

*Unaute u, fimkhur  
rawh u, chutilochuan  
Pathian nung chu  
bansan turin, in  
zingah tu chungah  
pawh rin lohna  
thinlung sual a lo  
awm dah ang e.  
(Hebrai 3:12)*

# KRISTIAN THALAI

JULY  
2013



Kristian Thalai Pâwl Chanchinbu Thla tin chhuak

Vol IV No. 5

- Krista tana nun
- Isua kha facebook ve ta se
- Isua leh a zuitu nihna dik
- Hringnun kalsiam
- Biak In leh puipunnaa kan inchei dan
- Mi hlata hnuh hnaih/Isua hmuh an duh
- Mobile Phone Sam



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**KRISTIAN ṬHALAI PAWL**

**Thupui**

Rawngbawl tūra chhandam

**Thupui inngahna**

Ephesi 2:10 Thil ṭha ti atán Krista Isuaah chuan siama awmin, ama kutchhuak kan ni si a, chu thil ṭha tih chu kan awmna tūr in Pathianin a buatsaih lâwk a ni.

**Thil tumte**

1. Isua Krista rinna leh amah anna kawnga ṭhalaite hruai.
2. Kohhran kut ke ni tura ṭhalaite buatsaih.
3. Kohhran hnathawh tihpuitin.
4. Krista Chanchin Ṭha puan darh.

**A CHHUNGA THU AWM**

1. Krista tana nun .....	2
2. Isua kha facebook ve ta se.....	6
3. Isua leh a zuitu nihna dik.....	9
4. Hringnun kalsiam.....	11
5. Biak In leh puipunnaa kan inchei dan .....	14
6. Mi hlate hnuh hnaih/Isua hmuh an duh.....	18
7. Mobile phone Sam.....	21
<hr/>	
<b>Editorial ... ..</b>	<b>1</b>
<b>Hringlang tlâng... ..</b>	<b>22</b>
<b>Rimâwi ... ..</b>	<b>24</b>
<b>Hrisélna ... ..</b>	<b>26</b>
<b>Hriatzauna ... ..</b>	<b>28</b>
<b>Kantu ... ..</b>	<b>30</b>
<b>Keimahni.....</b>	<b>31-32</b>



## Mi dangte tan

Mi dangte fak leh chawimawi hi a har ðin khawp mai. Mite tlin lohna kan sawi hian khawi aţangin emaw an lo hre leh a, rawngbawlhonaah rah ðha aiin inhuat zuina a thlen duh. Mi tlin lohna leh chak lohnate, an fel lohnate hai dera, an ðhatna lam chauh kan sawi sak ðhinte hian min haw ngai lo. Pathian ram zau nan kawng hrang hrangin kan bei a, pheikhai rual taka kan ðan tlan hian a ðha zawngin rah a chhuah ðhin. Rawngbawlhong zingah mite ruala kal thiam lo, rawngbawlpuite rel ching, an chak lohna lai sawi nuam ti riau kan awm hian harsatna kan tawk ðhin a ni. Ziaktu pakhat chuan **'Mi dangte i chawimawi hian i chawimawite aiin a hlawkna i tel tam fe zawk'** a ti. Lal Isuan 'Sawi sel suh u, sawisela in awm loh nan' a tih te, kan tehna ngai bawka min teh tur thu a sawi te hi a dik hle. Kan mi rel ðhinte hian kan chanchin hi sawi ve duh chiah se, an chanchin aia a leta tam a chhe zawng ðhalh sawi tur an nei ve ngei ang.

Kan khawsakhona-ah hian kan tana sawtna awm hauh lovah kan inrawlh hnem ðhin hle. Kan sawi loh tur kan sawi nasa a, kan sawi atana ðha Pathian thu lah kan sawi tlem bawk si. Mi dang chanchinah kan inrawlh nasa a, an ðhatna leh tih fuh ve lam kan sawi peih lo va, an tihsual palh leh chet chhiatna lam sawi nuam kan ti fo. Hei hi Pathian mite nun dan tur a ni thei lo. Insawisel, inrel, mi chanchin a chhe zawnga sawi kan chin chhung chuan Pathian ram kan nunah a thleng tak tak lo tihna a ni.

Kan nuna Pathian ram a thlen theihna turin mi dangte chawimawi thiam ila, a ðul chuan fak hreh lo ila, Pathian thuin **in ðawngka chhuak chu, chia al, khawngaihna tel ni fo rawh se** a tih angin mi dangte tana malsawmna kan nih theih nan ðan i la ang u.

**'A phute tan ðhatna ui suh, I kuta tih theihna a awm phawt si chuan'** Thufingte 3:27.

— Lalmuanpuia

[www.mizoramynod.org](http://www.mizoramynod.org)

# KRISTA TANA NUN (Phillipi 1:21)

— Upa D.P.Biakkhûma, Synod Office

**M**izo Bible-with Pictures and thumb index edition: Keia tân zawng nun hi Krista a ni si a, thih pawh hlâwkna a ni.

Mizo Bible-C.L.Re-edited: Kei zawng Krista tâna nung ka ni a, thi mah ila ka tân a hlâwk zâwk ang.

**1. Thuhmahruai :** Kan thupui chu Krista tâna nun tih hi ni se. Kan thupui hi kan Bible hman laiah chuan kan hmuh ang hian, “Keia tân zawng nun hi Krista a ni a, thih pawh hlâwkna a ni.” tia dah a ni. Kan Bible hman laia lehlîn dân hi Bible Version hrang hrang-*King James Version, New King James Version, New International Version, New American Standard Bible, English Standard Version, Revised Standard Version, New American Standard Version, English Standard Version, New Revised Standard Version leh Revised Standard Version-Second Edition (2nd Edn)*-te pawhin an dah dân a ni a. Bible lehlinna ða tâwka ngaih theih a ni ang a, amaherawhchu hriatthiam mai a harsat deuh avângin hrilhfhah deuh a ngai ðhîn a ni.

Bible lehlîn thar- Mizo Bible-C.L.Re-edited-ah erawh hi chuan kan ingnghahna thupui ang hian “Kei zawng Krista tâna nung ka ni a, thi mah ila ka tân a hlâwk zâwk

ang” tia dah a ni thung. Bible lehlîn thara dah dân hi kan ingnghahna thupui dah dân nêh hian a inang/inzûl bawk a, a Chiang tâwk hlên a lang. Bible lehlîn ðenkhat chuan hetiang deuh hian an dah thung-  
*\*New Living Translation= Ka tân chuan nun hi Krista tân a ni a, thih chu a ða zâwk a ni.*

*\*New Living Translation-Second Edition (-2nd Edition)= Ka tân chuan nun awmzia (nunin a tum) chu Krista tân tih hi a ni a, thih chu a la ða cheu zâwk a ni.*

*\*Amplified Version: Ka tân chuan nun hi Krista - keimaha a nun hi a ni a, thih chu hlâwkna- chatuan ropuina neihna a ni.*

*\*The Living Bible: Ka tân chuan nun hi Krista tâna thiltih/hnathawhna tûra remchanna a ni a, thih erawhchu a ða fê zâwk a ni.*

*\*The New Jerusalem Bible: Keimalamah chuan nun hi Krista a ni a, thih erawh chu hlâwkna ða/duhawm a ni ang.*

*\*Phillips Modern English: Ka tân chuan nunin a tum ber chu Krista a ni ringawt mai a, ka thi a nih pawhin Amahah hlâwkna tam zâwk ka nei ngei dâwn a ni.*

**2. Krista tâna nun awmzia :** Mizorama ringtu tam takte hi chuan Nun Krista (Krista tâna nun) awmzia hi kan hre fuh lo niin

a lang. Hriatna lamah chuan kan hre fuh a, sawi lamah pawh kan sawi dik thîn a nih pawhin kan nung fuh thiam lo va, kan nung fuh thei thîn lo va, kan nung fuh peih thîn lo chu a nih hi. Mi tam takte chu Pathiannah te, Pathian Biak Inah te, Kristiante intawhkhâwmnaah te, huho nunah te, Thlarau Thianghlim hnathawh pâr tlanna lamah Krista tân kan nung thîn a. Kan ni tin nunah, kan hnathawhnaah, malthatna hmunah, hun leh tha, sum leh pai sênga Krista tâna rawngbâwl tak takna tûrah erawh chuan Krista tân kan nung thei leh thîn si lo. Chuvângin Krista tâna nun awmzia hi a thu (theory) lama hre fuh ringawt lova a taka nunpui kan zir a, chumi ang chuan kan nun chhuah a pawimawh tak zet a ni.

Eng nge “Krista tâna nun” awmzia chu ni tâ angle? Nun Krista kan tih thîn pawh hian a tum chu Krista tâna nun tih hi a ni ber. Keimahnin kan hrilhfiah thiam lo va, kan sawi thiam lo a nih pawhin Tirhkoh Paula Classroom-ah lûta, a zirfîrna ngaihlain, a sawifiahna i han ngaihlthla teh ang u.

**2.1 Lal Isua Krista nêna nun inñawm :** Krista tâna nun awmzia kan sawi hmasak ber tûr chu Lal Isua Krista nêna nun inñawm tih hi a ni ang. Galatia 2:20 kan en chuan Pathian thu, “Krista hnênah khenbehin ka awm ta; nimahsela, ka nung a ni; keimah erawhchu ka ni tawh lo, Krista chu keimahah

a nung zâwk a ni; tin, tûna ka nung hi rinnaa nung ka ni- Pathian fapa, mi hmangaiha ka aia inpetu rinnaah chuan,” tih hi kan hmu a. He Pathian thu aţang hi chuan Krista tâna nun awmzia chu Krista hnênah Kraws-a khenbeha awm, amah maia nung tawh lo, Krista amaha a nun tawh zâwkna leh Krista chu ringa nung tawh zâwka chu Krista tâna nung a ni a. Tawi tea kan sawi dâwn chuan Krista nêna nun inñawm hi Krista tâna nun awmzia chu a ni tiin kan sawi thei ang chu.

**2.2 Taksa hlan :** Rom 12:1&2 -ah hian Krista tâna nun awmzia kawng khatin kan hmu a, chu chu- “Chutichuan unaute u, Pathian khawngaihna avâng hian, inthawina nung leh thianghlim leh Pathian lawmtlâk ni tûrin in taksa chu inhlannah ka ngên a che u; chu chu in rawngbâwlna âwm rêng a ni.” tih hi a ni. Taksa inhlân hi Krista tâna nun dân kawng khat chu a ni. Taksa inhlân loh chuan Lal Isua rawng a bâwl theih lo va, Krista tân a nun theih loh. Miin Isua Krista tân a taksa a hlan miau chuan Krista tân a nung tihna a ni a. A pawimawh a ni tih hriain Tirhkoh Paula pawh hian Rom khuua mite hi a fuih niin a lang. Keini pawh hi Krista tâna nung tûr chuan kan taksa kan hlan a tûl a. Krista tâna nung tûra taksa hlan chuan inpêkna a keng tlat a, inpêkna tel lovin Krista tân a nun theih loh. Chuvângin eng lai pawhin, eng hunah pawh kan

taksa hi Krista tâ a ni reng tûr a ni a, englai pawhin kan taksa hi Krista tân kan hlân reng tûr a ni.

**2.3 Krista tâna nun leh thih:** Rom 8:36 kan chhiar chuan Pathian thu, “Nangmah avângin nilêngin thahin kan awm thîn, berâm talh tûrte anga ngaih kan ni,” tih thu kan hmu a. He thu hi Tirhkoh Paula hian Sam 44:22 aṅanga a lâk chhuah a ni a. He thu hian Pathian avângin mahni tân leh khawvêl tân a nung thei tawh lo va, chutiang lam atân chuan mitthi ang mai, Lal Isua avânga englai pawha khawvêl nun vuiliama berâm talh tûr anga thi mai thei reng a ni tihna a ni ang. Ringtu zawng zawngte hi Pastor emaw Missionary-te anga hun puma rawngbâwl hna thawk vek thei kan ni lo va, Kristian Pâwl eng mah hian min rawihna tûr sum (pawisa) a nei zo lo hrim hrim a ni. Eng hna thawk pawh ni ila, kan nun Krista tân kan hlan a, inthawina atâna berâm an talh tûr, thi mai thei reng dinhmuna ding ang leh Lal Isua kan tân a thi anga a tâna thih ve thung inhuama kan nun a tûl a ni. Tirhkoh Paula vêkin, “Eng in ti nge ni, in ṭah in ṭaha, ka lung in tihchhiat? Lalpa Isua hming avâng chuan Jerusalem khuua phuar chang ka huam lo va, thih pawh ka huam asin,” (TT 21:13) a ti rep mai a nih khâ! Tirhkoh Paula ṭawngkam aṅang hian Krista tâna nun chu Krista tâna thih leh dam thu a ni tih a Chiang mai âwm e.

