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Lehkha
ZIR DAN THA

- Mitthite thuchah
- I inchhir ngai lo vang

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**A man pe duh leh a bu la duh
chuan Circulation Manager
hriattir tur a ni.**

Kum khat lak man ` 50.

Kristian Naupanga thu chhuahte hi Editor ngaih dan a ni vek kher lo

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EDITOR

KAM CHHUAK



ZUN INA ÊK HI

Mizoramah hian vantlang zunin, kawng kama mite, bazar bul vela mite hi han bel Chiang Ila êk hi a awm deuh zel mai a ni. Hmun thenkhata mite phei chu a tenawmin hmuh a hrehawm hle a ni.

Hetiang tih ching hi a tlangpuiin mi awm tha duh lo, ruih theih thila inhnawmhnawihle an ni duh hle thin.

Aizawl khawpui leh district capital huam chhunga bazar leh a chheh vela mite hi chu bazar tura rawn kal, mi ina inthiar tura va kal ngam chiah si lo, inthiar ngai si, zing lam khawvar dawna zunin, êkin anga hmang ta mai an ni thei baw. Heng ang chi tireh tur hian mi tin ten tan kan lak a pawimawh hle mai.

Tin, kan ui vulh then khat mihring êk ang deuh maia ê ve thin an awm baw a, heng hian zunin leh khawlai vel a ti tawp thei baw.

Tin, mipa naupang thenkhat kawng kam leh ko pang behchhana zung mai mai hmuh tur an la awm fo mai hi a hrehawm khawp mai. Mizote hi Chanchin Tha avangin hnam changkang tak kan ni ve tawh tih inhriat a tul a. India ram ropui taka lehkha thiam tehnaa a sang pawl kan ni reng thin. Chutichunga zun leh êk kan la thlahdah reng hi a hun tawh lo a ni.

Hnam changkangho reng reng hian zun leh êk hi natna inkaidarh theih danah a tenawm zawng thu hmun rengah an ngai a ni. Êk thlahdah a tenawm ang bawkin zun thlahdah pawh a tenawm tih i hria ang u.

LEHKHA ZIR DAN THA

- Vanlalvanga Ralte
Synod Higher Secondary School

'Zirtirna chu vuan tlat la, chhuah suh; Vawng tlat rawh, i nunna a ni si a.' (Thufingte 4:13)

Kristian naupang chuan lehkha zir kan mamawh vek mai. Kan zir dawn tho tho si chuan eng nge zir dan tha tih kan hriat a pawimawh hle. School lamah zirtirtu tha tak tak kan neih avangin sikula lehkha zir dan tha chu sawi lo ta ila,

in lama lehkha zir dan tha chu
hetiang hi a ni ngei ang.

Inbuatsaihna:

a lehkha zir hi a sawt mawh
hle. Zir tura thut tan hmain
hun awl tlem insiama, rilru



Lehkha zir dawn chuan rilru inbuatsaihna a pawimawh em em. Zir tan hmain hun awl tlem neih a tha. Khawlai/ field-a infiam zawh chiah te, TV en zawh chiah te, Computer Games/ Mobile khawih zawh chiah te, thian kawm zawh chiah te

thawveng taka zir a tha. Inbual fai emaw insil fai hmasak emaw pawh a tha hle.

Zir tan rawh le:

Lehkha zir tura i thut veleth thil dang ti kawh tawh lovin Bible chhiarin tawngtai rawh le. Bible chang thui tak tak chhiar leh rei tak tawngtai

leh a ri khera ṭawngṭai pawh a ngai chuang miah lo a nia. Mu chung leh thatchhe taka ṭhu chung a zir aiin ngil taka ṭhua zir a ṭha.

Zir hun chhung:

Thiam theih dan a in an loh avangin naupang zawng zawng tan zir hun darkar bi tuk a inang vek thei lo vang. Kristian naupang chuan a zir apiang nu leh pa emaw chhungte emaw zawh let ngam sarh khawpa zir a ṭha.

Tleirawl leh rawltharte chu nu leh pa leh chhungten min zawt fo tawh lo. Mahniin thiam leh thiam loh infiah nan kan thiam tawh nia kan hriatte chhiar mai duh tawh lo va, ziah chhuah ngei a ṭha. Hriat a ngeth nge nge.

Zir chhung chuan rilru pe taka zir a ṭha. Rilru pe mang lo va rei tak zir ai chuan rilru pe taka rei lo deuh zir pawh a sawt zawk. Ngaihtuahna sawr binga, thil dang eng mah ngaihtuah lo a, i zir lai ringawt ngaihtuah a i zir chuan i thiam thei teh mai a nia aw.

I thiam thei lo em?:

Naupang ṭhenkhat chuan, 'Kei chu lehkha ka thiam thei lo a,' an ti leh ṭhin. Thiam muang deuh chu a awm theih khawp ang. Thiam thei lo tawp a awm theih dawn em ni? Sap sikul (English Medium) a kal ngai miah lo te pawh hian an sap hla duh zawng chu vawi khat ngaihthlakah an sa ve thei zel mai. Exam-a fail fo te hian Cristiano Ronaldo tih dan te, Lionel Messi tih dan te, an club khelhna te an hre thei fu roh asin. Computer games khelh dan te, Mobile phone khawih dan te pawh an hre thei lutuk. An duh zawng leh an rilru pekna lam chu an hre theiin an thiam thei hle tihna a nih chu. **I duh chuan I thiam thei lutuk asin:**

Miin, 'A ni chu a thiam thei a,' tia an sawi fo ṭhin aiin zir peih te hi an ding chang zawk fo. Thiam thei, zir peih bawh si pheih chu an hlu leh zual.

Lehkha zir a tui theih em?

Lehkha zir tui hi lehkha zir dan ṭha pawimawh

tak a ni. Lehkha zir i tui loh chuan a zir that theih miah loh. Chuti taka a pawimawh si chuan engtin nge i zir tui tak ang le?

I zirlai chu i hre thiam tak tak em? I by-heart tawp zel em? I hriat thiam loh chuan i zir tui thei ngai lo vang. Hre thiam mang lo va by-heart chu a nget tak tak lo. Hriat thiam miao chuan by-heart tauh tauh a ngai leh miah thung lo. I zirlai apiang hriat thiam tum ang che. I hriat thiam loh chuan a hre zawkte, i nu leh pate, i chhungte zawt hreh ngai suh. Dictionary pawh hmuh mai theihin a tam ta. Mathematics te hi hriat thiam loh chuan a tui theih reng reng loh a nia. Hriat thiam chuan a nuam lutuk asin. Hre thiam turin tui chilh rawh le.

Lehkha zira tui tak tak tur chuan zirtirtute zah leh ngainat a tha. Zirtirtu i ngei tlat emaw, i ngaihsan loh tlat emaw, i zah loh tlat emaw, i ngainat loh tlat emaw chuan i zirlaiah i tui ngai lo vang. Zirtirtu ngaihsan leh zah mai

bakah ngainat hi lehkha zir tuina pawimawh tak a ni.

Zir reng mai tur em ni?

Ni lo, naupang chuan infiam hun te, thian kawm hun te kan mamawh em em. Amaherawhchu, chutiang hun chu kan nu leh paten an hre zawk daih tih theihnghilh loh hram a tha. A tul hunah kan nu leh paten hun awl min siamsak mai ang.

Tin, kan lehkha zir mek lai pawhin han chawlh zawk te, han din zawk te, han intih thawven zawk te hian kan rilru a ti tharin thiam a awl zawk fo. Amaherawhchu, chawlh chu thupui ber leh engto bera neih tur a ni reng reng lo. Zir tam chuan an hre tam nge nge a ni.

