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SERMON

KRISTIAN CHHUNGKUA

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- | | | |
|---|---|----|
| 1. Editorial | - | 1 |
| 2. Kristian chhungkua : He inah hian Chhandamna a lo thleng ta | - | 2 |
| 3. Sermon : Hmangaihtu hnenah Isua a inlar | - | 6 |
| 4. Khawtlang leh ram siam tha turin hmeichhiate | - | 9 |
| 5. Mairang lamtluang | - | 12 |
| 6. Character Study : Ruthi | - | 16 |
| 7. Sual kalsan dan tha | - | 24 |
| 8. Hriselna Huang : Kan mit hlu tak hi | - | 26 |
| 9. 2017-a Hmangaihna Ina nau chawmte | - | 29 |
| 10. 2017 chhunga Agape, Missionary tana laksaktute | - | 30 |
| 11. Hruaitute chanchin | - | 31 |
| 12. Hriat atan | - | 32 |

Editorial

“I hun tithianglim la, Lalpa pawl fo rawh”

Zing atanga zan thlengin buai reng renga hun kan hman karah hian Mari anga Lalpa ke bula thuin *A aw* ngaihtlakna hun kan insiam thin em? Nge Marthi angin Lalpa ke bula thui hman lek loin kan buai nileng leh mai thin?

Marthi khan Lal Isua tan ei rawngbawla theihtawp a chhuah kha a ti tha e. Amaherawhchu, a Khuallian - Lal Isua thu leh hla ngaithla hman lek loa a inhambuai lutuk kha chu a ti fuh chiah lo, chan tha a chang ve tlat lo. A unaunu Mari erawh kha chu Isua ke bulah thuin chan tha a chang thung.

Hemi te unau hian Lal Isua hi an hmangaihian a rawngbaw tur pawhin an inpe dun hlein a lang. An nuna danglam kan hmuh erawh chu hei hi a ni. Mari chuan Lal Isua nena inpawl kha a thlahlel ngawih ngawih a. Chuvangin, a tih tur tul dang zawng zawng kalsanin a Lalpa ke bulah thuin *A aw* a ngaihtla. Marthi erawh chuan a rawngbawl lai kalsana Lalpa ke bula thutna hun a insiam hman mawlh lo thung.

Keini pawh hi chhungkua, Kohhran leh khawtlangah rawngbawlina hrang hrang Lalpan kan kova a nghah te hlenchhuak turin thahnemngai taka tanlak chu kan tih ngei tur a ni. Chutih rual chuan, kan *Lalpa aw* hre thei turin Kohhran inkhawm leh nitin chhung inkhawm bakah mahni chauhva, a fala Bible chhiara tawngtaiin Pathian pawlna hun mumal tak - ‘**Fianrial hun**’ nitina neih thin hi kan tih ngei tur, hlamchiah hauh loh tur a ni. Chuvang chuan, hawh u, buai chung chung pawhin, Mari anga Lalpa aw ngaithla turin “*I hun tithianglim la, Lalpa pawl fo rawh*” tih hla hi a satu mai ni lovin a zawmtu ni zawk turin tan i la sauh sauh ang u.

*Kristian Chhungkua***HE INAH HIAN CHHANDAMNAA LO THLENG TA
Luka 19:1-10**Denghmingliani
Central Committee Member

Kan Bible chang tarlan hi chang lar tak a ni a. Zakaia chungchanga Lal Isua thusawi a ni tih kan hre nghal mai awm e. Bible-a kan hmuh angin, Zakaia hi chhiahkhawntu a ni mai lova, chhiahkhawn hotu a ni a. Lal thawkhat tak, ram bial khata thu ber pawl chu a ni ngeiin a lang a. A chanchin kan sawi langsar tak leh kan sawi dan tlanglawn takah chuan, amah hi pa tawi, eiruk avanga hausa tak niin kan sawi thin a. Mite endawng leh thinhrik, a chipuite zinga awm ni mahse hmangaihtu nei lo leh mal taka awm niin a lang.

Mahse Zakaia nung-chang hi kan chhut chian chuan keini hian zir tur tam tak kan neiin ka hria a ni. Mi hausa a ni a, chhiahhlawh tam tak nen, nuamsa takin a khawsain a rinawm a. Chuti chung chuan Isua hmuh chak avangin a in nuam tak rawn chhuahsanin mipui pun khawmna, khawlai vaivut khu karah a rawn pen chhuak a. Mite hmuh dan tur a ngaihtuah lova, officer lian tan a mawi lovang, tih pawh ngaihtuah lovin, theipui kungah a lawn a. Isua hmuh ngei a duh avangin mite ngaihdan tur a

pawisa zo tawh lova, Isua a hmuh theihna tur a nih phawt chuan, a ropuina zawng zawng theihngihilhin, engpawh huamin a bei a. Hetiang taka beitu Zakai a hi Lal Isuan a hmuh hmaih hauh lo. Zakaia hian, Lal Isua hi ral atanga lo hmuh ve theih mial beisei chauh a ni a. Chutih laia a hminga a rawn ko nawlh mai chu, Zakaia hi a phu zawk in a rinawm a ni. A beisei phak loh lutukin, ‘*Vawiinah i inah ka thleng dawn,*’ a la ti lehngal a.

Lal Isua hian Zakaia

rilru hi a hrechiang em a, a theihna zawng zawnga amah hmuh duhtu a ni tih a hria a. Hetiang mite hnenah hian Lal Isua a thleng thin. Tin, Zakaia hi kan ngaih ang em em hian a lo soal lo a nih a rinawm. *‘Ka sum zatve pachhiate hnenah ka pe ang,’* a tih bakah *‘Hlep ruk ka lo nei a nih chuan a leh liin ka rul leh ang,’* a ti baw k a. A sum zatve pachhiate hnena a pek hnua, a hlep ruk a let li laia a la rulh theih baw k chuan, a hlep ruk tello hian Zakaia hi a lo hausa sa ve hrim hrim a ni ang tih a rinawm a. A nih loh leh hlep ruk hi a nei tlem viau pawh a ni thei baw k.

Engpawhnise, Zakaia hian lawm taka Lal Isua a thleng hi a tifuh a, a hlawh chhuak tha hle a ni. A beisei phak bak daiha ropui leh hlu, **Chhandamna** a inah a lo thleng a ni.

Aw le, unau duhtak, kan chhungkuaa chhandamna a lo thlen hi a va pawimawh tehlul em. Kan chhungkua hi kan piangthar kim vek em? Van ramah hian kan kal kim vek

angem? Chutiang a nih loh chuan mut mawh hnar mawha kan neih a ngai a ni. *‘Vanram chu a awm chiang a ni’* tih ziaktu Chu Nam Thomas thu ziak ka rilru khawih em emtu chu, hremhmuna a nu a hmuh thu a ni a. A na ngawih ngawih hle mai, mahse ani pawhin tih theih engmah a nei si lo. A tan hun tha a liam tawh a, a khawvel nun a thlah liam tawh tlat a ni.

Kan fa hmangaih ngawih ngawihten hremhmun an pumpelth theihna tur aia pawimwh hi engmah a awm lo. Kan fate chu kan hmangaih a, an tan theitawp kan chhuah thin a ni ti r’u. Kan hmangaihna hi an dam chhung khawsak nawm nan leh an lo changkan theih nan a ni ber a. Kum 1996 vel Sunday sikul zirlai sawiho turah hian, *‘Kan fate hi eng thu nge kan hrilh tam ber?’* tih zawhna a awm a. Keini nuho pawl chuan, *‘Lehkha zir rawh,’* tih a ni e, tiin kan chhang a ni. Mahni theuh han inchhut ila, chutiang chu kan lo ni deuh vek lo maw le!

Kan fate thinlungah chuan, *‘Khawvela nuamsa taka awm theih hi ka nu leh pa chuan an ngai pawimawh ber a ni,’* tih kha kan lo tuh daih tawh a ni.

Naupang hnenah Chhandamna thu hrilh rawh

: Kan fate chhandamna changtu niha an pianthar hi thil pawimawh ber a ni. I fa kha thihsan dawn ta la; i la thi ngei dawn si a, tangka nuai za tam tak hnutchhiah aiin Isua Krista neitu niin kalsan la, a ngaihtuahawm lo zawk daih ang.

Ka'n sawi uar duh em em chu, naupang te an la nih laia an pianthar a pawimawh zia hi a ni. A zir miten an sawi danin, naupan laia piangthar 80% hi an tha ziktluak a, puitlin hnua piangthar 20% chauh hi an tha ziktluak a ni, an ti a.

An naupan laiin kan thlah mai mai a, la hrethiam lo turah kan ngai a. Sual tan hun kan kian a, kan vulh lian mai mai a lo ni a. Sual lam kawngte an zawh dawn nia kan hriat avangin pianthar ngai, camping luh ngai nia kan hre chauh thin hi kan tihsual pawitak

ani. An lo thanglian a, sual kawng hrang hrang an hmelhriat hnua kan mangang leh si a. Camping leh thil dang dang kan dap a. Han piangthar ve bawkw mahse an tha hlen mawh em em thin.

