

DECEMBER 2011



Kristian Tlangau

*Krismas
Special*



A HMINGAH ISUA
VAN ZAIPAWL KHA
KRISTIAN TLANGAU BU HLA

Hriselna - Zunthlum hi le (*Chhunzawmna*)
Thu leh Hla - Biak In-a tawngkam hman dan (*Chhunzawmna*)

Kum 100

December 2011

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The Organ of the Presbyterian Church, Mizoram



Editorial

KRISMAS

Krismas chu Krista ruai, Krista hriatrengna ruai tihna a ni a; Krista pian champhaphâk tihna a ni bawk. Krismas tobul leh a awm chhan ber chu Isua Krista, Pathian Fapa, khawvel chhandamtu lo pianga kha a ni.

Rom lal Aureliana'n, 'Ni Pathian hneh theih loh' tia a vuah (Mitra) hnehna nî-ah he Krismas Ni hi a lo chang ta a. Lal Isuan, "Keiin khawvel ka ngam ta," a tih nen pawh khan a inhmeh hle. Krismas hi Rom ramah chuan AD 335/336-ah hman tan a ni a, Mizoramah chuan Zosap Missionary Zosaphluia leh Zosaphthara te hovin kum 1903 khân Mission Veng, Aizawlah hman tan a ni.

Krismas a lo thlen hian hengte hi hre thar leh ila-

1. *Kan sual ngaihdamna turin Isua Krista a lo piang.*
2. *Van leh khawvel chu Krista-in remna sa ui tan a ni.*
3. *Kan sualna zawng zawng Pathianin min ngaidam ta.*
4. *Emmanuela 'kan hnena Pathian awma' chuan min awmpui reng.*
5. *Berampu leh mi fingte ang khân Lal thar chibai i buk ve ang u.*
6. *Mi fingen an robâwmte hawnga chibai an buk ang khân, thinlung robâwm hawngin, rethei leh harsa zawkten hlim taka Krismas an hman ve theih nan kan neih ro sumte i hlan ve ang u.*
7. *Silh leh fen, ei leh in leh hlimhlawp lam thupui berah neih lovin, kan hman chhan ber Isua Krista ran thlenga lo pianga kha i hre reng ang u.*
8. *He hun ropui tak hi tih takzeta, chhungkuua Pathian biak nan i hmang ang u.*
9. *Sual tih tan nan hmang lovin, kan thil tihsual thinte sim tan nan hman i tum zawk ang u.*
10. *Kohhran programme ngai pawimawh ila. Chu chuan sual tam tak a khuh bo ang a, kan hman chhanah hlawhtlinna kan hmu ngei ang.*

Krismas hi khawvel hmuha Krista tarlanna hun ropui tak a ni a. Ring lo mite hmuha amah tihhmingchhiatna leh ringtute timualpho zâwng chuan tumah chet loh tur a ni. Rinna leh thlarau lam nuna hma kan sawn ngeina turin thianghlim taka, kan inchhir loh ngeina turin hman i tum theuh ang u.

CHHIARTUTE HUANG

Thu thawh duh chuan thu mal 50 aia tam lovin lehkhain emaw, sms-in emaw e-mail in emaw thawh theih a ni. Sms thawn theihna phone no 9862331632 leh kristiantlangau@yahoo.co.in a ni e.

✍ Kristian Tlangau chhuah tirh, kum 1911 atanga chhiar tur, kum tin a bua kum khat chhuak chilh khawma min hnutchhiahtu ka pa, Rev. Langlura avangin a hlutna ka lo hria a. Vawiin thlenga chawl lova kan chhungkua min la châwm zeltu in kum 100 a lo tling ta hi a ropui ka va ti em! Tun hma thil (i.e. Chawlhkar ni hmang an vuah dan) leh vawiina kan Synod chanchin te, Sermon, zawhna leh chhanna bengvarthlak tak hmanga min la chawm zui zeltu Kristian Tlangau kum 100 tlin lawmna leh duhsakna ka hlan e. A enkawltute dam reng sela, Kristian Tlangau chanchinbu hi zam lovin hma lam panin thang zel rawh se.

– *Upa T. Khumtira, Khawbung, Mizoram*

✍ Kristian Tlangau kum 100 tlin lawmpuina chibai u le. Hemi atanga malsawmna tam tak dawng thin ka ni. A hlutna leh upat dan atangtea ka lo thlirin a kâwm hian a zahawmna a tiful deuh em ka ti a. Entir nan pheh khatnaah a chhunga awmte tih tlar vek

siin thu tha bik thlan khawm ang deuhva thu thenkhat a kâwma tar lan hian a ziaktu bakah a chhiartu tan a fel hlel deuhvin a lang thei lo maw? A kâwmah hi chuan thlalak, lemziak, fakna lam hi lang lo sela a zahawm zawk lawng maw? Kâwl/Phai Synod tana Tlangau leh a dang dang in thawn lo dawngsawngtu–

*Upa Vanlalpeka
Moreh, Manipur*

✍ November 2011 chhuaka P. Ramnunsanga zawhna leh chhanna kha a dik hlel deuh em? Hla phuahtu leh thu ziaktute hian zalenna zau tak an nei a. Dik lo hulhual a nih lem loh chuan, “A dik lo,” lo tihsak fo hi a fuh ber lo vang. ‘Vawiin, Nimin, Naktuk’ tih te hi ni 1 (darkar 24) sawina vek a ni. Hla thua chhun leh zan huam vek anga an lo hmang a nih pawhin a dik lo hran lo. Tin, chhannaah hian, ‘Hla siamtu’ tih in hmang a, Sap hla kan letling leh hla awmsa kan siam tha a nih lem loh chuan hla hi siam lovin an phuah thin zawk lo maw?

– *L. Nunkima,
Bethlehem*



– *Executive Secretary
i/c Publicity, etc.*

1. Synod Mission Board

♦ *Missionary-te Intuai tharna:* October 13–16 chung khan Synod Mission Board buatsaihin Republic Veng Kohhran Biak Inah Home Mission-a Missionary-te intuai tharna hun hman a ni a, Retreat Thupui ‘**Krista tana inpumpek nun**’ (II Kor. 5:15) tih chu Rev. Vanlabela, Board Executive Committee Member-in a sawi a, Rev. R.C. Lalnghakliana, Republic Bial Pastor hovin ‘Abrahama nun zirna’ (Character Study) neih thin a ni bawk.

Retreat-ah hian Home Mission North, Home Mission South leh Mission Development Training Centre (MDTC), Bualpui N a thawktute koh an ni a, Home Mission South atangin mi 237, Home Mission North atangin

mi 190, an vaiin palai 427 an tel thei a ni. Thupui hrang hrang - Home Mission rawng-bawl-na, hnam ze mila Pathian biak leh rawngbawl-na kalpui dan tur leh Kohhran phun chung-chang te zir ho a ni a, BEC member-te nena inkawmna – Zawhna leh Chhanna hun te hman a ni bawk.

♦ *Ringthar :* Oct. 24 khan Patna Mission Field-a Arra khuaah Pastor Lalhming-hlua’n ringthar, puitling paruk baptisma a chantir. Tripura Mission Field huam chungah tun hnai thla khat chungin ringthar 52 neih belh a ni a, kumin (2011) chung hian ringthar 1292 an awm tawh a ni. Pathian hnenah lawmthu sawiin Patna leh Tripura Mission Field thawktute hmalak zelna turah leh ringtharte tawngtainaah hre reng turin kohhran mipuite an ngen.

2. World Sight Day 2011

October 13 khan Presbyterian Hospital, Durtlang Auditorium-ah mit khaw hmuh theihna pual ni bik (World Sight Day) hman a ni a, Dr. Lalremthanga, Director, Presbyterian Hospital chu chairman niin Dr. Vanlalsawma,

District Programme Manager, DBCS, Aizawl East chu khuallian a ni.

Dr. Vanlalruata, Medical Superintendent, Presbyterian Hospital, Durtlang chuan hemi ni puala Presbyterian Hospital-a Eye Camp an neih mekah damlo, mit zai ngai 44 zaisak an nih thu a sawi a. Khuallian Dr. Vanlalsawma chuan, kumina World Sight Day thupui chu “Mit enkawl, mi tin tan” (*Eye Care for All*) tih a ni a, mit tha loten mit tha an neih theih nana hmalakna kawngah Presbyterian Hospital Eye Unit te thawh hlawkzia uar takin a sawi. Dr. Lalramengmawii, Ophthalmologist, Presbyterian Hospital pawhin hemi chungchanga hma an lak tawhnate a lem nen kalkhawmho a entir bawk.

3. P.C. Girls’ School Day

October 14 khan Presbyterian Church Girls’ School chuan School Day vawi riatna, School Chapel-ah an lawm. P.C. Girls’ School hi kum 1903 khan Zosapten an din a, kum 2003 khan a kum 100-na lawmin, hemi hnu kum thar atang hian kum tin School Day hi an hmang ta a

ni. Kumin hi a kum 108 tlinna a ni ta a, School Day hi kum 2003 atanga hman tan a nih chauh avangin a vawi 8-na a ni thung.

P.C. Girls’ School hian result tha tak tak an nei thin a, kum 2010-ah pawh khan an sikul naupang zawng zawng 100%-in an pass a. Kum 2011 hian Class A - VIII thleng awmin naupang 491 an awm a, thawktu 37 an awm mek bawk. Sikul naupang an thathnem deuh avangin sikul building chung ber chu zauh belh mek a ni a, zirtirtu pawh contract-in mi pali rawih belh a ni bawk.

4. MSSU

- ◆ October 21–29 khan Shillong Bial leh Zou Synod, Manipur-ah Sunday School Zirtirtu Training neih a ni a, training hi Pu Lalthahluna Ralte, MSSU Asst. Coordinator leh Upa Lalchhuanawma, Zuangtui-ten an neihpui a ni.

- ◆ November 4–6 khan Mamit Dinthar Kohhran leh Zaita Bial, Zailianah Sunday School Zirtirtu Training neih a ni a, training neihpui hian Mamit Dinthar Kohhranah Upa K. Zoremsanga, Kulikawn leh Upa Hrilthansanga, Mission Vengthlang te an kal a,

Zaite Bialah Upa K. Vanlalngbaka, Ramhlun East leh Pu Lal̄thahluna Ralte te an kal. Training bakah hian Fanau enkawl chungchang thuchah sawiin hun an hmang bawk.

♦ MSSU Committee-in a rel angin kum 2012-a Department hrang hrang zir laibute ennawn leh ziah thar a ni a, kum thar, 2012-ah chuan Puitling lamin Rev. H. Lalchhanhima zia k Thuthlung Hlui Hrilhfiahna **Numbers** an zir dawn a; Naupang Sunday School-in Zirlai Bu Khatna (Revised & Enlarged) an zir ang. Senior Department zir tur, (Zirlai Bu Khatna tho) erawh chu a thar hlaka Rev. Rosiamliana Tochwawng zia k a ni thung. Masihi Sangati-in Rev. K. Lalpiangthara zia k, **‘Kristiante nun dan tha’** tih an zir ang a, Home Mission-in Upa Lalhriata zia k, **‘Kristian nun’** tih an zir ang.

5. Field Supervisors Training

October 18 khan Christian Medical Association of India (CMAI) chuan Mizorama malaria dona kal zelah District hrang hranga Field Supervisor mi 26 a lakte

tan ni nga chung awh, Induction Training, Chaltlang South Kohhran Hall-ah an buatsaih a, Field Supervisor te hi Malaria inkai theih dan, inven dan, enkawl leh damdawi pek dan te zirtir an ni a, khawtlang nena thawh ho dan tur te, hnathawh endik dan leh report pek dan te zirtir an ni bawk.

CMAI hian Mizorama malaria dona kawngah hian Mizoram Synod hnuaia Social Front Department te a thawhpui a, Field Supervisor-te thawhpui turin Social Front lam hian khaw tina Community Health Volunteer (CHV) lo inruat turin kohhrante a ngen a, heng volunteer-te pawh hi training neihpui an ni tawh bawk.

6. Presbyterian Pastor Nupui Intawhkhawm

October 26 khan Pi Zaii Hall, Synod Conference Centre-ah Presbyterian Kohhran Pastor leh Pro. Pastor nupui Intawh khawm vawi 38-na neih a ni a, Pastor nupui 90 lai an tel thei a ni. Speaker atan Rev. C. Chanchinmawia, Bawngkawn an hmang a, thupuih **‘Chak lohnaa Pathian thiltihtheihna’**

(I Kor. 12:9) an hmang. Presbyterian Kohhran Pastor nupuite hian kum tin intawh khawmna hun an hmang thin a, mi thiamte ruaiin thuchah ngaihthlak bakah thupui thlan bik an zir hovin an pasalte rawngbawlina an tawiawm theih dan tur leh kohhran tana nu nih tling an nih theihna tura theih tawpa hma la tura infuihna hun te hman a ni bawh thin.

7. Zin

- ◆ October 22 & 23 khan Thuampui Kohhranah Synod sum vawn dan training leh Finance campaign neiin Upa C. Lalmuankima, Asst. Finance Manager leh Upa Ramtharlina, Melthum te an kal.

- ◆ October 27 khan Champhai Presbyterian English School-in kum 15 an tlin champha an lawm a, Rev. Mangchhuana Sailo, Supervisor, PES-in a hmanpui. Supervisor hian October 28 khan Hnahlana Presbyterian English School a tlawh nghal bawh.

- ◆ Rev. Vanlazuata, Senior Executive Secretary chuan November 3 khan Mualkawi Biak In thar a hawng.

- ◆ October 29 & 30 khan

Kristian Chhungkaw Seminar & Campaign, Kohima Nagaland-ah neih a ni a, hemi neihpui hian Rev. Zothansanga, FG&CC Director; Pu H. Lalchhandama leh Tv. Zodinsanga, FG&CC Staff-te an kal.

9. Music

- ◆ October 25–27 khan Khawlailung Kohhranah Solfa Training neih a ni a, Pu H. Lalrinmawia, Synod Music Instructor leh C. Vanlalpeka, Mission Vengthlang ten an hmanpui.

- ◆ Synod School of Music chuan November 5 khan J.M. Lloyd Hall, Synod Office-ah Trinity Guildhall London Exam (Music Theory) a buatsaih a. Exam buaipui hian Shillong atangin Prof. Richard H. Duncan Lyngdoh a lo kal. Synod School of Music hi Trinity Exam Visiting Centre a ni a, tun tumah hian Synod School of Music atangin mi 19, Crescendo Music School atangin mi 2 leh ECM Music School atangin mi 14, an vaiin mi 35 ten exam an bei a ni. Exam paper hi London-ah endik a ni ang a, a tlingte tan Certificate an rawn thawn ang.

- ◆ November 8–10 khan

Phullen Vengthar Kohhranah Solfa Training neih a ni a, Pu Benjamin Sailo, Music Instructor leh Upa B. Bawlkhuma, Compare Asst. SL&PB-ten an hmanpui.

