

**KRISTIAN THALAI**  
**MAY 2012**



## Hling lukhum

Kan nitin nun leh hun hman mekah hian kan hlim em? A chang chuan kan hlim a, a chang leh kan lungngai a, hrehawm kan ti thin. Nitinin harsatna, hlimna, kan nunah thil engemaw a thleng reng thin. Mihring hi kan danglam thin, danglam ve ngai lo chu thil inthlaktanglam reng thin leh, min siamtu Pathian chauh hi a ni. Kan nun leh kan awmdan a zir zel hian kan bula mite awmdan leh nundan pawh a lo danglam thin. KṚP chhel tak kan nih chuan kan nau tepawh an chhel mai dawn, kan bula lo tel mek leh kan kawng zawh mek zawh turte an chhel zel dawn. Pathian kan rin tlat chuan thangtharte bakah kan member naupang zawok ten Pathian an ring tlat thei ang.

Pathian rin tlat mai hi engtinng e kan intihhmuh theih ang le? Kohhran kan belh tlat chuan kan nauten Kohhran an bel mai dawn, Pathian aia duh leh mamawh kan ngah ta lutuk hian min tibuai thin a ni mai lawm ni? Kan mamawh aia tam neih tumna khawvelah kan cheng a, mihringin thil amamawhna hian tawpintai a nei dawn lova, engkim mai hi a hlutna sum leh pai hmanga teh thin nunah hian Lal Isua hi kan hre zo thin lo. Chawimawi nih kan duh a, fak nih kan duh a, mahse min tlantu erawh kha chu ropui taka chawimawiin a awm lo, he khawvela a len lai khan thilmak leh ropui tak tak tiin a hlutzia leh anihna hre lovin mi tamtakin an zui a, mahse a tawpa mihring ten kan chawimawina chu hling lukhum khumtir a nih kha.

Ringtu nun hi kawng awlsam a ni lo va, chuti chung chung pawh chuan zawh tluan chhuah thak angai tih hi inhriatir zel a va pawimawh si em, kan Lalpa Isua Krista mah kha a tihtur hrang hrang a hlen hnua a hmawr batokna kha Kraws leh hling lukhum a nih kha. Chutih laiin keini hian khawvel zimteah a rawng kan batol a. Chutah vek chuan Lallukhum kan beisei thin. Hawh u kan rilru puthmang, hnathawh dan, thenrual kawm dan, chhungkuaa kan khawosak ho dan, khawtlang a kan mawhphurhna, Kohhran leh KṚP-a kan tihtur theuh te, zirna kawng kan tihturte leh midangte tana thawok tura kan inpekna kan hlen chhuahna kawngah hian hmasawanna tur kan nei a ni tih inhre chung hian, harsatna hrang hrang awm thei karah hian Lallukhum hi khawvelah hian i beisei lovang u, Kan Lalpa Isua Krista kha Hling lukhum an khumtir asin ♦

## I SIAMTU HRE RENG RAWH (*Thuhritu 12:1-8*)

— Upa Lalrammawia Ngente,  
Luangmual Vengthlang

**H**masawwnna leh changkanna chi hrang hrangin a tuam vel kara cheng, ni tin, darkar tina khawvel finna tukverha dak reng Kristian Thalai rualte hi ni hnuhnunga thil thleng tur thil tha lo tak takin min tuam vel ta mek a. Bible-a inziak ngei tih dal tumin khawvel thiamna hmanga runin kan awm a, Pathian Thu ringhlel turin hmelmapa Setana chuan thapui a thawh mek a ni. He thil laka kan invenna tur leh min siamtu Pathian kan theihngihl lohna tur hian KṮP-te kan ṭan a ngai takmeuh meuh a, keinin kan rinhlel loh lai hian thalai tam tak, Pathian hre tawh lo leh engah maha ngai lo, duh ang ang nung thei nia inngai tam tak an lo awm ta. Heng karah hian KṮP member-te chu nghet taka ding turin kan infuih mawlh mawlh a ni.

1. Thalai zinga mi thenkhat, Pathianin finna leh thiamna a pek hre thiam lova, in zir sang

a, lekhathiam tak tak zingah Pathian awm ring lo an awm ṭan ta mek. Chung mite chuan Pathian a awm tak tak an rin loh thu an sawi ngam ta hial a. An zirlai aṭanga chhutin Pathian hi awm tak tak lo, thu phuahchawp hmanga awm anga sawi mai maiah ngaiin Kristiante Pathian hi an phatsan ta mek. Min Siamtu Pathian hi thalaite hian a awm ngei a, lei leh van leh thil dang awm hmaa lo awm tawh, lei leh van a ral hnuah pawh awm reng tur a ni tih kan hriat thar leh a pawimawh hle. Pathian hi khawvel finna aṭanga zawn chhuah leh hriat chian chi a ni lova, Thlarau a nih angin thlarau aṭang veka hriat chian chi a ni. Kan ngaihtuahna leh suangtuahna aṭanga Pathian ringhlel ṭhin kan nih chuan Pathian hnena a inpuanna dila ṭawngṭai tur kan ni tihna a ni. Amah hre duhtute hnena inpuang hreh ngai lo Pathian chuan a awm ngei a ni tih leh,

min siamtu dik tak a ni tih min hriattir ngei ang.

2. Mi thenkhat chuan KṚP-a inhmante hi awmze nei lo, vanram thlenna tak tak tlingah an ngai lo fo thin a. KṚP an sawisel a, an sawichhia a, kamchhe tleuh nan tak an hmang thin. Mahse, he leia kan la chen chhung hian Pathian tana rawngbawl na hi kan mamawh a ni tih hriain Pathianin Thlarau Thianghlim zarah KṚP hi min dinsak a ni. Lal Isua tana rawngbawl na hna thawka kan theih ang zawn zawna kan lo chet vena hi Pathian hian min hriatpui reng a ni tih kan hriat ngam a tha. KṚP aṅging Pathian kan hnaih a, kan hnaih zel a, anin min lo kuangkuah a, kawng min kawhhmuh a, vanram panna kawng min sialsak a, vanram kan chan theihna tur Lal Isua chhandamna chu min hriatchian tir thin. Miten min hmusitin, min sawiselin, min nuihzat mah se kan vanglai hun tha hi Lalpa tan i pe tlat ang u. Kum over thlenga KṚP-a inhmang inchhir an awm ka ring lo, inchhir ahnekin Kohhran ban nghet tak, Krista tana a tawp thlenga rinawm, Chatuan nunna chang tura Thlarau Thianghlim hruai an

nih avanga Pathian hnena lawmthu sawi chung a an khawvel nun hmang an ni zawk thin.

3. KṚP member kan nih hian rawngbawl na huangah kan lut nghal tih kan hre theuh. Rawngbawl tura chhandam kan nih avangin. Rawngbawl naah hian te lua a awm lova, ropui bik lua pawh a awm hek lo. Thenkhat chuan kan nunin Pathian ropuizia leh zahawmzia te, thikthuchhia Pathian a nih avanga thianghlim leh fel taka nung tur kan ni tih midangte kan entir thei. Keini vek hian ringhleltute hnenah Pathian hi a awm ngei tih a taka kan entir ngam a ṭul baw. Chetziain thu a sawi ring ber a, kan ṭawngka hmang pawhin Pathian Thu hi kan sawi tam lehzual a ṭul ta. Khawvel titi ngaih nawm tak tak hian kan Pathian Thu hi a luahlan kan remti tur a ni lo vang.

4. Ṭhalai zinga Pathian bel tlat, khawvelin nuam awm tak tak thil a rawn tawktarh pawha hnawl a, 'Nunna nunna, chatuana nunna' tia khawvel lam beng huhsan a, chatuan nunna kawng zawh thinte chu A tiam ang ngeiin Pathianin

chatuan nunna bakah kan mamawh chi hrang hrangte hi min pe ngei dawn a, min pe bawh ðhin. Kan hriat a, kan pawm tlat Pathian chuan min theihngihl ngai lova, amah ðihtute tana a pek ðhin malsawmna kha kan tan a la phal reng a ni tih hi thudika ni. Chuvangin mi ðhenkhatten Pathian a awm lo tiin beiseina reng nei lo mah se, keini chuan kan vanglai hian min siamtu

hre reng ila, ni ðha lo a lo thlen a, amah ringhleltuten lawmna reng reng ka nei love an tih laiin rilru renga sawi thiam theih loh thlamuanna leh lawmna chu kan chang reng dawn a ni.

Chatuana awm reng tur, daw ve ngai lo Lal Isuan, 'Thih thlengin rinawmin lo awm rawh, tichuan, nunna lallukhum ka pe ang che' a ti si a ♦



## SYNOD BOOKROOM BOOK NEWS

(Synod Bookroom lekhhabu thar ðhenkhatte)

- 1. Lawmna kim** : Rev. Vanlalzuata'n KTP, Tuikual Branch-in Golden Jubilee an lawm ðum a "Lalpa rawng kan bawl tlat dawn" tih thupui hmanga a sermon pali leh a thuziak dang lawrkhawm chu KTP, Tuikual Branch chuan mitinin hre ve se an duhsak avangin chhiar theihin an buatsaih fel ta. A man ₹ 100/- a ni e.
- 2. Chicken soup for the Kids soul** : Chicken soup for the soul chhiar ðhinte chuan he lekhhabu ngainatawm ðhinzia kan hre awm e. Tun ðuma mi hi naupangte hlutna leh kaihhruai dan kawhhmuh thei lam hawi a ni ve thung a. A lettingtu ngai Dr. Rualthankhuma kutchhuak bawh a ni. A man ₹ 150/- a ni e.
- 3. Isua phatsan duhlo tu te** : Krista tana pasalðha, mei leh tui, tihduhdahna leh harsatna kara zam lo, Isua phatsan duhlotu mi 96 te chanchin lawrkhawm, K. Vanlalawia lehlin hi ninawm hre miah lova chhiar zawh a awl hle. A man ₹ 150/-
- 4. Mizoram Synod Choir Taiwan-ah** : Central KTP leh Presbyterian Church of Taiwan te ðhalai intlawn tawn Programme pakhat "I Love Taiwan" hmanga Central KTP hruiatu ðhenkhatte leh Synod Choir member-te'n 28 June-18 July 2011 chungu hun an hman dan kimchang leh ngaihnamw Tour Leader, Rev. Lalpiangthara buatsaih chu peih fel ta. A man ₹ 30/- chauh.
- 5. Hringnun**: He lekhhabu B. Lalremtluangi buatsaih hi MAL Book of the Year 2011 top 10 tling pha a nih avangin sawi zau vak lo pawhin lekhhabu ðha a ni tih a hriat mai awm e. Hringnun zirlai min zirpui thei lekhhabu ðangkai tak a ni. A man ₹ 100/-
- 7. 14<sup>th</sup> November** : "Kan kut chu kan inhmer na tial tial a, chu November ni sawm leh pali tlai ni tla tur mawi em em hnuai chuan chatuana kan inhmangaihna thuthlung ni turin Zothansangi..." Tunlaih Kristian Love Story chhiar tur ðha a chhuah vak tawh loh laiin T.C. Vanlalzuava chuan ngaihnamw leh zirtir nei ðha zet mai a rawn peih fel ta. A man ₹ 180/-
- 8. Ni a kiam i thawk ang u** : Mihringin Pathian a rin loh avanga suala tlu tawh, Pathianin thiam loh a chantir tawh, a khawngaih avanga Amah insenga chhandamna tura a buatsaih chungchang, L. Thuamluaia buatsaih hi chhandamna chang duh ringtute tan chhiar ngei chi a ni e. A man ₹ 100/-

# I TÂN ISUA A THO LEH EM?

— F. Vanlalrochana,  
Tuikual Br.