Mizo hi kan vannei a, Sunday Sikul tha tak kan nei a. Nun dan tha tinreng leh Pathian thute kan inzirtir a. Mahse chhandamna tak tak hrechiang lo leh piangthar lo hian an lo awm tluan thei khawp mai a lo ni a. Chu chu kan fateah kan hre theuh a ni. Naupang hi kum 3 an nih hian chhan-damna thu hi an hrethiamin an piangthar thei a ni, an ti a. An thil hriatte rinhllehna tel hauh lova awih mai thin an nih avangin puitling aiin an piangthar awl zawk daih bawkw a ni.

“Bawihte, Pathian hian min hmangaih em em a, vanrama kal vek turin min duh a. Mahse keimahni mai chuan kal thei rual kan ni si lova. Pathian chuan min hmangaih em si avangin a fapa Isua Krista chu min chhandam turin a rawn tir a. Chu chu kan rin phawt chuan vanram kan kal thei mai a ni. Chu chu rin

mai tur a ni e,’ tih thu angte hi chu mi zawng zawng hian kan sawi thiam vek ang. Kan tu leh fate an la tet lai, kan thusawi zawng zawng an la awih vek lai ngei hian hrilh ila, Lalpan mal a sawm ang a, an damchhungin tleirawl sual kan han tih ang te pawh pumpelk vekin an lo seilian mai dawn a lo ni a. An sawi anga naupan laia piangthar hi za zelah 80 lai an tha ziktluak thei a nih chuan, naupangte hi pianthar thu hrilh tha ila, sual tel mang lo thangthar (generation thar) te hi kan hring chhuak thei mai thei asin. Kan Pathian hi a fing em a rem a hre bawk a, chhandamna thute hi naupang te pawhin a hriatthiam theih tur hian a siam thiam a. ‘*Chu mi kawngah chuan mi a te, naupangte pawh an bo lo vang,*’ a ti tlat a ni.

Khawvel huapa rawngbawltu lar leh hmingthang tak takte leh, kan ram chhunga rawngbawltu leh Pastor tam takte hi an naupan laia piangthar, an pianthar ni leh darkar sawi fak thei lote an ni. An naupan

laia an hriat kha vawng tlatin an nunpui a, Pathian leh a kohhran tana rinawm ber berah an lo thanglian thin a ni.

Sualna chi hrang hrang min chim mek tute do tur hian, a hmasa berah chuan i inah chhandamna lo thleng rawh se.

Khawvel hmasawmnaa ke pen turin i inah chhandamna lo thleng hmasa phawt rawh se. Chhandamna huang chhungah i chhungkua lo him sela, eng anga thlipui nasa leh tuifawn mahin a tichhe thei lo vang. Eng ang khawvelah pawh chengin i mithmuh phak lohah pawh awm sela, Isua Krista neitu a nih chuan i fa chu a ngaihtuahawm ngai lo vang. Tuna kan hun neih hi a hlu em em a. Hun lawmawm, chhandamna ni a ni tak meuh mai, a thlawnin liam tir suh ang che. A lo kir tawh dawn lo a, chhandamna chan nan kan chuh vat a ngai a ni. I tawngkam khat lek pawh Lalpan mal a sawm chuan, i tu leh fate tan damna a tling ngei ang. ***Vawiinah hian i inah chhandamna lo thleng rawh se.*** Amen.

Sermon

HMANGAIHTU HNENAH ISUAA INLAR

(Mk 16:9; Lk 20:11-18)

*Rev. R. Vanlalngena
Satribari, Guwahati*

Pa pakhat chuan, “*Tum khat ka zin haw chu thenawm pain min lo chibai a, ka thinlung mitin a hmuh hmasak ber erawh chu piah deuha awm ka nupui kha a ni*”, a ti a. Min hmangaihtu leh kan hmangaihte hi kan thlâkhlelh ber an ni fo thin. Thlân thim hneha tho leh Isua pawh kha amah hmangaihtu Magdala khaw mi, Mari hnenah a inlâr hmasa ber a ni tih Bible-in min hrilh (*Mk 16:9; Lk 8:2*).

Isua leh Mari

Isua leh Mari chanchin hi Bible ah kan hmu tam viau lova. Zeldin thu nena sawngbawltu thenkhat chuan Mari leh Isua hi inneiin tu leh fate pawh an nei niin an sawi a. Mahse thawnthu phuachawp leh belh chian dawl lo, thu dawha mai a ni.

Luka sawi dan chuan Mari hi Isua hmeichhe thuihruai zinga mi, a hneha awm ve ta chawt, a sum leh pai hmanga Isua leh a zirtirte rawngbawlsaktu a ni a (Lk 8:13). A tunhma nun chu duhawm lo ve tak a ni awm e. Ramhuai pasarih a pai thin a. Bible a kan hmuh ramhuai paite chuan chak loh te an vei thin a,

thenkhat an pawlawlin an chak em em thung a, meiate, tuahte tluin an chilphan a tla buah buah a, hun lo tak takah an au chhuak phut phut bawk thin (Mk 5:5; 9:20-22; Lk 13:11). Aramhuai pai pasarih hian eng ang takin nge Mari nun an tihrehawma an tihretheih kan hre chiah lo na a, ramhuai pai dangte awmdan atang hian Isuan a tihdam hma a Mari nun nawm loh dan tur chu kan suangtuatheih awm e. Nula tan phei chuan a hrehawm dan a thuahhnih ngawt ang.

Isuan a tihdam atangin a nun a inthlak hlawk a. Amah hnaih bertute zingah a tel chho ta a. Isua hi Mizo niin awmlai a thi ni ta se chuan Mari hian a dawm hlum

ang a, thlân thlenga aruang zuiin kúang chungah lei a thlak ngei ang. A chhan chu Isua an khenbeh lai khan Kraws kiangah a ding a (Jn 19:25), a mit ngeia Isua ruang an zalhna thlân chu hmuin an zalh lai chu a thlir reng a ni (Mk 15:47).

Marin Isua a hmangaih.

Mari Magdalini leh Isua chanchin hi hmangaihna chanchin a ni a. Ava ngaihnaawm em! Isua a tihdam aţang khan Mari hian châng dang kan zai rel lovin a kiangah a awm chawt a. A tir ata thlân thleng rakin a zui a. Chutiang taka inhnûk kual tur chuan inggainat fe a ngai. Chumai a la ni lova, Isua thlâna a awm hnuah pawh remchang hmasa berah aţhianten nena a ruang rimtuia chulh turin thlân an pan vat vat a. Amah Isua chauhan ngaihtuah avangin thlân chhinna lung lum sawntu tur mipa hruai nachang pawh hre lo khawpin an hmanhmawh a ni.

Johana sawi dan chuan Petera te hnena Isua thlân chhinna lung lum sawn a nih thu hrilhtu pawh Mari Magdalini hi a ni. Chu thu an hriat hnu chuan a huhovin thlân lamah baw k chuan an kal leh a. Hemi tûka

Isua thlâna wawi hnih kal, hming hmerh meuha kan hmuh chhun chu Mari Magdalini chauh hi a ni (Jn 20:1-11). Wawi hnih kal chauh pawh chu a la duh tawk lova.

Midang zawng zawng an haw leh hnuah pawh ţin zai reng a rel thei lo. Isua thlân kiangah chuan dingin a ţap keuh keuh a. Hruk hul sen rual lohin a mittui a dir zung zung a. Thlânchhung a bih thul, a hawi chhuak leh thul. Heng zawng zawng hi hmangaihna thiltih a ni ngei mai.

Thawklehkhata a kianga Isua lo ding pawh chu a hai hial a. Huan enkawltu emaw ti a, “*Ka pu, ka Lalpa ruang i la sawn a nih chuan i dahna hmun min hrilh la, amah chu ka la ang e*” ti khawp hiala Isua ruang dai ringawt pawh a’n thlahlel mai te hian a hmangaihna nasatzia a va pho lang chiang em! Hmeichhe awm nem mai mah ni se Isua a zawh leh zawh loh lam pawh a ngaihtuah chang lo. A theih bâk thlengin Isua tan a inhûam. Hmangaihna thûk, sâng, zau, ril, ropui leh ngaihsanawm a va ni em!

Mari hnenah Isua a inlar.

Chutiang taka amah ngaia thlahleltu lakah chuan Isua a inthup rei thei lova, a inlar ta hlawl mai. A țahna chhan Isuan a zawh chuan, a Lalpa an la sawn a, an dahna hmun a hriat loh vanga țap a nih thuin a chhang a. A hnenah inlar Isua a hre thei tlat lo mai hi eng vang nge ni ang le? A hmangaih Isua an sawisak lai ațang tawh khan lainatna avangin a țap a țap tawh a. An tihhlum ațang pheii kha chuan mutmu pawh tuah lovin mittui nen hun a hmang țumtlazak a ni ngei ang. Chutah a ruang dâi takngial pawh a la chang lo zui kha nâ a ti ngawih ngawih a, rilru a hleih pawh a nei tawh lo ni ngei tur a ni. Isua hmel a hmuh hnu chuan harhchhuah tawh awm tak a nih vei nen huan enkawltu emaw tiin a la hai cheu a. A sunna mittui hru reng renga hun a hmanna lamah a mit te chu a bui lék lûk tawh a. Hetih hunah ngei pawh hian mittui luang karah a Lalpa chu a hmu fiah thei lo a ni ngei ang.

