



AGAPE

Vol. XXXII No. 303

SEPTEMBER 2017



Fanaute Isua ke bulah

Phek – 2

Chung lama rilru nghah

Phek – 6

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

HRISELNA HUANG

Lak man	:	Kum khatah	₹ 80.00
		Copy khat	₹ 5.95

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<i>Publisher</i>	:	<i>Rev. P.C. Pachhunga</i>
<i>Agape Phone No.</i>	:	<i>0389-2326372</i>
<i>email :</i>		<i>0389-2301824</i> (Heng number-ah hian office hun chhungin biak theih a ni.)
<i>agapechanchinbu@gmail.com</i>		<i>0389-2322285</i>

A chhunga thu awmte

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Editorial

INLAICHINNA MAWLH MAI HI

Kan hring nunah hian kan rilru luah thuk bertute chu kan kawppuite, nu leh pa, tu leh fate leh unaute hi an ni kan ti thei awm e. Inlaichinna tha chuan chhungkuaah hlimna leh thlamuanna a thlen thin. Inlaichinna tha lo erawh chuan rilru leh thinlung a hliam a, lungngaia rum vawng vawngna a thlen thung. Chuvangin, chhungkuaah mai pawh ni lovin kohhran, khawtlang, eizawnaah mi dangte nen kan khawsak honaah hian inlaichinna (Relationship) tha hi a pawimawh takzet a ni. Inlaichinna boruak tha chu a vantla nghah ngawt chi lah a ni lo va, thawh chhuah chi a ni zawk.

Tunlai hmasawnnain a ken tel inbiakpawhna tha leh chak tak tak kan neihna khawvelah ah hian inpawh sawt ahnekin kan inhlathret hret zawk ta niin a lang. Kan hun la pengtu kan ngah tak em avang te pawh hi a ni ang, hla taka mi pawh ni lo, kan bul hnai maia awm, kan chhungte ngei pawh ngaihsakna hun hi kan nei tlem ta telh telh a ni lo maw? Hei vang hian mi dangte nen kan inlaichinna hi a chhe hret hret a ni tih hi hriain insiam that a ngai hle mai.

Lal Isua khan inlaichinna tha siam tura hun inpek tawn pawimawhzia kha a hre Chiang kher mai. A buai em em karah pawh Amah mamawhtute tan hun a pe thei tlat zel. Lal Isua hmuh phak loh hlauh luat vanga tlawm leh zah pawh dawn lova theipui kungalawn, chhiahkhawntu Zakaia kha Isuan a kal pel thei hauh lo; A hun hlu tak sengin a thlen chilh hmiah mai. Tin, Samari hmeichhiain tui nung lui a mamawhna khan Lal Isua chu tuichhunchhuah bulah khan zuk chelh ding tlat a! Isua khan tih tur a ngah awm tehluul nen. Mipui tam takin an zui luai luai karah pawh a Pa nena inpawlna hun a insiam fo thin.

Mi dangte tan hun a pe satliah mai ni lovin, Isua khan thinlung leh tihtakzetin mi dang a hmachhawn thin a ni. Keini angin mobile phone leh thil dang khawih reng pahin mi dang a biain a kawm ve loh hmeh khawp mai. Mi dangte tana keimahni leh kan hun kan pek phalna chuan thin tha, chhungkaw lungruah leh hmangaihna hrui vuana mi dangte nena inlaichinna tha a siam thin a ni.

*Kristian Chhungkua***FANAUTE ISUA KE BULAH**

– *Lallianthangi*
Upper Republic

Sam 127:3; Marka 10:13-16; Thufingte 22:6

Fanaute hi Lalpa laka kan ro chan an ni tih Pathian thuin min hrilh a. ‘Ro’ a ti kher a ni. Mahse, mi tam zawk hi chuan ‘Ro’ han tih chuan sum leh pai, in leh lo, rangkachak leh thil hlu dangte hi kan tinzawn tlangpui ang. Kan neih chhun ang angte pawh a him thei ang bera dah leh enkawl kan duh thin. Rukru lakah kan fimkhur em em a ni.

Kan sawi tak ang khan kan Pathian thu chuan fanaute hi Lalpa laka kan ro chante chu an ni tih min hrilh a. Tunlai kan khawvel hun tawng han thlir hian rukru lian ber Setana khawih chhiat theih loh tura venhim hna thawk turin tan kan lak thar a ngai hle mai. Vanram thleng raka kan chhawm luh theih ro hlu chu kan fanaute chauh hi an ni si a. Chuvangin, Lalpa Isua pawh khan leia a len lai khan naupangte (fanaute) a ngaih pawimawh zia kan Bible chang tar lan Marka 10:13-16 a tang hian kan hre thei ang. An nuten Isua hnenah an hruaia zirtirten an lo hauh khan Isua a lungni

lo em em a ni. “*Pathian ram chu hetiang mite ta a ni si a*” a ti a, an chungah kut nghatin mal a sawm a ni.

