

JANUARY 2012



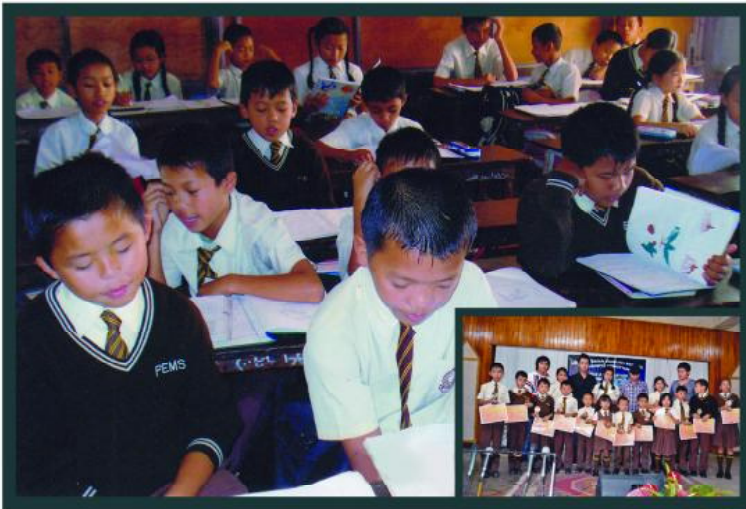
CHHUAH TAN KUM - OCTOBER 1911

Kristian Tlangau

KUMTHAR THUCHAH

RAMTHAR RAWNGBAWLNA HI

PRESBYTERIAN ENGLISH SCHOOL LAM VE THUNG



HUANG HRANG HRANG

Hriselna - Zunthlum hi le (Chhunzawmna)

Thu leh Hla - Biak Ina tawngkam hman dan (Chhunzawmna)

Kum 101

January 2012

Bu 1,192-na

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Kum khat lak man : ₹ 50.00

A man pe leh a bu la duh chuan Business Manager, Synod Office First Floor, Mission Veng, Aizawl hriattir tur.

Thu chhuahte hi Editor ngaih dan a ni vek kher lo.

A CHHUNGA THU AWMTE

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Synod Puipate

Moderator : Rev. Thangzauva
 Secretaries : Upa D.P. Biakkhuma (Sr.)
 Rev. H. Lalrinmawia (Jr.)
 Finance Officers : Rev. Zosangliana Colney
 Rev. Dr. Lalhmangaiha
 Statistician : Upa C. Ngurthanmawia

The Organ of the Presbyterian Church, Mizoram



Editorial

Kum thar

Pathian hruainain kum thar 2011 kan lo chuang kai leh ta a, min hruai thlengtu Pathian hnenah lawmthu i sawi ang u. he kum thar lo thleng hian kan nunah beiseina thar min siamsak sela. Kristian Tlangau chhiartu zawng zawngte Pathian hmingin Editorial Board-in kum thar chibai a buk a che u.

Kum hlui a liam a, kum thar a lo thleng angin, Editor tang lai Rev. Thangzauva chuan Editor hna kum li (2008-2011) lai a thawh hnuin a term a tawp avangin a chhuah a lo hun ta a; Synod Moderator atan thlan a lo ni baw k a. Chuvangin January 2012 atanga Editor hna thawk turin Synod Executive Committee (SEC 235:19 of 8-10 Nov. 2011) chuan Rev. K. Lalpiangthara, Tuikual Bialtu Pastor chu a thlang a, a lawmawm hle. A editor-na hnuaiah Kristian Tlangau chanchinbu pawh tluang taka a kal zel ka beisei a, duhsakna ka hlan e.

He kum tharah hian rinna kawngah te, rawngbawlna kawngah te, mi mal, chhungkua leh Kohhranhoten hma kan sawn zel theih nan tan lain theih tawp chhuah theuh ila. Thil chin tha lo - Pathian kan rinna leh a rawng kan bawlna kawnga min tichak lo thei apiangte kalsanin, hmasawmna tur kawngah chuan chak takin ke i pen zel ang u.

He kum thar hian Kristian Tlangau chhiartute zawng zawngte malsawmna tam takin vur theuh che u rawh se.

*Rev. Thangzauva
Editor Kalchhuak*

CHHIARTUTE HUANG

Thu thawh duh chuan thu mal 50 aia tam lovin lekhkhain 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 Editorial Board Kum Thar Chibai ka buk a che u. Kumin atan in rawngbawlnaah Lalpan hruaiin malsawm zel che u se, tiin duhsakna ka hlan bawk a che u. Kum 2004 atanga 2012 thlenga Agent hna min thawhtirtu Lalpa chu fakin awm rawh se. Kan phu loh lawmman Centenary Souvenir leh Sermon 100 thlan khawm bu min hlan hi ka lawm tak zet a ni – *Lalchhanzuala, Khawhai Kohhran Kristian Tlangau Agent.*

✍ Kum thar in hmalaknaah tha taka in tih theih nan duhsakna ka hlan a che u – *9863758306*

✍ Kristian Tlangau hi a lo thlen har deuh hian khua a har hman thin a, eng hna pawh lo thawk ila, ka dawn ve leh ka phelh a, a bu chhung thu tlangpui hre turin ka en nghal thin – *9862387850*

✍ Thu leh hla hi chhuah chhunzawm zel teh u. A tha em mai – *C. Lalsangluaia, Venghlui, Aizawl*

✍ Tawngkam hman dan dik hi kan hlawkpui lutuk. A aia tam rawn chhuah zel rawh u. “Heti hian an ti ngai e’ tihte hi rawn tichhuak leh thei ula kan tangkaipui viau lo’ng maw? Kan Biak In inkhawm hi hei ai hian a zahawm ang. Chanvo neitute azirin a zahawm lo thei si a – *917308172241*

✍ Kristian Tlangau buah hian ka hriat sual loh chuan 2007 atanga ka lak ve chinah nungcha humhalh thu ziak hi a la awm lovin ka hria a; a remchang lo nge, thu chhuah tur a awm lo zawk? – *Lamchhingunga, Tlangpui*

✍ Mizorama chanchinbu hlun ber, min tibengvara Pathian thua min chawm seiliana kawng dika min hruaia min tipumkhattu, Mizo ṭawng dik humhalha ziak dan hmang dik min zirtirtu 'Kristian Tlangau' kum 100 lo tling ta hian chhelna, nghehna, rinawmna leh taimakna min batin a lang a, lawmawm ka tiin a enkawltute duhsakna chibai ka buk e.

– *Upa R. Lalfakawma, Bairabi 'N'*

✍ Kristian Tlangau bu hian langsar tak leh thawm ring takin vawilehkhatah min siam kher lo mah se rinna kawngah min va sawh nghet em!

– *Muanpuui, Venglai, Kolasib.*

✍ November issue Editorial hi a dik khawp mai. Biak In neih ṭhatah kan inel ta lutuk niin a lang, lang thei materialism lamah kan ṭhan vak lai hian Kristian nun nghet lamah kan tla hniam tial tial niin a lang. Sum thawk chhuak tura phurrit khawpa member-te kan innawr/beisei a nih chuan thlarau nun lamah kan ro tial tial ang. Kohhran tinte hian kan hmalakna ṭheuhvah kan phak tawk leh mil tawk thlir thiam a ṭul hle.

– *Lalnunmawia Hnamte, Dulte*

✍ Biak Ina Mizo ṭawng hman dan hi a tam thei ang ber tihchhuah ni thei se ka va ti ve. Tuna mi pawh hi ka duh dan leh dik nia ka hriat dan a ni. Upa leh Pastor-ten vawng tlat se - 9862580400 (*J. Lara*)

✍ Kristian Tlangau pheh hnung lama "I Tlangaubu lak... aṭangin a tawp ta a, a man han pe leh thuai ang che tih hi a chaltlai hmelin chapo leh thunei taka thupekna ṭawngkam a ang thei lek lek mai. Kristian/rawngbawltu ṭawngkam atan chuan a mawi lo deuh lo maw? Ngenna lam ṭawngkam emaw hman ni se a mawiin a Kristian Tlangau leh zual ngei ang le

– *L. Nunkima, Bethlehem*



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

✠ Synod Finance Committee vawi 98-na

November 15 - 17 khan Synod Office-a J.M. Lloyd Hall-ah Synod Finance Committee vawi 98-na an th̄u. Secretary Report at̄anga a lan danin, Synod Financial Rules 2011 chu peih fel a ni a, Kohhran mal, Bial leh Presbytery zawng zawngte bakah Synod hnuaia Department zawng zawngte hnenah hman̄g theuh tura hriattirna pek a ni. Synod Finance Committee rawtna, SEC-in a pawm angin April 2011 atangin Living Allowance chu 15%-a tihpun a ni. Kum 2008 Synod General 42-na thu bawhzuia SEC-in a rel angin Synod Office leh a hnuaia Department leh Field zawng zawngte account 2010-2011 chu Account lam thiam bikte audit-tir vek an ni a. Audit Reports leh State-

ment of Account chu Synod aiawhin SEC 234:4 chuan a pawm. Finance Managing Committee-in a rel angin ICICI Bank, Aizawl Branch-ah Account hawn a ni.

Synod Budget ₹ 72,20,91,900/- at̄angin 2011 April - Oct. chhunga hmuh tawh chu ₹ 46,27,12,917/- a ni a. Opening Balance nen a vaia hmuh tawh chu ₹ 88,11,82,001/- a ni.

Kum 2010 April - Oct. chhunga hmuh zat aia 2011 April - Oct. chhunga hmuh zat tam zawkna chu ₹ 12,73,70,705/- a ni a. Thla tina hmuh tam zawkna chu ₹ 1,81,95,815/- a ni.

Synod Finance Committee vawi 98-na hian Department hrang hrangte thil lei dilna te, budget kum kal meka Additional Budget dilna te an thlir ho a, kum 2012-2013 Budget ruahmanna an thlir bawh.

✠ Counselling Training hawng

Family Guidance & Counselling Centre (FG&CC) -in Pastor-te puala Kohhran enkawl leh Counselling Training vawi 21-na, Synod Conference Centre, Mission Venga November 16 - 29, 2011 chhunga buatsaihah

Pastor 15 koh an ni a, an vaiin an tel kim thei. Training chhuakte hnenah Rev. Lalzuithanga, Executive Secretary in Certificate a hlan.

† **MSSU**

♦ MSSU Committee-in a rel angin heng a hnuai lehkhabute hi kum 2012 Pathianni Chawhnu Naupang leh Tleirawl Inkhawm a hman turin a buatsaih a, Synod Bookroom-ah lei theih a ni.

i) Pathianni Naupang Inkhawm Hruaina Bu, Upa K. Zoremsanga ziak.

ii) Pathianni Tleirawl Inkhawm Hruaina Bu, Pu Lalthanchhunga ziak.

iii) Solfa Zirna Bu : Senior - Junior Department thla thum chhung zir tura Solfa zirna bu

♦ **Vacation Bible School 2011 - 2012** : Kum dang ang bawkin VBS hi Naupang School chawlh hun remchangah hman tura ruahmanna siam a ni a, Zirlaibu hi MSSU Office-ah a thlawna lam theih a ni.

† **Kohhran Hmeichhia**

♦ November 18 - 20 khan Zaita Kohhranah Kristian Chhungkaw Campaign & Leadership Training neih a ni a, training neihpui

hian Central Kohhran Hmeichhe Committee Members - Pi Lalchawimawii, Pi Vanlaltluangi leh Pi Lalrindiki te an kal.

♦ November 25

Kohhran Hmeichhe Niah Women Centre sak tan kum a nih avangin Pi Lalrinkimi, Kohhran Hmeichhe Co-ordinator ziak 'Kohhran Hmeichhiate hmalakna Women Centre' tih thupui zir ho a ni.

Kohhran Hmeichhe Ni hmanpuiin Seling Kohhran-ah Pi Lalrinkimi, Kohhran Hmeichhe Co-ordinator leh Pi C. Lalneihthangi, Central Kohhran Committee Member-te an kal.

♦ November 26 & 27 khan Sevênphul Kohhranah Kristian Chhungkaw Campaign neih a ni a, training neihpui hian Central Kohhran Hmeichhe Committee Members - Pi Hmingkhumi, Pi K. Lalthangmawii leh Pi Vanlalpari te an kal.

♦ December 2 - 4 khan Noagang-ah Leadership Training & Kristian Chhungkaw Campaign neih a ni a, training neihpui hian Central Kohhran Hmeichhe hruaitu - Pi Lalrinkimi, Coor-

inator; Pi Rosangpuii, Committee Member leh Pi Lalrinzuali, Committee Member te an kal.

♦ December 17 khan Central Kohhran Hmeichhe Committee ten Hmangaihna In, Durtlang an tlawh a, naupangte leh thawktute hnenah Christmas thilpek an hlan.

✠ **Social Front**

♦ November 19 & 20 khan Teikhang Kohhranah Intodelh Seminar & Campaign neih a ni a, hemi neihpui hian Pu J. Malsawma, Office Assistant, Social Front; Dr. Saithan-tluanga, Campaigner leh Pu B. Lalrindika, Campaigner te an kal.

♦ Saron Veng Kohhranah November 20 chawhma inkhawmah Mobile Phone chungchang inzirtirna neih a ni a, Dr. Robert S. Halliday, Social Front Coordinator-in Puitling lamah hun a hmanpui a, Tleirawl Inkhawmah Pu C. Lalmachhuana, Social Front Campaigner-in hun a hmanpui bawh.

✠ **ATC-in College Day hmgang**

November 18 khan Aizawl Theological chuan Col-

lege Day an hmgang a, thupuih 'Mizoram politics leh vantlang nuna Kristiannain hnuhma a neih (*Impact of the Christian Faith on the Socio-Political Context of Mizoram*) tih an hmgang a, Rev. Dr. H. Vanlalaiva, Dean, Dept. of Research/SATHRI, Senate of Sermapore College chu Speaker a ni.

Aizawl Theological College hi kum 1907 khan Aizawl Theological Sikul tiin din tan a ni a, kum 1965-ah Kohhran ngenna angin Serampore Senate chuan L.Th. sikul atana pawmin Serampore Senate zawmtu a lo ni ve ta a, a hming pawh Aizawl Theological College tih a lo ni ta a ni. Serampore Senate phalnain kum 1971-ah B.Th. zirna hawn belh leh a ni a, kum 1998-ah B.D. zirna hawn belh lehin kum 2000 atangin Dip.C.S, BCS leh D.Min zirna hawn belh leh a ni a, kum 2002-ah M.Th. zirna hawn belh a ni leh bawh. Tunah hian zirlai mi 135 an nei mek a ni.