8. Kristian Thalai Pawl

♦ October 21–23 khan Zawlsei Branch KTP Diamond Jubilee lawmna neih a ni a, Jubilee hmanpui hian Central KTP hruaitu Upa Lalrinmuana, General Secretary a kal.

♦ October 21–23 khan Phainuam Bial huapin Phainuam Kohhranah Leadership Training neih a ni a, training hi Central KTP hruaitu Pu Lalmuanpuia, Asst. Coordinator leh Upa Zothangzuala Chhangte, Committee Member-ten an neihpui a ni.

♦ October 21–23 khan Darlung Bial huapin Darlung Kohhranah Leadership Training & AIDS Awareness Campaign neih a ni a, training hi Central KTP hruaitu (Comm. member) Pu Lalnghinglova Hauzel leh Tv. Vanlalhruaia ten an hmanpui a ni.

♦ October 22 & 23 khan Champhai Vengthlang Kohhran kum 100 tlin (cen-

tenary) lawmnaah Mizoram Synod Choir-ten zaia rawngbawlina hun an hmanpui.

♦ October 30 khan Mission Vengthlang Bial KTP-ten Rimawi Kûtpui an hmanpui a, Synod Choir ten zaia rawngbawlina an nei. Synod Choir-te hian October 31 zanah Falkawn Hmar Veng Branch KTP an tlawh baw.

♦ November 11–13 khan Cachar Kahrawt Kohhranah Leadership Training & Solfa Training neih a ni a, CKTP G/S Upa Lalrinmuana, T/Upa Dr. Samuel Vanlalhlanga, Committee Member leh PBK Liankhuma (Soloist)-ten an hmanpui.

♦ November 11–13 khan Mamit Hmunsam Bial huapin Mamit Hmunsam Kohhranah Leadership Training neih a ni a, Central KTP hruaitu T/Upa Lallianmawia leh Pu Saizamliaana Sailo te an kal a, Nov. 12 atangin Mizoram Synod Choir-ten an fin ve leh baw.

♦ November 9–12 chung khan Central KTP leh Shalom tang kawpin ***‘Channel of Hope’*** tih thupui hmangin **HIV/AIDS chungchang Workshop**, Zarkawt Kohhran Hall-ah an buatsaih

a, Workshop-ah hian Aizawl khawpui chhunga Branch tin atangin HIV/AIDS lama mawhpur tura ruatte an tel.

9. Kohhran Hmeichhia

- ♦ October 28–30 khan Khawruhlian Kohhranah Leadership Training & Kristian Chhungkaw Campaign neih a ni a, Central Kohhran Hmeichhe hruaitu Pi C. Lalneihkimi, Pi Biakengi leh Pi Lalthansangi ten an hmanpui.

- ♦ October 28–30 khan Lallen Kohhranah Leadership Training & Kristian Chhungkaw Campaign neih a ni a, Central Kohhran Hmeichhe hruaitu Pi Malsawmtluangi, Pi C. Vanlalhmuaki leh Pi Ramngaihsangiten an hmanpui.

- ♦ November 8–11 khan Presbyterian Women Fellowship (PWF) Consultation, Shillong-ah neih a ni a, Mizoram atangin Central Kohhran Hmeichhe Chairman Pi Laltlanmawii, Pi Khawlvuani, Vice Chairman leh Pi Parchhuaki, Committee Member-te an kal.

- ♦ November 12 khan Bawngkawn Kohhranah Leadership Training neih a ni

a, Pi Lalrinkimi, Coordinator leh Committee members Dr. Vanlalhruaii leh Pi Vanlalpari ten an hmanpui.

- ♦ Mizoram Presbyterian Kohhran Hmeichhia leh Presbyterian Church in Taiwan (PCT) hmeichhiate chuan Council for World Mission sponsor-in intlauh tawn programme an ruahman a, nikum 2010-ah khan Taiwan atangin mi 8 an lo kal tawh a, Mizoram Presbyterian Kohhran Hmeichhiate pawh November 12 khan Taiwan panin an chhuak a, kohhran hrang hrangah hun an hmang a, Seminar te neiin Cultural Programme te an hmang bawk. November 25 khan Aizawl an lo thleng leh a ni.

Kohhran Hmeichhe aiawhin Nl. Vanlalsawmi, Asst. Coordinator; Pi H. Lalpianthangi, Gen. Secretary; Pi C. Lalmangaihi, Ex-Treasurer; Pi Laldawnkimi, Asst. Secretary; Pi Liankimi, Fin. Secretary; Pi C. Lalbiakdiki, Ex-Finance Secretary; Pi Lalthansangi Fanai, Ex-Asst. Secretary; Pi Lalthanmawii Sailo, Ex-Central Committee te an kal.

10. Masihi Sangati Con-

vention

October 28–30 chhung khan Masihi Sangati Convention vawi 27-na neih a ni a, Chanmari Pastor Bialin Chanmari West Kohhran Biak Inah an thleng. Masihi Sangati Convention hi Chhim Bial leh Hmar Bialah then a ni tawh a, tuna mi hi Hmar Bial bik pual a ni. Convention-ah hian Rev. Vanlalbela chu speaker a ni a, thupuih **‘I thih hnuah khaw nge i kal dawn’** (Hebrai 9:27) tih an hman. Rev. Adam Kerketta-in **‘Masihi Jeewan ka Adhar’** (Exod. 20:1-17) tih hmangin Bible Study a neihpui thin baw. He convention-ah hian Aizawl khawpui chhung leh thingtlang lam atangin palai 5,950 an inziak lut a, ring thar mi 54-in Convention chhungin baptisma an chang.

11. Synod Revival beihpui programme

Synod Revival Committee chuan Aizawl khawpui boruak thlirin tuallaia Pathian thu aupui tul hlein a hria a, November 4 zan khan Aizawl khawpui chhung hmun 25-ah **‘Sim rawh u, Vanram chu a hnai tawh e’** (Mat. 3:1) tih

thupui hmangin Revival thusawi beihpui thlak a ni a, Revival Speaker-ten thupui hi an sawi. Tuallaia beihpui huaihawt tur hian Bial hrang hrang ngen an ni a, hmun thenkhatatah chuan Bial hnih te, Bial thumte an inkawp. Mipuiin an hlutin a hlawhtling hle.

A tuk, November 5, 2011 (Inrinni) khan Aizawl Sipai Lammualah **‘Synod Revival Tawngtai Beihpui’** hman leh a ni a, chawhma lam hun chu Rev. Zosangliana Colney-in a hruai a, ram tana tawngtai rualna thupui thlan sa hmanga tawngtai rual a nih bakah Upa P.C. Lalmachhuana leh Tv. C. Zairemmawia-ten thupui pangngai baw, **“Sim rawh u, vanram chu a hnai tawh e”** tih an sawi leh a, Nl. Nancy Zothanmawii a zai baw.

Chawhnu lam hun chu Rev. Lalzuithangan a hruai a, ram tana tawngtai rual hun hman a ni leh a, Upa Vanlalngaia leh Pi P.C. Vanlalnghaki-ten thupui an sawi leh a, Tv. Sangzual Chhangte a zai baw. Lammuala kal khawm hi mi sing khat vel an tlin rin a ni.

12. Khawvel Sunday

School Ni

November 6 kha Khawvel Sunday School Ni a ni a. Mizoram Presbyterian Kohhran chuan Puitling Sunday School-ah Upa Dr. L. Ringluaia & C. Lalneihkimi te ziak *Pi Puii (Gwyneth Parul Roberts)* leh *Pi Zosaphluii (Katherine Ellen Williams)* te chanchin zir a ni a, Naupang Sunday School-ah Upa Dr. C. Lalrawna & Rev. C. Chawngliana te ziak *Tv. Chalbuanga leh Corrie Ten Boom* te chanchin zirho a ni bawk.

13. Social Front

November 1 khan Synod Social Front Committee Meeting-ah Synod Moderator Rev. C. Lalsanglianan Synod Social Front Counselling & Helpline Centre chu Pathian hnenah a hlan a, phone number **9089777129**-ah hian harsatna neiten engtik hunah pawh biak lehrawn theih reng a ni. Eng chen pawh bia se, a betu tan chawi a awm lo.

14. SEC Vawi 235-na

November 8–10 chung khan Synod Office-a J.M. Lloyd Hall-ah Synod Executive Committee (SEC) vawi 235-na neih a ni a, member

118 an tel thei a ni. SEC-ah hian thurel tur chhawp chhuah 73 a awm a ni.

Synod Finance Report (April, 2011–Oct., 2011)-a a lan danin hetiang hi budget dinhmun hi a ni–

Pastoral pum pui

Hmuh beisei zat	₹ 38,40,43,300
Hmuh tawh zat	₹ 25,54,29,946
Za zelah	66.51%

Mission

Hmuh beisei zat	₹ 33,80,48,600
Hmuh tawh zat	₹ 20,72,82,971
Za zelah	61.32%

Synod Budget pum pui

Hmuh beisei zat	₹ 72,20,91,900
Hmuh tawh zat	₹ 46,27,12,917
Za zelah	64.08%

18. SL&PB Editor thar tur Rev. K. Lalpiangthara

SL&PB leh Kristian Tlangau Editor Rev. Thangzauva term a lo tawp dawn tak avangin kum thar 2012 January thla atanga he hna thawk tur hian SEC chuan Rev. K. Lalpiangthara, Tuikual Biala Pastor hna thawk lai a thlang. Tuikual Biala a awm hma hian Pastor hna thawkin Kolasib Diakkawnah a awm tawh a, SMB hnuaiia Tripura Mission Field Secretary hna a lo thawk tawh bawk.

15. Synod FM Radio leh

TV Programme hawna leh hlanna

November 7 khan J.M. Lloyd Hall, Synod Office-ah Mizoram Presbyterian Church Synod FM Radio leh TV Programme (Hruaina Êng) hawna leh Pathian hnena hlanna neih a ni a, Synod Moderator Rev. C. Lalsangliana chu Khuallian niin Pu C. Lalrosanga, Additional Director General (NER), AIR & DD chu Khualzahawm a ni.

Synod FM Radio leh TV programme tihchhuah tur hi Synod Informtion & Publicity (Synfo) hmalakna thar a ni a, Synod Puipate, Synod Executive Committee (SEC) member te, Aizawl khawpui chhunga Pastor leh Pro. Pastor te, Synod Department hrang hrang hotute leh Synod hnathawkte an tel tha hle.

Hawna Inkhawmah hian Synod Secretary (Sr.) Rev. P.C. Pachhungan Synod Documentary Film (Maichama Mei Nung Reng) a tlangzarh nghal a. Hei hi Mizoram Presbyterian Synod Department hrang hrang rawngbawlna chanchin Synfo lamin an buatsaih a ni.

Hruaina Êng FM Radio programme hi November 11 (Zirtawp) zan dar 7:30-8:00 khan AIR Aizawl FM ZOAWI atangin tihchhuah tan a ni a, **Hruaina Êng** TV programme hi November 13 (Pathianni) tlai leh zanh LPS Vision Channel 1 leh ZONET ZAWLBUK atangin tihchhuah a ni bawk.

16. Moderator Programme

Synod Moderator Rev. C. Lalsangliana chuan hetiang hian hun a hman-

October 20-22

Champhai Vengthlang Kohhran Centenary

October 29 (Inrinni)

Sevenphul, Aibawk Bial Biak In hawn

October 30 (Pathianni)

Zemabawk Bial chhunga Kohhran hrang hrangte a tlawh

November 4-6

Zohmun Pastor Bial chhunga Kohhran hrang hrangte a tlawh

November 5 (Inrinni)

Tinghmun Biak In sak thar a hawng

November 13 (Pathianni)

Hualngohmun Kohhran



UK-ah hnam tan ṭawngṭai zan hman a ni

United Kingdom-ah November 15, 2001 zan khan ṭawngṭai lama hma la pawl pahnih - Global Day of Prayer London (GDOP) leh International House of Prayer London (IHPL) huaihawtin ram leh hnam tana ṭawngṭai rualna hman a ni a, mi 600 chuang zet an fuan khawm.

Heng pawl pahnihte hian nakkuma an hnam pum ṭawngṭai ni (National Day of Prayer) September 29, 2012 khian an rama football field ngaihsan ber Wembley Stadium-ah hnam tana ṭawngṭai rual huaihawt an tum a, hei hi an ram chanchina thil chhinchhiah tlak a nih an beisei thu an sawi nghe nghe.

Nakkuma ram leh hnam tana ṭawngṭai an huaihawt tur hi Kohhran eng emaw zatin an thlawp a; Thuthlung Thar Kohhran Bishop Eric Brown-a chuan, “Kohhran

hrang hranga mite Pathian hnenah kan hnam nuna inrawlh tura a huhova kan ṭawngṭai hian rah tha chhuah ngei ang,” a ti a; Anglican Kohhran Bishop B.D. Hawkins-a pawhin, “Kohhran hlunte hian Africa, Asia leh South America-a Kohhrante aṭangin zir tur tam tak kan nei tawh a ni,” a ti bawk.

— CHRISTIAN POST

Bin Laden-a thahin Pakistan Kristiante a tichêp zual

Pakistan rama Osama Bin Laden-a thah leh Afghanistan rama Taliban leh sipaite indona chuan Pakistan rama Kristiante a tichêp zual hle niin Kristian tihduhdah tawkte ṭanpuitu Release International chuan a puang.

Pakistan ram mipui tam zawk chuan khawthlang ram leh Kristianna chu inzawm tlatah an ngai a; khawthlang ramte huatna a nasat zel baw si avangin Kristian nih chu thih hlauhawm taka awmna leh harsa taka nun hmanna a ni ta a, chhungkhat laina leh thiante meuh pawhin thahah an vau fo thin niin an sawi.

Release chanchinbu chuan Muslim pa pakhat chu kum 11 lai Muslim Biak Ina sakhaw zirtirtu ni mah se Isua inpuanna danglam tak a dawn avangin Kristianah a inpe a. Muslim biak in (Mosque)-a a thawhpui thinten thah tuma an zawn avangin ram dangah a tlanhhia niin a chhuah. Hetiang tak hian harsatna tawk mah se Kristianna a wawn tak avanga inchhirna a neih hauh loh thu a sawi a, a chhungten an tuithlar leh a thawhpui thin, a thianten thah tuma an zawng erawh chuan a rilru a tina hle niin a sawi thung.

— CHRISTIAN TODAY

Kristian tam zawkin mahni mipat hmeichhiat-pui neih an duh lo

United Kingdom (Britain)-a rorel lai Conservative Party chuan an ramah dan ang taka mahni mipat hmeichhiatpui nena inneih theihna dan thar siam tumin ruahmanna an siam mek a; hemi chungchanga mipui ngaih dan lâkah Biak Ina inkhawm thin Kristian 500 zinga za zela 83 chuan an duh lo va, zaa 75 phei chuan duh loh tak tain an duh lo.