**2.4 Nun pum pui hlan:** Rom 14:8 ah chuan, “Kan nun chuan Lalpa tân kan nung a, kan thih pawhin Lalpa tân kan thi a ni si; chuvângin kan nun pawhin kan thih pawhin Lalpa tâ kan ni,” tih thu hi kan hmu bawk a. He Pathian thu hi chuan ringtu nun pum pui hi Pathian tâ, Lal Isua Krista tâ a nih thu a sawi a. Kan nung emaw kan thi emaw Lal Isua tân a nih zêl thu a sawi a ni. Kan mi mal nun theuh kan ena kan bih chian chuan mahni tân kan nung ber a, Krista avânga khawvêl thihsan chu kan harsat hlê thîn a nih hi. Hei tak hi Lal Isua Krista zuitu (Kristian) kan an lohna lai tak a ni fo thîn. Tawi fel taka kan sawi dâwn chuan Krista tâna nun awmzia chu nun pum pui hlan tih hi a ni ang.

**2.5 Ni tin khawvêl thihsan:** Pathian thu dang 1 Korinth 15:31-ah chuan Tirhkoh Paula’n, “Unaute u, Krista Isua kan Lalpaa ka chhuanna che u chu chhâlin, ‘ni tin ka thi thîn ka ti a ni,’ a tih thu kan hmu a. He thu pawh hi Krista tâna nun awmzia sawifiah nân chuan a ṭha tâwk hlêin a rinawm. He thu hi hun pum pui Lal Isua tâna hman thu sawina a ni a. Lal Isua avângin ni tinin khawvêl lam a thihsan zêl a, a nun chhan leh a dam chhan Lal Isua tân ni tinin a nung tihna a ni. Chu lo liama Krista tâna nun a awm thei dâwn em ni le.

**2.6 Mahni tâna nun tawh loh:** 2 Korinth 5:15 ah chuan Tirhkoh

Paula vêkin, “A nungte chu anmahni tân an nun tawh loh va, an thih aia thia tholeha tân chuan an nun tawh zâwkna tûrin a ni, mi zawng zawng thih aiin a thih ni,” a tih thu kan hmu leh bawka. He Pathian thu (Bible) châng hi a mawi kher mai! A tâna Lal Isua Krista thihna leh thawhleha mûin a hriat chian a, a hmuh chian tak tak chuan amah a inngaihtuah chang tawh lo va, amah a inhre chang tawh lova, amah lam a inngai pawimawh thei tawh lo va, a thih aia thia tholeha tân a nung lo thei tawh thîn lo. Chu thurûk hre Chiangtu chuan Lal Isua Krista chu a dam chhan, a nun chhan a lo ni tawh zâwk a. Lal Isua Krista chu a nun pum pui luahtu a lo ni ta thîn a ni. A nun laipui luahtu atâna Lal Isua Krista hmangtu, a nun pum pui Lal Isua Krista tâna hlântu leh mahni tân pawha nung thei tawh lo va Krista tâna nung tihna a ni.

**3. Tlângkawmna :** Mizoram ringtute nun kan en chuan a tha lam leh a chhe lam hmuh tûr a awm ve ve a. A tha lam ringawt thlîr chuan lâwmna tûr hlîr niin a hmuh theih a. Amaherawhchu, a tha lam ringawt kan thlîr a, a chhe lam kan thlîr tel loh chuan mahni mi mal nun ngei pawh hi a inhmuh theih theih a ni. Mahni kan inhmuh dân ang leh tha nia kan inhriat ang hi mi dangte min thlîr dân a ni lo fo tih hi hriat ngam a tûl a ni. A chhe lam zâwng ringawta thil thlîrtu nih pawh hi

a tha lo chauh ni lovin a hlauhawm a, rinna kawnga kal sual a awlsam thîn a ni. A chhe lam zâwng ringawta thil thlîrtu chuan a chhe lam chauh a hmuh thîn avângin thil tha a hmu thei lo va, hlimna leh lâwmna a nei tlêm thîn a, Lalpa chungah pawh lâwm nachâng a hre lo deuh nge nge thîn niin a lang. Kan ram leh hnam, Kohhran hote leh ringtu mi mal nun pawh hi Krista tâna kan nun tam deuh deuh a pawimawh a. Chu chu ram leh hnam, khawtlâng, Kohhran, chhûngkua leh ringtu mi mal nun kalsiam inher dikna tûr chu a ni ang. Lal Isua Krista tâna nung lova mahni tân chauhva kan nuna, kan hring nun hmakhua chauh ngaia khawvêlah hian kan tlân a nih ngat chuan kan ram hi a dam rei lovang a, kan hnam a dam rei lovang tih Isaia 60:20-ah kan hmu a ni. Kan ram leh hnam a boral vek si chuan Politician nih a sâwt lovang a, Lal nih a sâwt bawkw lovang a, ram hmangaihtu nihin awmzia a nei phâk tawh lovang a, hausakna pawhin min chhandam chuang lovang a, Chanchin Tha kan kawl mêk hi a rah chhuah tûr hnam hnênah a pêk a, kan khâwnvâr dahna hi a sawn miau si chuan rawng-bâwltu nih pawhin awm zia a nei tawh lo vang. Chuvângin Isua Krista tân a tam thei ang berin i nung ang u.

Lalpan a thu malsâwm rawh se, Amen♦

# Isua kha facebook ve ta se

— Vanlalvanga Ralte,  
Aizawl Venglai Branch

**K**hawvel changkang zelin engtin tin emaw hian min len kual a, thingtlang leh khawpui lamina kan boruak hip pawh a inang pet pet ta deuh vek mai. Vawiina khawpuia an chin hi thingtlangah kan ching chawpchilh ve nghal mai zel a. Internet te pawh kan nau sawt khawp a, mobile handset hmangin kan kutin kan chawilaw law a, kan ak vel ta mai a nih hi. Kan tunlai sawt teh a nia.

## Facebook lamtluang

Enga mah hmian facebook han ti ve phawt mai ila, tunlaina chu a ni ve pakhat mai. Tunlaina zik tluak a nih leh nih loh erawh thu hran ni se.

Fb hi sawifiah hranpa a ngai lo. Like pawh sawifiah a ngai lo. Sawifiah kan tum hian mi nuh kan ti za, a fiah sa kan tifiyah lo mai mai zawk a ni. Thalai zawng zawng hi kan fb ta ni mai hian a lang a, theih pawh hi kan thei ang reng ngawt a nia. Internet kama zung kai, KTP a inhmang hman lo, fb lama hring reng si. Duhsaktute thurawn pawisa lo, status update thulh chuang si lo an tam tial tial' tia an sawi te hi dik tak maw!

Tha leh tha lo, dik leh dik lo pawh kan thliar thiam tawh mang lohna khawvelah hian fb sawi hnawngtu han nih pawh chu a inthlahrunawm rum rum mai ka ti! Mahse..ka'n ti thalh teh ang.. 'ka fb na lamah sermon thar ka dawng' ti chu kan van si hi maw le.

## Kan la ti dawn chauh

Tunlai ka tum luatah tunlai thil sawisel ta chiam ka ang ta hle mai. Ka tunlai lutuk vang vek a ni! Thalaite hi kan la fb dawn chauh niin a lang. A hmang yangkai te chuan an hmang yangkai em em tih hi sawi thu a cheng lo. Tunlai thil te hi kan kuta awm a nih chung chuan a hmangtu a zir hi a ni khawp. Fb thin theuh theuh hi kan hawi lam a inan loh nasat em hi. Fb hi do a sawisel chiam chiam tur a ni love, a tha zawnga hmanna tam tak a awm. Thu tha tak tak rawn post thintute hi in hlu ngawt mai. Ui miah lo a thiamna rawn hlan chhawngtute hi in hlu zual. Lehkhabu chhiarna hun nei mang lo hi fb lamah chuan kan hman em em mai a. Sawisel mah ila a sawt teh chiam lo. Kan la ti dawn chauh.

## Like top...

Fb-a like hi chi hrang hrang a awm. Like satliah, like pangngai, like tak tak, like miah chuang lo a like, post-tu zah vang a like mai mai, an rawn post hrim hrim vanga like. I like tam tak hi i lo like tak tak miah lo tih pawh i inhriat reng kha! Kan like



duhzawng hi kan thlak thei ang em? Peng ta lawk ila.. KTP nula fel tak takte hian tlangval engang hi nge in like? I like tak tak loh zawk hi thianten an like avangin i like a ni mai lo maw? I thiante pawh chuan an like tak tak zawk kha nangmah zah vang chein an thup mai mai a ni lo maw? Tunlai satliah, fb thei satliah, Korean ang satliah, inla satliah te hi like loin tlangval tunlai tak tak, kristian tak tak, hnathawk peih tak tak, mahni inchawm zawh tum tak tak te hi han like top mai ula chu aw...kan ram, kan hnam leh kan sakhua hi a kang zawt zawt ang maw le.

### **Ka tlangau dawn e**

Status thlak hi nuam deuh a nih rualin, mi zawng zawng hriatah kan nihna kan pho lang a, fimkhur a ngai khawp. Thenkhat hi chuan kan ngaih dan leh duh dan te hi huai tak takin kan sawiin kan ziak a. Mi hmaa kan sawi duh hauh loh turte hi fb lamah chuan thiang tain kan ngai a, tawngkam pawh kan duhtui teh chiam lo. Mi zawng zawng hriata kan duh lem loh kan ngaihzawng chungchang thu te, thuruk anga lang mi mal thil ngawih ngawih te, mi dang chungchanga kan rilru puthmang hrisel lutuk lo te, chanchinbua chhuah tura kan duh miah loh thlalak te leh a dang tam tak te hi fb ah kan han post ta mai thin a nia. Kan tlangau tih kan inhre der si lo.

### **Tunlai mi-Isua**

A hnung kan zui mek kan Lal Isua hi a tunlai khawp. He khawvela a rawn kal lai khan a hun laia mite hriatthiam turin thu a sawi a, tehkhin thu pawh an mil tawk leh an hriatthiam zawng tak hlirin a ni a sawi ni. Isua kha kan hun lai hian rawn kal ta se a fb ve hian ka ring khawp. A fb loh vek pawhin entirna atan tal chuan a hmangin ka ring. Lo fb ve ta se.. a hming engtin tak dah ang maw? A thlalak engtin nge a dah ang? A friend list-ah eng zat nge awm ang? I tel ve ang em? A status engtin nge ni ang? A thil tih zawng zawng han advertise ve mai sela chu a status a danglam thei ngawt ta ve ang.

### **What's on your mind?**

A nihna ang ang inziak se, Isua wall-a in ziak tur nia ka rin thenkhatte – ‘Thianghlim ber ni mah ila thianghlim lo ber bula awm te, anmahni chhandam te, tihdam te hi ka hobby’ . ‘Ka dawhkan bul pana dam duh ngawih ngawih hnenah, “Fate chhang laksak a, uite hnena paih chu, a mawi lo ve”, ka tih khum laiin ka puan hmawr chauh dek a bibo leh daih si ka zawng!’ Keimahah leilung a her laiin Leilungah min zalh’. ‘Vantirhkoh a singa sing ko thla thei kha Rom sipai lu bawk mai mai te ben leh chil chhakin ka awm’ ‘Ka thin tha berin min phatsan, ka rilru a va na em’. ‘Lazara thi tawih tawh kaihtawh harsat lo khan mahni

intihdam ka thei thlawt lo'. 'Iskariota tak hi chu aw...ka van lainat tak em'. 'Engkimtitheia hian ka chhandam duh che'. 'Thiante u, ka hmangaih vek che u, in tan hmun siamin ka kal dawn'.