**K**hawvel History-ah hian Isua Krista chanchin tluka sawi hlawh hi a la awm ngai lo a, a awm leh tawh ngai bawh hek lo ang! A thih hnuah ringawt pawh inhnialna sang tam tak a lo chhuak tawh a. 'A thi tak tak lo, Krawsa an khenbeh pawh kha mi dang daih a ni' tih theory te pawh a awm hial. Chung chu kan umzui dawn lo a. A thawhlelna thuah pawh, 'a tho leh tak tak lo' tiin mi tam takin zirtirna an vawrh darh tawh thin a. An la vawrh darh mek zel bawh a.

Isua thih ring tak tak lo tute, a thawhle ring tak tak lotute leh an rin dan leh zirtirna chu kan umzui dawn lo a. A thawhlelna nena nun inzawm neitute tan he thawhlelna hi eng ang nge a nih tih ngaihtuahin hun an hmang zawk dawn a ni.

England rama dan hremi lar leh hmingthang tak Sir Edmund K.C. Clark-a chuan heti hian a ti

"Dan hremi ka nihna angin Easter Day (Isua Thawhlelni) hmasa bera thil thlengte kha uluk takin ka chhut a. Ka ngaihah chuan a fiahna a chiang em em a, Rorelna sangah pawh ding ta ila, a fiahzia tihlan na tur ka hmuh belh reng mai dawn a ni. Ziak dan hrangte hian a dikzia a ti lang a, thuhretu dik nihna hi sawisel tur awm lo leh phuahchawp a ni lo tih tilang leh zualtu an ni. Chutiang chiah chu Chanchin Tha bute'n Thawhlelna chungchang an sawi chian dan chu a ni a. Dan hremi ka nihna angin dawt sawi thei lotena an testimony sawi hi thudik tak a ni tih ka chiang a, an sawi dan a fiah fel em em bawh a ni" tiin.

Brooke Foss Wesscot, English Scholar chuan, "Thil finfiahna zawng zawng han lak khawm hian Isua Thawhlelna thu tifiaktu thu lakkhawm anga dik leh rintlak hi History-ah a awm lo. A diklohna khawrh chhuah tuma ngaihdan sep sel te te lakkhawm hian a dikzia a tilang mai mai zawk a ni" tiin a sawi ve bawh.

Prof. Josh Mc Dowell, thuhritu ropui, pawh University of Uruguay-a zirlai pakhatin Kristian sakhua a zui chhan a zawh chuan Dowell-a

chuan, “Isua Krista Thawhleha hi sawi bo theihna kawng ka hmuh loh avang a ni” tiin a chhang.

Khawvel chuan a dikna a zawng thin. Mathematics dan hmang te, Science dan hmang te, Philosophy a tangtein a dikna leh rintlakna hmuh an tum thin. Nazaret tlangval erawh chuan, “Hmu loa ringte chu an eng a thawl e,” a lo ti daih tawh thung a.

Khawvel chuan leilungin a hriatphak tehna dan hmangin thil a teh thin. Chuvang chuan, Isua Krista pawh kha “Juda thi tawh hnu” a ni ve satliah mai chauh a ni. Mihring anga a hnampui Judate tan a ni zual.

Rawngbawltu thawhhlawk leh Fakna hla phuahtu ropui Alfred. H. Ackley(1887-1960) tan erawh chuan khawvelin a tehna neih ve te hmanga teh a ngai ve lo. Khawvelin a hriatthiam phak ‘Thudik’ nen a inmil em tih pawh chhut a ngai hek lo. Tumkhat chu a thusawina hmunah Juda tlangval pakhat, a thusawi pawh lo ngaithla fo tawh chuan Pastor Ackley-a chu, “Engvangin nge Juda naran thisawn hnu kha ka biak tehlul ang ni?” tiin a chhal a.

Rev. Ackley-a chhanna erawh chu, “A nung a ni! ka hrilh a che, a thi lo, a nung,

tunah kan zingah hian! Isua Krista hi hun dang zawng aiin a nung a ni tih tunah hian a Chiang leh zual a ni. Keima nun ngei a tang leh mihring chhiarsen lohte nun a tang hian ka hmuhtir ang che!!”

Hemi hnu hian Rev. Alfred Ackley-a hnen a tangin Kristian hla ropui, “Chhandamtu nung rawng ka bawl, kan zingah a awm a,” tih hla hi a lo luangchhuak ta a ni.

Ringhleltu mi tam tak an lo chhuak tawh a. An thinlunga Isua a thawh lehnate erawh chuan an hmuh ngai loh chu ringin a tan engkim an phal thin. ‘Isua neih ka duh zawk, khawvel zawng aiin,’ tiin an lei ro hlu zawng zawng an lo kalsan tawh thin.

Wawiih hian i thinlungah a nung em? Isua kha nangmahah a tho leh em? Nge a zirtirte ang khan mitthite an tawihralna hmun thlanah i va zawng ve zawk? Thlan ruak chungah vanktirh koh kha chuan, “Engnga ti nge mitthi zingah mi nung in zawn? Hetah a awm tawh lo, in hmaah Galili ramah a kal tawh,” tiin mitthi zinga mi nung zawngtute kha a lo chhang a nih kha.

He thu hi Good Friday hma zanah zan rei tawh takah ka ziak a, tun ang hun kum 2000 zet liam tawhah khan Nazareth tlangval

kha Sanhedrin hmaah a ding vel mek ang a, Kaiafa'n, "Pathian fapa chu i ni em?" tiin a zawt vel mekin ka ring.

Zan chu a reh tawh hle. Ka pindan aţanga lang thei pawh eng a mit ţhuap tawh a. Khat deuh deuhvin a eng phauh phauh chauh. Mihringte sualna te, eng tak, mitin tieng ţhintu an haider ţhin dante ka ngaihtuahnaah a lo lut a.

Khawvel hian a tana tuartu kha a theihngihlh lui ţhin a. Isua Krista'n khawvel tan a tawrhna kha a theihngihlh lui ţhin. Ringtu inti ngei zingah pawh Isua Krista tawrhna, a thihna leh Lei thihna leh Chatuana Boralna zawng zawngte kan tana min lo hneh sak tawhnate chu kan theihngihlh lui fo ţhin.

Khawvel chuan Isua Krista leh a thihna te, a thawhlehnate kha thu atthlak maiah a ngai ţhin. Kraws leh a chheh velah chuan khawvelin finna a tih vete tluka âtna hlauhawm hi a awm lo. Isua Krista leh a chanchin pawh chu khawvel tan chuan âtna mawthlak tak a ni.

Chutih lai tak chuan, ralkhata ţhianzaho zai ţhap ţhap hi ka hria a,

"An sualna leh âtnate chu,  
Ka hre reng tawh lovang,  
An tan ka fapa a thi si,  
Lal Pathianin a ti"

tih hla hi mawi takin an sa ţham ţham a. Zanina kan sakramen eite chu ka'n ngaihtuah kir a. Isua Krista avanga nun chan ta mihring sang tam takte kha ka ngaihtuah kir a. Khawvelah pawh ropuina ropui ber berte chu duhse chu an duhtawka an inthum mawina tur hmu thei mi tam takin chung chu hnawmhne maiah ngaiin Ropuina chuai ve ngai lo rawngbawl turin mahni hrehawm pawisa loin an lo pen chhuak tawh ţhin.

Khawvelah hian hrehawmin kan awm ţhin, thinlung nain, mittui tlain, tihduhdahin, hmuhsitin kan awm a, kan hlawh chham a, endawngin kan awm a, thihna lui kawr ruam te kan zawh a, tahna kawngte kan chhui a, mahse, Lal Isua khan chung zawng zawng chu a lo paltlang vek tawh a ni.

Chung zawng zawngte, ţhina ngei pawh chu Isuan a lo hneh vek tawh a ni.

'Isua kha a tho leh a ni' tih eng vangin nge ka thinlungah a chian em em? tih ka ngaihtuah chhoh lai mek chuan ka sana ka en a, zirtawpni zing dar 1:15 a lo ni tawh a, Judai rama Jerusalem khawpui chu ni se, Peter-a te'n Puithiam lalber hung chhung kawt laiah meilum an ai mek ang a. Ar pawh a khuang mek awm e♦



## ISUA KAN ZUAR E...

— P.C.Vanneia,  
Venghlun, Chhingchhip.

**B**ranch sumtuak nan, zingkarah i zuar kual teh ang ti a Committee-a rawtna thlen ka duh viau laiin, zingthawh kan harsat si a. Khaw nge, mahniin i thawk chhuak rawih mai teh ang tiin thutlukna ka siam ta a, hralh thei tak ang i maw le. Tunlai khawvelah hian zawrh apui hi a tam si a. TV channel-tin maiah lah hian a aia thil thar leh hlu niawm fahran, itawm zawk, fakna leh inzawrhna hlin a khat mai si a. Chulai kara thiam lo zeta sumdawn hna lo thawh chu ka huphurh ru fu mai. Kei a kara sumdawn thiam lo ber, hralh sum tur hlep beiseia hawnsa pawh, zawrh ngaihna hriat loh a leia mi pe zo ta mai mai thin tan chuan, ka thil zawrh hi ka hlawhchhampui mai ang tih pawh ka hlau hlel lo. Nula hmelfha leh ze, pian nalh leh hmuhdawm deuh te chuan han vahvaihpui se, an hralh thei mahna le. Kei ve zawng hmelfhhiat naran chu sawi loh; mawina leh

duhawmna in a kalsan, ngaihdam ngaisa hmelpu hian ka huphurh deuh lam chu a ni.

Ka thil zawrh tur lah hi; Judai ram leh a chhehvelah pawh hralh kal vak lo kha a ni a. An hnawl hnu khar-chhawnga, hlep la neih ve talh tuma sumdawn tum lah kan ni lawi si. Engpawhnise, kan hralh thei emaw, hralh thei lo emaw, han an hnah tël phurh chhuahpui ve tawl phawt mai ila. Duh mang lo leh mamawh mang lo hnenah pawh kan fak pah zel ang a. Ngamtlak deuh te phei chu a hnawn pawn kan hnawn ta lawp lawp mai ang chu. Tawng thiam mang lo tute emaw sumdawng pawn lu chhum ban chhum huama 'a chha bel bel chi' tia Zoram dung leh vang an suartluan ngam chuan, kei, ka pa in lum atang leh, choka a cooker-lum ngheng reng chung hian, engemaw ka zam bik ang tiin ka in sang phek ve ta a. Awle, ka zuar tan mai dawn.