✠ **Missionary-te Intuai tharna**

Synod Mission Board chuan November 24 - 27, 2011 chhung khan Mission

Vengthlang Kohhranah Central Indiaa thawk Missionary -te pualin Intuai tharna (Retreat) a buatsaih a, thupuiah 'Ka thlarau zawkin le' (Zakaria 4:6) tih an hman. Rev. Lalchhuanmawia, Synod Mission Board Secretary chu Speaker a ni a, Rev. Lalbiakvulmawia i/c Mission Vengthang Pastorate hovin Mosia chanchin zirna (*Character Study*) neih thin a ni bawk.

He retreat hi Delhi, Lucknow, Patna, Jharkhand, Siliguri, Nepal, Kolkata, IMA, Seva Bharat, CMS, Tent Making Ministry a thawk Central Field huam chhunga mite puala tih a ni.

✠ **Music**

♦ November 23 & 24 khan Sihfa Kohhranah Music Training neih a ni a, training hi Pu H. Lalrinmawia, Music Instructor leh R. Lalchhuanawma, Leitan Ramthar ten an neihpui a ni.

♦ December 14 & 15 khan Hortoki Bial huapin Hortoki Kohhranah Music Camp neih a ni a, hemi neihpui hian Pu Lalromawia leh Pu Benjamin Sailo, Synod Music Instructors te an kal.

✠ **Zin**

♦ November 24 - 26

khan Tripura (Vanghmun) Gospel Centenary lawmna neih a ni a, Rev. Vanlalzuata, Senior Executive Secretary in a hmanpui a, November 25 zan inkhawmah 'Isua Krista khawvel entu' tih thupui hmangin Pathian thuchah a sawi.

♦ November 21 - 24 khan Theological Education Committee & PCI Working Committee Meeting, Shillong-a neihah Rev. Zosangliana Colney, Executive Secretary a tel.

✠ **SEC Vawi 236 & 237-na an thu**

Synod Executive Committee Vawi 236 & 237 (Budget Session) chu Synod Office-a J.M. Lloyd Hall-ah November 30 leh December 1 khan neih a ni.

SEC Vawi 236-na hian thu pawimawh hlawm lian pui pui 19 a thlir a. Heng zingah hian Field Worker-te hlawh en that te, Synod-in ram danga kohhrante nena thawhhona thuthlung a neih mek dinhmun en thatna te, Presbyterian School hawn thar tur dilna te, Serchhipa Synod Bookroom sakna tur sum ruahman thlirho leh Officers' Meeting thu thlente bakah Women Centre sakna

atana budget siam chungchang te chu a langsar zual an ni.

✠ **Grace Home**

December 1 atang khan Grace Home, Presbyterian Hospital, Durtlang chu National AIDS Central Organisation (NACO) chuan East India-a a hmasa ber atan 10 bedded Community Care Centre (CCC) atangin 20 bedded Community Care Centre (CCC)-ah a hlang kai. Hemi denchhen hian Dec. 1 (World AIDS Day) tlai dar 3:00-ah Grace Home Meeting Hall-ah Pathian hnena hlanna leh lawmthu sawina hun buatsaih a ni.

✠ **Synod vawi 88-na a tiak ta**

Mizoram Presbyterian Church Synod Inkhawmpui vawi 88-na, Dec. ni 6–11, 2011 chhunga Khatla Kohhran Biak Ina neih chu tluang taka hman zawh a ni a, Dec. 11 (Pathianni) zan khan a tiak ta.

Ni 7–10 chhung khan palai rorel inkhawm neih a ni a, a hun pangngaiyah rorel zawh hman a nih loh avangin Inrinni zan inkhawm banah rorel chhunzawm leh a ni.

Pathianni chawhma dar 10:00 inkhawmah Pastor

atan Pro. Pastor 16 nemngheh an ni a, Pro Pastor atan mi 17 dah ngheh an ni a, kum thara pension-a chhuak tur rawngbawltu pali– Rev. V. Lawmkima, Principal, Presbyterian Bible School; Rev. B. Vanlalduha, Luangmual Bial Pastor; Rev. C. Sangliana, Venghlui Bial Pastor leh Rev. Dr. Lalchungnunga, Principal, Serampore College te thlahna hun hman a ni bawk.

Chawhnu Inkhawmah Rev. Thangzauva, Synod Moderator-in Lalpa Zanriah Sakramen a theh a, kum 2011 chhunga Minister chatuan ram pan ta, Rev. Thangdela leh Rev. S. Lalhluma te sunna hun hman a ni

Pathianni zan inkhawmah Rev. C. Lalsangliana, Moderator kalchhuakin thuchah hnunngung (valedictory sermon) a sawi a. Rev. C. Lalsangliana chuan, “Pathianin Missionary-te hmanga a din, harhna thlipuiin a nuai tawn vel reng ni mah ila, سوالين کان می له ساته مین راک بوساک رینگ ا. Mahni awmna hmun leh kan ni tin hna theuhvah venpui hna kan thawh loh chuan, Ezekiel 22:30 thu angin

‘Ram chu ka tihchhiat loh nan, ram chhana ka hmaa tang tur leh dai theu tur mi ka zawng a, ka hmu si lo va. An sualna angin anmahni ka hrem ta hlawm a’ tih thu te kha kan chungah a thlen loh nan theihtawp i chhuah ang u,” a ti a. “Hetih rual hian Puitlin lam pana kan kal zel a pawimawh a ni,” a ti bawk.

Synod Inkhawmpui wawi 88-naah hian palai in-report 1,882 an awm a. Nakkum (2012) Synod Inkhawmpui chu Chanmari Bial-in Chanmari Kohhran Biak Inah an thleng ang a, Moderator turin Rev. Lalramliana Pachuau, tuna Presbyterian Church of India (PCI)-a Administrative Secretary hna thawk mek chu thlan lawk a ni a. Thlarau lam thupui atan ‘A ram leh a felna zawn hmasak’ (Matthaia 6:33) hman a ni ang.

✠ Bible Sunday

December 4 kha Bible Sunday a ni a, Bible Society of India (BSI) zawmtu Kohhran hrang hrangten hemi pual hian programme an hmang. Presbyterian Kohhran chuan inkhawm tum khat atan programme a duang a, thupui atan ‘Mittui

tla chungah tuhte chuan hlim takin an at ang’ (Sam 126:5, 6) tih hman a ni.

✠ Missionary Refresher’s Course

December 2 khan Missionary Training College (MTC) Chapel, Mission Vengthlangah Missionary Refresher’s Course Trainee-te thlahna (farewell) neih a ni a, tlaiah chawhlui an kilhlonghal.

✠ KTP General Conference Hlabu tlangzarh

December 5 khan KTP General Conference wawi 54-na, Thenzawla March 1–4, 2012 chhunga neih tur Hlabu tlangzarhna leh Pathian hnena hlanna inkhawm chu Synod Bookroom tual zawlah neih a ni a, Rev. Zosangliana Colney, Executive Secretary i/c KTP-in hlanna hun a hmang.

Conference Hlabu-ah hian hla 93 vawm khawm atangin 29 thlan chhuah a ni a, kum 2010 Hlabu atangin 11 chhawm luh leh a nih bakah Mizo Lengkhawm hla 10 dah belhin a vaiin hla 50 a awm a ni. Hlabu kawm design siam tura sawmna chhangin mi 17-in an theh lut a, chung zingah chuan Tv.

Lalhriatzuala, Khatla South design chu thlan a ni. Kum danga tih ngai loh dan takin a chhung hi rawng chi hniha ziak a ni.

Hlabu hi copy 40000 siam a ni a, copy 35000 hi a kâwm pangngai a ni a, Rs.20/- man a ni. Copy 5000 hi spiral binding an ni a, Rs.30/- man a ni. Hlabu hi Synod Bookroom-ah zawrh a ni. Hlabu tlangzarh inkhawm neih zawh aţang hian Synod Bookroom aţangin hralh chhuah nghal a ni.

✠ **Kristian  halai Pawl**

Kum 2011 K P Rorel Gen. No. 3 'Rampum huapin Career Awareness - Kristianna nena inmil neih ni se' tih bawhzuina pakhat atan December 15 khan 'Career leh Kristianna' tih thupui hmangin J.M. Lloyd Hall, Synod Office-ah Panel Discussion buatsaih a ni a, video recording siamin a remchan anga la thehdarh tur a ni.

✠ **Hindi Bible School Graduation**

Dec. 5 khan Presbyterian Hindi Bible School Graduation Programme chu Batch 48-na pualin hman a ni a, zirlai thlah takte hi mi 30, mipa 20 leh hmeichhia 10 an ni a,  ha takin an passed vek.

Presbyterian Hindi Bible School hi Mizoram chhunga hnam dang ringtharte tihchakna atan August 24, 1990 khan hawn a ni a, batch hmasa berah mi 20-in an zir nghal a ni. A hawn kum aţanga tun thleng hian zir chhuak mi 1126 an awm tawh a, State hrang hrang aţanga rawn zir hi tun hnai aţang khan an awm ta reng a, kum khatah Batch hnih zir chhuah t hin a ni.

✠ **MKHC General Meeting**

December 13 khan Synod Committee Room No. 1-ah Mizoram Kohhran Hruaitute Committee (MKHC) chuan General Meeting wawi 23-na an nei.

He Meeting hian MKHC hma lo lak tawhnate a bua siam a rel a. Independent Church of India (ICI) leh Evangelical Free Church of India (EFCI)-ten MKHC member nih an dilna chu remtih a ni bawkw.

Kum 2012 term atan hruaitu thar hetiang hian an inthlang:

Chairman : Rev. Thangzauva, Synod Moderator

Vice Chairmen :

Rev. F. Sangvela (BCM)

Col. Lalngaihawmi (SA)

Secretary : Rev. R. Lalrinsanga
(UPC-NEI)

Jt. Secretaries :

Upa Lalnilawma Colney (SDA)

Pu B. Thangtinliana (Catholic)

Treasurers :

Rev. B. Zazawna Lai (LIKBK)

Rev. P. Riabi (ECM)

Heng bakah hian
Kohhran hrang hrang
atangin Executive Members
an ruat bawk.

✠ **PBS Graduation**

December 15 khan Pres-
byterian Bible School (PBS)
chuan Pi Zaii Hall, Synod
Conference Centre-ah Ses-
sion 23-na Graduation Ser-
vice an hmanng.

Synod Moderator Rev.
Thangzauvan thuchah
sawiin zirlai pass chhuakte
hnenah certificates a hlan a,
Synod Secretary (Sr.) Upa
D.P. Biakkhuman exam-a ti
thate leh class kal kimte
hnenah lawmman a hlan a,
Principal kalchhuak tur Rev.
V. Lawmkima thlahna
thilpek hlan a ni bawk.

Presbyterian Bible
School hi kum 2004 May thla
atangin tan a ni a, a din tan
tirh atangin zirlai 706-in an
zir chhuak tawh a. Session
23-naah hian zirlai 65 an
awm a, chung zinga 47 chuan
zir tluanin an pass a; 1st Divi-

sion-ah 7, 2nd Division-ah 21,
3rd Division-ah 5, Simple Pass
14 an awm a, Exam lo 13 leh
Failed 5 an awm bawk. A
tiṭha zual pathumte chu-
Pakhatna: Lalremfela S/o
Lalneihliana, Mualpheng
Kohhran

Pahnihna: R. Lalnunzira S/o
Rev. C.M. Zalenthanga,
Chanmari Kohhran leh K.C.
Lahlimpuia S/o K.C.
Lalzauva, Chhingchhip
Mualpui Kohhran

Pathumna: Ramnghinglova
Ralte S/o Lalchunlura Ralte,
Kawrthah Kohhran

✠ **Bial/Presbytery thar hawn leh Pastor Induc- tion**

December 12-a Synod
Officers' Meeting thar
thukhawm hmasa ber chuan
Bial thar 10 hawn hun atan
January 14 (Inrinni), 2012 a
ruat a, Pro. Pastors & Pastors
Induction Service neih hun
atan Jan. 15 (Pathianni) an
ruat bawk.

✠ **Moderator Programme** Synod Moderator Rev.

Thangzauva chuan **Decem-
ber 17 (Inrinni)**-ah Electric
Vengthlangah Jehova Jire
Team Silver Jubilee a
hmanpui a; **December 28 &
29**-ah Sailam Kohhran Cen-
tenary a hmanpui.



Nigeria-ah Kristiante beih an nih vangin State of Emergency puan a ni

Nigeria President Goodluck Jonathan-a chuan Muslim firfiak Boko Haram-hovin Kristiante an beih zel avangin January 1, 2012 khan State of Emergency a puang. Ram himna atana pawimawha ngaiin kumthar ni khan an ram atanga ram dang kal pawhna zawng zawng pawh khar vek a ni.

Nigeria ram khawpui Abuja bul lawk, Madalia-ah Krismas ni tak khan Catholic Biak In panga bomb a ni a, mi 40 lai an thi a, he thil thleng hi Boko Haram-ho chuan anmahni tihah an chhal a. Boko Haram-ho hian an ramah Islam sakhaw dan Shariah Law hman an phut thu an puang zui bawk. A tuk December 26 khan Kristian za tel chu heng an Kristian puite sun hian sipai venna hnuaiah St. Theresa Biak Inah an pung khawm a, Biak In

bangah te chuan thisen a la kai nasa hle niin mita hmutuin a sawi.

Muslim firfiak Boko Haram te hi khawthlang ram zirna duh lova do tlat an ni a, an pawl hming pawh hi, “Khawthlang zirna chu sual a ni” tihna a ni an ti! Krismas niah hian sawrkar hnuaia zirna in te, United Nations office te leh Biak In te chu an beih tum ber a ni.

Muslim firfiakte tharum thawhna bakah hian chi leh chi inkara intualvuakna a thleng zui leh a, kum tawp ni December 31 khan Ezza hnam leh Ezilo hnam inbeihnaah mi 50 zet an thi a, hetiang buaina hrang hrang thleng zel avang hian an ram dan provision 305-na tlawh chhanin President hian State of Emergency a puang ta a ni. Mi tam tak chuan Kristiante ven himna lamah an sawrkar chu tñanfum hlein an hria a; an sawisel nasa hman hle.

Mihring maktaduai 150 vel chenna Nigeria-ah hian hmar lamah Muslim an tam zawk a, chhim lam chu Kristian tamna a ni thung a, Kristiante beihna hi a khat tawkin a thleng fo a ni.