### **Ka depression a..**

Tunlai mi tih takah tunlai mi chu kan han tunlai em em khawp a. Nat te pawh hian Mizo ṭawnga nat aiin sap ṭawnga nat te hi kan ching a. Kan like zel baw k a. Depression neih te hi changkanna emaw ti mai mai ṭhalai te pawh zu awm a! Depression miah lo te pawh hi kan Depression chawp vel a! Kan buaina te hi a tam sawt khawp a. Mal ngawih ngawiha inhriat chang te, mi dang reng reng mamawh lova inhriat chang te, mi dang mamawh hlea inhriat chang te, buai em em chang te, buai miah loh chang te, 'ni si ni si lo te, ni lo si ni si' te hi a va tam em aw! Heng zawng zawng hi 'Thlan ata tho leh a, a hmelma hnehtu' khan a lo paltlang vek tawh. A thil tih sual leh a ṭawng sual lai chang reng renga pressure an pek nasat zia te, mi

khermei tak tak a tawn te, a zirtirte ho mize inang lo lutuk kawi khawm tura a ngaihtuahna hah ve zia tur te hi kan ngaihtuah ngai em? Hrehawm tinreng tuar mahse Getsemani huanah khan 'depression ka nei' tia iak iak lo in, 'I thu ni se' tih a ni a post daih! Pa mak danglam tak zawng a ni phawt mai.

### **I like dawn em?**

Chu mi danglam chuan a wall ah 'Van ropuina thlahlel hlei thei lo in, Lei hrehawm i tan ka tuar, ka hneh ta thlan thim chu' 'I sual kai dum tam mahse, ka thisen avangin vur angin i var leh ang' 'Ka fa, lo kal rawh i sual zawng nen' 'Ka ta i ni, ka hmangaih che, min hmangaih ve chuan ka thu zawm rawh' min ti. Chhum zinna piah ramah 'Salem kulh chhunga Van kawngkhar' min hawsak a, 'kan phu loh lalthuṭhleng' min chantir thu a post asin. I like dawn em? Like ta la eng angin nge i like ang? I like satliah ang nge i like tak tak ang? Comment ta la engtin nge i comment ang? A thu post hi i fol-low dawn em?



### **COUNSELLING MAMAWHTE TAN**

*Mi mal, nupa, fanau, chhungkua, nulat tlangoal, ringtu nun etc.-ah harsatna i neih chuan Family Guidance & Counselling Centre pan ṭhin la, an lo ṭanpui ang che. Telephone leh internet hmang pawhin biak rawn theih an ni.*

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# ISUA LEH A ZUITU NIHNA DIK

— Laldinpuia Tlau,  
Kanan

**L**al Isua nihna chungchangah hian pawm dan inpersan tak tak a awm. Zirtirna dik lo kohhranin a lo hmachhawna a hnawl tawhte pawh a awm nual, chungte chu :-

1. Isua Krista mihrinna chauh pawmtu (Ebionism) – Kristian ni lote chuan Isua hi zirtirtu ropui leh thiltihtheihna chungchuang bik nei a nih an pawm a, Pathian mihringa chang a nih hi an pawm thei lo.
2. Pathianna chauh pawm (Docetism) – Mi thenkhat ve thung chuan Pathian a nihna chauh an pawm a, Pathian chu thi thei lo a nih si avangin Isua thihna hi an rinhlel phah a. Nostik-ho chuan kraws-a thi kha Isua ni loin Simona, Kurini khaw mi kha niin an ngai.
3. Isua Krista hi Pathian aia hniam, mihring aia ropui/chungnung zawk si tia zirtirna (Arianism) a awm bawh.

4. Mi thenkhat chuan thu laila takin Isua hi zaa sawmnga Pathian, zaa sawmnga mihring a ni tiin a zirtir bawh.

Kohhran zidingte erawh chuan Isua an pawm dan chu hetiang hian an puang chhuak a. “Chu chatuan fapa chu mihring takah a lo chang a, Pathian tak leh mihring tak ni zel chungchuan mi pakhat a ni kumkhua ta a ni” tiin. Chu chu Pu Rokunga chuan “Amah chu mihring leh Pathian a ni” tiin a lo puah chhuak bawh.

Lal Isua Pathian tak a nih thu hi KṚP member-te hian kan pawm tha viauin a hriat. Lal Isua mihring tak a nih thu hi kawng tam taka sawi tur a awm. Mihring fapa a nih thu lo chhuahna hi Daniala 7:13-ah khan chiang takin kan hmu a, amah ngeiin mihring a nih thu a sawi bawh. Presbyterian theologian pachal Louis Berkhof chuan “Mihring a nih loh chuan kan aiawh a ni thei lo ang, kan tan a tuarin a thi thei lo ang” tiin a lo sawi bawh. (A summary of Christian doctrine p. 87)

Isua hi mihring famkim kan tih mek lai hian mi pakhat, khawvela lo piang ve mai hi a ni si lo. Leia mihring pakhat, rawngbawltu ropui tak lo ni ta a ni lo a, Pathian, a thil siam zinga lo awm a ni. Bible pawhin ‘mihringte anga lo piangin’ (Philipi 2:7) tiin min hrilh. Louis Berkhof-a ngaih dan phei chuan “Krista hi mihring

pakhat hi a ni lo, mihring nihphung hi a nei zawk” (Christ has a human nature, but He is not a human person).

Khawvela mi ropui chu chawimawi leh ngaihsan tur a ni a; mahse, Pathian anga biak tur a ni lo. Mahse, Isua erawh chu Pathian mihringa chang a nih avangin Pathian anga biak tur a ni. Khawvelah hian lal tam tak an lo piang tawh a; mahse, Lal Krista ang hi an la piang ngai lo. Isua anga tihdam theihna nei pawh an awm tawh, thil mak tam tak ti pawh an awm tawh, mahse Pathian an ni ve lo.

Rawngbawltu tam tak chu Lal Isua ang maia thusawi thiam, mi tihdam theihna nei, zirtir thiam, mi dangte hip thei an ni. Chung thlarau thilpek chu Isua ropui nan hman tur a ni a, mahse tlukchhiat phah nan an hmang fo a, thenkhat phei chu pathianah hialte an inchhal thin.

Hei hi tirhkoh Paula chuan a man fuh hle mai. Lustra khuua pian tirh ata kebai reng, amah kaltlanga an lo dam khan “Pathiante chu mihring angin kan hnenah an lo chhuk ta a nih hi” an ti a, amah biak an tum khan Barnaba leh Paula chuan an puan an pawt thler a, nasa taka an hrilhfiyah hnuin anmahni biak nana ran an talh tur chu an khap zo ta hram hram a nih kha. Paula hian Meliti thliarkarah pawh

“Pathian a nih hi” tih a hlawh tawh bawk.

Tichuan, han khaihawm dawn ila, Isua hi chatuan mi a ni a, a thil siam zingah a lo kal a, a pian aţanga a thih thleng khan mihring kawng chhukchho zawng zawng hi a zawh fai vek a, mipa tel loa piang a ni tih chauh lo chu danglam bikna pakhat mah a awm lo. Chu chu hlain “Mihring awmzia renga hria” tiin a lo phuah chhuak nghe nghe a ni.

Pathian meuh ni si, mihring nun a rawn channaah hian thihna rapthlak ber thlengin min phatsan lo a, a nun zawng zawng a hlan ral a ni. Thlan thibaiawm thlengin mihring nun hi min chanpui a. Heng Isua chanchin zawng zawng hi a taka chhinchhiah vek a ni.

Chu Isua chuan kan tana a nun pum a hlan angin a tana nun pum hlan ve turin min sawm a, kan tan thih thlenga a rinawm angin a tana thih thlenga rinawm turin min duh a, a lei taksa chu keimahni avangin thlana zalh a phal a, keini pawh kan lei taksa hi a tana phum bo phal ve turin min ngen a, thihna hneha a tho angin Krista leh Kohhran tana tho ve leh turin min sawm a ni. Isua min duh anga kan nun chuan Isua zuitu dik kan lo ni ang a, chutah chuan miten ei tur an hmu ang a, hmana hmuhsit Isua chu chawimawiin a awm dawn a ni ♦

## HRINGNUN KALSIAM

— Joel Lalbiakkima,  
Saitual Chhimveng Br.

**N**un khaw nawmna leh hming ropuinate hi chu thawhrimna piahah chauh a awm a, mahse chumi vang chuan kan rimin kan hrehawm reng dawn tihna a ni hauh lo. A chhan chu malsawmna hi tuarna phenah chauh ni lovin tuarna chhungah, tuar mek lai pawhin a awm ve tho a ni. Hei erawh chhinchhiah ila - hahdamna leh hahchawlhna tak tak chu thawhrimna piahah chauh. Fak hla siamtu khan engtin nge a tih kha...?

*"Aw thawhrim leh buaina piahah, chaute tan in nuam tak a awm.."*

Thil hlawhtling nghal mah suh se, bei la, bei nawn rawh. A mihring puite hmakhua ngai a, zan khaw thimah pawh eng nuam tak hnuai a kan awm theih nana mi a ni ngam, Thomas Alva Edison-a khan electric bulb siam chhuah tuma a beih lai khan vawi sangkhat teh meuh mai a hlawhchham nia maw le. Mahse keinin a hlawhchhamna-a kan ngaih kha ani tan chuan zirlai tha tak an ni hlauh thung a, "Electric bulb chhunga phum atan khang

hmanrua (filament) sangkhat te kha a hman theih loh tih ka hmu chhuak e" a ti a nih chu. Chhiar la, han chhiar nawn leh thin teh. Tirhkoh Paulan "Kei zawng eng ang pawhin awm mah ila lungawi zel ka ching tawh si a" a tihna nun kha a jawmpui pha tlat. Eng vangin nge i beidawn bik tehlul ang? Edison-a khan ni khatah darkar 24 a nei a, nang pawhin chuti zat tho chu i nei, naktuk nghak lovin thawk tan nghal rawh. I hun awl ni lovin i hun hmang tha ang che. Hun awl hman that ai chuan hun hman that hian kori a tu zawk.

Vanneihna hi a pawnga takin tawng buak tum lo la, inbuatsaihna tha leh hun remchang infawk khawmin vanneihna hi a hring chhuak thin tih hi pawm la, pawm satliah mai lovin sahuai thing wawn tlat ang che (luck happens when preparation meets opportunity). Mi vanneite vanneihna hi thawhrimna leh tawrhchhelna hmanga hlauh chhuah a ni chawk. Rimawi thiam hmingthang Beethoven-a hnenah khan nu pakhatin heti hian a sawi a, "Aw..i van vannei bik tak em! Nangmah anga rimawi tum thiam ni tur hian Pathianin talent min pe ve sela aw...!" Beethoven-a chu a beng a that loh avangin chu nu thusawi chu bek chhawn meuhin a lo ngaihthla a, zawi muanga rawn hawi chhuakin

heti hian a chhang a, "Pathian malsawmna chu a ni teh meuh mai. Mahse chumi bakah chuan ni tin darkar riat, kum sawmli chhung piano tum ve la, i thiam ve mai ang". Ka unau, ni tin darkar riat, kum sawmli chhung..! Miin vannei tura a kum tel teh meuh an beih mek lai hian hnung lama sa barh an sawi anga awlsam taka chan mai tum lo la, nangmah ngeiin bianga thlan tui luang chungin thawk chhuak ve ang che.

Mi fate vanneihna thlira i hun i hmang liam thin a nih chuan chu saltanna khur a tang chuan rang takin rawn zuang chhuak la, khawvel hian i tan eng vanneihna nge a ken ve tih hai chhuak turin ke pen tan nghal ang che. Hnung lam hawi lo la, phaizawlah reng reng ding hek suh, tlang lamah sawn tlan rawh. 'A tha lam kawng a chho a, a chhe lam kawng a phe' tih hi changvawnah nei la, mel sangkhat zinkawng in tanna chu ke vawi khat pen a ni tih hre reng baw ang che. Hma lamah vawi khat zel pen la, a bak a ngai lo. Thlen sawt tum luat vangin tlan chiam chiam kher duh suh, i inchhuih bah palh hlauh dah ang e. Lungte pakhat lek pawh hi a chang chuan a hnawk viau thei a nia, fimkhur ang che.