Mahni invawn a hlu:

Tha taka lehkha zir tur chuan hun bi fel tak neih a tha. Zirtirtu ten home work an pek che kha han ti zo vek phawt la. Nakina tih tur atan engmah khek suh. Chubakah sikula time table/routine kan neih ang hian mahni inlamah time table/routine in siam

chawp ve ila a tha. Chu chu tha takin zawm tlat ang che.

Tichuan:

Lehkha zir dan tha tam tak zinga thenkhat i hre ta. I hriat tak zawng chauh te pawh hi mahni invawng (Self-discipline) chungin han zawm teh le. Lehkha zir hi a hrehawmin a nuam lo deuh a

ni mai thei. Mahse tuna hrehawm hi nakina nawmna tur a ni si. Nawm hmasak tum te chu an hrehawm thin asin.

Kristian naupang, nakina i la nawm zawkna turin phur takin, hre thiam chungin, nuam ti takin, Pathian hre reng chungin lehkha chu zir rawh le.

AWM DAN THA SAWM

1. Thu dik sawi rawh dawihzepin dawt an sawi thin.
2. Mi englo i dilin, 'Khawngaihtakin,' ti zel rawh.
3. Miin thil an pek chein 'Ka lawm e,' ti zel rawh.
4. I nu leh i pa i zah em em tur a ni, i tan engkim an tihsak che a, ei tur leh silhfen i neih theih nan an thawk nasa em em a ni.
5. Kalkawnga mi i pelhin kawng kiantu ni rawh.
6. Miin lehkha an chhiar laiin tibuai suh.
7. Fai takin awm la, inbual fai fo la, i thawmhnaw tifai la, mi hmai lam hawi zawngin thawng suh.
8. I nu leh i pa leh i zirtirtute thu awih rawh.
9. I tih tur chu lawmman hmuh beisei vang mai ni lovin, a dik avang zawkin fel takin ti rawh.
10. Miin i chung a an tih i duh ang bawkin mi chungah pawh ti ve rawh. Hei hi dan rangkachak an ti a ni.
(source: A lai bu)

MITTHITE THUCHAH

- Upa H. Doliana
New Diakkawn, Kolasib

Mihring ran vulh zingah ui leh kel hi inngeih lo bera sawi a ni. Mizo upaten, “Ui leh kel thlun pawlh ang mai,” an tih hi inngeih lo sawi nana hman a ni. Vawi khat chu ui leh kel hi kalkawngah an intawk thut mai a, an insual nghal mai a. An thelh duh miah lo va, an tlawm duh lo ve ve si a, an thih thlengin an insual ta a ni. An thih ve ve hnu chuan an inkuah hle hle mai a ni an ti. Thih hi inremna a nih chu.

Thlanmualah i kal ngai em? Kan chhungte an thihin tap chungin mittui nen thlanah kan zui thin. Thlanmualah chuan eng nge i hmuh tam ber? Thlanlung/ lungphun a nih ka ring. Thenkhat chu lungphun hlui tawh tak, lung pangngaia phun, kan pi leh pute thlan, a hawrawp pawh hriat theih tawh mang loh te, thenkhat marble-a mawi leh mam taka siam, an thlalakte pawh computer-a nem kaite, thenkhat chu thlan thar, lung la phun loh, a hungna leh lei pawh la tharlam tak te pawh kan hmu ang.

Aizawl leh khawpui lianah te chuan thlanmual a

hlat avangin motorin ruang an phur mai thin. Thingtlangah chuan kea kal phak a la ni a, naupangte pawh an kal nasa thin hle a ni. Chubakah Krismas hun pui a lo thlen changin kan chhungte thlan hnimin a bawh luk leh a hungna pal chhe tawh te chu kan tifaian kan tuai hnum a, pangpar thar lam te kan dah thin a ni. Thlanmuala kan kal changin eng nge kan ngaihtuah zui thin le? Keini a la dam te tan eng emaw zirlai pakhat tal min hrih duh an neih i ring ve em? An thi a, an tawp nghal vang vang mai em ni? chung zinga pakhat chauh han tarlan ka tum a ni.

Thlanmualah chuan mi chi hrang hrang, mize in ang lo tak tak, hmeichhia leh mipa, mi hausa leh mi rethei, puitling leh naupang, kohhran Upa, Pastor, drug addict, inawh hlum, tu pawh ni se tumah duhsak bik leh lal bik awm lo vin kan inphum a, YMA hruaituten thlan laihna tur an tihah kan lai mai a, tumahin kan sawi sel ngai lo. Chung mitthi kan phumte chuan engmah an sawi sel ngai lo va, lungawi takin dah ang angin an awm mai a, Pastor bulah drugs addict thi pawh kan phum mai a, taksa insi deuh reengin muho mah se, an thlan chu awih deuh leh zawl deuh pawh ni se an phunnawi ngai lo. An inrem em em mai a ni. A chhan chuan **thih vang a ni**. Hei hi a ni mitthite thuchah tia sawi ka tum chu ni. Thlanmualah “Remthu leng rawh se,” tih thu hi sawi a ngai lo va, an mamawh bawh lo. An inrem sa vek a, mitthi awm khawm an ni tlat alawm. Keini mi dangte nena kan awm ho naah hian kan inrem ve em?

A nih leh inrem tur chuan thih kher a ngai tihna em ni? He lai thu hi in nu leh pa, in pi leh pute chuan an tuipuiin an sawi nasa thin khawp mai a, mahse, harsa an tih ber a ni. Meng reng, thaw suk suk chung hian kan thih a ngai tlat a nih chu, a mak hle mai ti rawh u. Chu chu thlarau lam thil thuk a ni. Tirhkoh Paula erawh chuan a man fuh khawp mai a, “**Ni tin ka thi thin,**” a ti (I Kor. 15:31).

Mihring chu soal saa piang kan ni a, kan tih duh zawng, kan rilru leh kan sawi duh zawngte hi soal lam awn sa a ni hrim hrim a, chu chu ‘Mihring hlui zia an ti a. Adama bawhchhhatna rah kan seng a ni. Miin Lal Isua a neiha a pianthar chuan mize thar a nei ta a, nun leh chetzia engkim a danglam ta a, chu chu ‘Mihring thar,’ an ti leh a, hei hi kan nih dan tur a ni. Kan mize tha lo soal lam ngaihtuahna leh tih duhna thinlung, thinrimna, insual mai duhna, luhlulna leh thu awihlohna, mahni hmasialna, chapona, itsikna, ei zawh vek duhna, kan nu leh pate thil

min hawnsak unaute huphurha mahnia chan vek duhna, mi dang ta hmu liana mahni ta tlem bik, te bika ngaih tlatna, thawk bik leh hah bik, mi dang awl bik riaua hriatna te, mi dang ti ve tura phut tlatna mi ze sual tha lo tak mai te hi nitin kan thihsan a ngai a nih chu.

Khawvel hian eng nge a mamawh bera kan hriata kei ni pawhin eng nge nih kan chak ber le? Pawisa leh pocket money tam tawk neiha duh duh lei theih, motor nalh leh changkang, in leh lo tha, zirna tha, kawng tha leh mam tawk, mobile phone nalh leh changkang em ni? A ni ber lo. Khawvel mamawh lian ber chu Lal Isua a ni. Lal Isua kan neih chuan engkim kan nei a ni. Lal Isua hi engkim siamtu leh engkim neitu a ni e. Amah chu kan inremna a ni baw. Remna hi Lal Isua mi zia nen a inmil a, a lawm zawng tak a ni. Matthaia 5:9-ah chuan, “Remna siamtute chu an eng a thawl e, Pathian faa vuahin a la awm dawn si a,” a ti a. Engtin nge remna chu kan siam ang? In chhungah tih tur

tam tak hmun phiah tur, chhuat nawh tur a awm a, nangmah ina i tih theih reng kha mi dang i phut tlat a, i ute, i naute kha an lo buai ve si a, in inhau ta a, in buai ta luai luai mai a ni. Chu chu nangmahin ti mai la, buaina tur tam tak in pumpelh tihna a lo ni a, chu i tlawm ngam na rilru tak mai chu a ni ropui chu. Remna siamtu, Pathian faa vuah tlat i lo ni ta mai a nih chu, a va ropui em. Tichuan Pathian leh mihring fak i hlawh mai dawn a ni.