Tah zet chuan Isua chu a inpuang lo thei ta lova, “*Mari*”, tiin chiang takin a ko ta. Lungchhe

vankaia sântu Mari ngui hmel leh beisei phak loh lawmna tawngtu Mari hlim hmel inthlak lai kha hmuh achakawm ngawt mai. A kianga ding chu a thlakhlelh ngawih ngawih, a hmangaih Isua kha ani tih a hriat chhuah meuh chuan rang taka vuanin a chelh ta tlat mai a. A bosan leh ang tih a hlau a ni ngei ang.

Hetiang hmangaihna ropui leh thianghlim hi hnar zawh chi a ni lova. Tholeh Isua meuh pawhin inlarna hmasa ber atan Mari hi a thlang chat reng a ni. Mari hnu a a inlarna te pawh amah hmangaihtute vek an ni a. A hawtute leh tihboral duhtute hnenah Isua a inlar kan hre reng reng lo.

Ringtute tan hian Isua inpuanna nih leh Isua nena inpawl tluka thlakhlelhawm eng dang mah a awm lo. A pâwl tlak nun nei turin Isua hmangaihna a țhanlen zel hi a va pawimawh em! Hmangaihna hi thawkleh khata pung thut thei a nil ova. Lal Isua hi țawngțai leh a thu chhiarte, amah leh athua rilru sawr bing (meditation) te-in i bel bul deuh deuh ang u. Tichuan a pawl tlâk hmangaihna nunah kan țhang lian zel dawn a lo ni.

KHAWTLANG LEH RAM SIAM ṬHA TURIN HMEICHHIATE

*Rev. PC. Pachhunga
Executive Secretary
i/e Kohhran Hmeichhia*

Khawvel hnamtin zingah an pianzia avang maiin hmeichhiate hi mipa aia hnuaihning zawk deuha dah an ni a, hnam mawl zingah phei chuan hmeichhe dinhmun a hniam em avangin chawikan ngai tak an ni a, hnam hmasawna hi hmeichhiate tan a hluiin hmeichhe dinhmun a chawikang nasa ber fo ṭhin. Mipate zingah, mahni eng hehu ni mang si lovin hmeichhia han dah hniam ve hrim hrim an awm bawk. Mizo hnamah ngei pawh hian hmasawnnain hmeichhe dinhmun a chawikang nasa hle mai. Eizawna kawng tinrengah hmahruaitu an ni ta deuh mai a. Kohhran ngei pawh hian Pastor atan la ordain chiah lo mah ila kan kohhran hmasawna tam tak hi chu hmeichhiate thawhrimna leh inpekna vang a ni tho.

Chhungkua pawh hi hmeichhe tello chuan a tlaran thuai a, a hlim thei ṭhin lo. Pa tam takin chhungkua an tih tlakran laiin nu tam takin chhungkua an chhek muk ve thung a, pa tam takin chhungkua an tih ṭah laiin nu tam takin chhungkua an ti nui ve thung. Hetia kan tih avang hian an fel vek bik phei zawng a ni lo, mahse hmeichhiate hlutna, Pathianin a speciala a siam dan hi

mipate leh anmahni hmeichhiate ngei pawh hian an hriat a ngai a. An specialna hi an hman ṭangkai thiam phawt chuan khawvel hnehtu an ni thei si a.

Kan Bible ngei pawh hian hmeichhe ṭha chu a ngaihluin a chawimawi nasa hle mai. Thufingte 31:10-31 hi han chhiar ila hmeichhe ṭha hlutna leh thiltihtheihna chawimawina kan hmu a ni. Chawimawi loh rual a ni lo

a nih hi, hetiang taka chawimawi phu hmeichhia hi ram mamawh chu an ni a. Mosia nu khan a fapa Mosia kha kum engzat chhung chiah nge a enkawl kan hre lo naa, kum 6/10 thleng pawh a ni thei e; a naupan lai hun reilote chhunga a nuin Mosia nun Israel hnam tana a buatsaih theih dan hi ropui tak a ni. Chuvang chu a ni ngei ang mifingte chuan khawvel hneh tura sipai rual chakna aia nu thiltihtheihna tha zawka an hriat tlat ni.

A ni taka hmeichhia hi Pathianin a siam hian danglamna mak tak anmahniah dah a nei niin ka hre thin. Ran pawh hi a pa ai chuan a nu hi an taima zel a, hnam hrang hrang zingah hian mipa aiin hmeichhia an taimain an thawkrim zawk a tih theih awm e. Mizo zingah pheichuan a ni leh zual a ni. An taima chauh ni lovin thiltihtheihna danglam tak Pathianin a pe a, chumi hmang thiamtu hmeichhia pheichuan hlu zual em em

thin. DL.Moody nu hi chutiang zinga pakhat chu a ni ngei ang, “Khawvela nu zawng zawng hi ka nu ang hi ni vek sela, tan in/Jail siam a ngai lovang”, tiin a fapain a sawi hial a nih chu!

Pathian thilpek ropui bik hmeichhiaten an dawn ka hmuh chian ve em em pakhat chu kan fate naupang fel tawh tak an nih lai khan nuin, ‘buhhawp ka chhum anga ka ei dawn, bel tein ka inbeldan dawn e’ a ti a. Nuin buhhawp a ei takah chuan a fate zawng zawngin, ‘keipawh buhhawp ka duh ve’ an ti ta theuh a; pain chaw bel te ka chan a ngai ta zawk. Nuin buhhawp a ei chhung zawng naupangin tui ti em emin an ei theuh a, engemaw chen hnuah nu ber pawh chuan buhhawp chu ei chhunzawm tul ti lovin chaw pangngai a ei leh ta; nuin buhhawp ei a tih tawp takah chuan fate tumah ei zui duh an awm hauh lo nia. Nu hi fate tan hian an va hlu tak em! Nu

tui tih chu fate tan a tui a, nuin tui a tih loh chuan tui an tilo mai a ni. Fate thinlung hneh leh hruai theihna hi eng anga nasa tak Pathian hian hmeichhia hi lo pe bik nimaw!!

Kan naupan laia Sikul zirlaibua, “***Ka nu, ka nu duh tak chu***” tih thu ropui tak kha tunlai naupang zirlai buah te hian telh leh nise ka va duh tak em! Chhungkaw tin hian nu zaidam leh nunnem, chhungkaw tana nu rinawm kan mamawh theuh a, a dik tak chuan sum tamtak aiin kan mamawh zawk a ni. Fate tana nu hlutzia hi keini ang mi naran thawngkam hi chuan a sawi chhuak thiamlo a nih hi.

Pathianin a sipisial-a a siam hmeichhiate tan hona, taksa thil mai ni lo, thlarau lam nun thlenga buaipuitu pawl lian Kohhran Hmeichhia kan nei hi kan vannei hle. Nute hian sum leh hausakna aia rinawmna leh

dikna, in ropui leh a chhung bungraw changkang aia hmangaihna, incheina changkang leh tunlai aia mahni thawhchhuah mil tawka khawsak thiamna an thlan a, sum leh pai zawn aia fanau enkawl leh ngaihsak hlut zawk leh pawimawh hmasak zawk zia an hriat a, an fate theuh hnena chi anga an tuh chuan corruption hi alo tlem anga, mi duham pui pui an lo kiam tawh anga; zu ngainatna leh zawrh chakna a lo bo dawn lawm ni. Sum an hmuhna tur a nih phawt chuan thalai tam tak nun boralna tur pawh nise pawisa loho hi an lo kiam tawh anga, thangthar nunah chuan chutiang chuan hmun a chang tawhlo ang chu! Naupang thinlung thunun leh kaihhruai theihna thuruk, mipain an chan phak loh, Pathianin hmeichhe hnena a pek hi a nihna ang tak leh a petu Pathian duh dan ang taka an hman thiam hunah chuan Zoram nuam kan din thar leh ngei ang le.

**MAIRANG LAMTLUANG
(NEICC WOMEN ASSEMBLY-AH KA KAL VE A)**

*B. Bualchhumi,
Central Committee Member.*

Kum 2015 NEICCWA-in a lo rel tawh angin, NEICC Women Assembly vawi 12-na (12th Biennial Assembly) chu ni 28.4.2017 – 30.4.2017 chhung khan Mairang Kohhran, Meghalaya-ah nghah a ni a. Mizoram aṅanga Palai kal tur 50 zingah kan hruaituten min ruat ve hlauh mai a, hetiang Kohhran Hmeichhe puala Inkhawmpui sang taka ka tel thei hi Pathian leh hruaitute chungah ka lawm hle a ni.