Chuvangin, keini pawh fanaute kan enkawl danah hian kan inbih chian a ngai hle a ni. A hnuai a kan tar lan point tlem te a tang hian lo infiah ta ila, kawng hnih khat tala hma kan sawn theih nan.

1. Kan hriat theuh angin inchhung hi *Sikul hmasa ber* an ti a. *Mission Field hnai ber* pawh kan ti thei ang chu. Chuvangin, in chhungkhurah Lal Isua chanchin/chhandamna thu inzirtir ngun hi a pawimawh hle a ni. Naupang chu an tet

lai aṅanga an thinlunga kan tuh chu a nghet em em a ni. Thufingte 22:6-a kan hmuh angin, “*Naupang chu a kalna awm kawngah chuan zirtir ula, a upat hun pawhin a thlah lo vang.*” He hna pawimawh tak hi nu leh pa, pi leh pute mawhpurhna a ni a. Deuteronomy 6:4-9-ah phei chuan Pathianin Mosia hmangin amah chauh hi Lalpa chu a ni a, thinlung zawng zawng leh theihtawpa hmangaih tur a ni tih Israel-te kha a hriattir a, an fate nasa taka zirtir turin a ti bawka ni.

2) Naupangte hi biak in inkhawmah kan hruai peih an ngai. Tunlai hian nau hruaia inkhawm kan peih ta lo hlein a lang. Sunday School leh Naupang Chawlhni chawhnu inkhawma an kal chuan kan duhtawk viauvin a hriat; an zirtirtute ṭhahnemngaihna erawh a fakawm hle a ni. Mahse, biak ina kan hruai tam loh chuan biak in an ngaina dawn lo tlat. Pulpit leh maicham zahawmna te pawh an hre vak lo. Kum 2015 Nilai Thupui bua thupui pakhat

khan biak in ngainat a pawimawhzia kan zir kha han tar lang ila -

Thupui – “*Temple-ah nausen Isua*”

- i) Isua nu leh paten Pathian biak in an ngaina.
- ii) Temple-ah Pathian zawlneiten mal an lo sawm.
- iii) Biak in hi tu leh fate nun bul ṭanna atan i hmang ang u.

Kum 2015 Synod Inkhawmpuih Moderator-in Valedictory Sermon-ah, “Biak in lian tak tak, kan theih bak, a bain, loan-in, khawpuih leh Zo khuaah kan sa a, a ropui e. Nimahsela, biak in ngaina hi kan tlem tial tialin ka hmu,” tih thu a sawi chu kan Upa pakhat hnen aṅangin ka lo hre chhawng ve a. Hei pawh hi a chhan tam tak zinga pakhat chu naupangte an tet lai aṅanga biak ina kan hruai tam tawh loh vang kan ti thei ang.

Felfai lutuka inkhawm hi a ropui ber lo. Naupangte nen ni nawk nawk ila a ṭha ber.

Kohhran Hmeichhe inkhawmah te, Inrinni zan te leh Pathianni zanah te tal hi chuan naupang hruaia inkhawm hram hram tum ila. Nau pawm pawhin puak chhuah rual an nih tawh chuan hruai zel i tum ang u. Naupang thil la hre thiam vak lo pawh ni se, biak ina awm dan leh chezia an hmuh tam hrim hrim hi a hlu tak zet a. Inkhawmsan hi a pawizawka ni.

3) Tunlai kan khawvel hun tawng han thlir hian a tha lamah leh a chhe lamah pawh kan tlan chak pur pur viau mai. Kan fanau tleirawl mek te, nula leh tlangval te thleng hian kan vil ngun a ngai hle mai. Computer leh mobile phone (internet) hmangan inawm tlei nasa thin hle a. Heng hi hman sual theih a ni a, an thinlung leh ngaihtuahnate a chhe zawnga hruai thei a nih avangin kan theih tawkin tawngtaina nen i veng ang u. Tin, a te lamho pawh hi TV-ah Cartoon (Film) en tur an ngah ta hle mai bawka. Ngaihtuah chian vak loh chuan an tlei phah a, an leng chhuak lo va,

a tha viauvin kan hre mai a. Mahse, hei pawh hi a tawk neihsak thiam a pawimawh hle; en phal chin te neihsak a tha. Power nei lam hlir hi a ni deuh ber si a, an ngaisang em em a ni. Lal Isua thiltihtheihna (power) sanzia leh ropuzia te hriattir an thul hle.