Za zela 93 chuan puithiamten anmahni chhia leh tha hriatnain a tei theih hauh lo chungin mahni anpui nei duhte an inneihtir a ngai tur chu thil pawl tak tur niah an ngai.

Za zela 85 chuan he dan ruahman hi tihputlin a nih chuan inneih hlutna pawh a tihniam theiin an ring a; school-ah pawh mipa leh hmeichhe inneihna ang bawka mahni anpui neih theih a nih thu zirlaiah telh hial ngaiin an ring.

Zawhna chhangtu za zela 57 chuan inthlan lehah Conservative Party an vote loh phah tur thu an sawi a; he dan thar siam vanga vote phah tura insawi an awm lo thung.

Kristiante hmakhaw ngai pawl (Christian Concern) hotunu A.N. Williams chuan an Prime Minister David Cameron-a chu, “Inneih chu inthlan tawna thuhla mai a ni a, mipa leh hmeichhia an ni emaw, mahni anpui kawp an ni emaw danglamna a awm lo,” tia sawiah puhin eng thuneihnain nge he thu hi a sawi tiin na takin a sawisel.

— CHRISTIAN TODAY

Nigeria-ah firfiakten Biak In an bomb, thi 150 vel

Nigeria rama Muslim firfiak pawl pakhat Boko Haram chuan an ram hmar lama Yobe state khawpui Damaturu-ah November thla tir lam khan Biak In leh police station te an bomb a; thi 150 vel leh hliam tuar 100 vel an awm.

‘Boko Haram’ tih hi ‘khawthlangho zirna (*Western education*) chu sual a ni’ tihna a ni a; he pawl hian khermei taka Muslim sakhaw dan (*Islamic law*) lek kawh an phût a ni.

Bomb hmanga an beih hi Biak In paruk, bank leh police station eng emaw zat a ni a; firfiakte chu “Allahu Akbar” (Allah chu a ropui a ni) tiin an au vak vak a; thenkhatin silai an keng a; Kristian nia an hriatte chu an kap nghal zel bawk. Thingtlang lamah pawh an che zui zel a ni.

Police tam tak awm lai ngeia Biak In hal a ni leh police pawhin tih tak taka khap tumna nei lova an thlir mai mai chu Kristiante chuan hriatthiam har an tih thu an chhuah.

– CHRISTIAN TODAY

Germany-in Reformation Day an hman

German rama Protestant Kohhran hrang hrang inzawm khawm, Evangelical Church in Germany (EKD) chuan October 31, 2011 khan Reformation Day an hman a, Martin Luther-a’n Pathian khawngaihna chu mi tin tan a nih thu a sawi chu an sawi lar hle.

Kum 1517 October ni 31-a Kohhran Siamthatna (Reformation) an thlawpzia tihlan nan sikul naupang rualin khawhlên (paper airplane) khawh chhuakin chung paper-ah chuan zirna lama induhsakna thu leh Pathian thu, “Sual ngam chein awm suh la, thatnain sual chu ngam zawk rawh,” tihte an ziak hlawm a ni.

Zirlai zinga rawngbawl-na kalpuitu pawl hruaitu Julian Titze chuan zirlai (*student*) tam takin an hnam tana Kristianna hlutzia an hriat tawh loh avangin hetianga zirlaiten thil an ti hi ngaih hlutur an hriat thar nan a tangkai a rin thu a sawi. He ni hi Reformation leh tunlai khawvel inthlun zawmtir hun thaah WCRC pawhin a ngai.

– CHRISTIAN TODAY



**Upa Khualiana, N.
Chawnpui zawhnate**

Z. 1. *Hmanlaiin Advance Christmas hi hman a ni ngai lo va, tunlai hian Advance Christmas kan uar ta hle mai a. A thatna tam tak a awm rualin that lohna tam tak a awm bawk si a. Advance Good Friday pawh hman a ni ngai si lo va; hmang lo tura tih tawp mai hi nge tha anga hman zui zel?*

Ch. Advance Christmas hman a thatna leh that lohna awm thei ve veah hi chuan hman zel leh hman zel loh chungchang chu - hunin a la tifiyah turah i ngai rih phawt mai ang hmiang.

2. II Samuela 9:12-a
Mephibosetha fapa naupang a nei a, a hmang chu MIKA a ni tih hi Zawlnei Mika hi nge nia Mika dang an awm? Min han hrilhfiyah teh.

Ch. Mephibosetha fapa Mika hi zawlnei kha chu a ni lo ve. Mephibosetha fapa Mika chu Lal Davida hun laia mi a ni a (BC 1010-970). Zawlnei Mika hun lai chu Mika bu-a kan

hmuh angin Juda Lal Jothama te, Ahaza te, Hezekia te lal laia mi a ni (BC 736-687). Heta tang hian Mika dang an awm tih pawh a chiang nghal mai awm e.

**Upa C. Lalsawmpuia,
Vangtlang zawhna**

Z. *Kan Kohhran Statistic column No. 30-na 'Pawl dang atanga lo pakai zat' tih hian eng kohhrante nge a huam a, column 31-na 'Hming pe thar zat' tih hian engte nge a huam?*

Ch. Kan Kohhran statistic-a Column No. 30-na 'Pawl dang atanga lo pakai zat' tih hian heng kohhran te, Nupa chungchang Dan bu-a inkungkaihna kan neihpui theihte hi a huam—

- 1) Assembly of God (AG)
- 2) American Baptist Mission (ABM) - Myanmar
- 3) Evangelical Free Church of India (EFCI)
- 4) Evangelical Congregational Church of India (ECCI), tun hmaa North East India General Mission (NEIG) tih thin peng darhhote:
 - i) Evangelical Assembly Church (EAC)-Hmar
 - ii) Evangelical Synod Church (ESC)-Gangte
 - iii) Evangelical Christian

- iv) Association (ECA)-Kuki United Evangelical Church (UEC)-Anal
- 5) Evangelical Free Church of Mizoram (EFCM)
- 6) Evangelical Baptist Convention Church (EBCC)
- 7) Independent Church of India (ICI)
- 8) Isua Krista Kohhran (IKK), Bualpui Ng
- 9) Lairam Isua Krista Baptist Kohhran (LIKKBK)
- 10) Myanmar Methodist Kohhran (MMK)
- 11) Myanmar Presbyterian Kohhran (MPK)
- 12) Tripura Baptist Christian Union (TBCU)
- 13) Zomi Baptist Church (ZBC)
- 14) Heng bakah hian Trinity Thurin pawm, Sacrament kan pawmpui theih kohhran dangte pawh a huam ang.

‘Hming pe thar zat’ tih chuan Kristian ni lo, Kristiana rawn inpe tharte leh heng a hnuai kohhran pawl, inkungkaihna kan neihpui theih loh te hi a huam baw–

- 1) Fundamental Baptist (Mid-Mission)
- 2) Fundamental Baptist Church (FBC)
- 3) Jehovah’s Witnesses (JW)

- 4) Isua Krista Kohhran (IKK)
- 5) Seventh Day Adventists (SDA)
- 6) United Pentecostal Church (UPC)
- 7) Tualto Kristian Pawl dangte.

Liangsanga, Kanan Veng zawhna

Z. *Westminster Thurin hi kan kohhran thurin inngahna niin sawi a ni thin a. Chutah chuan thlahute (Evi leh Adama) atanga thisena sual inrochun niin a lang a. Chumi tanchhan chuan thutak pawl inti TMEF-te hian kan Kohhran Thurin No. V-na ‘Mihringte chuan anmahni duh thu ngeiin Pathian dan an bawhchhia a’ tih kha dik lo tiin an hnial ta a. Engtia sawi rem tur nge? Sual hi thisena inthlahchhawn tihte hi a dik reng em? Tin, kan ring thei lo tih te pawh hi a dik reng em ni?*

Ch. A tawi zawngin hetiangin chhang che ila a tha mai awm e. Westminster Thurin hi kan Kohhran Thurin siam a nih lain an rawn viau pawh a ni ang e. Rawn viau mah se, a thu inziak ang ngau ngau chuan kan Kohhran thurinah hian

an lalût lo va, pawm pawh kan pawm vek kher na hek lo (entir nan Ruatlawk thu). Chuvangin kan Kohhran thurin tobul pawimawh tak mah ni se, kan pawm vek loh, kan Kohhran thurin 10 thlan chhuah pawha kan dah lem loh hmanga min vawm nana an hman chu kan duh lo va, ngaih tih that loh nan pawh hman tur a ni hek lo.

Thisena sual inrochun emaw, inthlahchhawn tih emaw tawngkam hi Westminster thurin leh kan Kohhran thurin tawngkam pawh a ni lo va, Lal Isua sawi dan pawh a ni lo. Bible tawngkam pawh a ni hek lo. Sual hi thisena inthlahchhawn theih lo ni ta se chuan, tha pawh inthlahchhawn theih ve awm tak pawh a ni a; piangthar nupa chuan piangthar fa hrin ve awm tak pawh a ni.

Mihring hmasa Evi leh Adama te kha Setana (rul) khan a thlem ngei a; mahse a tilui lo - tihluh theihna pawh a nei lo va, Bible-ah pawh a lang lo (Gen. 3) Pathianin mihringa duhthlanna a dah hi Setana chu sawi loh, Amah Pathian ngei pawhin a tilui ngai lo va, a zahsak zawk a ni. Setana

(rul) hian Evi leh Adama te a thlem khan tawngkam nêh leh hawihhawm tak a hmang zawk - "Pathianin, 'Huana thing rah reng reng hi in ei tur a ni lo,' a ti elo maw? tih te, 'thi teh suh e, in ei ni apang chuan in mit a lo var ang a, a chhia leh a tha hriain Pathian ang in lo ni dawn tih Pathianin a hre reng a nih chu" (Gen. 3:1,4,5) tih te hi rul tawngkam chu a ni. Rul hian a tihluh lohzia chu - 'a chhia leh a tha hriatna thing rah kha Evi banah chelhin a lawh luihtir lo va, a kâah a barhsak lo va, 'lem rawh' pawh a ti lo. TMEF-ho hian rul (thlemtu - Setana) an tan lutuk hi a pawh a nih hi. Kan Kohhran thurin 'Mihringte chuan anmahni duhthu ngeiin Pathian dan an bawhchhia a' tih hi a dik reng a ni.

'Kan ring thei lo' tih hi chu Bible thu kalh a ni a, a dik lo. Bible-in 'i rin chuan, ring rawh u' tih a sawi tam êm mai. Pathian Thlarau Thianghlim puihnain kan ring thei alawm. TMEF-ho pawh hian mihringin kan ring thei tih an hriat avangin Camping leh Crusade-te an nei ve ta zel a. An thu sawiah an awm lo. An thuhiril leh an

thiltih a inpersan nasa hle a ni. An thu-ah an ding ngam lo a nih hi. A reng thua kan ring thei lo a ni tih rul finna hmanga TMEF-ho sawi lo rin theih lawi si pawh hi a mak ve hranpa hrim hrim - bumna a ni e. Rul finnaa bumin i awm ve lul suh ang u.

Upa Ropianga,

Rulchawm zawhnate

Z. 1. *WCC-in thurin vawn bik leh inngahna a nei lo em ni?*

Ch. Nei e. WCC hian inngahna thurin vawn bik leh inngahna a neih chu hei hi a ni: World Council of Churches (WCC) chu Pathian thuin min hrilh anga kan Lalpa Isua Krista chu Pathian leh Chhandamtu atana puangtu leh Pathian pakhat - Pa leh Fapa leh Thlarau Thianghlim ropuina tura kohna thuhmun an dawn hlen chhuah tuma thawktu, Kohhranho inpawlhona a ni (*The World Council of Churches is a fellowship of Churches which confess the Lord Jesus Christ as their God and Saviour according to the scriptures and therefore seek to fulfill together their common calling to the Glory of the one God- Father, Son and the Holy Spirit*).

Hei hian, 'Isua Krista chu Pathian leh Chhandamtu a nih puangtu Kohhrante leh Pa leh Fapa leh Thlarau Thianghlim (Trinity) pawmtu Kohhran chauh member an ni thei' tih a tichiang.

2. *Krista chauh chhandamtu tite hi WCC-ah leng lovin Hindu, Muslim, Buddhist te hi an tlatlum ta zawk em ni?*

Ch. Tlatlum zawk lo ve. Sakhaw dang - Hindu, Muslim, Buddhist etc. te hi Isua Krista chu Pathian leh Chhandamtu (God, Father, Son and the Holy Spirit)-a an pawm ve hmâ chuan WCC member-ah an tel ve thei lo a ni tih a thurin inngahna a tang khian a chiang mai âwm e.

3. *Sakhaw tin hi vanram kalna kawng vek a ni tih hi WCC thurin a ni ta em ni?*

Ch. Ni ta lo ve. Sakhaw tin hi vanram kalna kawng vek a ni tih chu WCC thurin a nih lohzia a chung a thurin khian a tifi ah mai âwm e. I hriat sual palh a ni mai thei e. Sakhaw tin hi vanram kalna kawng vek a ni tih hi chu Hindu-ho sawi dan a ni zawk. Anni chuan kawngpui tam takin khawpui a chhun lût sung a; chung kawngpui

hrang hrang atangte chuan khawpuiah chuan a luh theih vek angin, vanram pawh sakhaw hrang hrang atangin a kal theih vek angin an zirtir reng a ni.

4. *Tu thlarau mah bo awm lovin mi zawng zawng chhandama awm tur anga zirtirna hi an kalpui dan a ni ta em ni?*

Ch. Tu thlarau mah bo awm lovin mi zawng zawng chhandama awm tur anga zirtirna hi WCC kalpui dan a la ni ngai reng reng lo va. An thurin puanchhuah kan sawi tak khian a tichiang nghal a. I sawi ang hian lo pawm chu ni ngat se chuan Chanchin Tha puandarh an ngaih pawimawh êm êm hi an titawp ang a, an hril tawh lovang. Chanchin Tha an hril chung chuan i sawi ang khi chu an pawm lo tih a chiang mai âwm e (Mi zawng zawng chhandam tura zirtirna hi chu 'Universalism' zirtirna pawmtute an ni a, Mizoramah chuan Lalchhungkua hovin an sawi thin).

**C.S. Ramdinmawia,
Kahrawt, Champhai
zawhnate**

Z. 1. *Kristian Hlabu No. 164, chang 3-naa 'Pialral kalna ka bo' tiha 'bo' hi 'Pen*

ka ti bo' tih a ri sânga lam tur nge 'Pen tihbote chu' tiha ri hniama lam tur?

Ch. A ri sânga lam tur a ni e.

2. *Luka 16:19-30-a 'Mi hausa leh Lazara chungchang' hi tehkhin thu nge, thil awm tak tak?*

Ch. Tehkhin thu a ni.