Naupang tê ni mah ula ringtu puitling, in nu leh pate pawhin harsa an tih em em chu in ti thei tih inhria ang che u. Chutiang ti thei chu Lal Isuan mark a pe tam zawk ngei ang. Naupangte hmangaiha kuangkua hthintu Lal Isua lawm zawng tak a lo ni a. Vanrama kal tur a tihte zinga mi an ni e. Chu mihring hlui zia chhe tak mai chu nitina kan thihsan tur, mitthi ten ngawi renga thu min chah a ni e.

I INCHHIR NGAI LOVANG

- *Pro. Pastor PC Vanlalfinga,
Durtlang*

Aizawl khawpuia veng pakhat hian hmeichhe tleirawl pakhat chanchin danglam tak nei hi a awm a. Chhungkaw harsa ve tak atanga sei lian niin a nu leh pate pawh nitin inhlawhfa chawpa ei zawng thin an ni. Unau pathum niin amah hi a mi lai a ni a. An retheih avangin sikul thaah pawh a kal thei lo. Mahse a zirlaiah theihtawp chhuahin a bei thin a. Zing lamah sikul kal hma a ngaih thin avang leh nu leh pa te inhlawhfa tura chhuah an ngaih thin avangin chhung inkhawm hi tlai tin an nei ve mai thin a, an buai viau pawh hian chhung inkhawm hi chu an thulh ngai lo a ni.

Lehkha thiam lo leh mi naran ve mai ni mah se a nu leh pate hian an chhung inkhawmah hian thu tha tinreng an hrilh ve thin a, nun dan tur engkim inkawhlmuhin hun an hmang ve thin a ni. A nu leh pate hi lehkha thiam lo leh rethei tak an ni nain Pathian tih mi, fate tan pawh hun remchang an neih apianga tawngtai tlat thin mi an ni. Hun te a lo kal zel a, naupang dang ang bawkin an lo thang lian ve zel a, rilru chak tak ni lo mah se he hmeichhe tleirawl hi a zir peih thin em avangin lehkha

pawh a thiam thei pawl tak a ni ve a. Chuvangin sikul lamah te pawh an zirtirtute leh naupang dangte hriat hlawh tak a nih phah a ni. Amaherawhchu, he hmeichhe tleirawl nuna thil mak leh danglam tak awm chu a nu leh pate mi mawl ve tak leh inhlawhfa chawpa ei zawng ve mai mah ni se khawiah mah an thu awih a zak ngai lo hi a ni. Nu leh pate phal loh chu thian ten thlemin tih luih pawh tum thin mah se, a ti ve ngai lo a ni.

Khawpuia cheng ve ta chu thiante nena intihhlamna

leh hawi thawvanna tur hun leh hmun a tam hle a. Chung ang programme hrang hranga tel ve loh te chu rual pawl lo leh thing nihna ang hial te pawhin an ngai thin a ni. Tin, sikul kal hun te a lo danglam tak avangin banah khawi lai lai emaw an thianhoa len kualna hunte a tam thei ta hle mai. Amaherawhchu, he hmeichhe tleirawl hian a thiante sawmna leh thlemna aia a nu leh pa te thu chah a ngaih pawimawh zawk tlat thin avangin rual pawl lo leh thing nih te chu a thlang zawk fo thin a ni. Vanduaithlak takin tleirawl hun a hmang ve tan dawn chiah tihin a nu in a boralsan hlahu mai a, chu chuan a nun a nghawng na hle mai, a nun khua a harin a lung pawh a leng thei hle a ni.

Vawi khat chu sikul an ban velel Millenium center-ah len thawven pahin thla lakpuiah a thian ten an sawm a, nidanga a duh ngai loh thin kha a nun ruak tihrehna a nih beiseiin a zui ve ta a, an phur tlang in an hlim hle a ni. Hemi tlai hian

a khawhar lutuk tihziaawm deuh nan tiin a thian te chuan pawisa thawh khawma beer in puiah an sawm a. Rilru hah leh khawhar taka hun a hman lai a nih avangin hnar har a ti hle mai. Mahse a nu khawvelah awm tawh lo mah se a thu hrilh thin chu a thinlungah a cham reng a, hrehawm ti tak chung chuan a tlan chhiatsan ta a ni.

Chutiang chuan nu nei tawh lo mah se a pa hoa khawsain hun khirh tak tak leh harsa tak tak te chu a pal tlang chho zel a, thiante zingah rual pawl lo leh thing bik anga lan chang pawh tam tak nei thin mah se a thuawihna avang chuan a inchhir ngai lo a ni. Nu leh pa te chawimawi duh tlat mi a nih avangin khawi hmunah pawh engtik hunah pawh an thu awih a tum tlat thin a ni. Chutiang taka thu awih chu Pathian pawhin a lo theihnghilh lo hle mai. A nu in a thihsan hmeichhe tleirawl chhungkaw rethei taka piang leh seilian ve mai chu tunah chuan Doctor zirin a zirpuite

zingah pawh beiseiawm berte zinga mi a ni a, chubakah a pa leh a unaute ama thawh chhuah ngei hmanga chawm let ve ngei turin taima takin a bei mek a ni. He hmeichhe tleirawl nun hian rilru a khawihin amah aṭang hian zir tur kan neih ngei ka beisei a ni.

Tunlai khawvel thiamna leh finnaah Mizote kan ṭhangharh nasa hle a, information technology-ah kan ṭhang nasain naupang te pawh in mobile phone changkang tak tak te, computer leh internet chungchang te chu kan nu leh pa te aiin kan hre bel em em tawh mai a. Tin, saptawng lah nise mahni ṭawng ang maiin tunlai naupang chuan an thiamin an zei em em tawh mai a ni. Heng zawng zawng te hi Pathian malsawmna a ni a, ava hluin ava han lawmawm em.

Hei ai pawh hian hma kan la sawn zel anga kan la changkang deuh deuh tur a ni ang. Amaherawhchu, changkanna leh hmasawmna

te hi neiin kan thiamna leh finna te hi lo pung deuh deuh mah sela kan lei pathian hmuh theih kan nu leh pa te zah leh an thu awih kan ṭhulh phah tur a ni lo vang. Kan finna leh thiamna te hian kan nu leh pa te aia fing zawkah min inngaihtir lo sela; an hlutzia erawh min hmuh chhuahtir deuh deuh zawk se a va duhawm em. Kan thiam ang thiam ve lo, kan hriat ang hre ve lo, keini aia mawl zawk pawh an ni ang, mahse **Pathian thu chuan nu leh pa hmuhsit emaw diriam taka tih leh ngaihnep hi engtik lai mahin a phal ngai lo.** Vawiina kan dinhmun duhawm tak leh ṭhianta zinga zak lo leh hrehawm ti bik lo va kan awm theih nana an tha leh theihna zawng zawng hlantute an ni. Chuvangin eng ang mi pawh nise an thu awihin zah ila kan inchhir ngai lo vang. Chutiang ang mite chu an inchhir ngai lo tih hmeichhe tleirawl chanchin aṭangin kan zir tawh kha. Khawvel chanchinah pawh hian nu leh pate thu

awiha chawimawi thin tumah
an inchhir ngai lo va, an nun
kawng tinrengah an
hlawhchham ngai lo.