Khawvel thila thiamna a sang, rual pawh kan el tlang hle a ni. A tha lo chu kan ti hauh lo. Amaherawhchu, kan tu leh fate tana khawvel thiamna kan ngaih pawimawh dan em em hi chu ngaihtuah tham a tling ta a ni. Khawvel zirna pawh tunah chuan kan beih nasat loh chuan ei hmuh a har tawh tih chu kan hretlang theuh va. Mahse, kan tlan na lutuk deuh em? Kan hun, sum leh pai eng mah ui kan nei lo. An sikul banah pawh a then chuan martial arts (Karate, etc.) leh music te zir turin kan la hruai dawr dawr peih a ni. Heng hi a tha e. Ka sawi tum chu – heti khawpa khawvel thiamna zir kawnga kan buaipui peih ang hian an thlarau nun hi kan buaipui peih em, tih hi a ni. Kan khawvel thang zelin a rawn ken tel –

drug hman sualna te, mipat hmeichhiat hman khawlohna te, HIV/AIDS te pawh nasa taka dova sum tam tak senga buaipui a ni ta. Chuvangin, kan tu leh fate hi an tet lai aṅanga kawng dik **“Kawng leh thutak leh NUNNA Isua Krista”** hriatna kawnga kan hruai a pawimawh em em a ni. Chuti a nih loh chuan tam tak chu a lerah ṭhulai leh tho tho

an ngai ṭhin a, a harsa tawh hle a ni. Baptisma an chan laia kan thutiam kha hlen i tum ang u.

Kan sawi tak ang khan kan RO hlu ber kan fanaute hi vanram kan hruai thlen ngei theih nan kan in chhungah Pathian thu hrih ngun ila, biak inah i hruai tam ang u.

Lalpan malsawm rawh se.

AGAPE CHUNGCHANGA HRIAT TUR PAWIMAWH

Agape chanchinbu man pèk chungchangah buaina a awm loh nan a lâk kum ral hma ngeiin pek hrâm i tum ṭheuh ang u. Pe lote kan awm ṭhin avangin in ṭhin loh theih a ni lo va, tihsual palh te pawh thil awm thei a ni a. Amaherawhchu, a man hi pek a nih chuan receipt-ah kan ziaik lut zel a, receipt duplicate kan kawl ṭhat vek bakah register-ah a receipt number indawtin kan ziaik lut vek bawka, receipt lo tibo palh kan awm a nih pawhin office-ah a zawn chhuah leh theih vek bawka ni tih hi kan inhriattir a ni e.

– Circulation Manager

BUHFAITHAM DINHMUN CHUNGCHANG

Chhingchhip Pastor Bial Kohhran Hmeichhia te, Kohhran Hmeichhe Inkhawmpui Lian (Jan-Dec, 2016) Bial Buhfaitham san dan indawta an dinhmun chu hetiang hi a ni:

Sl.No.	Bial hming	Chhungkaw zat	Buhtham zat	Percentage
30	Chhingchhip	711	70	98.87

– Gen. Secretary

*Sermon***CHUNG LAMA RILRU NGHAIH**

– Rev. Vanlalzuata
Chawlhmun

Chung lama thil awmahte chuan in rilru nghat tlat rawh u (Kol. 3:2)

He lei dam chhung rei lo teah hian mihringte hian kan duhthusama awm kan tum vek a, duh tawh kan ngah zo lovin thlan kan thleng vek bawh. Sakhaw tinte hian he lei piah lama kan awm dan tur hi rin dan an nei vek a, chu chu sakhaw siamtu ber pakhat a ni bawh. Philosopher-te chuan thatna te, thutak te, mawina te hi he lei nun nen ngawt chuan inhmeh lovin an hria a. Moralist-te pawhin sual leh tha kan tihte hi he leia buk dik zawh vek sen ni lovin an hre bawh. Scientist-te pawhin rilru lam zirna atang te, thlai chi lo insiam dan atangte leh rannung thi tawh hnu lo inlip thar thei atangte hian mihringte pawh hi he lei piah lamah hian eng emawa chang zui thei niin an ring bawh. Hla phuahtute lunglenna ber pawh hi he lei piah rama kan awm dan tur a ni a, khawvela lehkhahu zia hralh tla ber pawh hi hma lam thlir lawkna lehkhahu a ni e an ti bawh. Sakhaw hrang hrangten hma lam hun kan thlir dan erawh chu a inchen lo hle a, tuna kan sawi tur chu Kristiante thlirna a ni ang.