3. *Kohhranhovin thawhlawm kan lak khawm thin 'thawhlawm' tiha 'lawm' tih hi 'lâwm nu' tiha ri sânga lam tur nge 'lawm thu sawi' tiha a ri hniama lam tur?*

Ch. A ri hniamin lam a ni tlangpui. A ri sânga lam hun pawh a awm thei ang.

**Raldothanga, Hriphaw
zawhnate**

Z. 1. *Finger Print leh UID tih vel hi kan Synod hian engti angin nge a ngaih a, engti angin nge a lo thlir dan min hrilh thei em?*

Ch. Finger Print leh UID tih vel hi Synod Inkhawmpui chuan a la ngaihtuah lo nain, hemi chungchanga Kohhranin kan rilru put dan tur Synod hotuten thu an chhuah tawh a. Chu chu Kristian Tlangau July, 2010 chhuakah khan, pheh 24,25-ah i hmu thei ang - **'Chhiarpui leh Sakawlh'** tih thupuia hman a nih kha. Kha thuchhuah atanga kan

hriat tur chu, a tawi zawngin - 'Finger Print leh UID hi a hlauhawm lo va, a sakawlh lo bawk' a tih theih ang. A thu kha a sei deuh hlek a, heta han ziak zawh mai sen a ni lo deuh va, kha kha lo chhiar mai ta che.

2. TMEF zirtirna hi kan Synod hian a ngai pawimawh vak lo nge, eng tin nge a en liam mai mai dawn em ni?

Ch. TMEF zirtirna hi Bible leh kan Kohhran thurin kalh a nih avangin Synod hian a ngaimawhna a rei tawh a; chuvangin ngawih bopuiin a en liam mai mai lo. Synod Executive Committee pawhin kum 14 vel kal tawhah khan a lo sawi tawh a (SEC 157.37 of 12-14 feb. 1997). Kan Bible leh Thurin atanga a dik loh dan chu SEC pawhin Aizawl Theological College faculty chhuitirin an hmuh dan chu SEC chuan hetiangin a sawi a: 'Ngun taka kan ngaihtuah hnuin Bible atangtea thlirin Kohhran mite tan a him tawk lo a ni tih hriat a ni a, kan ngawih reng chuan Kohhranin a la tuar thei ang' tihte sawi langin hetiang zirtirna laka fimkhura, inveng turin Kohhrana thuchhuah turin a lo rel tawh nghe nghe a ni (SEC 158:38

of 4-6 June, 1997). Kum 14 zel kal tawhah khan Synod Officers' Meeting ruahman pawh Kohhrante hriattir a ni tawh a, Senior Executive lehkha pawh Bialtu Pastor te pek an ni bawk (TMEF chungchanga thuchhuah 4-7. 1997). Hetiang zirtirna dik lo bawhzuia kalpui zel dan tur hi chu Tualchhung Kohhran kutah a awm e.

3. Kan Synod-in Pavalai Pawl inkaihhruaina dan siam tura tih kha a siam peih fel tawh em?

Ch. Peih fel tep. Synod Executive Committee (SEC) Nov. 8-10, 2011 chuan a en tha a; Synod-a pawm turin a theh lût.

Major Buasia, Dinthar zawhnate

Z. 1. Exodus 24:9-11-a 'Israel mi lianho chungah chuan kut a thlak lo, Pathian chu an han hmu a, an ein an in a' tih hi han sawi fiah teh. Pathian chu hmuh thiang lo anga sawi a ni si a?

Ch. Pathian awmpuina hi a hmel chu a ni (cf. Exod. 33:20). 'Ka hmel' tih leh 'kei' tih chu hman tawm theih a ni a; chuvangin 'Pathian an han hmu' tih chu 'Pathian awmpuina an han chang' tihna pawh a ni thei ang.

Hetiangan ngaihtuah theih a ni baw: Pathian hmuhtirtu chu Pathian vek a nih avangin amah hmutute chu a hrem ta lo a ni - a phalna hmua kal an nih avangin. A phalna hmu lo chu ni se an thi ngei tur a ni.

2. Josua 19:40-ah Dana thlahte ram sem an nih thu a lang si a, Roreltu 18:1-ah hian Dana thlahte chu ram chan pual tur an ruatsak ve lo va, ram chan pual luah tur an zawng reng a ni a ti leh si a, a eng nge dik zawk?

Ch. Josua 19:40ff-a sawi angin Dana thlahte chu ram chu sem an ni ve ngei a, an chanpual kuate pawh tarlan a ni a. Kanaan ram chhim thlang lam chu an chanpual niin, heng - Ephraim, Benjamin, Juda leh Philistia ramte hian an karcheh a. An ram chanpuala tla a zim em avangin an chan chhungah an leng mumal lo va, Amorhoten Kanaan ram hmar lam tlang ram lamah an hnawt chho bawk nen (Ror. 1:34), chanpual nei lo ang hialin Roreltute 18:1-ah hian ziaak a nih phah ta a ni. Mi eng emaw zat chu an ram chanpuala tihah khan an khawtâng nghe nghe a; hmar lama an luah tak chu indonaa an lak

tiin a sawi theih ang.

3. II Samuela 6:23-ah Saula fanu Mikali chuan a thih thlengin fa a nei ta lo va a ti a. 21:8,9-ah Saula fanu Mikali fapa panga nen Gibeon mite hnenah a hlan a tih a ni leh si a, han sawi fiah teh.

Ch. Davida nupui, Saula fanu Mikali hian a pasal Davida lâm a nuizhat avangin, II Sam. 6:23-in a sawi ang hian a thih thlengin fa a nei ta lo va. Bung 21:8,9-in Mikali tia a sawi hi chu - thurochhiah lama a lan danin (Hebrai atanga kutziak bu thenkhat leh Grik Bible Septuagint (LXX)-a a lan dan chuan) Merabi tih a ni. Chung Merabi fapate chu Mikali hian awmpuiin a chawmin sawi a ni. Chung a awmpuite chu Mikali fa angin sawi a ni ang e.

***Pu Lalneihkima,
Kawrtethawveng South
zawhnate***

Z. 1. Sipaihote Lalpa tih Sam 24:10-naa mi chu lehlin tharah Lalpa engkim Lalpa hi tih a lo ni ta a. Hei hi Salvation Army te hian anmahni avanga tidanglamah an ngai niin a lang a. Tawng bul lamah eng tin nge an lo dah reng? Han sawi fiah teh.

Ch. Sipaihote Lalpa tiha ‘Sipaihote’ (Sam 24:10) tih hi Hebrai ṭawng chuan ‘Sâba’ tih a ni a, pakhat aia tam sawina chu ‘S^ebaoth’ tih a ni. S^ebaoth hi Grik ṭawng Thuthlung Thara an lehlin lehchhawnah chuan Pantokrator tih a ni (Rom 9:29). Sap ṭawng chuan ‘Hosts’ tih a ni. Bible lehlin tharah hetiang lehlin a nih chhan hi Salvation Army te vang a nih leh nih loh chu kan hre lo. Seba, S^ebaoth, Pantokrator tih awmzia chu: 1) Sipai rual (army), râl do tura inpeih sa; 2) Mipui tam tak; 3) Engkimtithei (Israel mipuite chung a Lalpa Engkimtithei).



Kum 1387–1455 khan Giovanni da Fiesole-a (Fra Angelico) chuan hetiang hian Krismas chibai bukna a ziak a:

Chibai ka buk a che. I ṭhian ka ni a, ka hmangaihna che hi a thûk hle bawk. I la neih miah loh thil pek tur che ka nei hauh lo va; i dawn duh tur thil tam tak ka pek theih loh che a awm bawk ang. Vawiin hian kan thinlungin hahchawlhna a hmuh loh chuan vanram hi kan hnenah a thleng dawn hauh lo. Vanram chu nei rawh le. Eng muanna mah hi tuna kan hun tawn meka thuhrûk bak hi chu hun lo kal leh tura hmuh tur a awm chuang lo. Muanna chu nei rawh le, khawvela pâr mawina hi chu hlimthla ang mai a ni.

Hlimna hmel êng leh huaisenna te hi thimah hian hmuh theih an ni a; hmu tur chuan kan en a ngai si. Hringnun hi thilpek petu thilphal tak a ni a, mahse a thilpek min pek te chu a tuamna aṭangin kan lo teh a, thil pek dawn tlak loh leh ṭha lovah kan ngai a, kan hnar fo ṭhin. A tuamna chu phel la, thilpek duhawm tak, hmangaihna, finna leh thiltihtheihna i hmu ang. Chu thilpek chu lo lawm la, chibai buk la, a rawn kengtu vantirhkoh kut chu i khawih a lo ni reng mai dawn a ni...

Tichuan, he Krismas-ah hian khawvel tih dan ni lovin, ril leh thûk tak, chatuan daih turin chibai ka buk a che. Ni thar a inher chhuak a, hlimthla chu a thlawk bo ta!



SERMON

A HMINGAH 'ISUA'

– Rev. P.C. Pachhûnga
Bawngkawn

Josefa leh Mari chu innei tura an inhual lainn Mari chu a lo rai ta mai a, an chetsual loh avangin Josefa chuan a fa a ni lo tih chu a chiang mai a, ngaihthiam rual a ni lo. Juda danah inhualna (*betrothal*) an tih hian kum khat chhung a aw h a. La innei chiah lo mah se he inhualna an tih tawh hi chuan nupa anga ngaih an ni tawh a. Inneih hmain mipain lo thihsan ta sela hmeichhia chu hmeithaia ngaih a ni a, 'hmeithai thianghlim' (*virgin widow*) an ti thin. Tin, hetih hun lai hian hmeichhiain mipa dang lo chetsualpui sela uirea ngaih a ni a; an danah chuan uire chu kulh kawngkaah, rorelna hmunah an hruai ang a, lungin an deng hlum tur a ni. Mahse Josefa hi mi fel tak a nih avangin an dan anga thihna hmanga rorelsak chu a duh lo va, a ruka an inhualna chu tihtawp a tum a ni.

Chutianga rilru buai leh hah taka a inngaihtuah vel lai chuan a mumang lam atangin a nupui hual Mari chu mipa dang laka chesual ni lovin Thlarau Thianghlim laka mi, Pathian remruat a chung a lo thleng a nih thu hriattirin a awm a. Chu chu 'mumang mai mai' tia ngainêp lovin a pawm ta mai a ni. Chuta vantirhkohin a hriattir danah chuan Mari laka nau lo piang tur chu 'a hmingah ISUA i sa ang' a ti a ni. Chutianga vantirhkohin a sawi ang tak chuan a hmingah Isua chu a sa ta ngei a.

Hming : Hming hi awmze neia sak a ni fo thin a. Mizo zingah pawh hmanlai chuan awmze neiin an tu leh fate hming an sa thin. Keima hming ngei pawh hi ka nu leh paten awmze neia an sak a ni a. Unau mipa rual kan nih avangin 'Pachhûnga' tih an phuah a ni.

'Ralkapthanga' tih a nih chuan a thlahtute zinga mi tu emaw chu indona hmunah a lo che fe tawh tih a hriat a. 'Ramfangzauva' tih a nih chuan a thlahtute zinga tu emaw chuan ram hrang hrang a lo fang tawh tih a hriat a. 'Ngurlianthangi' a

nih chuan an thlahtute zingah lal ropui leh hmingthang tak an awm tih a hriat a. 'Lalrinchhana' tih a nih chuan a thlatute zingah Pathian ringtu tha tak a awm a ni ngei mai a tih theih a. 'Lalrawngbawla' a nih chuan a thlahtute zingah Pathian rawngbawltu tangkai tak an awm tih a hriat.

Chutiang chuan Mizo pawhin hming hi awmze nei takin an lo sa thin a ni, chutiang bawkin Mari laka nausen lo piang pawh chu a hmingah Isua an sa ta a. Chu chu 'Pathian chu chhandamna a ni' tihna emaw, 'Pathianin a chhandam' tihna emaw a ni a (Mizo chu ni se 'Lalchhandama' tih tur a ni ang).

Hming hi awmze nei taka phuah ni mah sela a putu tak erawh chuan hming phuah chhan luah zo lo fe fe chu a awm theih. Ralkapthanga ni si wawi khat pawh silai la hmet puak lo te, Ramfangzauva ni si Silchar pawh la pel lo te, Ngurlianthangi ni si mahni veng chhung mite hriat pawh hlawh mang bar lo te leh Lalrawngbawla ni si Tantuah pawh hman tlak loh pawh awm theih a ni.

Lal Isua erawh chu chutiang a ni lo. 'Lalchhan-

dama' (Pathian chu chhandamna a ni/Pathianin a chhandam) tih chu amahah a takin hmuh theihin a awm a. A rawngbawl tirh atang rengin amah avangin damlo te an dam a, pharte tih thianghlimin an awm a, kebaite kein an kal a, mitdelte mit a lo var a, mitthite pawh kaihthawhin an awm ta. Pathian chu taksa chhandam tu a nihzia Lal Isua atang ngeiin khawvela a chenpuite chuan an mitin an hmu a, a takin an chang a ni.

Isua chhandamna mak tak chu : Isua chhandamna hian makna danglam tak a nei. Kan na a, damdawi inah awmin Doctor-ten nasa taka min enkawl hnuah kan dam hram a nih pawhin thawklehkhatah min tidam phut thei lo va, zawi zawiin kan dam thin a ni. Kan dam hnuah pawh hun rei tak chhung chu taksa chak lo takin, kan awm a, chu chu 'damkawr' kan ti thin a ni.

Lal Isua tihdamnaah erawh chuan damkawr a awm lo va, an dam mai a ni. Wawi khat chu Simona inah a lut a, Simona pizawn (a nupuia nu) chu nasa takin a khua a lo sik a. Eng chena rei nge dam lova a awm tawh

kan hre lo va, a taksa pawh eng anga chau tawh nge a nih kan hre chiah lo; a chhungte pawhin an manganpui deuh tawh a ni ang, Isua hnenah a tan an lo ngensak thuai a. Isuan a tidam a, damkawr chak loh rêng sawi a awm lo, a tho va, rawngbawlin a fatu nghal thar thar mai a ni tih kan hmu (Lk. 4:38,39).

Phâr natna, tihdam theih lohva an ngaih hial pawh Isuan a tidam a, zawi zawia lo dam ta ni lovin Isua ÷awngkam khat avangin phâr natna hrikin a tihchhiat zawng zawng chu a lo dam ta duak mai a ni tih kan hria. A mak a ni. Chutiang taka tihdam chu khawvelah kan hmu ngai lo. Khawvela tihdamna chuan dam nan hun rei tak a duh ÷hin a, Isua tihdamnaah erawh chuan chawplehchilhin a dam mai ÷hin. A puan hmawr deh avang ringawt pawhin chawplehchilhin an dam mai a ni a. Lal Isua hming phuah chhan, ‘Pathianin a chhandam’ (Lalchhandama) tih chu amahah chiang takin a lo lang a nih chu. A hming chu a pu zo ngei e.