Tunlai hian
Mizoramah kum naupang te
te harsatna leh manganna lian
tak tak tawk kan tam ta hle
mai. Nih tur ang ni pha lo va
ruihhlo bawiha tang te,
ngaihzaung neih ringawt
buaipui te, ruk ruk ching te
leh nun beidawng tak tak,
mahni intihhlum duh hial
khawpa beidawna khura
tang te an va tam ta em.
Naupang te nih laia nupui
pasal nei ta mai te leh mipat
hmeichhiat hman khawlohna
khura tlu lut te leh natna
khirhkhan tak tak vei te an
va tam ta em. Mi
khawngaihthlak tak tak chhan
chhuah hleih theih tawh lohte
leh chhan chhuah pawh duh
lo te an ni nawk mai. A zavai
chuan ni lo mah se a tam
zawh hi chu nu leh pa thu
awih loh rah a ni. Nu leh pate
thu kan awih loh rah hi Mizo
thalaite hian kan seng nasa ta
hle mai, kan inngaihtuah harh

ava hun tak em.

Bible thianghlim
chuan thupek tiam nei hmasa
ber, a zawm tute tana thil tha
leh dam reina nia a sawi chu
nu leh pate thu awih leh
chawimawi hi a ni.
Malsawmna dawng duh lo
kan awm lo vang. Damreina
ngat phe chu a hlu em em a,
Pathian malsawmna hlu tak
a ni. Dam rei duhin sum tam
tak kan seng a, tha tam tak
kan khawh ral thin. Mahse,
dam reina tak tak thlentir
theitu chu Pathian chauh a ni
si a. Sum sen ngai miah lo va
dam reina, inchhir awm baw
k si lo, malsawmna tam tak min
thlen thei thil tha tak chu nu
leh pa te thu zawm leh
anmahni chawimawi hi a ni.
Nu leh pa chawimawi hi thil
thar leisak emaw pawisa pek
emaw lam ni lovin an thu
awih mai hi a ni. Kristian
naupang duhawm tak tak te
u, he thupek hlu tak hi zawm
ula he khawvelah hian i
inchhir ngai lo vang, vanah
pawh a rah i la seng ngei ang.

AWMDAN ṬHA 12

1. I rawngbawl hna chuan an ṭhatna lam
ngaipawimawh la, ngaihtuah zawk ang che.
inthlahdah suh.
2. I thu sawiin eng ang mi
nge i nih a tilang tih hre
rengin i ṭawng leh thu
sawiah fimkhur rawh.
3. Mipa emaw, hmeichhia
emaw i kawm danah
fimkhur la, mite rinhlelh
turin awm suh.
4. Pathian rawna ṭawngṭai
chungin kawppui tur
thlang ṭhin ang che.
5. Mi chanchin ṭha lo sawi
ching lo la, i sawi pawhin
ama hnenah sawi rawh.
6. Mi dangte ṭhatlohna i
hriat chuan hmangaih
takin anmahni hrihl
rawh.
7. Mi ṭhat lohna i finfiah
hma chu mi sawi awih
suh la, mi ṭhat lohna ai
8. Mi dangten thil an tihsak
che phut suh la, mi
dangte chung a thil
ṭha tihsaktu nih tum zawk
ang che.
9. I thusawi leh thil tih
zahpui suh, hna
hnuaihnuung leh tlawm
thawh hreh suh.
10. Hun vawng dik la, tlai
ching lo la, mi dangte
entawn tlaka hun hman
dik ching rawh.
11. I hnapui ber chu thlarau
bo te chhandam ni se, chu
hna chu mi tin hnenah
thawk ang che.
12. Rawngbawlpuite tan
thawhpui nuam ni la,
hruaitute thu awih la,
lungawi takin thawk ṭhin
ang che.

- John Wesley
(Kristian Encyclopaedia)

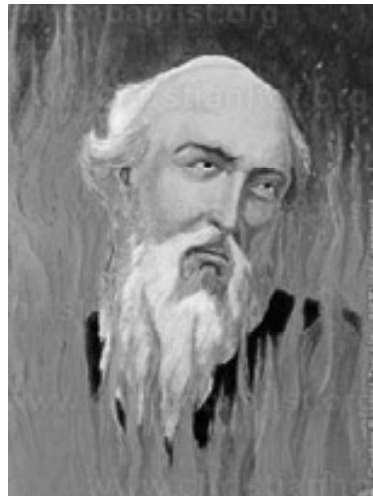
Miropuite chanchin:

POLYCARP-A

Kum zabi hnihna hun laia Kristian martar ropui polycarp-a hi Smurna khuua Bishop a ni a. Mihring khawsak dan mawl taka khawsa, mi tinin an nel phaka nung a ni. Mi inngaitlawm tak a ni a, miten an nel theihna turin a inngaitlawm em em thin a, mipuite pawhin an ngaisang em em thin.

Policarp-a hi a naupan laiin Isua zirtir Johana ke bula zira sei lian a ni. Johana a zui lai hian Pathianin thil mak tam tak a tih thinte chu a hmuin, a hlimpui hle thin a. Lal Isua, mit ngeia hmua, a rawngbawl ta mi tam takte pawh a hmuin, an rawngbawl naah te pawh a tel ve thin. Chung hun laia Pathian miten thil mak tam tak an tih thinte chuan a nun a hneh thei em em a, rinna tak takah pawh a awm phah niin thenkhat chuan an ngai a ni.

Polycarp-a hi Lal Isua, mihring mit ngeia hmutu, Isua zirtirte rawngbawl naa tel phak a ni a. Thurochhiah leh Isua



zirtirna dik tak vawng himtu leh chhawm nungtu a ni.

A hun lai hian Smurna Kohhranah tual chhung buaina avangin Kristian-te tihduhdahna a thleng a. Kristian 12 lai ennawm chhuahna hmuna tihhlum an ni nghe nghe a ni.

Chutihlaia ringtute chuan Polycarp-a, an hruaitu, an hmangaih leh an ngaihsan em em chu a nunna zuah a niha, ringtuten thlamuantu dik tak hruaitu an neih theihna turin hmun danga kala biru turin an ngen thin a, nimahsela, Pathian chuan a thih hun a hnai tawh tih a hriattir a, a thih hma ni thum a la awm tih chuan Polycarp-a chuan a mangah a lukham chu lo kang hluah hluah hian a hmu a. Chu chu atan hrilhlawkna leh hriattirna a ni tih Chiang takin a hre nghal a, Kohhranhote hnenah chuan, “A nung chung a meia hal ka tawh dawn a ni,” tia a hrilh chuan Kohhrante chu an lungngaiin an mangang hle mai a, Polycarp-a chuan nasa takin a thlamuan ta zawk a.

A thihna tur pumpelh tura tlan chhuahna hun tha tak chu a la nei a, Kohhranho pawhin tlan turin an ngen nasa hle chungin a Lalpa hniak hnung zuiin ama thihna tur lam chu hre rengin, ‘Lal Isuan Jerusalem lam a hawi tlat,’ an tih angin a ni pawh a

thihna lam a hawi tlat niin an hria a ni.

Hetih lai hian Rom sipaite chuan Polycarp-a chhiahhlawh pakhat chu an man a, nasa takin an sawisa a, “Khawnge in hotupa?” tia an zawh chuan a awmna chu a hrilh ta a.

Polycarp-a man turin Rom sipai lal pui puite lo kal chuan, a hmel chu an han en a, a hmelah chuan zahawmna leh dikna chu an hmu a, a upa tawh si a, an zah hle a, thihna chu pumpelhtir hram tumin nasa takin an thlem a, Polycarp-a chuan chung sipaite chu tha takin a lo dawngsawng a, an ei tur leh in turte chu a lo siamsakin, a lo mi khual a. Chutianga amah man tur leh tihlumtu turte ngei pawh chu thian thate lo zin anga a lo bawisawmna chuan an rilru a hneh hle a. Chutianga chu a nih avang chuan, rinna chu phata, Rom lal chu lala pawm turin nasa takin an thlem leh a, mahse a duh lo va, “Ka Lalpa hi hei leh chen ka zuiin a rawng ka lo bawl tawh a,

mahse, ka chungah thil tha lo vawi khat mah a la ti baw lo va, eng tin nge ka phat theih ang,” tiin a chhang a.