1. Bible-in chung lama rilru nghat turin min hrilh : Bible chuan, “*Chung lama thil awmah te chuan in rilru nghat tlat rawh u, leia thil awmahte chuan nghat lovin,*” tiin min hrilh a (Kol. 3:2). Lal Hezekia kha thih

ngama a nat lai khan lungngai takin a khum laizawlah a let tap tap a, khawvela thlir a, inngahna tlak a hmu lo va, “*Chung lam thlir nan ka mit a vai zo ta,*” tiin a au chhuak rawih rawih a (Is.38:14). Lal Solomona kha a hausahle a, a mit itzawng apiang

a tlachham lo va, nimahsela leiah hian hlimna kim a hmu zo lo va, “*Eng mah lo mai mai,*” tih chu a nun thunawn a ni a. Chutiang bawkin Joba pawh khan he leia hring nun hi a enin, “*Chhiahhlawh daihlim chak em em,*” tiin a sawi tawp mai a. Tirhkoh Paula pawh khan a hun laia Rome mi nihna kha miten an chhuan teh lul nen khan a chhuang ngai reng reng lo va, “*Keini zawng van khua leh tui kan ni si a,*” tiin chung lam khi a chhuang zawk a. ‘Piantharna,’ kan tih ngei pawh hi “Chung lam aṅanga piang,” (born from above) tihna a ni.

2. Mizo hla phuah-tuten chung lam an thlir: Kan hla phuah thiamte khawvel hi kan thlir chuan tun hma 1920-1930 vela mite phei kha chuan chung lam thlir lo chuan hla an phuah thiam lo a ni ber mai. Rev. Lianruma chu Chanchin Tha hrila a vahnaah lal pakhat hian an khua aṅangin a hnawt chhuak a, ni tlak dawn tawhah hian khaw dang pan hman a nih tawh loh avangin chu khaw dai bulah chuan thing bul a hai fai a, chutah chuan mut hmun rem a tum a.

Chutih lai chuan ni a tla dawn suar suar tawh a, chung lam a thlir a, “*Ni tla ngai lo Zion khawpui,*” tih hla hi a phuah chhuak ta a. Chu khuaah chuan a tan hmun awm ve lo mah sela, “Ka tan hmun a awm ve chu ramah chuan,” tiin chung lamah a rilru a nghtat a, a ropui ngawt mai. Patea pawh Khawbunga a awm laiin buh ei a nei thei lo va, a hrisel lo hle bawk a, a farnu a sun bawk si a, a chhangchhe bawk si a. Nau paw chungin a tukverh biang vuanin ral hla taka lang tlang dung paw ruih mai chu thlirin, “Hei ha, Imanuel i hmangaih kulh chhungah buaina ral a lian a nih hi,” tiin mittui parawl ṭeuhvin, “*Thlarau lo kal la Edena thil hlui,*” tih hla hi a phuah chhuak ta a. Chang thumna hi a nun inbun ruahna niin a lang-

*Thuro angin thlawkin
han leng ila,
Ka himna Kalvari
mual lam ka hrut ang;
Tin, chu hmun ka
chhuahsan leh hun chuanin
Lalna ram ni tla ngai lo
ka pan ang.*

A tuarna leh retheihna chuan a

himna Kalvari mual lam a fantir a, chuta tang chuan lalna ram ni tla ngai lo a pan ta a, Khawbungah a kir leh ta lo a ni. Vawikhat pawh Kohhran thununna a tawk ve a, a zakin hrehawm a ti hle mai a, a mangang lutuk chu daiah a kal a, zangphar chungin chung lam a thlir a-

*Buaina, lo kiang la,
ka ram ka chuan ang,
Khawvelah hian ka
thla a ngam thei lo;
Lalpa siam salem thar
ka thlir ang e*

tih hla hi a phuah chhuak ta a. Tuna a dinhmun chu buaina chhumin khuh rih mah sela, luipui luang ri rehnaah a la chawhlsan dawn a ni tih a puang ta a ni.

Pu Kamlova'n, "*Lung min len ka thlir ning dawn lo, lei lungngaih piah ram khi,*" tih hla a phuah lai khan chung lamah a rilru zawng zawng a nghat a ni tih kan hre thei awm e. "*Aw ral mai rawh lei ninawm,*" a tih hi tunlai mi thiam thenkhatte hian kan chenna lei siam that tum lova hnualsuatna rilru nia an hriat

avangin dem a hlawh deuh va. Amaherawhchu chung lam thlir reng chung a phuah a nih avangin dem tur a ni lo vang. Kan Bible pawhin, "*Khawvel hi hmangaih suh u,*" tih te, "*Khawvel hi a chakna chawpin a boral mek a ni,*" tihte pawh a sawi ve tho mai. Khawvel himna leh hausakna zawng zawng pum hmawmtu Solomona pawh khan, "Engmah lo mai mai," tiin khawvel hi a chhuah a nih kha. Tirkkoh Paula'n, "*Tunlai tuarnate hi nakina kan chung a ropuina tihlan tur nen chuan tehkhin thamah ka ruat lo,*" a tih ang khan kan hla phuah tute hian nakina kan ropuina tur an thlir a, tuna kan lei nun hi chu an dah *nil* a ni.