### Hahdam huai huai na a nia

He ka thil rawn zawrh pa hi hahdam huai huaina a nia, in chhungkuain in duh ve em? Phurrit phura, nun hrehawmna hmanga, khawvel buaina nghawngkawl bat te in lo nih ve hlauh chuan lei ve rawh u.

In rilrute hi a pik em, a changte phei chuan... 'Aw.. khawvelah hian kan lo piang ve a ni' te inti thin em. Chhungkua hlim zo tawh lo khawpa, سوالين chhungkuaah dilpui khuapa a chimpil hial tawh te in ni em. Chungte pawh chuan an dampui zel asin. Nun beidawnga khawvelah hian beiseina êng reng reng hmu zo tawh lote, sawichhuah thiam si loh nun pindan chhunga lungngaihna mittui sur zung zung te, khaw êng hi thim se ti a, khua a thima, zankhua rei vawng vawng a hria te. Thawm riva leh rimawi zawng zawng pawh bengchheng ta ni a lo hre tawh te in awm em. Isua hi karawn zuar e, lei ve hram teh; han lei chhin la, i lei rual rualin Kalvari hmangaihna, Kraws zungzam chuan i thinlung chhung chu a chhun êng anga, ser hling tâng hnai tur ang ut ut a, nun hrehawm leh harsatna ilo tawh tawh zawng zawng chu lak ang hlauhin a lo hahdam huai huai tawh ang. Engtin tak chuan ka fak zel dawn chu ni maw.

### **Riltam leh tuihal ten an ngeih lutuk**

Nun riltam leh tuihal ten an dam pui asin. In pakhata ka zawrhnaah phei chuan an chhungkua in an lei a, an

thatpui zia hahipin an sawi. Chu chungkua chu maw... an ril hi a lo tam em em mai a. Pa ber lah chu a lo tamchhawl luat tawh avang chuan, a mamawh ber chaw pawh a hre chang tawh lo. Nu ber lah, ang hmuar hmuar chung a tisa eibar zawngin chhintir zim ang chauhin a tlan kual a. An fate lah khawvel chapchar tum niawm fahranin kawng hrang theuhah an kawh darh sung mai. He chungkua hian ka thil zawrh hi an han lei chu ! Hmel thar a lo chhuak ta. A laiah Isua chu an din tir luah ta mai a. A ni chuan, "Tuihal apiang lo kal rawh u, ani, eitur nei lo te pawh" a ti a niang chu... Khawvela chaw kawpuar hmu zo tawh lo a, riltam reng reng a hmaisen in tawn thin khan, "I inah chhandamna a thleng ta, ti ang mai khan, "Aw Isu, tui nung lui i ni, nuntui hal a chau tan intur tak i ni; Ka tui hal tawh lovang, he khawvel ah hian, Ka nunna atan Lalpa i tawk a ni" an lo ti chhuak ta. Ka thil zawrh hi fakin awm rawh se. Khaw nge, veng leh lamah sawn kan phur kual leh ang e.

### **Rilru lam hliam tan pawh a tha a nia**

Ekhai!.. lei ve awm tak pawh in ni e. Min dawr ve teh u. In rilru a va hliam nasa ve. In hnawih nghal nawk nawk ang

a, a dam mai ang. A ni tak asin maw le. Riru lam hliam hian taksa pumpui hi a control roh a. A ðhente chu nu leh pa enkawl dana lawm zo lo vui reng te, bialnu bialpa kar thu avanga meng chawhnu ruihte kan ni. Nu leh pa ðhenkhat lah fate avanga khaw êng pawh hmu ngam lo a biru te, tawhsual tawh vanga vangduaina pindan phena tawm tlat te, ti sual ngawih ngawih a inhriat avanga rilru dam chuang hauh lova Aigupta sabel bula fatu leh ta mai mai te. Ani, rosum leh pai inchuh avanga thinrim meikawha tangte, ramri thu hla buai avanga nui hmel hmuh tur awm tawh lo tepawh. Ni, vanduai kuttualhleicham nih tak avanga rilru dul hnuk tawh te, mipat hmeichhiat humsual dai avanga khawvel hi rallehlam aṅanga thlirtu te, natna khirh tak tawrh avanga rilru hliam zawng zawng te u... Isua hi kan rawn zuar e. Ani chuan, "Nangni, thawkrim leh phurit phur zawng zawngte u, ka hnenah lo kal ula, keima'n ka lo chawlh tir ang che u" a ti hmiah mai. Nangmah chuan i phurrit kha i phur chhuak zo dawn lo. Ka thil zawrh pa hi phurh tir la, nang chuan nui var var chungin, "Lawmna tak mai thinlunga ka neih hi Isua min pek a ni, lei lawmna aia lawmna

ropui; van lawmnain ka khat ta.." i ti then mai dawn alawm... A...chaw ei a hun tep tawh nachungin Venglai Branch thleng chu ka han zuar hram teh ang. Mualpui leh Thentlang Branch chu remchang a la awm em ang chu...

### **Hausakna a nia**

Hausak hi chu kan chak hlawm bawka, hralh thei deuh turah in ngai ila. Ekhai!..nangni chu ei leh bar zawna leh sum leh pai khawsakna thilah in buai hle a ni maw... in in leh loah, in ei leh in, in incheina thlengin a lang alawm. He khawvel hmasawna chak tak hian, tui lian in zahpah nei miah loa a chim chin chin a hrut dul dul ang hian; chhawl leh hnawmhawng ang maiin in lâng ve tak nawlh nawlh a. Dam khawchhuak tura theih tawp in chhuah ve chu a ðul si. Mite lah chu chak takin an pen pûk pûk mai si a. Mi hnunga kawlekthai ang maia beidawnga i thlir vung vung lai khan; hei thil ka rawn zuar e. Ka thil zawrh hi in lei ngam chuan a ðanpui dawn Chiang khawp mai che u. A ni chuan, "Enge ka ei anga, enge ka in ang; enge ka silhin ka fen ang, tiin lungkham nei miah suh u" a lo ti then ang. Mahse, a thil phut ve che u hi chu tihlawhtling hram ang che u

aw... " A ram leh a felna chu zawng hmasa zawk rawh u" a ti. Chumi awmzia chu, "Lalpa rawng hi a zawng zawngin lo bawl phawt mai ula, in mamawh chu in Pa vana miin a pe dawn che u" a tihna a ni. Lo zam reng reng suh u, in hausaw dawn e.

I lei ni la la aṭang hian eng nge hausakna chu a hrilhfiyah nghal ang che. He khawvelah hian rethei leh lungngai a, damchhung khawsakna ngaihtuah reng renga buaina, rilru leh ngahtuahna chawlhman lova i awm tawh kha; nun thuhruk, thlamuan ruk veng vengna i nei ang. "Haleluiah nun thuhruk ka chang ve ta...ka hausakna chu Lalpaah alawm lo ni le a..." tiin nun zangkhai tak i nei tawh ang. Khawvel leh a chhunga thil awmte hi hmangaih tlak a nih lohzia i hmu chiang ang a, rallehlam a vahchap, reilotea meipuiin a kan ral leh mai tur tluk zetin i thlirna chu a thlakthleng sak ang che. Lei hausakna aiin Van hausakna i ngaihlu tawh zawk ang a, lei lawmna aiin Van lawmna chu i chawivawng tawh zawk ang.

Mikhual mai i nih zia a hriatfiyah tir che ang a, he chatuan ram tlinglo nun lo tlawmzia hi i hmu fiah ang. He nun lo nei tawh te hi chu an inchnir lo teh asin. "An chhuahtsan ram kha lungkham duh sela chuan, haw leh na tur, kir lehna tur remchang hi a tam awm asin, nimahsela, ram ṭha leh zual, lawmna leh hlimna nasa zawk chu an chan belh chhah zel a, hla tak aṭangin chibai an lo buk zawk a nih chu..." Chu nun chu i lo nei ve tawh dawn a lo nih chu... Aw le, Zingkar mai a ni si a, ka ril te pawh a ṭam ve deuh e, zawrhna tur tam hle mahse, ka ṭinsan phawt mai ang.

### Ngaihdam dilna

Ka zawrh pa hnenah hian ngaihdam dil a ṭulin ka hria. He khawvel kawthler leh chhungtinte hmuhdawm tih leh it atan hian ka va fak mawi thiam lo em. An mamawh zawng zawng chhanna hi, "Isua Kristaah a awm" tih hi ka sawifiyah thiam mawlh lo a ni. Lei ro sum leh hausakna ai pawha hlu zawk hi, mite duh ve atan ka zuar thiam mawlh lo ve. Min ngaidam ang che, "Aw Lal Isu"♦



*I rilruin hria la, I thinlungah vawng la;  
I nunah atakin lantir la, Khawvelah theh darh ang che.*

## KHAWI LAM MI NGE I NIH LE ?

— Lalvenkima Ralte,  
Model Br. Aizawl

**P**athianin a thil siam dang zawng zawngte chungathunei tur leh enkawl tura a siam, mihring te kan chanvo tur ang kan chan phak lohna bul ber pakhat chu mahni inthunun theihna tlakchham vang ti ila kan tisual viau hran lovang chu maw! Eden huan ațanga tunlai hun thleng pawh hian kan tluksualna tam tak hi a la ni zelin a hriat a ni. Harsa ti tak chung leh kan neih bak piah lam thleng thlenga țawng leh nun zir kan ngaih takna chhan tepawh hi inthunun theihna tlakchham vang leh rilru chapona avanga lo thleng ta a ni.

Isreal fate kha an hruaitu leh lalte nena thuhnuairawlh taka an awm a, Pathiana rinna an ngah chhung chuan unau piang hmun vek ang maiin tawng thuhmun hmangin engkimah an la indawr tawn thei a. Mahse, Pathian an theihngihl a, an rilru a lo chapo tak em avangin van tawng khawp hial a sang in sak an lo duh ta hial a. Chu an rilru țha lo tak mai chu Pathianin a lo hre

reng a, an duh ang ang a an inbiak theih tawh lohna turin țawng hrang hrang a hman tir ta a. An țawngte a lo hran takah chuan ngaihndan hrang a lo awmin zai khata luan reng theih a ni ta lova. Ram tin hmun tinah, chhim leh hmar, chhak leh thlangah te an lo vak darh ta a. Chutia then darha an awm hnu chuan chan țha leh țha lo lam an awm chho ta zel a; a then chi tih tham an awm tawh loh laiin a then erawhchu an thlahtute ațanga a lo tiam tawh ang ngeiin chi tam tak thlahin an lo pung zel a. Khawvela hnam ropui tak takte an lo ni chho ta a ni.

