



I thu nise

Rilru, taksa, thlarau damna zawngin ke kan pen thin. Pathian thu chhiarin hun kan hman thin, Pathian thu hi hriatthiam leh hriatfiah tumin theih ang kawng kawngin kan zir thin a, hemi rual vek hian kan mawhphurhna tamtak hlenchhuah a ful barok a, min thlirtu leh kan biak Pathian Thu zawm duh lo te tan chuan kan hun hman hi hun uiharom, hun rangkachak, sum leh ei hmuhna tur atana hun tha nia hriain hun seng thlawon min ti thin. Kan hmuh ang hmu ve lo te tan chuan kan hun hman mek hi a mak a, a ful lova, a insenso thlak a, hun khawhralna leh intihlimna ang leka min ngaihsak thin te pawh an awm asin. Kan biak Pathian chuan NUN kan neih nan A Fapa Isua Krista hmaningin min chhandam zawm. Sakhaw dang chuan an pathian nena inzawm tur chuan thil tha tamtak an tih a ngai thin, keinih erawh chuan kan tih ni lovin min tihsak zawkna hi a ni.

Pathian in kan ram min hruai dan ropui leh danglam tak mai hi ichhutchiang ngai em? Kum 100 liamta ah khan Aizawl, kan khawpui ngei mai pawh hi khawpui ala ni lo asin. Dawr, kawngpui, eng, lirthei, Cable TV, leh a dang tamtak tun hun a kan hman mek leh neih te hi an la awm lo. Chanchin Tha Eng kan han dawn chinah chuan kan danglam nasa hle. Hmasawonna tamtak, zirna, hriselna, eizawonna, in leh lo, inkalpawhna leh nitin nuna mamawh kan neihte hi chhut chianin a mak tih loh rual ani lo. Kan neih phak loh suangtuah leh ngaihruatna pawhina a phak loh leh a milem chauh kan thlir thin tamtak nei theiin min siam a, chunggtinte kan kawng zawh lai theuhah eizawonna min siamsakin kan mamawh Lalpan min ngaihtuah sak thin.

Israel faten Kanan an pan lai khan thil mak leh danglam vawi tamtak amiten Lalpa anihzia an hriattheih nan leh a chung a rinna an nghah theih nan a a lantir chung pawhin Pathian hruaina ngaiha an nei a, an ning a, mei leh chhum dinga hruai chu zawm harsa an ti tlat a, an duh dan dana chet vel kha an duh thin a, an hel leh thin. Pathian thu a kal lovin an duh dan zawkin an kal thin a, chu chuan an nunah leh khawsaknaah harsatna hrang hrang a thlen leh thin tih kan hria. Kan khawvel hman mekah pawh hian Pathianin min hruaina hi thil naran leh ninawmah kan ngai anih chuan kan Van Kanan kan thleng ve thei ngai lovang, Pathian hruaina leh kan nuna thuneih a tumdan leh duhdan hi kan duhdan nen a inkal fo, rilru leh thinlung taka chibai buk duh lo mihring khawvelah an pung zel, Pathian tellova tlei tum hi mahni harsatna insiam chawpna kawng awlsam tak ani tih hi thalaiten i hrereng ang u, Mei leh Chhum dinga Israel fate hruaitu tho khan tunah hian min hruai mek asin, churawngin Lalpan min hruai a tumdan leh duhdan hi ngun taka ngaihvenin kan nitin nunah "I Thu Nise" tiin A rawng chauh barol turin inhlan thar ang u ♦

TINUNGTU CHU THLARAU A NI (Ezekiela 37:1-4, Rom 8:1-11)

— Rev. Lalthangliana
Ramhlun North

Jisrael faten Penticost Kût an hmang thin tih kan hria (Lev.23:15-21). Kalhlen Kût ațanga chhiara ni sawmnganaah an hman thin avangin 'Penticost Kût' an ti a ni. Thlai thar Kût, Pawl Kût tih theih a ni a, Israel hnam sawm leh hman hnih aiawhin Pathian hnenah chhang hlawm sawm leh pahnih an hlan thin. Sinai tlanga Mosian thu sawm pek a lak hriat reng nan an hman baw a ni.

He Kût an hman thin niah chiah hian Thlarau Thianghlim chu ringtute zingah chatuana kan hnena awm turin a lo thleng ta a ni. (T.T. 2:1-11). Zawlnei Joela 2:28-32 thu, "Pathianin, ni hnuhnungah chuan heti hi a ni anga, mi zawng zawng chungah ka thlarau ka leih ang," tih thu kha a takin a lo thleng ta a ni. Zawlneite hrilh lawk leh Lal Isua thutiam thlen dikna ropui tak a ni. 'Krista Kohhran lo pianna' kan ti thei ang chu.

He Thlarau Thianghlim hi Chanchin Tha Johana ziaakah chuan a lan dan tlangpuiah

'Thlamuantu' tih a ni a, Grik țawnga 'Para Kletos' a ni a, 'Sawipuitu, 'Sawisaktu' (advocate) a ni, an ti a; chu mi awmzia dang leh chu 'Tanpuitu' a ni baw.

1. THLARAU THIANGHLIM HNA THAWH :-

- (1) Lal Isua hnathawh chhunzawma thawk zel tura pek a ni. Isua aiawh a tirh a ni baw.
- (2) Lal Isua zirtirten an rawngbawl hna an thawh zawh theih nan a tichak a, a tiharh thar zel.
- (3) Zirtirte thinlungah Krista thu a hrilhfiah.
- (4) Mite thinlungah an thiam lohzia a hriattir.
- (5) Ringtute thinlung a tiharhsak a, rum sawi hleih theih lohvin a țawngtai sak.
- (6) Thlarau chu thlarau dik tak a nih avangin zirtirten amahah thinlung an nght ngam a, an rinchhan a ni.
- (7) Mi thinlung a chhun ênsak a, nungchang țha leh mawi a siamsak.

Kan Kohhran thurin No. 6

ah chuan, "Thlarau Thianghlim Pa leh Fapa ata lo chhuak chuan mite chhandamna changtuah a siam a. An sualzia leh chungpikziate hriat chiantirin, Krista hriatna lama an rilru tiêngin, an duhnate tiharhin, Isua Krista chu an Lal leh Chhandamtua pawm turin a thlem a, pawm thei turin a pui a, anmahniah felna rah zawng zawng a thawh chhuausak a ni," tih a ni.

2. Thlarau Thianghlim chu tinungtu a ni: A tirin Pathianin lei leh van a siam lai khan Pathian thlarau chuan tui chungte a awp reng tih kan hmu. Tin, mihring siam thua - "Leia vaivutin mihring a siam a, a hnarah chuan nunna thaw chu a thaw lut a; tichuan mihring chu mi nung a lo ni ta a," tih a ni baw. Isuan, "Tinungtu chu tharau a ni, tisa chu engmahah a tlaktlai lo; in hnena thu ka sawite hi thlarau a ni, nunna pawh a ni," a ti (Johana 6:63)

Ezekiela bung 37-ah chuan Israelho sal tangte chu an beidawng a, "Kan ruhte a ro zovin, kan beisei a bo zo ta, rawt bovin kan awm ta," an ti a. Ruh satliah mai pawh ni lovin 'ruh ro' an nih chu! Tin, Isaia 40:27 ah pawh, "Ka kawng hi Lapa laka thup a ni a, ro mi relna hi ka Pathian laka lak bo a ni ta," an ti hial a ni.

Israelho, ruh ro mai leh an kawng Lalpa laka thupsak

dinhmuna dingte an lo nun leh theih nan Lalpa thaw, Thlarau Thianghlim tihtihtheihna an mamawh a ni. 'Thaw' (Thli) tih hi Hebrai țawng chuan 'Ruach' a ni. Israelte an nun leh theih nan Thlarau Thianghlim hnathawhna hmanruaah zawlnei thusawi a pawimawh. Tunlai kan Kohhran ngui leh chau leh thutak pawh fuh lote tan Thutak sawitu kan mamawh ve hle lo maw? Ezekielang hian Lalpa thu dawng kan awm ve em? Kan thu dawn chu kan sawi ve dawn lawm ni?

Zawlnei thusawi avangin ruh ro chu mihring ruangâm neiin an lo awm ta a, mahse anmahniah 'thaw' a la awm lo. Zawlnei chuan Lalpa thuin 'Thaw,' Thlarau Thianghlim chu a han ko leh ta a, mihring ruangâm mai kha mahni ke țheuhva dingin sipai rual ropui tak an lo ni ta!

Tun lai Kohhran ngui leh chau hian Lalpa thaw, tinungtu Thlarau Thianghlim kan mamawh hle a ni lawm ni? Tunge ko thiam, țan lak a țul hle a ni. Lal Isua'n, "Tinungtu chu Thlarau a ni, in hnena thu ka sawite hi Thlarau a ni, nunna pawh a ni," a tih kha a va pawimawh em! Tho leh Lalpa Isua Krista a zirtirte hnena a inlar khan an chungah a thaw a, an hnenah, "Thlarau Thianghlim

nei rawh u," a ti (Johana 20:22). Thlarau Thianghlim kan neih theih nan kan rilru Lalpa lamah kan inkau em? Atan kan inpe tawk em? a duh pawh hi kan duh meuh em? Sam 85:6 ah "Nangmahah chuan i mite kan hlim theih nan min tiharh leh dawn lawm ni?" tih hi kan nitin $\text{tawngt\`a}ina$ ni ve sela.

3. Thlarauva nung tur kan ni : Thlarau Thianghlim hnathawh azarah Krista Isua a awm, thiam chantir, chhandamna changtu kan lo ni tawh a. Ni tina kan nunah hian thlarauva nung zel tur kan ni. Nunna Thlarau danin sual leh thihna dan ata min chhuahtir tawh thu hi kan thinsungah nung reng sela, Lalpa Thlarauvin keimahniah tih puitlin a tum, thlarau dan zawh zela tisa lam thilte thlum zela kan nun a pawimawh a ni. Thlarau chuan r\`um sawi hleih theih lohvin min $\text{tawngt\`a}isak$ $\text{t\`h}in$ si a, amah tivui lo va, keimahniah a hnathawh timit lo va, tilungngai lo va, a thuawih bawahah kan intukluh chuan Thlarauvin kan nung zel ang. "Thlarauvah awm rawh u, tichuan tisa chakna chu in zawm dawm lo nia," (Galatia 5:16). "Uain ruiin awm suh u, chutah chuan insum lohna a awm si a; Thlarauva khatin awm zawk rawh u," (Ephesi 5:18). "Thlarauva nung kan nih chuan

Thlarauvah vek i awm leh bawk ang u, in cho tawna initsik tawnin i inngaihlu suh ang u," (Galatia 5:25).

Thlarauvah kan awm tawh a, Thlarauvin kan khat $\text{t\`h}in$ a, i khat thar zel ang u. Min tinungtu chu Thlarau Thianghlim a ni a, min chenchilh a duh reng a, amah kan mamawh zia hriain, i ngaiin i thlahleh ang u. Zirtirte khawhar tak kha Penticost Ni-ah khan an zain hmun khatah an awm khawm a, Thlarau Thianghlimin a rawn pawl ta mai. Keini pawh rilru hmun khat, beiseina hmun khata kan awm a, amah kan thlakhlelh phawt chuan min rawn pawl thar ngei ang. Amah ngai lo, rilru darhsarhah Thlarau Thianghlim a ngampa thei lo a ni.