3. Chung lama rilru nghattute nun : Chung lama rilru nghattu apiangte hian hnuai lam lei hi an luah dik a ni. Lovah buh kan tuh a, hlo thlawh lai chuan buh kung chu kan duat hle a, a bul vel kan thlo fai a. Buh a lo hmin chuan a rah chauh kan seng a, kan dim em em buh kung chu kan rap thlu mai mai

tawh a. Chutiang bawkin chunglama rilru nghattute chuan leia kan la awm chhung hi chuan kan taksa kan duat a, nun dan tha kan ngaisang a, kan chenna khawvelah hian mi hnawksak kan ni ngai lo va. Nimahsela chung lama kan chhoh ni chuan kan ruang chuan tangkaina a nei tawh lo va, thlanmualah min zawn liam thin. Chung lama rilru nghat ve lote hian lei luah dan hi kan thiam lo zawk a ni. Heng duhamna te, mahni hmasialna te, itsikna leh سوالنا chi hrang hrangte hi lei lama rilru nghat tlattute awm dan a ni. Thomitchhah ang maia mite mit tikhamtu apiangte hi chung lama rilru nghat lote kan ni. Chuvangin “Ral tawh mai rawh lei ninawm,” tia thinlung taka zai theite hian, he lei hi a ral hma chuan, “Lei pawh a tih mawi vangin mihring leh lei zah ila,” tiin an zai baw a, lei chhe lai siam thatu an ni fo zawk.

Chung lama rilru nghat tlattute chuan khawvelah hian khualzin cham mai an ni tih an hre Chiang a. Mikhual chu a zinna khuaah khawtual angin a nung lo va, khawtualte tih ang a piang a ti ve thei lo va, an sawi ang

apiang a sawi ve thei hek lo va, mikhual nunin a nung thin. Chutiang bawkin chung lama rilru nghatte chuan he leiah hian mikhual leh khualzin an nihzia hriain khawvel mite angin an nun an thlahdah ve thiang lo. Rev. Saiaithanga kha Rev. Thansiaman a vei a, “Mikhual tha tak, a thlen inten a hawn hun an huphurh em em, cham reng atana an duh a ni a. Chutih laiin a khua leh tuiten a hawn hun an lo ngahhlelh em em si a ni,” tiin a sawi a, a mawi ngawt mai. Chung lama rilru nghat tlattute hi mikhual tha an ni a, an chenna khawtlangah mi dangte tan an hnawksak ngai lo va, khua leh tui tha an ni deuh zel a. Chung lama rilru nghat ve lote erawh chu an bula awm apiangte tana mi hnawksak, miten pem bo daih se an tih huai huai an ni a. Rev. Thansiaman bawkin chutiang mite chu, “Thlanmual zauh va, hremhmun titawttu an ni,” tiin a sawi. Chutiang mi ni lova he khawvelah hian mikhual tha, chung lama rilru nghat tlat, kan mikhualna khawvelah a chhe lai siam thatu kan nih theih nan Lalpan mal min sawm theuh rawh se.

CHHIAHHLAWH LANGSAR LO

– *Upa R. Lalmalsawma*
Mission Veng

Sam 134

- 1 *Ngai teh u, Lalpa chhiahhlawh,
Lalpa ina zana ding thin zawng zawngte u,
Lalpa chu fak rawh u.*
- 2 *In kutte chu hmun thianghlim lamah phar ula,
Lalpa chu fak rawh u.*
- 3 *Lalpan Zion atangin malawm che rawh se;
Lei leh van siamtu ngei chuan.*

Hmanlaiin Temple-ah chuan puithiamten rawng an bawl thin. Chhunah leh zanah pawh rawngbawltute hian mipui leh anmahni aiawhin rawngbawl hna an thawk thin. Rawngbawltu chu mi zawng zawng nih theih pawh a ni lo. Puithiam chi a bikin an awm a, chu mite chuan hna dang pawh thawk lovin Lalpa rawng an bawl thin. Khawvel thil nena inham buai a rem ve lo; hun pum an pek a ngai. An rawngbawl na hmun Temple chu an

tan chuan an thlawh hma, an dawrkaina, an pisa hna ber leh in chhung pawimawh an khawihna ang a ni ve mai. A awmzia chu engkim aiin Pathian an dah pawimawh tur a ni ringawt. An rawngbawlsak mipui aiawhin Pathian an be thin a, an inthawi thin. Sual thawina leh inhlanna chi hrang hrang chu Pathian mite aiawha hlantu chu puithiamte an ni. Chu chu Lalpa chhiahhlawhte an nih chu.