– Worthy News

Ṭawngṭainain Iranian Pastor thi tura tih tawh a pui nasa

Mihring dikna chawisangtu pawlṭe chuan kum 2009-a Iran sawrkarin a man leh thi tura a chungthu a rel felsak tawh Pastor Nadarkhani-a chu khawvel hmun hrang hranga Kristiante ṭawngṭaisakna avangin lung ina la tang hrih tura tih a nih thu an sawi. He Pastor hi zirtirna him lo theh darh leh Muslim-te Kristiana inlehtir tumah puha man a ni a; Kristian aṭanga Muslima a let leh loh chuan tihlum tura a chungthu rel a ni.

Kristiante tihduhdahna chungchang ngaihventu pawl hrang hrangten Pastor Nadarkhani-a chanchin hi chanchinbu leh internet-ahte an puanzar nasat avangin ṭawngṭaipuina a dawng nasa hle a; lung in aṭanga chhuah tura Iran thuneitute hnenan gensaktute pawh an ṭahnem hle. US Secretary of State Hillary Clinton-i leh US Congress member 89 te, France, Great Britain leh Mexico sawrkar te pawh he Pastor chhuah tura Iran sawrkar phuttute zingah an tel a, Nadarkhani-a chhuah

tura Iran sawrkar ngenna lehkha, America mipui nuai hnih hmung ziak hnan pawh Iran sawrkar hnenah theh luh a ni bawk.

Kristian tihduhdah tuarte puitu pawl 'Voice of the Martyrs' chuan he Pastor puala chaw ngheia ṭawngṭai ni bik an siam a, hetiang pawl dang, 'Prison Alert' leh mihring dikna chawisang pawl dangte pawhin computer hmanga thu inthawwna lamah ṭawngṭaipui tura sawmna leh ram hrang hranga Iran sawrkar Office (Embassy)-ahte chhuah tura ngen sak tura sawmna an thawn chhuak nasa hle.

Pastor Nadarkhani-a ang deuh bawka 'ram himna tiderthawngtu' tia puha man Pastor dang pawh Iran lung inah hian an la tang hlawm.

Iran ramah hian Kristiante nek chepna a la hluar hle a, Krismas lai pawh khan Kohhran pakhatan chuan an Krismas lawm tura Kohhran member an pun khawm tawh hnuin police-ten an ṭawng thut a, chuta awm zawng zawng, Sunday School zirlaite nen lam pawn chhuak thei lovin an khuahkhir nghal a ni.

– Worthy News

Europe rama Kristianna dinhmun a saisa

Europe rama Kristianna chungchang ngaihventute chuan hmun tam takah Kristianna a rawih tial tial lain hmun thenkhatah erawh chuan harh tharna a thleng mek tih an sawi. European Evangelical Alliance General Secretary Niek Tramper chuan Europe Kristianna dinhmun dik tak hi tunah chuan sawi thiam har tak a ni a, ‘ni leh ni lo’ (*paradox*) hi Kristianna dinhmun sawi dan tha ber niin a hria.

Philip Jenkins-an Europe Kristianna chu thi mek, phum bo mai tur nia a ngaih dan a tawmpui lain Dusseldorf, German-a Kohhran pakhat, kum 20 kal taa Ghana mi Pastor-in a dinah chuan member 1,000 chuang an awm a, Pathianna vawi ruk inkhawmin an phur hle. Ram dang atanga Europe rama rawngbawl tura lut Pastor-te enkawl Kohhran te, Europe-a pem lutten an din Kohhran te chu a thang chak zual an ni.

European Union ramten nikum khan sum leh pai lamah harsatna namenlo tak an tawk a. European Evan-

gelical Alliance General Secretary Niek Tramper-a chuan Europe ram chanchin (European history)-a a lan danin harsatna namenlo a thlen chang apiangin harhna a thleng zui ve zel a, harhna thlen a hnai hle niin a ngai.

– Worthy News

Ram Thianghlima zinten sakhaw dang hriat-thiamna an paw chhuak

Sakhaw rin dan inang loten sakhaw thila zin chungchang an sawihonaah Franciscan puithiam lar tak pakhat, Father Pierbattista Pizzabala chuan, “Ram Thianghlim (Israel) rawn tlawhtute hi politic leh ram leilung awm dan hriat tuma rawn zin an ni lo tlangpui a; an zin chhan ber chu sakhaw thil a ni deuh mah se Kristian an nih vanga he hmun tlawhtute hian sakhaw dang hriatthiamna an paw chhuak deuh zel a ni,” a ti.

Juda sakhaw Rabbi, Shmuel Rabinowicz-a, Tahna Bang vela rabbi hna thawk pawhin sakhaw tin betute an tawngtai phal a nih thu leh mahni sakhaw hmun chauh ni lovin mi dang sakhaw hmun pawh zahsak a tul thu a sawi.

– Ecumenical News International



**C. Lalhmuaka, Kulikawn
W' zawhnate**

Z. 1. Kohhran chhunga zu in leh ruih chingte hi Kohhran rawngbawltu an ni emaw, ni lo emaw tun hma zawng khan kan thunun thin a. Engati nge tunah hian Kohhranin a thunun tak loh? Kohhranin dan a neih kha kan titawp ta zawk em ni? Nge, YMA kutah kan dah ta zawk?

Ch. Kohhran chhunga zu in leh ruih chingte thunun emaw, thunun loh emaw chu Tualchhung Kohhran kuta awm a ni a; Kohhran thenkhat chuan an la thunun. Kohhran thikthu chhiat vanglai chuan khawvel mite inlêmnâ hla lo sate pawh thunun an ni a. Ram leh Kohhran hun tawng danglam zelah hian fir taka thununna dan lek a that zawk lohna a awm a ni thei a, Kohhran dangte pawh zu in thunun kawngah hian hmanlai chu an ang tawh bik lo. Kohhran dan chu a la ngai reng e.

2. Tualthat te, pawngsualtu te, rukruk avanga convict hial tawh te hi Kohhran hian thununna kan la nei ngai em? Kan nei lo a nih chuan nulat tlangvalnaa chesualte pawh kan en liam mai mai a va tul âwm em!

Ch. Kohhran thenkhatah chuan la nei ngai e.

**Lalrongura, Kolasib
zawhnate**

Z. 1. Mizovin hlamzui/ hlamzuih kan hman dan hi nausen thla thum tling lote hi an ni a. Kan rama tlawmngai pawl YMA-in a ruahman hi kan zawm ve mai niin a lang a. Keini Presbyterian Kohhran hian nausen an lo piang a, baptismaah kan hlan a, Kohhran member an ni ve nghal mai si a. He laiah hian Kohhran dan chhunga kan seng luh hma hi chuan nausen lo piang baptisma chang tawhte nena an danglamna eng nge awm? Kohhran hian hlamzui/ hlamzuih hi nei ve lo ta ila a tha mai lo maw?

Ch. Nausen baptisma chang tawhte chu thla thum an tling tawh emaw, la tling lo emaw pawh ni se dan an la zawhkim loh chuan kan

Kohhran kalhmangah chuti takin danglamna an nei hran lo. Hlamzuiha chhiar chungchangah chuan Kohhran hian kan ram khawtlang dan kan la zui zel rih phawt chu a ni a. Hlamzuih neih emaw, neih loh emaw chungchang chu Kohhranho rorelnain tha a tih anga rela, kal zel mai tur a ni ang.

2. Kan Kohhrana mitthi an awm hian a vui hun tur dar bituk a awm thin a. A vuitu turte hi vui hun hma darkar chanveah te an lo thleng a. Khawhar lenpuituten an thutna tur ken a ngai thin a. Chuvangin, a vuitu turte hi vui hun hmaa darkar hnih tal thu hman tura kal turin Kohhran hian inkaihhruaina dan siam se a tha lo'm ni?

Ch. Chutiang thilah chuan dan siam kher a ngai hran lo vang. Pastor/Upa - mitthi vuitu tur chu kal hma deuh thei se a tha mai ang. Kohhran thenkhat chuan mitthi vuitu tur Pastor/Upa chu rawngbawltu tur a nih hriain a thutna tur an lo ruahmansak sa diam a, Paastor/Upa chu a lo luhin a thutna tura an ruat chu an

kawhhmuh mai thin (mitthi vuina ni lem lovah pawh Chairman/thusawitu tur thutna tur chu ruahman a ni tho thin a). Hetianga tih nachang hi hre theuh ila a fel mai ang.

***Upa Lalrotluanga,
Zawngin zawhna***

Z. *An nu uire vangin nupa an inthen a, RC leh RL la lovin kum thum dawn a lo vei a, an pa zawk chuan hmeichhe dang nupui atan a ru a, chumi nen chuan an inneih theih nan RC leh RL a dil ta chauh va. Pek nghal mai theih tur chi nge, kum thum emaw a nghah leh phawt ngai tur? 'Nupa inthen, RC leh RL lak hmaa chesual hmasa zawk chu uire a ni' (Nupa Chungchang Dan, bung 4, K (2)) a tih hian he pa dinhmun hi a kawkem? RC leh RL pek nghal lo ni ta se a petuten thil dik lo an ti em?*

Ch. RC leh RL pek nghal theih a ni e.

***Upa Lalpianthanga,
Mualpheng zawhnate***

Z. 1. *Kan Pathian Biak Inkhawm hruaina bu phek 327-a Biak In leh Kohhran thil serh humhalh chungchangah hian Inkhawm chhunga*

boruak bengchheng leh min tibwaitu awm thei laka humhalhna te, Biak In leh Sunday School Hall, Kohhran Choka leh Hall dangah te mipat hmeichhiatna hmang lo awm ta se, eng anga action lak tur nge? Mi thenkhatin an sawi danin Biak In chu thiaha, a tibawlhtuten sak that leh tur tia sawi an awm thin a, hei hi a dik em? Hetiang thil hi Kohhran hian kan tawng tawh reng em?

Ch. Biak In emaw, Kohhran Hall etc, emaw, miin inggaihna soal tih nan an hmana, an tihbawrhban chuan, an tihbawrhban manah Kohhranin awm a tih zat, a lungawina zat a chawitir thei. Biak In/Hall thiaha, a tibawlhhlawhtu sak thattir tur anga sawina chu kan hre chiah lo. I sawi ang hi chu kan la tawng chiah lo a ni mai thei e.

2. Pathian Biak Inkhawm hruaina bua Kristian Nun Kaihruaina, phek 253 Kristian nun - Kohhran invawn lam tiha para 3-naa thunun tur a tiha thunun chhan a sawi 'Kohhrana tih ching mekte ven nan' (a bu hluiah chuan Kohhrana ching mekte ven

nan) tih hi 'tih ching mekte' tih aiah 'ti ve turte ven nan/ Kohhrana ching ve turte ven nan' tih mai hi a tha zawk ang em? (Tih ching mekte chu thunun tur, him tawh lote an ni si a).

Ch. Tha zawk ang.

3. Kan Kohhran mi, kum tling lovin khaw dang hmeichhia a ru a, Kohhran dana la innei thei lo an ni a. Inpawm zuiin khawvel dana inneiin an awm a, chu hmeichhia chu a awmna Kohhranin Silver Jubilee an lawm a, rei lo teah thunun a nihna hlihsak a ni a, mipa awmna Kohhranin engti anga lo dawnsawn tur nge, a hmeichhia chu Kohhrana full member-a lo pawm mai theih a ni em?

Ch. Kohhran dana innei thei an nih a, an inneih that hma loh chuan thunun an nihna hlihsak theih a ni lo. Chuvangin chuti ang mi chu full member-a pawm theih pawh a ni lo.

**Upa P.C. Lalluia,
Khawbung Vengpui
zawhnate**

Z. 1. Westminster Assembly palai zingah hian Scot-ho aiawh observer, thu sawi ve thei, vote nei lo tur hi

*Alexander Henderson-a hovin mi **pariat** an tel tiin Westminster Thurin leh Welsh Thurin, Calvin Study Centre, ATC buatsaih, p. xix-ah sawi a ni a. Dictionary of Theological Terms, ATC buatsaih tho, p. 334-ah chuan Scottish observer te hi mi **paruk** tih a ni lawi si a. Eng hi nge dik zawk?*

Ch. I sawi ang hian hriat dan chi hnih a awm a, a dik zawk hriat a harsa tawh hle. Minister pali leh Kohhran Upa pahnih, an vaia paruka an sawi - an hmingte chu - Rev. Alexander Henderson, Rev. George Gillespie, Rev. Samuel Rutherford, Rev. Robert Baillie, Upa Lord John Maitland, Upa Sir Archibald Johnson te an ni. Mi pariat nia sawite chu - Mr. Alexander Henderson, Mr. Robert Douglas, Mr. Samuel Rutherford, Mr. Robert Baillie, Mr. George Gillespie, Mr. John Carl of Cassilis, Mr. John Lord Maitland leh Sir Archibald Johnson of Warriston te an ni thung.

2. MSSU Inkaihhraina (2011) Bung 2:3&4-ah chuan Kohhran Sunday School Committee member leh member ni sa (ex-officio) te tar lan

a ni a. Heng zinga mi hi chanvo chelhtu mihringawm siin, Kohhran Committee-in Sunday School Committee-ah telh lo ta si se engtia ngaih tur nge ni ang?

Ch. Sunday School Inkaihhrainain telh tura a tih thu Kohhran Committee-in a hriat chian loh vanga telh lo palh a nih chuan hriattir tur a ni ang. A lehlam zawnga sawi chuan, member nisate chu a hran a hraia Kohhran Committee-in telh leh hran a ngai tawh chuang lo - Inkaihhraina danin nisaah a dah avangin.

Thanchhingpa Ralte
thanchhingpa.5@gmail.com
zawhna

Z. *Kohhran Thurin leh Thunun Dante tih bu phek 13-na, II. Kristian Nun - Sakhaw lam 2-naah hian Pathianni serh chungchang-ah 'Thu pawimawh dang sawi te tih loh tur a ni' tih a awm a. Hei hian eng chin nge a huam? Thu pawimawh dang a tih lai tak hi eng nge ni? Thu pawimawh dang tih leh committee hi awmze thuhmun a ni em? Ni ta ang sela, Kohhran Committee te pawhin Pathianni hi committee nan an hmang fo si a, thunun theih an ni tihna em*

ni ta ang? Kohhran hian YMA, MHIP, etc. te Pathiannia an committee hi an ngaimawh viau laiin heng pawlte pawh hian thil tangkai lo an ngaihtuah bik lo va, khawtlang tana tha tur thil tul tak tak, thu pawimawh an ngaihtuah thin a ni si a. Thu pawimawh dang tih hian a sawi tum tak min hrilh thei em?