Polycarp-a chuan, “Pathian hnena ka tawngtai theih nan darkar khat chauh hun min pe rawh u,” tiin a dil a, a tawngtai a. Kristiante chu huaisen taka chung hremna leh tihduhdahnate chu hmachhawn ngam tura a fuih zawh chuan an hruai ta a. Sipaite chuan kawng tluanin Lal Isua chu phata Kaisara chu lala pawm mai turin an thlem chiam a, mahse, an hlawhchham chiang hle a ni.

Rom khawpuia ennawm chhuahna zawl zau pui mai (Arena) an tihah chuan an hruai lut ta a. Mi tam takte chu intihlum tura lo insual mekte leh hmuhdawm chi hrang hrang te chu an lo ti mek a; A luh hnu thleng chuan a Lalpa chu phat turin nasa takin an la thlem zel a. “Eng vangin nge i thih ve ang, Caesar chu ‘ka lalpa a ni,’ ti mai la kan chhuah ang che,” an ti a,

mahse thihna tur lam chu a hawi tlat a ni.

Chutia ennawm chhuahna muala a luh lai chuan van atanghin aw a lo chhuak a, chu aw chuan, “Polycarp, chak takin awm rawh, midangte chu fuih rawh,” tiin aw chuan a sawi a. Midangte pawh chuan chu aw chu an hre vek a, nimahsela tuman amah chu an hmu lo va, ‘Van atanga Pathian aw ngei a ni ang,’ an ti a ni.

Chutih lai chuan ramsa kawlh beih leh sehtirte chiau tuar tuarte chu an zo ta a. Polycarp-a pawh chuan a hmu ve reng a. Roreltu chuan a ko pheii a, rereltu chuan, “Putar zahawm tak i ni a, i rinna chu phat la, Kaisara hmaah chuan chhia chham la kan chhuah ang che,” tiin kawng tinrengin a thlem a. Polycarp-a chuan ring lo mipui tam tak lamah chuan a ban a phar a, “Ring lo mite lakah chuan inthiar fihlim rawh u,” tiin ring takin a au a au ta zawk a. Roreltu chuan, “Chhia chham la,

Krista chu sawi chhia la, ka chhuah nghal ang che,” a ti leh a. Polycarp-a chuan huaissen takin, “Kum 86 lai a rawng ka bawl tawh a, ka chungah thil tha lo engmah a la ti ngai lo va, engtin nge min chhandamtu ka Lal chu ka sawi chhiat theih ang,” tiin a chhang leh a. Kaisara chuan a hmel zahawm tak leh hmangaihna hmel duhawm tak a hmuh chuan tihhlum atan chuan a ui em em a, mahse, a thlem thlu thei si lo.

A tawpah chuan an hlawhchham ta a, thu puangtu chuan, “Polycarp-a chuan Kristian a nih a puang ta e,” tiin vawi thum an han puang ta a, Chu veleh a thlirtu mipuite chuan a rualin , “Polycarp-a chu sakawlh sehtir lovin, a nung chungin hal hlum rawh u,” tiin an au va. A tana hrilhlawkna chu a lo thleng dawn ta ngei mai le.

Meipui hal tur chu an chhlep vum thur mai a, amah ngeiin a ngen angin a kut leh keah thing an khengbet a, a thawmhnaw zawng zawngte

chu an hlip vek a, meipui chuan a rawn hliau ta zuai zuai mai a. Polycarp-a chuan, “Ka Lalpa, ram sakawlh laka min chhan chhuaktu chuan he meipui lakah pawh hian min chhan chhuak thei a ni,” a ti a. A vela meipuiin a hliau zuai zuai lai chuan, van lamah a dak a, ring takin a thawngtai a, “Aw Pathian, Krista no la ve tlaka min ruat avangin lawm thu ka hrilh a che,” a ti a. Thlirtu mipuite chuan an en thuap a, meipui nasa tak chuan Polycarp-a chu a kang hauh lo tih an hmuh chuan sipai huaissen zinga mi chu lal chuan a tir a, chemte sei pui chuan a thin khuarah tak chuan a vit ta vak a, a thi ta a ni. A taksa leh sam pawh engmah a kang lo.

Kristiante chuan a ruh rel la awmte chu phum turin an dil a, nimahsela, ram awptu chuan, a phal lo va, ‘Kristiante chuan kros-a khenbeh chu Pathianah an be thin,’ an tih avanga phal lo an ni.

(Source Upa c. Thanmawia)

NAUPANG ENTAWN TLAK

- *Upa Zarzokima Khiantge*
Shillong-21

November, 2016 khan, Kashmir-a mipa naupang kum 7 mi, Tajamul Islam-a chuan World Junior (youth) Kickboxing Championship, Italy rama inchuhnaah pakhatna a la. Hetiang ang deuh bawk hian hmeichhe naupang kum 7 mi Asim Manoori chuan Asian Youth Karate Championship, December thla-a New Delhi-a neih naah chuan pakhatna a la bawk. An inpuahchah lai hi Kashmir-ah buaina nasa tak a thlen lai leh state sorkarin thla hnih chhung lai curfew a puan lai a ni nghe nghe.

Curfew puan a nih tawh chuan tumah pawna chhuah phal a ni lo va, zirna in zawng zawng te, sorkar office te leh dawr zawng zawng te khar a ni thin. Heti chung hian beidawng lovin hun chep tak karah an coach te nen theih tawp in an in zir thin a ni. A tawpah rah duhawm tak an chhuah ta a ni.

Kashmir hi buainain a chim nasat em avangin nikum July aţang khan

school khar a ni a. Buainain reh lam a pan loh avangin curfew puan a ni a, bakah thlasik chawlhlin a zui leh avangin, kumin March thla khan school te chu hawn hman a ni ta chauh a ni.

David a pawh kha naupangte a la nih lai khan, Philistia mi palian em em mai Goliatha, a tet te aţang tawha indo mi, mi chak, ft. 9 leh inch. 9 vela sang, a fei ringawt pawh kg. 6.6 vela rit kha David a'n a virvawmin a



vawm thlu ruau mai a nih kha. Engatinge Davida khan lungte kha panga kher a ah? Hrilhfiatu pakhat chuan, 1 Chro. 20:4-8 a mi lian thlah Davida ðhian huaisen ten pali an thahte kha, Goliatha unau pali te an ni a. Heng mite hi indonaa an tel ve takin tiin Davida hian lungte panga Goliatha leh a unau pali te vawm hlum nan a ak a ni, a ti.

Davida huaisenna leh Pathian a rinna hi

chhinchhiah tlak tak a ni. Davida hi a ‘confi’ hle mai, lungte panga aia tam a ak lo, a ðhelh dawn lo tih a inhre Chiang hle. Heng hun lai hian Israel mite hian virvawm hi indo nan an hmang nasa hle niin a lang. Benjamin thlahte pheï chuan samzai tiat lek pawh an ðhelh lo. Bible ðawngkam takin virvawma samzai tiat lek pawh ðhelh hlek lo an ni, tih a ni

(Roreltute 21:16).

TLEIRAWLTE PUAL

- John Lalhruaitluanga,
Jt. Editor

ZIRLAI TAN : ‘Kristian Naupang’ chhiar thintu tam zawk daihte hi lehkhazir in la niin a rinawm a. Lehkha in zir chhan pawh nakina mi hlawhtling nih in duh avang te, hna tha tak thawh in la duh avang te, Pathian rawngbawlna atana tangkaia in hriat avang te a nih a rinawm. Hengte hi lehkhazir chhunga hriat tur pawimawh tlem te a ni a, hriat reng in tum dawn nia -

(1) Mi zawng zawng tan pakhatna nih vek theih ni lo mah se, a ti tha pawl nih tum a tha hle. Eng hna pawh dil dawn ila, India ramah chuan educational qualification a pawimawh tlat thin avangin, a ti tha pawl nih a pawimawh hle.

