I. Mihring nun phung :

Sam phuahtu sawi angin mihring nun chu سوالنا nen a inzawm tlat. Pathian ti thinrimtu a ni. Kan tunlai nun te kan en chuan سوالنا chi hrang alo tam ta hle mai. Sum leh pai umna, ruk rukna, dawt thu leh inbumna, corruption te leh khawvel lama sanna,

ropui inchuhna leh duhamna ten min bawm nasa ta hle mai. Kan thalai lamah khawvel nawmchenna, nulat tlangval سوالنا (innghaihna سوال) te, zu leh ruihhlo lam te alo hluar ta hle mai. Miṭha tam hle mahse a سوال lam hian min hneh tulh tulh niin a lang. Kan tunlai thihna pawh ruihtheih thil kaihhnawih avanga thalai thi kan tam ta hle mai. Kan thil ngaihsan zawng (value system) pawh khawvel mawina leh سوالنا nena inkawp chi deuh hliar a ni, kan sawi seng lovang. Sam phuahtuin a sawi - Kan damchhung ni te chhiar dan min zirtir rawh a tih hi kumtharah hian ava pawimawh em.

II. Finna thinlung neih a ṭul :

Awle, kan tunlai nun chu hmasawanna tam tak karah awm mahila سوالنا chi hrang tam tak kan vei mek ten kan nun leh kan tha a eizawh mek zelah hian finna thinlung kan neih ava ṭul em!! Thufing

chuan Pathian hretu chu mifing, a hrelo te chu mi â a ti. Kan Mizo thalaite hian ramdang natna kan lo kai nasa ta hle mai a. A hun loah kan thi kan thi ta mai te hi inenfiahin he kumtharah hian Pathian hriatna, finna kan neih a t̄ul ta hle mai. Lalpa thinrimnaah kan boral mek a ni. Chumai bakah nu leh pate pawhin kan fate tana kan awhsak fo khawvel finna leh thiamna mai aiin Pathian hriatna lama finna a pawimawh zia he kumtharah hian kan hriat a t̄ul ta. Nu leh pa ten fa lekhathiam mahse fa sual, khawvel mi kan hring teuh ang tih a hlauhawm.

III. Pathian tello programme :

Jakoba chuan mihring ten programme an siam dan leh an thiltum te chu Pathian thu leh a duhdan a nih a t̄ul a ti. “Engnge in chungah lo thleng dawn” a ti. Mihring chuan thil tihtum tam tak a nei, mahse ati hlawhtlingtu chu Pathian a ni. Pathian tello chuan engmah hi a famkim thei lo. Kan tunlai khawvel hi han thlir ila - zirna leh sum leh pai ngaihtuahin kan vak huai huai mai. Kan t̄ul tlang hle mai, tumah kan inkawm tha hman lo. Inkhawm leh t̄awngtai te pawh kan hman ta mang lo. Mahni hna lamah kan t̄ul em

em ringawt mai. Sam ram tlak chhiatna ang hi kan hnaih mai ang tih a hlauhawm ta hle mai. Kan programme-ah hian Lal Isua a tel vek zel tur a ni. Thufing chuan “I kawng zawng zawngah amah hrereng la, i kawngte chu a kawhmuh zel ang che” a ti. Kan hnathawh leh thiltih te hi Pathian hriatpui tlak a ni ngei tur a ni.

IV. Kan tun hun hman that a t̄ul :

Tun hun hmang thiam apiang te hi damchhung ni chhiar thiam an ni fo thin. Mahse kan Zoram nu leh pa, thalaite hun hmang thiam lo kan va tam em! Mi thenkhat nuam tawla duh duh eia in thei kan awm laiin mi thenkhat rethei, in leh lo neilo te, inhlawhfak ngai reng te, mi mawl leh thiamna neilo te kan ni. Khawvelah chuan kan inang lo hle a ni. Mahse atu ate tan pawh a bo theih vek. Kan retheih harsat avangin Pathian a hlauh daih theih. Kan hausak avangin Pathian a theihngihl daih theih. Neih duh avangin khawvelah a pilbo daih theih. Chuvang chuan i tun hun kha Lalpa nen hmang rawh. Nitin nun kha tun hlira i zawh chuan damchhungin tun hlinin Lalpa duhzawngin a hman chhhuah theih a ni. Pathian min siam chhan chu amah hriat leh a

rawngbawl a ni. Isuan mihringte mamawh a hria, ei leh bar lam ai chuan a thu zawm phawt hi a pawimawh a ti. A ram leh a felna zawng hmasa rawh u" ati. thildang chu a man ape dawn che u a ti a ni. Isuan khawvel thil sum leh pai ai chuan a thu zawm zel chu a pawimawh ber a ti.

Hla chuan "Ram zau taka Lalber nimahila, Sual thunun ka nih si chuan, Isua neih ka duhzaw, Ram leh In aiin, khawvel zawng ai pawhin" a ti hmiah mai. Hei hi ringtute hla tur a ni.

Awle, kan damchhung hunah hian ringtu tan ngui leh chauh chang te kan nei thin ang. Kan chhungte leh kan thiante nen thihna avanga inthen chang tepawh a awm

ang. Harsatna leh beidawnna te kan nei thin ang. Rethaihna leh buai manganna tepawh kan tuar thin ang.

Mahse heng zawng zawng hi chapter thar, lesson thar kan kai theihna tura Lalpa hmanrua a ni fo. Hengte avang hian bona nilovin finna thinlung thar kan neih nan, ama lam kan hawi theihna tura min tilawmtu tura Lalpa hmanrua ani fo zawk a ni.

Thufing chuan "I thinlung zawng zawngin amah ringla...nangma hriatnaah inngat suh...i kawngte chu a kawhmuh zel ang che" a ti.

He kum thar 2014 ah hian kan thalai nu leh pate Lalpa lamah mifing nih tumin kan damchhng nite Lalpa nen i chhiar zel ang u. Amen ♦



CKTP HRUAITU HLUITE SAWMNA

Kum 2014 Kristian Thalai Pawl Diamond Jubilee lawm kumah hian KTP DAY February 22, dar 10:30 am-ah CKTP Hruaitu Hluite pualin Synod Conference Centre-ah programme buatsaih a ni dawn a. Central KTP hruaitu lo ni tawh zawng zawngte chu lo tel vek tura sawm leh beisei an ni e. Tlaih chawhlu kilho nghal tur a ni ang.

(UPA ZONUNMAWIA)

General Secretary

Central Kristian Thalai Pawl

JUBILEE DAR

— PC. Vanlalhluna
Chawlhmun

Namana phar dam nan khan Jordan luia vawi sarikh va inhnim phum hrim hrim kha a pawimawh ber lova, Pathian mi tirh thu a awihna kha a damna chhan chu a ni. Thuawih lohna avangin Zoramim phar natna chi hrang hrang a vei meka. Tihdam kan nih theih nan leh kan nun muthlu mek kai tho turin Pathianin thalaite hi Jubilee dar vaw turin min ko meka ni.

Kum 2014 hi KṚP Golden Jubilee a lo ni ta reng mai. Jubilee dar vaw turin thalaite kan inbuatsaih a pawimawh awm e. Engtin nge Jubilee dar chu kan kan vuak tak ang? Theipui hnah kan infen chawp thinte hlipin, kan ram leh hnam dinchhuah nan leh Pathian ram a lo zauh zel theih nan heng kawngah te hian Jubilee dar in vaw dawn teh ang.

Mahni inphat dar:

Mahni inphat lohna hian rawngbawlna kawngah thawhhona leh inpumkhatna a

tichhiain, thlarau lam tuihna a tikang-chat fo thin. Mahni inphatin, tisa mi-na leh kan mihring hluite hlip a, Lal Isua kan zui a va hun ta em! Lal Isuan mahni inphatin kan tan a nun a sawr fu zo vek a, a hniak hnung kan zui ve dawn a nih chuan mahni kan inphat angai dawn a ni. Petera'n amah inphat veika Lal Isua a zui meuh chuan a rawngbawlnain awmzia a nei thuk hle. Tlawmna silhfen inbel a, mahni inphat dar kan vuak a hun ta hle.

Hrehawm tawrh dar:

Nawmsipbawlna leh hlimna ruam atang ringawt chuan ringtu nun hi a famkim thei lova, sualah a tlu leh mai thin. Nun tak nei turin siam that kan ngai fo thin. Rawngbawlnaah mi dangte aiin harsatna leh hrehawm kan tuar bik a nih pawhin kan vui mai tur a ni lo. Pathianin hrehawm tuar tlaka min ngaih avang zawkin lawmthu i sawi ang u. Harsatna, manganna, hrehawmna zawng zawng te hi kan ta vek a ni tih Pathian mi Joba nunah khan a lang Chiang hle. Hlim suah suah, lawm vung vung reng tura koh kan ni ngawt lova, hrehawm pawh tuar tura koh kan ni tih hi kan hriat nawn fo a tul thin. 'Lalpa, i hming avangin ka tuar ve ang e' tiin hrehawm tawrh

dar kan vuak ve te pawh a va hun ve ta em!!

Chanchin Ṭha atchilh dar :

Zoramina mamawh ber chu Chanchin Ṭha a taka nun pui ngam mi a ni. Chanchin Ṭha a taka kan nunpui loh avangin Zoram hmel a mawka. Tisa mina leh buaina chi hrang hrangin Kohhran pawh a nuai mek zel a nih hi. Kohhran humhalh a, siam ṭha tur leh sualin a tihbuai mek te chhanchhuak turin Lalpan ṭhalaite hi min hmang duh a. Thiamna, finna kan neihte hi Chanchin Ṭha avang chauha nei kan nih avangin, Pathian Chanchin Ṭha hrilh darh nan i hmang zel ang u. A malsawmna dawn duh vang chauh pawh ni lovin, Kristian kum za kan tlin tawh vang leh KṬP pawhin kum 60 hmel kan lo hmuh ve dawn tak avang tal pawhin Chanchin Ṭha atchilh dar i vaw ve dawn lawm ni?

Saltang chhuah dar :

Biak In thleng pha tawh ngai reng reng loten, inlamleta Lal Isua ke bulan thlen leh theih nan ṭhalaite hian mawh phurhna kan nei a. Chu kan mawhphurhna hlen chhuak tur chuan Pathian Chhandamna thu hi sawi mai a tawh ta lo, a taka chantir a va hun ta em! Mi

hausapain hremhmun aṭang chauha thlarau bo a vei ve ṭan chauh ang kha ni lovin, tun aṭang hian Thlarau bo pakhat tal Isua ke bula hruai thleng turin ṭan la tharila, Lalpalawmna ber Thlarau bo chhanchhuak turin kan nunah saltang chhuah dar i vua ang u.

Fimkhurna dar:

Duhthlan theihna khawvela cheng kan ni a. Duhthlanna hmang thiam chu malsawmin a awm ang a, a hmang thiam lo erawh chuan harsatna, manganna leh hrehawm tam tak tuarin khawvel hi a dungchhir ang. Kan khualzinna ram hi nuam kan ti lutuk a, mikhual cham bang mai kan ni tih kan nuna kan lantir thei ṭhin lo hi a pawitak zet a ni. Sual nen insiamrem a, khawvel taka tisa rawng leh Pathian rawng kan bawl kawp fo thin te, fimkhur tawh lohna avanga humsual dai a, suala kan tlu leh mai ṭhin hi a pawia ni. 'Lalpa Lalpa min ti nazawng Vanramah an lut lovang' tituhian a duhtui viau dawn tih a lang reng a. In nun hi fimkhur pui hle mai theh u, ti a zawlneiin min hrilh ang khan, Lal Isuan kan nun pumpui hi Ama tan chauha hmang tura min duh avangin kan nitin nunah fimkhur dar i vua ang u.