Hringnuna hlawhtlinna hi neih leh khawl tamah ni lovin sem chhuah tam lamah a

innghat tih hi awi har viau mahse pawm tum la, i pawm thei mai lo a nih pawhin i chal dawm la, han ngaihtuah vang vang teh. Mother Teresa khan Kolkata khaw dai fema fahrah enkawl hna a tan lai khan cheng nga chauh a nei. A neih tlem tehlul nen, a neih zawng zawng chu chulaia naupang ho tan chuan a hmang a ni; a rawngbawl na zawng zawng kan sawi seng lo vang. A neihin a tlin ngang si lova, amah pawhin kut a dawh pah hial; sawiseltu leh diriamtu pawh a tawng hnem narawh e. Mahse hmangaihna dik tak a tanga chhuak a thilphalna chu khawvelin a hmuh hmah lo. Amah hriat reng nan leh a rawngbawl na chhunzawm zel turin Missionaries of Charity a ding a, khawvelin chawimawina a pek theih sang ber Nobel Peace Prize thlengin a dawng ta hial a ni. Mother Teresa aia Hausa leh neinung tamzia leh a thlen chin thleng an tlem si zia hi ngaihtuah la, harh mawlh teh khai.

Khawvelah hian saruak maiin i lo piang chhuak a, saruak bawkin thuah riat hnuaiah i kirleh dawn. Eng mah i luhpui lo va, eng mah i chhuahpui dawn hek lo. Zaninah hian i hringnun kawng zawh lai kha tihtawpin awm ta se, i deh chhuah sum leh paite

kha eng atan nge ni ta ang? I neih a tlem emaw, a tam emaw, i dam lai kawla a liam hma ngei hian kawng khat talin mi dangte tan malsawmna nih tum ve ang che. Luang chhuak nun nei loten hlimna leh lawmna tak tak an nei thei ngai lo. Pek hi pun lehzualna a ni a, neih tawka liam kawmpui chu tlakranna a ni. Pe rawh u, tichuan pekin in awm ang tih zia k a nih kha.

Mi ropui nih tum lo la, thil ropui tih tum thung ang che. Thil ropui i ti thei kher lo a nih pawhin thil t̄angkai tal. Sum leh paiah rinawm la, i ta lo tur chu la lo ngam rawh. Sal tang azawngah sum sala tangte hi mi vanduai berte an ni hial awm asin maw le, a chhan chu chhuah leh a harsa tlat. Chhuah a hnekin an tang thuk tial tial emaw tih tur a ni. Hmanah Lal Solomonan "Tangka sum ngainatu chuan tangka sumah duh taw k a hmu lo vang" a tih kha chatuan daih thu nung a ni reng dawn. Chhuak thei tawh lo tura sal tang i han ni ringawt tur chu ka ngai ngam lo a ni, tang lo hram ang che.

Mihring khawsak lungkham luat vangin i hun zawng zawng hmang ral suh. Chawl hahdam det la, i chhehvela Siamtu kutchhuak ropui tak takte kha han thlir vel teh. Thing hring, pangpar leh hlobet hring dup mai te kha.

Sawta phengphehlep thlawk delh delh te saw i hmu ve em? Hla siamtuin 'phengphe nunnem...thlir chang thinlai tihlimtu' a lo tih kha a dikzia ka hre thar leh t̄hin. Chu, kan thlang lawka naupang infiam hlim rite chu lungawina tur a van tling tehlul em!

Solomona t̄awngkam ka hawh leh lawk dawn. Heng zawng zawng khaikhawmna hi ngaithla teh ang - Pathian t̄ih la, A thupekte vawng rawh. Leilung leh a chhunga thil awm zawng zawngte siamtu leh enkawltu, awm lo ata awma min din chhuak a, A chatuan ro luahpui tura van khua leh tui nihna min petu Engkimtithia khi engtik lai mahin theihnghilh ngai suh ang che. Khawvel sualna tuifawnin a chim buai mek lai che pawhin A lam hawi tlat la. Chatuan lungpui Krista ke bulah i t̄anhmun siam rem ve la, chu dinhmuna i din tik apiangah 'ka chak loh apiangin a ni ka chak t̄hin ni' i ti thei ang a, 'ka aiawh Lal hmaah a ding, ka hming Akutah a chuang e' tih hi i tan a fiah zual t̄hin ang. A tawpna atan Abraham Lincoln- a thusawi hi ngaithla leh lawk teh ang - "Pathian hi ka lamah a t̄ang em tih ka ngaihtuah lo, keimah zawk hi Pathian lamah ka t̄ang em tih ka ngaihtuah t̄hin". Pathian chu kan lamah a tang reng si a ♦

## BIAK IN LEH PUIPUNNAA KAN INCHEI DÂN

— VLC Vanlalhriatrenga  
Kumtluang Rûn

**T**ûn ÷umah hian thupui pawimawh tak, 'Biak In leh puipunnaa kan inchei dân' tih sawina hun ÷ha tak kan nei thei tur hi a lâwmawm ngawt mai. Incheina hian mihring nunah awmze thûk tak a nei a, ÷awng lova rilru chhungril sawi chhuahna te pawh a tih theih hial âwm e. A hmutu mi dang nunah awmzia a nei mai bâkah a putu nunah ngei pawh awmzia a nei thûk hle a. Chhungril nun fiah taka tilangtu, sawi ngai hauh lova nungchang pholangtu a ni. Chutiang taka incheina a pawimawh avang chuan tûn ÷uma 'Biak In leh puipunnaa kan inchei dân' chungchang han sawi pawh hi thil phurawm tak a ni. Mizote chu a tlângpuiin Kristian kan nih deuh vek hlawm avangin Pathian Biak In kan tin zâwn hmasa turah ngai phawt ila, a ÷ul leh hmun dang chu kan kalpah thuak thuak bawk turah ngai ila a ÷ha âwm e.

**Mipa incheina lam luhchilh hmasa teh ang.**

1. **Kekawr** : Mipa puitling chuan Biak Inah smart pants kan tih mai ÷hin inbel a mawi ber a. Colour danglam leh langsar vût a mawi lo tih hriat a ÷ha. Kekawr tlâng zuih lutuk inbel hmuh tur kan tam ÷hin hian mit a tikham deuh. Tin, kekawr iptea puar leh lutuka thil àh luah mai te, nei ber emaw inti ni âwm taka kekawr hma lama bike leh car chahbi han khài kher te hi changkanna ni lovin zahthlâkah ngaih tur a ni. Tûnlai mi ÷henkhat zîngah Biak Ina jeans ha lût kan awm leh tlat ÷hin hi a mawi lo takzet a ni. Khawlaia kan incheina nen chuan zah leh ÷ih tak chung a kan biak Pathian Biak Ina kan incheina chu kan thliar hrang thiam hrâm hrâm tur a van ni êm! 'Vahmim akâra mawng ÷awih lehngal' tih ang deuhin, jeans-ah pawh khûp pawp hâk luh tlat chûng rawlthar zîngah kan awm bawk. Thil mawi lo vàwrtâwp a ni tih hriat a ÷ha khawp mai; Pathian zah lohna a tling hial zu nia! Inla Korean ta tlat, zuih ÷et ÷awt lutuka inthuum mipa, Biak In leh a chhehvela khawsa hmuh hi mit tikham thei thil lian tham zet a ni bawk.

2. **Kawr** : Mipa chuan kamis pangngai hâk mai hi Biak In nen a inmwâi a ni. T-Shirt ha duh kan awm a nih pawhin ÷ial biai buai lo, kamis nghâwng ang chi-a



inthlep awm ngei ni thei sela a zahawm bik. Thil inziak râng buai awmna T-Shirt hâk hian inkhawmhote rilru a lâk pèn theih bâkah a mawi lo tih hriat tel a ða khawp mai. Wrestler sek pui pui thlalak chuanna leh nula saruak kêng kûng emaw inziahna phei chu hâk loh tawp a finthlâkngâi e. Chanvo neia mipui hmaa ding chhuak tur nih phei chuan kamis bilh thlapa din chhuah a mawi. Sephung thla tliak ðhen ang maia kamis tâng insèi hleih zùng mai nena kal zuar zuar hi a mawi lo takzet a ni.

3. **Pheikhawk** : Mipa chuan Biak Inah smart shoe pangngai tak bun mai a tâwk khawp mai. Mi ðhenkhat sneeker nena inkhawm chûng te, chapal naran mai mai nena inkhawm chûngte kan awm hian mit a tikham. Smart shoe-ahraurawpawh mibâka lawk luau te, zum uchuak tak te chu pumpelhrâm hrâm a ða hle.

4. **Sam ve thung** : Mipa hmêlh mang tizahawma tizahawm lo theitu, incheina langsar leh pawimawh tak chu sam cheibawl dân hi a ni. Mizote pawh tûnlaina hian min ei nasa ta êm a, kan mawi tih zâwng pawh a danglam zêl a, sam khuih pial zân mai pawh Pastor emaw, Kohhran upate emaw, rawngbawltute chauh tih tur emaw kan ti ta niin a lang. Mi tam

zâwk chuan sam kan han tiphersi vêl a, chhim leh hmâr a kâwk nuaih a, sakuh tlanchhia emaw tih mai tur kan tam ta. Mâwina aiin màwlina lam a hawi tih hriat a hun ta e.

### Hmeichhe lam tân

1. **Puan** : Biak Ina hmeichhe puitlingin puan an bih hian a mawi khawp mai a. Chin chhunzawm zêl atan a duhawm. Chutih rual chuan thilpek khawn tura chhuak hmeichhe zîngah mal no lang zuai zuai khawpa pen kâk kan awm ðhin a, thil mawi lo tak, inthlahdahzia tilangtu a ni. Mahni taksa a hun taka khuhbo nachang hria hian an zahawmna an tarlang nasa fo tih hriat a ða mang e. Phui ða taka puan bih thiam hmeichhia i entawn ang u hmiang. Nun zahawm siamtu a ni si a. Tin, hmeichhia, pawnfên fêng ðhin tân - pawnfên chhîng lutuk fên loh a ða hle. Thutthlenga han ðhuta khup khuh thei tal ni se a hahtam bik a, mi dang tân pawh a zahawm bik ðhin.

2. **Kawr** : Biak Inah leh puipunnaah rêng rêng, hnute hmùr lang ðhuah ðhuah thei leh mipa rilru la pêng thei khawpa kawrhnuai thlâ lang kulh thei te inbel loh hrâm hrâm a ða khawp mai. Chutiang hmeichhia chu an zuamawm a, nuihzatbur leh hmuhsitawm an ni fo.

3. **Pheikhawk** : Eng thilah pawh a âwm tâwk hriat hi a tha vek mai a. Pheikhawk bun pawhin ngaihngam leh inringtâwk taka kan kal theihna tur bun a fuh hle. Biak Inah boot lawk pui pui bun ÷up mai te, pheikhawk colourful lutuk han bun te hi a mawi ber lo tih hriat a tha hle.

4. **Sam** : Hmeichhe sam dum hi a zahawm a, Mizo hmeichhe tân chuan mawipui a awlsam ber mai. Mizo hmeichhe zingah mipa lu meh ang muata inmêt kawlh ve hmuh tur awm hian mit a tikham; Mizo hmeichhia, a bikin puitling tawhte chuan an mawipui ngût si lo. Sam colour te hi Biak In chhungah hmuh tur zu awm tawha maw le!

5. **Make-up** : Tan thar hlim ang maia hmui hnawih sen hlur mai te, a huh palh ang a, a râng ruai ang tih hlauhawm khawpa paw lutuka powder inhnawih te, kut tin hnawih dum ÷hut te, rim chhuak thei chi, neih zawng zawng rawn inhnawih ta emaw tih tur khawpa rim chi hran hran nam huam huam mai te hian luak a pawt zâwk daih ÷hin. Chu chang a ni hlei nê, hmeichhe ÷henkhat chuan mithmul kan han pawt kâwng luar a, kan ziak dum leh lawi si a, hmun hla deuh aţanga en phei chuan khawilaiah nge a mitmu ber a awm tih hriat

hran pawh a harsa fo nia! Rin lohna hmun aţanga rawn khap chhuak fawk fawk hmuh tur an awm leh tlat ÷hin. Kan rawngbawlpui nula pakhat phei chuan a mit sîrah a kî ni âwm tak zu siam a maw le! Inhmuh châng pawhin ka nuh tut tut ÷hin a; ka hmuhsit vângah a ngai a nih pawhin a hlawhchhuahah ngaiin inthiam lohna ka nei hauh lo vang.