April 27, 2017 zing dar 9 pelh hretah Synod Office aṅangin Bus 2-in kan chhuak a. Mizoram Synod aṅanga kalte hi Central Kohhran Hmeichhe Committee aṅangin 21 leh Bial aiawh 29, kan vaiin 50 kan ni. Silchar-ah riakin, a tuk April 28, 2017 (Zirtawpni) tlai dar 4-ah Mairang Presbyterian Kohhran Biak in kan thleng a; kalkawng thui viau mah se tumah motor rui leh harsatna nei kan awm lova, a lawmawm hle. Thlengtu Kohhran hruaituten hlim takin min lo dawngsawng a, kan thlen in tura an ruat chu number nen an lo pe thlap mai a, a fel thlak hle. Kei chu ṅhian dang 5 te nen House No.79-ah min

thlentir a, an chhungkua an felin an ṅha emem a, kan tlangnel nghal hle. Guest room nuam takah mutbu thar hlir an lo chhawpin ei leh inah min duat hle a. Kan cham chhung zawngin lal ang maiin min enkawl a, kan rawngbawl turin an inpe tawp a ni ber mai. Keini ang bawkin kan ṅhiante pawh an thlen inten an duatin an fak hle vek a ni. Lalpa tana an inpekna hi a ropuiin entawntlak tak a ni.

Inkhawm dan:

Zirtawpni zana Pi Lalrinkimi, President, NEICCWA-in Assembly hawna inkhawm a kaihrui a; Rev. R. Lalnunzira, Secretary,

NEICC-in inlawmna leh thupui **‘Revive us again’** (Min tiharh leh rawh) tih a sawi a. Zaipawl pahnihin Pathian fakna hla an rem a, inkhawmpui chhungin Zaipawl 10 an zai a; Mizoram Synod aiawhin Madanriting Bial Kohhran Hmeichhe Zaipawl an zai ve a ni.

Inrinni (April 29) zingah Bible Study hunah kan thupui kan zir a, Rev. Dr Marlene Marak-in a kaihrui. Nilengin rorel nan hun kan hmang.

Kan thupui **‘Min tiharh leh rawh’** tih chu then thumah - ‘chhungkuaah, Kohhranah leh khawtlangah’ tia thenin, Inrinni zan, Pathianni Chawhma leh Chawhnu inkhawmah ngaihthlak a ni. Pathianni chawhnu-ah Dr. Lalrindiki Ralte-in thupui then 3-na hi a sawi a. Pathianni zanah Pi Lalrinkimi, President kal chhuak hnen atangin Pathian thuchah ngaihthlak a ni bawk.

Mairang hi kum 1906-a Harhna ropui tak thlenna hmun kha a ni a; chumi hriatreng nan, **‘Revival**

Centenary Building’ tha taka sak a ni a, pindan pakhat chu **‘Tawngtaina hmun’** atan siam a ni. A duh apiang tan englai pawhin tawngtai theih a ni. He hmunah hian keini pawh tum hnih kan tawngtai a, thinlung chhungril taka lawm avanga tap khawpa hun kan hmang kha theihngihl rual a ni lo vang. He Tawngtaina hmun chauha hun hmang pawh ni ila a kalte chuan manhla kan ti hle tho a ni. Harhna thlen ni apianga kumtina sawi thin, **‘Mairang’** hmun ngeia Inkhawmpui pawimawh taka kal a, Pathian pawlna hun tha tak kan nei thei kha a va hlu em! Lalpa chu fakin awm rawh se.

Pathianni zingkarah Rev. Marlene Marak (Hmeichhe Pastor)-in urhsun taka Lalpa Zanriah Sacrament a buatsaih leh a thusawi ropuizia te kha aw! Hmeichhe Pastor-in Sacrament a theh kan chan vawikhatna a nih mai bakah, hetiang hun hi chan leh beisei phak a ni meuh lo. Mizo hmeichhe zinga Pathian thutiam, tling leh tlak tlemte tal

hi chuan he hna hi han thawk ve thei se aw! Engtik hunah emaw chuan keini pawhin Hmeichhhe Pastor tha tak tak te kan la neih ve a rinawm.

Mairang hi a thianganhlamin a fai hle a, Pathian thuawih khawsakna hmun ni awm hlih hlih a ni. Mimir pawh an invawng fai hle.

Pathiannah chuan Biak in kawt zawl zau takah nisa hnuaiah nihliap khumin an thu a, thutna changlo pawh, bengchheng hauh lovin inkhawm chung zawng an ding a, an kal sawn lova, an awmna ngaiyah Biak in chung ang chiahin an khawsa tlat mai te kha Mizote tan an entawn tlak hle. Inkhawm a reiin thusawi pawh a rei thin hle a, mahse tumah phun lovin, dawhtheih taka an inkhawm kha an fakawm hle. Nau nawi nena inkhawm si kha an thutna velah sarang leh thil eina kawr bawlhhlawh chhar tur pawh a a awm lo kha an entawntlak hle mai.

Sadhu Sundar Singh-a thlen inah ka thleng:

Ka thlenna hi Mairang

Presbyterian Kohhran Upa nemngheh hmasa ber, Raja Kine Sing Syiem, 1898-a nemngheh fate an ni. Kum 1906-a ‘Mairang Assembly’-a palai 8000 lai an kalkhawm tum khan anni chung hian mi 2000 zet chaw ei an thleng tih an Kohhran Chanchin ziahnaah tarlan a ni. Hei hian mikhualte chung an thatzia leh Lal Isua tana an inphalzia a lantir hle. Keini Inkhawmpui Palaite pawh zahthlak hial khawpin min duat a. Krista avanga kan chung an thatzia han hmuh hian Mairangah chuan Lal Isua zuitu nih a nuam bik hle a ni.

An Sitting Room sir chiahah chuan India rama Krista Pasaltha, Sadhu Sundar Singh-a mutna khum chu a ngai ngaiin an la hung thlap a, an tuai hnum tha hle. Kristiante zinga mi ropui, Krista pasaltha, Sadhu Sunder Singh-a thlenna in ngeia ka han thleng lehngal hi vannei ka inti lehzuat a, ka lawm hle. Kan sawi tui lutuk dawn, duhtawk dawn mai ila.

May 1, 2017 (Thawh-tanni) zing dar 4-a Bus-a kim a ngai tawh si a, kan thlen inte hnenah chuan, “*Naktuk zing chu dar 3 vela thawh a ngai a, min buaipui tawh suh u*” kan ti a. Mahse zing dar 3.30-ah kan kawngkhar an rawn kika, ei tur an siam tawh thu min han hrilh mai a, mak kan ti teh asin! Thingpui leh a hmeh tui tak nen, chhungkaw kimin - nu ber kum 94 miin a tu leh fa te nen min thlah vek a nih chu maw le!

Tichuan dar 4-a chhuak hman turin kan thlen in chu kan chhuahsan ta a, tuang taka kalin Lakhrymbai-a chaw eiin, Sonai bula lei min avangin darkar 2 dawn lai chawlin, zan dar 11-ah Aizawl chu dam takin kan lo thleng leh ta a ni. He NEICC Women Assembly-a Lalpa min hruaina zawng zawngah lawmthu kan sawi a, Inkhawmpui pawimawh taka tel thei tura ruahmanna siamtu, kan hruaitute chungah kan lawm hle bawka ni. Lalpa hming chu fak in awm zel rawh se.

Britain ramah Queen Victoria a lal lai khan vawikhat chu thingtlangah a zin a. Hmeithai pakhat, Isua sawi reng mai inah hian a thleng a. Mite chuan amah fiah nan, “Ka pi, i mikhual tawh zawng zawngah tunge ropui ber?” an ti a. Ani chuan “Queen Victoria” tiin a chhang a. Mite chuan, “Kan man chhuak ta che. Isua i sawi reng hi i mikhual pawimawh ber a lo ni lo anih hi,” an ti a. Ani chuan, “Isua chu mikhual a ni hleinem. Kan hnena cheng alawm anih,” a ti daih mai a.

-- Kristian Encyclopedia, Rev. Lalngaihawma

Character Study**RUTHI**

*P.C. Lalrani
Bawngkawn East Kohhran*

Thu Hma:

Ruthi hi kohhrana tel, mi pangngai chuan kan hre deuh vek a, sawi tam a ngai awm lo ve. Kristian hmeichhe zingah, Mizo telin Ruthi hming pu tam tak an awm a, kan ngaisang a ni ngei ang.

Ruthi chanchin tlangpui:

Ruthi hi Moab mi tih bak chu an chhungkaw chanchin Bible-ah kan hmu lo. Juda tlangval Mahlona, Bethlehem khua a tanga Moab rama pem nen an innei a. Vanduai thlak takin a pasal pa Elimaleka leh a pasal Mahlona leh a unaupa Killionate an thih avangin a pasal nu Naomi leh Kilion nupui Orpi nen an pathumin, pasal sun hlir an awm khawm a. Naomi hi Jehova Pathiana betu ruh tak a ni a, a mote pawh Pathian tak chanchin hrilhin, ring turin a hneh a. Kum sawm emaw lai an awmho hnuah Naomi chuan LALPAN a mite ei tur pein

a kan tih a hria a, Bethlehem khuaah kir leh a tum a. Ruthi leh a mopui Orpi chuan zui an tum a, mahse Naomi chuan an pasal tur a hrinsak theih dawn tawh loh avangin an mahni in lam ve vea kir leh turin a hrilh a. Orpi chuan Naomi chu a fawp a, an mahni in lama hawng turin a kal a, Ruthi erawh chuan Naomi chu a vuan tlat a. Naomin a mopuinu Orpi anga mahni in lama kir ve tura a hrilh pawhin a duh lo va, Bethlehem khuaah a hnenah a kal ve a.