Tunah chuan ringtu zawng zawng inpuithiamna ramah kan awm tawh a. Krista thisen avangin keimahni ngeiin puithiam hna kan thawk a, khawngaihna lalthutphah chu

keimahni ngeiin kan hnaih thei ta. Krista thisen chuan mi sual bawlhhlawh kha a puithiam atan min lo pawm ve ta mai a, kan sual thawina avangin Pathian pawh keimahni ngeiin

kan be pawp thei ta. Hetiang Pathian ngilnei leh khawngaihnaa khat kan neih avang hian kan va vannei em! Lalpa chu fakin awm rawh se! Keimahni kan inpek leh inpek loh a ni ta mai. Chu chang a ni lova, kan fanaute leh kan chhungte tana ṭawngṭai inthawina kan hlante hi min lo la ngaihthlaksak ta cheu a nih chu. Chhungkaw tan puithiam hna kan la thawk thei nia. Nang leh kei misual chhandam mai hi Lalpa chhiahhlawh tia vuah kan ni e.

Hmanlaiin Temple thim rek rukah, eng awm ṭha lo tak hnuaiah puithiamte hian rawngbawl hna an thawk ṭhin. Khawnvar eng hnuaiah Pathian biain a lamah an ban an phar ṭhin a ni. Pindan thim tak leh tunlai anga khawnvar eng ṭha pawh awm lohna hmuna rawngbawl ṭhinte fuihna thu Sam 134 hian a sawi a ni. Tih tak vek vekah chuan chhun pachanga mipui vantlang hmuh ngei maia rawngbawl kha a nuam ve hlein a rinawm. A chetla lai pawh mipuiin an hmu ang a, ngaihsan pawh an hlawh

ngei ang. Mahse, zana rawngbawltu erawh chuan thlirtu leh hmuhpuitu a nei ve lo. Amah hual veltu bang leh khawnvar mai lo chu a bul hnaiyah hmuhpuitu awm an awm lo; a hlim thla erawh chu amah ang thei ber a ni chauh ang. Chutiang hmunah chuan tuma hmuh lova rawngbawl a ngai.

Nang leh kei hian mi hmuh lohvah rawngbawl hna thawh tur hi kan va ngah em! Kan tu leh fate hmuh loh lai pawha van lama an tana ṭawngṭai rawngbawl na kan hlan te a va han ṭul ṭhin tak em! Kan Kohhran hruaitute leh mipui hmuh lai ngei maia rawngbawl na hi a ropuiin tih vek vek chuan a nuam ngei ang. Mahse, zana Temple-a mi hmuh loh laia rawngbawltu ang mai khan keini pawh hi fuih ngaih hun kan awm ve fo. Hmun thianghlim lama kut phara rawngbawl hna thawh a ngai ṭhin. Mi tuma hmuh loh laia kan phar a ṭul hunah kan ban te hi a kham hma deuh ṭhin em? Hmun biru laia kan rawngbawl na hi pho chhuah loh kumkhua tur a nih dawn

avanga phur lo sawt te kan awm thei em?

Tu ma hmuh loh laia buhfaiṭham bel lama kan kut pharte hi Lalpa chuan a hmuh hmaih reng reng hlei nem! Kan fate lam hawia kut phar chung a an hmuh loh laia kan ṭawngṭainate hi chunglam chuan a lo hmu reng asin. Lalpan Zion aṭangin mal a

sawm a, a rah chu a lo lang ṭhin. Zan khawthim hnuai a Temple chhunga rawngbawltu rinawm tak anga hmun thi anghlim lama kan kut phar hi a thlawn lo ve. Malsawmtu chuan a hmu reng a, kan mit men laia a rah kan hmuh loh pawhin a thlawn hauh lo vang. Lei leh van Siamtu malsawmna dawng turin kan kut i phar zel ang u.

HRIATTIRNA

Synod-in letter head hman dan tur a siamah Kohhran Hmeichhia, KṭP leh department dangten kan duh anga letter head hman min remtihsak leh tak avangin Central Committee chuan hetiang hian hman ni se a ti a, kan inhriattir a ni. Hman theuh pawh tum ni se a ṭha hle ang (SEC 268:36 of 7.6.2017; C.C 494:VI of 13.7.2017), hetiangin:

PRESBYTERIAN CHURCH OF INDIA
MIZORAM SYNOD
BIAL/KOHRAN HMING

Chairman.....

Mob.....



Secretary.....

Mob.....