6. **Tlereuh** : Biak Ina rangkachak zungbun leh ÷hî han awrh chhuaih mai hi hmuh a hahthlâk ngawt mai baw. Tlâwm taka Pathian biakna hmun tur ni âwm tak fashion stage emaw ti tlat kan tam ta niin a lang. Dinhmun harsa zâwkte pawh tlângnêl leh ngaihngam taka an inkhawm ve theih hi a hlu êm êm a. Chutih laia silhfen pangngai bâk, tlereuh chi hrang hrang kan han inbel khum mai ÷hin hi chuan mi chhumchhiate hruai khawm lovin a hnawt ÷iau zâwk ang tih zu rinawm a maw le!

Mipa lam hi chu kan ziaawm tlângpui viau a; taksa ziak râng biai buai ÷hin mi pawh mi pangngai zân lo an ni ÷hin tih hriain kan en dân a danglam mai ÷hin a. Pui punna hmuna kekawr laklawh tak tak inbel a, mahni hâk tâwk loh pui t-shirt, chaite behlawi hnah hnûk ang maia hà hluai, lukhum khum pai deuh chhâ, ran ã nih avanga bo hlauva

chhinchhiahna atana an awrh tir ui thi ni awm tak tak awrh nulh nulh hmuh tur an awm leh zauh thin erawh chuan mit a ti kham duh fu. Mahse chutianga maksak taka inchei ching erawh mi nun zikfluak tak an awm lo fo nia!

A bikin hmeichhe lam hian kekawr leh kawr, mahni hâk tâwk aia tê inbel kan ching a. Mipui zingah kan han thu a, inthiam lovin a fân tâwp thleng thlengin kan pawt kan pawt leh si a, a zia lo hle. Awmphung pangngai taka kan awm theihna tur thawmhnaw thlan thiam leh chutiang inbel nachang hriat hi chaw chhum thiam tluk thuaka zir ngai a ni tel. Puipunna hmuna kekawr bul tâwi tê nena rawn teihawi phian si hmeichhe zingah hmuh tur an tam ta ngei mai. Hetiang mite hian pawngsual pawh hi kan cho chhuah a ni mai long maw? tih mai a awl. Mahni pindan rila mut nâna hâk chileh puipunna hmuna hâk tur thliar hran thiam a va pawimawh êm! Zahawmna leh zuamawmna, mawina leh mawlna, thinna leh hlimna, vanneihna leh vanduaina, ngaihsanawmna leh hmuhsitawmna kawnga awmze nei tak a ni si a.

Kan sawi ta feuh mai. Keima thu a ni a; mi dang sawi tur a awm lo, tia mahni duh dan dana inchei mai mai, vântlâng mit tikham tâwk vêla lehkha zir

sâng, mi dang aia lan mawi tuma lang mawl ta hlauh zâwk te, zahawmna emaw tia dangdai taka inchei-zuamawm ta hlauh te hmuh tur kan awm ta zêl a; a lungchhiatthlâk hle. Zâwi zawiin kan nun zahawmna a luang ral hiau hiau a ni si a.

Mi puitling apiangin thil engkimah a awm tâwk an hria a, mahni chauh inngaihtuah lovin mi dang thlir dân tur ngaihtuah tel nachang an hre thin. American pa ropui pakhat Brian Tracy, nunkawnga hmasawmna lam chhuibngtu chuan, "Dress for success. Image is very important. People judge you by the way you look on the outside," a lo ti hial.

Eng pawh ni se keimahni mawi tih zâwng leh inbel nuam tih zâwng ngawr ngawr aiin a mawi leh mawi loh ngaihtuah fo ila. Mi dang rilru la pêng thei, mi dang mit tikham thei a nih leh nih loh te pawh chhût chian fo a tha hle. Engkimah a mawi tâwk a awm tih hre reng ila, maksak tak leh uchuak taka inchei hi kan rilru chhungril maksakzia leh uchuakzia pholangtu a ni fo tih hria ila a tha ngawt mai.

Nun zahawm neihna kawnga pawimawh tak Biak In leh puipunna hmuna kan incheina kawngah puitlin deuh deuh i tum ang u♦

(Courtesy All India Radio - Telecast on 25/9/2012)

# MI HLA TE HNUH HAIH/ISUA HMUH AN DUH

— C. Lalmalsawma,  
Chhiahtlang Kawn Veng

*...Galili rama Bethsaida khuua mi Philipa hnenah chuan an lo kal a, a hnenah, "Ka pu, Isua hmuh kan duh e," an ti a.....Tu pawhin ka rawng a bawol chuan mi zui rawh se; ka awmnaah ka rawngbawltu pawh a awm ang; tu pawhin ka rawng a bawol chuan ani chu Pain a chawimawi ang. Johana 12:20-26*

**R**ohhran leh ringtute hian kan tum ber chu thlarau bo chhan chhuah a ni. Mi hlate kohhrana hnuh hnaiha Isua hmuhtir kan tum thin; a beih pawh kan bei nasain sum leh pai leh tha leh zung pawh kan seng hnem ta viau mai. Mahse enga ti nge a va sawt thei lo em. A chang pheichuan kan beidawng lek lek thin a nih hi. KTP te pawhin kan chaw ei ai te hial thawh khawmin kan tawngtaipui bawc thin. Mahse kan tawngtaina a thlawn ta emaw tih mai turin kan inkhawm ban rualin a sawt lohzia hmuh tur a awm nghal, eng vang nge ni ta ang le?

**An mamawh kan pe lo a ni thei ang em?**

Piang thar tawh leh rawngbawltute hian Biak Ina lawi thin leh lawi ngai lote hnenah hian kan pek tur ni lo hi pek kan tum leh thin a ni mai lo maw? 'An sual vang hrim hrim a lawm' kan tih te hian kan nunah hmuh tur an nei ang em le? Kan nun an zir a, an chhiar lai hian kan nun hian pek loh tur zawk a pe thin em? Kan titi atanga hlawkna leh an thlarau damna, an rilru natna chhawktu damdawi an zawn lai hian an damna an hmu ang em le.

Member hlate hnuh hnaih nan Sports kan buatsaih thin; a tha viau mai, mahse a va sawt mawc thin em. Sports chu sual em ni? Ni lo ve, 'infiamna' tihna mai a ni. Infiammi ringtu tha an tam mai. Mahse member hlate hnuh hnaih nana sports kan tih hian rawngbawltute zawk hian kan hlimna leh lawmna kan hmangaih zawk vang maia rawt kan ni zawk thin em? Tihian ka ngaihtuah thin - Kan infiam hian member-te chu kan inpawh phah khawp ngei mai. Mahse kan inpawhna hian rinna lama sawt tlanna min pe em aw, ka ti thin. "Kan hruaitu... chu mi, kha mi... chu a lo uang reuh, a lo ho reuh hle mai..." tih bak sawi tur a vang thin a ni. Sports atang hian an mamawh

ber Isua hi hmuhtir a har thin. Kan mize tha lo lai leh kan fiamthu ho mai mai hi kan hmuh tir lek zawk lo maw? Rev. Vanlalzuata chuan, "Mizo thalaite hian an nun siam that nan sports stadium an mamawh lo, Isua chauh a ni an mamawh," a tih kha a dik hlein ka hria.

### **Engtin nge an mamawh kan pek tak ang le?**

1. **Danglamna (change) kan siam ang** : Kohhrana rawngbawl hna hrang hrang thawktute leh active member te, inkhawm thin ten kan khawlai nun leh kan titi duh zawng hi inkhawm ngai lote nun leh titi nen hian a danglam tur a ni dawn lawm ni. Thuhritlu pawhin a thusawi sawi zawm ai chuan football chanchin emaw sawi kan peih ta zawk tlat mai. Kan inkhawm avang leh ruihhlo laka kan fihlim avang ringawt hian kan nunah Isua hmel an hmu thei si lo. Fianriala Pathian kan be lai an rawn hmu ve tawh si lo, rawngbawl tura chhandam kan ni bawk si. Engtin nge ni zel ang?

2. **Hlawk tumin inkhawm ila** : Pathian be tura inkhawm ni si hian thupuangtuin puan tur tam tak awm siin puan rei a hlau ta. Thuhritlu lahin sawi tur tam tak nei chungin sawi rei a hlau a, hla hritlu leh hla hruaitu lah in hla

lak nawn an hreh bawk. Eng ber nge kan inkhawm chhan ni ta ang le? Mipuite lah chu inkhawm rei chuan kan phun mur mur a, kan bulah kan tawngtaisakte an tel ve reng bawk si. Kan inkhawm boruak chu kawi khat kan pelh rualin kan theihnghilh nghal a, thusawi leh fakna hla sak te pawh kan theihnghilh nghal a, kan sawi tur hriat chhun lah a nuihzatthlak lai mai mai a ni ta. Chung zawng zawng chu member hlaten an hmuh hmaih bik si lo, an tan inkhawm chakna chhan tur a vang thin em a ni. Inkhawm nawm thu leh thusawi thatzia te hi sawi tamin titi nan hmang ta zawk ila' Sports leh therhlo hmanga hruai tum ai chuan inkhawm an chak phah zawk lawng maw.

Zan lamah TV thlirin inkhel kan en emaw idol leh adt. kan en chuan a hnuah kan sawi zui thin a, sawi tur pawh a tam thei hle mai. Kohhranho inkhawm chuan thusawi thatzia leh hlawkna kan neihte sawi zui tur kan neih loh avangin inkhawm ngai lote tan chuan inkhawm thinte leh ringtute titi leh thusawi min tawmpui ve tur chuan inkhawm lova TV emaw an lo thlir hian inkhawm ban rualin min titipui nghal thei a, a ngaihven hmasaah kan la tang zui a. An tan chuan inkhawm

han chakna chhan tur a awm ta lo a ni. “Pathian thu sawi sawi hi eng mah an lo ni lo, nunah lantir zawk tur” kan tih avangin sawi lova lantir kan han tum ve a...kan hmangaih leh duhsakna pawh thu leh ṭawngṭainain kan lantir leh ngam meuh lo chu a nih hi. Petera ten, “keini zawng kan thil hmuh leh hriatte hi sawi lovin kan awm thei lo,” an tih ang hian Thlarauvah awm ila, miten min awt mai dawn a lo ni.

Rawngbawl hna kan thawhnaah hian keimahni zel hi ral ngam ila, mahni lawmna mai zawng lovin mahni kan insawi mualpho a ngaih pawhin mi dang tan thlarau lam hmasawanna a ni thei tih hria ila. Thuhritlu pawhin ama ralna aṭangin thu hril sela, mipuite pawhin thusawi leh hla sak aṭangin mahni inhmu ngam ila. Hlawk tum ranin Pathian Biak Inah inkhawm ila. Kan inkhawm bang leh khawlaia kan sawi ṭhin leh titi reng reng hi Lal Isua Chanchin Ṭha (Pathian Thu) ni se, mi dang bula kan awm pawhin ringtu

kan nihna hi kan sawi duh zawngah lantir hram hram ila. “Pathian thu sawi sawi hi eng mah an ni lo, nunah lantir zawk tur” kan tih avangin fiamthu ho mai mai kan sawi a, sawi lova lantir kan tum a; sawi lova lantir ai chuan sawi ngeia lantir a awl zawk si. Thu ho mai mai kan sawi avangin an bulah ṭawngṭai a ngaih pawhin kan hreh a, Pathian Thu hril phei chu kan ngam loh phah a.