Bethlehem khuaah an awmin Ruthi chu mi loa buho zawng turin nitin a kalchhuak thin a. Naomi chuan Ruthi chu ama fanu

ang chiahin a en a, pasal a zawnsak a. Bethlehem khuaa mi hausa, a pasal Elimaleka thlah ami Boazan a inneihtir a. Ruthi leh Boaza chuan fapa duhawm tak Obeda an nei a. Obeda chuan Jesaia a hring a, Jesaia chuan fapa pariat lai a nei a, chung zingah chuan Juda lal ropui tak ni ta Davida chu a naupang ber a ni a. (1Samuela 16:10-11) Davida thlah kal zelah chuan khawvel chhandam tura mi ruat Isua Krista a lo piang a; Ruthi chu Isua Krista thlahtute zingah a hming a lang phak a, mi vannei tak a ni ta a ni. (Mathaia 1:5)

Ruthi Nuna aṅanga zir tur pawimawhte:

Ruthi nunah hian zir tur pawimawh tak tak a inphum ṭeuh a, tun tumah hian pathum chauh kan sawi ang

1. Pathian tak Jehova betu nih a duh:

Ruthi pasal nu Naomi chu sakhaw mi, Pathian ṭih tak a ni a, a mote pahnih

Ruthi leh Orpите pawhin a Pathian chu an ring ve a. Bethlehem khuaah kir leh a tumin Naomi chuan anmahni fiah nan an pasal tur a hrinsak theih dawn tawh loh avangin an mahni in lam ve vea kir leh turin a ti a. Orpi chuan pasal neih leh a duh avangin Naomi chu a fawp a, a kalsan a. Ruthi erawh chuan mahni in lama hawnga, milem pathian biak leh ai chuan Naomi bula awm zel a thlang a. Naomi chuan a hnenah “*Ngai teh, i mopuinu chu a chite hnen leh a pathian hnen lamah chuan a kir leh ta a; nang pawh i mopuinu umin haw ve tawh aw*” (1: 15) a ti a. Ruthi chuan “*Nangmah ṭhen tur leh nangmah zui lova haw leh tur chuan min thlem lo hram hram rawh : i kalna apiangah ka kal ang a; i riahna apiangah ka riak ang a, i chite chu ka chite an ni ang a, i Pathian chu ka Pathian a ni ang: i thihna apiangah chuan ka thi ang a, chutah chuan min phum*

ve mai tur a ni: nang leh kei hi thihna chauh lo chuan thil dangina min then dawn chuan LALPAN a tih tihin min ti mai sela, chu aia nasa pawhin” a ti a. (1:16,17)

Orpiin Naomi a fawp tih hian ngai chung a kalsan tum tih a entir a, Ruthi chuan a vuan tlat a, tih chuan kalsan tumlo, a hnena awm reng duh a entir kan ti thei ang. Orpi khan a pi Naomi bula awma Pathian tak Jehova betu nih chu duh mahse, kumkhuaa pasal neih loh phah em tur chuan a duh lo va. Ruthi erawh chuan eng pawh thleng dawn se milem pathian be tura kir leh chu a duh lo thung.

Pathian ringa chhandam nih duh, mahse Orpi anga khawvel thil kalsan theih loh vanga hnung tawlh mi tam tak an awm a, Ruthi anga Pathian vanga engkim chan huam an awm bawka. Hemi pahnihah hian eng zawk

nge ka nih tia mahni inenfiah a tha ang.

‘Isua neih ka duh zawk thil dang zawng aiin’ ti theilo tan chuan Isua zui hi a harsa hle mai. . Thangkura pawlten a thlawna lehkha zir theihna tawkdarha hmangin phailamah Hinduho zinga School kal turin Mizo naupang an thawn tihte a awm a. Isua neih duh zawk tan chuan duh loh tur a ni a, mahse kal duh an awm tlat si. Isua ringtu nih duh, mahse chan tur chan ngam si lote hian kawng dika kir leh hun an nei lo ang tih a va hlauhawm em.

11. Naomi leh Pathian tan a rinawm:

Ruthi hi Naomi leh a biak Pathian tan a rinawm hle mai. Hmeichhe pahnih, pasal thihsan tawh ve ve han inzui chu an ropui vaklo ang tih hriatsa a ni. Mi hmuhsit an tawka mai thei a, in leh lo inbenbelna leh ei zawn a harsat dan tur lah hriatsa a ni a; ngaihtuah

tur a tam ngawt ang. Mahse Ruthi chuan a nu Naomi leh a Pathian chu thih thlenga zui turin thu tlukna a siam hmiah mai, a va fakawm em. Isuan *“Tupawhin mi zui a duh chuan mahni hrehawm pawisa lovin, nitin a kraws puin mi zui rawh se”* (Luka 9:23) a ti a. Ruthi hian Isua thu sawi hre lo mahse a takin a zawm a ni.

Ruthi leh Naomin Bethlehem khua an thlen chuan hmeichhiaten *“hei chu Naomi kha a ni maw”* an lo ti a. Ani chuan *“Naomi min ti suh u, Maraii min ti zawk rawh u. Engkimtitheia chuan lungchhiatthlak takin min ti ta si a. Muk takin ka chhuak a, LALPA chuan kutbengin mi hruai hawng leh a ni: LALPA chuan ka chungah a lungnih lohna a tilang a, Engkimtitheia chuan min tihrehawmte hre rengin siin, engati nge Naomi min la tih cheu ni le?”* (Ruthi 1:20) a ti a.

Naomi hian a pasal Elimeleka leh a fapate pa hlira buho zawng turin a hrilh a. Ruthi chuan a chhan hrelo mahse, a zawm mai a. Barli seng tan tirh chauh a ni a, rei tak chhung kalna ngaia kal tur nimahse, a phunnawi lo. Barli seng zawhin Naomi chuan hruihah kal a, Boaza ke bula mu turin a tir leh a. Hemi tum pawh hian Ruthi chuan a chhan hre vek lo mahse, Naomi thu ang chuan a ti leh mai a. Tun lai mi anga ka zak tih kual vel a tum lo.

Thuthlunghlua huna Pathian mite chuan Pathian thu an zawm thin. Abraham chu Pathianin an khua leh a laichinteho hnen atanga chhuak a, ram a la entir tur lama kal tura a tih khan a kal mai. A fapa Isaaka halral thilhlana hlan tura a tih pawhin a zawm leh mai a. Nova pawh Pathianin lawng tuk rawh a ti a, a tuk mai a. Heng mite hian chhuanlam siam duh sela chuan sawi tur an va ngah dawn em, mahse

Pathianin ti tura a tih chu hnial an tum lo. Engvang nge kan tih chuan Pathian chu rin tlak Pathian a ni tih an hriat vang a ni.

Pathian thu kan zawm loh chhan chu Pathian kan rin tak tak loh vang a ni. *‘Maichama mei chu a mit tur a ni lo’* tih kan chhiar a, nitina chhung inkhawm nei turin Pathianin min duh tih kan hria, mahse chhuanlam kan siam a, “Keini chhung tan chuan a theih loh” te kan ti a. Pathianin zawlnei Hagai hmangin *“In kawngte chu chhut ngun rawh u . Tam tak in ching a, tlem te in seng si; in ei a, in tlai si lo; in in a, in kham si lo; in sin a, in lum chuang si lo; inhlawhfa chuan ip pawpa thlak atan mai a hlawh a ni.”*(Hagaia 1:5-6) a ti a. Chhung inkhawm nei hmanlo khawpa kan thawh rah hi ip pawpa thlak ang lek; neih phah lo, puar phah lo, lum phah lo, hlim phah lo, thlamuan

phah lo a ni ang tih a va hlauhawm em!

Isuan Pathian ram leh a felna kan zawh hmasak chuan kan mamawh zawng zawng min pe ang tih a sawi kan chhiar fo va. Mahse kan zawm lo va, Pathian duh zawng ti hmasa lo va, malsawmna dawn kan tum tlat a. Tih tur ti lo va, lawm man dawn tum, lehkha zir peih si lo va, exama mark hmuh that tum si ang kan ni. Sam ziaktu chuan *“Naupang ka lo ni tawh a, tunah tar ka lo ni ta a, Nimahsela mi fel chu kalsana a awm ka hmu ngai lo va, A thlahte chaw khawn pawh ka hmu ngai hek lo”*(Sam 37:25) a ti a. Harh a va hun em- chhungkuaa Pathian biak a, kan in chhunga lal ber ni tura sawm hi malsawmna hnar a ni. Chhung inkhawm neih loh nana chhuanlam kan siam reng dawn chuan Pathian malsawmna dawn in beisei lo law law a fuh zawk mai thei.

1V Pathian malsawmna a dawng

Ruthi hian Naomi zui tura thu tlukna a siam laiin Bethlehem khuaah a kal ang a, mi hausa tak nupui a ni ang a, fapa tha tak neiin tu chhuan tha tak tak a nei ang a, Isua Krista thlahtute zingah a tel ang tih a ngaihtuah phak lo vang. Mahse a rin phak bak, mumang lam pawha a man phak loh khawpin Pathianin a chawisang a, a thatna turin kawng engkimin a thawhsak si, a va ropui em. Pathian chu Amah zawngtute hnena lawmman pek hman a ni tih hi a chiang a ni.