Ch. ‘Thu pawimawh dang’ tih hian ringtu thlarau lam

nun atana tangkai lo leh tisawt lo thei apiang a kaw thei ang. Pathianni chuan Kohhran Committee pawh hi thu lo thei se a tha zawk. ‘Kohhranho Thunun dan’ tih thin kha ‘Kristian nun Kaihhruaina’ tiin thlak a ni tawh nghe nghe a. Thuhmahruaia kan hmuh angin heng inkaihhruaina thenkhatte hi chu Kohhranin an chungchang ngaihtuah nan a hmang kher lo a ni tih hriat tel pawh a tha awm e.

NILAI LEH BEIHRUAL THUPUI 2012 TIHDIK NGAI

Nilai leh Beihruual Thupui 2012 April 25-a zir tura paragraph tawp ber tlar khatna (phek 52-na)-ah hian thu chhut hmaih palh a awm a, “Kristian inneihna chu tel vena ngei a ni a” tih kha **“Kristian inneihna chu Pathian ta, Ama telna ngei a ni a”** tih tur a ni. Khawngaih takin Nilai leh Beihruual Thupui Bu neiten lo siam tha mai turin kan ngen a che u.

Editor & Staff
Synod Literature & Publication Board



KUMTHAR THUCHAH

Bible chhiar tur : Sam 23:1-6; 73:28

– *Rev. Lalzuithanga*
Executive Secretary

Pathian hruaina leh awmpui zelna avangin kum 2011 hmang zovin, kum 2012 kumthar kan lo chuang kai leh ta a, a va lawmawm em! Pathian hnenah lawmthu awm rawh se.

Kum 2011, kum hlui kan hman liam takah khan mi mal, chungkua leh Kohhran angte pawhin harsatna te, natna te, lungngaihna te leh thihna hial te pawh kan tâwk ang; kan nuna lo thleng nawn leh tura kan duh tawh loh thilte pawh a awm thei e. Kan tum leh beisei anga thil a awm loh avanga kan beidawna te leh sual hnathawh avanga kan rûmna leh hrehawmnate tam tak a awm thei bawk. Tin, hma lam hun han thlira, “Ka tan ni leh thla rêng a êng tawh lo,” ti hial khawpa hma lama êng hmu thei tawh lo khawpa harsatna leh mangannain a delh beh nia inhriate pawh kan awm thei bawk ang. Chung zawng zawngte chu hunin a her liampui ta a, tunah chuan Sam ziaktuin, “Tahna hi riak turin tlai lamah a lo lût thei a, zingah erawh chuan hlimna a lo thleng thin,” (Sam 30:5b) a tih ang khan he kumthar hi Pathian thatna leh khawngaihna avangin beiseina thar nen i thlir ang u.

Chutih lain, mi tam takte chuan kum liam taah khan malsawmnate dawngin, kan kut hnathawh kawngah te, kan ni tin hna peng hrangah te kan hmuilingin, hlawhtlinna leh hmasawna tam tak kan dawng ngei ang. Tin, natna ata damna te, thihna laka humhimate dawngin, sual avanga lungngaihna leh rûmna te pumpelhin, hlimna leh lawmna te kan chang ngei ang; chungte avang chuan Pathian hnena lawmthusawi pawh kan theihngilh ngai lovin ka ring. Mahse, chung thilte chu khawchhak lam atanga ni a lo chhuaka thlang lama a tla leh thin ang maia he kumtharah hian lo

thleng leh zel tura pawng beisei leh rin ngawt chu a dik hauh lo vang le. Engkim hi Pathian khawngaihna leh thatna avanga awm leh lo thleng thin a ni si a, chuvangin, he kumthar kan hman turah pawh hian kan beisei leh inngahna tur awm chhun chu Amah, kan Pathian hi a ni zel tur a ni. Amah avangin engkim hi a lo awmin, a lo thleng thin a ni si a.

Tirhkoh Paula'n "...nite hi a that loh avangin remchannate lei zel rawh u" (Eph. 5:16) a tih ang deuhin tunlai khawvelah hian chhiatna râpthlâk te, natna tha lo tak takte leh سوالنا chi hrang hrang min chîmtu apui an tam ta hle mai. Kan hun hman liam tawh kum rei lo tē han thlir kir mai pawhin leilunga chhiatna lo thleng - lirnghing, tuilian, thlipui leh tuifâwn nasain mihring chungah chhiatna leh thihna a thlen nasat dan te, mihring thilsiam chhuah avanga chhiatna (*accident*) râpthlâk tak tak thleng te, inhuatna leh inngeih lohna, helna (*terrorism*)-in khawvel a tih râltit tawh dan te, mahni hmasial leh duhâm lutuk avanga hlemhlêtna leh mahni

mihringpuite nunna pawh laksak pawh tih lohna te, tisa châkna avanga mahni anpui pawh kawp zel duh an pun tual tual dante han thlir hian, he kumthar kan hman chhoh turah pawh hian eng nge lo thleng anga, eng thil nge kan hmachhawn dawn kan hre hauh lo. Mahse, hei hi erawh kan hria- he kumthar hi Pathian kuta awm a ni a, ni leh thla kan hman tur zawng zawng hi a ta a ni, tih hi. Chuvangin, amah nen kan len duna, kan hun leh nite kan hman chuan eng nge lungkham tur awm ang, engkimin a thupek an awih si thin a. Sam ziaktuin, "Thihna hlim kawr ruam zawh mah ila thil tha lo rêng rêng ka hlau lo vang; nang ka hnenah i awm si a, i talhtum leh i tiangin mi thlamuan thin a ni," a tih angin he kumthar hi thlamuang takin kan hmang thei dawn a ni.

A hma lama kan sawi tak ang khian he khawvela chengte chungah hian thil thleng chi hrang hrang a awm thin, Thuhriltu-in "Tah hun a awm a, nuih hun a awm; Sûn hun a awm a, lâm hun a awm..." a tih ang hian. Mahse, chutiang hunah

pawh lungawi tak leh thlamuang taka kan awm theihna chu Pathian hnaiha awm leh a duh zawng kan tih thinnaah hian a ni. Amah ringtu a tichhe ngai lo va, an thatna turin kawng engkimin a thawhsak zawk thin a ni, a hriatpui lohin kan chungah eng mah a thleng ngai lo va, ama hriatpuia kan chungah thil thleng rêng rêng kan that lohna tur a awm ngai hek lo. Chu Pathian chu he kumthar kan hman chhoh turah hian hmahruaituah hmang ila, a thu awihin, a hniakah zui ila, ‘a va pawl tak em!’ tihna nun leh kawng pumpelhin, engkimah ka him a ni, *‘Thlipui leh ruahpuia’n min thukru a, A kutphah ropui chhungah’* tiin hlim leh thlamuangin he kumthar hi kan hmang dawn a ni.

Tin, he kumtharah hian a tha zawnga eng emaw kawng zawng tala hmasawna rilru thar leh tumna kan neih a ngai a ni. Paula’n, “...hning lama thil awmte chu theihngilha, hma lama thil awmte chu banin, Krista Isuaa Pathian chung lam koh chhan lawmman hmu turin, tiam chin lam chu ka pan tálh tálh a ni,” (Phil. 3:13b-14) a tih ang hian, he kumtharah

hian kum liam ta lama kan chak lohna leh inthlahdahna te, tih dik loh leh tihsual te, rinawm lohna leh fel lohna te, leh thil tha lo kan lo tih thinte bansana, mahni ngei insiam tha tura rilru thar kan put hun tur a ni. Tin, hetiang thil tha lo sima, kalsan tur kan nei lo a nih pawhin Paula chuan, ‘..kan thlen chin atang khan hma i sawn zel ang u’ a la ti ta tho a ni. Chuvangin, Pathian khawngaihna lawmawm tak avanga he kumthar hi chuang kai kan nih hre rengin a tana eng kawng emaw tala hmasawn tumin rilru i siam thar ang u. Chutiang rilru leh tumna chu kan Pathian lawm zawng leh tihhlawhtlinsak duh zawng tak a ni. Mi mal, chhungkua leh Kohhrante pawhin he kumtharah hian nikum lam aia nasa zawk leh sawt zawka Pathian rawng kan bawl zel theih nan kan inpekna leh rawngbawlna kawngah hmasawn turin rilru thar insiam ila, tan i la leh zual ang u; chu chu min kotu duhzawng a ni si.

A tawp berah chuan, he kumthar kan chuan kai mek lai hian kan hun leh nite vawngtu, kan nunna kawltu leh kan mamawh zawng

zawng neitu Pathian hi hnaih ila, a kutah inkawltir ila, “Ka nunna, Pathian chauh nghak rawh; Ka beiseina hi ama hnen aṅanga chhuak a ni si a. Amah chauh chu ka lungpui leh ka chhandamna a ni: Ka kulhbing sang a ni a; ka nghing lo vang. Pathian hnenah ka chhandamna leh ka ropuina a awm a: Ka chakna lungpui leh ka inhumhimna chu Pathianah a awm,” tiin, a hnenah

inkawltirin, “*Dam chhung mi hmuak apiang i tirh ni se*” ti thei tura Pathian hnaih chungin, kan thlen chin aṅanga hmasawn theuh turin thinlung thar i insiam ang u.

Chhiartu zawng zawngte KUMTHAR CHIBAI tha ber ka buk che u a, he KUMTHAR hi in tan kum that kum lo ni se, kum tuanin Pathian thlamuanna in chungah lo awm theuh rawh se.



“Aw, nangni Kristiante hian nunna thurûk, hlimna thurûk nei in inti a, hlimna thurûk chu in kawlin a lang si a. He in hlimna hi a tak takin in nunah han lantir thiam ula chuan aw, tuihal khawpa in aupui pawh a ngai lo vang... Sava chawmna hmuna an ei tur dah savaten an pan ang hian India mipuite hian in chhandamtu an pan mai tur”

– Rabindranath Tagore

“Kristian ka nih vangin min man sela, thiam loh min chantirna khawp Kristianna hmu zo tak maw?”

– Jimmy Carter, Ex-President of USA

PRESBYTERIAN ENGLISH SCHOOL LAM VE LEH THUNG

*Rev. Mangchhuana Sailo
Supervisor, PES*

Presbyterian English School (PES) hi mi tam tak rilruah chuan a tla na vak lo pawh a ni thei e. Hetiang zirna lam hawi hi chu Private leh sawrkar buaipui âwm tâwk vela ngai kan Kohhranah pawh hian kan tam viauvin ka hria. Synod-in heti lama sum a sen tam hlau tak tak pawh kan la tam ni pawhin a lang a, School din tawhte pawh mahni kea dintir ÷awng ÷awng duh tâwk hi kan la tam viau âwm e. Rawngbawltu ÷euh ÷euh pawh hi tui zawng leh pawimawh tih zawng te pawh a inang tak tak thei lo fo tih hi chu thil Chiang sa a ni. Eng pawh nise thil ÷ha duh ÷euh kan nih avangin heta ka han sawi tum pawh hi ngun taka ngaihtuah tlan atan ka han ÷het ve duh a ni.

A bul ÷an dan: Mizorama Missionary lo chhuak hmasa ber Sap Upa leh Pu Buanga te kha 1894-ah an lo thleng a, 1895 a ÷angin zirna School an din nghal a ni. Rawngbawlna pawimawh ber pakhat a ngaiin a remchanna apiangah School an din a, 1964 hma lam thleng khan Mission School kan nei a, chung hun lai Mission School-a lut pawh tun thleng hian mi tam tak kan la awm a, a ÷hatzia pawh sawi tur tam tak neite kan la niin ka ring.

Kum 1964 a ÷anga kum 30 dawn ÷haw Mission School

nei lova kan han awm meuh chuan kan ÷awng tu huatthu suh-ah Zoram School zirna a chhe ta hle a ni ang, Synod Inkhawmpui Agenda-ah zirna siam ÷ha tura rawtna a lo lut ta zut mai a nih kha. A chhâna Synod-in kan neih tak ber chu 1995-ah Presbyterian English School pahni-Serchhipah leh Zarkawthah (tuna Dawrpui Vengthar a mi) kan lo ÷an takna hi a ni a. Hei hi ÷ha dawna a lan tak em avang pawh a ni ang tunah chuan PES hi 86 a lo awm ta a, zirlai 15,640 leh zirtirtu 878 lai kan lo nei ta a ni.

A thil tum: Private School kalhmang ang bawkin PES hi kalpui an ni a. Kan inan lohna erawh chu sum lama hlawk tum kan ni ve lo va, chu bakah a tum ber chu-Zirlaite hnena Lal Isua chhandamna thu hriattir te, khawvel dang zela khua leh tui tha ni tura Kristian dikna leh rinawmna zirlaite nuna tuh. etc. te a ni (Ref. PES Manual p.4).

School dangin an zir ve loh Moral Education subject kan nei hi kan danglam lehna a ni a, hemi chhungah hian Pathian Thu (Scripture lesson) te pawh telhin, Devotion-in a ken tel - zai, Solfa zir leh Kristian nun tha inzirtirna tinreng a keng tel bawka. Chung bakah Mizo nunin a ken tel - aia upate zah, tlawmngaihna leh hnam lam hrang hrangte pawh ngaih pawimawh a ni. Mi tam takin kan tu kan fate phai lam School tha tak taka an sawiah te kan kaltir a, Kristian nun leh Zonun mawi theihnghilh thak khawpa a zu inzirte hi kan hnam nun kal zel tur atan Education tha a ni ang em, tih ngaihtuah ngai tak a ni.

A hlawkna: Tunlai hian PES

nei mek Kohhrante hnenah, “In School neih hi Kohhranah leh khawtlang tan in hlawkpuinate rawn report teh u”, tiin ngenna kan siama. An rawn chhanna han enin rilru a khawih hlawm hle mai. Chung an rawn ziak zinga a pawimawh zual tlem tē chauh entir nan han tarlang ila - “PES naupangte hi enkawlna tha tak leh kaihhruaina tha tak pek an nih avangin, Kohhran thil tihna kawng tinrengah School naupang dangte aiin an hman tlak zawka, kawng engkimah Kohhran hi an taah an ngai tlat a, hengte hi Schoolin a hrin chhuah niin kan hria”, tih te, “Biak Inah leh Sunday school-ah school naupang dangte aiin an nungchang a mawibik”, tih te, “PES kan din hnuah Kohhran mipuiten inpum-khatna tha lehzual kan neih phah a, fate enkawlna kawngah pawh kan thanharh phah”, tihte leh “Kohhran min tipumkhat a, tanrualna tha tak min pe a, Pawlah min phuar nghet, Kohhran dang a tha zawnga elna min siamsak a, thawhlawm kan chak phah”, tihte leh a dang tha tak tak a tam a, sawi sēn a ni lovah ngai ila.