Sd/-

Gen. Secretary

KA SUANGTUAHNA HRUAITU

– Lalmuanzuali
Asst. Secretary
Central Committee

Association of Theologically Trained Women of India (ATTWI), Mizoram Branch-in March 24-25, 2017-a Writers Workshop a buatsaih chu vanneihthlak takin ka chhim ve a. Workshop changkang tak, hlawkpuiawm tak niin ka hria. Lekhkaziak chungchang kawng hrang hrangin min zirtir a, ATTWI member-te zinga resource person-te an duailo hle. Kei tehlu pawh hian hlawkna chhar vein ka inhria a. Ka suangtuahna min hruaisak thui ve hle a ni. Kum lama naupang zawkte hi hetiang workshop-ah hian tel thin se an va tangkaipui dawn em, tih te min ngaihtuhtir a ni.

Lemziak (Arts & Painting) aṅanga thu ziah dan min zirtir aṅangin vawiin thlenga ka ngaihtuahna luah fotu a awm a, chu chu Lal Isua nui lai lem a ni. Kan Bible hian “*Isua a tap ta a,*” tih thu a sawi a, a nuih thu reng reng a sawi lo. Hei vang hi a ni ang, he lemziak hian ka mit a lak nghal ni. Tin, mak tihnain ka khat nghal baw. A vanvadak deuh hlek a, ka ang meuhvin hlim tak leh za takin a nui a ni. He nui hmel hlimawm tak hian ka suangtuahna a hruai thui hle a, ka rilruah hetiang deuh hian a sawi a ni-

1. Isua nui hmel hi a taka hmuh a va chakawm em! Hmangaihna leh lainatna a khat a ni si a.
2. Khawvela a len lai pawh khan a nui ve fo ang a! Naupangten Amah an rawn pana a lo kuangkuaah lai te khan hlim takin a lo nuihpui ve fo a va rinawm em!
3. Fiamthu te pawh a mawi tawk chuan a duh vein min rintir a ni. A tehkhin thu thenkhat awm lo deuhva lang, entir nan “Sabengtung hriau bengaluh” chung-

- chang te kha! A nui ve hawk hawkin min rintir tlat mai.
4. Damlo tam tak - mitdel, thi put, bengngawng, ramhuai zawl leh a dangte - Lal Isuan a tihdama an lawm em em hmel a hmuh khan hlimin a nuihpui ngeiin min rintir a ni.
 5. Isua nui lai thlalak hian Amah nena kan intawh hunah hlim takin, nui chungin min lo lawm ngei ang tih min rintir tlat a ni.
 6. Amah ringtute hi lungngaihna leh tahna ruamah pawh hlimna thuruk a awm tih min ngaihtuhtir bawk a ni.
 7. Thisen far meuhva min tawrhsaktu Lal Isua hian kan hlim a duh ngei ang le!
 8. Isua nui hmel thlalak danglam tak hian thinlung chhungril atanga hlim taka nuih hi hriselna atan pawh a that min rintir a ni.
 9. Ama duh zawng kan tih apiangin hlim taka nui hmel a put thin ka ring.
 10. Lal Isua kianga awma, hlim taka Amah nen nuiha, sawi duh zawng zawng A hnena sawi bawrh bawrh he thlalak hian min va chaktir zual em!
 11. Dik lo taka rel leh sawichhiat kan nih lai pawhin he thlalak hian Amah pantute chu lainatna leh hmangaihna in min lo lawm ang tih min ngaihtuhtir a ni.
 12. Lal Isua nui hawk hawk lem hian kei hi miten eng ang hmel puin nge min suangtuah ang tih min ngaihtuhtir - hlim hmel puin nge ngui leh thinur hmel puin?
 13. Lal Isua nui hmel hian lungngaih leh mangan chang pawha nuih hram hram duhna min neihtir.
 14. Amah ringtute hi a tam thei ang bera hlim taka nuih thin hi a va duhawm em!
 15. Hlimna lan chhuahna tha ber chu nuih hi a ni.
 16. "Nuih hi hriselna leh dam reina a ni," an lo ti.