Mi hlate hnuk hnai tur chuan danglam ngam ila, hlawkna neih tumin inkhawm ila, kan thusawi duh zawng hi Pathian Thu ni se, kan nunah Lal Isuan lalna leh thuneihna chang se, chutiang anga kan awma, kan nun phawt chuan an mamawh leh hmuh an duh Lal Isua hi kan nunah, hmelah leh thusawi (titi duh zawng)-ah an hmu ngei ang. Tam tak chu sawm ngai lovin kan thawm riva avang zawkin Biak In an thleng ngei ang. “Eng pawh ni sela, in awm dan chu Krista Chanchin Ṭha nen inmawi phawt rawh se.” (Philippi 1:27)

Lalpan malsawm rawh se ♦



■ *Kan mihring-mihrinnaah hian mi dang chung a ngilneihna kan lantir ṭhin bakah heng thil pathum hi nunah belhin han nunpui ta ṭheuh ila, kan nunhona khawvel hi a nuam leh zual sawt ngei ang:*

- *Inhriat thiam tawwna ṭhinlung pu ṭheuh ila.*
- *Ṭhinlung taka inngaihsakin, inhmangaih tawn ṭheuh ila*
- *Beiseina neiin, mi dang rilruah chu chi chu tuh ṭheuh ila*

— Jess Llamson

## MOBILE PHONE SAM (A ṭha lam)

Mobile phone hi ka ṭhian a ni a,  
 Kan inkawp tlat ṭhin.  
 Khawi hmun aṭang pawhin biak theih ka ni a,  
 A ṭangkai em em a ni.  
 Hna pawimawh tam tak ka thawh phahin,  
 Hmasawna tam tak mi neihtir ṭhin.  
 Buaina leh harsatna tam tak mi pumpelhtir ṭhin a,  
 Manganna leh harsatna ka tawh changin;  
 Ṭanpuitu tam tak mi pe ṭhin.  
 Ka mamawh hun apiangin ka hmang ṭangkai thei a,  
 Ka hmelma hlauhawm lakah ka tan himna leh thlamuanna a ni.  
 Hriatzauna ṭha tak mi pe a, malsawmna tam tak mi vur ṭhin.  
 Matheilovin, thil ṭha leh duhawm tinrengin,  
 Ka dam chhung zawngin mi zui zel ang a,  
 Tichuan khawvelah hian hlim takin ka awm zel ang.

## MOBILE PHONE SAM (A ṭha lo lam)

Mobile phone hi ka ṭhian a ni a,  
 Kan awm dun reng ṭhin.  
 Khawi hmunah pawh kan kal dun zel ṭhin a,  
 Kan inṭhen thei mawlh lo.  
 A rukin engkim kan sawi dun ṭhin a,  
 Chhungte hriat lohvin mite kan be ṭhin a;  
 SMS pawh kan duh hun hunah kan thawn ṭhin.  
 Ani chuan kawng hlauhawmah mi hruai ṭhin a,  
 Sual kawng thim takah mi hruai lut ṭhin a;  
 Thlemna kawngah te mi hruai lut ṭhin.  
 A talhtum leh a tiangin mi hruai bo ṭhin a,  
 Ka chhungte leh mi dangte mithmuhah,  
 Mualphona ka tawk ang tih hlauhawm tak a ni!  
 Ka lu a tihai luk a,  
 Zahthlak takin mi awmtir ṭhin.  
 Matheilovin, buaina leh chhiatnain,  
 Ka dam chhung zawngin mi zui zel ang a;  
 Tichuan zahna kawnah ka awm reng ang.

- V.L. Zaithanga



## HRINGLANG TLÁNG

*Korea ramah chuan chawhma lam ni tawh mah se an boruak tawngin a zir loh em avangin kawthlerte chu a reh ruai a, mihring vak vel pawh an awm pheuh pheuh chauh a ni. Kawthler kil khatah chuan in pakhat, a chhuat leh bang thingphela sak, a chung erawh chu rangva hi a awm ve a. Chu in chu indona avanga nu leh pa nei lo, fahrah dahna hmun a ni.*

*Chumi zing reh ruai chu thawklehkhatah hmelma bomb thlak puak ri ring zet maiin a rawn luanlan a, hmelma bomb thlak siper chuan fahrah chenna hmun chu a rawn deng a, an in chu a sawp nghal nulh a. In chhunga thir them leng avangin fahrah naupang eng emaw zat chuan hliam an tuar phah nghe nghe a. Hmeichhe naupang pakhat phe chu thir thlawk vel chuan a khup hnuai chiahah hian a chhawok hmarok mai a, chhanchhuah hna thawktuten an va hmuh phe chu chuan a lo thidang titih tawh nghe nghe a. Rang takin an la chhuak a, an hnaih ber damdawi in, MASH an tiha thawktute ko turin mi an rawn tîr a.*

*Chu thil thleng kan hriat veleh kar lovah doctor leh nurse kan thleng thuai a, naupang hliam tuarte chu kan bawih sawm nghal zung zung a. Hmeichhe naupang pakhat, hliam tuar ka hmuh rual rual chuan a mamawh hmasak ber chu thisen tam tawk a ni tih ka hria.*

*Fahrah naupang dang zingah chu hmeichhe naupang thisen milpui nei ho chu ka'n en chhuak zung zung a, chung mite hming chu nurse zinga Korea tawng ziak thiam leh chhiar thiamte chu entirin, an tawngin thil awmzia kan hrilhfiatîr nghal zung zung bawk a.*

*Fahrah naupangho chu hlauthawng mitmeng pu dâk chungin an rawn pungkawm tak tak a, Nurse-hovin thil awmzia an hrilhfiat hnu chuan, "In thiannu tan thisen pe phal in awm em?" tiin an zawt hlawm a, naupangho chuan engtin mah chhang lovin an lu an thing ringawt hlawm a, a beidawnthlak duh khawp mai a.*

*"Tu emaw tal chuan in thisen in pe thei hram lo maw? Thisen a dawn loh chuan in thiannu hi a thi ngei ngei dawn a ni," ka han ti leh chiam a; mahse a hma ang bawkin reh leh vang vang mai. Nakinah chuan tlar hnung lama ding mipa naupang pakhat hian a ban a rawn phar ta hlauh mai a; ka thaw huai a.*

*Nurse-ho chuan mipa naupang thisen chu la turin an buatsaih nghal a. Khumah an muttîr a, hriau an buatsaih nghal bawk a. A bana hriau an vih loh dawn laia mipa naupang hmela ngaihtat lohna a hmuh chuan,*



"Hlauthawng reng reng suh, a na lo vang," tiin ka lo hnem mawlh mawlh a. Hriau a vih luh lai chuan mipa naupang chu a ÷ap ta a.

Kei chuan, "A na em ni?" tiin ka zawt thuai a, ani chu a ÷ap nasa sauh va. Mipa naupang chu ka thiam ang tawkin ka hnem leh pawhin a sawt chuang lo. Thisen an lak zawh chuan mipa naupang chu hahdam takin an awmtir a; mahse a la inhru ta faih faih reng tho va.

Thisen an pek hnu chuan hmeichhe naupang chu a ziaawm chawpchill nghal a. Kei chuan Korea ÷awng thiam nurse pakhat chu ka ko va, mipa naupang ÷hutna bulah chuan ka hruai a. Mipa naupang chu, "A na em?" tiin ka han zawhtir a, nurse chuan Korea ÷awngin a lo let zel a.

"Aih, na lo,"

"Chuti, engati nge i ÷ah si?"

"Thih ka hlau alawm,"

Ka hrethiam ta lo. Makti zet hian, "Engati nge thih chu i hlauh?" ka ti leh a.

Mipa naupang mitah chuan mittui a rawn hnâm a, a biangah a mittui chu luang thla zawih zawih a. "Ka thisen kha in la vek dawn emaw ka ti a 'lawm!'" tiin min chhang a.

Kei chuan sawi tur reng ka hre lo. "Engati nge chuti khawpa thih hlau chuan i thisen i pek phal si?" ka'n ti leh a.

Mipa naupang chuan ÷ah aw ÷iau hian, "Ka ÷hian a ni a, ka hmangaih tlat si alawm," tiin min chhang ta a. — Dr. Harold J. Morrison



## SAWMNA

August 3-4, 2013 hian Synod Revival Committee buatsaihin Zoram pum huap Pavalai Meet - 2013 chu Bethlehem Presbyterian Kohhran Biak In, Aizawl-ah nghah a ni dawn a. Mizoram puma Pavalai Pawl member zawng zawngte chu lo kal vek turin kan sawm a che u.

A thlengtu Kohhrante lo inbuatsaih thiam theih nan Kohhran tin aþanga lo kal thei tur zat (a vel tal pawh) July ni 15, 2013 aia tlai lovah a hnuaia phone no. tarlanah hian inhriattir theih ni se a lawmawm ngawt ang.

### Phone nos.

Pu S.N. Thanga, Chairman	-	9436141016/9612800302
Pu R.K. Lianzuala, Vice Chairman	-	9612177332
Pu C. Lalringliana, Secretary	-	9436197567
Tv. Micky Lalnunluanga, Asst. Secretary	-	8974054476

Sd/- S.N. Thanga, Chairman                      Sd/- C. Lalringliana, Secretary  
Information Sub-Committee, Pavalai Meet - 2013

■■■ RIMAWI

## HE HLA HI

— Upa Lalhriata, Jubili,  
Mission Vengthlang

**H**e hla hi i sa thiam kher lo  
a nih pawhin han chhiar  
ve hrim hrim teh le:

*In ka nei e, chenna tur,  
Zan khawhara siang lawina,  
Ni tinin ei tur chaw min pe,  
silhfente nen;  
Min hmangaiha Lalpa, chhungkaw  
ṭha min pe a,  
Lalpa ka lawm malsawm hlu  
vangin.*

Ka hriat dan hi a sual loh chuan he hla hi Mizo tlangval pakhatin English-a a phuah a ni a. Chu tlangval chu a thi ta hlauh mai a. A thih hnuah a note bu aṭangin a chhungten an hmu chhuak a. Mizo ṭawngin an lehlintir a; a thlúk pawh an siamtir nghal niin an sawi. A thluk pawh mawi tak a ni. A nu leh pa, a chhungte chu a ṭah nawntir ngei ang le.

### In ka nei:

He tlangval hian chenna tur leh zan thim hnuai a thlamuang taka hahchawlhna tur IN a nei chu a tan a hlutzia a hre Chiang hle mai.

Ni tinin....: Chawlhna tur IN nei chu a tawk mai lo. A inhnangfák nan leh a nunna atan ni tin chaw a mamawh a. A saruak khuh mawi nan leh intuam lum nan silhfen a mamawh bawk. Chûng zawng zawng petu Lalpa chungah chuan lawm nachang a hre hle bawk a nih hi.

### Chhungkaw ṭha min pe a:

Hei tak mai hi a ni pawimawh ka tih chu. A dam laiin an chhungkua chu a ngaihhlutzia eng tiang fakauvin nge a lantir kan hre hauh lo. Mahse, luipui luang ri rehnaa chawlhnan hlen tura a kalsan ták a chhungkua chu ‘chhungkaw ṭha’ tiin hming mawi tak a lo pe dim diam a. Chung thil zawng zawngte chu ‘malsawm hlu’ a nihzia hriain a petu Lalpa hmangaihna chu a fak ta a nih hi. A chhungte chu an va lawm dawn êm!

Keini ve hi? Kan chenna chhungkua hi ‘chhungkaw ṭha’ tiin lungawi takin kan puang ve thei em le? Mahni in chhung nuam ti lo ṭhalai eng zat tak awm ang maw? Nu leh pa thla zar hnuai, an uapna hmun him taka lungawia chêng thei lo, khawlai nuam ti zawk, vák chhuak reng mai hi eng zat nge kan nih ang aw?

In chhung nuam ti lova chhuak reng mai i nih chuan hei hi ka záwt a che. I vah chhuahna hmunah chuan i in chhunga i dawn ang hmangaihna i dawng ngai em? Chu hmunah chuan damloh leh manganna i tawh palha hmangaih tak leh duat taka enkawl duh tur che an awm em? I in chhungah chuan an awm asin. Ei leh in, silh leh fen, an neih ang ang i tana ui miah lo an awm. Len chhuah rêng rêng loh tur tihna chu a ni lo. Zan khat mit chhin i lo tawh palhin i ruang chu khawia dah nge i duh a, i hring nun tawp hman nan khawi hmun nge i thlan? Chu hmun ngei chu i ngaihhlut tur chu a ni dawn lo'm ni?