Khawtlangin PES aṭanga hlawkna an hmuh pawh sawi tur an ngah khawp mai. Aia upa zahna kawngah te, khawlai nunah te kan zirlaite hi entawn tlak an ni deuh zel a. School dangte nena khaikhin pawhin ‘PES School naupang chu an nungchang a mawi bik’ tihte hi thingtlang lamah chuan a ri tam hle. Khawtlang faina chungchang pawh hmun tam tak tan chuan kan School naupangte hi hma hruaitute an ni a, entawn tlaka ngaihte an ni. Chu bakah thingtlanga High School tam tak hian PES hi an chhawr hle. H.S.L.C Exama First Div. nei phak ngai lo tam takin kan School naupang chhuakte avangin tunah chuan 1st Div. te an nei ve fo tawh niin an sawi bawk. Hetiang report hrang hrang han hriat hi chuan PES hi kan ram education sim ṭhatu chu a ni ve ngei mai tih a Chiang a ni.

Hma lak zelna tur: Kan hnam nun siam ṭha tur hian Education hmanga Kohhranin hma kan lak a hun ta takzet a ni. Kan hnam nun

hi a ngêt chhe mek zel a, a chhanchhuak turin Kohhran chêt a ngai ta a ni. Ramthar lam pawh kan vei ang a, kan thawk zel ang; mahse, kan hnam nun kan vei tel si loh chuan kan mualpho vang tih a hlauhawm. Moral Reformation Pawlte pawh kan lo awm ta zel a, hei pawh hi a ṭha a, kan uar ngei tur pawh a ni. Amaherawhchu hengte pawh hi Elementary School aṭangin Secondary School-ah nen tih takzetin han bei chho ta ila, kan tu kan fate nun hi heng hun lai (*stage*)-a Kohhranin kan chan theih chuan a ngaiṭhat thlâk thawkhat tawh khawp ang.

Naupangte hi kan Kohhran School aṭang hian hneh tum ila, chu mi hmang chuan hnam dik leh hlawhtling neih i tum tlat ang u. Tichuan sum tam tak seng si lovin Tualchung Kohhran leh kan Synod pawh hian Education lama hma kan lak mekna Presbyterian English School-ah te hian sum lamah pawh tunhma lam aiin tha pui han thawh zual deuh hlek se hma kan sawn chak leh zual ngei ang.

RAMTHAR RAWNGBAWLNA HI

*Rev. Lalbiakltuanga Pachuau
Kathmandu*

Rawngbawltu hmasa ten an lo ngaihtuah tawh chu keinin tun hnuah kan han tharthawh thin dawn chu a nih hmel. Nepal ramah rawngbawlin kan awm ve a, rawngbawlna tura hlawkna ber pawh hre chuang lo hian ngaihtuahna kan seng tlang a, keipawh in relote han awm ve takah chuan ngaihdan chi hrang hrang ka nei ve a. Chutiang ka ngaihdan te chu keipawh hian a hman tlak tak tak dawn leh dawn loh ka hre chuang hauh lo. Hengte hi ka ngaihtuah ve thin:

1. Kum tam nge nge an tha e: “I naupanna tumahin ngainep suh se” tih thu Bible ah kan hmu a. Bible chuan rawngbawlna atan hian kum lam a ngai pawimawh ber lo a niang. Mahse he thu hi rawngbawlna atana hman dawn chuan kan ring ngam tak tak lo a niang, rawngbawltu ten kan han sawi khawm tak tak hi chuan. Kum naupang hi rawngbawlna a an inpek chuan hmantlakna chu an awm meuh mai, mahse inpe rau rauah chuan kum upa bawh hi an lo hman tlak thin. Ramthar a nih avang hian ordained thar intirh fo hi chu kan han fak viau thin nachungin , hei hi chu ramthar kan dah pawimawh

tawh lovah ka ngai thin. Ramtharah pawh Pastor leh evangelist tur hi chuan Miten nu leh Pa anga an en theih hi an mamawh tih a hriat reng. Mahse mi hi an fel a, Kohhran ten rawngbawltu tura an dah hi chu kan sawisel duh lo mai mai a. Kan rilru tak hi sawi dawn ta ila chuan, kan Pastor te, kan evangelist te hi chu kan sit ru ngawt thin in ka ring. Chuvangin kan ramthar rawngbawlna ah hian hnahlui te bawh hi chu kan dahkhawm leh tawh a tha khawp ang. Zoram nen chuan ramthar hi chu a tehkhin chi lova. Zoram ah chuan ordained naupang te te pawh ni ila, Kohhran hruaitu (upa leh midang) kan neih avangin la

naupang deuhte tan kaihhruaitu tha tak kan nei thei thin a. Ramtharah chuan chutiang ang mi chu awm thin bawk mahse, Rawngbawltu tuaithar deuh te hruai thei tur mi an vang deuh thin a ni.

Ramtharah Pastor tur pawh hian Mizo pastor kan intir a nih pawh in kum 40 tling tawh thalh an nih a tul niin ka hria. Thawhpuite pawhin u ang a an entheih an nih loh tal pawh a an kawmrualpui tala an en theih tur chin, kum upa theh thawh an awm a ngai a ni. Chu chuan tuna awm te hi an tha lo kan ti lova, rawngbawl na hlawk zawk kan neih theih dan tur tihna a ni. Nepali hnam hi hnam fing an ni a, Nepal khawpui a rawngbawl tur ngat phei chuan ringlo te leh kristian dangte thawhpui thei deuh tur rawngbawltu senior tak kan mamawh in ka hria.

Hman deuh tawh khan kan synod hruaitu pakhat chuan field pakhat a an boruak sawiin, pastor ho rilru a sawi tel a. Chumi awmzia ni a lang chu kum la naupang nge nge hi chu rilru ala puitling lova, Pathian thu pawh tui viau thin mah ila boruak danglam hlek ah thinrim phat te, sat

deuh phat te hi kan awlsam bik tih min tihrechhuak a. Chuvang tak chuan mi rilru puitling rawngbawlpuite an tlemna hmun ramthar angah hi chuan pastor senior tak (kum 40 pel tawh chin) tal hi ramthar rawngbawl na hian ala mamawh zel dawn a ni. Kum upa hi chu an thin a nel nge nge a, naupang hi chu kan thin a ram hma bik a ni.

2. Tawng thiam kan ngai

pawimawh: Ramthara awm tur hian kan mission hian tawng thiam a ngaipawh deuh ber a. Missionary a kal hnu in kum tin deuh thaw tawng examin hun kanhmang thin a. A hlawk thlak thawkhat chuan ka hria. Mahse exam nei nih chauh hi Synod thu zawmna ah kan ngaih ngawt chuan exam kan neih duhna chhan zingah chuan kan sawilan ngai loh, mahse thudik awmsa pakhat chu Synod in tawng exam nei thin tura min tih avangin tawng exam hi neih kan duh mai thin a ni mai thei. Engpawhnise a tha vek turah ngai phawt ang, tawng kan thiam phah phawt chuan.

Tawng thiam kan ngai pawimawh rau rau a nih

chuan hei aia tha zawk tura rin ka nei. Missionary te (Evangelist, Nurse, Pastor leh ramthara missionary tirh dangte) hian kan awmna hmun tur kan thlen tirh hian kum khat tal chu Probation angin kan thawhphawt a ngai. Kan thawh dan tur ang tak tak a kan thawh nghal hian thil tam tak (tawng, a ram mite zia) hre hawt si lovin kan thawk ve ringawt a. Tawng zir kan ngaipawimawh a nih rau rau chuan administration ah in hmanghal lovin thlen tirh kum khat chhung hi chu tawng zir tur ringawt in bul tan thin ni se. Tawng thiam si lo, kohhran enkawl ngai ve baw si hi chu ngaihtuah that atan a tha ngawt ang. Kathmandu ah hian Korean Presbyterian Mission a kan thiante tihdan hi ti ve thei ilang chuan kan rawngbawl na kawngah hian kan hlawk deuh ka ring. An Pastor senior chu a term a zawh dawn tawh avangin a term zawh dawn kum thum al neih laiin amah thlaktu tur chu Nepal ah training turin a lo kal daih tawh a. An pastor senior awm laiin nepali tawng leh culture leh Nepal rama an kohhran kalphung a lo

zirchiang hle hman dawn tihna a ni. Keini chuan kan tihdan ngai hi a tha kan tih lutuk vang pawh nilovin kalphung thlak harsa kan tih avangin kan kaldan ngaiin kanla kal zel mai niin ka hria.

3. Missionary tur bik liau liau: Missionary ti a kan han kawh tir bikte hi chu zoram a thawk tur ni lovin ramthar zuan tur bik liau liau a kan thlan te an ni. Chuvang chuan missionary tih hmingpu tawh chin hi chuan a bik taka training an nei tlangpui. Chutiang ni si chu tunah hian kohhran Pa ber tia kan sawi thin, Pastor te kan intirh dan hi enfiah phawt a tul niin ka hria. Pastor tura lak tawh phawt chu a tul tula tirh theih turin kan inring vek. Chutih rualin a tul tula intirh ringawt hian kan mission rawngbawl na hmasawna hi a dal niin a hriat. Ramthar hmuna pastor tur hi chuan a bika taka mi kan in lak a tul ngawih ngawih a ni. Dilna pawh a hranin dil theih ni sela, ramthar an kal hma in missionary training nei ve sela. Hetiang thu kan sawi hian thenkhat chuan fiamthu ang lekah an ngai thin. "I awm

peih tawh loh vang a ni maw?, missionary pastor post siam ila, diltu hmulo ta i la?, a dilte kha kan duh chiah lo mai thei asin? ..." tih te an sawi thin. Mahse, han ti ngam chiah ilang chuan a bika a Missionary Pastor tur hi chu Pathian in min pe ngei ang. Kei chuan pastor te term tihsei emaw tih vel hian kan ramthar Missionary pastor kalphung hi a siam that thui vak ka ring lo a ni. Mi bik, a dil a dil ngei, kan intirh hunah chuan, hma kan sawn ngei ka ring. Nepal ah hian Khasi Mission pawl pakhat, Church of God ho hian Missionary pastor an tir a, kum 30 dawn a ni ta. Missionary Pastor pakhat chiah an tir a, ama duh vanga dil a ni. An rawngbawl na rah ka hmuh chinah a hlawhtling thawkhat a ni. Missionary inthlak sek an nei lova, a awm chhun, an Pastor senior chuan a enkawl a, an mission headquarter lam pawhin a rawngbawl na chu hriatthiamloh chang an nei ve thin. Mahse, mahni inpe in, mission kaltlanga kohna chu a chhang a, kum 30 dawn a awm chilh hnuah chuan ngaihngamin tunah chuan Nepal rama an Kohhran din chu chhuahsan turin thlahna

programme an nei fel tawh a ni. Missionary Pastor tur hian a rem rem intirh hi Pathian thu awihna ah kan ngai a, a dik thawkhat, mahse kan ramthar rawngbawl na hlawkna ber tur chu a ni lovang. Ramthar rawngbawl na hmasawn tak tak kan duh chuan ramthar pastor tur hi category hran ah siam in chuta mi tur chu dilna siamin thlan chhuah an hun tawh niin ka hria. Tunah hian mi kan la indaih lo deuh a kan hriat pawhin nakin lawkah chuan kan la tih tho tho a ngai ang.

4. Mahni Kohhran din kher kher?: Vei zawng zawng han sawi zel ila. Mizo Kristian te chu rawng kan bawl na ah hian Fellowship/ Kohhran din zel kher loh chuan kan ngaih a tha lo, fa neih zet a enkawl loh chu kan ngaih a tha lo ni berin a lang, a dik viau mai. Chutih rualin a chang chuan "Ramthar a rawngbawl vanga Presbyterian Kohhran din kher kher hi enge a tulna?" tih zawhna hi ka inzawt leh fo thin. Mizo Kristian te hi rawngbawl na ngaipawimawh thin kan ni a. Chanchintha hrilh phei chu kan ngaipawimawh a, Gospel

TEAM pawh kan tam mai. He rilru atanga kan ngaihtuah hian Nepal rama kan Mission rawngbawl na atan pawh hian Presbyterian Kohhran din zel kher hi a tulin ka hre lo. Nepal ah hian mission pawl hrang hrang nghialnghet tak tak an tam mai a, heng mission pawl thinkhat te hi thawhpui ila kan hlawk zawk kan ring thin. Mizo te chuan kan Mizoram Presbyterian Kohhran kalphung zulzui deuh kher hian nepali Kristian te hi kaihhruai kan tum tlangpuia, mahse, chik taka ngaihtuah chuan kan nepali ringtu te hian kan administration hi hrethiam awm bawmahse, an tan a inmil vak lo a ni, an hrethiam tak tak hrih lo a ni ber mai. Hriatthiam tir tum kher ai chuan an mahni mil tura anga kaihhruai mai hi a tha ber in ka ring thin. Presbyterian tir kher lo hian nepali Kohhran awmsa ah hian evangelism hna thawh sak ila. Mizote chu evangelism hi kan thiam zawng leh tui zawng ber a niin ka hria. Thil dangah hian inhmang vak lo ila, kan tlin ber zawk lo maw? Tih te ka ngaihtuah thar leh a. Inrawlh thuk lutuk kan

tum hian kan buai zo thin niin a lang. Ringlote hnenah chanchin Tha hril ila, ring thar an awm chuan Kohhran awmsa an awm remchan chuan kohhran awmsa te hnen ah hlan zel ila. Keni Mizoram Presbyterian Mission te hi chu a tam thei ang berin Kohhran awmsa te ti chaktu atan inpe ila kan hlawhtlin ber ka ring. Mizo rilru anga Kohhran kalphung leh kohhran hruaitu tur chher kan intum chuan, hnam hrang ve ve ta chu kan duhthu kan insam lo tawn ve ve tho tho dawn a ni.

Ramthar hmuna kan member te hi keini aia fing zawk, thil chik tak tak an awm. Chuvang tak chuan he hmuna rawngbawltur chuan mi puitling kan mamawh a ni. Hemi avang hian ramthar hmuna awm tharte kan dem a ni lova, tumah mimal dem chi pawh a ni lova, kan kalphung zawk a hi siam rem tul niin ka hre ber. Chuvangin Ramthar hi kan vei ta sa sa, kan vei dan tur hi ennawn zel ang u.