Chu chauh pawh a ni lo, ‘a mite an thil tihsual lakah a chhandam dawn si a,’ tih chu

a tak takin a chhandam a ni. Hlep ruk hmang, ‘mi sual’ an tihnten an sual simin sual lak ata damna an chang a; ‘ka sum zatve pachhiate hnenah ka pe ang, tun chinah tu lakah pawh thil eng pawh lo hlep ru ila a lehliin ka rul leh ang’ tiin hleprukna lak ata damna an chang a ni.

Inhuate pawh Isua avangin an lo inrem a. Heroda leh Pilata pawh a hma zawnga inngeih ngai lo kha, an inkarah Isua a vei tawn avangin an lo inrem ta tih kan hmu.

Vawiin thlengin Lal Isua avangin zu ngawlveite an lo dam leh a, drugs ngawlveite an lo dam leh a, mi sual leh nunrawng ber pawh mi dangte rawngbawl-saktuah an lo ÷ang thei ta a. Mi duhâm leh eirûk hmangete pawh mi rinawm leh thilphal takah lo changin an neih sumte Pathian hming avangin an sêng ral a. Rilru lama damna, nun sual lak ata damna, damna famkim chu vawiin thlengin Isua avangin kan la chang ta zel a nih hi. ‘A hmingah Isua i sa tur a ni,’ chu hming chu Lalchhandama tihna a nih chu.

Unaute u, vawiina kan damna ve hian ni tina kan thil

tihsual laka chhandamna tak hi min thlen phâk ve em le? Chu chu Lal Isua chhandamna chu a ni a. Biak In chhunga kan hlim viau laihian bazara kan thil tihsual dan chu a ngai reingin a la kal zel em? Office-a kan thil tihsual dan hi a dam chiah em? Zu leh ruihhlo bawih ata hi chhuah zalenin kan awm chiah em? Kan politics khelhduh dan te hi a dam tak tak em? Dam tak tak si lovin kohhranho zara hlimna hi kan chên ve satliah mai a nih chuan inngaihtuah chian a ngai hle ang.

Tleirawl laiin *khaini* hmuam ka ching hle mai a. Kan hriat angin *khaini* chu a rimchhe hle a, mihring kâhan dah chi âwm pawh niin a lang lo. Rannungte hi han barh ila an let tawp mai a ni. Chutiang thil tha lo leh tenawm tak han hmuam reng mai chu, a tui kan lem bawka, pumpui a tichak lo va, chaw ei a tui lo va, taksa tan a tha lo hle a. Bula mite tan kan rimchhiain kan tenawm a, kan hmuam hnu kan paih khan in leh a vel a tiawp hle bawka si. Heng avang hian bansan tumin ka bei nasa thin hle a. Mahse a tûr chuan min lo man nghet hle tawh

mai a, bansan tuma ka beih nasat êm avangin harsa takin ka bansan hram a, ka bansan theihna chhan chu a aiah *sahdah* ka hmuam vang a ni. Chu thil tha lo tak chu bansanin thil tha lo dangin ka thlak mai a nih chu. Ka châkna chu a dam chuan loh avangin chumi phuhruk nan chuan a tûr ang bawka tûr tha lo nei tho khan ka thlak ta tihna a ni. Ka mamawh ber chu kha thil tha lo tih ka châkna thinlung kha tihdam a ni. Thil tihsual laka ta damna ka mamawh a nih chu.

Ni khat chu chu châkna sual lak ata chu Isua hnen ata tihdamna ka'n chang ta mai a! Isua chhandamna chu a lo dang daih mai a, a tûr anpui tûr nei danga thlak reng reng a tûl lo. Chu thil tha lo tih ka châkna thinlung kha tihdamin a awm a. Chu chuan damkawr pawh a nei lo, a dam mai a ni. Tin, rawn thual leh pawh a nei lo va, kum 20 dawn a ni ta, min la rawn thing nawn leh ngai reng reng lo va, ka châk leh tawh ngai lo.

Keimah ang bawka Isua tihdamna dawng tam tak in awm tih ka hria a ni. Thenkhat chu zu châkna lak

ata damna te, thenkhat chu drugs hman sual châkna lak ata damna te, thenkhat chu sum leh paia duhâmna lak ata damna te, thenkhat chu tisa châkna (hurna) lak ata damna te, chutianga zelin sual chi hrang hrang lak ata damna in chang tawh a. Chu Isua chhandamna chu rei lo te chhung atan a ni lo va, a dam hlen thin a ni.

Chutianga tidam theitu chu Lal Isua hi a ni e. Chu

damna chu i mamawh a nih phawt chuan Lal Isua hi rawn pan ve teh khai, amahah damna a awm a ni. A ni chuan a mite an thil tihsual lakah a chhandam thin a, a hming pawh ISUA (A awmzia - Lalchhandama) a ni e.

*“LALPA kan fak a che,
Kan dam nana piang hi;
Aw Lal Isu, i hming
zahawm fo rawh se.”*

Lalpan a thu malsawm rawh se, Amen.



CAROL-i leh Tommy-a te chu Krismas atana in an chei lai chuan an titi mawlh mawlh mai a:

“Krismas lai, a bik takin Krismas ni tak hi chu nuam ka ti ngawt mai,” tia a ngaihtuah vang vang hnuah Tommy-a chuan, “Thil ngaihtuah tur a tam ve ngawt mai, Isua ang khan Krismas ni taka pian ve ka châk,” a ti chhuak phawng mai a. Carol-i chuan mak tak maiin a chhang a, “Isua kha Krismas niin a piang hleinem! Ni naranah alawm a pian. Mahse a pian ni kha Krismas a lo ni ta mai zawk a ni. A hma chuan Krismas a ni ngai reng reng lo. Tunah chuan khawiah pawh Krismas ni a lo ni ta vek a nih hi. Chu chu i hmu thiam em? Isua chuan a ti-Krismas ta a nih chu!” a ti a.

“Mahse khawiah pawh Krismas a ni vek chuang lo asin,” tiin Tommy-a chuan a hnial a. “Hmun thenkhatah chuan Krismas an hmang ve miah lo. Krismas nih ve lohna hmun chu suangtuah ngam chi pawh a ni lo ti raw?” a ti a. Carol-i chuan, “Hmun thenkhatah Krismas lawm ve lo mah se, Krismas a ni thei tho alawm,” tiin a chhang a. “Mi tu pawhin Krismas hi a hmang thei asin. Isua chu i thinlungah a chên phawt chuan Krismas a hmantir mai zel zawk ang che,” a ti reuh a.

VAN ZAIPAWL KHA

– *Upa Lalbiakluanga
College Veng, Aizawl*

“Chungnung berah Pathian ropui takin awm rawh se, lei chung a lawm êm êm mihringte hnênah rem thu lêng rawh se.” Luka 2:14

Pathian hruainain Krismas chu kan lo thleng leh dawn ta reng mai a. Krismas hmasa ber hmanna Bethlehem lamah rinnain i zin dawn ang u hmiang. Lal thar chibai bûk tura kan tlawh hmasak tur chu lung tilêng berampute an ni ang. He hming ‘berampute’ tih ringawt pawh hi thenkhat tan chuan ‘Hallelui’-na thamin a mawi âwm asin! Hranghlui Patea chuan,

“Ka lal zân châmna hmun, aw, ka va ngai zual thin em!”

Berampu ruala kal ka nuam Bethlehem tlang chungah,” tiin hla mawi tak min siamsak a ni.

Chuti taka ngainatawm berampute chu tute nge an niha, ngainat tlak an ni rêng em? An hun laia Bethlehem mipuite khan an ngaisang em le? Sap miril William Barclay chuan, “Pathian

hnen ațanga chanchin thar puan, berampute hnen a thleng hmasa ber kha thil mak a tling a. Kha tih hun lai khan sakhaw rinnaa nghet burte hmuhsit an ni. An dan khermei tak tak leh chaw ei dawna kutsil tur tihte chu an zawm ve thei lo. An beramte chu thut chilh chawt a ngai a. Chutiang mi mâwlte hnenah chuan Pathian thuchah a thleng hmasa ber si a ni,” a ti.

Lukan min hrilh dan chuan beram vengtute khan zanah beram an veng a, phûlah an riah chilh a. He phûl hi luite hnâr emaw, tuichhuah bul emaw a nih kan hre lo va. Tui an hnianghnar lo hle ang tih a rin theih. Chuti a nih chuan tui harsat avangin kut sil lovin chaw an ei fo a nih hmél. An inbual zing lo vang tih a lang bawk. Chhun ni saa an thlan chu zan khaw vawtin a

hmet ro va, an mu mai thin ni âwm tak a ni. Chu bakah ran â, duh hun huna zungae mai thei beram rual bulah an tâl pâwl hle ang tih a chhuidawn theih bawk. Khang mite kha Isua pian zana an silhfen inbel ngai ngai khan kan Biak Inah rawn inkhawm ve ta se, kan zui duh ngût na maw! Mahse, khang mite kha khawvel tana chanchin lawmawm berpuanna leh zaipawl ropui zai nan Van mite khan an iai miah lo asin! Khang mi mâwl leh hnuaihning rual kha Pathian Beramno hmu hmasa bertute an ni miao si hi a va ngaihnam em!

Engah nge Isua pian thu kha Jerusalem Temple ropui takah khan an puan zawk loh? Mi rin kai pui pui pu darhtu tur an ngir khup âwm si a. Pharisaite leh Sadukaite Isuan a hau na hle thin tak naa mi tha leh Pathian be pawp thin an tel ve tih a lang. A naupan lai a tanga a inkhawm thinna, inkhawm nana a iai hauh loh a ni. Mahse, berampute kha vantirhkoh thuchah hre hmasa ber leh Van Zaipawl mita hmua beng ngeia an zai hretu awm chhun atana thlan an ni miao si. Tunlai

taşwng takin anni chauh kha 'live'-a entute an ni.

An rawn kalna kawng thuizia leh an thuchah ken tawi sizia te, Zaipawl hla tawizia te kha ngaihtuah nasat poh leh a mak. Van boruak khi a zau êm a, arsithlat zâwng khi kan leia tehfung hian teh ngaihna a awm lo. Kan khawvel hi van boruak (*universe*) zauzia ngaihtuah chuan pindana bawlhhlawh lêng neuh neuh ang chauh a ni. Chuvangin arsi hlat zâwng hi êngin kum khat chhûnga a thlen theih chin **êng kumin** an teh ringawt mai a ni. Êng hi second khat chhûngin km. 300,000 (tehna hluiin mêl 186,00) a kal hman a. Kan lei hi second khat chhûngin vawi thum a hêl hman tihna a nih chu.

Chuti khawpa chak chuan zin thei dawn ta ang ila, arsi hnai ber Alpha Centauri khi kum li hnu-ah kan thleng thei taşwk ang. Arsi pakhat Hrangkhupa khi êng kum 26 kal a ni a, Hmar Arsi khi kum 47 kal a ni. Sikâwlhrût pheih saw chu êng kum 650 lai kal zu nia! A awmzia chu tunah hian lo puak darh bo ta se, a puah darh hma chiaha a êng khan

kum 650-ah lei a rawn thleng ang a, chumi hnu-ah a bo dawn chauh a ni.

Khing arsi ho awmna boruak khi tun lai entlang tha chungchuang leh science thiamna hmangin an dap chipchiar viau tawh a, Vanram ni thei awm an la hmu lo. Arsi alh hluah hluah vek a ni. Vanram hi khawiah tak awm ang maw? Hranghlui Upa Zasiama chuan,

“Luaitli nula inthen an hlau tawh ngai lo,

Arsi piah ram mawia lengte chuan;

Zai an rem e, an ri mawin,

Ropuina zâm velah”
a ti ngawt mai a. German nu F.R. Havergal-i pawhin,

“Van hla tak atangin, Chhandamna khawngaih pek,” tih bakin sawi dan a thiam bik lo.

Chuti taka hla atanga van mipui kha zozai lo kalte kha, an Speaker sermon lah a han tawi lailêng si, “Hlau suh ulang, ngai rawh u, mi tin ta tur Chanchin Tha lawmawm em em ka rawn

thlen che u a ni. Vawiinah hian in tan Davida khuuah Chhandamtu a piang ta, Lal Krista chu. Tin, hei hi in tan chhinchhiahna tur a ni; nausên puana tuam, ran chaw pekna thlenga mu in hmu ang” (Luka 2:10-12) tih zawng hi a ni a. Mizo tawngin sentence thum, thumal 55 tlawng. Zaipawl lahin chang khat hla, thumal 21 chauh an sa. Mahse, he Vantirhkoh thusawi hi vawiin thlenga ngaihnawm bâng thei lo, nausên chibai buktuten an sawi nin theih loh chu a ni. Van Zaipawl hla pawh khawvel awm chhungin a chul lo vang.

Van leh lei inremna Chanchin Tha chu puang darh turin mi tlawm leh hnuaihnuung berampute kha an ring tawh a, tu hnen dang maha sawi nawn lovin an hawng chho ta a nih kha! Chutiang bawh chuan nang leh kei hi sitawn hle mah ila, kan khawtlang nun sualin a chîm pil mek chhan chhuak turin Pathian meuh pawh khian mi dang a nei lo. Nang leh kei hi min ring tawh zu nia!



Hriselna Huang

ZUNTHLUM HI LE (Chhunzawmna)

– *Dr. Vanlalhruaia
Diabetologist
Civil Hospital, Aizawl*

Zunthlum chi hrang hrangte

Zunthlum hi chi hrang hrangin a thliar theih a- a thliar dan hi a chhan a zirin a ni ber.

1. Type - I Diabetes : Hetiang chi-ah hi chuan taksa hian *insulin* a tlachham hle ringawt mai a ni. Rang taka enkawl a nih loh chuan thihna a thlen mai thin. Hetiang hi naupangah hmuh a ni deuh ber a; mahse, puitlingah leh upa lamah pawh a awm thei tho.

Naupanga a lan chhuah dan ber chu luak, pumna, khawsik te a ni ber a. Nikhaw hre lovin an awm zui deuh mai a, rei lo te chhungin an chauhpui mai thin a ni. Khawsik, luak leh pumna an neih kher loh pawhin naupang a lo cher tawlh tawlh, ni dang anga a infiam peih loh emaw, a hah hma hle emaw chuan doctor panpui thuai a tha. Kum khat hnuai lam ngat phei chu nu leh pain an zia te, an than

dan te leh an chaw ei/hnute hnêk dan te thlengin ngun taka chik a tha. Khawsik leh luak an neih hleka kaih mai te, luak hleka kaiha, chau viau nghal mai te an nih chuan zunthlum an neih leh neih loh chian vat a ngai. Nausen lai leh naupan laia zunthlum natna an neih hian chi-ai lutuk tur a ni lo va, thenkhat chu an lo leikân deuh hnuah an dam ve leh mai thin.