Unau duh takte u, kan rama Pathian Thlarau Thianghlim hnathawh hi mit lova, chuai lova, a kal zel theih nan Pathian aw ngaitthla ila, a thu zawmin a mi hruina zui thiam ila, a pawl thar dil zel ila. Kohhranho Thlarauvah inpumkhat zel ila, Thlarau Thianghlim thil tum - Chanchin $\text{t\`h}a$ puan darh hi $\text{t\`h}ahnemngai$ takin kengkawh zel ila; Pathian Thlarau Thianghlim chenchilh ram leh Kohhran kan ni zel ang. Khawvel mamawh chhanna ISUA KRISTA t^{\wedge} rlan z > l hi Thlarau Thianghlim thil tum pui ber a ni tih i hre reng ang u.

THISEN HLU (1 Pet.1:19)

— Hrangluaia,
Electric Vengthlang Br.

Ringtute hla thunawn chu, "Van thlen thlenga ka hla tur chu, Aw thisen , thisen hlu," tih a ni. Thisen hlu leh hlu lo a awm. Thisen thianghlim lo chu a neitu tan leh a pekte tan thihna a ni a; thisen hlu (thianghlim) erawh chu damna a ni thung. Thisen chhuah danah pawh hlu leh hlu lo a awm. Thil سوال tih vanga chhuak te, thil ꠘa tih vanga chhuak te, mahni tan chauhva chhuak te, ram leh hnam tana chhuak te, hotute hlauh vanga chhuak te, hmingthan duh vanga chhuak leh tlawmlak vanga chhuak te. Heng zawng zawng ai hian, Hmangaih vanga luang chhuak kha," a hluin a ropui ber a ni.

Lal Isua thisen hlutna kawng hrang hrangin lo chhui ila.

Min tlanna a ni : "Tangka leh rangkachaka tlan kan ni lo va, Beramno hmelhem lo leh bawlhhlawh kai lo, Krista thisen hlua tlante kan ni." "Tui zawng zawngin ka سوالna a tleng thei lo, Ran tam tak thisenin min tlan

thei hek lo; Lal Isua thisen hlu kan thawina a ni, Kan سوال zawng zawng na lovin min tidam thei."

Khandaiah hriam tawn ang a ni : Kalhlen kut beramno thisen khan hlutna chi hnih a nei. Thisena chhinchhiahte chungah nunnain a thawk a; chhinchhiah lohte chungah thihnain a thawk.

Inremna a ni : "Kraws thisen chuan inremna lo siamin, amahah chuan engkim amah nena inremtir hi Pa lungnih zawng tak a ni." "Ngaihdamna inremna kan nei, Isua thisen remna."

Rinrawlah hman tur a ni : "Ka tisa hi chaw tak a ni a, ka thisen hi in tur tak a ni si a." "Ka thlarau nunna chaw a ni, I thisen hlu luang chu."

Min thawi, min tlan, kan ai a awah, min chhandam chauh ni lovin, min silfaiin, min tithianghlim : "Chu lui fima ka inbual chuan , Ka سوال a tleng fai ang." "Misual dum ber a varna chu Kalvari thisen hlu a ni."

"Beramno thisena inbualin, Tin, vur aiin ka var ang a." "Tupawh chu thisen luia inbual chu, An سوال vur aiin a var ang."

Thiltihtheihna a nei : "Thiltihtheihna mak tak a awm

a, Beramno thisenah." "Krista inthawina thisen chuan, Sual ser a tireh thei."

Huaina min pe : "Krista thisen hlu tak chhuak chu, Ka tan a hlu a ni; Hlahna leh rinhlelhna ata, Ka thlarau a chawl ta." "Kraws thisenin mi chak thei lo, Huai beraah a chantir thei; Mi huai ber pawh, tam tak a titlawm der thei."

Durbin ang a ni : Jerusalem thar khi a lanna tlang dang a awm lo ve; I thlir ang Kalvari tlangah, Tah chuan a lang Chhandamtu nakah chuan." He lui kam aṅanga kan hriat fiah theih loh kha, a kut thir khennaah kan hre Chiang dawn a ni.

Mawina petu a ni : "Kraws tam tak a awm tawh a, Lal Isua Kraws chu a thisena baptist a nih avangin a lo mawi bik a." Chung Pathian hrai duh leng thisen luan Kraws-ah chuan, Van hnuai thang thil mawi ka lo hmu a." Tlang tam tak a awm a, Kalvari tlang chu Lal Isua thisena baptist a nih avangin a mawi bik em em a.

"Tlang dang zawng zawng aain, Kei zawng ka ngaina hle; Aw hlimna tlang, aw hmun thianghlim, Pathian thisen a luanna chu."

Van kawng min hawnsaktu a ni : Eden kawngkhar khandaih

vir tawn zawk zawka ven tlat chu tawn tlangin mi tumah kanlut leh thei tawh lova; mahse, "Thisenin a hawng ta zalenna ram." "Aw thisen thisen hlu, Van kawng min hawnsaktu." "Thisen zara ka tan Zion tlang," kan lo ti thei ta.

Thlamuanna kumhlun min petu a ni : "Chu thisen hlua ka chawlh chuan thlamuanguin ka thi ang." "Ka tharau a chawl ta, I thisen luangah chuan; A ropui dawn mang e, I chhandamna hmun ralmuanga ka chawl kumkhua tur chu." "Thisen hlua tlangate chuan, Lalpa angchhung nuamah lengin, Lei hringun hrehawm hi an ngai tawh lo."

"Heng hi hrehawm nasa taka chhuakhote kha an ni, an puante Beramno thisena suin an tivar ta. Lalpan an chungah puan in a zar ang a, niin a em lo vang. Beramno chu an vengtu a ni ang a, nunna tuikhurahte a hruai ang. An mit ata mittui zawng zawng a hru fai tawh ang." "Chumi hunah chuan hlimin ka zai ang." "Thisen, thisen, thisen, thisen, tiin bang lovin kan zai ang."

Tlangkawmna

"Beramno thisena inbual chauh lo chuan, Chu hla thar chu tuman an sa thei lo vang."

Amen!

NEICCYA 14TH BIENNIAL CONFERENCE REPORT

— T. Upa Lalhmingmawia Tochwawng,
Chalrang

North East India Christian Council Youth Assembly (NEICCYA) Biennial Conference vawi 14-na Church of God, Qualapatty, Shillong hmuna ni 20-22 April, 2012 chhunga neih hmang thei leh KṚP member-te hnena report pe theia ka awm hi a hmasain Pathian hnenah lawmthu ka sawi a.

North East India Christian Council Youth Assembly (NEICCYA) hi NEICC hnuaiia ṭhalai inzawmkhawm pawl a ni a. India hmarchhak a Kohhran leh pawl hrang hrang bakah zirna in hnuaiia ṭhalai pawl hrang hrang te member an ni thei a ni. NEICCYA in a tum ber chu India hmarchhak ṭhalaite rilru hmunkhat pu a rawng kan bawl ho theihna tura hmalak te; inpumkhatna ṭha, ṭhalai leh khawtlang in kan neih theihna tur a a huhova rawngbawl te. Hmasawn zel theihna tura tihdan ṭha inzirtirna pawl inzawmkhawm ṭha tak siam leh chutianga hma kan sawn zel theihna tura training, seminar

leh inkhawmpui neih te a ni a.

Awle, NEICCYA hnuaiiah hian affiliated unit 34 leh associate unit 8 kan awm a. Keini Central KṚP Unit te pawh palai 50 intir ve tura tih kan ni a. Palai ho hi ni 20 April, 2012 (Zirtawpni) zing aṅanga Synod Office aṅanga chhuah tura tih a ni a. Amaherawhchu, Assam-ah Bandh an neih dawn avangin ni 19 April, 2012 dar 7:00pm-ah Synod Office-ah Central KṚP Treasurer Upa Zothangzuala Chhangte in ṭawngṭai in min thlah liam a. Durtlang Kohhran Biak Inah Synod Choir ten min lo nghak a. Durtlang Branch KṚP ten ei tur leh in tur tuihnai tak min lo buatsaih sakte tlai taka kan in puar hnuin Durtlang bialtu Pastor ZD L a l h m a c h h u a n a ' n ṭawngṭainain min thlah a, fuihna thu te a sawi zawhin dar 8:00p.m.-ah kan tum ram Shillong lam panin Bus 2-in Central KṚP aiawh mi 42 te chu kan kal ta a. State pawn aṅangin palai 5 in min rawn fin bawk a. Kan vaiin mi 47 kan ni ta a ni. Kan zingah hian Pu Malakia Lalnunfela, Chairperson, SCM-NEI, ATC-a 3rd Year B.D. zirlai chu kan hawn thlengin a telve bawk a. Chutichuan tuang taka kalin Bualpui North-ah in hnawhpuar lehin Pathian hruainain tuang takin kan tlan tlaivar a. Zing lam dar 7:30-ah

Ladrymbai-ah zing chaw kan ei leh a. Phur tak leh tuang taka Shillong lam kan pan leh laiin Shillong 20km vel chauh a ni tawh ang tihah chuan kan hmaa tlan Synod Choir chuanna chuan a khawlah harsatna a tawk deuh a. Darkar chanve vel an han siam hnuah tlan leh in Dar 11:30 a.m. ah kan tum ram Shillong chu kan thleng ta a. Hruaituten lawmthu sawia tawngtaina te an neih zawh hnuah Church of God (M&A) Biak In lam chu kan pan ta a. Amaherawhchu Biak Inah motor lian a luh theih loh an tih avangin an motor dahkhawmna hmun lam kan pan leh ta zawk a. Heta tawng hian anmahniin Biak In lamah min hruai ta zawk a. Registration te kan tihfel a, chawhlu min lo buatsaih sakte kan ei hnuah hmeichhe ho Group 3 a thenin mimal inah an thlen tir a. Mipa ho erawh chu Biak In bul School-ah room 3-a in thenin min dah thung a. Chaw erawh chu palai zawng

zawngte an Centenary hall-ah min ei tir vek thin a. Palaite min duat thiamin kan tan an inpe zo em em mai a. Programme hman zawh apiang leh zing thawh veleh thingpui leh a hmeh tuihnai tak tak min hlui reng bawk a. An ruahmanna a felin eiin an rawngbawl dan a thianghlimin a hrisel em em a. Amaherawhchu Mizo bai leh tlak ei a chakawm thei ngei mai. Awle, Palai zawng zawng hi 279 in report niin zan dar 6:00 atangin inkhawmpui programme hlimawm tak hman tan a nia. Zan dar 8:30 velah dinner kan han ei chu ril a tam tlang tawh bawk a ni ang, a ei hnem theih ngei mai. Ahma zan kan lo tlan tlaivar nen, mut pawh a tui duh ngei mai.