Heng thu te hi a thu tih tluk dan tur ka hre hauh lo, ka ngaihtuahna leng vel thu in ka ziaak a ni.

Hriselna Huang

**ZUNTHLUM HI LE
(Chhunzawmna)
ZUNTHLUM ENKAWL DAN**

*– Dr. Vanlalhruaia
Diabetologist
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India ram bikah hi chuan, changkan zelna leh nunphung inthlak chho zel hian Zunthlum natna vei a tipung nasa nia ngaih a ni a, hetiang kan lo pun chhoh zel avangin a inenkawl dan leh inven dan hriat hi a pawimawh em em a ni. India hi WHO chuan diabetes khawpui (*Diabetes capital of the world*) ah a puang ta hial a. Kum 2025-ah khian India ramah zunthlum vei vaibelchhe 5.72 an awm an ring. Tin, Zunthlum vei zingah hian tha taka enkawlna dawng chu za zela 10 atanga12 chauh an ni a, a tam zawk hian enkawlna tha an dawng lo a ni.

Zunthlum enkawlna hi thlan thiam a ngai hle a, a enkawlna hi a veite hian an pawm thlap loh chuan control a har em em a ni. Zunthlum vei tam tak chuan a tawk chauhva an thisena thlum awm tur ang vel a awm theih nan ei leh in lama insum leh insawizawi an thatpui theih laiin tam tak erawh chuan *insulin* an mamawh nghal thin. Insulin hi naupai lai te, inzai ngai te, natna dang - entir nan, T.B veite hian an mamawh nghal thin bawk. Zunthlum hi thisensang nen hian an kal kawp duh hle a,

chuvangin zunthlum enkawl rualin thisensang hi uluk taka enkawl a ngai.

1. Zunthlum enkawlnain a tum: Zunthlum enkawlnain a tum tlangpui hetiangin sawi ila:

- 1) Zunthlum sang lutuk tur ven leh hniam lutuk tur ven;
- 2) Zunthlumin a kalpui thisensang leh thisena thau chhia enkawl;
- 3) Zunthlum avang a mitdelna, kal tha lo, lung tha lo, zeng leh ke tan ngai khawpa awm tur ven tlat te;
- 4) Zunthlum veite nuam taka nunphung pangngaia an nun ve theihna tur.

5) Blood sugar hi chaw ei hma 120 mg/dl aia sang lo leh chaw ei kham 180 mg/dl aia sang lova dah tum tlat te.

6) **HbA1c** hi 7% aia sang lova dah tum a ni. **HbA1c** hian kan zunthlum *average control* thla thum atan min hriattir a ni. A nih dan tur chin chu 4% atanga 7% a ni.

2. Ei leh In: Ei leh in hi zunthlum enkawl naah a pawimawh hle. Kan thil ei hian carbohydrate 60% leh protein 10-20% leh fat 20% pai se a tha. Ei leh in bakah hun bi dik a ei hi a pawimawh em em a, kan thil eiah te chuan Vitamin A, C leh E a tam tur a ni. Chi (*salt*) a tlem thei ang ber ei tur a ni. Thisensang neite phei chuan a tlem thei ang ber chi ei tur a ni a, thlai hnah ei tam a tha.

Ei leh in tur duan - Hei hi kan tih makmawh a ni. Kan hnathawh a zirin mi tin ei tur mamawh zat a inang lo va, chutiang bawkin kan exercise lak duh zat a zirin kan ei tur mamawh zat pawh a dang ang. Kum 20 hnu lamah hi chuan zawi zawiin kan ei tur mamawh a thla hniam hret hret a, kum inang, san zawng inang rau rauvah pawh, a sang zawk chuan a

hniam zawk aiin a mamawh a tam a. Heng atangte hian Doctor/Nutritionist te chuan i mamawh tawk an chhut chhuak mai ang. Kan ei leh in te chuan, carbohydrate, protein, fat leh fibre a inpawlh tawk a pai tur a ni. Kan thlai ei te chu a tharlam ni ngei se, a tha. Chu chuan vitamins leh minerals an pai tha a, kan chaw ei dan hi a pawimawh hle a, duh dan chuan ni tin vawi li - zing chaw, chhun thingpui, tlai chaw, mut dawn bawngnhute leh chhang (snacks) hi a that dan ber chu a ni. Chaw ngei mai mai hi chin loh tawp tur a ni.

Ei leh in inkaihhrucina

1) Ei leh in hi zunthlum enkawl nan a pawimawh tih hriat reng tur.

2) Zunthlum tan hian chaw ei tur bik (special) a awm lo tih hriat a tha. Mi dangten an ei thin ang hi an ei ve thei a, eng zat nge ei tur tih hi inzawh fo zawk tur.

3) Zunthlum tan buh (chaw) ei loh tur tih dan a awm lo ang bawkin atta/ wheat chauh ei tur tih dan a awm hek lo. Heng ho hian za zelah (70%) starch - thlum siamtu an nei vek a ni.

Chuvang chuan buh/atta ei leh ei loh aiin, eng zat nge ei tur tih hi a pawimawh zawk a ni.

4) Kan protein ei kan ti tam tur a ni a, chumi tur chuan - chana, dal etc kan ei tur a ni. Sa aiin thlai atanga protein kan hmuh hi a tha a, mihringin kan ngeih zawk.

5) Thlai-hnah/rah ei tam hi zunthlum *control* nan a tangkai em em a, thisen thau chhia tihtlem nan a pawimawh bawk. Be lam chi te, thlai dang leh hnah hringte hi ei tam a tha hle.

6) Tel, butter, ghee (*giu*), coconut oil leh vawk hriak etc. te hian thisenah thau chhia a tihtam avangin a tlem thei anga ei a tha. Heng kan ei tlem hian lung natna kan pumpelth thei.

7) Ni tina kan ei leh in hi tihtlem a tha. A bikin thau lutuk (*over weight*)-te phei chuan tihtlem ngei tur.

8) Vawi khat a ei teuh aiin, tlem deuhva ei zin a tha. Hei hian zunthlum *control* a titha bik.

9) Thlai leh thlai hnah chi te hi duh tawkin a ei theih a. Bul nei chi - alu, bal, pangbal leh kawlbahra te hi ei loh a tha.

10) Ei leh in hi tha taka control a nih chuan -

– Nunphung pangngaiin a nun theih a;

– Zunthlum avanga harsatna awm thinte a ven theih a;

– Damdawi tam tak ei a ngaih loh phah thei a;

– Kan taksa tihzan nan a tangkai em em a ni.

3. Exercise

Exercise hi zunthlum enkawlna zinga tel tlat a ni. Nun a tihlim a, hriselna a titha a, zunthlum control nan a tha hle a ni. Exercise laka hriat tur pawimawh zual chu kan sawi tawh a, eng ang exercise nge kan lak theih tih doctor inentira, enfiah phawt thin a tha. Tute tan pawh kea chak tawh taka minute 30 atanga minute 45 kal hi a tha tawh hle a ni. Pheikhawh tawt lutuk bun loh a tha. Kar khatah ni nga exercise lak a tawh thei.

Zunthlum enkawlna hi kawng thum langsar deuh chu damdawi, ei leh in leh taksa sawizawi (exercise) te hi a ni. Heng kawng thum hi rual takin zunthlum enkawlnaah hian an tang tlang tur a ni. Exercise tha taka lak hian zunthlum con-

trol a tiṭha mai ni lovin, thisen dawt ṭhat loh vanga lungna tur leh ke hmawr ṭawih tur a veng a, *Insulin*-in kan taksa tana a hnathawh, a thawh thattir a, Thisen -thauchhia a paih chhuak a, lung a tichak a, blood pressure (BP) a tihniam a, rilru leh ngaihtuahna a siam ṭha a, thisen taksa peng hrang hrang a kal a tiṭha a, nun a tihlim a ni.

Zunthlum neite tan exercise lak hmaa hriat turte -

1) Zunthlum sang lutuke chuan exercise lak loh a ṭha.

2) Blood Pressure sang lutuk chungin exercise lak loh a ṭha.

3) Pheikhawk tawt lutuk bun loh tur a ni. A bikin zunthlumin hriatna-thazam a tikhawloh tawhte pheichuan exercise lak hma leh lak zawh hnuah ke ngun taka enfiah vek tur a ni. Pheikhawkin a nawt pilh em, tih leh lung te a lut em, tihte en ni se. Hei hian harsatna namenlo leh sum tam tak sen ngai "*Diabetic Foot*" a siam ṭhin. Kan hriat angin accident vanga ke tan ngai tih loh vah chuan ke tan ngai zaa 80% hi zunthlum tihchhiat a

ni. Pheikhawk lei dawn reng rengin zing lamah lei lovin, tlai lamah lei thin tur a ni, a chhan chu tlai lamah hian ke hi a lo lian hret a, chuang chuan tlai lama pheikhawk i lei chuan i tawt dawn lo va, pheikhawk tawt bun loh reng reng tur a ni.

4) Exercise lak hmian doctor rawn phawt hi duhthusam a ni. Zunthlum vangin thisen dawt ṭha lo, mit ṭha lo, kal ṭha lo, hriatna thazam ṭha lo i nei em tih hriat hmasak ngei ngei a ṭha. Zunthlum vanga mit ṭha lo leh kal ṭha lo i nei hlauh a nih chuan exercise hahthlak tak, ṭan ṭawng ṭawng ngai chi reng reng phal a ni lo va. Lungphu chawl nei tawh i nih chuan zing lam aiin tlai lamah exercise a fuh zawk a, BP sang nei i nih chuan exercise lak hmian control phawt tur a ni. Pum ruak lutukin exercise lak loh tur a ni, a chhan chu i zunthlum a lo hniam ṭhut ang a, nikhaw hre lovin i tlu palh thei a ni. Exercise i lak dawnin biscuit emaw chocolate bar emaw pai ṭhin tur. I ril a ṭam viau a, i mit a thim sulh chuan ṭhut hahchawlh a, biscuit emaw chocolate emaw ei vat ṭhin

tur. Thisena thlum (*sugar*) sang lutuk emaw, hniam lutuk emawa exercise lak loh tur a ni a, BP Control lo chung a exercise lak loh a tha baw. Exercise lak hmam tui tam taw in a tha.

5) Ke pem nei chungin exercise lak loh a tha. Hetiang nei reng reng chuan uluk taka enkawl dam phawt tur a ni.

6) Rit chaw lam chi hi a tha lo tih hriat tur.

7) Chak pangngai tak a kal, tlan/zuan, tuihleuh, Cycle chuan, lam, inhrui-zuan, badminton, tennis, football, volleyball, basketball, hockey etc. te hi taksa sawizawina tha vek a ni.

8) Kan exercise lak nasat dan tur a zirin kan ei leh in kan titam tur a ni. Hah taka inkhel tur chuan inkhel hmam thil ei phawt tur a ni. Exercise rei tak lak dawn phe chuan, a kar lakah thil ei ngei ngei a tha.

Kum 1920 daih tawh khan Diabetologist lar tak Joslin (*Father of Modern Diabetes*) chuan exercise, damdawi, ei leh in leh *insulin injection* hi tang kawp tlat tur leh pawimawh tlang vek an ni a lo ti tawh a. Hmanlai chuan damdawi tha a awm lo

alawm, i ti a ni mai thei; mahse, insulin leh damdawi tha chi hrang hrang awm tawh hnuah pawh exercise hian zunthlum enkawl nan hian hmam pawimawh tak a chang zel tho a ni. Tha taka zunthlum natna enkawla, nunphung pangngai nei tan chuan, exercise, ei leh in control leh damdawi te hi an pawimawh tlang vek a ni.

Exercise hi zunthlum enkawl nan mai a ni lo va, zunthlum ven nan hian a pawimawh em em a ni. Exercise hian thisen thau-chhia a titem a, min tihlim a, tihrawl a tichak a, lung a tichak a, chuapin boruak tha a hip a, thisen a tithianglim thin a ni. Miin regular taka exercise a lak chuan, zunthlum leh thisensang lakah nasa takin a veng a, a enkawl nan a tangkai hle a ni.

Engti anga nasain nge exercise kan lak ang? Vawi leh khatah tennis/badminton etc. khel nghal vak mai lovin, zawi zawiin kan tan tur a ni. Km.10 chau lova kal i duh chuan km. khat atanga tan bek bek phawt hi a tha. Exercise lak vaka tawpsan leh mai ai chuan zawi zawia regular taka lak reng hi a tha

zawk a, taksain a ngeih em em zawk a ni. Exercise hian kan taksa a sawizawi tur a ni a, a "sawisa" tur a ni lo. Eng anga nasa nge exercise ka lak tih hi mahni leh mahni inteh thin tur a ni. A mawl thei ang ber a inchhut theih dan chu, exercise lak lain pangngai takin a tawng thei em tih a ni. Duh dan takah chuan exercise kan lak tan tirh lamah chuan MHR (Maximum Heart Rate) hi za zelah 60 a ni tur a ni a, a rei deuh chuan 70% - 75% ah tihchhoh tur a ni. A dik tak chuan HR hi kan lo *fit* hnu chuan a sang chho tawh lo va, a hniam reng zawk thin. Marphu a tlem raih hi chuan kan *fit* hle tihna a ni.

4. Damdawia enkawlna

Kan ei leh in, exercise bakah hian damdawi mum ei emaw *insulin injection* emaw a tul thin. Damdawi mum chi hrang hrang, hnathawh dan inang lo tak takte a ni hlawm a, zunthlum vei chu a thau leh a cher zawng atang te, a kum upat dan atangte, zunthlum vanga that lohna dang a neih leh neih loh atangtein fimkhur taka damdawi hi thlan tur a ni. Zin vei vak mi i nih chuan,

zunthlum damdawi leh thisen sang damdawi te hi zin bag ah dah hmasak ber thin tur a ni. Insulin injection i kenin Ni sa em theih-ah leh engine sa ur phakah dah loh tur. Harsatna i tawk a nih chuan Hospital hnai ber pan la, Zunthlum nei i ni tih hrilh nghal ang che. I zinnaah damdawi lei tur a awm loh mai theih avangin keng tam deuh thin ang che.

Insulin injection ngai hi India rama zunthlum vei maktaduai telah hian pathum zela pakhat an awm.