(2) Kan nih tum (aim in life) chian fel vat a tha baw. Doctor, zirtirtu, IAS, Nurse, etc zingah hian eng ber nge nih kan tum? Chumi azir chuan zirna sang zawk kan beih dan pawh thlan thiam a tul a. IAS nih tum tan science lak theih a ni tho naa, science lak a tul lem lo va, BA pass hnua competitive atana theihtawpa inbuatsaih mai

kha a finthlak a. Doctor nih tum tan naupan lai atanga science lama tui (zir peih) a tul thung. Pastor/missionary nih tum tan tleirawl lai atanga nun vawn uluk a tul a, mei zuk loh te, tattoo te pawh chhut miah loh a pawimawh hle. Tunlaiah mi thiam, han rawn mai tur tam tak an awm tawh a, chung mite churawn thin tur a ni.

(3) Mihringah hian thluak tha bik, thiam thei bik, thil hre zung zung mai chi an awm lain thil vawn lama chak vak lo, thiam thei lutuk lo pawl pawh an awm thin. Thil mak tak erawh chu, mi hlawhtlingte hi thluak thate chauh an ni bik vek lo hi a ni. Mi taima, bei hram hram

thinte hi thluak tha leh thluak
tha lem lo zingah pawh a
hlawhtlingte chu an ni zel a
ni.

(4) Sawrkar hnathawh
hi mi tam zawkin lehkhah zir
lai atanga kan tin zawn a ni
deuh ber a. Sawrkar hnain
min daih loh avangin mi
thiam, mahnia eizawna
kawng dap thiam ni tura
ngaihtuahna hman thiam a
hun hle mai. Ram a
changkan a, thiamna pawh a
thang ve zel a. Chumi mila ei
zawna dap thiam, thluak
hmang tangkai thiam hmasa
sa chu mi nihlawh an ni mai
dawn niin a lang.

(5) A pawimawh

berah chuan, eng hna pawh -
sawrkar emaw mimal hna
emaw pawh thawk ula,
Pathian rawngbawl nana
thawk in ni em tih a ni zel
ang? Tirkoh Paula chuan a
rawngbawlna hmunah puan in
siamin hna a thawk nghal thin
a, a rawngbawlna hmunah ei
a zawng nghal thin tihna a ni.
Chutiang mi chu 'tent maker'
tiin an sawi thin a. Doctor
pawh ni se, zirtirtu pawh ni
sela, an awmna hmun
apiangah an nun leh thiltihin
Chanchin Tha an hril thin a
ni. Nangni tleirawlte pawh,
eng pawh thawk ula, 'tent
maker' ni ve tlat turin in
inbuatsaih thei ang.



ZAWHNA LEH CHHANNA

- Biaktea,
Bethlehem Venglai

Zawhna :Primary department zirlai ka ni a. Biak Inah Kohhran inkhawmah ka inkhawm ve a, inkhawm nuam lo tih chhan ka nei. 1). Thutthleng a sang lutuk, bawp thenin thut a ngai. Chubakah pitar putar nu leh pa leh nula tlangvalte thutna bik deuh an nei vek a, naupangten thutna bik kan nei lo va, puitlingho thutnaa lo thut ve palhin min hau zel bawk si. 2) Ka sak thiam loh hla an sa thin. 3) Thuhrlitu thusawi ka hre thiam ve vek lo va, ngaihnawm ka ti lo bawk. Ka pu, keini naupangten inkhawm nuam kan tih ve theih nan tih dan tur a awm thei em?



Chhanna: I duh chu - 'Thutthleng hniam, naupang tana bawp then lo va thut theihna, nuam deuh leh naupang thutna hmun deuh bik neih te, inkhawm chhung rei lo deuh te, tin, i sak thiam

ngei hla sak ni ve se, thuhrlitute pawhin naupang tana ngaihnawm thu sawi tel ve thin se,' tih te a ni maw? I duh chu a thain a tul hlawm hle mai. Mahse, a buaithlak viau rih mai thei. Naupang

thutna bik siam hi thil tih theih a nih hmel khawp mai. Kohhran beng thleng thei se a duhawm hle. Biak Ina naupang tana thutthleng hniam bik siam hi buaithlak an ti viau thei bawk.

I sak thiam hla an sak dawn chuan NPSS lamah puitling sak chi in thiam tam a ngai ang a, NPSS zirtirtuten tan an lak a ngai hle a nih chu. Naupang tana thu tha, ngaihnawm bawk si sawi tel tur chuan thuhritute an tan lehzuat a ngai tihna a ni bawk.

Eng pawh ni se, naupangte ngaihsak kawngah hian nu leh pa lam an thangharh zel a, Kohhran hruiatute leh rawngbawltute pawhin naupangte hma khua ngaiin sum leh pai pawh a tulah chuan an ui lo tawlh tawlh a, beisei takin lo thlir zel phawt mai rawh u. Tuna kan ngaihtuah aia tha zawk daih pawh an la rawn ngaihtuah chhuak mai thei a nia.

Zawhna: Naupangte hi zuk leh hmuam ti ngai lo

deuh vek kan nih ka ring. Mahse, kan nu leh pa, pi leh pu, nula leh tlangval, kan uteho, sunday school leh nitin school-a min zirtirtute pawh tam tak hi zuk leh hmuam tih ching an ni bawk si a. Kan entawn ber ten tui ti tak maia zuk leh hmuam an ti lai kan hmuh te hian, “Zuk leh hmuam a tha lo,” tih min hrilh thintute hi, zuk leh hmuam ti thin an ni bawk si a. Zuk leh hmuam hi a tha lo tak tak lo em ni? “Zuk leh hmuam ti loho hi an ka rim a tui lo,” te an la ti leh nghal a, a dik em?

Chhanna : Biakte, “Zuk leh hmuam ti loho hi an ka rim a tui lo,” an ti a maw? Dawt an sawi a nih chu. Thil fai a rimchhe thei hlei nem. Zuk leh hmuam ti pawh, ti lo pawh an ha, an ka an vawn fai loh phawt chuan a rimchhia a ni mai. Zuk leh hmuam te hi a rimchhe vek a, ka leh hnar atanga a rim a lo chhuah phei chuan a rimchhe lehzuat. An ka chhung an vawn fai loh phei chuan rimchhe chi hrang

hrang inpawlh kha an rawn thaw chhuak thin a, a rimchhe em em thin zawk alawm. Ka, lei leh hate i vawn fai phawt chuan a rim chhe hman lo vang.

‘Zuk leh hmuam hi a tha lo tak tak lo em ni?’ i ti elo? Tha lo tak tak e. Zuk leh hmuam tite hian an taksa an ti hrisel lo a ni. Mi thiamte chuan, “An dam rei loh phah,” an ti hial asin. Nangmahni zirtirtute leh in

entawnte ber mi thenkhatten zuk leh hmuam an ti tlat hi a manganthlak ngawt mai. “Sim ula, ti leh tawh suh u,” han ti ngawt ila, kan thu an awih duh bawk si lo va. Chuvang chuan, naupang duhawm, zuk leh hmuam la ti ngai lo zawng zawngte u, entawn tlak loh hi chu entawn duh hauh suh u. “Ka len hunah pawh zuk leh hmuam hi ka ti hauh lo vang,” tiin intiam thei nghe nghe ula a va tha dawn em.