Ni 21 April, 2012 (Inrinni) chu session hnih a thenin chawhma lamah unit hrang hrang report ngaihthlak a ni a. Chawhnu lamah Secretary report, Finance report ngaihthlak niin kum 2012-2014 hruaitu turte thlanna neih a ni bawk a. Thlanchhuah te chu :

President	:	Rev. Jessai L. Neitham, EFCI, KṚP
Vice President	:	Rev. Lalhlimpuia, MṚKP, BCM
Secretary	:	Dr. Lalliansanga, CKṚP
Asst. Secretary	:	Mr. Hrangthanmawia, SAY
Treasurer	:	Mr. Samuel DKhar, COG
Fin. SEcretary	:	Rev. Amminst T. Sohliya, JSKJP

Tin, he Biennial Conference-ah hian thupui chu "Be an Example" I Tim. 4:12 chu hman

a ni a. Thupui hi chawhni chawhmaah Rev. Dr. J.M. Ngul Khan Pau-in then 1-na "Be an

example in the Church' tih hmangin a sawi a. Chawhnu lamah Rev. Dr. Vanlalngbaka'n "Be an example in the Society" tih hmangin a sawi bawk a. Zana NEICCYA President kal chhuak tur Dr. Samuel Vanlalhlanga, tuna Central KṚP Asst. Leader nimek in thiam takin thu a sawi bawk a. Kan Speaker-te an thusawiah an tuiin thahnem an ngai bawk a, a ngaihthlak a manhla thei ngei mai.

Tin, kan inkhawmpui chung hian zaipawl thahnem tak leh thiam tak tak ngaihthlak tur a tam thei hle. Hnam hrang hrang leh tawng chi hrang hrangin Pathian ropui nana amah kan han fak ho han hmuh chuan a ropui ngei mai. Lalpa chu fakin awm zel rawh se. Kan Synod Choir pawh an fakawm teh e. He inkhawmpui chung hian wavi 7 zaiin Shillong Pastor Bial, Bial inkhawmpuinaah Sunday Chawhmain wavi 5 an zai bawk a. An fakawm in an inpekna a va ropui em. Chawlhni zan inkhawmnaa 'Pathian hmel' tih an sak lai phei chuan a takin Pathian rawn inlarin an chung zawnah Khasi tleirawl, thalai ho ten kraws engvar pup hmuin an taksa a khur a, an tūl nasa ngei mai. Lalpa chu fakin awm rawh se. Inkhawm ban hla kan sak zawh a, banna te siam a nih hnuah, hla

lak leh niin hetah hian wavi tam tak lak nawn niin kan lamin kan zuang nasa hlawn ngei mai. Kan Central KṚP hruaitute pawh an zuangin an tūm nasa ngei mai. Chutichuan, kan inkhawmpui chu kum 2014-a Evangelical Church of Maraland, Saiha-a "15th Biennial Conference" hmang leh turin kham lo takin kan tiak ta a ni.

Keini Central KṚP lam chu ni 23 April, 2012 (Thawhtanni) chawhma lam shopping te neiin dar 3:00p.m. atangin Shillong Mizo Kohhran Biak In kawtah Central K.Ṛ.P. Committee member Pu Dingtea'n tawngtaina a hmang a, Mizoram lam panin kan lo chhuak ta a. Tluang taka kalin zan dar 12:00-ah Silchar thlen dawnah ruah tam leh thli na takin min nuai a, thing lianpui tlu in kawng a lo dang a. Mizo nge nge ruahsur pawh sawi loin kawr phelhin kan hruaitute an han che tak tak chu mipa inti ve tan chuan han zui loh chi a ni lo reng reng. Ruah sur chung darkar chanve vel kan han siam chuan kan kal tlang leh thei ta hram a. Mizo nih hi chu a nuam thinn ngei mai. Chutichuan huh deuh chuap chung tluang taka kal zelin dar 9:00a.m.-ah Pathian hruaina in Aizawl kan rawn thleng ta a. Pathian chu fakin awm zel rawh se ♦

ABORTION LEH A NĠHAWNG ȤA LO TE

— Rev. R. Lalthlenglian,
Hailakandi, Assam

Abortion chu tawitea kan hrilhfhiah dawn chuan nau tihtlák ti ila a dik awm e. Naupai lai tihtlak hi tunlaiin a hluar hle a. Khawvel hmun hrang hrangah pawh a hluarin issue lian tak a ni mek a ni. Mizoramah pawh thil Ȥa lo, buaipuiawm tak a ni awm e. “Abortion chu naute, pum chhunga awm, (Fetus or Embryo) a pian hun hma emaw, a hrin hun hmaa hmeichhe chhul (Uterus) aȥanga paih chhuah emaw, lak chhuah emaw a tihlum hi a ni” tiin a hrilhfhiah theih baw kang. Mi thiamten an chhut dan chuan khawvelah hian kum tinin hmeichhia 250 millions vel rai ȥhin ang an ni a. Chung zinga hmun nga a ȥhena hmun thum zette chu rai tum lo tak, mahse rai palh tate an ni a, nau pai lai hmun nga a ȥhena hmun khat zet chu kum tin tih tlak an ni ȥhin. A rapthlak ngawt mai.

USA-ah pawh he thil hi issue lian tak a ni mek a. US

President thlan dawn a piangin Abortion leh Homosexuality hian sawi a hlawh leh zual ȥhin niin a lang. Kum 1987 vela Ronald Reagan US President a nih lai pawhin Abortion duh lohna hi a lian hle a, kha tih laia Surgeon General Dr. C. Everett Koop-a nen ȥang dunin a do hna nasa takin an thawk nghe nghe. Tunlaiin khawvel ram hrang hrangah pawh inhnia na a tam hle a, a duh lo lam (Pro Life) leh “A ȥha, hei hi chu mimal zalenna a ni e, phal tur a ni” ti lam te nasa takin an inhnia ȥhin. Debate nasa takin an nei reng mai a ni. Khawvel ram hrang hranga Evangelical Christiante chuan nau tihtlak hi duh lovin an do nasa hle. Bible kalh a nihzia te, Pathian huatzawng ber tualthahna a nihzia an tlangaupui uar hle.

Mizo ȥhalaithe zingah pawh he thil ȥha lo hi a rukin a nasa hle niin a lang tlat mai. Hei hian sex a kan sanzia leh Pathian duhloh zawng kan tih nasatzia a ti lang hle. Mi tam tak chuan a ruka nau an tih tlak emaw, khawi private clinic-ah emaw an kala nau an tihtlak hian an sual chu tumahin hre lo tur leh eng thil pawh mah awm zui lo turah an ngai ȥhin a, an hre ȥhelh hle a ni. Abortion hian thil a khawih pawh thui thei hle mai

a, hei hi mi tam tak ten hre lovin nau titla turin a tihtlak sak theite an pan thin a, a lungchhiatthlak ngawt mai.

Kristiana Morvai, pro choice United Nations Committee on the Elimination of Discrimination Against Women (CEDAW) a committee member chuan "Abortion hi thil tha lo, rilru lamah te, thlarau lamah te, taksaaah te nghawng pawl tak nei thei a ni" a ti. Hmeichhe tan a pawina chu Psychological effect tha lo a thlen hnem em em mai hi a ni. Carmen Gomez – Lavin, University of Navarra, Spain a mite chuan research an tihnaa an hmuh chhuah chu, Abortion ti hmeichhiate chuan nau an tihtlak hnu-ah Mental Disorder chi khat Depression chu 80% zet ten an vei zui a, 40% zet te chuan intihhlum lam an rilru in an ngaihtuah bawh tih hi a ni. Nau an pai tihtlaka thawveng taka nun zui tum, nau an tihtlak zawha an buaina reh mai tura ringte chuan an tvisual hle a lo ni reng mai.

Abortion ti tawhtena Mental Disorder an vei thin chu Post Abortion Syndrome (PAS) hi a ni. Hemi awmzia chu nau tihtlak hnu natna a ni e, ti ila a dik mai awm e. Post Abortion

Syndrome (PAS) veite chuan rilru lamah harsatna an tawh nasa a, Zu leh Drugs an khawih a, midangte nena inlaichinna a lo chhe tial tial a, nau tihtlak lehah te an tlak thin bawh. Mahni an inngaihhlutna a tlahniam a, intihhlum te an tum thin. Los Angeles Time Survey (1989) in an thil hmuhchhuah an tarlan dan chuan nau titla hmeichhia 56% chuan mahni inthiam lohna lian tak a hnuah an nei zui thin. Wanda Franz, Ph.D chuan "Nau titla tawhte reng reng chuan mumang rapthlak tak tak an nei thin a, an nau tih tlakte chuan an mahni rawn ko nite hian an hre thin. Nau an tih tlak an hriatchhuah chang pawhin rilru natna nasa tak an nei thin a, mahni an inngaihhlutna a tlahniam a, harsatna an tawh nasa thin hle" a ti.

Nau tihtlak in a nghawng pawl tak dang leh chu hnute cancer a thlen thei hi a ni. Patrick Carroll, Research Director, UK's Pension and Population Research Institute chuan research a ti a, a sawi dan chuan "Hmeichhia an rai a, an rai puitlin loha nau an tihtlak chuan hnute cell (Breast Cells) a hormonal development awm tur kha a tibuai a, chu chuan cancer a thlen awl em em a ni" a ni a ti.



Tunlaiin cancer kan vei nasa a, Mizote phei chu a hnam ang pawha cancer vei nasa hnam tia hriat kan ni. Zuk leh hmuam leh chhan dang dang vanga kan ramah cancer a hluar hle tawh laia Abortion vanga kan ramah hnute cancer a pung a nih chuan Pathian ringtu hnam nia inchhal, za a za Kristian inti hnam tan chuan mualphona tawpkhaw k a tling ngei ang le.

A hun lova nau paitu hmeichhe thihna a thlen nasa lutuk hi a pawina chu a ni leh baw k a. Nau tih tlak dawn chuan mi hriat lohva tihte a lo ngai a, hmun tha leh mithiam rawn an lo ngam lo va, mahni leh midang, thiamna pawh nei hlei loten an tih sak a, a ruka tih a lo ngai nen. Kum tin maiin Unsafe Abortion vangin hmeichhia sing sarih velin an thih phah a. Kum tin hmeichhia maktaduai nga vel chu Unsafe Abortion vangin ramtuileiloin an awm phah baw k. Mizoramah pawh hian natna danga puh, nimahsela Unsafe Abortion

vang ni si a thih nate a tam in ramtuileilo a awm phah ta te, thichhawnga nat phahte hi an tam ve tawh hle mai lo vang maw?

Nau tihtlak hi tualthahna rapthlak tak a ni tih hi kan ngaihtuah lo fo mai. India ramah pawh nau tihtlak hi danin a khap tlat thil a ni. Jail bang zut theihna a ni a, pawisa tam tak chawi theihna a ni baw k. Pathian pawhin a duh loh thil a ni tih kan hriat a hun ta hle mai. Bible ngun taka kan chhiar chuan tualthah hi Pathian huatzawng ber a ni tih kan hmu ang. Jeremia Bung 1:4 ah kan hmu a, “Pum chhunga ka siam hma che in ka hria che a, chhul ata i chhuah hma pawhin ka serh hrang che a, Hnamte hnena zawlneiah ka ruat tawh che”. Hei hian nu pum chhunga awm naute chu hrin a nih hmian Pathianin a hria a, mihring an ni tih a lang Chiang hle a ni. Luka Bung 1:1–25 kan chhiar chuan Baptistu Johana lo pian tur thu kan hmu a. Baptistu Johana chu a nu in a pai hma atangin a hming sak a ni tawh. Nu pum chhunga naute awm hi Pathian thu chuan a ngai hluin a ngai pawimawh hle a ni. Exodus Bung 20:13 ah Chiang takin kan hmu a, “ Tual i that tur a ni lo”. Hei hi Pathian thu pek a ni a,

Abortion hi tualthahna a ni a, nu pum chhunga awm naute hi Pathianin a hria a, mihring an nih tlat avangin nau titlate chu tualthat an ni a. Pathian thinurna mei an chung a tla tur chu a rapthlak hle ang.