Zunthlum natna hriatthiama uluk taka enkawl hian nunphung pangngaiin a awm theih a, kan duh apiang kan ti thei thin a ni. Chutiang enkawlna tha zinga mi chu insulin hi a ni. Hei hi doctor-in tul a tih chuan lak mai tur a ni. Taksain a ngeih em em a, nun a tinuam thin a ni. Tunah i mamawh rih lo a nih pawhin nakinah i la mamawh thei tih hre reng ang che. Mithiamte chuan, insulin la hma apiang an tha rei a, zunthlum avanga tuarna tam tak an pumpelh an ti.

Mi tam takin "Tun hma

khan lo inenkawl tha ilang chuan *insulin* ka mamawh lo tur" te an ti bawk. Insulin kan mamawh reng a ni tih hi zunthlum neite chuan kan hre reng tur a ni.

Kan hriatthiam zawk nan, han sawifiah hlek ta ila- Kan pumpui bulah hian pancrease a awm a, chutah chuan cell an awm a, chungho chuan insulin an pe chhuak thin. Cell te chu an lo chauh chuan kan mamawh tawk insulin an pe chhuak thei ta lo va. Zunthlum kan nei chu a ni ta der mai. Insulin tlakchham avangin kan ei leh in tha thate kan taksain a hmanng tangkai thei lo va, kan cher hret hret a, kan thil ei tha tha te chu kan zung ral hiau hiau mai a ni. Zunthlum natna nei chuan damdawi ei bakah damdawi khan a *control* em, tih hi in enfiah thin tur a ni.

Eng vangin nge insulin ka mamawh? Zunthlum vei tih kan inhriat meuh hi chuan, **b-cell** hi za zela 75 a chhe tawh thin a. Hun a kal zel a, **b-cell** te chu an chau ve hret hret a, an lo chhe der thin a. Hetih hunah hi chuan Damdawi mum hian hna an thawk thei lo va, insulin kan

mamawh ta mai a ni. Cell an chhiat der hma daiha insulin lak hi a finthlak em em a, cell ten rei tak an dam phah a, upat hnuah nun a nuam zawk thin a ni. Chhuitu pawl khat chuan 'zunthlum nei zatve zet hian a nasat zel an hlauh em em laiin, eng mah an ti chuang lem lo' an ti. Mi tam tak hian insulin an lak tan hian a tawpkhawk thleng tawhah an inngai a. Zunthlum vanga chhiatna thleng tur ven kan duh vang zawk a ni tih hriat a tha. Insulin hi kan taksaa awmsa ang chiah a ni a, a hlauhawm loh. Insulin lak hi Type-I Diabetes tih loh vah chuan dam chung lak ngai a ni chuang lo. Eng vanga insulin hmanng e i nih, tih a pawimawh a, rei lo te chauh pawh hman theih a ni.

Insulin hi eng hunah pawh type-2 Diabetes-ah hian pek theih a ni a, tawp leh theih a ni bawk. Amaherawhchu, kan -cell te hian Insulin an pe chhuak reng tho va; mahse, taksa mamawh tawk a pe chhuak thei lo mai a ni. Insulin injection hi a na lo va, tunah chuan thiamna a sang em em tawh a, hriau sin te te hmangin na lovin a injection

theih tawh. Mahni ngei a injection theih hram tur. Zunthlum awmzia chiang taka hriat chuan insulin lak hi a hlahawm lohzia a hriat theih a. Mi singkhat sangthum (13000)-ah Insulin hi enchhin a ni tawh a, tlemin damdawi mum ai chuan zunthlum a tihniam hret a ni. A pawimawh zawk chu engtin nge zunthlum a lo hniam dawn hian kan awm tih hriat hi a ni.

A hriat theih dan te chu luhai, awm nawm lohna, rilgam, mit fiah lo, lungphurang, thlanfim tla te hi a ni. Hengte hi i hriatchuan chini thirfian thum vel han ei hian a hniam zel tur a veng a ni.

Eng vangin nge zunthlum hniam lutuk a lo awm?

Chaw ei that loh vang te, damdawi kan mamawh aia tam kan lak vang te, exercise lak nasat lutuk vangte a ni tlangpui thin.

Ayurvedic leh hnimhna h damdawi kan hmante hian thatna chin nei mah se, zunthlum enkawl nan a innghah tawp nan chuan

hman tur a ni lo. I hmang a nih pawhin zunthlum regular takin check thin la, 140 aia sang a nih chuan, hna an thawk lo tih hria la, doctor hrilh ang che.

Insulin hian natna dang a thlen thei lova ngaih a ni a; mahse, zunthlum hniam lutuk erawh a awm thei a ni, chu pawh chu chaw ei that loh vang emaw a ni thin. Tun hma kha chuan Insulin chawh hi kan harsat em em thin a, zunthlum kaih hnawih natna a awm chauh a hman tur emaw kan ti thin. Insulin hian pa theih lohna emaw mit delna emaw a thlen lo va, a dik tak chuan a veng zawk a ni. Insulin hi zunthlum enkawl nana tha ber a ni.

Insulin hman lai chu hmun thim leh vawta dah thin tur a ni. Fridge-a dah kher kher a tul lo, kan hman lai ni lo dah that duh chuan 2'-8'-ah fridge ah dah tur a ni a, mahse freezer-ah dah loh tur a ni. Hmun lum - tukverh bul, T.V. Stabilizer chung, etc.-ah dah loh tur a ni.



Thu leh Hla Huang

BIAK INA ṬAWNGKAM HMAN DAN (Chhonzawmna)

21. ‘Chutiang, hetiang, khatiang, sawtiang’ tih turah ‘*Chutiang ang, hetiang ang, khatiang ang, sawtiang ang*’ ti hi hriat a ni fo. A dik lo. A dik zawk hman tum hram hram ila a ṭha ang e.

22. Mei mei/mai mai : *Mai mai*’ tih turah ‘*mei mei*’ tia lam leh sawi ching ṭhalaiho zîngah an awm nual tih a hriat a, chhinchhiaha tih tawh loh a ṭha hle.

23. Lawm lût/la lût : ‘*Lawm lût*’ tia Kohhranin ṭawngkam kan hmannotate chu - Kohhran Pawl dang aṭanga lo lûtte hi kan ‘*lawm lût*’ ṭhin a; tin, Sacrament thu zir zote hi kan ‘*lawm lût*’ baw ṭhin. ‘*La lût*’ tia kan hmannotate chu Thununna tawkte Kohhranin Nilai zana kan lak luh hian ‘*la lût*’ tih kan hmang ṭhin. Heng ṭawngkam pahnihte hi hman pawlh loh tur a ni tih rawngbawltute phei chuan i chhinchhiaha ang u.

24. Êi khawp/Eikhawp : Lalpa ṭawngṭainaa kan ṭawngṭaiin ‘Ni tin kan ei

khawpin chaw min pe ang che’ tia kan sawi hian ‘*ei khawp*’ tih kan lam rik dan hi a inang lo nual a; a ṭhenin ‘*ei khawp*’ tiha ‘*ei*’ tih tak hi ‘*a ri sânghin*’ kan lam a, a ṭhenin ‘*a ri hniamin*’ kan lam a, ‘*ei khawp*’ tiha ‘*ei*’ tih tak hi ‘*a ri hniamin*’ lam tur a ni.

25. M a r a w h c h u : ‘*Amaherawhchu*’ tih turah ‘*marawhchu*’ ti mai an awm. Thatchhe ṭawng emaw tih a awl a, lam kim hram tum ila a ṭha ang.

26. Mal tin/mi tin : ‘*Mi tin*’ emaw, ‘*mi mal mal*’ tih turah ‘*mi mal tin*’ tih hi a lar ta hle. Fimkhur deuh ila a ṭha ang.

29. Tukin zing/Tukin : ‘*Tukin*’ tih mai turah ‘*Tukin zing*’ tih hi ṭhenkhatin an hmang.

30. Khân/khian : *Khân* hi hun kal tawh sawina a nih lain, hun lo la thleng tur sawi nana hman an awm châwk. Entir nan : Pathianni *khân* Sakramen a awm dawn kha, Pathianni chawhnu inkhawm banah *khân* Zaipawlin hla kan zir dawn kha, etc. tiin. Hetiangin hman zawk tur a ni ang – ‘Pathianni lo awm/thleng turah *khian* Sakramen a awm dawn kha; Pathianni chawhnu inkhawm banah *khian* zaipawlin hla kan zir dawn kha’ tiin.

31. Ningani/Nilini/Nilaihawhtan : Saptawnga *Thursday* hi *Ningani, Nilini leh Nilaihawhtan* tiin sawi a ni thin. Kar khata ni hmingte hi kan pi leh pute khân an nei lo va, *naktuk, naktip, nakthai, nakthiam, (nakkum), nakdak* tiin kar khat chhung chu an sawi kim ve mai. Zosapte lo thlen hnuah a ni mal tê tê hming hi an phuah ve chauh a. Kar khata ni hmingte chu awmze nei zêlin an phuah a; mahse, Thursday chu phuah mai tur an hriat loh avangin, kar khata a ni zat

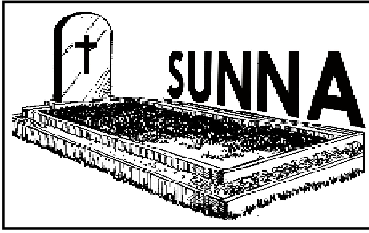
ni nga-na a nih avangin *Ningani* an ti ta nia sawi a ni.

Nilaini hi *awm ni* atân an hman a, Ningani-ah an thawk tan leh a. Chuvangin mi thenkhat chuan *Nilaihawhtan* tiin an sawi ta niin sawi a ni bawk.

Nilini hi mi tlêm têtin an hman bawk. ***Ningani*** tih hi ziaka hman lar zâwk deuh chu a ni.

32. Rinni/Inrinni : Inrinni (Saturday) hi mi thenkhat chuan *Rinni* an ti mai thin. A tawi a, lam a awl a, khawlai tawnga hman tâwk a ni. Biak In leh ziaakah chuan *Inrinni* tih hman a tha ang.

33. Malsawmna sawi/Malsawm tawngtaina : Saptawnga *Benediction* hi *Malsawmna* tiin Mizovin kan sawi a. *Pastor-in Malsawm tawngtain kan inkhawm min tin se* ti lovin, *Pastor-in Malsawmnain kan inkhawm min tin se...* tih emaw, *Malsawmna kan inkhawm min tin turin* (to pronounce benediction) tiin emaw sawi ni se a tha.



UPA LALRUATA CHHIAHTLANG SAILAM VENG

Upa Lalruata (75) hi Pu Rangkhuma leh Pi Nuchhungi te karah 1936-ah Sailamah a piang a, October 18, 1960-ah Thanseii nen inneiin fa panga an nei.

Kum 1954 atanga Sunday School Zirtirtu hna chelh tanin 2004-ah Jubilee Award a dawng a, S.S. Supdt. pawh a ni thin. Kum 1979-ah Tual Upaah thlan a ni a, 1980-ah Upa atan thlan zui nghal a ni a, Vice Chairman, Secretary leh Finance Secretary-ah te a tang tawh a, Committee peng hrang hrang; Ramthar, Social Front leh Building ah te hruaina hna a thawk thin bawh a ni.

Kum 1975, 1977 leh 1978 ah te KTP Leader niin OB chanvo dangte pawh a lo chelh tawh a. Bial Inkhawmpui Nomination leh Standing

Commitee-ah leh Buhfaitham Ziaktuah te pawh a ni tawh a, Synod Ramthar Board member a ni tawh bawh.

Rawngbawlnaah hian mi inpe zo mi a ni a, hnatlang leh rawngbawla zin chhuahah te pawh chungkaw harsatna chhuanlam ngai lo mi a ni a.

Kum 2007 atangin zunthlum natnain a tlakbuak a, that chhuah tak tak nei hlei thei lovin April ni 9, 2011-ah Lalpa hnena chawl turin min lo kalsan ta a ni. A tuk, Pathiannah ama inah thlahna neih a nih hnuin Biak Inah vuina inkhawm hman a ni a. Presbytery Puipa leh Upa te, Bial Upa te, Bial Zaipawl leh Kohhran Zaipawl te nen Kohhranhovin ui takin kan thlah liam ta a ni.

– *Upa Lalrinkunga
Sailam Veng Kohhran Ziaktu
Chhiahtlang*

UPA T. SUMKHUMA BAWNGKAWNG CHHIM VENG

Upa T. Sumkhuma (69) s/o Upa Lalhmawlhah hi ni 18.10.1942-ah Ngopa khuaah a piang a. Pi Zahnuni nen ni 17.10.1961-ah inneiin fa

paruk an nei a. Nagaland sawrkara Transport Dept.-ah Registrar hna a thawk a. Apension hnuin kum 1999-ah Mizoramah lo chhuakin, Bawngkawn Chhim Venghian a thih ni thlengin a khawsa ta a ni.

Zoram Pawn Mizo Kristian (ZPMK) hruaitu hlun a ni a; Dimapur Kohhran Upa atan thlan niin kum 1967-ah nemngheh a ni a. Hemi hnu hian Zoram pawn Presbytery-in ni 23.5.1998-a group ordain a buatsaih zingah a tel leh a. Bawngkawn Chhim Veng Kohhran Upa atan kum 2004-ah thlan leh a ni. Aizawl Theological College-ah Office Assistant hna kum 6 lai a thawk leh bawk.

Dimapur-a a awm lai hian Kohhran leh Pastor Bialah Office Bearer post a chel kim a. Treasurer-ah km 25 chhung a tang nghe nghe. ZPMK Inkhawmpui Chairman, Secretary leh Statistician a ni tawh bawk. Bawngkawn Chhim Veng Kohhranah hian Treasurer leh S.S Supdt. te niin Committee peng hrang hrangah Chairman a ni tawh bawk.

Upa T. Sumkhuma hi mahni chanvo ngai

pawimawh mi, mi thahnemngai, zaidam, mi biangbiak thiam leh rin tlak a ni. Natna khirkhkan tak (Rilpui cancer)-in a tlak buak a. A natna hi tuar chhuak zo lovin ni 28.04.2011 khan thlamuang takin Pathian hnenah min lo chawlhsan ta a ni. Hemi ni vek hian ama in lama thlahna inkhawm, Bialtu Upa H. Liansailovan kaihruaiin Pastor P.C. Pachhungan thlahna thuchhah a sawi a. Biak In lamah Aizawl Hmar Presbytery Moderator Rev. Dr. Vanlalchhuanawman Thlamuanna Thuchah a sawi a, Kohhran Zaipawl nen lungchhe takin kan thlah liam ta.