Simna dar:

Hun rei tak rinnaa intlansiakna kawngah i lo tlan ve tawh thin a, i lo tlu palh a nih pawhin i dinhmun aţang khan tho leh rawh. Rinnaa intlansiakna kawngah hian chhel takin tlan leh ta che. Lal lukhum chhe thei hlawh tura an intlansiak mup mupna khawvelah hian Lal lukhum

chhe thei lo, Nunna Lal lukhum hlawh turin i lo tlan tawh thin a; i lo tlu palh a nih pawhin simin tho leh la, Kristan simna Jubilee dar vaw turin nghakhllel takin a thlir reng che asin!!

KṚP Diamond Jubilee-ah hian ṭhalai ten Chanchin Ṭha a taka kan nuna a lanchhuah theihna turin JUBILEE DAR i vaw ṭheuh ang u ♦



SYNOD CHOIR RAWNGBAWLNA

1. **Thakthing Veng Kohhran:** November 3, 2013 (Sun) zan khan Thakthing Veng Kohhran Golden Jubilee lawmna an hmanpui a, ṭum 2 dinah hla 4 an rem, an hla 4-na “I ṭap thawmah i Lalpa a tho ta” tih chu Senior Department-in an rempui a ni.
2. **Haulawng:** November 9-10, 2013 khan Haulawngah Pastor Bial 4 (Buarpui, Haulawng, Lunglei Venglai leh Lunglei Bazar Veng) infin Senior Department Meet an hmanpui a, ṭum 5 dinah hla 10 an rem. Pathianni zan Fellowship chu Synod Choir kutah dah a ni a, Choir Director Pu Vanlalhruaia’n kaihhruaiin Fellowship hlimawm tak hman a ni.
3. **Mission Veng:** November 14, 2013 (Thu) khan Asst. Secretary Tv. V.L. Muanchhana nupui neih inkhawm Mission Veng Kohhran Biak Inah an zai a, ṭum 1 dinah hla 1 an rem.
4. **Ramhlun Vengchung:** November 17, 2013 (Sun) zan khan Ramhlun Vengchung Bial Musical Meet an hmanpui a, ṭum 2 dinah hla 4 an rem.
5. **Kulikawn:** November 18, 2013 (Mon) zan khan Kulikawn KṚP Choir Nite an hmanpui a, Nl. Vanlalparin ṭanna hun a hman a, ṭum 3 dinah hla 9 an rem. Director Pu Vanlalhruaian report pein inhmelhriattirna a nei a, thuchah tawi a sawi bawk.
5. **Synod Conference Centre:** November 24, 2013 (Sunn) zan khan Synod Conference Centre-ah Family Guidance & Counselling Centre buatsaih Pastoral Counselling Training kharna inkhawmah an zai a, ṭum 2 dinah hla 4 an rem.

55TH KTP GENERAL CONFERENCE-AH LO KAL VE RU (Khawzawlah Pathian I Fak ang u hmiang)

— Information and Publicity Sub- Committee.
55th KTP General Conference-2014@Khawzawl

55th KTP General Conference 2014, Khawzawlin kan thleng tur hi Khawzawl chauh ni lo ram puma thalaiten kan nghakhlel tih kan hriat hian a thlengtu lam kan phur tawh hle a. Thalai sing rual, hlim taka Pathian faka lam hmel kan hmu chak tawh hle. Lo thleng thuai thuai tawh se ka ti takzet a ni.

Kan inbuatsaihna:

March ni 19 (Thawhtan), 2012 Dar 10:30 am-ah khan Khawzawl khawpui chhunga Presbyterian Kohhran Pastor Bial pathum (Vengthar, Venglai leh Dinthar)-a Bial Standing Committee leh Bial pathum KTP OB te thukhawm chuan Organising Committee dinin nasa takin hma a la a. Sub-Committee peng hrang hrangah insiamin Pathian ropuina turin tan kan la nasa hle a. Inbuatsaihna Talk Show pawh buatsaih a ni a. Phur takin, inlungual takin thil ka tiho thin. Tunah chuan inbuatsaihna hmawr tawp lam a ni tan ta der mai a, inkhawmpui chiahin min ngak ta.

Thalaite nuam taka in lo thlen theihna turin chhungkaw tinte inbuatsaihna a kal mup mup a, mikhual lam ten kan duh emaw duh lo emaw nuam kan ti hle dawn a ni. Sa ei thei lote pawhin a bik taka siam chawhmeh tui bik siam te pawh kan thiam a nia. A thlengtu lam chhungkaw tinte, thalai Pathian faka chawimawi duh te lo thleng turin kan inpeih ta e.

A kalkawng (route) in hriat loh kan duh love:

Khawzawl hi khawi atang pawhin a hla lo ti ila kan sawi sual awm love. A awlsam zawngin sawi dawn ila. Helicopter-a lokal duh tan kal theih a ni a. Motor-a lo kal turte tan kan khawpui ber Aizawl atangin Khawchhak lam kawngpuiah rawn tlan chho la: Aizawl- Seling- Keifang - Dulte - Kawkulkh - Khawzawl a lo ni ang.

Chhim lam atanga lokalte tan Lunglei atanga Hnahthial lama lokal in a luh theih a, Serchhip lam atang pawhin a lo luh pheih theih mai bawka.

Chhak lam tlangdung tan pawh kawngpuiah rawn chhuk mai theih a ni a, lawm takin kan lo dawngsawng che u ang a, in tana hmun siamah ei leh in tur tuihnai tak tak nen kan lo lawmlut dawn che u a ni.

Khawzawl khua hi:

Pastor Bial thum Vengthar, Venglai, Dinthar Pastor Bial kan awm a, Kum 2011 YMA Census ah khan In 2306 awmin mihring 10,807 kan cheng mek a, tunah hi chuan 2500 ai chuan kan tam tawh ngei ang le. Tui harsa khua kan ni lo ve. Mobile signal BSNL, Airtel, Aircel, Vodafone, Reliance a awm. Electric Current a tha a, hei erawh kan hrilhru ang che - mi sing tam tak karah mobile charge na tur plug indaih a har deuh thin a, extension intodelh nachang hriate an vannei ang tih hi. Khua chuan duh te tan pawh hmun thengthaw nuam tak, Park nuam tak a awm a. I kal duhna hmun apianga hruai thei che Taxi leh Auto- Rickshaw pawh fai takin an inring reng e.

Zan lamah khawlai a lo eng ut thin ang a, Puja leh Diwali emaw tih loh tur. Kan Conference eng zawk a ni tih hriat mai tur a ni ang. Hei hian a entir chu, kan Conference thupui tur - "Tho la, Eng rawh" tih kha a takin kan lo lantir hmasa dawn a ni.

Synod thuawihin:

Synod Inkhawmpuiin hautak lo zawnga thiltih a kalpui mek a. Hei hi hrerengin kan Conference-ah hian Synod thuawih kan tum. Hemi avang hian a nawm loh phah dawn chuang reng reng lova, thu kan awih avanga a hlimthla a lo lang palh a nih pawhin "Synod thu an awih" min han tihsak mai ang a, hlim takin Pathian fakin kan lamho thung ang.

Kan Conference tur atan Sub- Committee peng hrang hrangten tan an la nasa hle a, a tha lama mite entawn tur hnutchhiah tumin theihtawpin tan an la a. Kan kumpulan 'Midangte tana malsawmna' ni turin theihtawp kan chhuah zel a ni. Hlim tak si Synod tak siin kan KTP dawn a ni. A va chakawm tawh em!

KTP Diamond Jubilee kan lawm dawn kha aw!:

Sawi tam ngai lovin a va fiah si em! He kan Conference-ah hian KTP dintirh atanga kum 60-na kan lawm dawn a, chumi hmanna tur programme lian tak Central KTP atangin ruahmanna fel tak a awm sa tawh. Han mitthla teh. Zaithiam rual ten Pathian faka an zai lo zaipui leh hlim taka Pathian fakho zinga tel tura indah chhin ringawt pawh hian i thauvah a man ve che em? Kan vannei a nia.

He hun lawmawm hman hman lo mi engzatnge kan thalaipui mual liam tawh? Hetiang hun tha Khawzawla kan hman tur hi kan va vannei si em! General Conference chu a la awm dawn chauh. KṚP Diamond Jubilee erawh i damchhungin i hman tawh lo vang. Souvenir te, T-Shirt te, Book mark nalh tak tak te an zuarchhuak ang. A hmunah lo chuan lei tur i chang lo palh thei a nia.

Site Seeing atan Pathian aw:

Keini khua hian Thlarau lam pur chaw tur leh Pathian fak tura sawm che u hi kan duh lian ber a nia, Chu chu ram pum thalaite hnenah kan zuar thar leh dawn a ni. Pathian programme-ah hian a duh apiang ten man lova an neih theih tur leh an hmuh tur ISUA kan zuar (advertise) thar leh dawn e. Conference behbawm leh a chhehvel chu i lo kal ang a, a takah nuam ti takin i la hmu ang.

Kan Conference chhan aia thil dang a lansarh kan phal lova, 'Pathian langsar ber rawh se' tih hi kan duhdan a ni a, hei hian kan Conference leh zelah pawh min hruai zel se a duhawm khawp ang. Ban uaithla leh khup zawi tawhten Pathian faka an lam lehna hmun nise, Pathian la hmu lo ten Pathian hmuhna atan an

hman theihna turin he Conference hi Ṭawngṭaina lamah kan hlan. Pathian inpuang hmu turin rawn kal ve la, site seeing ropui tak rawn nei ngei ang che.

Hei erawh hria ila:

Hetieng karah hian lehlam, hmelma pa thiltih a lo lang ve thin. Chu chu kan zavaia kan tanho chuan hneh theih erawh a ni a. Branch tin ten helam kawngah hian inzirtirna uluk zawka inpek ni se, Security hi tum dang zawng aia a khauh ang tih hi kan inhrilh sa duh a ni. Pathian ropuina hmu tur leh Pathian avang chauha kal turin inbuatsaih ila, thildang a tel remti lo vang u.

A thlengtute lam chu nasa taka inbuatsaihin in hmelmuh kan nghakhlel tawh a ni. Chumi tihlawhting tur chuan thalaite inbuatsaih ila, Pandal hnaih lamah thlen vek theih a ni dawn lo erawh pawh kan ti hle. Thlenna hla deuha thleng tur, tlawmngai tura kan lo beiseite, a daido lama awm tura rinngam kan nih avangin lawm zawk ila. Isua nen chuan khawi hmun pawh vanram a chang thin tih hretu leh pawmtute kan nih kha, kan lungphang love.

Nang ringtu, 55th KṚP General Conference, Khawzawlah Pathian fak turin engvangin i lo kal loh bik ang le?