Doctor thiam tak kan niin clinic kan hawng pawh a ni mai thei. Gynecologist lama specialist niin miin nau titla tur leh pawisa tam tak hlawh turin min thlem pawh a ni mai thei. A hlawh thain hausak pui lawihna tham khawp pawh ni dawn se la, nau tihtlaksaktu chung chu a pik hle ang. Indian Penal Code (IPC) hmangin miin court-ah min khing se la, thiam kan chang lo mai thei a ni. Chuvangin nau tihtlaksaktu dinhmuna din chu tualthattu dinhmuna dinna a ni a, chutiang lama mithiam kan nih pawhin kan inhnawih loh tawpna tur a ni tih i hria ang u. Medical doctor pawh ni lo, nau titla duhtu thian emaw, laina hnai kan ni pawh a ni thei e. Kan

thian emaw laina hnai, min nel em em tuten a rugin min panin nau tihtlaksak turin min sawm pawh a ni mai thei. Thiamna pawh nei lo leh nghal tan chuan inhnawih miah loh a tha a ni. Kum tinin mi tam takin Doctor pawh ni lo nau titla tura a ruka an pan avangin an thihpui a. Chuvangin mi naupai tihtlaksaktu kan nih chuan mi nunna latu, nau paitu hmeichhia leh pumchhunga awm naute thattu, double-a tualthattu te hi kan ni palh ang e. I fimkhur ang u.

Nau tihtlak hi Pathian duh loh zawng a ni a, chutiang tite chuan Hremna an pumpelh dawn hauh lo. Mi hriat lohvin an ti emaw an intih lai pawhin lo hre ru an awm a, a darh leh zel tho thian. Mihring bum mahse tumahin Pathian an bum thei dawn si lo. Abortion hi Pathian huat zawng tualthahna a ni tih hriain theih tawp chhuahin a lo bo theih nan tawngtaina leh dilna tinreng nen kan bei tur a ni ang ♦



Tihdikna :

1. *Kristian Thalai March Issue (2012)-a Hmeichhe Pual Camping chhuakte umzui dan report-ah khan Bungkawon Branch KTP in Peace Home a awm 1 thla 3 chhung atan an sponsor tih kan lo hmaih palh a.*
2. *Tin, April Issue (2012)-a Kantu Aizawl Branch leh Dinthar Branch kan tarlanah khan a kawm hnunga an thlalak kan dah kha copy engemaw zatah dah sual palh a awm bawk a.*

Heng kan hmaih leh tihsualah hian ngaihdam kan dil e. — Ed.

I hun i hmang ṭha em?

— P.C.Nghâklianmawia
Kakarvitta, Nepal

Rmanah mihrâng Rokunga khan, "I hun i hmang ṭha em?" tih zawhna dengkhawng tak hmangin Zoram mipuite min au tawh a, ṭhahnemngai takin, "Hei hi erawh min chhang teh, i hun i hmang ṭha em?" ti lawm lawm chungin mual min liamsan tawh a. Chumi hnu, ni leh thla tam tak a liam leh tâk hnu hian mihrâng Rokunga zawhna kha a la pawimawh ta reng mai.

Duhsakna thuhmun

He khawvelah hian ṭap chungin kan lo piang a, ṭap chungin khawvel hi kan la vailiam ve dawn. Chumi inkar chu hringnun kan tih hi a ni. Chu hringnun khawvelah chuan chunglam khian malsawmna thua tam tak, harsatna leh hrehawmna tel vekin min pe a, chu nun chu soal a, bei a, hnehtu ni turin min duh. Chu khawvelah chuan vanneihna leh vanduaina hi mitin banphâkah a dah a, hlawhtlinna leh hlawhchhamna pawh phal takin mitin ke bulah

a dah leh mai a. Tumah duhsak bik leh thlei bik pawh a nei chuang lo va, a dawngsawngtu thinlungah chu hringnun bûklung chu a dah a, a khai thiam apiang an hlawhtling a, a khai thiam lo apiang an hlawhchham mai dawn a ni. I hun i hmang ṭha em?

Chunglam khian misual leh miṭha chungah ni a sat tir a, ruah a surtir leh mai a, he leilunga chengte hnenah hian inang ṭhâpin nikhatah darkar 24 min pe rual leh ṭhâp mai a. Chu darkar 24 chu a hmang thiam apiangte kutah hlawhtlinna a dah a, a hmang thiam lo apiangte kutah hlawhchhamna a dah leh mai a. 'America President khu a buai bik em mai a, khaw'ngedarkar 26 kan pe bik teh ang' pawh a ti chuang lo va. Khawvela mi buai ber leh khawvela mi tlawng-âwl ber thlengin darkar 24 min pe vek mai nia. Chu darkar 24 chhungah chuan khawvela mihring zawng zawng hi min chhungkhung vek a. He darkar 24 chhung hian eng nge i tih ṭhin? Chu chuan i hringnun hmarel a hril dawn a ni. I hun i hmang ṭha em? I hun hmanral takte kha han thlir kir la, inchhirna tur i nei em? Siamṭhat tur i nei em? Hlimna nui ri nen khawvel i

hmachhawn ðhin nge, ðap chungin i hmabâk khawvel i hmuak ðhin?

Aw hun, aw hun...

Zingah khawchhak lamah mâwi takin nî a lo chhuak a, chu ni êng mawi tak chuan hlimna leh nui ri tam tak a rawn paipawn tel a. Mi tam tak erawh chuan chu ni êng mawi tak chu en ngam lovin an hnungchhawn a, ðap leh beidawng chungin khawvel an hmachhawn ðhin. Siamtu hian mitin mai hi hun ðha, hun remchang (chance) min pe ðheuh mai a, misual ber tan pawh insiamðhatna hun ðha chu a pek theihngihl chuang lo. Mahse, chu hun ðha chu thil ðha tih nana hmang lovin kan nuam tih zawng leh kan tisa châkna hnawhkah nan kan thlang fo ðhin a. Nun enchhinna hun atan te kan hmangral ta mai mai a, reilote emaw kan tih chhungin 'hun hian lui lian luang zel angin hringfate min len bo' zel a, hun leh tuilianin tumah a nghak si lo. Hlim taka nun chen tumte khan beidawngin a hmâwr kan bawh leh fo ðhin. Siamtu in duhthlanna zalen min pek hi zu in nan te, ruihhlo hmanga chhûn khah atan te, mipat hmeichhiatna hmanga rahbeh atan te, dik lo taka hleprukna leh thamna hmanga mi bumna hun atan te chuan a uihawm lutuk a ni.

I hun ti thianghlim la, Lalpa pâwl fo rawh,

I hun ti thianghlim la, i rilru zawng nen.

Hauh loh hlauhawm

Hlauh tur dik hlau lovin hlauh loh tur kan hlau a, zu leh sa, ruihhlo te chu deusawh tak chungin kan chên a, 'Ka inveng thei' ti reng chungin mipat hmeichhiatna sualah kan tawlh lut zel a, chhûnah fai takin kan inchei a, zanah chuan Sodom leh Gomorra ang maiin kan nun a chawhchawrawi a, ruihhlo chu huaisen takin kan lek vaw vaw a, hriau bawhlhlawh chu hlau lo takin kan vit lut pawp pawp a, nuam chem chem a lo kal a, harhfim khawvel chu kan hlau ta tlat a. Damlai chên emaw kan intih chhungin khuarkhurum thûk lamah hmelmapa chuan min hnuk lut zel a lo ni si. "Þhalai te u, in ðhatlai chen ula" tih changchawi niawm fahrnin nulat tlangval kan chen a, hmangaihna a dai zo a, sex chu hmangaihna tehfungah a chang ta der mai. Sex tel lo chuan kan inring ngam tawh lo va, chu thlemna thangah chuan kan lut a, kan lut thûk zel a, sex avangin kan mualpho ta bawrh bawrh mai a nih hi. Hlimna chen tuma lût te khan bianga mittui far zawih zawihin hringnun hmâwr kan bâwk leh si.

Tunlaina khawvel chuan min rûn zel a, kan nun chu cellphone leh computer khawvel inkarah a tlazep a, fashion leh designing chu kan thinlung lalnu a lo ni ta zel a, Pathian Biakna hmun thlengin fashion show na hmun a ni ta zel a, kan tuipui zawng leh kan ngaihven zawng a tunlai tial tial a, a changkang telh telh a, Pathian erawh chu kan hlat ta tial tial a. Aman min hnaih a tum apiangin kan incheina, kan nun leh min tuamtu kâwrte chuan an lo hnar zel si.

Individualism khawvelin min rûn a, mahni chauhin kan tlei tial tial a, midang kan mamawh lo tial tial. Chu khawvel zim takah chuan kan inkhurbing zel a, huaisen takin kan pêh hlawk hlawk a, "It's my life" tih chu kan changvawn a lo ni a, "Just do it" tih chu kan nun khalhtu a lo ni ta. Midang kan mamawh tawh lo va, keimah hi ka tawk êm êm a. Ka nun hi ka ta a ni a, ka zalen a, kan nunah hian tuma'n thu an nei lo, thutlukna chu keima siam tur a ni a, midang ka mamawh lo va, ka nun hi ka ta a ni tih chu kan nun kaihruaitu a lo ni ta a.

Kan nitin eizawna leh hnathawhna te chu sawi hrehawm khawpin a

bawlhhlawh ÷an ta mek a. Inchuh culture ah zuanglutin survival of the fittest khawvel chu kan tungding thar leh a, eirukna leh thamna te chu kan nitin nunphung a ni chho ÷an ta a. Dik taka tih tum tan chuan huat-rawn nih hlawh a awl tial tial a. Pathian thu leh dikna avanga tuar chu atthlak a chang zo ta. Kan sual thup mawi nan chawlhni ah chuan mawi takin kan inchei a, van angelte ÷hian niawm takin Biak In lam kan pan a, urhsun takin kan ÷awng÷ai leh mai a. Rawngbawltute meuh pawh setana tawhpanâlah hian kan tawlhthlu ta zauh zauh mai. Kan Pathian hi ÷ek aia hlauhawm, khawpui ri aia thiltithe, sakeibaknei aia hlauhawm a ni tih han hre hlawm teh hlauh ila aw. Dikna avanga tuartute hi chunglam khian a chhinchhiah asin.

Siamtu hian leilung fate hi hun thuhmun leh duhthlanna zalen min pe a, khawvel hi kan chen tura min pek a ni. Kawng dik thlang turin hun ÷ha min pe a, malsawmna chhiarsen loh in min vawm zui a. Mahse he mihring rilru hi sual lam âwn tlat ÷hin, harsatna paltlang tum lo va hêl ÷hin, a kawng tuang pangngai zawh peih lo va kawitan lam zawng hram ÷hin a ni fo a. Tihchhin châkna

khawvelin bul kan ðan a, hmelhriat châkna leh hriat chian duhna in hnunglam aþangin minrawn nam a, kan harhchhuah meuh chuan ngawlveina hrêngah kan lo tâng fel der tawh a, beidawna leh inchhirna in a hmawr kan baw leh ðin. Kan mihring duhamna hian Isua tello va hringnun hman min thlantir fo a, Isua tel lohna khawvelah hlimna kan zawng a, lemchangin bul kan ðan a, lemchangin hun kan hmangral a, beidawngin a hmawr kan baw a, mahni nunna meuh pawh kan hlut zo tawh lo va, nun beidawng kan pung ta zel a nih hi.