Zu : History-a pawh khawihtu lian ber ka ni a. Khawvela indonaa thi zawng zawng aia tam ka that tawh a. Tuifinriata tla hlum aiin keimaha tla hlum hi an tam fe zawk a ni. Mi ka tichhia a, chhungkaw tam tak tilungngaitu ka ni a. Tual ka thahtir a, ruk ka ruktir a, thalai tam tak beisei bova siamtu ka ni bawk a. Mi tam tak kawng chhuk chho zawhtirtu ka ni. Mi chak lo ka tichhia a, mi chak ka tichak lo va. Mi fing ti â tu ka ni. Pawi sawi lo âwktu ka

ni a, Nu leh naupangte tiretheitu ka ni. Nun tam tak ka tichhia a, tih chhiat ka la tum zel bawk a. Ka hming c h u

ZU a ni.





Hriatzauna Huang

– Lalremmawia

* USA-a Los Angeles khawpui khu a hming pum chu *El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula* tih a ni duah mai nia!

* Ramsa chi khat, *Yak* hi a lo mak khawp mai. A ruangam chu ramsial ang a ni a, a hmul chu kel hmul ang a ni a, a mei chu sakawr mei ang a ni a, a lu chu bawng lu ang a ni a, vawk angin a ngûk thin bawk.



* Israel ram khu khawvel ram hrang hrang zingah hmeichhiate sipaia an tan ngei ngeina ram awm chhun a ni.

* Khawvela naupang maktaduai hnih chuang hian zan muthilh that theih loh hri an vei.

* Phâr natna hi mihringin natna a hriat upa ber nia hriat a ni.

* Football khel thinte inhliamna, za zela panga hi an pêt goal an lawmna lama che sual an ni.

* Whoopi Goldberg-i hi khawvel mihring zingah lawmman chi hrang hrang



– Emmy Award, Grammy Award, Oscar Award,

Tony Award leh Kids' Choice Award-te dawng vek thei awm chhun a ni.

* Syria ramah khuan chhang chi khat *croissant* hi zu khap tlat a!



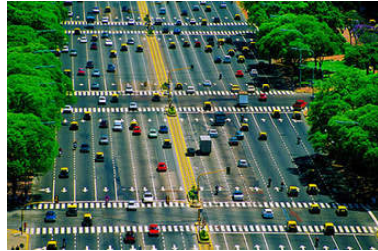
* Tunlaia naupangte inkhualtelemna chi khat, **Lego** tih hi Danish-ho tawngkam pakhat *Leg godt*



ni a, *ṭha takin khel rawh* (Play well) tihna mai a ni.

* S. Korea rama chhungkaw za zela 60 khian an naute hming saksak turin naute hming sak thiam (professional) an ruai thin. An ram khawpui *Seoul* khi *khawpui* tihna mai a ni baw.

* Khawvela kawthler zau ber chu Argentina rama *9th of July* an tih khu a ni a. Motor kalna tur



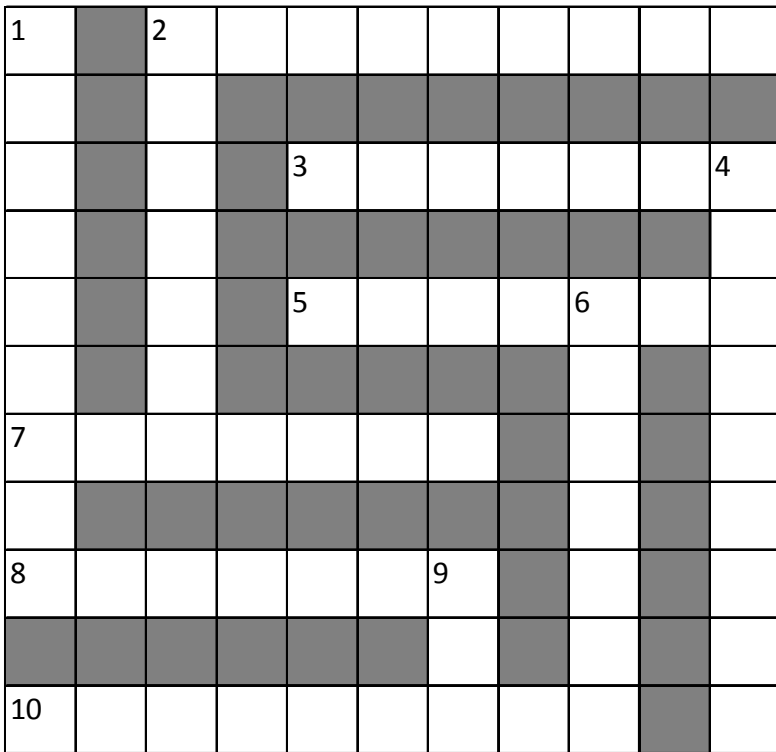
thlur 14 a awm bakah a sir tawn tawnah kea kalna tur thlur li a la awm cheu. Trafic jam chu a awm ve lovin a rinawm. Kan rama awm veah a itawm khawp mai.

**Chakna aiin finna a
ṭha a,
Awmkhauh aiin
hriatthiamna.
*Thufingte 24:5***

CROSSWORD

A PHEI : 2. Incheina chi khat (9); 3. 'Ruahman' tih nen a inang (7); 5.-te hnena lawmman pek hmang a ni (Heb. 11:6) (11); 7. 'Ruah' sawi dan dang (7); 8. He mi tan hian thlalerah sual phur kël chhuah thin a ni (Lev. 16:10) (7). 10. Tangka tel lo ni rawh se (Heb. 13:5) (9).

A CHHUK : 1. Thil hlu tak, milim chher nan tea hman thin (9); 2. Aigupta lal hming (7); 4. Inrem dawna siam thin (9); 6. Sodom khua nen sawi dun thin an ni (7); 9. Duh, ît sawina dang (3).



A AWLSAM LAIIN BANSAN RAWH

Vawikhat chu zirtirtu pakhat hian zirlai naupang pakhat hi ramhnuaiah a hruai a, nakinah chuan thing pali lo inphun tlar bulah a dinpui a. A hmasa ber chu a ʔo tirte hi a ni a, a dawta mi chu zung kaih nghet deuh tawh a ni a. A pathumna chu thing lian tawh deuh tak a ni a. A palina phei chu thing kung lian pangngai a ni.

Zirtirtu chuan naupang hnenah chuan, “A hmasa ber kha pawt phawi teh,” a ti a. A ni chuan a kut zungtang ringawt hmangin awlsam takin a pawt phawi a. “A pahnihna kha pawt phawi leh rawh,” a ti a. Naupang chuan a pawt phawi leh a, mahse, a hmasa ai chuan a harsa deuh hlek a. “A dawt kha pawt phawi leh rawh,” a ti leh a. Naupang chuan a tha zawng zawng sengin harsa takin a han bei leh a, a pawt phawi thei hram a. A tawp ber, a palina chu a la awm a, chu pawh chu pawt phawi turin a hrilh leh a, naupang chuan thingkung chu a kuah a, nasa taka tangin pawh phawi an tum leh a, mahse a pawt phawi zo ta reng reng lo a ni.

Zirtirtu chuan, “Hetiang chiah hi a ni, kan thil chin ʔha lote pawh hi a tirteah chuan awlsamtein a sim theih a, mahse a lo nasat tawh hnu chuan nasa takin sim tum mah ila sim a har tawh ʔhin a ni,” a ti a.