2. Type - 2 Diabetes : Hetah hi chuan kan taksain *insulin* a tlachham der chu a ni lo va, *insulin* hi kan mamawh aiin a tlem a, chu mai ni lovin kan taksaa *insulin* awm sa pawh duh angin a hman tangkai thei lo a ni. Chu chu '*Insulin Resistance*' an ti. Ei leh in insûm nachang hre lova

thau lutuk leh sân zâwng mila taksa rih dan tur teh chhuah aia rit lutukte hian zunthlum a nei duh hle. Kea kal peih lo, chet chhuah hleka motor-a kal zel tum ringawt tawh mai te, taksa chet tamna chi hna thawk si lo, insawizawi peih bawk si lo te, TV thlira thu chawt reng mai te, computer games khela bur ngut ngut mai te pawh hi an thau tulh tulh a, *Insulin Resistance* a lo sang hret hret bawk a, chu chuan zunthlum a veitir nge nge thin.

3. GDM (*Gestational Diabetes Mellitus*) : Nuin nau a pai laia zunthlum an neih hi a ni a, nau a hrin hnuah a lo reh leh thin tlangpui a, vanduai chuan zunthlum natna kawl zui theih a ni bawk.

4. Natna dang dang vangin : Natna thenkhat - Acromegaly, Cushing Syndrome, Thyrotoxicosis, Turner's Syndrome etc. te hian zunthlum natna an keng tel deuh zel a. Hengho hi '*Secondary Diabetes*' an ti. **Zunthlum hriat hma pawimawhna**

Zunthlum natna nei rau rauvah enkawl hma leh tlaiin kawngro a sut em avangin

hriat chhuah hma hi a pawimawh em em a. A tîr tîa enkawl nghâl pheih chuan enkawl dam theih a ni a, chuvangin he natna nei tih inhriat chhuah hi damdawia thawkte mai ni lovin mipuite mawhphurhna pawimawh tak a ni. Zunthlum natna taksa a lo lan chhuah dan tlangpui chu thla hmasa lamah khan kan sawi tawh a, khangte kha a lo awma inrinhleleh deuhna kan neih chuan inentir thuai a tha ber.

Zunthlum kan neih chuan kan taksain '*insulin*' a tlakchham avangin thisenah 'thlum' a lo sang a. He 'thlum' hi kan taksain a hman tangkai theih loh avangin taksa chu zawi zawiin a lo chhe hret hret thin. Thisen dâwta thisen a lo khang a, a lo zîm hret hret a, B.P a lo sang a. Kâl, mit (*eye*) leh lung tha lo te, thluaka thisen zâm chat (*stroke*) te a awm duh bik em em a ni. A hma thei ang bera zunthlum natna hmuh chhuah leh enkawl a nih chuan heng natna tha lo tak take hi ven theih an ni.

Nuin emaw, pain emaw zunthlum natna an neih phawt chuan an fate chuan kum 20 an lo tlin atangin kum tin wawi khat tal zunthlum a

neih leh neih loh entir ngei se a tha ber.

Naupai lai hian zunthlum neih leh neih loh hriat nan vawi thum tal chu thisen entir a tha. Miin nau a lo chhiat fo tawh phei chuan doctor rawn ngei ngei tur a ni. Naupai laia nuin zunthlum a neih hian nautê, nu pum chhunga awm khan a chhiatpui thei a; a pian hnua a than chhoh danah harsatna a tawh hma bik tih hi hriat reng tur a ni.

Kan lo upa hret hret a, kan lo thau hret hret a, kan tha a lo thum hret hret hian zunthlum natna vei a awl tial tial a, thau tak, thisensang nei te, thisena thau tha lo ngah mi leh naupai laia zunthlum nei te, chi bawm (*ovary*) natna nei te, nu leh pa zunthlum neite tan phei chuan kum tin vawi hnih tal chu zunthlum neih leh neih loh inentir ni se a tha.

Naupangte hian zunthlum vei lo turah kan ngai deuh ngawt thin a, hei hi a dik vek lo va, nausênte pawhin an nei thei tih hi hriat a tha. A chhan hriat lohva nausên a kaih phei chuan rinhlelh hmasakah neih ngei ngei tur a ni zâwk. Zunthlum nei zinga za zela 1–2 chu

naupang an ni. Hmuh chhuah loh an tam rin a ni nghe nghe. Kum 1992 - 1996 inkara zir bingna (*research*)-ah chuan naupang kum 10 - 14 inkarah hian 1,000 zelah 24-in zunthlum nei ang an ni a; kum 15–19 inkarah chuan 1,000 zelah mi 51-in zunthlum an nei.

Zunthlum vênna

Zunthlum hi natna enkawl hautak leh manganthlâk pawl tak a ni a, kan ramah phei chuan a pung tual tual lawi si. He natnain a ken natna dangte pawh tuar tham tak leh kan taksa peng hrang hrang hnathawh tibuai thei a nih avangin ngaihthah mai chi a ni lo. India hi zunthlum vei pun chakna ram a ni a, tunah hian khawvel puma zunthlum vei hi kal khawm ta ila, panga zela pakhat chu India mi an ni ang. India ram pumah hian za zela 12 (12%)-in zunthlum an nei a. Chennai bikah khuan za zela 13.5 (13.5%)-in an nei a; Mumbai-ah khuan za zela 10 (10%)-in an vei bawh. He natna lo pung chak ta em em hi vên emaw tihkhawtlai emaw hi a pawimawh a ni.

Zunthlum venna hi engtia tih tur nge ni ang tiin

nasa taka beih a ni a. Ei leh in te, exercise te an enchhin vek hnuah, damdawi thenkhat – Trogtazone, Metformin leh Acarbose te an chhin leh a. Heng an enchhin hrang hrang atang hian inven theih a nihzia leh zunthlum natna vei tur hi kum tam takin a tikhawtlai theih tih hriat fiah a lo ni ta a ni. Hetih rual hian Type-I Diabetes erawh chu a ven dan emaw, a tikhawtlai dan emaw an hmuchhuak thei lo thung. Diabetes ah hian 90% chu Type - II an ni a, 10% chauh Type - I diabetes an ni. Za zela 30 - 50 te chu inthlah chhawn atanga chhawm niin an ngai a, hetiang chi hi tikhawtlai leh ven theih a ni.

Invenna/tikhawtlaini tura thil en chhinte:

1. Finish Study – Kum thum zet zir chian a nih hnuin awmze nei taka ei leh in leh insawizawi tang kawp chuan nasa takin zunthlum vei tur a veng (58%) tih hmuh a ni. Hei hian ei leh in lama insum leh hun bi neia insawizawi thin hi zunthlum tur venna atan a tangkai em em a ni tih a finfiah.

2. DPP (Diabetes Prevention Programme) – Hetah hian damdawi Metformin

hman a ni a. Ei leh ina insum bakah insawizawina lam ngaih pawimawh a ni bawh. A chungang kan hmuh ang khian ei leh in insum leh insawizawi thinteah hian zunthlum chu 58%-in a tla hniam a, Tin, Metformin group-ah hian 31%-in a tla hniam bawh a ni.

3. Tripod Study – Hetah hian hmeichhia, nau an pai laia zunthlum lo nei tawh teah chhin a ni a. Damdawi Trogtazone hman a ni a. He damdawi hian 56%-in a veng thei tih hmuh chhuah a ni.

4. Stop - NIDDM- Trial – Hetah hian damdawi Acarbose hman a ni a, he damdawi hian 36%-in a titla hniam thei tih hmuh a ni.

A chungang tarlan atang khian ei leh in insum leh insawizawi that a pawimawh-zia chu kan hre Chiang ta a. Mahni rih tur aia rit kan nih chuan insum tur a ni a, kan rih tur ang chiaha rih hi a pawimawh hle a ni. Kan hriat theih dan tur awlsam ber chu - Kan san zawng hi Centimeter-in teh ila, chuta tang chuan 100 paih ila, chu chu kan rih zawng tur duhthusam chu a ni. Entir nan, Centimeter 160 rih zawng tur chu 160-100 = 60 Kg. a ni.

DASH (*Dietary Approach to Stop Hypertensions/Diabetes*)

Thisensang leh zunthlum veng tura ei leh in tur tlangpui sawi leh ila.

Thisensang leh zunthlum neite chhui chiannaa a lan dan chuan zunthlum natna neite hian têt (*oil*) an ei tam viau hlawm mai. WHO-in mihring hriselna atana tha tawk turin têt hi ½ litre (litre chanve) i.e 500 ml. thla khatah mi pakhatin a tla tur a ni a ti. Chhngkaw member pali kan nih chuan, thla khat chhunga kan têt mamawh zat chu liter hnih (2 litres) vel a chauh a ni. Kan taksa mamawh tawk aia tam hi kan ei fur hlawm âwm e.

Thisensang leh zunthlum ven nan leh enkawl nan hian, kan ei leh in hi a pawimawh em em a, sa lam aiin thlai hring ei hnem hi a tha a, hel ei chi carrot, radish etc. te hian kan taksain natna a dona a tichak a, purun hian thisensang leh zunthlum a tihnam a, changkha leh thlai hnahte hian nasa takin zunthlum leh thisensang a veng a, a enkawl nan pawh a tangkai hle a ni. Hmarcha hi thlai

hrisel tak a ni tih hmuh chhuah a ni ve tlat!

Thlai tharlâm chhum leh tui nei lova ur hmin te, a hela ei theih chi a nih chuan a hela ei te hi hriselna atan a tha hle. Mizorama kan hmuh theih thei tharlâm - thingfanghma, serthlum, dawnfawh, hmazil, grape, apple, etc. ei tam hi hriselna atan a tha a. Amaherawhchu, in tur chi, a bâwma thun sa heng – Frooti, Cocacola, Fanta, Appy, etc. te erawh hi chu thisensang leh zunthlum tan a tha lo hle. Hengte hian thisensang leh zunthlum a thlen thei a, a tizual thei bawk.

Bawnghnute, a khar tel lova in hi a tha a, butter milk, chini pawlh loh a tha bawk. Cheese leh Paneer te hi thau tel lo (*non-fat*) a nih chuan a pawl lo. Arsa hi a vun leh a thau paih hnua ei atana siam a tha a, a tui (soup) in leh chawm hi a tha vak lo va; artuiah hian thau (fat) leh cholesterol a san em avang hian ei tam loh a tha bawk. Sangha hian thau tha kan tih ang chi *Omega-3 Fatty Acid* a ngah avang hian sangha ei tam hi a him ber a ni. Vawksa erawh pumpelh hram a tha ber. Dal leh a anpui dang be

leh châna lam chi te hi a hrisel a. Chini, butter, giu (*ghee*), tel leh sa-um te ei tlem a tha. Kan rihmate hi a nih dan tur taka awm tura vawn reng tur a ni a, chu chu ei leh in leh insawizawinaa ven zel a t̄ul a ni.

Kan ei turte hi fimkhur taka thlan a t̄ul ta hle. A leina tur sum lama harsatna neih loh vanga tui tih zâwng apiang ei t̄awk zel te, vawi khata ei t̄euh chin te hi hriselna atan a paw i thei tih hriat reng a tha. Thau (*fat*)

tam lohna hi thlan hram hram a tha a, kan thil ei chu a thlum lutuk tur a ni lo va, a al lutuk tur a ni hek lo. Chi (*salt*) hi mi pakhatin ni khata a mamawh chu 4-6gm. chauh a ni a, t̄el (oil lam chi) pawh hi mi pakhatin ni khata a mamawh chu 15-20gm. lek a ni. Chu chu thirfiante thum vel a ni. Hnam changkang apiang ei leh in turah an fimkhur tawh a; hrisel tur chuan ei leh in tur tha leh tha lo hriata zawm hi a paw i mawh tak meuh a ni.



“A arsi hmuh hi a tha, a hm̄el tak hmuh erawh chu a tha lehzual.”

– D.L. Moody

“Krismas hunah hian hmangaihna thu a langsar thin, Krismas hi hmangaihna avanga lo awm a nih vang a ni. Mi tinin he hmangaihna nun hi nunpui ila Pathian i chawimawai ang u.”

– Josepha Emms

“Krismas thing bula thilpek tha leh hlu ber chu hlimnain a tuam theuh chhungkuua mi mal mal awm ho hi a ni.”

– Burton Hillis

“Jerusalem puithiam lalte ai chuan ran ina bawngpa leh beramten Krismas hmasa ber awmzia an hre fiah zawk ang bawk khan tun thlengin thil awm dan a la pangngai reng a ni.”

– Thomas Merton

Thu leh Hla Huang

BIAK INA ṬAWNGKAN HMAN DAN (*Chhunzawmna*)

5. **Hla hlân turin** : Inkhawm Chairman ṭhenkhatin hla sa tura Zaipawl an kohvin, ‘*An hla buatsaih chu hlân turin i lo sâwm ang u,*’ an ti ṭhin. Hla hi thilpêk anga hlan chi a ni lo va, hlân tura an sawm emaw, koh emaw ṭum pawhin a sak thovin an sa. Inkhawm hruaitu hla thlan te, ṭantu hla thlan te, mipui hla thlan leh thuhrlitu hla thlante a saka sa si a, Zaipawl hla a nih avanga ‘*hlân*’ tura tih bîk hi ṭawngkam dik lo hmanga sawi urhsun tumna mai mai a ni. Chuvangin, Zaipawl pawh ni se hla sa tura sawm zêl tûr a ni.

6. **Na nei** : Pathian biak inkhawm hruaitu leh ziaktu tam takin ‘**na nei**’ tih hi an hmang rim hle. ‘*Ṭanna i lo nei ang u,*’ ‘*Pathian thu chhiarna kan nei ang a,*’ ‘*Ṭawngtaina i lo nei ang u,*’ ‘*Hla sakna kan lo nei ang a,*’ ‘*Thawhlawm khawwna i lo nei ang u,*’ tiin an sawi ṭhin. Hetianga sawi lo hian, ‘*Pathian biak inkhawm lo ṭan tawh ila/i lo ṭan ang u,*’ ‘*Pathian Thu Thianghlim i lo ngaithla ang u,*’ ‘*I ṭawngtai ang u,*’ ‘*Pathian hnena thilpêk lo lakhawm ila,*’ tih mai tur a ni. Thawhlawm khawwna te chu Kohhranin a hmain a lo lei daih tawh a; chuvangin thawhlawm pawh kan khawn thei a ni a, ‘Thawhlawm khawwna i lo nei ang u,’ tih

thar leh a ṭul tawh lo. *Pathian biak nan/chawimawi nan hla lo sa ila,*’ tih mai a ṭha. Heti rêng rênga Kohhrana hruaituten ‘**na nei**’ tih ṭawngkam kan hman nasat lutuk chuan, dam leh hrisel ṭha taka inkhawma kalte kha ‘**na neiin**’ kan hawng vek mai ang tih a hlauhawm alawm le!