Ruthi hian Bethlehem khua-ah mi loa buho zawng tura a chhuah hmasak ber niin mi hausa Boaza loah a kal fuh hlauh va. Boazan Naomi zuia Bethlehem khuaa a lokal dan mi ka atanga a lo hriat tawh avangin mi tha tak niin a lo ring sa a; a hnathawk zinga hotuin mi taima tak a ni tih a hrih baw avangin tha

takin a lo bia a. Chawfak hunah a eisen loh a nu Naomi tana hawn khawpa tam ei tur a pe a. Ruthiin Naomi hnenah chhuna a kalna a hrihlin Naomin rilru nei takin Boaza loah hli kal a, lo dang reng renga kal lo turin a hrih nghal a. Barli seng chhung zawng nitin an inhmuh chuan inngainatna an nei ang tih Naomi hian a ring a ni ngei ang. A rin ang ngeiin Boaza chuan buho chauh lo pawh buhphal zinga mi pawh lak a phalsak a. Barli seng zawh meuh chuan dan anga thil tihfel chauh an hmabak tawh a ni.

Boazan hma a lak ngei ngei theih nan Naomi chuan hruihzawla Boaza a riah zanah a ke bula mu turin Ruthi chu a tir a. Ruthi lahin ihe lovin Naomi thu chu Pathian thu anga ngaiin a zawm zel a. Naomi remruat a ni tih Boazan a lo hrethiam a, amah aia laichin hnaizaw hnenah kalin fing takin thu a sawi a. Elimeleka ram Naomin a zuar a, tlan a duh chuan

Mahlona thihsan Moab hmeichhia tlan tel a ngai tih a hrilh a. Laichin bul hnai zawkin rokhawm lama an buai dawn avangin a tlan theih loh thu a hrilh veleh Boaza chuan dan ang thlapin hma a la nghal a. Khaw upate leh mipui hmaah *'Elimeleka thil neih zawng zawng Naomi hnen aṭangin ka lei a; mitthi hming daih loh nana roluahtu siamsak turin Moab hmeichhia Ruthi chu ka nupui atan ka lei tih nangniho hi a hretu in ni e'* a ti a. Kulh kawngka mipui zawng zawng leh upate chuan *"Hretute kan ni e, I ina hmeichhe lo luta chu Rakili leh Leaii, Israel chhungkaw dintu pahnihte ang khan LALPA chuan siam rawh se"* an ti a (4:11)

Chumi ni aṭang chuan Ruthi chu mi hausa Boaza nupui a ni a, Naomi pawh an hnenah a awm a. Ruthi chu LALPAN nau a pai tir a, fapa a hring a, a hmingah

Obeda an sa a. Ani chuan Jesaia a hring a, zawlnei Isaian *"Jesaia bul atangin chawrno a lo chhuak ang a, a zung aṭangtea puak chhuak chu a rah ang"*(Isaia 11:1) a tih ang khan Jesaia chuan fapa pariat a nei a, a naupang ber Davida chu Juda lal ropui tak a ni a. Davida thlah aṭangin khawvel chhandam tura mi ruat Isua Krista a lo piang a.

Ruthi, Moab hmeichhia, Isua Krista thlahtute zinga tel khawpa siamtu chu Pathian engkimtithi a ni. A remruat chu tuma dal rual anih loh avangin Juda fir tak tan pawh sawi buai theih a ni lo.

Isuan *"Tupawh keimah avang leh Chanchin ṭha avanga in emaw, unaupate emaw, farnute emaw, nu emaw, pa emaw, fate emaw, ramte emaw kalsan tawh phawt chu, tun dam chhung la la hian, inte, unaupate, farnute, nute, fate, ramte a leh zain,*

tihduhdahnate nen, hmu lo tur tumah an awm lo: hun lo la thleng tura chatuana nunna nen” (Marka 10:29,30) a ti a. Ruthi pawhin a kalsan aia tam a nei a ni.

Tlang kawmna

Ruthi chanchin aṭanga chiang tak chu hmuh let tur beisei vang ni lovin, Pathian tan a rinawm a. Pathian phatsantu nih ai chuan Naomi bula awma hrehawmna leh harsatna tuar a thlang zawk a. Pathian engkim hretu chuan a kawng kawhmuhin a hruai a, hmun nuam tak a hruai thleng a. *Boazan “I pasal thih achin i pi chung a i thiltih dan zawng zawng te miin mi hrilh vek a; tin, i nu leh i*

pa leh i pianna ram kalsana tun hma lama i mi hriat ngai lohte hnena i lo kal dante pawh hi. LALPA chuan i thiltih chu rul sela, LALPA Israelte Pathian, inhumhim nana a thlahnuai i rawn chuha chuan i that man pe ṭeuh che u rawh se”(2:11,12) tia Ruthi hnena a sawi lai khan amah (Boaza) ngei chu Pathian hmanrua a ni dawn tih a hre lo ang a, Ruthi pawhin a hre bik lo vang. Pathian samsuih hi a awm tak tak a nih chuan anni ngei hi an ni ang.

Belhtlak Pathian a ni tih ring a, Pathian beltute chu an hlim ṭhin a, hlawkna beisei vanga Kohhran beltute chu an phunnawi ṭhin.

Ngilneihna hi bengngawng ten an hriat theih leh mitdelten an hmuh theih ṭawng a ni.

--- Mark Twain

SUAL KALSAN DAN THA

*Runremsangi Ralte
Sakawrtuichhun*

Hringnun a hnawksak leh paihbo hlen theih miah loh mitin nuna bet tlat chu SUAL hi a ni. He sual hian tumah zahpah nei hauh lovin ngampa takin min bei vek a, ringtute ti mualpho tu a ni fo. Suala kan tlukna chhan hi kan chhutchian chuan Pahian duhdan aia keimahni duhdana kan awm thin vang a ni.

Kan tih sual hi mihring chuan mahni insawi thiam chawpin tihpalhah kan puh thin. Mahni mai chuan sual hi kan hneh thei lo fova, Pathian Thlarau Thianghlim puihna kan mamawh a ni. Ringtu nun hi Indona – sual leh tha indona khawvel a ni a, nitin sual hneh theih tura ringtu nghet kan nih hi a va pawimawh em. Rom Emperor Valentinian-a khan a thih dawnin “Hmelma kan hneh zawng zawng aian ka thinlunga sual awm ka hneh hi a pawmawh zawk” a ti.

Sual hi hrefiaha hnawl thei turin Pathianin finna leh duhthlan theihna chanvo ropui tak mai min pe a, mahse mak tak maiin sual zawk thlan chang kan nei fo. Hei hi a chhan chu

khawiah pawh awm mah ila Pathianin kan thiltih leh ngaihtuahte a hrevek a ni tih hrevek chung siin mahni duhna kan lo dah lal leh thin vang a ni.

Mi tam tak chu sual lakah thinur lovin sual titu lakah kan thinur zawk hlauh thin. Ka fapa chuan natna hrik TB a pai a, amah haw lovin a natna hrik zawka kha a ni ka huat tur chu. Tihdam tumin hmangaih takin Doctorte panpuiin, Pathian hnenatngatngat sakim hmangaihna nen ka enkawl zawk tur a ni. Hetiang ang hian sual titu ni lova anmahnia awm sual a zawk kha huain Pathian Thlarau Thianghlim puihna nen tihdam kan tum zawk tur a ni.

Kan taksa a balh rimchhia kan lo ni mai hlauin nitin kan inbualfai dawn a ni.
 th̄in ang hian nitin kan nuna
 soal awm hi kan thian fai
 reng tur a ni. Chuti a nih
 loh chuan taksa bal chu
 rimchhia leh tenawma a
 chang ang hian Lalpa
 ngaihah leh mihringte
 ngaiha tenawm leh
 Kan nunah soalna lo
 lut th̄inte hi kan hriat
 chian a ngai a, thlem
 thluka kan awm loh nan
 nitin Pathian pawlin A
 zahngaihna i dil th̄in ang
 u. LALPA th̄inhain miin
 soal a kalsan th̄in.

D.L. Moody-a khan tan In pakhat “The Tombs” an tih hi a tlawh a. Thu a sawi zawh chuan Cell Hrang hrang chu a tlawh kual a. An tan chhan a zawt kual zel a, an thiamthu an lo sawi zel a. A tawpah pa pakhat kun reng hi a va hmu a. Moody-a chuan a tan chhan a zawt ve ta a. Chupa chuan, “Ka soal hi ka phur zo lo a ni” a lo ti a. Moody-a chuan, “Lalpa ka lawm e” tiin lawm takin a au chhuak ta a. Ngaihdamna chang tur hian mahni soalna hriata, inchhir phawt a ngai.

--- Kristian Encyclopedia
 Rev. Lalngaihawma

History-a pawl khawih̄tu lian ber ka ni a. Khawvela indonaa thi zawng zawng aia tam ka that tawh a. Mi ka tichhia a, chhungkaw tam tak tilungngaitu ka ni a. Thalai tam tak beisei bova siamtu ka ni baw̄k a. Mi tam tak kawng chhuk chho zawh tirtu ka ni. Mi chaklo ka tichhia a, michak ka ti chak lova. Mifing ti a tu ka ni. Pawl sawi lo awktu ka ni a, nu leh naupangte tiretheitu ka ni. Nun tam tak ka tichhia a, tihchhiat ka la tum zel baw̄k. Ka hming chu **ZU** a ni.