Tunlai khawvelah pawh hian chu hnam chi hnih, dinhmun inang lo tak chu kan la awm chho zel niin a hriat a. Khawvel ram zau zawk leh changkang zawkte dinhmun han thlir pawhin chan țha zawk, fa u nihna changa hmasawn leh ropui zual zela ram dangte pawh an kuta thui tak an inngah țhup laiin ram thenkhat erawhchu hmasawn lam pan hlei thei lova ram dangte țanpuinaa an inngat a, ram mipuite mangang leh riltam dang chara kun tlawk tlawk te pawh an awm mek bawka. Heng dinhmun inang lo tak tak pahnih, pakhat zawk pa malsawmna leh duhsakna tinreng dawng a awm laia

pakhat zawk erawh malsawmna leh duhsakna reng reng dawng lo ang maia dinhmun hrehawma awm a nih si chhan hi engvangnge ni ta ang le? Kan hriat phak tawk theuhah pawh han ngaihtuah ila, Pa hmun khat atanga chhuak lo ang hrimin khawsakzia leh nun phung hrim hrim pawh a in ang lovin dinhmun inthlau tak takah kan lo awm phah ta zeng zung mai a nih hi.

Tute nge chan tha zawk changa Pa malsawmna dawng te chu le? Mi a nileng tan lo chuan a chhanna pawh kan chiang nghal mai awm e. Keimahni chhungkua theuhah, khawtlang leh ram thleng pawhin mahni chungathuneitute thu anga awm apiangin malsawmna leh duhsakna an dawng a, hmasawn zelin dinhmun duhawm takah an lo ding thin. Josefa pawh kha, a chungathuneitu Aigupta lal Potiphara leh lal ina cheng dang zawng zawngte'n hmu dawn lo mahse, a rin leh a biak, a Pathian tan a rinawm a, a lakah zep ruk leh thuhruk theih engmah a awm lova; engkim saruak leh inhawng sa vek a ni tih a hriat chian em avangin tunlai ringtu tam takte min timualphotu mipat/hmeichhiatna suala tlukna remchang tak lo awm

pawh mualpho huamin a tlanan a nih kha. A rinawmna avangin dik lo taka hek niin tan in hial thleng mahsela, a tana rinawm tlatte tana malsawmna tiamtu Pathian chuan a kalsan lova, dinhmun sang takah a chawikang a. Amah leh a pa chhungte zawng zawng tan tumpui avanga thihna lakah chhanchhuahna hmanrua a lo ni ta zawk anih kha. Pathian tana inngaitlawm taka nun leh rinawm tlat hi khawvel mite mit hmuhah atthlak taka lan chang awm thin mah se, a va atthlak loh chiang em!! Leia kan cham chhung leh chatuan thleng pawha finna leh malsawmna ropui ber a lo ni zawk a ni.

Tunlai thalai ziaah pawh hian lang thei leh lang lo lamah pawh hian Pathian thitute leh thih lova, mahni ngaih dan leh duh dana Kristianna kalpuitute chu kan dang chho mek zel anih hi. Rawngbawlpuite leh chhungte mithmuha thaa lan duh vang chauhva rawngbawlnaa a mawi taw chauhva tel a, a hming chauhva Kristian, Pathian thih tak takna nei si lo, awmna hmun a zira Kristianna danglam zung zung, nun nghet lo leh belhchian dawl lo. Rawngbawlpuite'n an hmuh loh chuan a thim lam leh kawng nuam lam ngaina; mahni

châknain a hneh theih ringtu nghet lo, a nei theite'n an neih avanga lisence nei lo chung a khumpui lo kai duh mai pahna khawpa awhna suala tlu ta thalai kan va han tam ta em!! Chu chuan mit khap kar lek bak hlimna a thlen loh bakah hun kal zelah mahni mai bakah thlah chhawng zelte tana chanchin sawi hrehawm, harsatna leh lungngaihna thlentu a lo ni zel bawk si. Chung zawng zawng aia paw ber, thlarau khawvel thlen huna chatuan nunna kawng kharsaka, boralna kawng hruaitu a la ni lehngal...! Dam chhung tawi te kawng zawh tur thlan kawngah thlarau nun ram ngaihtuah lova a nuam leh awlsam ringawt thlira hmangaihtu hmangaihna hnawl hi a va paw thui tak em !!

A nih leh, Pathian ringtute tan tunlai changkanna in a ken tel reng reng hi hnawl vek a, rethei bakberh leh thuan thua awm reng tur em ni ta ang? Ni suh e. Heng hmasawna leh changkanna hrang hrangte hi Lalpa kan rina, amahah kan inngah tlat phawt chuan kan mamawh tawk zela min pek hi a tiam tlat a ni. Pathian kan rin avanga khawvel mite neih ang te kan nei ve dik diak thei lo a nih pawhin lungngaia indawm kun mai tur a ni lova. Kan thawhchhuah ang phu tawka

dik tak leh fel taka kan nun mai hi hausakna chu a lo ni zawk a ni. He leiah chawimawi leh lawm te hlawh lo mah ila, kuta sak loh Lalpa'n amah hmangaiha, amah thina avanga khawvel hausakna leh ropuina hnawl a, atana inserh thianghlim tlat a, dik lo taka intih hausaka ropuina leh chawimawina khum aia dikna leh rinawmna avanga retheih pawh pawisa lo tute tana a buatsaih, rethei leh hausa awm tawh lohna hmunah hlim takin Lalpa thina avanga a retheihna zawng zawngte chawimawina lallukhuma chanin, chatuanin thlamuang takin kan chawl tawh dawn si a.

Tunah hian nang leh kei hi eng dinhmunah nge kan din ve le. Pa lawm tlak fapa, malsawmna leh duhsakna tinrenga vur khawvel nawmsakna leh ropuina zawng zawngte "Lal Isua hmel ti baltu anih ai chuan" tia hnawl ngamtu nge, "vawikhat dam manah" tia mahni nuam tih zawng apiang ban mai thei - rawngbawlpuite'n an hmuh phak loh chinah chuan engkim ti thei.? Chumi chu chan tha zawk chang anga lan chang nei mahse, a chipuite zing ata tih bova awmin chatuan boralna kawngkaah chuan hruai luh ngei tur a ni si a. Khawi lam mi nge i nih le?

## **Kohhran Inbiakpawhna (Communication) - Chanchinbu**

— Rev. C. Lalramchhana  
Kathmandu

**K**ohhran inbiakpawh-tawwna ah hian Chanchinbu - Magazine leh Paper lam hi a pawimawh berte zinga mi pakhat a ni awm e. Kan Kohhran chuan Magazine hrang hrang - Kristian Tlangau, Ramthar, Didakhe, Kristian Thalai, Agape, Kristian Naupang leh saptawng magazine te kan ti chhuak a. Newsletter lamah chuan SYNOD newsletter chauh hi a ni mai awm e. Heti chung hian Bial leh Kohhran mal bakah Ramthar Field ten Field Newsletter kan ti chhuak hlawm bawk. Engpawh nise Mizo tawnga chanchinbu kan tih hian magazine ringawt nilovin newsletter pawh kan huap tir vek thin kha maw.

Kohhranin chanchinbu kan tih chhuah chhan lian tak pakhat chu kan rawngbawlna chanchin inhriattawwna atanga Kohhran kan lo inpumkhat

zelna hi a ni kan ti thei ang chu. A pawimawh hle mai. Tuna han sawi ka tum tak hi chu tualchhung leh bial a kan newsletter tih chhuah thin chungchang hi a ni.

Khawvel pum huap pawha Christian Communication lama mi langsar tak mai Michael Traber chuan "Kohhranhoten chanchinbu kan chhuah hian Kohhran Upa leh Pastorte, Thalai leh Kohhran Hmeichhe hruaitute chanchin chauh ni lovin, daikil kara kan memberte, retheih avanga Kohhrana inthlahrung em emte pawh hi zahawm takin kan pho chhuak thiam thin tur a ni" a ti. Hei hian thui tak min ngaihtuah tir a ni.

Kohhran memberte hi kan thu chhuah hian a huap thin tur a ni. Kohhrana mi langsar tak fate birthday leh passed kan hriat theih viau lai hian kan memberte mi inhnuai luaha khawsa ve mai, an hlimna leh lawmna kan hmuh hmailh thei fo. Kohhran pawh rawn ngaihsak vak lo, mahni awmhmun atanga Kohhran sawt fo thin te pawh, an thil tih that tlem te pawh hi chanchinbu kil remchangah han zep tel ve zauh thin ila; min hre ve a ni tih an hriat hian an rawn tlang nel phah ve thin a, an danglam



hlauh thei a ni. Mihausa tuin emaw Pathian rama cheng nuai khat a thawh kan hriat a kan tarlan duh rualin kan veng mawnga in chhete-a cheng chungkaw khatin an sawma pakhat cheng zahnih an pek hi kan chawimawi hmaih tur a ni lovang. Nula hmeltha tak leh lar tak chanchin kan buaipui rualin, nula zei lo leh hmeltha lem lo tak chu a inpekna kan fak zeuh avangin inthlahrung lo takin a rawn che chhuak ve thei thin a ni tih hi hai lo ila. Fashion thar uar avanga incheina tur nei tha lo inti a Kohhran inkhawma inthlahrung ngawih ngawihte hi i ti tlangnel thiam ang u. Thlarau nuna tuihalte tana kawng kawhhmuh tu tangkai a nih theih nan kan chanchinbu ah hian mi huikhawm zawng tawngkam hmang hram hram zel ila. Miten thu chhuahtur an rawn dah hi a tawngkam mawi lo, hriam lutuk leh mi hnar thei awm ang chi chu i siam rem hreh lovang u.

Chanchinbu hnarkaitute hian kan hriat fo tur chu mahni awmna veng leh Branch lam chauh tarlan a, veng dang chanchin tarlan tur hriat loh reng hi a mawi lo awl tih hriat a tha. Tin, politics lama tan nei zawnga ngaih theihin Kohhran chanchinbu hi hman hauh loh

tur a ni a. Thu Chiang lo leh ngaih sual theih chu chhuah rih loh pawh a pawl lo. Mimal inngaihbel theih zawnga thu pawl thei tarlan pawh insum a tha. Kan chanchinbu hi kan memberte leh Kohhran chungkuaten an hmu tui lo palh ange. Tin, Editorial hi mahni duhzawng tarlan ngawtna tur a ni lova. Kan issue article emaw, thupui emaw lam hawi, Kohhran rilru leh infuihna lam nen ziah hram hram tur a ni. Editorial hi a sei duah tur a ni lova, a thu erawh a puitling tur a ni.