7. **K h a w m p u i / Inkhawmpui** : Kan Kohhran hi Inkhawmpui ṭhin kan ni a. ‘*Khawmpui*’ tia sawi hi a awlsam a, hmang an awm ve fo. Thatchhe ṭawngkam/ngaihsam ṭawngkam a ni a. ‘*Inkhawmpui*’ tih ṭawngkam hi hman tum hrâm ila a ṭha ang; ziaka dah dawn pheï chuan fimkhur deuh pawh a ṭul. Inkhawmpui tia ‘*pui*’ tih

tak hi 'a ri sânga' lam lovin 'a ri hniama' lam tur a ni.

8. Buatsaih/Ṭheh? : Kohhranhovin Lalpa Zanriah Sakramen kan kil hian Pastor-in a ṭheh nge a buatsaih? Ṭhehtu nge kan tih buatsaihtu? *Ṭheh/Ṭhehtu* tih hi hman hmasak a ni a, buatsaih tih pawh hi dikna chin a awm mai thei a. *Ṭheh/Ṭhehtu* tih hi a Thurin ṭawngkam deuh va, hman zawk ni se a ṭha ang e.

9. Vawiin ni, Vawiin : 'Vawiin niah hian...' 'Vawiin nia kan hun hman dan hi...' tih ang hi chu Mizo ṭawng hman dan dik chu a ni chiah lo. 'Vawiinah hian' 'Vawiina' tih mai tur a ni. 'Nimin ni' kan ti ngai lo va, 'naktûk ni' pawh kan ti ngai lo. Chuvangin, 'Vawiin ni' tia kan lam leh sawi dan ber hi chu 'Vawiin/vawiinah' tih zel tur a ni. Bible pawhin 'Vawiinah hian in tân Davida khuuah Chhandamtu a piang ta, Lal Krista chu' (Lk. 2:11) a tih ang khân.

10. Vawiin zan, zanin : Hei hi naupang deuh ṭawng a ni a, 'zanin' tih mai tur a ni. 'Chhunin' ti pawh an awm leh zauh ṭhin. Keini chuan i ti ve lo hram ang u.

11. Tiri : *He lai Pathian thu*

hi ka'n tiri ang e 'A thu kan tihrikte kan zaa tan Lalpan malsawm rawh se' tih ang chia hmang an awm ve zauh zauh a. *Tiri* tih aiah hian *sawi* tih ni se a ṭha mai. *Tiri* tih hi ngaimawh tawk an awm ve reng a, a chhan chu Dâr leh Bawng ṭhite hi tihrik chia ngaihna rilru avangte pawh a ni ang e.

12. Tun hun/Tun : Sawi chian kan tum luat vang nge 'tun hun' tih ṭawngkam te kan hmang ta zêl a. 'Tun' tih mai leh 'Tunah' tih mai hi a dik zawk bâkah a tawi fel zawk bawk.

13. Angin/Anga (Eng: as): 'Kohhran angin' 'KṬP angin' 'Bial anga,' etc. kan ti ṭhin a. Mizoten 'angin/anga' kan hman dan pangngai nen chuan a inang lo rêng a, Sapṭawng aṭanga lo piang a nih hmel hle. Ngaimawhtu an awm reng a, *Kohhranin*, *KṬP-in*, *Bialin*, kan tih loh vêk pawhin, *Kohhran nihnain*, *KṬP nihnain*, etc. ti mai ila a ṭha ang.

14. Chawlhni, Lalpa ni, Pathianni : Lal Isua thihna hneha a thawhleha ni, ni sarih ni hmasa ber (Mat. 28:1) hi Chawlhni, Lalpa ni leh Pathianni titein sawi a ni ṭhin a. 'Chawlhni' tih hi hman

hmasak ber niin, Sabbath sawina (Exod. 16:23) ni mah se, hla thua hman a nih pawhin kan iai lo. ‘Lalpa ni’ tih hi Bible ṭawngkam (Thup. 1:10) leh thurin ṭawngkam a ni a (Thurin No. IX); mahse kan hman tam lutuk hran lo. ‘Pathianni’ tih ṭawngkam hi kan hman tam ber âwm e; Zosaphara pawhin hla thua a hman – ‘Vawiin **Pathianni** a lo thleng (KHB No. 561).

15. I lo... ila : *I lo ṭawngtai ila, ‘Hla i lo sa ila,’ ‘Pathian thu i lo ngaithla ila,’* tih ang te hi hman an awm nual mai a, ṭhalaiho zingah hman an tam zualin a hriat. Fimkhur loh vang mai niin a lang. *‘I lo’* kan tih chuan *‘ang u’*-in a zui ang a, *‘I la’* tih kan hman duh chuan a bulah *‘T* tel lovin *‘Lo/Han’* tih hman ila a fuh zaih mai ang. Entir nan : *‘Kan inkhawm ṭan tawh ila/i lo ṭan ang u’* tiin.

16. Ni sela, ni se : Secretary ṭhenkhat ṭawng hawihhawm ni âwm tak chuan, sawi tur leh hriattir tur an sawi zawh vek tawh hnuah *‘Kan inhriattir ni sela, lawmthu kan sawi ni sela,’* an ti leh ta chauh ṭhin a. *‘Lawmthu kan sawi e/kan sawi a ni,’ ‘kan inhriattir a ni’* tih mai a ṭha.

17. Bu ṭham/Bu ṭhfa i-ṭham : Ṭawng hi kan hman duhdahin kan thatchhe sawt hle. **Bu ṭhfa iṭham** tih turah pawh *‘Bu ṭham’* tia sawi mai kan tam ta viau mai. *‘Bu ṭhfa iṭham’* tiin sawi hman ila a ṭha ang e.

18. Kam tam : Secretary ṭhenkhat chuan mi dangte hnena an thu puan sawi chhawngemaw, sawi darh tur emawa an chahin, ‘han *kam tam* deuh ula’ tiin an sawi ṭhin. Chutiang chu kam tam tih hmanna dik taw lo a ni. Kam tam chu sawi loh tur sawi hi a ni a; mi kam tam chu mi lawm aia lawm loh zawng mi an ni.

19. Thawh lâwm/Thawh-lawm : Biak Ina Kohhran-hoten pawisa kan thawh khawm emaw, kan ken an lak khawm emaw hi thawhlawm a ni a, ‘lawm’ hi a *ri hniama* lamrik tur a ni. Ṭhianzaho leh Pawlin eng thil emaw tuak nana kan thawh khawm hi ‘Thawhlâwm’ a ni a. Hetah hi chuan ‘lâwm’ hi kan lamin *thlûk sei* tur a ni thung.

20. Chuan : Tichuan, chutichuan tih turah *‘chuan’* ti ringawta lam kan ching ta fo mai. Lam taima deuh tawh ila a ṭha ang.

KRISTIAN TLANGAU BU HLA

- *Chr. Sakhawliana, Rabung*

Mizoramah hian chanchinbu chi hrang hrang a chhuak tam ve ta hle a. Tunah pheih chuan K.T.P. leh Y.M.A. din tawhna khuaah chuan chanchinbu hi an chhuah ta vek emaw tih mai awl tak a ni ta. Khawvel hausakna zara literature lama kan hmasawna a nih avangin a lawmawm em em a ni. Chutih lain hla phuah chhana hman khawp chanchinbu erawh chu a tam vak lo mai thei.

He KRISTIAN TLANGAU BU HLA hi Messenger for Christ Team-a an soloist Pu Zaivunga, East Lungdar-a miin Kristian Tlangau buin kum 75 a tlin kum 1986-a a phuah a ni.

1. Zoram dung leh vang hi ni tinin
Ka thlir vel thin a,
Lal Isua Chanchin Tha puan darh nan
Hmanraw pawimawh leh tangkai ber chu,
Kristian Tlangau bu hi a ni.

Kristian Tlangau bu (Tlangau bu) - *bass*
 Dam reng ang che khawvelah hian,
 Lusunte thlamuan thintu i ni e
 (Thlamuantu i ni) - *bass*
 I chhungah hnam ze tinreng damna
 Thu a chuang kim ngei e.
2. A sakhming lam rik a nih veleh
A chhung thuah hian,
Thu dik leh rinawm a chuang a ni tih min hrilh.
He dinhmun hi a thurochhiah leh
A rochan hlan chhawn chu a ni.
3. Kristian Tlangau bu hi Zofate
Chanchinbuah chuan;
Chanchinbu darh zau ber leh hlun ber a ni e.
Mite ngaihsan leh ngainat ber chu
Kristian Tlangau Bu hi a ni.

He hla phuahtu hian Zoram dung leh vang a han thlir vel a, Kristian Tlangau bu chu Krista Chanchin Tha puan

darh nana hmanraw pawimawh leh t̄angkai a nihzia hmu chhuakin, chu chu a chang khatnaah hian a hmanng a ni.

A thunawnah hian lusun khawharte hnetu leh hnam ze tinrengte damna thu a lo chuan kimzia tar langin, chumi avang chuan Kristian Tlangau bu hi dam reng turin duhsakna a hlan ta a ni. Chu a duhsakna leh t̄awngt̄aina chu Lalpan malsawmin hei kum za hial a rawn au thleng ta rêng a nih hi. A phuaktu Pu Zaivunga hi October 2011 a lo thlen hian a lawm ve hlein a rinawm a. A thinlunga thu muhil tawh kaihharha a han awm ve leh tur hi hriatpui a va ch̄akawm tehlu em!

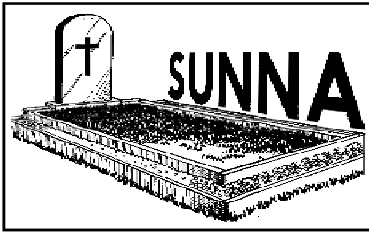
Tin, a ch̄ang nhinna leh chang thumnaah hian ‘Kristian Tlangau’ tia a hming han sawi rik tawh chuan a chhunga thu awmte chu thu dik leh rinawm a nihzia min hrilh rualin, chu tak chu a rochan leh thurochhiah, t̄hangtharte tana min hlan chhawn chu a ni tih min hrilh nghal a. Chu mai ni lovin Zofate kut chhuak chanchinbua darh zau ber leh hlun ber, mite

ngaihsan leh ngainat ber chu Kristian Tlangau bu hi a lo ni e, tiin a nemnghet zui ta a ni.

Hei pawh hi Zoram hmun hrang hrangah leh State dangah pawh Presbyterian Kohhran chauh ni lovin Kohhran dang leh pawl dangte pawhin an lak ve thin hian a tichiang em em a ni.

January ni 29, 2011 Inrinni zana kan in kangah ka chanchinbu hlui dah t̄hat a kang fai vek a, ka ui hle mai. Lehkha kang bang, a sir kang b̄ul tawh karah he hla copy awmna bu hi lo inzepin a lo him ve hlauh mai a. August ni 17, 2011 Nilaini khan ka hmu fuh leh hlauh va, he article hi a lo chhuah theih phah ta a ni.

A tawp berah chuan Kristian Tlangau bu enkawltute hi an fimkhur hle a. Zawhna an chhanna t̄awngkamte hi Kohhran dangte tan pawha hriat nuam tak zel tura an chhang thin hian an fimkhurzia leh Kohhran leh ram tan rawngbawl na a ni tih an hriat chianzia a tilang Chiang hle a ni. He Kristian Tlangau bu hi mite nun leh thlarau chawm harhna ni zel turin duhsakna ka hlan nghal e.



**UPA H. PAKUNGA,
SAIRANG DINTHAR**



Upa H. Pakunga (62) hi Pu Zathangvunga leh Pi Sangi te karah 1949 khan Sairum khuaah a lo piang a. Kum 1956-ah Sairangah an pêm lût a, kum 1975-ah Pi Vanlalthangi nen inneiin fa panga an nei.

Kum 1974 atangin Kohhranah rawngbawl na pawimawh a chelh tan a, KTP O/B leh Zaipawl Conductor te a nih hnuin Tual Upaah thlan a ni a, kum 2005 khan Tlawng Presbytery-in Sairang Dinthar Kohhran Upa atan a nemnghet a. Kohhran Secretary, Ramthar leh Bulding Committee Chairman, S.S. Zirtirtu, Superintendent te a lo ni tawh a. Kum 25 chawl lova S.S. zirtirtu

tang chawimawina a dawng bawk.

Kum 2010 Krismas leh Kumthar vel khan insawiselin a natnain zual lam a pan zel a, damdawi inah te enkawl a ni a, thin cancer a ni tih hriat chhuah a ni a. That chhuah leh tak tak awm lovin ni 2.3.2011 khan rawng a lo bawlsak thin Lalpa hnenah min chawlhsan ta a ni. A tukah amah thlahna hun in lamah leh Biak Inah Tlawng Presbytery Moderator Upa Lalhmangaihan a hmgang a, Kohhran leh Bial Zaipawl ten amah thlahna hla sain ui em emin kan thlah liam ta a ni.

*– Upa Lalrohnuna
Sairang Dinthar Kohhran
Ziaktu*

**UPA J. VANZIKA
NGOPA**



Upa J. Vanzika (71) hi Pu Vanhnuaithanga leh Pi Chawngthuami te karah August 15, 1941 khan Vanzau

khuuah a lo piang a, Jan. 24, 1974-ah Lalrothari nen innein fa pali an nei.

Kum 1973 atangin Ngopa Govt. M/S-ah a thawk tan a, hmun dang danga a awm kual hnuin Ngopaah baw lo lêt lehin a thih ni thlengin a inbengbel ta a ni.

Kum 1991-ah Ngopa Kohhranah Tual Upa atan thlan a niin kum 1992-ah Kohhran Upa atan thlan zui a ni a, 1992-ah Hmarchhak Presbytery-in Ngopa Kohhran Upa atan a nemnghet a ni.

Synod Board Committee hrang hrangah te tel thinin, Hmarchhak Presbytery Moderator-ah a tang tawh a, Presbytery Secretary hna hun rei tak a chelh a, Bial Chairman leh Kohhran Secretary hun rei tak chelh tawh a ni a, a thihni thleng hian Kohhran sum vawngtu a ni. Pa titi thiam, Committee kal hmang hria, mi bengvar leh mi huatthu sawi ngai lo, pa hawihhawm tak a ni.

K h a w t l a n g rawngbawlnaah pawh mi tangkai tak a ni a, YMA hruaitu khaihlak lova kum 15 chhung tangin hruaitu hlun chawimawina a dawng nghe nghe a ni.

Kum 2008 khan brain tumour neiin phai lamah inentir tura an kal laiin mak tak maiin damna a chang a, hlim taka lo haw lehin tluang takin a rawngbawl hna eng emaw chen a thawk leh a. Kum 2010-ah pumpui cancer a nei leh ta hlauh va, that chhuah tak tak awm lovin ni 4.3.2011 khan LALPA hnenah min chawlhsan ta.

In lama thlahna Pro. Pastor Lalhruaitluanga Pachuau hova neih a nih hnuah, Biak Inah Bialtu Pastor Rev. Vanlalawmpuia hovin Hmarchhak Presbytery chungah Minister leh Upa te, Bial Zaipawl leh Kohhran Zaipawl te nen ui takin kan thlah liam ta a ni.