**KṚP GENERAL CONFERENCE VAWI 55-NA : KHAWZAWL
BIAL THLENNATUR COUNTER**

- 1. 2ND. I.R. PARADE GROUND (Lungvar Veng)**

1. ITI Veng	2. Hliappui	3. Keifang
4. Baktawng	5. Champhai Vengthlang	
- 2. PU HRANGLAWTA TUAL (Darngawn Veng)**

1. Leitan	2. Saiha	3. Chawngtlai
4. Hnahthial		
- 3. PU LUNGMUANA VARTE TUAL (Darngawn Veng)**

1. Khatla	2. Phuauibuang	3. Hnahlan
4. Vanzau		
- 4. PU KHAWLLIANA (L) TUAL (Darngawn Veng)**

1. Electric Veng	2. Chawngte 'P'	3. Sialsuk
4. Haulawng	5. Darlawn	6. Tuidam
7. Khawhai 'North'	8. Kawnpui	9. North Hlimen
- 5. BAZAR HLUI ZAWL (Darngawn Veng)**

1. Hlimen	2. Chhingchhip	3. East Phaileng
4. Thenzawl	5. Zohmun	6. Vaphai
7. Mualpheng	8. Tuithumhnar	
- 6. TAIDAWN KAWN (Zaingen Veng)**

1. Bethlehem	2. Lungdai	3. Khawlailung Dinthar
4. Madanriting	5. Kulikawn	6. Farkawn
7. Sumsuih	8. Vathuampui	
- 7. VENGLAI BIAK IN KAWT (Zaingen Veng)**

1. Durtlang	2. Khawbung	3. Ruantlang
4. Suangpuilawn	5. Lawngtlai	6. Kawrthawveng
7. Phuldungsei		
- 8. BSNL PENG KAWN (Zaingen Veng)**

1. Aizawl Chanmari	2. Champhai	3. Khawruhlian
4. Damparengpui	5. Kanhmun	6. Dawrpui Vengthar
7. Pukzing	8. Tuipang	
- 9. JUBILI KAWN (Zuchhip Veng)**

1. Chawnpui	2. Zemabawk	3. Sialhawk
4. Khawlailung	5. Champhai Kahrawt	6. Kanghai
7. Bukpui	8. Lunglei Bazar Veng	
- 10. UPA VLALSANGA TUAL (Zuchhip Veng)**

1. Chhinga Veng	2. Kolasib Diakkawn	3. Kawrthah
4. Hortoki	5. Hmuntha	6. Chalrang
7. Kohima	8. Sesawng	
- 11. DINTHAR YMA HALL KAWT (Dinthar Veng)**

1. Chaltlang	2. Kelkang	3. Sateek
4. Zobawk	5. Bilkhawthlir 'N'	6. Teikhang
7. Tuikual		
- 12. DINTHAR BAZAR MAIN COUNTER**

1. Luangmual	2. Champhai Kanan	3. Khuangleng
4. Kolasib Venglai	5. Sakawrdai	6. Zote
7. Zaito		

13. CANTEEN KAWN (Dinthar Veng)

- | | | |
|--------------------------|----------------------|---------------|
| 1. Bawngkawn | 2. Thingsulthliah | 3. Lallen |
| 4. Sairang | 5. Tuipuibari Centre | 6. Zokhawthar |
| 7. N. Vanlaiphai Damdawi | | |

14. PU LALZAWNA TUAL (Kawnzar)

- | | | |
|-------------------|---------------------|------------------|
| 1. Dawrpui | 2. East Lungdar | 3. West Phaileng |
| 4. Reiek | 5. Khawhai South | 6. Zawnuam |
| 7. Cachar Kahrawt | 8. Tlabung Chawnpui | |

15. KAWNZAR BAZAR

- | | | |
|-----------------------|-----------------------|--------------------|
| 1. Mission Vengthlang | 2. Serchhip Vengchung | 3. Keitum |
| 4. Darlung | 5. Lunglei Chanmari | 6. Bungtlang South |

16. CHHANGTE RUN TUAL (Vengthar)

- | | | |
|---------------------|----------------------|-------------|
| 1. Ramhlun | 2. Cherhlun | 3. Biате |
| 4. Darlawn Venghlun | 5. Silchar Mizo Bial | 6. Bungkawn |
| 7. Lunglei Venglai | 8. Gauhati | |

17. PU H.LIANZUALA TUAL (Vengthar)

- | | | |
|-----------------|----------------|----------------------|
| 1. Ramthar | 2. Chhiahtlang | 3. Mamit Bial |
| 4. Chawngte 'L' | 5. Zamuang | 6. Airfield Vengthar |
| 7. Tlungvel | 8. Armed Veng | 9. Shillong |

18. A.R. TLANG PENG (Vengthar)

- | | | |
|---------------------|-----------------|-----------------------|
| 1. Ramhlun Vengthar | 2. Serchhip | 3. N.Vanlaiphai |
| 4. Sangau | 5. Bilkhawthlir | 6. Lawngtlai Chanmari |
| 7. Sihphir Vengthar | | |

19. PWD GATE (Vengthar)

- | | | |
|----------------------|------------|-------------------|
| 1. Republic Veng | 2. Saitual | 3. NE Khawdungsei |
| 4. Phainuam | 5. Buarpui | 6. Tlabung Zodin |
| 7. Champhai Vengsang | 8. Rengdil | |

20. VENGTHAR SA BAZAR (Vengthar)

- | | | |
|-----------------|--------------------|-----------|
| 1. Mission Veng | 2. New Serchhip | 3. Rabung |
| 4. Vairengte | 5. Marpara Ramthar | |

21. AGRICULTURE OFFICE TUAL (Electric Veng)

- | | | |
|------------------|--------------------|--------------|
| 1. Ramhlun North | 2. Phullen | 3. Ngopa |
| 4. Lungpho | 5. Lungleng - I | 6. Manikbond |
| 7. Zawlpui | 8. Bungtlang Bazar | 9. Bairabi |

22. PHE SDO OFFICE TUAL (Electric Veng)

- | | | |
|---------------|----------------|------------------|
| 1. Vaivakawn | 2. Muallungthu | 3. Mamit Hmunsam |
| 4. Rengtekawn | 5. Lungsen | 6. Tlangnuam |

23. HERMON BAZAR KAWN (Hermon)

- | | | |
|-------------|----------------------|--------------|
| 1. Thuampui | 2. Zonuam | 3. Thingdawl |
| 4. Aibawl | 5. Kolasib Hmar Veng | 6. Kawlkuh |

24. PI LALVANI DAWR TUAL (Hermon Veng)

- | | | |
|--------------|------------|--------------------|
| 1. Venghnuai | 2. Tanhril | 3. Maubawk |
| 4. Ratu | 5. Lengpui | 6. Sairang Dinthar |

25. PU C. ZATLUANGA TUAL

- | | | |
|-------------|------------------------|------------------|
| 1. Venghlui | 2. Sihphir | 3. Rawpuichhip |
| 4. Sihfa | 5. Thenzawl Field Veng | 6. Kawlkuh North |

(Synod Inkhatwmpui 2013-in Bial thar a siamte chu 2013-a an awmna bial thlennaah an thleng ang)

BARNABA CHANCHIN AṬANGA ZIRTUR KAN NEIH TE

— PB. Lalthlamuana,
Zemabawk East Br.

Tirhkoh Paula hi chu kan hre fur a, a chanchin paw'n sawi a hlawh hle. Rawngbawltu ropui tak a ni a, a larin a lehkhathawn tamtak pawh Thuthlung Tharah kan hmu. Hemi pialhamah hian (Paula chhertute pawh ti ıla a sual awm love) mi pakhat a awm a, chu chu Barnaba hi a ni. A chanchin hian sawi a hlawh lo khawp mai a, a chanchin te leh a rawngbawlna te a hranpaa thupuia hmanga thusawi hi ka la hriat ve chhiah loh avangin a chanchin te leh amah aṭanga zir tur awm thei te thiam ang tawkin tarlan kan tum ve ang e.

Barnaba chanchin:

Barnaba hi a pian tirh chuan a hmingah Josefa an sa a. Jerusalema Kristian zirtirna thehdarhtu hmasa ber berte zinga pakhat a ni. Tirhkohte Thiltih 4:36-a kan hmuh ang chuan, Barnaba hi Kupra thliarkara Juda mi, Levia chi kan tihte zinga mi a ni a, Tirhkoh tih hming puttir niin Tirhkoh Paula nen rawngbawl hna thawkin hmun hrang hrangah an zinkual a, Jentail te kristiana an inleh

theihnan an pahnih hian hma nasa takin an la ṭhin a, Jerusalem-a rorelna (Council of Jerusalem) hmuna te dinpuuin theihtawp chhuahin Jentailte tan hian hma an la a, Pathian thu an hril bawka, an hlawhtling em em bawka ni.

Barnaba chanchin hi Tirhkohte Thiltihah kan hmu a, Tirhkoh Paula paw'n a lehkhathawn thenkhatah a hming a lam ri zauh zauh. A pian hun leh hmuna te, a thih hun leh thihchhan te erawh chiang taka hriat a ni lo va, Kupra thliarkara Salamis an tih hmuna Kum AD 61 vel khan a martar niin an ngai a, Cypriot Orthodox Church hmuchhuaktu niin an ngai. Barnaba hriatrengna hun (Feast Day) hi June ni 11-ah an hming ṭhin. Tin, Barnaba hi Kolossa 4:10-ah chuan Marka cousin (Barnaba tupa) angin kan hmu bawka.

Kan sawi tak angin a chungte chuan Josefa tiin an ko ṭhin a. A bungraw neih zawng zawngte hralhin a sum neih zawng zawngte chu Jerusalema Tirhkohte hnenah rawngbawlna atan a rawn hlan a, heta ṭang hian hming thar neiin, Barnaba a lo ni ta a ni. Tirh.4:36 a kan hmuh ang chuan a hming awmzia hi "Thlamuanna fa" tihna a ni. (Aramic: Son of the Prophet; Greek: "Son of Consolation" or "Son of Encouragement")

Rawngbawlna:

Paula kha a pianthar hma, Saula a nih lai khan kan hriat theuh angin ringtute tiduhdah tute zinga

mi a ni a. Damaska khuaa êngin a chhun thluk hnuah piangtharin a tihduhdah thin Lalpa rawngbawl turin a inbuatsaih a. Damaska khuaah rawngbawl tanin, Isua chu Pathian Fapa a nihzia a tlangaupui ta chiam chiam a. Mipuite chuan mak an tiin an ring thei lo. A ruka phiar rutu ni ah an ngai a, tihhlum tepawh an tum hial a, a tlanhhuah hlauvin kulh kawngka tinah an changa, mahse zirtirte chuan kulh tukverh ațangin bawmin an khai thla a, a tlanhhuak thei ta hram a ni.

Hemi hnu hian Jerusalem lam a pan a, zirtir hote pawl a tum a. Zirtir hote pawh chuan an lo hlau ve leh ta zel a. Mahse hetih lai hian Barnaba chuan ani chu hruaiin tirkohhte hnenah a hruai thlenga, mi hlauhawm a nih lohzia te sawiin a lo kawm tlangnel hmasa ber tu a ni. Easton-a Bible Dictionary-ah phei chuan Rabbi Gamaliel-a bulah an zir dun thin niin a sawi.