Chanchinbu chhuah thin thenkhatte zingah hian chanchinbu kalhmang hre lo pawh a awm theih awm e. Man neia kan buatsaihnaah pawh a hlutna kan pho chhuak thiam lo fo mai. Kohhran chanchinbu a fiamthu bawllhlahw rawngkai te, mi huat zawng leh mi rilru tina thei zawng tarlan te hi pumpelha va tha em. Dam lo tawngtaipui ngai kan tarlang te, lawmna lam kan tarlang thinte, mi hlawhtling te chanchin kan tarlang thinte hian chhiartute min cho thin ngawt mai. Thlalak tarlan kan ching ta viau va. Mahse a hresatan lo chuan zuk hriat mai harsa khawpa te hi chu a tangkai nep deuh ♦

## Tu in nge châwm che?

— Lallawmzuali Fanai (Lzi),  
Dawrpui

*Thlaler ram ro, eitur intur awm lohnaah Lalpa'n a dah tawh che em?*

*I mihring thahnemngaihna zawng zawng Lalpa'n a vawon daih sak tawh che em?*

*I thawh ve theih angte te zawng zawng pawh tih theih miah lohna hmunah Lalpa'n a dah tawh che em?*

### **Hetiang hmun/hun hi i nunin a dai tawh a nih chuan :**

Tumah, engmah awm lohnaah chuan tlanchhiatna tur dang i hmu lo ang a, i chau hle ang, mahse chu chu Lalpa i hmuhna tak tak tur a ni si ang. "Lalpa..." tih loh chu kawng dang a awm lo ang a. Ei tur dang tamnaah chuan Lalpa'n ei tur min pek hi kan ei thei lo. Ei tur dang reng reng awm lohnaah chuan ani chuan ei tur tha ber, chatuan daih hli a lo pe ang che. I thahnemngaihna, theihna, finna, thiamna ni tawh lovin, i tih apiang chu Lalpa thahnemngaihna vang a ni ang a. I tih ve lam awm tawh lohnaah

chuan chuan tur leh sawi tur reng i hre tawh lo ang. I tih a nih tawh si loh avangin ti ve lo i hmu thei viau tawh lo ang. Lalpa ke bula fiah ber chu mi tlin lohna ni lovin i tlin lohzia a lo ni tih i hmu fiah tawh ang. I thawh sawi tur i ngah leh, midang chaklohna i hriatzia te chu nangma dinhmun derthawn zia, Lalpa i hlatzia tilangtu a ni zawk tih i hrethiam tawh ang a. Lalpa I hlat poh leh midang i hmu ang a, Lalpa i hnaih poh leh mahni i in man ang.

Lalpa hmangaihna nasatzia i fiahna chu bul i tanna tur chauh a ni a, thutpuia lawmna mai a nih tawh lohzia i hria ang. Hnute ring ram, nausen ram, chaw nem ei ram piah chiahah chuan chaw rum ram, dawngtu aia petu nih ram chu i penna tur kawng a lo ni ta tih i hmu ang. Chanchin Tha i pek chhuah pawh, Lalpa hmangaihna bak amah hmangaih letna nen, a kimchang a ni tawh ang.

Li thuk lama sangha man tur chu nangmah ngei kha i ni tih i inhre tawh ang a, midang man turin i in man hmasak a ngai tih i lo hria ang. Mi dang man turin Lalpa'n a siam hma che in mahni in manna tur ram ro, thlalerah Lalpa'n a dah

hmasa ang che. I dawn loh pui pek chhuah i tum ngai tawh lo ang a, i neih, Lalpa hnen aṅanga i dawn chu i pek chhuah a lo ni tawh ang.

Harsat, mangan, chauh, beidawn, lungngaih a lo thlenin 'Lalpa min laksak rawh' i ti chul ngai tawh lo ang a. Peh hel lovin, chhel taka kaltlang i lo dil tawh zawk ang a. I luh chilhin heng chhungah hian Lalpa'n a lo nghak reng che a ni tih i hmu ang. Daniela khan sakeibaknei pumpelth a dil lo, Lalpan sakeibakneiah a lo thawk mai. A ṅiante pathum khan meipui kha an peh hello, chhanchhhuah an dil chūk lo, an luh chiahin Lalpa vantirkoh tirhin a lo hmuak. An kang lo, mei rim pawh an nam eih lo.

Tuma hriat hlawh lo pawh ni mah la, langsar miah lo mah la, 'Missionary' tih hming pu ni

lo mah la, mahni in lum chhuahsanin ram pawn kal lo mah la, chau ve fo tho ṅhin mah la, Lalpa'n " Ka Missionary duhawm " a ti si ang che.

I thiamna te, i zirna te, i degree neih ve te, Pathian thu i lo zir ve tawhna te, tisaahausa i lo nih ve na te, Kohhrana ṅhahnemngai i nihnte, Missionary senior i lo nih ve na te hi chawmtu che ni tawh lovin, chawmtu che chu Lalpa chauh a ni ang a. Lalpa aṅanga i dawn ngei chu midang i pek a ni tawh ang. Chaw tak - Lalpa hmangaihna leh amah hmangaih leta a tana pek let - i pek a nih tawh avangin i pek chhawnte chu chau ve ṅhin mah se an tho leh ṅhin ang. Anni pawhin an dawn chiah chu an pek chhawn a lo ni ang.

Nang, mahni inchawm nge I nih Lalpa chawm?



*Thil te thamah pawh lungawi zir ṅhin ang che.*

*Hausakna leh nawmsakna aiin nungchang zahawm leh duhawm.*

*Pawn lam incheina aiin nun thianghlimna.*

*Mi zah phurh tum aiin mi rin tlak nih.*

*Rim takin i hna thawk la, dam takin thu sawi ṅhin la, tlang takin nung ang che.*

*Vana arsi thlir tur te, sava hram ngaithla tur leh naupang nui ri ngaithla hman turin hun inpe la,*

*I thil tih apiang chu lawm tak leh huai takin ti ang che.*

# Hruaitu CHANCHIN

**Rev. Lalrinmawia  
Leader, Central KṮP**

**H**an en mai pawha pa zaidam leh ngainatawm a nih hai rual loh, 'Pu Mawí' tia koh Ṯhin Rev. Lalrinmawia hian kum 1956, April ni 4 khan Sateek khuaah khawvel eng a hmu Ṯan a. Pa ngo tak ni lo mah se, Mizote zingah chuan pa langsar pawl tak a ni ngei ang. A chhan chu, ft 5 leh inches 10-a sang, 95kg buk phak ngat a ni tlat a ni. Pu Mawia hi Upa H.Hrangkhuma leh Pi Lalbiaksangi te fa niin, an unau hi pakua an ni a. Kum 25 a tlin kum (1981), October 2-ah Pu H. Saptawna leh Pi Lalbiakliani, Sateek te fanu fel tak Vanlalsawmi nen an innei a. Fa panga, mipa pakhat leh hmeichhia pali neiin, tunah hian Maubawk-ah Bial vawngin an awm mek a ni.

Primary School aṮanga High School thlengin a pianna Sateek-ah a kal tuan a. Hemi hnu hian a nu leh pate thu awihin, an duh ang takin kum

1977 khan Pastor hna a zir a, kum 1981-ah zo. A nakruh bo te a'n zawng te te a, chumi hnu kum 1983-ah Kawrthah Bial-a Kawrthawveng-ah Pro-Pastor-in a awm a. Kawrthah Bialah hian kum 1985 thlengin a awm a ni.

Kum 1986-ah Pastor-a nemngheh niin, kum 1992 thlengin Keitum Bial a vawng a. Hemi hnu hian zirna lamah let lehin, kum 1993 - 1994 chhungin Aizawl Theological College-ah B.D. a zir leh a. Kum 1998 - 2004 chhungin Bial enkawl hna chhonzawmin Sialhawk lamah a awm leh a ni. Sialhawka a awm hnu hian kum 2005-2007 chhung khan kan Synod rawngbawl na pawimawh tak Synod Rescue Home-ah Director hna chelhin a awm leh a. Kum 2008 aṮang khan Bial enkawlin Maubawk-ah, tun thlengin a awm ta a ni.

Pa hleitling tak ni mahse, mi dip na lo tak a ni a. Hei vang hian miin ngainatawm ti viau Ṯhin pawh ni se, a awm lo lem lo. Rawngbawl naa inpe zo tak, theihtawpa ti mi leh ngaipawimawh mi a ni a. Pa nelawm leh zaidam tak ni mah se, rawngbawl na ti mai mai leh inthlahdah mi erawh chu a huat

zawng tak a ni. Chutihlai chuan, Pathian ñih takzettute chu a lawmzawng tak an ni.

A pian han en mai pawhin ei duh loh zawng a nei lo tih a hriat a, Mizo chawhmeh tawh phawt chu tui ti takin a ei thei vek a ni. Hun remchang i tawng hlauh a, chaw eia i sawm thei hlauh a nih pawhin, 'A pian aþang reng hian a àwm e' i ti hial ta ve ang.

Pu Mawia hi Pathian rawngbawlnaa mi tui a ni a. A hun tawna a hlim ni ber pawh Rawngbawltu ni tura Synod-in a lak ñum kha a ni. Inchhungkhura nu pawimawhna hrethiamtu Pu Mawia hian, chaw hraia enkawl seiliantu mai ni lo, a tana ñawngtaisak ñhintu a nu a ngaina em em a. A

nuin he lei a chhuahsan ni chu a hun tawna a lungngaih ber hun niin a sawi hial a ni.

India rama piang tih takah Hockey a ngaina hle a. Badminton leh Volleyball te pawh a khel nasa ve viau ñhin. A hobby in zawh pawhin 'Infiamna' (Sports) a ti ngei ang.

Kristian Hlabu 45-na 'Thlaler hrehawma ka awmin Ani'n min veng zel' tih hi a hla duh ber a ni a. II Korinth 12:9 "Ka khawngaihna i tan a tawke' tih hi a duh em em bawk.