--- H.W. Gibson

Hriselna Huang

KAN MIT HLU TAK HI

*Dr. Lalsangzuali
Eye Specialist.*

Khawvel kan thlirna pawimawh ber chu kan mit hi ani. Benga kan hriat leh mita kan hmuh hian kan nunphung hi a kaihruai nasa hle a. Chuvang chuan kan mit hi kan taksa peng zinga pawimawh tak ani tih hriain, uluk taka enkawl a t̄ul a ni tih hi i hre t̄heuh ang u.

Tunah hian Mit vawn t̄hat dan pawimawh zualte i han thlir ho ang u.

Ei leh in

Vitamin A, C, E, zinc, lutein, zeoxanthine leh omega 3 fatty acids te hi mit vawng t̄ha tu pawimawh tak an nih avangin heng vitamin hrang hrang awmna te hi ei tam thei ila a t̄ha hle ang. Heng vitamin awmna chaw t̄ha kan hmuh theihna te chu tlem a zawng han tarlang ila.

VITAMIN A – artui, carrot, mai, tomato, bean, broccoli, antam, thingfanghma, grep, theihai, serthlum etc.

VITAMIN C – thei leh thlai chi hrang hrang.

VITAMIN E – almond, ni hawichi, spinach, butter fruit, kawlbahra, mai leh mai chi.

ZINC – be chi hrang hrang – e.g behlawi rah, be kang, bean leh dailuah chi hrang hrang, nihawichi, mai chi, chakai, sa, oats.

LUTEIN & ZEOXANTHINE – thlai hnah hring e.g – antam, beans, zikhlum, broccoli, motor chana hringte leh butter fruit.

OMEGA 3 FATTY ACIDS – khawkherh, almond, sangha thau.

Ven him

Pawn nisa leh eng lutuk ah hian, ni zung t̄halo (ultra-violet rays) hi mit atan a pawi theih avangin tarmit dum, lukhum parh emaw nihliap emaw hman hi a him ber a ni. Two wheeler-a chuang te tan chuan tarmit emaw helmet mit khuhna nei hman hi a t̄ha.

Vaihlo

Vaihlo hi mit atan hmelma lian tak mai ani tih hi kan hriat chian a pawimawh khawp mai. A bikin meizial leh tuibur te hian mit an khawih chhe thei hle a ni. Tar lam nena inkaihhnawih - Mit naute paw (cataract) leh ARMD (age related macular degeneration) te hi a tizual thei mai pawh nilovin, mit hrui chhياتna – (tobacco amblyopia) a thlen thei hial a ni. Heng te hi mit fiahlo leh mitdelna thlentu hlauhawm tak an ni.

Tarmit bun

Tarmit power nei bun ngai chi mit thatlohna nei hi kan tam tawh mai. Mahse daktawrin a chawh pawh kan bun that peih loh chuan mit in a tuar thin. Daktawrin tarmit bun tura min chawh chuan bun mai hi a him zawk a ni. Damdawiin hetiang ang mit fiahlohna hi chu a tidam thei lo.

Exercise

Taksa insawizawina - exercise lak hi kawng tinrengin mihring tan hian a tha a. Mit chhunga mit parda (retinas) a thisen zam te takte te hi thau in a bawh zim loh nan exercise lak

hi a tangkai hle a ni. Thisen sang leh zunthlumin mit a khawih chhiat pawh venpui nan a tangkai hle a ni.

Mit hman rim chungchang

Kan hnathawh a zir leh kan nitin nuna kan mit hi kan hman rim danin kan mit hi a khawih danglam thin. Mit hah leh kham khawpa hna kan thawk te a nih chuan a khat tawka chawlh hahdam tir hi a pawimawh hle. 20/20/20 rule an tih mai hi zawm a tha . Hemi awmzia chu – minit 20 danah zel, fit 20 vela hla, second 20 chhung tal thlir vang vang tur a ni. Hei hi mit chawlh hahdam tir dan tha a ni a, thui takin luna, mit kham leh na te a veng ve thei a ni.

Thil chhiar/en lai te hian mit khap zin hi a tha. Minit khat chhung hian vawi 15 – 20 tal kan khap hian mit mu a vawng hnawng tha tawka ngaih ani. Mit ro (Dry eye) avangin mit thip, na, kamtu/mim anga awm hi mit men tihrehawmtu pakhat a ni.

Tunlai kan khawvel thang zel ah hian computer leh

mobile phones kan uar ta hle te hian mit ro avanga mitna (Computer Vision Syndrome) a ti tam ta. Kan nula te pawhin mit hnawih (eye make-up) te an hmang uar ve hle tawh mai. Make-up intawmlah te leh a hlui lutuk hmanloh te hi a tha. Lirthei kan ngah tawh avangin kan boruak a thianghlim tawk tawh lo khawp, hei hian mit ro leh na a siam nasa tawh bawk a ni.

Mitna emaw tihpalh avanga inhliam te a awm theiheng ah hian a theih hram chuan

Mit Daktawr pan nghal hi a himber a. Mit enkawl dan hi a bik (special) riau avangin, fimkhur thilthu ah damdawi pawh pawng inchawh hi tih loh a tha.

A tawp ber ah chuan, kan taksa leh a pengte vawn that hi ringtute mawhphurhna ani. Kan tana tha tur hi zawm zel ila, a thalo hi paih phal ila, Pathian in mihring te tana nunphung min duan sak hi zawmin ngaipawimawh ila, damlohna tamtak hi kan pumpelth ve thei ani tih hi i hre tlang ang u.

RAWTUAI REPDAN

Rawtuai chu sin te tein sei sing sengin chan la, Dekchi-ah minute sawm vel chhum ang che.

A tui chu thli hul la, nisaah a ro that vek thlengin i pho dawn nia.

* Hetiang bawk hian samtawk leh bawkbawn te pawh chan sin deuh la, tuiah chhum so sawk la, ni saah pho rovin a rep ve theih.

TAMPUI UM DAN

Tampui chhum hana kan ei thin hi silfai la, chan sinin emaw den sawmin emaw hnaha fun tur. Rap nei chuan rapah rep tur a ni a, neih loh chuan nisaah pho tur. Nithum hnuah a lo tho ang a, duh chuan a tui sawr tur a ni a, a hang tui em em a, hmarcha muh hmui leh chi nen chawtani tui tak a ni. A tui so lovin pho ro pawhin a dahthat theih a, hmarcha muh hmui leh chi nen pho ro sa chu chawhpawlhin duh hun hunah a ei theih.

‘Ei tur buatsaih dan’ by Ramthianghlimi

**KUM 2017-A HMANGAIHNA INA NAU CHAWMTE
(CHHUNZAWMNA)**

SI.No.	Bial/Kohhran Hmung	Chawm zat
34.	E. Lungdar Bial Kohhran Hmeichhia	1
35.	Rengdil Kohhran Hmeichhia	2
36.	Tlungvel Vengthar Kohhran Hmeichhia	2
37.	Serchhip Chhimveng Kohhran Hmeichhia	1
38.	Bairabi South Kohhran Hmeichhia	1
39.	Champhai Venglai Kohhran Hmeichhia	1
40.	Kawrthah Bial Kohhran Hmeichhia	3
41.	Bairabi Bial Kohhran Hmeichhia	1
42.	Sazep Kohhran Hmeichhia	1
43.	Serchhip Bazar Kohhran Hmeichhia	1
44.	Champhai Vengthlang Bial Kohhran Hmeichhia	2
45.	Champhai Kanan Bial Kohhran Hmeichhia	2
46.	Serchhip Vengchung Kohhran Hmeichhia	1
47.	Hnahlan Bial Kohhran Hmeichhia	1
48.	Suangpuilawn Bial Kohhran Hmeichhia	1
49.	New Serchhip Kohhran Hmeichhia	1
50.	Champhai Bethel Bial Kohhran Hmeichhia	1
51.	Thenzawl Bial Kohhran Hmeichhia	1
52.	Khawlailung Dinthar Bial Kohhran Hmeichhia	1
53.	Madam Ngurliantluangi, Chawlhmun	1
54.	Bawngkawn Bethel Kohhran Hmeichhia	3
55.	Venghnuai Bial Kohhran Hmeichhia	2
56.	Sairang Kohhran Hmeichhia	2
57.	Chhinga Veng Kohhran Hmeichhia	6
58.	Tlangnuam Bial Kohhran Hmeichhia	4
59.	Dawrpui Kohhran Hmeichhia	10
60.	Upper Republic Kohhran Hmeichhia	1
61.	Chaltlang Bial Kohhran Hmeichhia	3
62.	Hlimen Bial Kohhran Hmeichhia	2