Hemi hnu hian rawngbawl na hautak zet thawk turin Barnaba chu tirth a ni a, Antiokei khuaah rawngbawlin, a hlawhtling em em a. Thlarau Thianghlim leh rinna a khat a nih avangin a rawngbawl na pawhin rah tha a chhuah nasa hle. Tarsa khuaah Paula (Saula) ava zawng chhuak a, Antiokei khuaah chuan rawng an bawl dun tan ta a ni. Antiokei-a ringtute hi Kristian an tih hmasakna ber khua a ni. (Antiokei hi Rom Lalram chhunga an khawpui pawimawh deuh deuh pathum zinga pakhat a ni a,

tunah chuan Tukey ramah awmin Antakya an ti tawh).

Antiokei ațanga an let leh hnuin Paula nen, Johan Marka hruaiin Asia Minor lama kal tura tirth an ni leh a. Kupra thliarkar te, Pamphos khua te, Pisidia tih te...(an zinna zawng zawng chu tarlang lo mai ang) an tlawh a, tiang chuan hmun hrang hrangah nasa takin rawng an bawl dun thin. Pamphulia an zin laia an nau hruai Marka khan a kirsan avang khan Paula chuan a zin leh zelna turah Marka hruai tel chu a duh ta lova, Barnaba erawh chuan hruai zel a duh. Tirth.15:39 ah khan nasa takin an inhnial hnuah an inthen ta tih kan hmu a, Paula chuan Sila hruaiin Barnaba'n Marka a hruai ta thung a ni.

Barnaba chanchin atanga zirtur:

Barnaba chanchin tlem kan han tarlan ațang hian kan zirchhuah atana awhawm deuh deuhthe han lachhuak dawn ila:-

1. Jentailte tana malsawmna:

Paula nena rawng an bawl dun lai khan an ngaih pawimawh em em chu, Jentailte chhandamna thu a ni. Tirkoh Paula te hunlai hian Jentail (serh tan lo) ho kha chhandam ni thei lo tur anga ngaihna lian tak a awm a, Tirth.15:1 a kan hmuh angin zirtirna lo thehdarh pawl an awm a ni. Mahse, mihringte hi Pathian in duh taka a siam vek kan ni a, mi zawng zawng Isua Krista kha thi a nih si chuan Jentailte hnena

chhandamna thu hril kha dodalna leh sawiselna tam tak karah pawh an ngai pawimawh em em a, theihtawp an chhuah a, an hlawhtling hle nghe nghe a ni.

India ram hi sakhaw zalenna ram a ni kan ti a, a dik pawh a dik. Chhandamna thu la hre lo leh chhandam ngai hi a tam zawk an ni. Sakhaw zalenna kan tih mai piah lamah hian tih tur chu kan la ngah hle tih a hriat a, India ram mai ni lo, heng kan chhehvelah pawh hian; keini ringtu inti ho zingah ngei pawh hian Chhandamna thu chiang lo engemaw zat kan la awm thei ang. Midangte hnena fiah taka chhandamna thu sawi thei tura kan inbuatsaih theuh pawh a ÷ul awm e.

2. **Mi inpe a ni:**

Barnaba chanchin hi uluk taka kan ngaihtuah chuan, mi inpe pumhlum a ni tih kan hre awm e. A neih zawng zawng a hralh hnuah a sum leh pai zawng zawng rawngbawl na atan a hlan a ni. Chu mai la duhtaw k lovin, hrehawm tam tak hmachhawn turin hmun hrang hrangah an zinkual a, Pathian thu an hril thin a nih kha. Inpekna hi chu a pawimawh zia kan hre theuh a, sawi tam pawh a ngai awm e. Kan inpekna a san zawh poh loh miten keimahniah ei tur an hmu thin.

3. **Thlarau Thianghlima khat a ni:**

Tirhkohte Thiltiha kan hmuh angin Barnaba kha Thlarau

Thianghlima khat a nih thu kan hria a (Tirh.11:24). Rinna tak tak a neiin Thlarau Thianghlim pawlna ang zelin rawng a bawl a, a hlawhtling em em a ni. Thlarau Thianghlim tel lo rawngbawltu/ rawngbawl na hi chu hetia han en mai pawh hian a hriat; eng ang paw'n thawm ringin han bei chiam thin mahse, a ro tlat thin.

4. **Mi inthup, a kila lung ÷angkai tak a ni:**

Rawngbawl na huangah hian lansarh duhna thinlung hi put mai a awl khawp mai. A langsar chin chiaha tel peih, a hautak/tha thawh ngaia rawngbawl na tak tak han kalpui dawn a tel tha peih lo; a hun a rel tha peih lo; chanvo pawimawh engemaw pek chiaha tel ching hi mihringah hian awm theih tak a ni. Barnaba hi chu chutiang mi a ni ve lo. A tira kan sawi angin Tirhkohe Paula chherchhuaktu, lo kawm tlangnel hmasatu ni si kha a chanchin hian sawi zui a hlawh vak lo, a lar chhunzawm vak lem lo. Lar kha a khel ve vak lo ni te pawhin a lang. A langsar chin chauh hi rawngbawl na emaw tih mai a awl khawp mai; a langsar lo nia kan hriatte pawh hi rawngbawl na a ni tih kan hriat a tha hle awm e.

5. **Hruaitu ropui tak a ni:**

Saula, Kristiante tihduhdahna hmuna a phur ber bera ÷ang thin, lo pawt zuah zuah thin, pa rothap pui mai; a han pianthar tak hnu pawha mite thin leh hlahu em em

mai; engang pawha a pianthar thu a insawifiah tawh hnu pawha an awih loh khawpa an hlauh lo kawm tlangneltu nih kha thil hautak tak chu a nih a rinawm. Huaisenna leh tumruhna nasa tak nen lo chuan han pawh mai pawh thil har tak a nih a rinawm. Hei hi hruaitute tana thil pawimawh tak, har tak nisi a ni ve tlat. Member la rawn tel ve ngailo emaw, mi thar rawn tel thar turte, a nih loh leh kan ngei/huat em em thin rawngbawl na huanga rawn tel duh ve ta ang chi te, zu ngawl vei, drugs addict piangthar kan zinga rawn telve tan te...etc. kan lo en thin dan hi chu a dang deuh thin a ni. Barnaba nun a tang hian zirtur kan ngah hle awm e.

Tin, wawi khat an zinnaah an nau pakhat Johan Marka an hruai a, kalna tur hmun tam tak an la neih laiin Marka chuan zui zo peih lovin a hawsan a, Tirhkoh Paula lung a awi meuh lo a, an zinchhuah lehna turah a kalpui duh tawh lo. Mahse hetih lai hian Barnaba chuan Marka thlavang a hauhnaah Paula nen pawh an inhnial phah vak tih kan hmu. Marka, a hun hmaa anmahni haw santu kha chu a ngei loh bik a rinawm loh, mahse Barnaba hi a dawhthei em em a, tha taka Marka la hruai zela, puitlinna kawng zawhpui a tum te pawh a ni maithei; Paula nen pawh an inthen phah ta a nih kha. Midangte thil tihsual palhah an tihsual anga thungruh mai hi a awl khawp mai, mahse

rawngbawltu dinhmunah chuan dawhtheih a ngai a, tha taka kawng tha kawh hmuh thin hi kan tih fo tur niin a lang. (Ziaktu thenkhat chuan Marka hi Barnaba tupa/cousin a nih avangin a tan niin an ziak a. Barnaba hian tupa Marka chu a nei tho naa, hemi Marka erawh hi chu a ni lo)

A tawp nan:

Josua 1:9 *“Chak tak leh huai takin awm rawh; hlau suh la, zam hek suh”* tih lai te hi a hnu khar nan han hman ka duh. Barnaba nun kan zir a, a inhmeh hle ni pawhin a hriat. Inpekna nei thei tur te, Thlarau Thianghlina khat turte chuan chak tak leh huai taka kal hi a pawimawh khawp mai. Thilsual ti tur takngial pawn huaisen a ngai a, taihmak a ngai, chutiang tel lo chuan thilsual pawh hi a tih tak tak theih loh. Chutiang zelin kan Pathian kan rinna kawngah leh kan phak ang tawka kan rawngbawl naah hian Pathian chakna rinchhana chak tak leh huai taka keimahni kan penchhuah hi a pawimawh khawp mai. Mi dawihzep tan thahnemngai taka rawngbawl a har. Hruaitute-a tlaktlum loh hlaua tlawn huam ang chi te, mawhphurhna hlen hleithei lo khawpa dawihzep tan chuan rawngbawl na rah tha tak chhuah a har duh ngawtin a rinawm. Chutiang kan nih loh a, chak tak leh huai taka kan hmalam huna hmabak kan neih te zam lova kan hmachhawn theuh i tum ang u ♦

ALCOHOL (ZU) : KRISTIANTE ṬHALAITE TAN IN CHI A NI EM?

— Rev. R. Lalthlengliana
Hailakandi, Assam

Assam Alcohol (Zu) hi thil tui ril, in tura siam, Chemical chi khat Ethanol telna a ni. Alcoholic Beverages ti-a an vuahte chu chi thumah ṭhen a ni a. Chungte chu Beer, Wine leh Spirit-te an ni. Khawvel ram hrang hrangah a lei leh hralh, inte phal niin khawvel ram za chuang laiin a lei danah te, a hralh danahte leh a in thei chin turte kum bithliah fel tak siamin dan zam mumal tak an nei. Khawvel ram hrang hrangah Zu in thei tur kum bithliah dan a in ang lo a, kum 16 – 25 in karte hi an phal theih hniam ber a ni tlangpui. Ram tam berah chuan kum 18 chin chunglamte hi dan anga Zu in phalsak an ni tlangpui. Mizoramah pawh Zu chi hrang hrang a awm a, hmanlai aṭanga Mizo ten kan lo in ṭhin Rak Zu, Zupui, Zu Fang etc. te a awm a. Tunlaiin Zu ṭha lo tak tak, Sleeper an bilh telna Zu te, B.E an telhna Zu te a tam hle bawk.

Mizoramah Zu khap burna dan Total Prohibition Act (MLTP Act) hman mek a ni a, hei hian inhnia na a chawk chhuak nasa in debate tawp thei lo tunah hian a kal mek a ni. Zu khap duhlo lam chuan Zu khapna dan hman mek chu sawiselin awmzia a neih loh dan leh awmze neia Zu zawrh phal mai a ṭhatzia an tlangaupui nasa hle. Zu aṭanga tax laka kan ram tan pawh a ṭhat turzia an au pui a, Sap ramahte pawh Zu inthiam an inzirtira an buai ve lo tihte an au chhuahpui nghek nghek mai a, Zu a tawk chauhva in a ṭhatna pawh an sawi uar hle bawk. Chutih lai bawk chuan a duhlo lam Kohhran chuan thil ṭha lo, kan ram hmelma lian, buaina tinreng bul a nihzia uar takin an sawi ve mek bawk. Zu hi khawvel ram dangah a in dan an lo thiam reng em? An ṭhatpui nge an chhiatpui? tih kan chhui dawn a ni.