Thlarau lama harsatna i neih vang emaw, mamawhna danga biak i duh chuan number 9436384423-ah hian dial mai tur a ni e♦

—  KRISTIAN ÑHALAI  —

■ *He khawvelah hian mal ngawih ngawihin i inhria em? I harsatna chu mihring sutkian rual loh niin i hria em? Chu'ng mite hnenah chuan 'Isua Krista hi Lal leh Chhandamtuaah i pawm a nih phawt chuan malin i awm lo ve' tih hi ka chah duh a ni. Kum 66-a upa ka ni tawh a, Kristian ka nihna pawh kum 55 chhung zet a lo ni ta. Rilru nguai zual ñum te pawh ka nei ve a, damdawi inah ñum 7 ka awm tawh bawk.*

*Ka nupui nen kan inñhen a, ka lung a ñha lo va, ruh ñha lo ka vei baw a, thisen zam dik lo ka ni baw a; beidawn rum rum chang leh chumi avanga mahni intihlum duhna rilru put chang pawh ka nei ñhin. Isua Krista hi nei lo ila chuan kum 66 thleng hian ka dam tawh lo vang!*

*Chuoangin beidawng teh suh, i kiangah Isua Krista a awm reng a ni tih hre turin ka duh che a ni.*

— Ernestine Bonicelli



## HRINGLANG TLÁNG

### *Hnung lama sa barh*

*Ka pasal chu sipai a ni a, awmna hmun sawn tura thupek an dawn chuan insiam a, kal a ni mai. He khawpuiah hian kan lut a, civilian personnel office-ah hna dilna ka thehlut a.*

*Personnel Office thu kan nghahna lamah chuan kar a liam a, thla a kal a, kum a ral a. Kum hnih zet hnua thawm engmah ka hriat zui tak lohah chuan personnel office-ah chuan va kal mai chu ka tum ta a.*

*Personnel clerk nen a kan han indawr chuan, tun kumhnih chung khan eng hna emaw ber atan ka hming chu tum 105 zet rawt a lo ni tih ka hmu chhuak ta a. Ka awih thei thlawt lo! Mite hian "Engnge i hriat tih lam a ni lo a, tunge i hriat tih lam zawk a ni", an tih hi ka hre tawh thin a, heng hi chu thil awmang lo lutuk a ni. Hna chi hrang hrang 105 zet nen ka hming sawi zawm a ni tawh a, mah se, vawwi khat mah interview tura koh ka ni hauh lo!!!!.*

*Ka pa vana mi hnenah he thil hi chu thlen ngei a ngai a ni ka ti ta a. "Tunge i hriat tih lam a ni lo a, engnge i hriat tih lam a ni zawk tih hi a dik tak tak a nih te chuan ka tan a tha hlei hlei zawk a lawm, keite chuan Pathian ka hria a sin!!! Ka manganna leh lungawi lohna zawng zawngte chu Ka Pa hnenah chuan ka thlen ta vek a.*

*A tuka personnel office an khar hnu chuan, civilian personnel office bulah chuan ka ding a, a bang chu ka kutin ka khawih a, Pathian hnenah chuan hna la theitute rilru a hnathawok turin ka ngen a, an hna laka min telh ve ngei turin ka dil ta a.*

*Ka zawngtaia ka rinna ka tihthar leh hnu chuan, CHU LAM CHU KA NGAIHSAK TA MIAH LO A. PATHIAN KUTAH KA HLAN TAWH SI A, thil dang zir turin sikul ka lut tha leh ta a. Hei hi August thla chawhnu lam a ni a. October thla hian nikhat chu ka sikul bang inah ka haw a, ka phone-ah chuan message a lo awm a, personnel office phone tura min tihna a lo ni a. A tuka ka va biak chuan, hna thar ka tan an lo siam hi a lo ni a.! Hetih hunlai hi tiamchin awm loa hna thar lak an khap hun lai a ni.*

Clerk chuan, "Hna pek che kan duh a, kah pah (part-time) hna a ni... Ngawi teh, a ni lo tawp mai, amak mange... hna nghet a ni... Hetiang hi hun rei tak kan hmu tawh lo!" a ti zui a. Amah barok chuan "I hna thawh hun chhungleh chu a mak kher mai... zan dar riat atanga zing dar li a ni. Tun huna hna nghet lehngal hmuh chu thil mak tak a ni a, a thawh hun chhung lah hi a mak leh zual a ni!"

A tan chuan thilmak tak a ni ngei ang, ka tan erawh chuan thilmak tehchiam a ni lo, Pathian thiltihtheihna hretu ka ni si a!

Pathian chuan amah ka rinna leh ka dawhtheihna te chu a hmu a, lawmman mi pe ta a ni tih ka hria. Tichuan chhunlamah 8 a.m. - 4 p.m. thleng sikulah ka kal thei a, Zan lamah lah 8 p.m. - 4 a.m thleng ka thawok thei ta bawok a ni. Chu mai a la ni lo, hna lama kan buai loh zan chuan, Homework ka ti thei a, kan test tur atan lehkha ka zir theih pah barok thin a. Kan ban hma zan chuan (Pathian zarah zan tin deuh thaw kan bang hma a) a tuka sikulah ka chauh lohna turin tui takin ka mu thei thin a ni.

Kan Pathian hi Pathian ropui a ni a, Fakna leh ropuina zawng zawngte hi a phu a ni. Amah ngei khan heti hian min hrilh kha: "Anam chi fangkhat ang chauh pawh rinna in neih chuan, tlangte hnenah pawh lo insawon rawh ti ula, inhma ata laksawonin a awm mai ang." a tih kha. Chuwangin, inti chak thar la, Pathianin i tana a remruat chu haichhuah tum teh le.

— New Job by Janet Dixon



■ Thuhriltu ropui tak hian rokhawlhna avangin Biak in a thleng thei lawok lova, chu chu remchangah lain Setana chuan Pulpit a lo luah vang mai a. Thuhriltu a va thlen lai chuan Bible a keu va, Pathian thu tak chu a sawi ta pap pap mai a. Inkhawm ban velah thuhriltu chuan Setana hnenah, "I lalam tichhe thei tur Pathian thu tak kha i sawi ve mai a, i tan a pawi dawon tih i hre na nge?" a ti a. Setana chuan nui sang chungin, "Ka thusawi khan tumah a tidanglam lovang. Pathian thu tak ka sawi tih chu i hria e, mahse thinlung chhungril tak tak atanga sawi ka ni lova, awmzia a nei lo reng reng," tiin a chhang a.

— Warren W. Wiersbe

■ Mi pakhat hian Spurgeon-a hnenah, "In kohhranah sermon sawi laiin mi lo muhil ta se eng tin nge i tih ang?" a ti a. Spurgeon-a chuan, "Thusawitu chu pin hmawr zumin ka chhun ang," tiin a chhang daih. Tu zawok nge thiam lo? thusawitu nge a ngaithlatu?

## Zaipawl Member-te hriat tur

— David Lalliansanga  
Kulikawn

**R**ohhrana rawngbawlna pawimawh tak leh mi tin kan tel theihna pakhat chu Kohhran Zaipawl rawngbawlna hi a ni awm e. Tun hma deuh te kha chuan KTP member mai ni lo, rual u zawk deuh te pawh zaipawlah hian an tel tha thei viau a, tunah erawh chuan Kohhran tin mai hian Zaipawl enkawl hna hi KTP kutah an dah ta deuh vek mai. Tichuan zaipawl member tam zawk chu thalai kan ni tih a Chiang a, Kohhran thenkhatah chuan rual u zawkte tel pawh kan la hmu ve zeuh zeuh, mahse, chhiar tham lek an ni tawh. Hetiang hi kan tunlai dinhmun a nih tak avangin zaipawl hmasawnnaa mawhphurtu chu KTP memberte kan ni deuh ta ber. Zaipawl hmasawnnna tura kan hriattur tul tlema zawng han tarlang ila.

### HUN VAWN DIK

Thalai zawkte hian rual u zawkte kan tluk loh thinna pakhat chu hun ngaih

pawimawhah a ni. A chhan tam tak a awm thei ang. A chhan ni thei pakhat chu rual u zawkte hi tawnhriat (experience) ngah zawk leh rawngbawlnaah pawh lo bei rei tawh zawk an ni tlangpui a. Thalai zawkte hian tawnhriat kan la nei tlem deuh a nih pawhin hun vawn dik a pawimawh tih hi pawm ila, vawn dik tum ila, zaipawl hmasawnnna pawh hemi-ah hian thui tak a innghat tih i hria ang u. Ti zawng hian han sawi ila - hla zir turin minute 5-in tlai ta la, zaipawl member 60 awm ta se, a kal tlai ber chu hla zir turin lo nghak che sela, hla zir hun minute 5 lek i ei hek emaw i tih lai khan member dang 60 te hun hlu tak minute  $5 \times 60 =$  minute 300 i ei hek tihna a ni. Heti zawnga i chhut thiam a nih chuan hun hlutzia i hrethiam ang a, i tlai phal tawh lo vang. Hun vawn dikin a ken tel pawimawh tak mai chu hun hman thiam a ni. Tunlaih chuan mi kan buai em em vek tawh mai a, hun hman thiam a pawimawh leh zual. Hun kan vawng dik lo lutuk leh kan hman thiam tawh lo hian hun pawimawh zia kan hriat lohna a lantir Chiang hle. Mi tam tak zaipawlah kan tel hreh chhan pakhat chu hun a heh em ema kan hriat tlat vang a ni. A thalai leh a tha za deuh zawkte hi zirlai kan ni thin baw si a, kan



tel loh phah fo mai. Mahse, hun vawng dik ila, hla kan zir hun chhung hi a tha thei ang bera kan hmang thei a nih chuan tun ang em em hi chuan tam tak chuan hla kan zir rei lo vang. Pathianin mihring hi thluak tha tak min pe theuh va, kan rilru kan seng tak tak a nih chuan rei lote-ah hla har tak tak pawh kan thiam zung zung thei a ni tih i hre thar ang u. Tichuan hla kan zir hun chhung pawh a rei lo vang a, hla zir zawhah pawh thil dang ti turin hun kan la nei thei dawn a ni. Hun vawn dik leh hun hman thiam hi zir lai tan a pawimawh leh zual a. Kan tang tlang a nih chuan Kohhran zaipawla thahnem ngai taka tel chung hian tha takin leh kha kan zir thei dawn a ni. Kohhran zaipawl tan hlawkna leh hmasawanna a ni ang a, mahni tih tur tha taka ti hman tho siin, rawngbawl na pawimawh tak tih hlawhtlinna a ni ang. (Hei hi hruaitu leh member tam berin kan duh thusam a nih ka ring)

### THUAWIH

Thuawih hi a Pathian thu a, a thlarau baw k tih hriat tur. Thuawihna tel lo chuan rawngbawl naah hian a hlawhtlin tak tak theih loh. Zaipawl inrelbawl na chungah hian thuawih a pawimawhna tlemte chauh han sawi ila. Zaipawl tam takah inlungual

lohna leh tihtauhna a chhuah ve fo thin hi a chhan pakhat chu thuawih loh vang a ni. Zaipawl enkawltute hi Pathian ruat an ni tih ring ngam ila. Hla thlan chungchangah ringawt pawh kan hruaitute kan sawisel nasa thei lutuk hian zaipawl hmasawanna a dal thin. Kan hruaituten kan hla sak chak em em loh leh kan tui chiah loh an thlang a nih pawhin thuawih tak leh thiam ngei tumin zir mai thin ila, Pathian hnathawh a lo lang mai dawn a ni. Chutiang bawkin kan part sak chungchangah pawh hruaitute min awmtirnaah lungawi taka zai mai thin tur. Kan chanchin hi keimahni aiin midangin an hrechiang fo an tih ang deuh hian kan part sak theih tur awm leh kan tlin taw k tur chu kan hruaitute- hun rei tak zaipawl lo enkawl tawhtu ten, keimahni ai chuan an lo hrechiang thin khawp mai. Bible-a kan hmuh angin, Pathianin a mite hnena tih tur a pekin phur taka tih nghal theih leh engkim hriat chian theih turin a hrilhfhah nghal vek kher lo. A kohchhuahte leh mawhphurhna a pek ten a thu an awih a, tih tak zeta an beih hnuah malsawmna dawngin, rah tha an hmu thin. Pathianin mimal tinte talent hi a hre Chiang a, min kohna pawh a inang vek lo. A tirah chuan kan

kova mawhphurhna innghat hi kan tih theih miah loh turah te pawh kan ngai chawk. Nimahsela, thuawihna nen kan tih fan fan chuan a tawpah hlawhtlinna a awm ngei ngei ang tih ring ngam ila, Pathian hnathawh kan hmu dawn a lo ni.