Hlahu tur dik Pathian hlahu lovin hlahu loh tur setana daw bur-ruihhlo, sex, eirukna, lemchanna, daw sawi, sawi mawi, zu leh sa etc. te chu kan hlahu luat avangin kan tlansan ngam lo va, kan inbawhbehtir a, kan thawk a tawp thlengin chu dawî bur chuan min hnehchhuh ta ðin a, hringnun nawmchenna khawvela kan then san lai takin kan uaina hrui a chat leh ðin a nih hi. Kan Pathian hi misualte hrem ðin, Pathian hlahawm leh ðihbaiawm tak, a haw tute leh a duhloh zawng titute chu an thlahte thlenga umzui ðin a nih hi kan theihngilh fo ðin a.

Mahse Pathian chuan sual a ngaizam ve ngai lo.

Siantu hian he khawvelah hian hunpui chi hrang hrang malsawmna min pe a, kan ðatlai, kan vanglai hi a parmaw lai ber a niawme. Chu hun tawite chu hlim taka chen a, hmang turin min duhsak em em, zalenna pawh min pe. Mahse tiamkam erawh a nei ve - "Thalaite u, in ðatlai chen ula, in la naupan viau lai hian hlim rawh u" min ti mawlh mawlh a, helai thleng hi chhiar a, duhtawk ta mai kan tam ðin a, mahse a dawt lehah khan, "Amaherawhchu Pathianin in chungah ro a rel dawn tih hrereng rawh u" a ti. Ni, Pathian hian kan thiltih angin kan chungah ro a la rel leh dawn. Chu thu chhiar thleng lovin mi tam takin hringnun hi ka ta emaw tiin kan chên ðin. Pathian hmaah kan nun hi a faifim ðha ang'em?

Nun chu chên la, hlim la nui rawh, i duh chuan i rui thei, i duh chuan nulat tlangvalna nen damlai i chen thei, i duh chuan thamna leh eirukna hmangin i inchhek arbawm thei a, in leh lo ropui tak tak pawh i din thei... Mahse, Pathianin i chungah ro a la rel dawn tih hre reng ang che. Hei hi erawh min chhang teh, "I hun i hmang ðha em?"

Football nge Sakhua?

— Rochungnunga,
College Veng, Aizawl

A bul ñanna

Manchester United leh Manchester City inelzia te. Liverpool leh Everton derby ropuizia leh boruak sânziate kan sawi ñhin a. Mahse, Rangers leh Celtic inkara boruakte nena khaihkhin chuan, heng club-te inelna hi chu naupang chhe infiamna ang chauh a ni tlat!

Khing English club kan tarlan takte khi chu khaw khata club inel tak an ni ve mai a, mahse Rangers leh Celtic hi chu Glasgow khawpuia club, inel ve tak mai an ni ringawt lo va, an inkarah hian hnam, sakhua leh politics a awm a. Club pahnih football khel a ni satliah lo va, kohhran pahnih, party pahnih inbei a ni tel tlat! He boruak hi football tuipuite chuan ngaihnaawm an ti hle lawi a, Scottish Football an ngaihhlut phah ñhin.

Irish vrs Scottish

Old Firm derby tia an sawi ñhin, Celtic leh Rangers football

match hi khawvela derby upa berte zinga mi a ni a, 1888 kum aţang khan sawi ñan theih a ni. Hemi kum aţang hian heng club inhal tak pahnihte hi vawi 370 chuang an inkhel tawh a. Ibrox Stadium-ah a ni emaw, Celtic Park-ah a ni emaw, boruak ñan loh lai a awm ngai lo. Scottish Cup emaw, Scottish League Cup emaw a nih chuan Hampden Park-ah khelh a ni ñhin.

Rangers leh Celtic boruak phêna thil inphum chu Protestant leh Catholic, Loyalist leh Republican te a ni. Celtic hi Scotland-a Irish pêm lûtte chuan ñan ngei ngei turah an ngai a, heng Irish pêm lûtte hian 1888 kum khan he club hi an din a, Rangers hi 1873 kuma din a ni. Rangers hi Scot mi tan chuan ñan loh theih loh a ni bawk. Irish-ho hi sakhuaana lamah chuan Roman Catholic an ni a, politics lamah chuan British awp hnuai a awm duh lo an ni a, tun thlengin Northern Ireland-ah khuan hel pawl chak tak mai, IRA an nei. Rangers ñantute hi Protestant background an ni tlangpui a, (Scotland hi Presbyterian Kohhran din hmasak berna ram, Presbyterian Kohhran inkaihhraina John Knox-an a siam a taka kalpuitu hmasa ber ram a ni), politics lamah chuan

England la chhungkaw lamtang an ni.

Catholic vrs Protestant

Tunhma, 1989 hma lam kha chuan Rangers hian Catholic mi player an lalût ngai lo va, Catholic player an neih hmasak ber chu Mo Johnston a ni. Ani hian a hmain Celtic-ah pawh a lo khel tawh bawk. Hemi hnu atang hi chuan Ibrox Stadium-ah hian Catholic player hmuh tur an awm ta fo. Mo Johnston-a'n Rangers-ah contract a sign hian Rangers fans ruhkawlte thin a rim hle a, phatsanna ang hiala ngaiin an lungawi lo thâwm pawh a ring hle. Celtic lam hi hetiang lamah chuan an thiangezau deuh hleka, an player zingah hian Protestant mi an awm nual thin a, Henrik Larsson te pawh kha Protestant a ni a, mahse Celtic player tha ber pawl a ni thin.

An inkar boruak hi a sân hma êm avangin buaina chhuah chhan leh an duh loh thilte pawh ho tê nia lang a ni thin. Paul Gascoigne kha, Rangers-a a khelh laiin, 1995 kum khan, Celtic-ho hmuh leh hriat laiin a lunglengin phenglâwng a tum ngawt mai a, Celtic-ho chuan an pai dai thei meuh lo. Anni ngaih chuan phenglawng chu Loyalist-ho nena inkaih hnawihna nei

a ni a, Scottish FA pawhin he thilin pawh a khawih dan an hria a, chuvang chuan Paul Gascoigne pawh an thunun ta rêng a ni. 1999 kum khan Rangers vice chairman Donald Findlay chu Rangers Club hla Billy Boy a sa lai TV-ah tihlan a ni a, Celtic fans leh Celtic thuneituten an nawr nasat em avangin a nihna atang hian a inhnûkdawk hial a, £3,500 thuneituten an chawitir bawk. Billy Boy hla hi tunah chuan UEFA lam chuan an sak an phalsak tawh meuh lo.

God Bless the Queen

Celtic khelmual, Celtic Park-a British hnam hla 'God Bless the Queen' sak chu pawh nasa tak sawina a ni tlat! Anni tan chuan British awp hnuaia an awm lantirtu leh British-ho, English-ho inlulinna lantirtu a ni a, hla duhawm ni lovin hla huatthlala a ni thung. British thliarkara Catholicism tihniama Protestantism chawisangtu fakna hla hi an tan chuan hla ngainatawm leh mawi a chang thei lo hrim hrim! Hlimpui kum pawh thleng se an sak hmasak loh berte zinga mi a ni ngei ang. Kum 2002 khan Celtic Park-ah hian Celtic leh Livingston te an inkhel dawn a. Inkhelh hma hian Livingston hian God Bless

the Queen hla ngei mai hi an sa a, hetih chhung hian minute khat chhung ngawi renga awm tur a ni a. Mahse, Celtic, Roman Catholic ni baw, Republican ni bawkte chuan an ngai thei thak lo, bengchheng an siam a, referee Willie Young chuan buaina a inmûng tih a hriat chuan ngawi renga awm hun chhung chu minute chanveah a titlêm ta ringawt a ni.

Willie Young hi Protestant a ni a, Rangers tan tawptu a ni. Arsenal-ah player lo ni tawh a ni a, Scot mi dik tak a ni. Rangers leh Celtic inkhelh tum chuan referee-a hman chi a ni chiah lo. Ibrox hmuna Rangers leh Celtic an inkhelh tum a tan lam a tilang lutuk a, Celtic fans ten Ibrox an chhuahsan nguah nguah a, hrem a tawrh phah nghe nghe a. Celtic player pakhat a hnawhchhuah kha chu a ngawihbopui mai theih a, mahse referee kawr hnuaia Rangers jersey a lo ha kher erawh kha chu a inhme thlep thlawp hle mai titu an tam lo khawp mai.

Phenglâwng tum anga awm hi Celtic fans-te tan chuan huatthla la tak mai a ni. July, 2008 khan Nothern Ireland striker, David Healy, Fulham striker thin kha, Fulham leh Celtic ten London-a friendly

match an khelh tum Celtic fans-te hmaah phenglawng tum angin a kut a dah a, hei hian Celtic lam thin a tiur hle a, an complain hial a ni. Ireland pangngai hi Roman Catholic ram a ni a, Nothern Ireland hi Protestant an ni a, chuvanga United Kingdom-a tel an ni. Nothern Ireland-a Roman Catholic-te chuan Britain aŋanga inlakhnan tum an la bei reng.

Ibrox-ah

Rangers stadium Ibrox hi Roman Catholic tan chuan nun dan leh thil kalphung hre miah lova luh ve ngawt chi a ni meuh lo. 1999 kum khan, Mark Viduka Celtic-a a khelh laiin, Rangers khelmualah an zin chhuak a, hemi tum hian Roman Catholic-hovin an tih thin Kraws chhinchhiahna hmangin mal a insawm a, Rangers te paw sawina a tlin avangin referee chuan warning a pe hmak. 1996 kuma Ibrox stadium-a Rangers leh Glasgow-a club pakhat Patrick Thistle an inkhelh tum Rod McDonald chuan Kraws chhinchhiahna hi a siam a, referee chuan Yellow Card a pek phah tawh baw! Celtic keeper lar Artur Boruc hi Poland mi a ni a, Roman Catholic ruh tak a ni. 2008 April-a Rangers leh Celtic an inkhelhin jersey hnuaia a

t-shirt hak 'God Bless the Pope' tih ziakna a pholang chuan Rangers fans thin a tirim hle a, Scottish Football Association pawhin a chêt dan hi an ngaihtuah nghal vat a. Scotland-a Roman Catholic Kohhran te inrawlhna leh ngenna avangin a chungah hremna lekkawh a ni ta lo hlauh a ni. Mahse, tinawn leh tawh lo tura hriattirna pek a ni thung.

Rangers leh Celtic inkhelah hian chhiatna lian tham tam tak a lo chhuak tawh a, mi tam takin nunna an chên phah tawh baw. 1980 kuma Scottish Cup final khelh zawh hnua intihbuaina thleng te kha khawvelin a la hre reng a ni. Heng club inhal tak tak pahnih inkhelh ÷um hian Glasgow damdawi-inte chuan nidang aain damlo/inhliah a lêt 9 kua ngawtin an ngah a, inkhelh a awm apiangin mi 150 ten man tâwk ziah ang an ni baw.