1. Sap hovin Zu in an thiam lo:

Khawvela ram changkang ber pawl USA-ah chuan Zu hi an thil buaipui leh harsatna thlentu lian tak a tling a ni. USA- a state tin mai khuan dan khirh tak an zam vek a, Zu in thei kum pawh an bithliah vek a, chumi bawhchhiate chu a hremna pawh an tina hle a, nimahsela Zu hi an chhiatpui hle tho mai. American hovin Zu an in thiam

lo va, an chhiatpui tih a lan chianna em em chu Zu ruih leh a kaihnawih thila an in sen hnem dan aꝋang hian a ni awm e. Kum 1983-a USA a Zu leh a kaihnawih buaina atana senso chu US Dollar 15 billion a ni a, kum 1995-a Zu avanga harsatna chinfelna senso chu US Dollar 150 billion a ni der tawh. Hei mai hi a la ni lo leh ta nghal a, kum 2006 a lo thlen meuh chuan an senso a lo sang leh zual ta. Centers for Disease Control and Prevention in a tarlan dan chuan US Dollar 223.5 billion zet chu kum 2006-ah USA a Zu leh a kaihnawih harsatna chinfelna senso zat a lo ni ta daih mai. US President Obama's Job Plan tha tak mai, hna nuai tam tak siam theitu tur atana senso tur chanve vel zet a ni der mai. Hetah pawh hian Zu ina mimal leh chhungkaw nuna rilru hahna leh manganna a siam zawng zawng chu pawisaa chhut tel a la ni lo leh nghal. Mithiamten an sawi dan chuan heti taka Zu avanga sum sen a sanna chhan chu Zu nasa lutuka an in vang a ni an ti. Centers for Disease Control and Prevention in a chhuinaah chuan kum tin Zu avangin USA-ah mi 105,000 an thi thin.

USA-ah chuan Zu avanga accident avangin minute 22 dan zelah mi pakhat thi zel anga

chhut a ni bawk. California Capitol Reports in a tarlan dan pheih chuan USA-ah Zu rui chung a motor khalh avangin nitin kawngpui (National Highway) ah mi 65 an thi thin. USA-ah vek chuan tharum thawh avanga an man 60% zette chu Zu ruih laia ti an ni a, mahni intihlum 30% te chuan an intihlum hma in Zu an in bawk. Tuia tla hlum leh mei kan hlum 80% zette chu Zu ruih vang a ni bawk. Heng zawng zawngte hi ngun takin han ngaihtuah ta ila, Sap ho hian Zu hi an inthiam lo tih a langchiang hle. Mizoramah pawh khap lovin in thiam inzirtir ila tih thute hi chu sawi rik tawh loh a tha zawk mai awm e.

Mizoramah pawh Zu avanga chhungkaw buai, nupa nun keh chhe ta sawi tur tam tak an awm a ni. Chhui chianna tak tak hi Mizoramah hian Sap ram angte in awm ve ta se, Zu leh a kaihnawih thil avanga kan senso pawh a sang hle tawh ang. Kan thenawm state Manipur te, Meghalaya-ah te pawh Zu an phal rai reng chung pawhin an thalaite lah chuan Drugs an buaipui hle mai si a. India rama Zu khap lohna state-ah lah Zu chhe in avanga thi an awm reng tho mai bawk nen. Ngaihtuah chian ngai chu a awm a ni.

2. **Damdawi atan a ̄ha tak tak lo:**

Khawvel ram tam takah chuan Zu hi Sports atana a ̄ha tiin fak an phal hauh lo. Infiam mite tan Zu hi a ̄ha lo hle a, infiam mite taksaah nghawng ̄ha lo tak tak a neih ̄hin avangin infiam mite tan chuan in loh tawp a ̄ha a ni. Hah takin kan infiam a, infiam zawh chuan taksa in chawlha mutte a lo mamawh ̄hin a, chawlh hahdam chhungin tihrawl a lo insiam thar or chak leh ̄hin . Zu hian taksa Human Growth Hormone (HGH) chu tichak lovin tihrawl lo insiam thar leh lo insiam chak leh tur chu a dang ta tlat ̄hin a, a pawl thei hle a ni.

Zu chuan kawchhungah thil ̄ha lo tam tak a thlen a, Thin (Liver)-ah By-Product a siam a, chu chuan tihrawl siam thar zeltu atana thil ̄angkai Testosterone a ti chak lo thin. Zu hian taksa amah leh amah intihdam theihna (Healing Capacity) a ti chhia a, taksa tui awm a tiro va, taksa cell-a tui awm tibuaiin tihrawl siam thartu atana thil ̄angkai Adenosine tri Phosphate a siam chhuak ̄ha thei ̄hin lo va, Zu hian taksa chemical dang a ̄anga Glucose awm lak chhuah tur a dan tlat ̄hin bawk avangin a nghawng chu thahrui neih loh te, chauh hluah hluahnate a ni ̄hin.

Mi ̄henkhat chuan “India ramah pawh Sipaite hnenah Sawrkarin Zu a pe ̄hin a, chuvangin a ̄ha a ni mai a lawm” an ti fo bawk. India ramah kum tinin Zu ngawlveina leh rilru hahna avangin Sipai 500 vel ban ziah an ni ̄hin. India rama Sipai damdawiin ̄ha bera ngaih Armed Forces Medical College, Pune-a mite chuan handbook siamin Sipai officer leh Sipai tenaute tan Zu in hi a ̄ha lo tih an sawi a, chu handbook-ah chuan “Zu in hi kan recommend lo a, kan encourage lo bawk” an ti hmiah mai. India rama Sipai Doctor thiam rual pawhin Zu hi ̄ha an ti lo hle a, an duh reng reng loh thil a lo ni reng mai. Sawrkarin Sipaite Zu a pe ̄hin tih hi Zu fak nana hman chi awzawng a lo ni lo.

Mi ̄henkhatin Zu an fak ̄hinna pakhat leh chu khaw vawh laia taksa tih lum nan in a ̄ha tih hi a ni a. Hei pawh hian bellhchian a dawl lo hle. Miin Zu an in hian an taksa Zu hnathawh chawp leh chillh taka lo lang nghal chu taksa pawn lama awm thisen zam a ti lian hi a ni a, thisen zam a lo len chuan thisen kal vel pawh a lo tam nge nge a, chu chuan taksa a ti lum ngei mai a. Nimahsela a nihna takah chuan taksa lumna awm kha pawn lamah a chhuak tam tihna a ni ringawt a, a

hranpain Zu in a ti lum a ni hauh lo va, Zu khan thisen zam a ti lian ringawt a ni. Taksa lumna pawna a chhuah hnem avangin khawvawtin mi a hmer zui phei chuan nikhaw hre lovin a tluk tawp theih. Heta thil lang Chiang em em chu a hranpain Zu hian taksa a ti lum miah lo tih hi a ni. Taksa lumna pawna a chhuah hnem a, khawvawtin mi a hmer zui phei chuan nunna atana pawha thil hlauhawm a lo ni zawk reng a lo ni.

3. Pathian duh loh zawng a ni:

Bible kan chhiar chuan Zu chungchang inziahna hmun tam takah kan hmu a, hei hian Zu hi Pathian duhloh zawng a ni tih a tarlang fiah tha khawp mai. Thufingte Bung 20:1,2-ah kan hmu a, “Uain hi nuizhatbura min siamtu a ni a, Zupui hi insual bung bungna a ni; Chumi buma awmte chu an fing lo a ni” tih kan hmu. Thufingte vek Bung 23:20,21-ah kan hmu bawk a, “Uai heh mite zingah leh Sa heh mite zingah tel suh; Zu rui mite leh sa heh mite chu an lo rethei dawn si a, Nguina in puanchhia a sin tir ang” tih kan hmu leh bawk. Thufingte Bung 23: 29–35 kan chhiar chuan fiah takin kan hmu thei bawk ang. “Tute nge chungpik thin a, tute nge

lungngai thin a, tu te nge in hau thin? Tute nge thubuai nei thin a, tute nge a vang awm lo va hliam tuar thin a, tute nge mit sen rem rum thin le? Zu hmuna awm reng thinte, Zu chawhpawlh in thinte an ni”. Hei lo pawh hi Bible hmun tam takah Zu thatlohna hi hmuh tur a awm bawk a ni.

Pathian thu in a khap tlat Zu hi engyang maha in chi a ni lo tih Kristiante hian kan hriat a va tha em. Sap ramah pawh Zu hi an in thiam thlawt loh avangin kum tinin mi sing tam takin nunna an chan phah a, inenkawlna senso lah a turu hle mai bawk si. Mi tam takin Zu a tha ti-a an fakna lah chu thubelhchian dawlo leh hlauhawm deuh mai a lo ni reng mai bawk nen. Chuvangin Kristiante hi chuan Zu inthiam inzirtir a tha tih lam te, hriselna atan a tha tihte hi kan sawi kan sawi ve tur a ni lo tih i hria ang u. Nun ti tawitu, chhungkaw tlakranna thlentu, hnam hmelma lian a ni. Hrisellohna chi hrang hrang a siam hnem dante, Pathian thu Bible-a a that lohna kan hmuh hnem dan aange hian he thil tha lo tak mai hi i hnaih lo ang u. Tichuan Pathian malsawmna kan dawng dawn zu nia.

NUN DEVELOPMENT

— R. Lalzarzoliana
Ramhlun Vengchung

Nun khawvel nun dan danglam chak takah hian hringnun hian eng eng emaw a vangin chau takin kan awm thin. Achhan tam tak zinga pakhat chu *lungawina* hian kan velah leh kan nunah hmun a chan rei loh vang a ni a. Chu chuan sualna, inremlohna, indona, phatsanna a thlen thuai thin a ni. Chuvangin kan nuna lungawina reilo tak mai thin chu, lungawi reng thei tura develop a ngai a ni.

LAWMNA NUN

Hmasawn lo tura lungawina emaw hmalam pan zelna chauha lungawina emaw leh etc...he lawmna nun hian a tum a ni lo. He lungawina hian kan vela mi te leh kan tana tha ber min pek chu a thu duh, a thu tum a ni tih hi lo hre pawt ila a tha awm e. Nunah lungawina, lawmna tluantling a lo thlen chuan, chu chu hnehna, mi dangte nena remna thlentirtu, mahni ngei tan pawha lawmna a ni dawn a ni. Chu lawmna nei tur chuan i nun chuan hun harsa takah pawh lungawina, lawmna nun a zawn a ngai dawn a ni.

Khawvelah hian buaina tam tak a thleng mek a. Midangte rahbeh tumna leh mahni sahmim tih puarna lam leh indonate kan hre tam em em a. Awhna, phutletna, nawmsak thlak hlelhna, duhamna, thatchiatna, uikawmna leh lal duhnate hian khawvel hi a phuar a. Heng hian thahna a thlen tir thin a ni. Chu nun chuan lawmna tluantling a pe thei si lova. A tawp chu natna a lo ni leh thin a ni.

NGAIHTUAHLUI

Theihtawpa tan kan lak mek lain kan vela mite avangin emaw, kan hrisel lohna vangin emaw, eng emaw avangin thinrimna a lo thleng a. Mawhpah tur kan zawng a, thil tha kan ngaihtuah thei tawh lo va. Chu thil avang chuan puan chhia kan insin tir a, kan thinrim tulh tulh a, damna a thleng thei lo thin. Chutiang thil chu kan tan, kan vela mite tan thil tha a ni si lo. Chuvangin kan damtlan nan lawm mai hi a pawimawh hle a ni.