Tleirawl lai aʔanga sahdah hmuam ʔhin emaw, mei zu ʔhin emaw i nih chuan sim vat a ʔha ber a ni. Kum khatah chuan sim a la awlsam hle a, kum hnih i hmuam/zuk chuan kum khat ai chuan sim a harsa zawk tawh ang. Kum thumah phei chuan sim i tum hle pawhin sim a harsa lehzual hle tawh ang. Kum li emaw, kum nga emaw i tih hnuah phei chuan sim tum mah la, midangte ʔanpuina tel lo phei chuan sim a harsa tawh ʔhin a ni. Hetiang hian



An tleirawl lai aṭanga ruih theih thil, meizial leh zu laka an insum loh lutuk avangin nupui pasal an neih hnua, fa an rawn neih ve pawhin rualbanlo fa an hring a, an dam chhung atan phurrit, hmangaiha enkaawl ngai si an neih phah ta a ni.

mi tam tak chu an duh lohna hmunah hian an lut a, an duh duha an chhuah leh mai thei tawh lohna hmunah hian an tang tlat ṭhin a ni. Tunah hian nang chu naupang, tleirawl thisen thianghlim, hrisel ṭha tak i la ni a, fimkhur takin, uluk takin i nun hmang la, eng bawiah mah lut lo turin invawng fimkhur ang che.

Kum a lo tam deuh chuan sim a lo harsa tawh ṭhin a ni.

Thil chin ṭha lote hi a hma thei ang bera kan thlah loh chuan a lo rei hnu chuan zung a kaih nghet a, thlah a lo harsa hle tawh ṭhin a ni.

- (Source: *Darthlalang, Nghakpuii*)

HRE THEI RAWH

Heng a hnuai mite hi a hnuai bera a dikna i en hmain
ziakin han chhang chhin teh.

1. Isuan hmel danglamna tlangah zirtir tute nge a hruai?
.....
2. Simon Petera, Isua zirtir kha khawi khua nge?
.....
3. Mihring zinga tual that hmasa ber tunge?
.....
4. Israel tih hming hi khawi atanga lo chhuak nge?
.....
5. Mizorama Chanchin tha rawn hriltu hmasa ber tu nge?
.....
6. Sodom khua atanga vantirhkoh ten an hruai chhuah kha
tu nge?
.....
7. Saint Petersburg hi khawi rama awm nge?
.....
8. Isua zirtir India rama thi kha tu nge?
.....
9. Mizo Kristiante zinga Baptisma chang hmasa berte kha?
.....
10. Mizo Pastor hmasa ber kha tu nge?
.....

1. Petera, Jakoba leh Johana te. 2. Kpernaum. 3. Kalina.
4. Pathian leh Jakoba inbuan atangin. 5. Rev. William Williams. 6. Lota leh a
chhung te. 7. Russia ramah. 8. Thoma.
9. Khuma leh Khara. 10. Pastor Chhuahkhama.

CHEICHHUAH

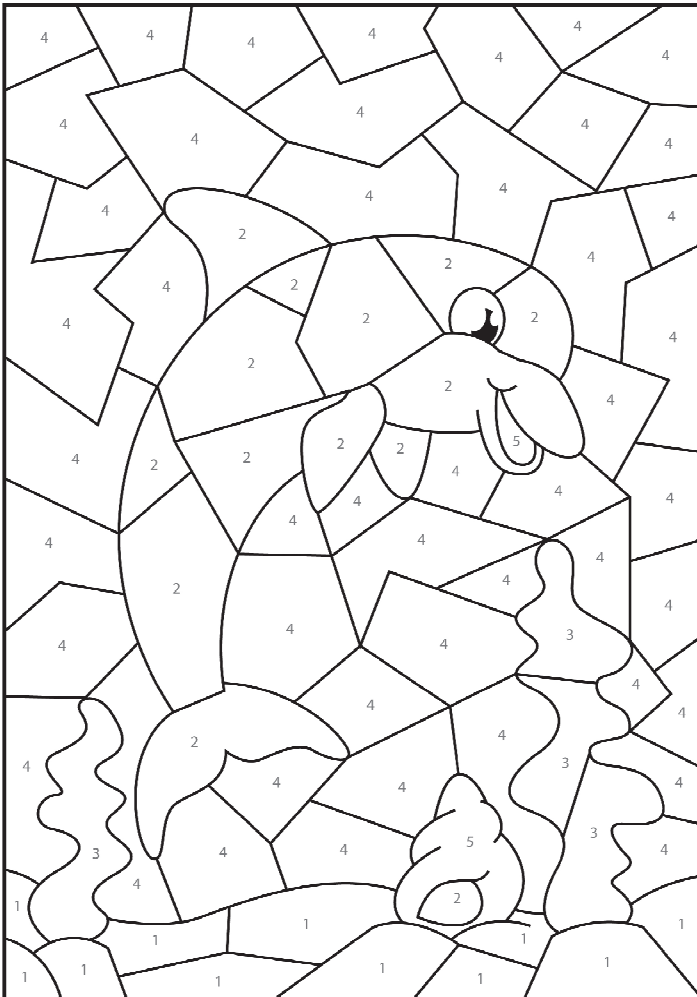


Han chei leh phawt mai teh le...



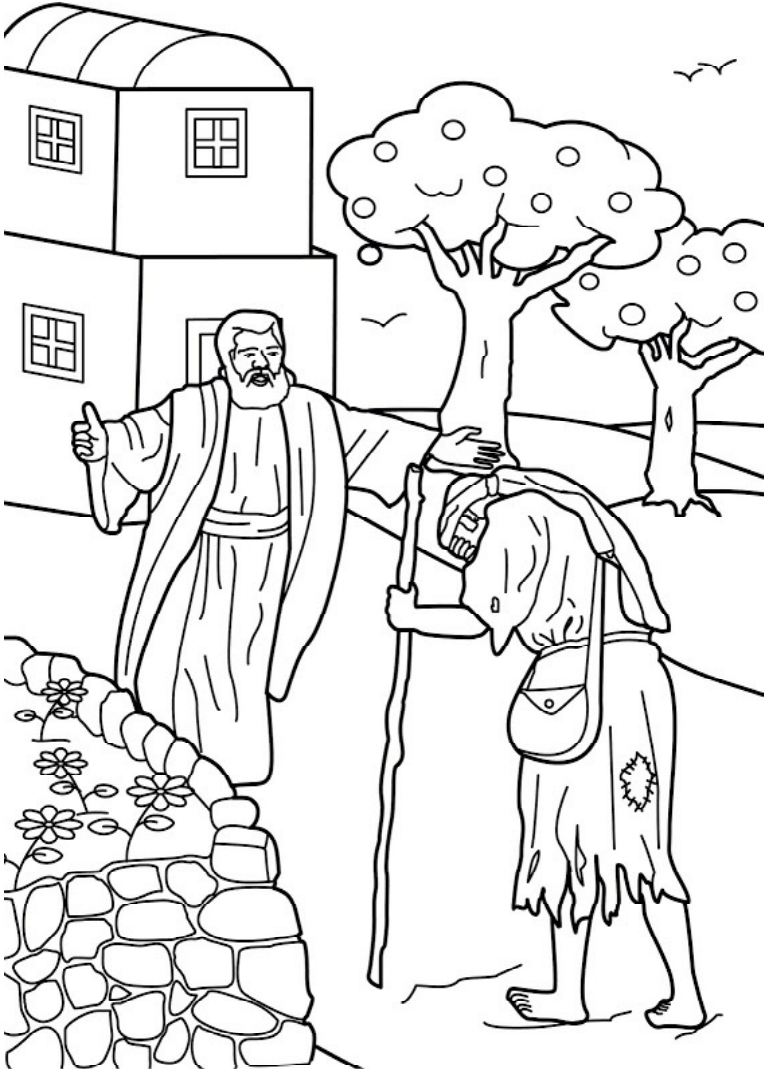
Chei dan tur

1 = Eng, 2 = Uk, 3 = Hring, 4 = Pawl, 5 = Sen



LEM CHEI

Han chei leh phawt mai teh le...



KA HMUH ANG HMU THEI RAWH



A chung a lemziak chi hnih khi ngun takin en la, a inan lohna chi ruk hmu thei rawh.

A hnuaiah hian a chhanna lo ziaak la

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

To,



Tiungvel Venghlun Sunday School