Tunhnai

Kum 2000 hnu lamah hian a ziaawm deuh tawh nain dam thlep thlawp erawh a la ni lo thung. Nikum April thla khan Billy Boy hla an sak avangin Rangers chu UEFA-in a hrem a, an home-a an khelh tur ÷um hnih chu khelh a khapsak a ni.

Sakhuanain Europe-ah hmun a chang tlem tulh tulh a, chutiang baw chuan Celtic leh Rangers inkar pawh hian ziaawm lam a pan hret hret a. UEFA hmalakna avangin boruak pawh a ziaawm sâwt tawh. Scot leh Irish mipui inhuatna pawhin ziaawm lam a pan hret hret a, Scotland sorkar pawhin hma nasa takin a la mek.

June 2011 khan Scottish sorkar chuan football stadium-ah mai ni lo, mipui punkhawmna hmun hrim hrimah football kaihnawihah inhmuhisitna leh inchungtlakna a thlen loh nan dan thar a duang a. He dan bawhchhia chu kum 5 thleng lung-in tântir theih an ni. He dan hian hian a huam zau hle a, football chhehvela sakhua inhmusit zawng leh, sakhua thila inhuatna chawktho thei thil a khap tel vek baw.

Âtchilh neihna khawvelah hian ÷henkhatin football an âtchilh a, ÷henkhatin Justin Bieber emaw, eng emaw tal an âtchilh ÷hin. Keini hian eng nge kan âtchilh ve dawn le? Tu fans nge kan nih a, hringnun khawvela inkhelhna mualah hian tu lamah nge kan ÷an ve le? Mi tam takin an âtchilh zâwngte tan chuan na tawrh an hreh lo va, thih an hlau lo; nang Isua tan hian eng nge i huam ve le?



HRINGLANG TLÁNG

Amy chu tleirawol kum 16 mi a ni a, a pi Grandma Wilson chuan "Kan thuaawi chu tha mahse sawi satliah ngawt lova, a tak a chantir hi a tha zawok" ti a hrilh fo thin. Amy chuan a pi chu a hmangaihlin hnathawh tur a neih pawhin a tihsak fo thin.

Khuangchawi thla khaw nawm lai tak hian nikhat chu Grandma Wilson-i hnenah a in tihfai sak turin Amy chu a kal a. A hma zan lawkah a pi chu engkim a tihfel pui tur thu leh zing dar 9:30 velah a thlen tur thu a hrilh tawh a. A sawi ang ngei chuan a pi in pan chuan kawotthler nuam takah chuan phur takin a kal sauh sauh va.

Dar 9:36 a.m. anih chuan a pi in chu a thleng ta hlawol a. In panna stepah a kal chho a, kawngka a thlen daww tep chuan an hawi kir a, car-a a bialpa lo tlan mek chu a zuk hmu a. Amy lah phur takin a lo tlan let thuai a. Thil engemaw sawi a an titi dun hnu chuan Amy chuan a tih tur ber chu hrechang tawh lovin a bialpa Paul-a car-ah chuan a lut a, an tlan liam ta daih mai a!

Grandma Wilson chuan a a tunu chu nghakhlel takin tukwerh atang chuan a lo thlir reng a. Inchhung a lo lut tep tawh tiha a kirleh daih leh car-a an tlan liam ta daih mai a hmuh chuan "A kal leh tak saw! Khatiang khan a awm tur a nilo! A nu leh pa te lahin a bialpa kha an hrechiang awm si lo, a nunna atan pawh a hlauhawm ang! A nu ka biak vat a ngai a ni" a ti nauh nauh a. Grandma Wilson chuan "Helen, i nu ka nia, tun maiah khan Amy chu a bialpa Paul-a nen car in an chhuak a nia. A chanchin i hre Chiang em?" tiin phone chuan a fanu chu a bia a.

"Aw ka nu, Paul-a chu a fel pangngai e. Kan pa nen pawh kan hmu in vawoi tam kan titi pui tawh a. Mahse Amy awm dan chu ka duh lo tarop mai, vawiin chu i in a tihfai pui che-ah kan ngai a, mahse a ni awzâwng silo a nih chu!" "A tha e, Helen. Keiman ka ti ve thei tawok tawok a lawm. Mahse a phili lutuk leh a rintlak loh lutuk hian min tibuai a ni. A lo haw hunah min rawn hrilh rawh aw, ka ngaihtuah a nia". "Awle, ka rawn hrilh daww che nia. Karleh lamah emaw a rawn pui daww che a nia. Bahak a thusawi ti hlawhtling thin tur pawhin ka lo zilh ange". "Ka lawm e Helen, kan in be leh daww nia".

Grandma Wilson chuan a tih tur neih ang ang chu harsat tak chungin a tifai ve ta a. A mut pindan lama puanzar tifai a a chuan kai lai chuan a dinna chu a buk ta hlauh mai a. A ni tar chak lo chuan a balance a hlauh a, chhuat charah chuan a tlu thla ta thlawrh mai a. A vanneih a siamin emergency service chuan ambulance hmangin damdawwiinah an dah vat a, a hliam te a lo na lutuk lo hlauh mai a.

Amy'n a pi chanchin an hriat chuan pawh a ti em em a, a thiltih tur ti hmasa lova an teihawoi hmasa chu a inchhir hle a, "Kan thuaawi chu tha mahse sawi satliah ngawt lova, a tak a chantir hi a tha zawok" ti a Grandma Wilson'i'n a hrilh fo chu a thinlungah a ri dup dup a. "Tun hnu-ah chuan ka fimkhur in ka thusawi te ka ti hlawhtling hmasa zel tawh ang" a ti ta a ♦

■ ■ ■ RIMAWI

Zaipawl Member-te hriat tur

— David Lalliansanga
Kulikawn

(...May thlaa mi chhunzawmna)

Inbuatsaihna tha

Inbuatsaihna tha hi a pawimawh em em a. Mizorama kan Pastor leh Revival Speaker lar hote, thusawi thiam bera kan hriat larte hi thusawi thiam tak an ni mai lo va, an thusawi thiamna hi an tawngtaina leh inbuatsaihna nasa tak rah a ni. Sermon nung tak vawi 1 sawi chhuak tur hian darkar eng zat nge tawngtaina an hman tih te chhut thin ila, lehkha puan eng zat nge an hman tih te, hun leh tha eng zat nge an sen tih lam te ngaihtuah tel ila. Tun hnai kum 5 kalta chhung kha han thlirlet ila, kan Synod Zaipawl hla "Pathian hmel" tih hi Mizoramah chuan zaipawl hla lar ber a ni Chiang mai. An sakna apiangah Pathianin mipuite rilruah hna a thawk a, a la thawk zel bawk. He hla ropui tak mai an sak chhuah hma hian eng ang takin inbuatsaih ang maw... Conductor leh zaipawl member ten tawngtai nan hun eng zat tak hmang ang maw... He hla zir nan hian hun eng zat tak seng ang maw... Kei ka rin dan

chuan hetiang a nung leh mite ngainat tura sa chhuak tur chuan an hun sen leh tawngtaina an hman te chu rawngbawl na ngai pawimawh tak tak lo chuan kan tlin ka ring mang lo. An inbuatsaihna a tha tawk tih hi kan pawm tlangin a rinawm. Chu chu kan entawn tur chu a ni. Kan zaipawl conductor tha takte hi an strict kan ti thin a. A chhan chu inbuatsaihna a pawimawh zia an hre Chiang a ni. Mahni awmna zaipawl theuh kha han thlir ila. Kan hla sak tawh zingah kan sak that leh mipuite ngainat chu kan zir tam leh kan beih nasat te an ni zel ang. Hla zir laia kan tih takna te, kan discipline te, kan awmdan zawng zawngte hian kan sak chhuah hun tur hi thui tak a hril tih hria ila. Ho lam taka inbuatsaih a, tha taka zai chhuah kan tum leh si a nih chuan kan ti soal fo vang. Inbuatsaih tha mang si lova zai hun a lo thlena tan vak hi kan bansan a tul tawh a ni. Lehkha zir tha si lova exam hall-a tang leh vak si chuan result tha tak a beisei ngam dawn em ni?

Inlungualna

Nung takin rawng kan bawlho dawn a nih chuan kan inlungual tur a ni. Zaipawl member-te kan inkawm-ngeihin kan innel tur a ni. Kan

harsatnate pawh kan inhrilh tawn ang a, kan inṭawngṭai sak tawn ang a, inpuih pawh kan inpui tlang tur a ni. Mahse, inlungualna, inkawmngeihna, innelna kan tihte hi awmze nei taka kan kalpui loh chuan harsatna tam tak thlentü a ni thei. Mihring hi Pathianin a duh taka a siam kan ni vek a, kan inzah tawn tur a ni a, a sapṭawng chuan mihring chuan a mihring-pui hi a respect tur a ni. Inzahna bo ṭhak khawpa innel leh inkawmngeih hi a awm ve thei a, chu chuan zaipawl tihhmasawn lam aiin a tiṭhuanawp thei. Zaipawl member te hi kan innel tur a ni a, kan inkawmngeih bawk ang, mahse, kan ho tur a ni lo. Hohna hian thui takin hmasawna a dal thei. Ho khawpa innel te hi kan tih tur a ni miah lo. Fiamthu leh uanah pawh hian chintawk hriat a ṭul a, kan ho tawh a nih chuan thlarau lamah thawhho leh inpumkhat a har tawh khawp ang. Chu chuan mipui hmaa kan zai chhuahnaah a ṭha lo lamin nghawng a nei thei.

Tun hma kan Mizo Zaipawl larte kha an inzah tawn hle tih kan hre ṭheuh awm e, rawngbawlnaa an chhuah phei chuan lirtheia an chuan pawhin mipa leh hmeichhia an ṭhu ho ngai lo. Chuti khawpa an strict lai chuan thlarau lamah an inpawh em em tho si a ni. An

harsatna te an inhrilh ngam a, an inṭawngṭaipui a, an innel em em tho bawk si. Tunlai ṭhalaite hian entawn tur chu kan nei a ni. Inngai pawimawh leh inzah tak siin inkawmngeih tum ila, chutah chuan hmasawna a awm ang.

A ṭha ber hlan

Zaipawl member kan nih chuan keimahnia aṭha ber Pathian hnenah kan hlan phal tur a ni. Kan theihtawk hi Pathianin mal a sawm ṭhin. Zaipawl member tam tham tak pawh ni ila, kan del dul tur a ni lo va, kan zai a nawi tur a ni bawk lo. Kan del dul a nih chuan member tin te kan inenfiah a ṭul ang. Zaipawl enkawltute kaihhruaina hnuaiyah mimal tin ten kan aw neiha a ṭha ber, a nalh ber, kan tha leh zung, theihtawp kan chhuah ṭheuh tur a ni. Zaipawl pakhat chungah hian male voice leh female voice ṭha tak awm thei siin, a zaipawl pui bera kha zai ṭha thei tlat si lo ta se, tunge mawh phur ang? Male voice, female voice, group singing, solo etc.-a ṭha leh nalh taka zai thei, zaipawla ti ṭha leh thei mang miah lo, midang rin tum tlat a awm ve theih a, chutiang mi chu kan ni tur a ni lo. Mahni ṭheuh inenfiah ila, zaipawlin hla kan zirna leh kan zainaahte hian Pathian tan a ṭha ber kan

hlan em? Kan lo hlan lo a nih chuan tan i la thar leh teh ang u.