Rilru, taksa, thlarau hi inzawm tlat, then hran theih loh a ni a. Ti hian an sawi a - Kan ngaihtuaha kan sawi a, kan ngaihtuah chu a takin a lo thleng thin a ni an ti a. A dik hle a ni. Kan duh kan ngaihtuaha, kan sawia chu kan sawi tak chu tih hlawhtlin a ni thin. Chuvangin ngaituahna chu a pawimawh hle a ni tihna a ni.

Mihringte chungah hian kan duh emaw duh lo emaw natnate,

thihna te, sualna te hian ro a rel a. Chu chu eng vang nge kan tih chuan Eden bawhchiatna vang kha a ni a. He bawhchhiatna a vang hian khawvel nun kawng aţangchuan lungawina tluantling a awm thei lo va. Zahzumna, reteihna, suma harsatna, hrisel lohna, hmangaihtu neiloa inngaihna, vanduai bik intihmate leh *adt* hi khawvel chuan lawm lohna chhuanlamah a siam  thin a ni. Vullai nei, chul leh mai tur, chuai leh mai  thin hringnun hi chapona hian kan inkhung khat a. Phak tawkah a  tha berin tlawmna nun nen ropui takin kan nung thei si a. Thil lawmawm lam ai chuan lawmawm lo lam kan ngaihtuah tlat  thin. Kan ngaihtuahna a vang chuan kan na em em fo a ni. Kan rilrua kan ngaihtuah ang ang hi kan khawsak  thin dan a ni a. Thinrimna kan ngaihtuaha kan thinrim duh tlat chuan kan thinrim hle  thin a, lawmna a ni tih kan ngaituah tlat chuan kan lawm mai  thin a ni. Chuvangin lawmna hi chawm turin kan ngaituah luih tlat a ngai a. Lungawina tur kan hmu thei thlawt lo a nih pawhin kan ngaihtuah luih a ngai a ni. Lawm ngei ngei turin kan ngaihtuah lui tur a ni. Kan ngaihtuahna lam lam chuan hnehna a chang dawn a ni.

DEVELOPMENT

Khawvelah hian sualna hian hmun a chang hnem em em a. Hmangaihna te, khawngaihna te, lainatna te, tlawmngaihna te pawh

a awm thei meuh lo. Rorelna fel leh dik pawh a awm tluantling thei meuh lo. Hetiang reng reng kara leng ringtute kan ni a. Thlemna tam tak, rinna tichau rawih thei thil pawh tawn tur a tam  thin a ni. Ringtute tan hian ngaihtuahna pawh a buai rum rumnate, thu tlukna siam harsa khawpa awmnate, mahni ringtua inrinhlelhna leh Pathian pawh rin ngam loh hial nate hi a thleng ve fo thei a ni.

Ringtute tan hian chhel a va  tul tehlul em! Lungawina tur pawh awm hauh lo. Harsa tak takah do  tang  tang ngai, zawi hnawkna khawp, ka peih tawh lo, ka tlin tawh lo tia bansan hialna turte ringtu nih duh loh hialna thlemna ten ringtute hi a nuai bulh bulh thei ve reng a ni si. Mahse, chung chu ringtute tawp dantur a ni si lova. Kan Pathian chuan thih thlenga rinawma awm turin min chah a nih kha. Chu thutiamah chuan ding ngeta, kan beisei Kanan ram thleng ngei tur leh kan lawmman hlu chang ngei tura kan kal zel a ngai a, zam mai mai tur a ni lo. Kan tum ram Van Jerusalem kan thlen hmaa kan phatsan mai chuan kan chan tur chu a thim hle ang. Thlemna kan tawkemaw hun harsa kan tawng emaw, Kanan ram thleng ngei tura kan kal  auh  auh a ngai a ni. Lungawi loh avanga lawmna hlu zawk mei a mit loh nan lawmnaa kan nun kan develop  that hle a ngai a ni .

Tihian kan nun hmasawn dan tur chu han sawi fiah dawn ila. Hnawl ngai hnawla, phuhruk ngai phuruka, paih then ngai paiha siam thatna lama hmasawn tur a ni. Kan lawm zawkna tur a nih dawn phawt chuan tlawm zawka tan aful a nih pawhin tlawmna nun chu develop tur a ni. Tan lak a ngai a nih chuan chu develop ila. Tawrh a ful a nih pawhin tuar rih phawt mai ila. Kan dika kan thiam zawka nih pawhin, inremna tur a nih dawn phawt chuan, lawm tlanna tura kan in develop a ngai a ni. Kan hausaknate hi Pathian min pek a ni a, lawm mai ila. Rethaihna hmunah kan la cheng a nih pawhin lawm rih phawt mai ila. Pui theitu kan nih chuan lawm zawk ila. Puih ngaia kan la nung ve tawk tawk a nih pawhin lawm zel phawt mai ila. Kan dam ve ringawtte hi lawm ila. Kan inkhawm thei te, kan hmu thei te, kan ei thei te, kan e thei te, kan zung thei te, hna kan thawk thei te hi lawm ila. Kan thawhchhuah ei ve tu tur an lo awm te, thu tha min hrilltu kan neite, khawvela kan lopieng ve te hi lawm ila. Kan neih ang chhun chhun hi a hlu a ni tiin lawm zel phawt ila. A ful anih chuan a thar dang kan la nei leh anga emaw, thil

tha tak kan nei emaw a lo chia emaw a nih pawhin lawm phawt ila. Chhum chhah takin ni eng mawi taka hliah reng theilo angin. Tuma dan theih loh mal sawmna ala thleng ang. Hahchawlh ni kan tan a lo la thleng ngei ang tih ringin, hmalam pan zel ang u. Kan lawm chuan hote anga langah pawh a ropuiin a hlu em em thin a ni. Malsawmnaa lawmna, tawrhnaah pawh lawmna ringtuten an hlawk pui thin a nih kha. Ringtu, Kristian Thalaite tunlai khawvel thlemna sang tak karah hian lawm taka damchung ni chhiera hun hmang thei tura kan nunah lawmna chuan hmun chan zelna turin Pathian rinna kawngah hmalam i pan zel ang u. Thlemna ah pawh ringtu ni ngam, Pathian fa ka ni a, Pathian ta ka ni tia aw chhuah ngam, thinlunga ringa kaa tan tu. Tih thlenga rinawma LALPA chenna K.T.P. rilru, taksa, Thlarau nun thlamuanga kan awmna, kan rinna leh lawmna thlarau nun lungawina hi i develop reng ang u. Kan Lalpa a vang a kan tawrhna zawng zawngte hi kan lal lukhum ti chhahtu an la ni dawn si a. Lungngaiin awm suh u. LALPA chung a lawmna chu in chakna a ni si a, tiin kan Bible chuan min hrillh a ni.





HRINGLANG TLÁNG

Hei hi Brooklyn Bridge an tih mai, New York leh Long Island inkar dawhzawmtu lei (bridge) dintu engineer John Roebling-a leh a fapa Washington-a te chanchin a ni a. Brooklyn Bridge chu kum 1970 khan dawh ñan a ni a, kum 13 hnu, kum 1883-ah peih a ni.

Kum 1883 khan engineer pakhat, John Roebling-a chuan tuma la tum chhin ngai loh, New York leh Long Island inkar chu lei hmanga dawhzawm theih a nih a rin thu leh chu hna chu thawh a tum thu khawvel hriatah a puang a. A thu leh hla hretu apiangin John Roebling-a â an ti a, John Roebling-a chu mi phutkhatah an ngai a, a thil tum ngaihtuah nawn tur leh thil theih a nih lohzia hlir an hrilh luai luai mai a; mahse John Roebling-a chu rilru paukhauh zet mai leh chuti mai a beidawng chi a ni lo va, miten a theih lohzia hlir hrilh mah se miten theih loh nia an ngaih chu a theih a ni tih lantir a duh a ni. John Roebling-a mitthla chu New York leh Long Island inkar lei dawhzawm tura ruahmanna hlinin a khat a, miten a ruahman chu ðhulh leh turin ngen luai luai mah se a thil tum chu ðhulh tumna chhe tê mah a nei lo. A thinlungah a theihin a hre tlat a, chumi tihlawhtling tur chuan theihtawp a chhuah ringawt mai dawn a ni. A thil tum chu a theih a ni tiin mi tam tak hmin tumin a bei a, a beih zauh poh leh a theih an rin lohzia fahtu an tam ting a ni mai. Chuvangin, a fapa Washington-a, engineer zir zo hlawt chu a ko va, lei chu dawh theih a nihzia leh a thil ruahmanna zawng zawng chu a kilkhawr ber thlengin a hrilh a.

An pafa chuan lei dawh dan tur ruhrel an ruahman a, harsatna hrang hrang lo thleng thei leh chung thil hmachhawon dan tur pawh ngun takin an ruahman vek a, an phur dun kher mai a. Lei dawh tura ruahmanna engkim an peihfel hnu chuan anmahni pui turin mi ðhahnem tak an ruai a, an mitthlaa New York leh Long Island zawmtu lei indawh zui chu ataka chantîr turin hna an ñan ta a ni.

Eng emaw chen chu harsatna tawok lovin an hna chu tluang takin an thawk char char a; mahse vanduaithlak takin ni khat chu an tan chhiatna zakhua ni ngei tura lang an tawok ta a ni. Nikhat chu ngawrh taka hna an thawh laiin an pafa chuan an chesual dun hlauh mai a, John Roebling-a chu a hmunah a thi nghal a, a fapa Washington-a pawh na takin a inhliam a. A thluak vei lam a sawh tel avangin a ñawng thei lo va, a kal thei tawh hek lo.

Chutia an chetsual takah chuan khawngaih tak aruanging mi tam tak chuan an deusawh zui a, "An thil tum hi a âthlak kan tih kan tih reng kha," an ti zui hlawm a. John Roebing-a a thih takah pheh chuan amah chauh kha leidawn dan tur kimchang ruahmantu a nih avanging leidawh hna an thawh mek chu an pamt̄ul mai turah mi tam tak chuan an ngei nghe nghe a.

Mahse mipui mimir ngaih ang ngawt a ni hlek lo. Washington-a chuan a pa nen hna bul an tan tawh chu tlawmsan a tum lo reng reng a, a thinlungah beidawonna leh hlawhchham tumna chuan hmun a chang lo reng reng a, a pain a lo mitthla thin chu a pa hming avang tal pawhin tihhlawhtlin ngei a tum ruh rut mai a; a pa a thih takah pheh chuan amah chu mawhphurtu ber a nih avanging a thinlungah chuan leidawh puitlin duhna nasa lehzuah a nei a.

Amaherawhchu, amah ber che thei lovin damdawiinah a awm daih chu a buaithlak khawp mai. Sawi tawh angin a tawng thei lo va, a taksa a che thei hek lo. Leidawh chhunzawm zel tura a hote thupek pe turin a tawng thei lo va, beidawng tur mi tan chuan beidawonna tur chhan tha tak a tling; mahse ani chuan beidawonna thinlung a pu reng reng lo. A mutna bul tukverh atanga thlifim lo thaw lut heuh heuh thin te, thingnah chawrno hlep hlep leh van dumpawol ruiah a hmuh theih chhun chhun te chu beidawng lo tura fuihtu niin a hre tlat a, a tum a tiruh sauh sauh zawk a ni.