*- Upa Lalrammawia
Bawngkawn Chhimveng
Kohhran Ziaktu*

UPA HRANGLIANA KHAWZAWL KAWNZAR

Upa Hrangliana (81) hi Pu Khenhleia leh Pi Thangsei te karah kum 1930 khan Chawngtlai Keifang hmunah a piang a. Chawngtlai atangin Ngaizawl khuah kaiin Neihdawn Zopuih an kai leh a, chuta tangin 1945-ah Dam

Vengah an kai leh a ni. Kum 1949-ah Zuchhip khuaah an pem a, kum 1957-ah Pi Kawlzingi nen an innei a, fa paruk an nei.

Zuchhip Kohhranah Tual Upaah thlan a ni a. Mizoram buai avanga Zuchhip Khawzawla khawm luh an nihin Venglai Kohhranah a lawi a. Kum 1976-ah Kawnzar Vengah a insawn a. Kawnzar Venga Kohhran dintu leh a khaipate zinga mi a ni. Kum 1984 khan Upa atan thlan a ni a. Kum 1984 -ah Khawchhak Presbytery-in Kawnzar Kohhran Upa atan a nemnghet a ni.

Kawnzar Kohhranah hian Chairman, Vice Chairman, Sum vawngtu, Sunday School Supdt., Building Committee Chairman chanvo te hi lo chelh fo tawh thinin kumin pawh hian Kohhran Comittee Vice Chairman ni mek a ni.

January 2, 2011 Pathianni zan a inkhawm chu inkhawm tumtla thei lovin khawsikin a tlakbuak a, bawrhsawmna dangin a tlakbuak chho leh in Biak in pawh a pan thei ta meuh lo va. Tha chhuak leh mai tura kan ngaih laiin April 28,

2011khan Lalpa hnena chawlturin min lo kalsan ta a ni.

A tukah ama chenna in ah Pastor C. Laltharzualan thlahna hun hmangin Biak In-ah Tuichang Presbytery Moderator Rev. Lalremliana'n a vui a. Bial Zaipawl leh Kohhran Zaipawl te, Bial leh Tuichang Presbytery chhunga Upa te nen ui takin kan thlah liam ta.

*- Upa J. Lalmawia Sailo
Khawzawl Kawnzar
Kohhran Ziaktu*

UPA HRANGLUIA NORTH KHAWLEK



Upa Hrangluaia (80) hi Pu Vailianthanga leh Pi Dawngngaii te karah kum 1931 khan North Khawlek khuaah a lo piang a. Kum 1968 ah Pi Ngurbiakkimi nen inneiin fa panga an nei a ni.

Rambuai lai khan Vanbawngah khawm an ni a. heta an awm lai hian EFCI Kohhranah a inpe a. Kum 1969-ah EFCI Kohhran Upa

atan namngheh a ni. Kum 1979-ah Prebyterian Kohhranah a lo kir leh a. Upa atan thlan leh niin kum 1991-ah Tuivai Presbytery-in North Khawlek KohhranUpa atan nemnghet.

Tuivai Presbytery-ah hian Standing Committee leh Sub-Pastoral Committee member ni tawhi Synod Hospital Board Member a ni tawh a; Suangpuilawn Bial Chairman a ni tawh bawk.

Tualchhung Kohhran-ah Chairman, Treasurer, S.S. Supdt., tge niin Finance, Ramthar leh Building Committee Chairman te a lo ni tawh a. Khawtlangah Games and Sports-ah te, MUP-ah te hruaitu a ni thin bawk.

Kum 2008 atanga a hriselna tlahniam tan chu theihtawpin inenkawl mah se that lam a pan tak tak hlei thei lo va. Dt. 2.5.2011, khan chatuanram min pansan ta a ni.

A tukah vui niin ama in lama thlahna chu Upa Vanlalthanglianah a hmang a, Biak Inah Rev. F. Lalrinawma, Bial Chairman leh Bialtu Pastor-in vuiin Bial chhunga Kohhran Upa

lo kal khawm leh zaipawl nen ui em em chungin kan thlah liam ta.

– *Upa Vanlalrenga
North Khawlek
Kohhran Ziaktu*

**UPA THANGTHIAUVA
BETHLEHEM
VENGTHLANG**



Upa Thangthiauva (95), Khawsiamah leh Zukungi te fa hi May 25, 1916-ah Vanbawng khuaah a lo piang a. 1941 ah Sipai (IACM)-ah kalin, Indopui II-na lai khan Japan Sipaiin an man a, Singapore tanin ah kum thum leh a chanve lai a tang a. Japan a tlawma Indopui a lo reh hnu khan 1946 atangin a sipai hna chu a chawhlsan zui ta a.

Kum 1947 ah Pi Lalsangi nen innein fa pariat an nei. 1959-ah North Serzawl atangin Kelzamah an pem a, 1966-ah Aizawl ah an lo pem lut leh a.

1961-ah Kelzam Kohhran Upa atan thlan a ni a. 1962-ah Hmarphei Presbytery-in a nemnghet a. Rambuai avanga Aizawla a luh hnuin, 1971 khan Bethlehem Kohhran Upa atan thlan nawn leh a ni a. 1972-ah Bethlehem Venglai Kohhran a lo indan khan indanpuuin, a sulsutu ber a ni a. 1994-ah Bethlehem Vengthlang Kohhran a lo indan lehin indanpuitu leh a bul tumtu pawimawh berah a țang leh a. A awmna apiangah Kohhran indanpuitu leh Biak In satuah a țang thei zel a. Hei hi amah pawhin mak a ti a, Pathian hruaina ni ngeiin a ngai țhin.

Kum upat chak loh avanga Biak In kawng zawh loh tak tak hi a nei lo tluk a ni a. 2011 April thla tir lam khan a khelruh na avangin a inentir a. Țha leh mai tura an ngaih lain Cancer natna a ni tih hriat a ni a. May 3, 2011 khan Lalpa hnena chawl turin min lo kalsan ta.

Hemi ni vek hian In lamah Pastor R. Lalbiaknian thlahna a hman hnuin Biak Inah Upa J. Lalhlima, Aizawl East Presbytery Moderator-in a vui a. Kohhran Zaipawl te

leh hmun hrang hrang ațanga Pastor leh Upa lo kal te leh Kohhran mipuiten ui takin kan thlah liam ta.

*- Upa F. Lawmzuala
Bethlehem Vengthlang
Kohhran Ziaktu*

UPA NENGTHAWNGA N.E. KHAWDUNGSEI



Upa Nengthawnga (97), Pu Thuamchina Tonsing leh Pi Lalngawihi te fapa hi 1914-ah Mimbang khuaah a lo piang a. March 13, 1948-ah Pi Nialchingi nen an innei a, fa 12 an nei. Kum 1947-ah Mimbang ațangin Lamka (Churachandpur, Manipur)-ah an pem a. 1948-ah Mimbangah a kir leh a. 1950-ah Khawkawnah pem lehin 1968 N.E. Khawdungseiah sawi khawm an ni a. Hetah hian a thih ni thlengin a awm ta a ni.

1951-ah Khawkawn-ah Tual Upa atana thlan tlin a ni a. Kum 1968-ah Kohhran Upa atan thlan a ni leh a.

Ram buai avangin hemi kum hian nemngheh theih a ni ta lo va. Khawdungseia sawi khawm an nih leh tak avangin thlan thar leh ngai lova rin zui nghal niin 1969 ah Hmarchhak Presbytery-in Khawdungsei Kohhran Upa atan a nemnghet ta a ni.

Sunday School Zirtirtua țang reite Chawimawina Diploma Award a dawng a. Kohhran Committee Chairman, Building Committee Treasurer leh Bial Chairman a ni tawh bawk.

Khawtlangah pawh mi țangkai tak a ni a. Khawkawnah Vaitawng zirna School a hawng a. Khawkawm YMA President leh MUP Unit President te pawh a ni țhin a.

Aizawl Sikulpuia Mission Sap E.L. Mendus-a chawma Class VI a zir lain 1941-ah Sipai, Army Medical Corps (AMC)-ah a lut a. Sipaiah 1941 - 1946 chhung a țang.

1950-ah Assembly (Kohhran) zirtirtu niin Khawkawnah a thawk țan a. Kohhran School chu 1963 ah Sawrkarin a la a. 1968-a

Khawdungseia sawi khawm a nih khan Primary School-ah Zirtirtu hna thawk zelin kum 1978 ah pensionin a chawl ta ni.

A mah hi mi invawngfel leh insum thei tak a nih avangin a hriselna pawh a țha hle a ni. "Nikhua ka hriat theih a țangin tumah ka insualpui ngai lo" ti a a sawi hian Upa Nenga mizia chu a hrilhfiah chiang mai awm e.

September 20.2009-khan a khel ruh sawhin a tlu a, heta țang hian a pawn chhuak thei ta lo va. May 10, 2011 khan a kut a zwi ta tlat mai a. A natna chu lo zual zelin May 13, 2011 khan Lalpa hnenah a chawl ta a ni. A tukah ama chenna inah thlahna hun hman a nih hnuin Biak In ah vuina neih a ni a. Bialtu Pastor R. Lalsiamlian an inkhawm kaihruaiin, Rev. R. Lalrosiama Lecturer ATC-in thlamuana thuchah a sawi a. Hmarchhak Presbytery Upate leh Bial Zaipawl leh Kohhran Zaipawlte nen ui tak chungin kan thlahliam ta a ni.

- *T. Upa K. Lalbiaktluanga
N.E. Khawdungsei
Kohhran Ziaktu*

**UPA KHAWLIANKIMA
N.E. KHAWDUNGSEI**



Upa Khawliankima (58), Pu Dengthangmura leh Pi Nukungi te fapa hi kum 1953-ah N.E. Khawdungsei khuaah a lo piang a. Kum 1975 Dec 12-ah Pi Lalneihthangi nen inneiin fa pali an nei a.

Taksa chêtna hmanga Pathianin a hruai, a kova tla rawngbawlnate lawm tak leh phur taka hlen chhuak òhin, Pathian faka zai leh lam hi nuam a ti hle reng òhin a ni.

Kum 1990 khan N.E. Khawdungsei Kohhran Tual Upa atan thlan a ni a. Kum 1996-ah Upa atan thlan niin hemi kum vek hian Hmarchhak Presbytery-in N.E. Khawdungsei Kohhran Upa atan a nemnghet a.

N.E. Khawdungsei Kohhranah Kohhran Committee Chairman, Building Committee Treasurer, Ramthar Committee Chairman, Social Front Committee

Secretary te a lo chelh tawh a. A thih hian Kohhran Treasurer (Synod sum) leh Sunday School Superintendent ni lai mek a ni.

Bial huap rawngbawlnah pawh Bial S.S. Secretary leh Asst. Secretary te, Bial Treasurer te a ni òhin a. Synod Sunday School Committee member a lo ni tawh bawk.

Upa Khawla hian, khawsik leh pumpui ulcer te nei òhin a. A natna hian a kiansan hlei thei lo va, a hnuah thin cancer a ni tih hmuhchhuah a ni ta a. A natna hriat chhuah a nih hnu reilo têah ni May 15, 2011 khan Lalpa hnenah min chawhlsan ta a ni. A tukah ama chenna ina thlahna hman a nih hnuin Biak inah Bialtu Pastor R. Lalsiamlian inkhawm kaihruaiin, thlamuanna thuchah Rev. R. Lalrosiama, Lecturer ATC-in a sawi a. Hmarchhak Presbytery huam chung Upate leh Bial Zaipawl leh Kohhrn Zaipawlte nen ui tak chungin kan thlah liam ta.

– *T. Upa K. Lalbiaktluanga
N.E. Khawdungsei
Kohhran Ziaktu*

Kristian Tlangau

Synod Bookroom BOOK NEWS

1. Ka thlarau zawkin le : Kan rawngbawltu senior-te zingami, Rev. Dr. Lalsawma chuan taksa chak lo tak chungin sermon 18 lai min rawn chhawpchhuahsak leh ta. Hnama min siamtu kan Pathian hian Amah hre chang lova kan bo a phal loh vanga he lehkhabu hi min rawn pek niin a ziaktu hian a ngai. RS. 100/- man.

2. Muslim pachal hmachhawn rawh le : Ramthar lam rawngbawlina hmangin Muslim-te kan hmelhriat ta hle. Muslim zingah Chanchin Tha kan hril duh a nih chuan anmahni zebil (culture), an nunphung (society) kalhmang leh an sakhaw inzirtir dan hriat chian hmasak ve phawt a ngai a. Chumi chiang taka min hrilh thei lehkhabu, anmahni luhchilh meuha hre chiangtu Evan. Lalramzauva Ralte buatsaih hi Muslim hrui khawm duhna rilru pute tan neih ngei chi a ni e. A man RS. 120/-

3. Fianrial : Tunlain kan ramah Kristian Chhungkaw Committee hmalakna avangte pawh a ni ang e, ni tin chung inkhawm kan uar tial tial a. Hemi atan hman tur lehkhabu ziak thin Rev. K. Lalpiangthara chuan lehkhabu thar; dangdai leh tha zet mai a rawn tichhuak thar leh ta. RS. 100/- man a ni e.

4. Phuldungsei harhna ropui : Kum 1988 kuma Phuldungsei Kohhrana Harhna nasa tak, ziarang pawh tam tak fun tel nei, mi tam takin an hmuh thiam chiah loh, khawtlang leh Kohhran tana chanchin ngaihnam leh theihngihl tawh loh tur nei, sawi mawi duh tana sawi tawp theih loh, sawi chhe duh tana sawi fe tur awm baw si chanchin Upa Rochhunga buatsaih hi lehkhabu te chhiar manhla tak a ni. A man RS. 30/- chauh.

5. Chawhchawrawi : Thiam lohna pawh nei hauh lo chung ram buai laia Jail hrehawm ber hrut chhuaktu; khaw inhalsak hmutu, mi lute pawh an lak thinna rama cheng hrep tawh Chhuanliana BVT thukhawchang, a then hlimawm, lungchhiatthlak, huatthlala leh nuihzatthlak, maksak leh ngaihnam baw si inchawhchawrawina bu hi a bengvarthlakina a ngaihnam khawp mai. A man RS. 100/-

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

To,



Synod 2011, Khatla Kohhran Biak In-a neihah
Moderator kalchhuak Rev. C. Lalsangliana'n
Moderator thar Rev. Thangzauva
hnenah charge a hlan

**Rev. Thangzauva
Moderator**

Photo : Synfo

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