**(Ti chin hi ni 28.3.2017 thlenga chawmna man pete an ni a,
remchangah chhunzawm leh a ni ang)**

**KUM 2017 CHHUNGAAGAPE MISSIONARY TANA
LAKSAKTUTE (CHHUNZAWMNA)**

Sl.No.	Bial/Kohhran Hming	Laksak zat
61.	Lungleng I Bial Kohhran Hmeichhia	20
62.	Chawnpui Kohhran Hmeichhia	30
63.	Aibawk Bial Kohhran Hmeichhia	15
64.	Bungkawn Bial Kohhran Hmeichhia	30
65.	ITI Vengchhak Kohhran Hmeichhia	30
66.	Chhingchhip Venglai Kohhran Hmeichhia	10
67.	Zamuang Bial Kohhran Hmeichhia	10
68.	Bethlehem Venglai Bial Kohhran Hmeichhia	10
69.	Bilkhawthlir Bial Kohhran Hmeichhia	20
70.	Vairengte Chhimveng Bial Kohhran Hmeichhia	5
71.	Sialhawk Bial Kohhran Hmeichhia	20
72.	Champhai kahrawt Bial Kohhran Hmeichhia	15
73.	Lengpui Bial Kohhran Hmeichhia	20
74.	Zote South Kohhran Hmeichhia	5
75.	Bungtlang Bial Kohhran Hmeichhia	10
76.	E. Lungdar Bial Kohhran Hmeichhia	24
77.	Hnahtial Bial Kohhran Hmeichhia	10
78.	Bairabi Bial Kohhran Hmeichhia	10
79.	Champhai Vengsang Bial Kohhran Hmeichhia	20
80.	Champhai Kanan Bial Kohhran Hmeichhia	10
81.	Lunglei Venglai Bial Kohhran Hmeichhia	10
82.	Hnahlan Bial Kohhran Hmeichhia	10
83.	Zote Bial Kohhran Hmeichhia	10
84.	New Serchhip Bial Kohhran Hmeichhia	15
85.	Phullen Vengthar Kohhran Hmeichhia	10
86.	Biate Bial Kohhran Hmeichhia	20
87.	Dawrpui Vengthar Kohhran Hmeichhia	70
88.	Venghnuai Bial Kohhran Hmeichhia	50
89.	Tlangnuam Bial Kohhran Hmeichhia	50

**(Ti chin hi ni 5.4.2017 thlenga laksakna man pete an ni a,
remchangah chhunzawm leh an ni ang)**

*Hruaitute chanchin***PI ZODINGLIANI**

Pi Zodingliani hi Pu Vanlalchhunga (L) leh Pi Lalthari te fa upa ber niin Mawmrang kham bul, Luangpawng khuah a piang a. Kum 1988-ah Pu P.C. Lalhlimpua nen Aizawl, Ramthar Veng Presbyterian Kohhran Biakin-ah inneiin, fanu pahnih leh fapa pakhat an nei a. Tunah hian Ramhlun Sports Complex-ah an cheng mek a ni.

Rawngbawlna lamah chuan a tleirawl lai atangin Puitling Sunday School lama kai loin Naupang Sunday School Zirtirtu ah lak nghal a ni a. KTP rawngbawlnaah pawh a theih ang tawka lo inh mang thinin Assistant

Secretary, Finance Secretary leh Treasurer hnate a lo chelh tawh a ni.

Kohhran Hmeichhe rawngbawlnaah hian kum 1997-ah lut tanin Office Bearer-ah a tel nghal a. Chairman, Vice-Chairman, Secretary, Asst. Secretary, Treasurer leh Finance Secretary hna te hi lo chelh tawhin tunah hian Finance Secretary hna a chelh mek a ni. Tualchung Kohhranah Puitling Sunday School Zirtirtu leh Pathianni Chawhnu Thuhritu ani mek bawh.

Bialah chuan Chairman, Assistant Secretary, Finance Secretary leh Bial Bufaittham Ziaktu rawngbawlna te a lo chelh tawh thin a, tunah hian Bial Committee Member a ni.

Pathian faka zai ngaina mi a ni a, *“Ka thlarau in a zawm ta, Krista Grep nung chu”* tih hla hi a duh em em a, Kolossa 3:3 *“In thi tawh a, in nunna chu Pathianah chuan Krista hnenah thuhrukin a awm si a”* tih Bible chang hi a duhin a inngahna a ni bawh.

Hriat atan

Central Kohhran Hmeichhe Hruaitute chetchhuah dan hetianghi ani :

1. Ni 24&25.3.2017 a Association of Theologically Trained Women of India buatsaihin I&PR auditorium-ah Writer's Workshop neih a ni a, hengte hi an kal- 1. Pi Lalmuanzuali 2. Pi Denghmingliani 3. Pi Lalnuntluangi 4. Pi Lalnunsiami 5. Pi R. Vanlalruati 6. Pi Liansangi 7. Pi Lalthanruali 8. Pi F. Lalsangmawii 9. Pi Lalrinpuii 10. Pi Lalsangluaii 11. Pi B. Bualchhumi 12. Pi H. Lalpianthangi (ATTWI)
2. Ni 29.3.2017 ah National Health Mission buatsaihin I&PR Auditoriumah CDR State level Sensitization Meeting neihah Central Kohhran Hmeichhe aiawhin Chairman, Pi K. Lalliantluangi a kal.
3. Ni 8.4.2017 ah Bethlehem Bialah Leadership Training neihpuiin Pi Lalmuanzuali leh Pi Denghmingliani te an kal.
4. Ni 12.4.2017 ah Synod Conference Centre-ah MTC Graduation Day, Pi Lalnunsiami leh Pi Lalrinpuii ten an hmanpui.
5. Ni 13.5.2017-ah Thuampui Bial Leadership Training neihpuiin Pi Vanlalpari leh Pi Lalduhthangi te an kal.
6. Ni 6.5.2017-ah Ramhlun Vengthar Bial Leadership Training, Pi Liansangi leh Pi Lalngaihzuaii ten an neihpui bawk.
7. Ni 10.5.2017-ah Ramhlun Bialah Leadership Training neihpuiin Pi Rothangliani leh Pi Zoluri Sailo te an kal.
8. Ni 18-21.5.2017-ah Chawngte P Bialah Leadership Training leh Kristian Chhungkaw Campaign hun hmangin Pi B. Bualchhumi, Pi Sangthuami leh Pi Lalthanzami te an kal.
9. Ni 27&28.5.2017 ah Rawpuichhip Bial Leadership Training neihpuiin Pi Lalnuntluangi, Pi Lalramthangi leh Pi Zasangliani te an kal bawk.

KUM 2017-2019 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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Vice Chairman	:	Pi Lalnuntluangi
Gen. Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Lalrinpuii
Finance Secretary	:	Pi Lalbiakhluni

COMMITTEE MEMBER-TE

- | | |
|-------------------------|------------------------|
| 1. Pi Lalsangliani | 2. Pi C. Thanthuami |
| 3. Pi Zangeni | 4. Pi B. Bualchhumi |
| 5. Pi Lalthanzami | 6. Pi Denghmingliani |
| 7. Pi Lalngaihzuai | 8. Pi Biakchungnungi |
| 9. Pi Zoluri Sailo | 10. Pi F. Lalsangmawii |
| 11. Pi Liansangi | 12. Pi Chuahmingliani |
| 13. Pi Zonunsangi | 14. Pi Thanghlupuii |
| 15. Pi Lalpianzami | 16. Pi Lalnunsiami |
| 17. Pi Lalhliapi | 18. Pi Lalthanruai |
| 19. Pi Sangthuami | 20. Pi Zasangliani |
| 21. Pi Lalrinpuii | 22. Pi R. Vanlalruati |
| 23. Pi R. Lalrampari | 24. Pi Zodingliani |
| 25. Pi P.C. Lalmangaihi | 26. Pi Lalremruati |
| 27. Pi Vanlalpari | 28. Pi R. Nuzawni |
| 29. Pi Lalduhthangi | 30. Pi Rothangliani |
| 31. Pi Lalsangluaii | 32. Pi Lalramthangi |
| 33. Ni. C. Lalrimawii | 34. Pi Vanlalrovi |
| 35. Pi Vanlalnglaki | 36. Pi Lalbiaksangi |

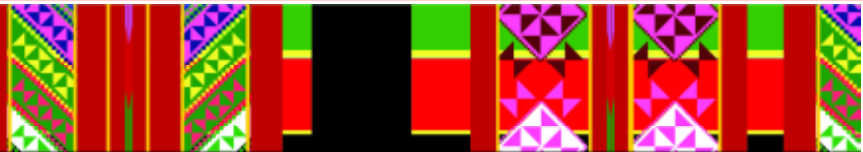
Ex-Officio Member-te

1. Rev. Lalzuithanga, Synod Moderator
2. Rev. Lianhmingthanga Sailo, Synod Secretary (Sr.)
3. Rev. P.C. Pachhunga, Executive Secretary i/c Women
4. Pi Rinchwaii, Ex-Chairman
5. Pi Sailuti (PWF)

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thil tumte:
1. Kohran pum rawngbawlna tihlawhtling tura thawh ho.
 2. Kristian chungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



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2016 Kristian Chhungkaw intehnaa pakhatna - Phainuam Bial



Bethlehem Bial leadership training



Agape Editorial Board

*NEICCWA 12 biennial Mairang, ni 28-30 April hrwaitu thar te (2017-19)
leh Mizoram aṅanga palaite*

To _____

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