Tichuan a kutzungchang tihchet tumin a bei ngat ngat a, a tihchet theih hlauh chuan chumi hmang chuan a nupui a biak theih dawn niin a hria a ni. Rei fê a beih hnuin a kutzuangchal chu a tiche thei ta a; tichuan zaizirin a hote thil tih zel dan tur a nupui chu a hrilh a, a nupui chuan an hote chu a hrilh chhawng ve leh thung a. Chutiang reng reng chu a nih avanging leidawh hna chu kal chak chi rual a ni lo va; mahse chawol lova an thawh reng avanging hma erawh an sawn ve zel a.

Kum 13 a vei meuh chuan lei chu dawh zawh a ni ta rup mai a, Brooklyn Bridge chuan New York leh Long Island chu a dawh zawm ta zui mai a ni. He lei hmutu leh zawhtu apianging he lei hi tlawmna rilru leh beidawonna thinlung pu ngai loten hnehna an chang thin an ni tih an hre chhuak ziah a ni.

Harsatna kan tawh thin hi mi dangte tawh thin aiin a lian thin mai thei a, a t̄e zawk mai thei bawk. Kan harsatna chu engtiat pawh ni se, John Roebing-a leh a fapa Washington-a te pafa rilru putmang hian tumruhna leh beidawn duh lohna nen huaisen taka harsatna kan hmachhawon phawt chuan hnehtu kan ni ngei ngei thin a ni tih a tilang a ni.

Thil tumah chiang a, ruahmanna fel tak nei a, huaisen taka chumi lam pan tlatte chuan an tum ram an thleng ngei ngei thin.

■ ■ ■ RIMAWI

HLA THU LEH A THIL TIHTHEIHNA

— C. Laltlanchhunga
New Serchhip Branch

Lalpa chu fak rawh u
(Sam 150:1)



Ia hian mihring thinlungah hmun a luah thuk hle mai a, a thluk mawi tak leh thiam taka zai han ngaihthlak phei chuan kawng hrang hrangin hmasawwna emaw chona lian tham tak min siam thin a ni. Mizo zinga zaithiam Buizova pawh kha a zai tawh chuan "Sunhlu hnah pawh a til ur ur thin" an ti. Hei hian hla thuin mi a hneh theih dan a tichiang hle awm e. Hla thu hian thil a ti thei hle a, indona lian tak ati chhuak thei a, inrem lo te a inremtir thin a, mi chak lote a ti chak bawk thin.

Sawi dawn chuan a tha leh tha lo lamah pawh sawi tur a tam hle a ni. Hla thu a ni a, tum nei, tinzawn nei a ni miao a. Chulai tak chu hriatfiah a pawimawh dawn a ni. He hla thu hi lo sawi ta ila - nula leh tlangval inhmangaihna thu hla a phuah a tam hle mai a, hmangaihna ngenngawl taka indil ngawng ngawng na, 'I tel lo chuan dam ka zuam lo, fam chan mai pawh

ka nuam', te kan han ti a. Hmangaih then ta, eng emaw avanga kar thu buai ten an han ngaihthlak chuan dam vawng vawngin an inhre duh viau. Anih loh vek pawhin lungchhe takin, mittui tla zawih zawihin an ngaihthla a, phur zang ta huai in an inhre thin. Mahse a tum leh a tin zawn a thui loh avangin an harsatna a kiang tak tak chuang lo. Mitthi ngaihna lam hla hi kan nei tam hle mai a, a that pawh a tha hlawm hle mai. An hmangaih tak tak chan ta te lungngai taka indawm kun ten an ngaihthlak chuan dam vawng vawngin an in hria a ni. Famngaih hla hian nakina hlim taka in tawh lehna beiseina min pe lo, then takte ngaihna hla ngawr ngawr, Vanram thleng lo hla thu a tam hle mai. Hei phei hi chuan pawh thui tak a khawih thei a ni. Thih ve mai duhna, zu hmun a luhna, engmah pawisak neih lohna. Nula leh tlangval inhmangaihna hla nen hian thui takin pawh a khawih theih dan chu a inang hle.

Hla thu thenkhat lo thlir leh ila. Hunbi chungchang a nih chuan chu chuan thu tak Isua hnen atangin thui tak min hruai peng thin a ni. Pawl chhuak hla pawh tha tak tak a awm ngei mai. Mahse, hmasawwna aiin mahni indah Pathian mai na, ngaihndan Pathian thu mai na a hring chhuak ngei ngei thin a ni. Hei phei hi chuan in pumkhatna aiin

kohhran in ðhen darhna a hring chhuak ðhin.

Kan zai peih em em a, nuam pawh kan ti. Mahni chauh pawhin hlim takin kan zai ðhin a, awmkhawm phei chuan khuangpui leh khuangte nen kan zai mup mup ðhin a nih hi. Hmanlai aþang tawhin tui-um sawhin engdang dawn lovin hlim zai kan lo vawr ðhin a nih kha. Kan Mizo hla phuah thiam ten Kristian an nih avanga hreawm an tawrhna, mahse chutah chuan tawp mai lova Van lam thlir tlat chung leh thlarau pawlna nen hreawm kara an lo phuah chhuah hla te phei chu uangthuang tak mai a sak mai mai a har a sin. Mittui nen hreawm nasa tak pawh tawk mahila, chu hla thu chuan min hnem an phurrit a kiang ðhin. A chhan chu amah Pathian thlarau a tel tlat vang a ni. Nula tlangval inhmangaihna a buai a ni emaw, famngaia in dawm kun a ni emaw damna a keng tel tlat. Khawvelah a tawp ve tlat lo tihna a nih chu. Hla thu leh a thiltihtheihna chu a takin a lo langchhuak nghal ðhin zu nia. "Isua neih ka duh zawk, ro hlu ber aiin" tihte "Ro hlu ka nei, lawmna thuruk" tihte hian chona nasa tak min siam a. Khawvel thil duhawmna te lungawi lo reng reng a damchhung ni hman mai theihna ata min chhanchhuak ðhin a ni.

Hla thu leh a thiltihtheihna hi hla thua hian a awm vek a, chuvang chuan fimkhur a ngai hle. Hla zawng zawng hi kan sak ve emaw, kan ngaihtlak ve emaw a remchang vek lo. A thiltihtheihna a lang chhuak ngei dawn si a.

Mizo nun a bet tlat awm hi engchiah hi nge nita ang le? Sap ho tihdan entawn mai lah bo lo. Pathianin a hman em em hla thu te han bel Chiang ta ila, ri bur bur emaw ti deuh awt awt a ni hauh lo mai. Lungdam taka kan ngaihtlak leh min hnemtu ni ðhin chu hla thluk nem lam zu ni tlat a. Ruotmawii te, Bawngkawn Bial Zaipawl te eng vangin nge Pathianin a hman a, kan ngaihtlak kham theih loh, a chhan chu kan hre thei mai awm e. Zaithiam dang dang tepawh an lo chhuak zel a. Kan lung min hnem tu chu hla khawng tak a ni ngai hauh lo nia. Kohhran thlarau lama kan tui viau chuan khuang hnih hla kan sa tam a, chutih laiin khuangkhat hla pawh sak a nuam zel tho. Kohhran thlarau lam a tui loh chuan khuangkhat hla kan sa tam a, khuang hnih hla phei chu sak theih loh khawpin a lo sak tlat ðhin a ni. Mizo nun leh hla thu leh a thiltihtheihna hi lo bel Chiang ve teh. Mizo nunah hian hmun a luah thui viau a nia ♦

■■■ HRISELNA

Thin thip

Thin thip kan tih hi a thip lai dik tak chu thin ni lovin pumpui hnun a ni zawka. Pumpui leh chaw kawng inzawmnaah chiah hian a rawn thip thin a ni. Hetia pumpui hnun a nat hian mi thenkhatah chuan chil rialte siamin awm a ti nuam lo viau thei a ni.

He natna hi engtia lo awm nge?

Pumpui chhungah hian kan chaw ei lo ti zawptu tur acid a awm a. Pumpui hnun leh chaw kawng inzawmnaah hian kawngka (valve) a tul huna inhawng thin a awm a. He kawngka hi a hun lovah a lo inhawng ve palh thei a. Chaw ei kham hlimah te hian a chip tur kha a lo chip lo palh thin a. Hetianga a inhawn takah chuan pumpuia acid awm kha rawn chhuak chhovin chaw kawng, pumpui hnun hi a rawn chiah ta a, hei hian a ti thip ta thin a ni. Tin, hemi avang ni lo, kan thil ei vangte a ni ve thei tho a. Thei thur ei tam luat te, Coffee in tam luat avangte pawhin thin thip kan tih mai hi a awm ve thei a ni.

Eng anga inenkawl chi nge?

Hetianga thin thip nei zauh zauh thin tan chuan a thip veleh Antacids ei a tha a. Mahse chaw ei kham apiang chuan ei loh tur a ni. Antacid hi a thawk rang a, mahse a rei lo thung a. Damdawi chi dang H2 Blockers an tih hi a thawk muang na a, darkar 9 chhung hna a thawk thei a ni. Hetiang chi damdawi hi i ei dawn a nih chuan i chaw ei hma darkar chanve velah ei la, chaw i ei kham chuan hna a lo thawk tan tawh dawn a, na tawrh hmain min lo veng hman dawn tihna a ni.

Kar khat chhunga thin thip hi vawi hnih aia tam i tuar thin a nih chuan natna, Gastro-Eosophageal Reflux Disease (GERD) i vei tihna a ni a, Doctor inentir ngei ngei a tha. Mahnia i damdawi lo inchawh ve kha tha viau mahse, i dam hlen pui tak tak chuang lovang. Dam hlen pui si lova a na a chhuah leh thin chuan i kawchhung khan tawrh hun a la nei ang a, nikhaw reia i la buaina mai mai tur zawk a ni. Chaw kawng/Chaw dawt Cancer pawh a ti chhuak thei.

He natna GERD vei tawh tan chuan Doctor chawh ngei damdawi ei a tha a. Amaherawhchu damdawi hi ei reng a ngai ta thung a ni.

A lehlamah chuan damdawi kan eiin kan na a chhawkloh chuan zai dam theih a ni a. Doctor-in zai a recommend chuan tunlaih chuan awlsam tein laparoscope hmangin an zai thei tawh a ni. He an zai dan (procedure) hi fundoplication an ti.

Hriat tur dang a awm em?

GERD hi vei tak tak hmmain inven dan a awm a. Chu chu kan ei leh ina insum leh kan nun phung tih danglam a ni. Chocolate, purun var, hriak (mawm lutuk) leh zu lam chi reng reng hian thin thip hi a ti zual thei a. Hetiang avanga a zual chhoh telh telh chuan

GERD chu kan vei a ni mai a. I thil eia i thin ti thip zualtu chu chhinchhiah la, chung chu insum hmiah mai rawh.

Tin, chaw eikham hlim a muhil mai chi i nih chuan muzal lovin muthilh tum rawh. Hetianga i ti thei lo a nih pawhin mutzalna kha khum a ni emaw thutthleng sei a ni emaw, i lu nghahna tur lam kha inchi 4 talin tisang ang che.