Ṭhalai duh tak, i in chhung nuam ti la, ngaihlu la, lungawi takin awm teh. I in chu mite in anga ropui a ni lo thei a, a chhunga chengte pawh an chhuanawm lem lo niin i hria a ni mai thei e. Mahse, ngainep suh la, i chenpuite chu hmusit suh. Mi vanduai, 'chhungte' tih ve tur nei mumal lote hian kan awt che asin. I duh anga i in chhung chu a nuam lo a nih pawhin a siam nuamtu tur chu nangmah i ni e. In chhung nawmna leh a ropuina chu e, a IN sak hmang leh a chhung

bungrua azir a ni mai lo asin. Hmangaihnaa inphuar khawm IN chhungah chuan thingpui sen ringawt pawh hi a tui a, hmangaihna par vul chuan a uap mawi a, nun a hlim ṭhin a ni.

I pa chu zahin chawimawi la, i nu chu i sualna vangin ṭahrtir fo suh. I sen têt lai ata i tan an inpekna thukzia hi i dam chhung pawhin i hre zo sêng lo vang. I damloh vanga mutmu tuah thei lova an tlaivarpui ṭhin che ringawt pawh kha i rul sêng dawn em ni le? Tuna i demand sang tak kha tihpuitlinsak tur chein an neihin a tlin lo a ni mai thei. Chuvang ringawt chuan i nu leh pate chu 'mi sual, mi mawl'-ah i chhuah mai dawn em ni? Chhungkaw khawsak tlin tawka lungawi dan te pawh zir ve ta zawk la, a va ṭha dawn ve. Sual thununna avangin khawi hmunah pawh tlan bosan ṭhin mah la, "Bawihte, min vahvaihsan mah la, ka ṭawngṭaina tal hre reng rawh," tiin i nu hmangaihna chuan i thla angin a ûm zel ang che a, a tawp thlengin a zui zel dawn che a ni. Lalpa'n chhungkua a pek che hi chhungkaw ṭha a ni tih hriain, "Lalpa ka lawm malsawm hlu vangin," i ti ve tur a ni dawn lo'm ni?

HRISELNA ■■■

## CANCER lanchhuah dan thenkhatte

**C**ancer laka invenghim tur hian x-ray te leh routine test an tih hrang hrangtea innghah lutuk loh a tha. Mahni taksa chu mahniin kan inhre Chiang a, kan taksa thil danglam deuh a awm chuan enfiah zung zung hi a him ber a ni. Mi mir tlangpuiin kan hriat theuh angin cancer hi hmuhchhuah hma a nih chuan tam tak hi an dam leh thei.

1. *Thawchham (wheezing) leh thawk harsa* : Hei hi chuap cancer vei ten an neih hmasak ber thin a ni.
2. *Khuh reh thei lo leh awm vel na them thum* : Cancer thenkhat, thisen cancer (leukemia) an tih leh chuapa bawc awmte hian heng symptoms hi an nei duh khawp mai. Chuap cancer vei thenkhatte hian an awm vela na tana an koki leh ban lama tai darh hi an sawi chawc a ni.
3. *Khawsik zeuh zeuh thin leh infection awm thin* : Hei hi thisen cancer (leukemia) an tih hian nei duh khawp. Leukemia hian kan thlingah white blood cells tha lo (abnormal) arawnsiamtira, tichuan, kan taksa natna vengtute white blood cells kha an tem ta a, tichuan infection kan lo nei ta fo thin a ni.

4. *Thil lem harsa (difficulty swallowing)* : Thil lem that theih loh nahichawkawng (esophageal) emaw hrawk cancer emaw lanchhuah dan tlangpui a ni deuh ber a. Chuap cancer veiahte pawh hian thil lem harsatna a awm ve thei bawc.
5. *Lumph nodes vung* : Nghawngah emaw, thalah emaw, zakhnuaiyah emaw vung a awm thei. (Lymph nodes hi be kan ti em aw) Hetianga bawc thar a lo awn hian lumphatic system-ah thil dik lo a awm tihna a ni a, cancer a ni duh chawc.
6. *Pem hleka thisen chhuak tawp harsa leh kan vun, hmun hrang hranga thil duk (bruises) awlsam taka awm thin* : Hei hi leukemia vei sign a ni duh viau. A chhan chu leukemia cancer cells kha kan red blood cells oxygen petu leh kan platelets thisen chhuak tam tur vengtute kha an nek chep a, an thawh tur ang an thawk thei ta lo thin a ni.
7. *Chak lo leh hah ngawih ngawiha inhriatna* : Hei hi cancer chi hrang hrang lanchhuahna a ni duh hle. Englai pawha chau ngawih ngawiha inhriatna leh hahchawlh leh tam tawc muthilh pawha reh chuang lo a nih chuan daktawr hnena inentir thuai a tha ang.
8. *Pum puar (bloating of abdomen) leh buk rih lam pung thut* : Hei hi hmeichhiate tan chibawm

- (ovarian) cancer awm ṭanna a ni duh hle a ni. Darkar tam fe chaw an ei tawh loh pawhin chaw chakna an nei lo tlat ṭhin.
9. *Chaw chaklohna leh puar deuh renga inhriatna* : Hei hi hmeichhe tan bik, chibawm (Ovarian) cancer awm ṭanna a ni duh hle a ni. Darkar tam fe chaw an ei tawh loh pawhin chaw chakna an nei lo tlat ṭhin.
  10. *Tai (pelvis) leh pum na* : Chibawm cancer nei tan hetiang hi a awm duh hle a ni.
  11. *Ek thi leh tai thi (rectal bleeding)* : Hei hi rilpui leh tai (colorectal cancer) cancer a ni fo ṭhin.
  12. *Chhan awm lem lova taksa rih zawng lo zang* : Hei hi rilpui emaw chaw kawng cancer emaw a ni duh viau.
  13. *Pum nuamlo leh pum na fo* : Rilpui emaw pumpui cancer emaw hian pumna leh pum nuamlo a siam chawk a ni.
  14. *Hnute a sen emaw, pan emaw, vung emaw awm* : Hei hi inflammatory breast cancer a ni thei. Hnutea hetiang a awm chuan daktawr hriattir vat a ṭha.
  15. *Hnute hmur awm dan a danglam chuan* : Hnute hmur landan danglam hi hmeichhiaten hnute cancer an vei tih daktawr ten an hmuhchhuah hma daihin a awm ṭhin. An hnute hmur hi a tlum (flattened) emaw, a sir zawng a hawi emaw, van kawkwawngin emaw a hawi thei bawk.
  16. *Hmeichiaten thi an neih laia na leh thi chhuak tam chungchuang bik emaw, thi neih inkara thi chhuak ṭhin* : Hetiang hi chhul cancer lo inṭan a ni duh hle. Hetianga thil danglam tak a lo awm chuan inenfiah a ṭul hle ang.
  17. *Hmai vung (puffiness)* : Chuap cancer nei hian hmai bui deuh emaw vung emaw an nei chawk. Tin, hmai hi a lo sen deuh vut thei bawk. A chhan chu chuap bawk (tumor) te tak te te kan awm chhunga (chest) thisen luang tur kha a lo hnawh thei a, thisen kha hmaiah leh nghawng velah khan a dang tawt thei a ni.
  18. *Pan dam thei lo emaw, vuna chhah bik awm, tin a lo khirin a lo thi thei* : Hei hi a awm chuan vun cancer lo inṭanna a ni duh hle.
  19. *Chhan awm lova tin (nails) awmdan inthlakthleng* : Tin hnuaia dum emaw, buang emaw leh lo inchhu bial (dot) emaw a awm chuan vun cancer a ni duh. Tin hmawr lo kawm (clubbing) deuh a awm chuan chuap cancer a ni duh hle. Tin a lo dang em a, a lo var deuh puap chuan thin cancer a ni duh hle bawk a ni.
  20. *Kawng na emaw nak dinglam hnuai deuha na* : Thin cancer vei hian hetiang na hi an nei chawk. Tin, hnute cancer vei pawh hian kawng na hi chu an nei va fo bawk.

HRIATZAUNA ■■■

## THUHRILTU ROPUI JOHN HARPER

— Joel Lairemsanga  
Mualkawi Br.

**A**pril 14, 1912 zan a ni a, RMS Titanic lawng lian leh ropui, “Tuipui chungal Lal In” ti hiala an koh chu Atlantic tuifinriat vawt leh dam dup chungah chuan thalfang thlawk ang maiin a tawlh per per mai a, History phekah a hming a chuang dawn tih hre lawk zet se chuan chawpchilhin a ding duh mai awm asin. He lawng hi a hun lai mihring thil siam zinga lian ber a nih mai bakah mi hausa tawntaw tam tak a phur mek a, khawvel hausakna a phur pawh kan ti thei awm e. He zan thibaiawm takah hian lung muang taka an awm lain, Southampton an chhuahsan dawna Pi Albert Carwell-i zawhna pawh, “*He Lawng hi a pil thei lo,*” tia lo chhangtute chuanna ngei chuan

vur tlang a tai ta bur mai le! Water-tight Compartment paruk lai chu tuin a chim ta pung pung mai.

He lawng chapo takah hian Pathian thuhritlu thahnemngai tak John Harper leh a fanu duat em em kum ruk leka upa Nana chu Nana ni Jessie Leitch nen an pathumin second class-ah an chuang ve a. Nana hi a nausen lain a nuin a lo boralsan tawh nghe nghe a ni. An chuanna chu a pil ngei dawn tih a chian hnuah chuan Harper-a chuan a fanu leh Jessie Leitch chu chhanchhuahna lawnglengah chuan a dah a, amah pawh chuang ve nghal tura lawng sipaite’n an tih pawhin a duh ve tlat lo! A fanu chu duat taka fawpin, nakin lawkah hlim takin an inhmu leh dawn tia a thlah hnu chuan he khawvela lei taksa pu-a intawng leh ngai tawh lo turin a kalsan ta a ni.

John Harper-a hian tuifinriat-ah hian an pil dawn tih a hrechiang kher mai. A fanu a mangtha hnu lawkah chuan thil ri ring tak lo chhuahna lam chu an hawi thap a, lawng chu a lai takah



a lo bung fel der tawh a. Lifeboat-a chuang ve lo mi 1528 zet chu Atlantic tuifinriat vawt em em leh rap awm zet chungah chuan mahni nunna hum tumin an tal buai kher mai. Pathian tana thahnemngai John Harper-a erawh a nun hum tuma buai a ni ve lo; mi dangte Isua ke bula thlen tuma buai a ni zawk asin! A piah lawka lawng them chungah thlaphang leh ring taka lo au mek tlangval hnenah chuan, *“Chhandam i ni tawh em?”* tiin a va zawt a. Chu tlangval chuan, *“Aih, chhandam ka la ni lo,”* tiin a lo chhang thuai a. Harper-a chuan zam hmel pu hauh lovin a pil tur insiam rem pahin Isua chanchin a hrilh mawlh mawlh a. A zawhna ngai baw, *“Chhandam i ni tawh em?”* tiin a zawt leh a, chu tlangval pawh chuan, *“Aih, chhandam ka la ni lo,”* tiin a lo chhang ve thuai baw a. Harper-a chuan a life-jacket chu phelhin chu tlangval hnenah chuan, *“Hei hi ha rawh, kei aiin i mamawh zawk e,”* tia pek leh mi dang hnena kal chu a rual a. Rei vak lo hnuah chuan rawn let lehin Isua ke bulah a thlen thei ta nge nge a ni. Hemi zana mi 1528 phu suau suau zinga mi paruk chu chhanchhuah an ni a, heng zingah hian he tlangval piangthar pawh hi a tel ve nghe nghe a ni.

Lawng pil hnu kum liah chuan Canada ram Hamilton hmunah Titanic lawng aṅanga chhanchhuahhote an inhmukhawm a. Chutah chuan Scott tlangval a lo ding chhuak a, “Kha

mi zan raphlak takah khan Glasgow khuaa mi John Harper-a khan duhsak takin, ‘Chhandam i ni tawh em?’ tiin min zawt a, kei chuan, ‘Ni lo’ tiin ka chhang a. ‘Lalpa Isua ring rawh,’ tiin thaw hlawp hlawp chungin Lal Isua khawngaihna thu min hrilh a, ani chu a pil hlen ta a. Kei hi John Harper Crusade hnuhnung bera piangthar hnuhnung ber ka ni ang,” tiin a sawi a ni!