### TIH TAK TAKNA LEH INPEKNA

Tih tak takna tel lo chuan hlawhtlinna tak tak a hmuh theih loh. Rawngbawlnaah hian mahni lam hlawk tum hmasa thin lo ila, chan pawh huamin zaipawl rawngbawlnaah hian tel ila, kan hloh chu hlawkna a ni leh tho thin. Zaipawlin hla kan sak thin hi Pathian hla a ni tih hre thar fo ila, thinlung leh tih tak zeta zirin, sak thin tur a ni. Duhthusamah chuan a hla copy kan en tur a ni lo. Thinlung taka zai tur chuan a thu hi kan bel hle tur a ni a, keimahni lamah kan chiang hle a nih loh chuan midang hnenah hna a thawk tak tak thei thin lo.

Thuhriltu thate pawh an thusawiah an chiang thin. Hetiang bawkhian kan hla sakah kan chiang tur a ni. Kan ti mai mai tur a ni lo va, kan ti tak tak tur a ni. Zaipawl rawngbawlna hi a huhova rawngbawlna a ni ngei mai. Mahse, mimal tin kan pawimawh hle. Member tin kan zai thiam dan chu a inchen lo ve hle ang, mahse, kan inpekna erawh chu mahni tawkah a sang ber ni thei vek se la, kan hlawhtling ngeiin a rinawm. Saptaung Discipline kan tih hian Mizoṭawngah awmzia tam tak a nei thei awm e. Zaipawl rawngbawl nain hma a sawn zelna tur chuan Discipline hi a pawimawh berte zinga mi a ni a, hemi tel lo hi chuan zaipawl hi han arh ve hluai mah sela, a daih rei thei lo reng reng. Tin, regularity hi a pawimawh leh em em bawka, hla zirnaa kan tel tam hian inlung rualna te, combination te a siama, hmasawanna turin a ṭul hrim hrim♦

(June issue-a chhonzawm tur...)



■ *Vawiin hi i tan ni thar a ni. I duh anga i hman turin vawiin hi pek i ni a, engmah lovah i khawhral thei a, thil tha tih nan i hman thei bawka; vawiin i hman dan chu i mawhphurhna a ni. Vawiina i tih apiang kha he ni nen i inthlengpui zel avangin a pawimawh ber zel! Vawiina i thil tih kha siamthat leh theih rual tawh lovin kumkhua atan a liam zel a, naktukah chuan vawiina i tih kha i ti thei tawh lo vang; chuvangin vawiinah hian thil tha ti teh!*

— Alabasta

## THISEN SANG (HYPERTENSION)

"Thisen sang han tih hian kan hrethiam deuh vek tawh awm e. Tun lai Mizote pawh hi kan ei kan tih ðha ta deuh nge thisen sang (high blood pressure) nei kan awm ve ta fur mai. Amaherawhchu, ei ðhat vang ringawta thisen sang hi lo insiam a ni lova, chhan tam tak a awm thei a ni.

**Thisen sang awmna chhan ðhenkhatte :** Mi thil chik mite'n an chhut danin Australia aborgines te, Greenland a Eskimo ho te leh Africa, Central leh South America rama cheng tribal te hian thisen sang natna hi an vei mang lo va. A chhan nia an hriat chu CHI an ei tlem vang a ni.

Tuipui kama chengte leh Japan ho, ei tur dah ðhat nana chi hmangte erawh chu zaa 60 zelin thisen sang an nei a, "Stroke" hi an thih chhan ber a ni tlangpui bawka a ni.

Puitling hian nikhatah a tlangpuiin chi hi 500 milligram (thirfiante khat hmun sawma ðhena hmun khat) chauh kan hriselna'n kan mamawh a. Amaherawhchu ni khatah hian gram 10 a ðanga gram 20 (Milligram 10,000 - milligram 20,000) kan ei ber a ni. Ni khatah hian chi gram 5 emaw chauh chu ei thei ila, thisen sang natna hian min tlakbuak tehchiam awm lo ve.

Tin, arterial plaque an tih, thisen kawng hnawhtu avang hian thisen sang hi a awm thei bawk. Heti ang thisen hnawhtu hi thau a ni ber a. Hemi laka fihlim tur chuan thau leh mawm lam a tawh chauha ei a ðha a ni.

A pathumnaah chuan Overweight, a lo a luata thau hian B.P. chu a ti sang nghal a. Kan thaute hi taksa peng dang ang bawka thisen chawm an ngai a. He thisen chawmtu tur hian harsa takin thau chu a su tlang thei chauh a. Heti ang a ðan la tur chuan high blood pressure, pressure sang tak leh chak tak a ngai a ni. Thau dan tur pangngai aia 20% aia thaute reng reng chuan engtik hunah emaw chuan B.P. sang hi an nei hrim hrim a ni.

Naupai danna, birth control pills, a eia ei chi-ah hian thil pakhat estrogen an tih hi a tel a. Estrogen hian chi al hi a khawl duh avangin hetiang damdawi ei ho hmeichhe zingah hian thisen sang eng hunah emaw chuan a siam nge nge ðhin.

Thisen sang hi eng nge? Mihring taksa-ah hian thisen hi a luang kual reng a. Hemi ti luang tu hi kan Lung a niin lung hian tui pump khawl ang deuh in hna a thawka. Kan lung a phut dat hian thisen a pump a, hei hi "Systolic B.P," a sang zawk kan tih hi a ni a, tin, a phu inkar, a chawlh lai tak hi "Diastolic B.P," a hniam zawk kan tih hi a ni leh a. Tichuan thisen pressure a sang zawk Diastolic hian 9 leh a chunglam a thlen hian

thisen sang, high blood pressure/hypertension a awm tih theih a ni. 'Normal' hi dan naranin a chung lam 110/120, a hnuai lam 70/80 a ni deuh ber.

Eng tianga enkawl tur nge? B.P. sang damdawi te chu a awm na a, hetiang damdawi ring reng a khawsak ai chuan thil ei te leh khawsak zia a hnuai a mi anga tih danglam hian a hrisel zawk mah a ni.

1. Chi leh thil al ei tlem.
2. Hmawmsawm ei tlem.
3. Thau, mawm leh thil thlum ei tlem.

4. Sa ei tlem (Soup tiamin)
5. Alu, thlai hring leh thei lam chi ei tam.
6. Ni tin khawng veh vawha minute 30 aṅanga darkar khat chhung tal exercise la a ke a kal.
7. Chawhmeh, Ajinomoto (Monosodium glutamate) telna ei loh.

(Thau lutuk hlauhawm chin hriatna chu kawnga in teh hian a hriat theih. Hmeichhia-ah inchis 34.5 aia a lenin. Mipaah inchis 40 aia a lenin.)

Source - *Hriselna Monthly Magazine*



### SYNOD CHOIR RAWNGBAWLNA

1. March 17, 2012 (Inrinni)-ah Samlukhai Kohhran Biak In hawn an hmanpui a, ṭum 3 dinah hla paruk (6) an rem.
2. March 19, 2012 (Thawhṭanni) zan Saron Branch KTP Inkhawm hmanpuiin ṭum 3 dinah hla paruk (6) an rem a, Pu Jakob Lalrohuna leh NI Ruth MS Dawnglianite solo-in wawi khat ve ve an zai bawka ni. Upa Lalrinmuanan thuchah a sawi.
3. March 22, 2012 khan NI. Varthanpuii Varte, Synod Choir Member-in Republic Vengthlang Kohhran Biak Ina pasal a neih inkhawmah ṭum khat dinah hla pakhat (1) an rem.
4. March 27, 2012 (Thawhlejni) zanah Church of South India (CSI) aṅanga Bishop leh an nupuite mi 40 vel retreat hmanga lo kalte Moderator's Dinner-cum-Evening Service buatsaihah ṭum 2 dinah hla pahnih (2) Mizo leh sap hla an rem a ni.
5. April 2, 2012 (Thawhṭanni) khan Reiek Branch-in an kum 60 tlin (Diamond Jubilee) an lawm chu an hmanpui a, ṭum hnih dinah hla pali (4) an rem.
6. April 3, 2012 (Thawhlejni) khan NI TLalparmawii, Synod Choir Member pasal neihah ṭum khat dinah hla pakhat (1) an rem a ni.
7. April 9, 2012 (Thawhṭan) zan khan Aizawl Branch Inkhawmpui an hmanpui a, ṭum 3 dinah hla paruk (6) an rem a, NI Lalrinfeli Solo-in hla pakhat a sa bawka. Tv. Varlalhruaia, Director-in thuchah tawi a sawi bawka.



# Hriatzauna

— Dr. Lalthanzara

## ALCOHOL CHUNGCHANGA THU NAWI

**M**ak leh thu bengverh tak zawng a ni kher lovang. Zu chakna leh hriatna lama puitu pawh a ni kher nang. Châk tur leh hnimhnai turin kan in chhawpchhuahsak awkawng lova. Ringtu tan chuan engkim hi Pathian ropuizia lantirtu hmanruaah a hman theih vek a ni tih hre chungin zu kan tih mai siamtu chemical ber alcohol chungchanga thunawi tlem tarlang ila. Tin, alcohol (ethanol) leh wine te hi a awmzia hre tawh turah ngaiin a saptaung hian dah zel mai teh ang.

\* Alcohol leh a chungte chemical ho hi TÛR, zawi zawi emaw, chawp leh chillh emaw, rang tak emaw a thlum thei che an ni.

\* Chuti chungin an zinga pakhat ethyl alcohol (ethanol an tih bawk) hi mihring eiin berah hian a tel tlat lawi si!

\* Johny Apple chi, lo neitute hnenah Ohio leh Indiana (USA) a anhralhchu apple eichiloh nimahse apple zu tha chi (hard cider) siam nana duhthusam a ni lawi si.

\* Drunken Monkey Hypothesis an tih chuan tunlaia kan alcohol chi hrang hrangte hi thlahtuten thei hmin tha ber leh chakber chi an zawngna atanga hriat leh hmanzui a ni a ti.

\* Chepa chikhat (Malaysian pen-tailed treeshrew) hian zan tin wine no 9 hu vel parzu (naturally fermented nectar) a dawt kual thin a, chuti chungin hriatna buai hauh lovin a la awm thei! Chepa tan chuan kha kha a ni mai!

\* Thil in um tawih/ tawkna (fermentation) hi chawl a awm "yeast" an tih ten chemical chikhat 'enzyme' an tihchhuah ten buh emaw, grape emaw a thlum (sugar) awm kha zu chikhat 'ethanol' a an chantir vang a ni.

\* Chutiang chiah chu i chaw paitawihna (digestive system) ah pawh khan a thleng thei a, i thisen 100 ml zelah 0.01 - 0.03 mg alcohol a lo tel thei reng!