Thin thip kan tih mai, Sapṭawnga *Heartburn* an tih hi i nei thin a nih chuan ngaihthah loh a ṭha hle; nakin zel a buai loh nan.

Source : Hriselna (Oct. 2008)

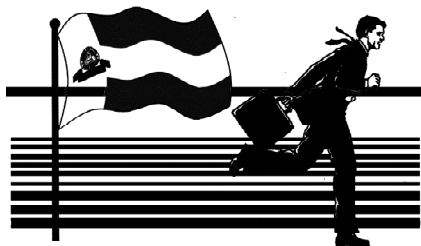


LAWMTHU SAWINA

November 18, 2013 khan DDK, Aizawl leh DD NEWS, New Delhi te ṭangkawp chuan Mizo Ṭhalaite pualin GENX Programme a buatsaih a. Doordarshan lam hotuten chawpchilh taka hemi programme-a tel tur Aizawl khawpui chhunga ṭhalai, sapṭawng thiam 80 vel lo sawm khawm tura CKṬP min ngenna chu a theih ang ang a bawhzui a ni a, mi ṭhahnemngai leh inpete zarah ṭha taka tihhlawhtlin a ni a. GenX programme hlawhtlin nana tel zawng zawngte leh a lo buaipuitu Branch/Bial hruaitute chungah Central KṬP chuan lawmthu a sawi a ni.

(UPA ZONUNMAWIA)

General Secretary
Central Kristian Thalai Pawl



KANTU

Chawngte 'L'

CHAWNGTE 'L' BRANCH

Chawngte 'L' Branch hi Nov. 7, 1986 (Pathianni) tlai dar 3:00 ah din a ni a, a dintirh hian member 15 awmin tunah hian member tihchak nan Group 2 Joshua leh Kaleba Group-ah inthenin, Kristian Thalai hi chanchinbu mi copy 21 an la m êk baw k a ni.

Kumin 2013 hian kumpuan neiin 'Pathian nena l êndun' tih thupui ah an hmang a. Pathianni tlaiah Fellowship neiin - fehchhuah, hlazir, sharing leh jawngtairual tein hun an hmang thin a, thawhtan zan inkhawm hi sermon leh kumpuan thupui zir nan an hmang thin baw k a, karkhat chhung inkhawm kim member chhiarna an nei thin baw k.

Inhlawhfak, Faith Promise, Bawm Inlêng leh Inkhawm thawhlawm te hi an sum hmuhna tlangpui a ni.

Ringlomite hmun Chawngte 'C' ah mual inkhawm te nei thinin

thusawi te leh jawngtairualna te an nei thin a, thlatin Pathianni vawikhatnaah chaw ngheia jawngtaina an nei thin baw k. Tin, thla thar Ningani zan vawihnihna hi Branch Committee hun nghet atan an hmang baw k. Kum 2013 inkhawm percentage chu 70.22% a ni a. Kumin atan hian project an nei a, chungte chu - Pulpit, Sound system leh khuangbawm te a ni.

Branch din tirh atanga wawiin thlenga harsatna te leh buaina lian lutuk taw k lova an awm avangin an lawm a. Amaherawhchu, member thenkhat eizawna avangte leh zirna avanga awm te an nih hlawm avang leh hnamdang ringlomi kara chêng an nih avangin harsatna tawh chang an nei thin a, amaherawhchu wawiin thlenga inlungual taka kawng engkima inpawhthlang taka rawng an bawlho dial dial theih avang erawh chuan an lawm hle a ni ♦

Keimahni



■ November 5, 2013 (Thawhlejni) zan khan Kulikawon Kohhran Hall-ah 55th. KṬP Gen. Conference Hla hruaitu & Praise Group te inhmuhkhawmna hmasa ber neih a ni a. Zai hruaitu leh Praise Group tura ruat mi 18 an kal kim a. CKṬP lam aṭangin Sub. Comt. member mi 6 kalin an vaiin 24 an ni. KṬP Kulikawon Branch ten lo buaipuiin eitur tuihnai tak an lo hlui a. Thil ṭul hrang hrang sawi ho leh zaiho na te neiin hlawk takin hun an hmang thei a ni.

■ November 5, 2013 (Thawhlejni) zan khan 55th. KṬP Gen. Conference Information & Publicity Committee huaihawtin Khawzawol Vengthar Kohhran Hall-ah General Conference 2014/Diamond Jubilee chungchang Talk Show buatsaih a ni a, Central KṬP Committee aṭangin Upa Dr. Samuel Vanlalhlanga (Asst. Leader) leh Pu Samuel Laldingliana (Com. member) te an tel. He talk show hi Cable TV hrang hranga la pek chhuah leh tur a ni.

■ November 9-10, 2013 khan Champhai Joint KṬP Meet chu Kahrawt Kohhran Biak Inah neih a ni a, General Secretary Upa Zonunmawian a hmanpui a, Inrinni zan aṭangin Pathianni zan thlengin hun pek a ni a, thuchah vawi 4 a sawi a, G/S hi Mission Veng Bial Zaipawol ten an ṭawiwam a ni. Champhai kal pah hian Khawzawol tlawh chhovin General Conference 2014 inbuatsaihna an kalpui mek dante a thlirpui bawk.

■ November 8-10, 2013 khan Chawngte 'L' Bial huap Leadership Training neihpuiin T.Upa Lalramdina Ralte leh Pu Lalnghinglova Hauzel te an kal a. Inrinni nilengin Leadership Training neih a ni a, mi 19 an kal thei. Pathianni chawhnu inkhawmah Pu Lalnghinglova Hauzel-in thuchah a sawi a, Pathianni zanah T.Upa Lalramdina Ralte-in a sawi bawk.

■ November 14, 2013 (Ningani) khan Asst. Secretary Tv. V.L. Muanchhana leh Mission Veng nula Vanlalhlimpui d/o Vanlalthanpuia te chu Biak Inpui, Mission Vengah a innei a. Kristian chhungkaw duhawm tak an din theih nan duhsakna kan hlan a ni.

■ November 25-30, 2013 chung khan Kolasib Ṭumpui Branch Diamond Jubilee lawm a ni a, ni 30 (Inrinni)-ah Asst. Leader, Upa Dr. Samuel Vanlalhlanga, Asst. Secretary, Pu V.L. Muanchhana, leh Dr. Lalliansanga,

Committee member-ten an hman pui a, Dr. Samuelan Jubilee thuchah sawiin Pu Muanchhanan Diamond Jubilee lungphun Pathian hnenah hlanin a hatong bawk.

■ December 10, 2013 (Tuesday) dar 6:30 pm khan Mission Veng Kohhran Hall-ah KṚP Dimond Jubilee Gospel Concert-a zai leh musician tur te inhmukhawm a ni a.

■ December 4, 2013 (Nilaini) Dar 9:00AM khan Synod Bookroom kawt, Mission Vengah Krismas Hla Bu leh KṚP General Conference Hla Bu 2014 chu tlangzarh a ni. He hun hi T.Upa Zohmangaiha, Fin.Secretary in kaihruaiin Upa Zothangzuala Chhangte, Treasurer in report a pe a, tlangzarhna leh Pathian hnena hlanna Rev.Lalrinmawia, Leader in a nei a ni.

Krismas Hla Bu hi kum 1990 khan Central KṚP-in a lo chhuah tawh a. He hla bu-ah hian hla 52 a awm a. Kum 1997 khan hla 131 awmna chhuah leh a ni a. Kum 2004 khan hla 151 awmna chhuah leh a ni bawk. Nikum 2012 KṚP Gen.Conference, Thenzawla neih khan Krismas Hla Bu chhuah leh turin a rel a. Central KṚP Committee chuan lo bawhzuiin hla 160 awmna chu peih alo ni ta a ni. kan khawrpum thei ta a. A chhutna tur sum chungchangah harsatna kan neih avangin SL&PB lamte min chhuahsak turin kan ngen a. Annin phur takin min lo chhuahsak a, Krismas Hla Bu chu peih fel a lo ni ta a ni. SL&PB leh PRESSCOM hotute chungah Central KṚP chuan lawmthu a sawi tak meuh a ni. Krismas Hla Bu hi bu khat ₹100/- man a ni.

Kum 1972 aṭang khan KṚP Gen.Confrence hla bu hi buatsaih ṭan a ni a. Kum 1993 Gen.Conference, Vairengte-a Kristian Hla Bu kan rin tih loh kha chu General Conference apiangin Hla Bu hi buatsaih ziah ṭhin a ni. Kum 2014 hi KṚP Diamond Jubili kum a nih avangin he Gen.Conference hla bu-ah hian Hla 60 (Solfa hla 50 leh Mizo Lengkhawm hla 10) dah a ni. Hla thlan chungchangah pawh Diamond Jubili rilrua hrerengin hun hmasa lama KṚP Gen. Conference-a hla lar leh lo tui pui ṭhin tazoh laworkhawm a ni a. Chutihruual chuan hla thar engemaw zat dah tel a ni bawk. Gen.Conference Hla Bu hi copy 55000 chhut a ni a, ₹30/- man a ni.

He hla bu pahniha telh tur hla rawn thawhtu zawng zawngte chungah lawmthu kan sawi a. In hla rawn thawhte kan telh vek theih loh avang erawh chuan in mi hriatthiamna kan ngen e.

SAWMNA

Lunglei Bazar Veng Branch KṚP chuan February 21–22, 2014 hian Silver Jubilee a lawm dawn a. Sawmna hran siam a nih dawn loh avangin hei hi sawmnaa ngaia Bazar Branch KṚP member lo ni tawh zawng zawngte lo tel vek turin kan sawm a che u.

Secretary

Kristian Ṭhalai Pawl, Bazar Veng Branch, Lunglei



Kantu - Chawngte 'L' Branch



December 10, 2013 zan khan Mission Veng Kohhran Hall-ah KTP Gen. Conference 55-na Khawzawla neih tura Diamond Jubilee lawmna Cencert inrinni zan inkhawm bana neih tura item nei turte leh CKTP hruaitute an in hmukhawm



KTP General Conference vawi 55-na, Khawzawla neih tur atan inbuatsaihna hrang hrang neih mek zel a ni a. November 25, 2013 khan Hla hruaitu/Praise Group te Kulikawn Kohhran Hall-ah an inhmuikhawmna a, December 13 zan khan Zarkawt Kohhran Hall-ah Hla zirna an nei bawk a. Conference Theme Song Shooting ATC-ah November 30, 2013 khan Synod Choir leh Ramhlun North Branch ten an nei bawk. Conference hlawhtling tak kan hman theih nan Pathian hnenah I dil zel ang u.





Postal Regn. no. MZR/81/2012-2014
RNI No. MIZMIZ/2009/29074



November 9-10, 2013 chhunga Champhal Joint KTP Meet, Kahrawt Kohhrana neih hmanpuia kai Pu Mawia, Mission Veng Bial Zaipawl leh Meet hruaitute



November 9, 2013 khan Chawngte 'L' Bial huap Leadership Training neih a ni a, Pu Ramdina leh Pu Nghinglova ten an hmanpuia.



November 25-30, 2013 chhung khan Kolasib Tumpui Br. Diamond Jubilee lawm a ni a, Pu Samuela, Pu Muanchhana leh Pu Liansanga ten an hmanpuia