Inserh

Rawngbawl na chanvo pawimawh tak chelhtu chu a inserh tur a ni. Zaipawl rawngbawl naa member mawhphurhna pawimawh ber chu tha taka zai a ni a, tha tak i zai theihna daltu tur thil zawng zawng lakah i inthiar fihlim tur a ni. A hmasa berah chuan i aw tichhe thei thil lakah i inthiar fihlim tur a ni. Zuk leh hmuam mai bakah i taksa hriselna turin i ei leh in pawh i ngaihtuah tel a ngai. Rawngbawl tura i inbuatsaihnaah hian i nun, i chezia zawng zawng in pawimawh na nei tih hre fo ang che. Zaipawl member chu hmeichhiat mipatna lamah a inthiar fihlim tur a ni a. Khawvel thil (hei hi chu sawi tur a tam lutuk, kan sawi seng lo vang) lakah a inthiar fihlim tur a ni. Khawvel thil nena inham pawlh chung chuan nung takin rawng a bawl theih loh.

Ṭawngṭai, rinna leh thiltih

Hengte hi a hmasa lama thai lan tur an ni a, mahse zaipawl hmasawna tur chu heng pathum te hian han khaikhawm zawk ila; heng pathum te hi thupua nei tur chuan mi a pianthar a ngai. Zaipawl member chu kohhran rawngbawltu pawimawh tak a

ni a, rawngbawltu chu a piangthar tur a ni. Hla kan zir hian kan tih dan tlangpuiah chuan kan ṭawngṭai rual ṭhin. Vawi khat hla zira vawi hnih vawi thum ṭawngṭai rual ṭhin te pawh kan awm. Kan hla zir bakah hian member te mahni ṭheuhvin zaipawl tan kan ṭawngṭai ṭhin tur a ni a, kan hruaitute kan ṭawngṭai sak ang a, member te kan inṭawngṭai sak baw ang. Tin, kan hla zir te Pathian hnenah kan hlan ṭhin tur a ni. Kan ṭawngṭai satliah mai mai tur a ni lo va, tu hnenah nge kan ṭawngṭai tih kan hre chiang tur a ni. Kan dilah kan chiang tur a ni a, ka dil chu kan hmu ngei ang tih kan ring baw tur a ni. Tin, kan dil a lo hlawhtlinna turin kan rinna chu thiltihin a zui tur a ni. Pathian hnenah rawngbawltu tha taka min buatsaih turin kan dil ṭhin a, mahse, keimahni lam kan inbuatsaih chuang lo a nih chuan awmzia a nei tlem khawp ang. Kohhran zaipawl chu kohhran programme hrang hrangah kan zai ṭhin a. Tha taka zai tur leh midang tana malsawmna ni turin Pathian hnenah kan inhlan ṭhin ang. Chumi a lo hlawhtlinna tur chuan keimahni lamah kan theih ang tawkin kan inbuatsaih ve a ṭul a ni. Kan ṭawngṭaina leh kan rinna hi kan thiltihin a thai chhe tur a ni lo ♦

THU SAWM PEK

Sinai tlang aţangin bul i han tan teh ang. Uire suh, tual that suh, ru suh tih leh thupek dang la awm reng rengte “Nangmah i inhmangaih angin i vengte i hmangaih tur a ni.” tih hian a khaikhawm vek ang khan tun tum kan thu sawm pek pawh hi, “Tihdam aiin inven a tha zawk,” tih hian a khaikhawm vek dawn a ni.

Mi thiamte chuan Cancer zawng zawng za zela 80 hi inventheih a ni an ti mauh mai! Chuvangin Cancer vanga thihna hial lo awm hi za zela 30 vel bawh hi kan ei leh bar aţanga lo awm a ni, an ti bawh. Hei hi hriain ram changkang tak pakhat, Europe Community (EC) chuan thupek sawm a siam a, hemi zulzui hian Zofate Cancer laka kan inven theih nan thu sawm pek i han siam ve teh ang, zawm harsat leh harsat loh chu thu hran nise.

1. **Mei zu suh** : Chuap, hrawk, ka chhung, chawkawng leh pumpui Cancer hi a chhan bulpui ber pakhat chu Meizuk vang a ni. Ni tin

Meizial 20 zu thin te hian a zu ve lo aiin a let 20 chuangin an vei sang zawk an ti a ni.

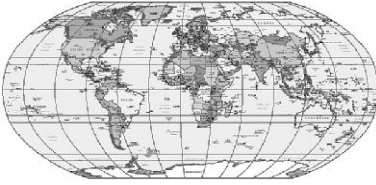
2. **Zu in suh** : Zu hi pumpui, chawkawng leh ka chhung Cancer thlentul bulpui ber pakhat a ni a, Meizu bawh, zu in bawkah hian hrawk Cancer nasa takin a tam phah a ni.
3. **Thau lutuk suh** : Rilpui leh hnute Cancer hi mi pangngai aiin thau lampangin an vei tam zawk tih hmuhchhuah a ni. I thau lutuk loh nan ei leh in insum la. Excercise la thin rawh.
4. **Sa ei tam suh** : Sa thau ei tam hi rilpui leh hnute Cancer thlen thei a ngaih a ni, a prove na a la awm lo.
5. **Nisa lakah inveng tha rawh** : Ni zunga UV-rays awm hian vun Cancer a thlen thei.
6. **Eizawwna hmunah fimkhur rawh** : Entir nan, pheikhawh siamna hmuna thawkte hian phing (bladder) Cancer an vei duh bik tih hriat a ni a, chutiang bawkin rannung thahna hlo siamna emaw a hmanna hmuna thawk te hian vun leh chuap Cancer an vei duh bik.

7. **Thei ei tam rawh** : Cancer lakah a veng ang che. bawk a awm leh awm loh thlatin nangmah in en thin rawh.
8. **Hmeichhe tan (Cervical Smear test)** : Chhul kawngka (Cervix) Cancer hi kan ramah vei an tam em em a, he test hmang hian awlsam tein a la nasat hmain hriat theih a ni. Chuvangin, thlaruk danah emaw regular taka tih thin chuan tihdam theih a la nih laiin an hmuchhuak ngei ang che.
10. I hriselna kar hnih aia rei pangngai lova i inhriat chuan Doctor entir rawh.
- Sawi belh zel a chakawm hle mai! Mahse thu sawm pek a ni miau si a. Awle, hmangaihnaing vengte a tikhawlo ngai lo ang hian, fimkhurna in taksa a tikawlo ngai lo tih i hre thar leh ang u.
9. **Hmeichhe tan** : I hnuteah Source - *Hriselna Monthly Magazine*



SYNOD CHOIR RAWNGBAWLNA

1. **Chhinga Veng** : April 10, 2012 (Thawhlehni)-a Chhinga Veng Branch KṚP Golden Jubilee lawmna inkhawm an hmanpui a, tum khat dinah hla pahnih (2) an rem a ni.
2. **Aizawl Venglai Branch-ah** : April 16, 2012 (Thawhtan) zan KṚP Member Inkhawm kim zan hmanpuiin tum thum dinah hla panga (5) an rem a ni.
3. **NEICCYA** : April 20-22, 2012 chhungin NEICCYA Biennial Conference vawi 14-na, Qualapatty, Shillong-a neihah an kal a. Tum li dinah hla pasarih (7) an rem a, Sap hla 6 leh Mizo hla 1 an rem a ni.
4. **Zote Kohhran-ah** : April 28, 2012 (Inrinni)-ah Thenzawl Bial chhunga mi Zote Kohhran Biak In thar hawnah Rev. Thangzauva, Synod Moderator tawiaawmin an kal a, tum hnih (2) dinah hla pali (4) an rem a ni.
5. **PCI General Assembly** : May 5-6, 2012-ah Champhai Vengsang Kohhran Biak Ina PCI General Assembly-ah an kal a, tum li (4) dinah hla pariat (8) an rem. Sap hla leh Mizo hla pali (4) ve ve an sa a ni.



Hriatzauna

STRESS KAN TIH FO HI

Stress tih tawngkam hi kan hmang lar hle nain sawifiah thiam erawh a har ang reng fu lawi a. Chuvang pawh chu a ni fahmiang a saptawnga kan sawi zel mai ni! Science-ah chuan stress hi physics leh biology lamah awmze hran neiin an hmang thin a. Tun tuma kan sawi tum hi chu biological & psychological stress zawk a ni. Kan chungah thil lo thleng te kan tan a rit lutuk, phurh zawh mang loh, harsatna engemaw tak, helhkam riau, rilru la deuh mai min delhtu, rilru leh taksa pawhin a tawrh phah hial thil hi stress tiin sawi ta mai ila. Tawikim deuh a han sawifiah pawh a har tuai mai. Engpawh kan taksa leh rilru lam thatna tur dal zawnga min delhtu hi stress chu a ni mai ti sam et mai ila. Chutih laiin hetiang min delhtu hi awm lo se mihring hi kan duapkai lutuk ve thei a, chuvangin a thatna lai a awm.



Amaherawhchu taksa leh rilru hah lutuk khawpa min delhtu anih chuan mihringin a tuar zo lo thei bawh. Tun tumah hian stress pawh khawih chi lam hi sawi ila.

Stress awm tirtu

Stress min neihtirtu thil kan lo dawnsawn dan a inang vek lova. A then tana stress awm tir thei kha a then tan chuan engtham mah a ni lo thei. Kum, hnathawh, mizia leh awmna hmun a zirin stress thlentua inang lo thei. Scientist te chuan nervous system leh hormones (taksa a chemical messenger molecule) te hi stress awm chhanah hnarkaitu tak niin an sawi a. A tlangpuiin stress awm tir thei te chu vanduaina/thihna tawh vang, inchnghungkhura harsatna, sum leh pai ro thil, natna, hna/eizawna lam harsatna, buai lutuk, midang nena kan inkar (nupa/ngaihawng inthen vang adt.) vang te a ni tlangpui.

Heng baka stress awmtir thei te chu nau tihlak, Nu emaw Pa emaw nih vang, hnathawhna hmuna inhmuh thiam loh, traffic tawt lutuka motor khalh, tualthah hlauhna, hna chan/hloh, diklo tih

hrerenga thiltih, bengchheng lutuk, mipui tawt lutuk, naupai, dinhmun chianglo leh chetchhiat mai hlauhawm a awm leh tangkailo chuangtlai riauva inhriatna leh chhan dang yang tepawhin stress a awm thei.

A nghawng

Miin stress a neih chuan taksa, rilru leh nungchang a nghawng thin a. Taksaah thlan tla, hnung na, awmbawr na, rawl them thum, lu-na, Lung natna, BP sang, tisa chakna tlahniam, natna lakah taksa himlo, tihrawl na, kut tin seh, taksa khawi lai emaw phu zawk zawk/kaih, muthilh theihloh, pum let but but te hi a lo lan dan a ni a.

Ngaihtuahna / Rilru puthmang lamah chuan thinur hluai, zat ruai/phi chung, rik puat puat, lungngaihna, himlo riauva inhriatna, haihawtna, thinchhia, harsatna lam ngaihtuahbing vak, awm hle hle theilo te in a awm tir thei a.