*-Upa P.C Lalthianghlina
Ngopa Kohhran ziaktu*

UPA VANRENGPUIA MEISATLA

Upa Vanrengpuia (52), Upa Hualnghinglova leh Pi Chalchhonzovi te fapa hi ni 15.5.1959 khan Lianpui (Champhai Dist.) khuuah a lo piang a. Kum 1980 khan Saiha ah pemin, kum 1981 khan Hranglawmi nen an innein a, fa pathum an nei.

E.C.M. Immanuel

Meisatla Kohhranah Tual Upa niin, kum 1993 khan Presbyterian Kohhran a zawm a, kum 1994 khan Meisatla Kohhran Upaa thlan a ni a, hemi kum vek hian Chhimtuipui Presbytery-in Meisatla Kohhran Upa atan a nemnghet a ni.

Kohhran Chairman, Treasurer leh Innehna kawltute ni tawhin, Bial Treasurer, Presbytery Standing Committee leh Synod Sunday School Committee-ah a tel bawk. Leprosy Saiha Chapter-ah hun rei tak Vice President niin, a thihni thlengin he hna hi a chelh a ni.

Upa Vanrengpuia hi Kohhran hmangaih tak, zaikhawm leh inkhawm nuam ti mi, Committee leh hnatlang ngai pawimawh leh Kohhran humhalh tina mi a ni.

Kum 2009 kum tir lama *nerve* tha lo a neih chuan that tak tak nei thei lovin ni 21.3.2011 khan chatuan ramah min lo chawhlsan ta a ni. A tukah amah thlahna, in lamah Upa Ropiangan a hmang a, Biak Inah Bialtu Pastor Rev. K. Ramdintharan a hmang leh a, Bial Zaipawl te, Bial chhung Upa eng emaw zat leh Kohhran

mipuiten ui takin kan thlah liam ta a ni.

– *Upa Ropianga Meisatla Kohhran Ziaktu Saiha*

UPA VANKHUMA SELING



Upa Vankhuma (85) hi Tirhkoh hmasa Pu Lalkherha leh Pi Kapkungi fate pariat zinga upa ber niin Feb. 20, 1927-ah Biate khuaah a lo piang a. Kum 1945-ah Kalkhami nen innein fa pali an nei. 1955-ah Thingsulthliahah an pêm a. A nupuiin a thihsan hnu 1957-ah Pi Lalauvi nen innei lehin fa pakua an nei leh a ni.

Kum 1973-ah Selingah pêm lehin Kohhran din thar lehnaah a hnarkaitute zinga mi a ni. Kum 1978-ah Upa atan thlan a ni a, hemi kum vek hian Chhimchhak Presbytery-in Seling Kohhran Upa atan a nemnghet.

Tualchung Kohhranah Chairman, Sunday School Superintendent, Innehna

kawltute lo ni tawhin Bial Chairman a ni tawh bawk. Presbytery Committee pawimawh hrang hrangah a lo awm tawh thin bawk. Sunday School Zirtirtu kum 25 tang chawimawina Diploma pawh a dawng a. Zaipawl Conductor lo ni tawh thinin hla eng emaw zat a puah a ni.

Khawtlang rawngbawlna lamah pawh sulhnu nei tawhin, 1962–1968 chhung VCP a ni a. AO Office-ah Peon hna kum 1968 atanga a pension thlang a thawk a ni.

Kum 2010 kum tawp lam atangin harsatna chi hrang hrangin a tlakbuak a, ni 23.3.2011-ah Lalpa hnenah min lo chawlsan ta a ni.

A tukah vuina hun in lamah Upa Vanramlawman a hmang a. Biak Inah Tuirini Presbytery Moderator Pastor R. Lallianparan a hmang leh a. Kohhran Zaipawl, Bial Zaipawl leh Kohhranhoten ui takin kan thlah liam ta a ni.

– *Upa C. Lalhmachhuana Seling Kohhran Ziaktu*

**UPA BAWLLIANA
BUNGLANG
VENGSANG**

Upa Bawlliana (64), Upa Hmingdailova leh Pi

Mankimi te fa hi kum 1946 khan Sialsir khuaah lo piangin 1969-ah Bungtlang-ah a pêm a, Lalinpuangi nen January 1971-ah inneiin fa pali an nei.

Kum 1979-ah Tual Upa atana thlan a ni a. A kum leh 1980-ah Upa atan thlan niin hemi kum vek hian Chhimchhak Presbytery-in Bungtlang Vengsang Kohhran Upa atan a nemnghet a ni.

Tualchhung Kohhranah Secretary tih loh chu a chelk kim vek tawh a, Inneihna kawltu, S.S. Superintendent, Asst. Superintendent, Building leh Ramthar Comtt. Chairman, Kohhran Centenary Chairman leh M.P.F. Committee Chairman a ni tawh a. Tin, Sunday School Zirtirtu kum 25 tang chawimawina Diploma pawh a dawng tawh bawk a ni.

Bial Chairman leh Treasurer ni tawhin Presbytery Committee pawimawhah member a ni thin. Synod Committee peng hrang hrangah tel tawhin, a thih ni thlengin Synod Ramthar Board-ah Committee member a ni.

Amah hi Pathian mi hman, thlarau mi tak mai a ni a, Pathian thu hrila khual

khuaah pawh vak chhuak thin; Pathian thu sawi pawh thiam tak a ni.

Upa Bawlliana hian vanduaithlak tak maiin a âwmah pânchhia a vei hlauh mai a, zunthlum a neih bawk avangin a dam tha thei lo va, a natna a zual zelin ni 23.3.2011 khan chatuan ram panin a haw ta a ni.

A tukah in lamah Pro. Pastor Malsawmsangzualan vuina hun hmangin, Biak In lamah Ramlai Presbytery Moderator, Bialtu Pastor ni bawk Rev. H. Lalrinsangan vuina thuchah sawiin, Bial Zaipawl leh Kohhran Zaipawlte nen ui takin kan thlah liam ta.

*- Upa T. Tlangtimawia
Bungtlang Vengsang
Kohhran ziaktu*

**UPA R. THANZUALA
PEHLAWN**



Upa R. Thanzuala (80), Pu Thangchhunga leh Pi Rozingi te fa hi March 10, 1932 khan Pehlawn khuaah

a lo piang a. Ni 27.3.1951-ah Rothangpuii nen inneiin fa pariat an nei.

Kum 1972-ah Tual Upa atan thlan a ni a, kum 1974-ah Upa atana thlan a ni leh a, kum 1975-ah Hmarphei Presbytery-in Pehlawn Kohhran upa atan a nemnghet.

Presbytery Committee pawimawh member-ah te awm thinin Bial Inkhawmpui Chairman, Secretary bakah Tualchhung Kohhranah chanvo pawimawh hrang hrang a chelh kim vek a, S.S. Zirtirtu chawimawina Diploma a dawng tawh bawk.

Kum 2008-ah pumpuii cancer a ni tih hmuh chhuah a ni a, zai a niin a lo tha leh deuh va, a rawngbawlina pawh a chhunzawm leh thei a. Kum 2011 February-ah a chau leh deuh a, a natna chu zual zelin April 7, 2011-ah Lalpa hnenah min lo chawlhsan ta a ni.

A tukah amah thlahna hun in lamah Bial Chairman Upa Zamawian a hmang a, Biak Inah Presbytery Moderator kal chhuak Upa Vanlalparan a hmang leh a, Kohhran Zaipawl te, Bial Zaipawl te, Bial chhung leh Bial pâwna Kohhran hrang

hrang Upate leh Kohhran mipuiten ui takin kan thlah liam ta a ni.

– *Upa Lalnghinglova Pehlawn Kohhran Ziaktu*

**UPA HC. LALHMUNA
LAWNGTLAI
CHANMARI**



Upa HC Lalhmuna (67) hi Pu Tialmawnga leh Pi Sunthliai te karah kum 1943 October thla khan Bualpui 'NG' khuah a piang a; kum 1963-ah sipai, SSB (Security Service of Brotherhood)-ah a țang a. Kum 1977-ah Lalbiakzami nen inneiin fa pathum an nei.

Sipai atanga a pension hnuin Bualpui NG-ah an inbengbel a. IKK Kohhranah an lawi țhin a, kum 1999-ah Bualpui NG-a Presbyterian Kohhran din a nihin a dintute zingah a tel a. Kum 1994-ah Kohhran Upa atan thlan niin hemi kum vek hian nemngheh a ni. Bualpui NG-ah hian Kohhran Ziaktute a lo ni tawh țhin a ni.

Kum 1996-ah a nupui sawrkar hna avangin Lawngtlai an rawn pêm a, hemi kum hian Chanmari Kohhranah Treasurer a ni a, kum 1999-ah Kohhran Ziaktu a ni leh a, kum 2000-ah Lawngtlai Pastor Bialin Non-Mizo Christian Fellowship a din a, Chairman-ah ruatin kum 2011 thleng a hruai a ni. Kum 2011 khan Lawngtlai Chanmari Kohhran Upa atan thlan nawn leh niin kum 2003-2004-ah Lawngtlai Pastor Bial Secretary a ni.

Tualchung Kohhranah S.S. Supdt., Synod sum vawngtu, Secretary, Chairman te ni tawhin Synod Hospital Board member a ni tawh bawk.

Kum 2008 March khan Cancer a ni tih hriat a ni a, țhat chhuah tak tak awm lovin ni 5.3.2011 khan Lalpa hnenah min kalsan ta a ni. Amah thlahna hi in lamah Upa David Lalthangliana hova neih a ni a, Biak In lamah Rev. Lalrinfela Pachuau-in vuiin Kohhran Zaipawlte nen ui tak chungin kan thlah liam ta a ni.

– *Upa K. Lalchungnunga Lawngtlai Chanmari Kohhran Ziaktu*

LEHKHABU THAR
KRISTIAN TLANGAU CENTENARY PROJECT

1. **SERMON 100 THLAN CHHUAH** : Kum 1911 atanga 2010 thlenga kum khata sermon tha ber zel thlan chhuah bu hi Mizo Kristian zinga Pathian thu thiamten Pathian thuchah an puan chhuahna a nih avangin a hlu a, chu bakah Mizoten Pathian thu an hriat dan leh sawi thin dan chhui nan pawh eng emaw chen chu a hman theih bawk ang. Phek 436 zeta chhah a ni a; Centenary Project a nih avanga a tlawm thei ang bera tih a ni a; SL&PB/Kristian Tlangau Office, Synod Office, Aizawlah lei tur tlem a la awm. A man ₹120/-
2. **ARTICLE 100 THLAN CHHUAH** : A chung a sawi ang a thlan chhuah bawk, a hun lai mil zela thu pawimawh, tangkai leh ngaihnaawm tak tak mi thiamte ziaak, mi thiamte bawkin an thlan chhuah a ni. Phek 405-a chhah a ni a; SL&PB/Kristian Tlangau Office-ah lei tur tlem a la awm. A man ₹120/-
3. **EDITORIAL LEH ZAWHNA LEH CHHANNA THLAN CHHUAH** : Kristian Tlangau chanchinbua 'Editorial' leh 'Zawhna leh Chhanna' huang a awm tan atanga kumin thlenga mi, tun thlenga la tangkai leh chhawrnahawm tur thlan chhuah a ni. Bible-a thu har zawhna te, Kohhran dan leh kalhmang lam zawhnate hi rawngbawltu tan a tangkai zual. Phek 593 zeta chhah chu SL&PB/Kristian Tlangau Office-ah lei tur tlem a la awm. A man ₹150/-

KRISTIAN TLANGAU
AGENT-TE HRIATTIRNA

Kristian Tlangau Centenary Souvenir leh Sermon 100 thlan chhuah bu chu Kristian Tlangau Agent leh Sub-Agent-te hnenah lawmthu sawi nan pek a ni a. A la dawng loten Kristian Tlangau Office, Synod Office, Aizawlah lam ni se. Mi dang chah chuan aiawhna lehkhah kentir ni se a lawmawm hle ang – *Editorial Board, Kristian Tlangau*

Synod Bookroom BOOK NEWS

1. **Bible thu har zir chianna** : He lehkhabu, Laibâta buatsaihah hian Bible-a thu harsa tam tak, sakawlh chungchang te, mihring number a awm leh awm loh thu te bakah thu khirhkhan tak tak, hriat awlsam tura sawifiah a ni a. Tunlaia Mizorama ringtu tam tak tibuai thintu zawhna pawimawh tak takte chhân a ni bawk. A man ₹ 70/-
2. **Hlimin zuang rawh u** : Thuhrlitute 11:9-ah chuan, “Thalaite u, in that lai chên ula, in la naupan viau lai hian hlim rawh u; amaherawhchu, Pathianin in chungah ro a rêl dawn tih hre reng ang che u,” tih kan hmu a. Hlim min phalsak rualin kan hlim danah roelna hmachhawn tur kan nih thu min hrihl. Hlim dan dika hlima roelnaa dinpui tham hlimna tluantling neih duh tan he lehkhabu C. Lalhmingthanga buatsaih, ₹ 70/- man hi chhiar ngei chi a ni.
3. **Mizo tleirawl huaisente** : He lehkhabu VLC Vanlahhriatrenga buatsaihah hian Mizo tleirawl leh naupang huaisen; tui leh mei, sahrâng leh khuarêl chhiatna laka zam ngai lo, Mizo nih tinuamtu, National Bravery Award leh Jeevan Raksha Padak lo dawng tawhte leh, chawimawina la dawng lo, chawimawi phu khawpa huaisente chanchin ngaihnaawm tak 25 lawrkhâwm a ni a. An thlalak hmuhnawm tak tak zeh tel a ni bawk. A man ₹ 250/-
4. **Samuel Morris** : Africa ram Kru hnam lal fapa Kaboo (Samuel Morris) chu a sal tânna ata tlan bovin sumdawng lawngin USA a lo thleng a. Pathian belruat leh tirhkoh ropui tak chuan USA mipuite leh Taylor University zirlaite tan ênna (Thlarau Thianghlim) a rawn thlen ta. A hun zawng zawng Lalpa tana hmanga mi dangte tana malsawmna thlentu chanchin, Upa C. Lalrintluanga lehlin chu lo chhiar ve rawh le. A man ₹ 80/-
5. **Solfa huan** : Mahnia solfa zir mai theihna lehkhabu tha T. Zorampelan a rawn peih leh ta. Thangtharte zingah solfa thiam tulna leh pawimawhzia hria kan pung deuh deuh a. Chunghote tana mamawh chhâna tling a ni e. A man ₹ 200/-

I Tlangau bu lak
a t̄angin a tawp ta a, a man han pe leh thuai ang che.

To,



**Kristian Tlangau chhiartu zawng zawngte
Krismas leh Kumthar chibai
kan buk a che u.**

*Editorial Board
&
Editor & Staff, SL&PB Office*

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