John Harper-a hi kristian tha tak nu leh pa karah kum 1872, May 29<sup>th</sup> khan a lo piang a, kum 13 lek a nihin Kristian nget tak ni turin a inpe a, kum 17 a nih chuan rawngbawlin a chhuak der tawh a ni. Thahnemngai taka rawng a bawlna chuan mi tam tak piantharna a thlen thin a, Krista tana sengkawmtu ropui tak a ni. Kum 1896 khan Harper-a chuan kohhran a lo nei hrang ta hial a, tunah chuan Herper Memorial Church tih a ni ta thung. Thil mak ve deuh chu- Herper-a hian tui lamah accident tum hnih a lo taw, tawh a, hei hi training a lo neih lawkna pawh a ni mahna le. A fanu Nana hian a pa a ngaih thu hi a sawi fo thin a, a lainatawm thei hle. Kum 1986 khan a nu leh pa lenna ram panin he khawvel hi a lo kalsan tawh a, a ni Jessie Leitch pawhin kum 1963 khan he khawvel hi a lo chhuahsan ve ta baw. Krista tana sengkawmtu ropui chanchin hi he khawvel leh Van nunah pawh theihngihl a ni tawh lo ngei ang.



# KANTU

Kolasib Tumpui Br.

## KOLASIB TUMPUI BRANCH

KTP Kolasib Tumpui Branch hi Kolasib Venglai Pastor Bial chhunga Branch pali(4) zinga Upa ber niin(Kolasib-a Branch upa ber), Ni 22 April 1953 khan din a ni a. April 22, 2003 khan Golden Jubilee, ruai nen ropui takin an lawm tawh nghe nghe a, kumin hian Diamond Jubilee lawm turin an inbuatsaih mek a ni.

Member 299 (Mipa 180 leh hmeichhia 119) an awm mek a, Kristian Thalai copy 90 an la mek a ni. Kum 1992 atang khan Pathianni chhuak "KTP AW" chhuah thin a ni a, Editorial Board changtlung tak dinin an ni hian an enkawl mek a, Kohhran ho beng pawimawh tak a ni mek a ni.

Pathianni tlai apiangin Tawngtai Inkhawm an nei thin a, Branch hmalakna tichak turin Group pali(4)- Jeptha, Ehuda, Jaira leh othniela group din a ni a, Group te hian kum khat atan Budget ah Rs. 13000/- zel an nei a, group intihsiak nan Group inchiarna-Thawhtan zan, Nilai zan, inrinni zan, Thawhtan zan

inkhawma Hla bu leh Bible keng zat, Tawngtai inkhawma member leh Group O.B kal zatah, Branch hnattlang kal zat, Biak In hawnga nupui pasal innei zatah te neih thin a ni.

Ansumhmuhna tlangpuitechu hna remchang apianga inhlawh, Group Budget, Faith Promise leh Inkhawm thawhlawm te a ni a, Thawhtan zan inkhawm hi Sermon leh Kumpulan Thupui zirna hun atan an hmang thin.

An member atangin tunah hian Missionary 2 an chhuak mek a, ATC-ah kumina chhuak bakah zir mek 1 an awm bawk a ni. Synod Mission Board hnuaiah thawktu 6 an chawm mek. Branch hmalakna tichak turin Sub-Committee hrang hrang - Evangelism, Programme, Light & Sound, Literature, Reception & Ushering, Banner & Decoration, Refreshment leh Archive te din a ni.

Kumin hian Branch-in Project hrang hrang an neih zinga Diamond Jubilee ropui taka lawm an tum avangin thahnem an ngai hle a, I tawngtaipui reng ang u♦



# Keimahni



■ May 10-12, 2013 khan Tuidam Bial Leadership Training Tuidam Kohhranah neih a ni a, T. Upa Lalhruaizela leh Pu Lalnghinglova Hauzel (Com. member)-ten an hmanpui. Trainingah hian mi 54 an tel a, hruaitu kalte hian inrinni zan aʔangin Pathianni zan thleng thuchah ʔum huih ve ve an sawi a ni.

■ May 18, 2013 (Inrinni) khan Sialsuk Bialah KṚP Leadership Training neih a ni a, T. Upa Zohmangaiha, Fin. Secretary leh Dr. Lalliansanga, Committee member-ten an hmanpui. Zan Kohhran inkhawmah hun lo pein Pu Liansangan thuchah a sawi a, hruaitute hi an lehleng a ni.

■ May 31-2 June, 2013 chungkhan Vaphai Bial KṚP Meet, Vaphai Vengthar Kohhran Biak Inah neih a ni a. He hun hmanpui hian Tṵ. V.L. Muanchhana, Asst. Secretary leh Pu Lalnghinglova Hauzel, Committee Member-te an kal a, hruaitu kalte hian Pathianni chawhmaah Tṵ. Muanchhanan thu sawiin Pathianni chhunah Pu Nghinglovan thuchah a sawi a. Pathianni chawhnu inkhawm ban fellowship-ah HIV/AIDS awareness hun hmangin Pu Nghinglovan hun a hmang bawk. Hei bakah hian Fellowshipah thuchah tawi vawi khat ve ve an sawi bawk.

■ June 7-9, 2013 chungkhan Zote Pastor Bial KṚP chuan Ngur Kohhranah Leadership training leh Bial Meet an hmang a, training-ah hian mi 107 an tel a ni. T. Upa Dr. Samuel Vanlalhlanga, Asst. Leader leh Dr. Julie Remsangpui, Committee member-ten an hmanpui a, hruaitute hian Pathianni chawhmaah Pu Samuelan thuchah sawiin chawhnuah Dr. Julie-in thuchah a sawi a ni.

■ June 7-9, 2013 chungkhan Ṛawi Presbytery KṚP Meet, Khumtung Kohhranah hman a ni a, he hun hmanpui hian Pu Saizamlia Sairo, Pu Samuel Laldingliana, Committee member leh Synod Choir an kal. Hruaitute hian Pathianni chawhma leh chawhnuah thuchah an sawi a, Synod Choir hian vawi 4 dinah hla 9 sain Special Item ʔum 3 an nei bawk.

Kuminah Presbytery KṚP Meet hmun hrang hrangah neih tawh a ni a, la nei leh turte an awm bawk a, a remchang angin a hlawma Meet kan hman dan rawn tarlan kan tum ang.

## ■ BRANCH DING THAR:

1. March 24, 2013 (Patthianni) khan Tlabung Chawnpui Pastor Bialah Tuikawi Kohhranah KṚP din a ni a, member mipa 20 leh hmeichhia 10, an vaiin member 30 an awm a ni.

2. April 14, 2013 (Pathianni) khan Ramthar Veng Pastor Bialah Ramthar Tlangveng Branch KṚP a ding thar a, member mipa 156 leh hmeichhia 122, an vaiin member 278 an awm a ni.

■ **T.Upa ah thlang**: CKTP Committee member, Kristian Thalai Editorial Board member ni bawk Dr. H. Lalthanzara chu May 26, 2013 (Pathianni) khan Nursery Veng Kohhran Tualchhung Upa atan thlan tlin a ni. A rawngbawlna zel turah duhsakna kan hlan e.

■ **SYNOD CHOIR RAWNGBAWLNA:**

1. Mizoram Synod Choir chuan March 24, 2013 (Pathianni) zan khan Mission Vengthlang Kohhranah hun hmangin tum 3 dinah hla 8 an rem.
2. April 7, 2013 (Pathianni) khan Lungleng I Bial chhunga Kohhran 3-te an flawh a. N. Lunglengah tukfhuah eiin chawhma hun an hmang a, chawhnuah Lungleng I-ah hun an hmang a, Director Pu Vanlalhruaian thuchah a sawi ve ve a, zaipawl-in tum 3 dinah hla 6 ve ve an rem. Lungleng I-ah hian Nl. Nancy Zothanmawii a zai bawk. Samtlangah zanriah eiin an inkhawm nghal a, Fin. Secy. Tual Upa Zohmangaihan thuchah a sawi, zaipawl-in tum 3 dinah hla 7 an rem.
3. April 19, 2013 (Zirtawp) zan khan Mission Veng Kohhran Hall-ah music video shooting an nei a. Hei hi kum 2012-a lo rel lawk tawh bawhzuina kal zel a ni.
4. Mizoram Synod Choir chuan April 21, 2013 (Pathianni) zanah Dawrpui Vengthar Kohhranah zaia rawngbawlna an nei a, tum 3 dinah hla 8 an rem. Director Pu Vanlalhruaian thuchah a sawi.
5. April 23, 2013 (Thawohlehni) khan ATC Valedictory Service-ah an zai a, tum 2 dinah hla 2 an sa.
6. May 3-5, 2013 khan KTP, Tuichang Presbytery Meet Khawzawl Vengthar Kohhrana nghahah tum 4 dinah hla 9 an rem, member 3 an solo bawk.
7. May 10, 2013 (Zirtawpni)-ah an member Lalmangaihi (Sini) leh Pro. Pastor Vanlalchhunga te inneih inkhawm, Mission Veng Kohhran Biak Inah hla 1 an sa.
8. May 12, 2013 (Pathianni) khan KTP, Aizawl Chhim Presbytery Meet Mission Veng Kohhrana neihah tum 2 dinah hla 4 an rem.
9. May 13, 2013 (Thawohtan) zan khan Armed Veng North KTP Inkhawmah zaia rawngbawlna an nei a, tum 3 din chhuahah hla 8 an sa. Director Pu Vanlalhruaian thuchah tawi a sawi a, inkhawm zawng zawngte a mal malin Zaipawl member-ten lamtualah an tumngtaisak.
10. May 24-27, 2013 khan Lawngtlai Chanmari Kohhran Biak Inah Chhimtuihui KTP Meet hmanpuiin an kal a, tum 3 dinah hla 10 an rem, member 5 an solo bawk. Pathianni tlai Fellowship-ah Synod Choir kaihruaiin Praise & Worship hun hlimawm tak hman a ni.
11. June 7-9, 2013 chhunga neih Tawi Presbytery KTP Meet hmanpuiin an kal a, tum 4 dinah hla 9 an sa a, zaipawl member atangin special item tum 3 neih a ni bawk.

**CENTRAL KŲP COMMITTEE, 2012-2014**

Leader	: Rev. Lalrinmawia	9436384423
Asst. Leader	: TŲpa DrSamuel Vanlalthlanga	9436362173
Gen. Secretary	: Upa Zonunmawia	9436152024
Asst. Secretary	: Tv VL. Muanchhana	9862976771
Treasurer	: Upa Zothangzuala Chhange	9436152841
Fin. Secretary	: TŲpa Zohmangaiha	9862018161

**Committee Members**

Pu R. Lalhmingthanga	9436152362	TŲpa Lalhruaizela	9436156832
Pu Vanlalthruaia	9436146913	TŲpa Lalramdina Ralte	9436360865
Pu Lalngthinglova Hauzel	9436141979	Pu Saizamliana Sailo	9436148727
TŲpa Dr. H. Lalthanzara	9436195549	Pu Lalmuanpuia Hrahse	9436196968
TŲpa Lalremsiamia	9774725710	Tv. R. Lalramnghaka	9436351374
Pu Samuel Laldinglana	9436198740	Dr.Lalliansanga	9612241873
Tv R. Lalruatkima	9436360571	Dr Julie Remsangpuii	9436142235
Pu Lalmuanpuia	9436142398		

**Ex-Officio members**

Rev. Lalramliana Pachuau	- Synod Moderator
Rev. H. Lalrinmawia	- Synod Secretary (Sr.)
Rev. Lalzuithanga	- Executive Secretary, i/c KŲP



Kantu - Kolasib Tumpui Branch



May 11, 2013-a Tuidam Bial KŲP Leadership Training hmanpuiin Pu Hruaizela leh Pu Nghinglova te an kal, training-a telte nen



May 18, 2013-a Sialsuk Bial KTP Leadership Training hmanpuin Pu Zohmaa, Pu Liansanga leh training-a telte.



May 31-2 June, 2013 chhunga neih Vaphai Bial KTP Meet hmanpuia kal Tv. V.L. Muanchhana leh Pu Nghinglova, Bial hruiatute leh Bial Zaipawlte



June 8, 2013 a neih Zote Bial KTP Leadership training Ngur Kohhrana neih hmanpuia kal Dr. Samuel, Dr. Julie leh training-a telte