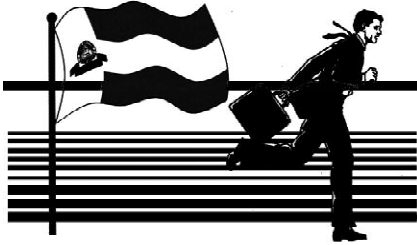
Nungchangah hian mak deuh maiin ei teuh teuh, ei tlem lutuk, chaw duhna, thinrim insum theilo rihluai, damdawi hmansual, zu hmansual, meizial zuk vak vak, vantlang zing ațanga inthiar fihlim, țah/ lungchhiat leh midang pawh hrehna te a awm tir thei a.

Stress sawngbawl dan tur

Stress hi thil pathum hmangin an enkawl thin a,

chungte chu: self-help, self management leh medication an ti a. A awlsam ber mahni tihtheih self-help chiah hi tlem han sawi hram ila. Taksa insawizawi (exercise)hi taksa mai bakah rilru tan pawh a hrisele a. Midang te rin thiam a mahni kuta engkim tih tum kher lova hna semzai thiam a țul a. Mahni inrintawkna nei chung a engkimah "aw le" ti mai lovin i tih țhat theih tur anih loh in emaw, i mawhphurhna a nih lemloh chuan inhnawhna wih kher tum lo la. Zu leh ruihhlo te hian i hrehawmna an ti ziam dawn lova nghei hmak theih loh pawhin tih tlem tial tial tur a ni. Caffeine awmna coffee leh thildang i in thin anih chuan in tlem ang che. Ei in lamah thei leh thlai ei uar a țha a. Hunbi fel tak siamin chumi ang chuan tih/hun hman zel tum la, hahdam taka țhu in han thawk deuh ham ham hian mi a ti hahdam a. Tin, chhungte, thianta, thawhpui te leh hotute bia in ngaihdan leh vuivaina te sawi chhuah ve hi a țha ve a. Stress vanga harsatna liantham nei chuan doctor hmuh thuai ațha ber mai. Reitak phurrit phurh(stress) hian taksa leh rilru a ti tla chhe duai thei a ni.

Heng zawng zawng damna kim chu Isua hnenah a awm a. Amah ngeiin Mat. 11:28-30 ah khan "*Ka hnenah lo kal ula, keiman ka chawlhthir ang che u... in thlarau tan chawlhna in hmu ang*" a tih kha ♦



KANTU

**Khuangleng South Br. &
Sialsuk Br.**

KHUANGLENG SOUTH BRANCH

Khuangleng Pastor Bial chungga Branch 7 zingah naupang ber Khuangleng Saouth Branch hi Khuangleng Kohhran aʔangin January ni 6, 2001-a Khuangleng South Kohhran a indan rualin din ve nghal a ni a.

January ni 6, 2001 khan an Branch din kum 10-na (Tin Jubilee) an lawm a, hemi pual hian 2011 Calendar leh Souvinir an siam bawk. Kumin 2012 hian member mipa 110 leh hmeichhia 48 an awm a, Group 2-J.H. Lorrain leh F.W. Savidge-ah te inʔhenin branch chakna hnar ber a ni.

Inkhawmah Goup inkhawm zat chhiar ʔhin a niin thawhlawm te chhiar hrangin group inelna ʔangkai taka tan hman a ni. An indan aʔangin KTP Inleng chanchinbu tichhuakin tun thlengin an la chhuah chhunzawm zel a ni.

Thawhʔan zan inkhawm hi sermon, sharing, kumpuam booklet zirho nante hun hman ʔhin a ni a. Pathianni chawhnu inkhawm ban Fellowship chu hla zir nan te, short sermon-te leh member hlate tan ʔawngʔaina hun atan an hmang ʔhin. Kohhran huam chhungah chhiat tawk an awmin Pathianni hmasa berah khawhar chhungte

pual ʔawngʔai inkhawm an hmang ʔhin. Biak In hawnga innei te chu Frame Certificate leh Kristian Hla bu an pe ʔhin a ni.

Missionary 2 an chawm meka, hemi pual atan hian thlatin Missionary Ip aʔanga an hmuh bakah thla khatah vawi 1 Ramthar zin an nei ʔhin a, KTP member ten an nei thil remchan ang ang keng khawmin sumah an chantir leh ʔhin. Member hla leh Biak In thleng phalo te pualin Evangelical Cell ten ʔawngʔaina hun an hmanpui ʔhin. Kristian ʔhalai chanchinbu hi copy 21 an la meka, inkhawm thawhlawm, Faith Promise, Slub chhun, Thingzai, Lo vah, Group budget, pipeline laih, blanket suk etc. chu an sum hmuhna ber a ni. An Branch aʔangin Missionary 1 chuak tawhin Upa 1 leh T. Upa 1 an awm mek.

Zaipawl rawngbawlina lamah ʔhahnem an ngai ʔhin hle a, Kohhran ni bik leh KTP programme pawimawhah an zai ʔhin. Bial pawn lam rawngbawlina lamah pawh Branch 5 tlawh tawhin Branch 4 in an tlawh tawh bawk a ni. Central leh Bial aʔanga tih tur awm te theih tawpa hlenchhuah an tum ʔhin. Kohhran kut ke pawimawh ni turin theih tawp an chuah meka a ni ♦

SIALSUK BRANCH

Central KTP hruaitu hlui Rev, K. Lungmuana te, Rev. R. Lalthanmawia te, Rev. K. Lalzuala te leh Upa H.L. Lawmzuala ten an lo kaihhruai thin, Aizawl atanga chhim lam 65km-a hlaa awm KTP Sialsuk Branch hi kum 1955-ah Pastor Nikhama hova din a ni a. Kumin hian member 370 (mipa 220, hmeichhia 150) an awm mek.

Sub-Committee 7 - Evangelical Cell, Music, Recption & Ushering, Banner & Decoration, Programme, Light & Sound leh Ei leh In Sub-Committee din a ni a, Branch tha tih chak nan Group 3 - Sadraka, Mesaka leh Abednago Group-ah an inthen a. Group intihsiaknan - KTP Inkhawm, Inkhawm kal hma (15 min chhunga thleng hman), Pathianni tlai tawngtai inkhawm, Kohhran inkhawma inkhawm kim, Branch hnatlang, Hla zir leh Branch inkhawmpui palaite chhiarin Group inelna tangkai takah hman thin a ni. Kumtin Group Nite hman thin a ni a, December thlaah Branch inkhawmpui (Rorel Inkhawm) nei thinin zan lamah Advance Christmas hman nghal thin a ni bawk.

Kohhran Zaipawl tha tak neih a ni a. Zaipawl member inpekna siamin kumin hian member 122 (mipa 72, hmeichhia 50) an inpe a. Kristian Thalai chanchinbu hi copy 48 lak mek a, Branch Chanchinbu kartin chhuak "Thalai Eng" chu copy 150 tihchhuah a ni bawk. Kumin hian Missionary 5 an chawm a, an member atangin Pastor 4 leh

Missionary 10 an chhuak tawh a, tunah Missionary thawklai 4 an awm mek bawk.

An member Biak In hawnga innei an awmin Kohhran Zaipawl ten hla an rem thin a, chawimawina thuziak an pe thin bawk. Member thi an awmin ralna an nei thin a, Chhiat tawk an awmin Pathianni remchang hmasa berah tlai tawngtai inkhawm an hmanpui thin. Evangelical Cell hmalaknain thla khata Pathianni tlai khat member hlate puala chawnghei tawngtai neih thin a ni a. Mahni buhfai ei ai keng khawmin khawtlanga miharsa te hnenah sem leh thin a ni. Zan lam Kohhran leh KTP inkhawm ban apiangin thupui hrang hrang hmangin tawngtaihona neih thin a ni a. Committee member ten thla khatah wavi khat inhlan tharna hun hmangin sharing leh tawngtai rualna an hmang bawk thin bawk.

Faith Promise, Committee Member Bawm Inleng leh Group Budget te hi an sum hnar pawimawh tak a ni a. Budget pumpui atanga 45% chu Branch hnatlang atanga thawhchhuah tura tih a ni. Faith Promise bik chu "Missionary Sum" tia vuahin thildanga pawt peng lovin avaiin Missionary chawm nan an hmang thin. Kumina an project te chu- Gospel Camping buatsaih, Biak In thutthleng, Synod Hospital tanpui, Active Sound lei, Member Bible chhiarchhuakte hnena lawmman pek, Biak In kawta tui intur dah leh nihliap dahna siam, Biak In sakna loan rulh te chu a lian zualte an ni ♦

Keimahni



■ April ni 27-29.2012 khan Sesih Kohhran-ah Khuangleng Bial huap Leadership Training neihpui a ni a, Training-a tel mi 160 an ni. Training neihpuia kalte Rev.Lalrinmawia, Leader-in Pathian biak inkhawmah thuchah wawi 3 a sawi a, Pu R.Lalhmingthanga'n Leadership Training a neihpui bakah Pathian thuchah wawi khat a sawi bawk.

■ April 28.2012 (Inrinni)ah Kolasib Hmar Veng Bial huap Leadership Training neihpuiin Tv. Vanlalhrauia leh Pu Lalmuanpuia Hrahsel te lehlengin an kal a. Training-ah hian mi 50 an tel ni.

■ May ni 12, 2012 (Inrinni) khan Govt. Complex Kohhranah Zonuam Bial huap Leadership Training Tv. VL Muanchhana, Assistant Secretary leh Pu Samuel Laldingliana ten an neihpui a, Training-a tel mi 75 an ni. Hruaitute hi zanah Zonuam Kohhranah hian inkhawm nghalin Tv.VL. Muanchhana'n thuchah a sawi a ni.

■ May ni 11-13, 2012 chhungin Tuithumhnar Bial huap Leadership leh Solfa Training neihpuiin T. Upa Dr. Samuel Vanlalhlanga, Asst. Leader leh Tv. R.Lalramnghakate an kal a. Leadership Training leh Solfa Training-ah hian mi 35 an tel a ni. Hruaitu kalte hian Pathian biak inkhawmah thuchah tum 1 ve ve an sawi bawk a ni.

■ **Branch ding thar** : Saitual bial chhungah Saitual Venglai Branch chu ni 16 March 2012 khan a ding thar a, Ni 12.4.2012-ah registrarion fee anrawn pe a ni. Member mipa 103, hmeichhia 36, an vaiin 139 an ni.

Lawngtlai Chanmari bial chhungah Diltlang Branch chu ni 29 December 2011 khan a ding thar a, Ni 27.4.2012-ah registration fee rawn pein member mipa 13, hmeichhia 7, an vaiin 20 an ni.

Zemabawk Bial chhungah Zemabawk East Branch chu ni 30 March, 2012 khan an ding thar a, ni 15.5.2012-ah registration fee rawn pein member mipa 76 leh hmeichhia 52 an vaiin 128 an ni.

■ **Pasal nei** : NI. Lalrempuii, Synod Choir (Soprano) chu May 10, 2012 (Ningani) ah Pro. Pastor T. Lalhafamkima nen Ramhlun North Kohhran Biak Inah an innei. Kan lawmpuia, duhsakna kan hlan e.

■ **Tual Upa thar** : May ni 13, 2012 (Pathianni) khan Khatla South Kohhran chuan Tual Upa thlangin Central KTP-a kan Fin. Secretary Pu Zohmangaiha chu thlanchhuah zingah a tel a. Pu Zohmaa hi kan lawmpuia a, rawngbawl zelna turah duhsakna kan hlan e.