\* Japanese Doctor te chuan dam lo an enkawl pakhat "auto-brewery syndrome" nei chu a rilah candida yeast tam lutuk chuan alcohol a lo siam teuh mai a, chu chuan damlo kha zurui reng ang maiin a awm tir thei a ni tih an hmuchhuak!

\* Ethanol hi molecule te takte, mawlmang tak, carbon atom 2, hydrogen 6 leh oxygen 1 inbelhbawm ten an siam mai a nih avangin awlsam takin pumpui leh ril a thlen veleh thisenah a lut vat thei a ni! (chuvang chuan miin minute rei lo te hnuah zu a rui thuai thei)

\* Mi cher lam leh tihrawl ngah tak chu thau lam aiin alcohol in a nghawng na lo zawk. Tui pai tam tihrawl hian alcohol a hip chak a, thluak a thlen har duh vang a ni.

\* Zuruih avanga buai leh atna hi lu a hriatna cell tihbuai vang ni a ngaih a ni a. Mahse tunhnai lawk khan Australian scientist te chuan chhandang awmin an ngai a, a dik chuan zungawl vei enkawl na thar tepawh a beisei awm mahna!

\* Kum 1895 daih tawh khan Malt-Nutrine tiin Anhueser-Busch chuan alcohol 1.9% chauh tel Beer siam chhuakin hmeichhe naupai leh naupang a chawh thin.

\* 1916 thleng khan US Pharmacopeia chuan whiskey leh brandy te hi scientifically improved medicines ah a pawm.

***Drinking & Driving :***

\* Sweden ramah chuan wine chuangbang tamtak chu thlifim leh in ethanol-ah an lachhuak a, chu chu gasoline nen pawlh leh in service station atangan an hralh zel mai.

\* America-ah chuan Civil War a chhuah hma khan Ethanol hi

thilsiamna hmunah hman ber a ni thin a, civil war hnuah khawnvartui leh methanol in an thlak a ni.

\* Thingkawr no lai thlithlawr atanga lo awm alcohol chikhat 'methanol' hian mit hrui (optic nerve) a ti chhe thei.

***Van lama zu sakna hmunpui :***

\* Nebula, arsi tamtak lo pianna a ngaih khi hydrogen, carbon leh oxygen intelkhawm niin atomic building blocks of alcohol an ti.

\* Vanlam chanchin zirmi thenkhat chuan "Lei atanga eng kum 10,000 kala hlaah khian a mak a mak a tam ethanol a awm a, khawvel a beer aia tluklehdingawn 400 vela tam a awm ang e" an tih chu! A lo awm reng a nih chuan Pathian ropuizia a tarlang nasa ting mai dawn a ni.

Kum 2012-a i thu ro lum tur chu "Zu kha en lo la, hmu pha lo turin awm daih rawh. Tak takah chuan Champagne um chhunga carbon dioxide hian lirthei ke tyre aiin a let thum in pressure a siam na zawk a, a chhin per ringawt pawhin i mit a den vaih chuan thil hmuh phir ni mai lovin mitdelna thlengin a thlen thei".

Engpawh nise heng alcohol, wine tih vel te hi tangkai taka kan hman tura Pathianin khawvelah a dah a lo ni a, a hnathawh dan leh siam dan te hi ngaihtuah chet chet ila, siamtu Pathian ropuizia a tarlang nasa ngawt a sin ♦



# KANTU

Thingdawl Venglai Br. &  
Biate Br.

## THINGDAWL VENGLAI BRANCH

Kristian Thalai Pawl, Thingdawl Branch hi kum 1971-ah din a ni a, Aizawl aṅanga hmar lam (Silchar Road) km 75-a awm a ni. Kum 2012 hian mipa 152 leh hmeichhia 70, an vaiin member 222 an awm mek a ni. Branch hmalaknate tichak turin Group 3 leh Sub-Committee 5 - Ramthar, Finance, Evangelical Cell, Property, Decoration te an din a. Heng Group te leh Sub-Committee te hi Branch tichaktu leh tinungtu an ni.

Thawhṅan zan Kṛṣṇa inkhawm hi za zelah 29 (29%) vel inkhawm ziah ang an ni. Kumin hian Branch Office Bearer ten thlakhat danah inkhawm an inhruai chhawk ṅhin a, inkhawm hi - Sermon, Thupui zirho, Châkna huntea hman ṅhin a ni a, Pathianni tlai apiangin Fellowship neih ṅhin a ni a, ṅawngṅai rual, hla sakho nan leh sharing tea hun hman ṅhin a ni.

Kumin hian Kristian Thalai chanchinbu hi copy 63 an la mek

a, tam zawk lak tumin ṅan an la reng a ni. An member aṅangin Missionary mi 6 an chhuak mek a, Missionary 2 an chawm mek baw a ni. Project 4 an nei a - Ramthar Field/Work Camp, Nilai zan inkhawm ban apianga ṅawngṅairualna neih, member hlate puala programme buatsaih, 2014 Kṛṣṇa General Conference kalna tur atana sum dahte a ni.

Branch hian Sound System lama intodelh tuma hmalak mek a ni a, tunah hian Active Sound Box, Mixer, Keyboard, Head Gear leh Bass Guitter te neiin tihchangtlun zel tuma hmalak mek a ni.

Sum hmuhna tlangpui te chu - Faith Promise, Ramthar khawn, Group Budget, Inkhawm thawhlawm, inhlawha hnatlang neih te a ni.

Venglai Branch Kṛṣṇa aṅangin hian Synod Revival Team-a kal member 11 lai an awm a, Revival Speaker 1 an nei baw. Heng rawngbawla chuakte hi Thlarau lama Branch tichaktu leh tihmasawntu pawimawh takte an ni baw a ni ♦

## BIATE BRANCH

Aizawl aṅanga KM 211-a hlaa awm Biate Branch KṚP hi April ni 7, 1957 khan a ding ṅan a. Kum 2007 khan Branch Golden Jubilee ruai nen ropui taka lawm a lo ni tawh a ni. A din hnu kum 1, kum 1958 aṅang khan Chawlhni Chawhma Sunday School banah ṅawngṅai inkhawm neih ṅin a ni a, he rawngbawl na hi tun thlengin chatlak awm loin kalpui zel a ni. Kumin hian member mipa 387 leh hmeichhia 145, an vaiin member 432 an ni a. Kristian Ṭhalai chanchinbu hi copy 109 an la mek a, an member Missionary-a kal mek mi 6 te Kristian Ṭhalai hi an laksak bawka ni. Kum 2003 aṅangin Bethesda Chanchinbu Pathianni apianga chhuak chu tun thlengin an la chhuah a, Kohhran in tinah a thawnin an sem a ni.

Kumin chhungin Sub-Committee peng hrang hrang - Programme, Usher, Banner, Decoration, Evangelical Cell te din a ni a, Branch chak leh zual nan Group 4-ah an inṅhen a, Group-te hi Branch chakna hnar ber an ni. Kumin chhungin Missionary 4 an chawm mek a, Pastor ṅanglai 1 awmin BD zirlai 2 an awm mek bawka. Biate Branch KṚP aṅang hian Pastor 8 leh Missionary 19 an chhuak tawh nghe nghe a ni. Thawṅṅan zan inkhawm hi sermon, short sermon, veizawng sawi, Kumpuan thupui zir, Group Nite

hmag tein hun an hmag ṅin. Central leh Bial aṅanga tih tura tukte an ti hlawhtling thei zel a, Branch member nupui pasal nei an awmin lawmpuina thuziak Citation leh ₹ 300/- pek ṅin a ni a, Kohhran Zaipawl zai an ṅin bawka.

Member chatuan ram pan an awmin an kuangah pangpar dah ṅin a ni a, ₹ 300/- in an ral ṅin a ni. Kohhran member boral an awmin an boral aṅanga Pathianni hmasaber hun remchangah an inah ṅawngṅaina hun an hmag ṅin bawka.

Kumin hian project hrang hrang - Machine Drum, Kohhran Ṭhutthleng rawng hnawih, Group Conference, Keyboard bawm siam, KṚP General Conference kal leh Bial pawn ṅlawh te an nei a. Serthum huan ṅha tak anmahni pualin an nei a, kung 150 vel phunin tunah hian a rah ṅan ve mek tawh a ni.

Kum 2006 khan Synod Information & Publicity (Synfo) nena ṅangdunin Kristian tihduhdahna film 'Beiseina Eng' chu siam a ni a, Film hi tun thlengin mite hlut hlawh tak a la ni.

Sum tuak nan heng - Thingpui farm sam, Sangha zawrh, Blanket suk, Slab chhun leh a remchang apianga inhlawh te hi an hmag ṅin a, member hlate hnuhhnaih nan Bethel Camping te leh Group Meet tea hun hman ṅin a ni a, hlawkthlak an ti hle a ni ♦



# Keimahni



■ March ni 19, 2012 (Inrinni) khan Ramrikawn Kohhran Biak Inah Tanhril Bial huapin Leadership Training T. Upa Lalramdina Ralte leh Tv. R. Lalramnghaka ten an neihpui a, training-a tel mi 70 an ni.

■ April ni 2, 2012 (Thawhtanni) khan Reiek Branch-in kum 60 an tlin (Diamond Jubilee) an lawmnaah Upa Lalrinmuana, General Secretary a kal a, chawhmaah Jubilee Lungphun hawngin zanah Pathian thuchah a sawi. Synod Choir an kal bawk a ni.

■ *Branch ding thar* : Kulikawn Bial chhungah Kulikawn Vengthlang Branch chu March 2012 khan a ding thar a, ni 27.3.2012 khan registrarion fee pein an rawn in ziak lut a. Member mipa 132 hmeichhia 98, an vaiin member 230 an ni.

Mamit bial chhungah Vawngawnzo Branch chu January ni 14, 2012 (Inrinni) khan a ding thar a, ni 3.4.2012 khan registrarion fee pein an rawn in ziak lut a. Member mipa 21 hmeichhia 12, an vaiin member 33 an ni.

■ March 22, 2012 (Ningani) khan Nl. Varthanpuii Varte, Synod Choir Member (Contralto part) chu Pro. Pastor Chawngghmingliana nen Republic Vengthlang Kohhran Biak Inah Rev. Zosangliana Colney, Executive Secretary kutah an innei.

April 3, 2012 (Thawhlejni) khan Nl. T. Lalpawmawii, Synod Choir Member (Contralto part) chu Steven Lalruatfela, Tuikual nen Tuikual Kohhran Biak Inah an innei bawk.

Nupa tuak tharte hi kan lawmpuia, duhsakna kan hlan e.

■ Central KTP aiawha Synod Committee peng hrang hranga tel tur a hnuai mi ang hian ruat a ni :

1. Family Guidance and Councelling Committee — Pu Lalngchinglova Hauzel, C/M
2. Ramthar Committee — Tual Upa Lalhruaizela, C/M
3. MSSU — Pu R. Lalhmingthanga, C/M
4. Music — Tv. Vanlalhruaia, C/M