17. Ama min duh dan chu
“Lalpaa lawm fo” hi a ni a,
lawmte hi an nui chawka
ni.
18. Aman kan natnate phurin
kan lungngaihate a phur si
a, hlima lawma nui fo tur
kan lo ni.
19. Kan sual phurrit min laksak
daih avangin hlim taka nui
tur kan lo ni.
20. Kohhrana rawngbawltu
pawimawh tak ni ve si, nui
hmel pu ngai lo, biak
chakawm loh tak hmel pu
kan lo ni reng em, tih min
ngaihtuhtir.
21. A khawngaihna avang
chauhva Ama rawngbawl
hna kan kova nghattu hian
mi dangte nena kan
- inlaichinna pawh hi Angai
pawimawh hlein min rintir
a. A rawngbawltu tlawm
takte hian hlim hmel pu leh
nui sang chung a mite be
hmasa fo tur kan ni tih min
rintir a ni.
22. Hlim hmel pua nui fo thinte
bul awm hi mi pangngai
chuan nuam an ti thin.
23. Lal Isua nui hmel thlalak
mitthla chungin zing thawh
hlimah te darthlalanga
inenin i han nui chhin teh
ang u!
24. Hlim taka nui hmel a
hmuhnawm ber fo.
25. Lawm chung a, hlim hmel
pua, thuhnuairawlh chung
sia Lalpa rawng bawl tur
kan lo ni e.

Thil dik tih avanga hmuhsit nih hi thil dik lo tih avanga fak hlawh
aiin a tha zawk. -- Roy B. Zuck

I thil lungin dik nia i hria chu ti ngei ang che. Sawiselna i tawh
dawn ti hre bawh ang che. -- Eleanor Roosevelt

Ka tih dik min hrih suh, ka hria e. Ka tih dikloh ka hriat a tul
zawh. -- Albert Einstein

Pathian hi kan lamah a tang em tih aiin, Pathian lamah ka tang
em tih hi a pawimawh zawk. -- Abraham Lincoln

– *Kristian Encyclopaedia by Rev. Lalngaihawma* –

LAL ISUA RAWNGBAWLNAA HMEICHHIATE

– C. Lalchhuanmawii
Lakla, Arunachal &
Assam Field East

Lal Isua nun leh rawngbawlina chanchinah hian hmeichhe eng emaw zat hming leh chanchin a lang a. Hun rei tak Juda ho kalphung leh dan lo zawm thin tam tak thatin Lal Isua hian hun thar a rawn hawng a. Hmeichhia, Pathian tana inpekna thuk tak nei te, rinna leh hmangaihna nena Lal Isua zuitute chungchang Chanchin Tha Buah te hian kan hmu a ni. Chung zingta thenkhat lo en ila.

1. **Elizabethi** : Zakaria nupui Elizabethi hi Pathian mit hmuha mi fel, Lalpa thupek leh a dan te zawmtu a ni a.(Lk.1:6). Marin a va tlawh a chibai a buk veleh khan a pum chhunga naute chu a lo che a, Thlarau Thianghlimin a lo khat ta nghal a. Mari leh a chhul atanga naute lo chhuak tur malsawmna thu a au chhuahpui a ni(Lk.1:41-45).

2. **Mari, Isua nu**: Mari hi Isua Pathianna leh mihrinna hre Chiang bertu pakhat a ni. Pathian a rinnaah leh a inpeknaah ramri a kham lo. *‘I thu ang zelin ka chungah thleng rawh se,’* ti theitu a ni.

3. **Anni** : Zawnei, Pathian Biak Ina a chhun a zana

awngtai thin, chaw nghei tea Pathian be thintu a ni. Isua chanchin mi dangte hnena puang darhtu hmasa a ni (Lk. 2:36-38).

4. **Mari leh Marthi** : Lazara farnu, Isuan a hmangaihte an ni. Isuan a tlawh tumin Marthi chu Isua rawngbawlsakin a buai hle a. Mari erawh chu Isua ke bula thuin a thu a ngaithla a. Hetih hun lai hian Rabbi-hoten Juda hmeichhiate chu an dan thute (Torah) zirtir tul an ti lo. Rabbi Eliezer-apei chuan kum zabi 1-naah khan, *“Hmeichhe hnena dan thute zirtir ai chuan hal ral a tha zawk,”* a lo ti hial a ni. Mahse, Isua leh Mari te chanchin hian

hmeichhiate hi Pathian thu ngaithla leh zir tur kan ni tih a tar lang a ni (Lk. 10:38-42).

5. **Samari hmeichhia** : Ram dang hmeichhia nen rei tak Lal Isua an inbia a, a zirtirte pawhin mak an ti hle (Jn. 4). He hmeichhia hian a thenawm khawvengte Isua a kawhmuha, an rin theihna tura tanpuitu a ni.

6. **Joani leh Susani** : Isua rawng an bawlsak thin. Anmahni ngei an inpek bakah an neih sum sengin a rawng an bawl thin (Lk. 8:3).

7. **Hmeichhe thi put** : Juda danah chuan hmeichhe tawh thiang lo a ni. Kum 12 a thi a put tawh a. Isua puan chauh pawh dek se dam a inring a ni. Hlau leh khur chungin Isua bulah a lo kal a, damna a chang ta a ni. Lal Isuan, “*Engah nge mi tawh?*” a ti reng reng lo. “*Ka fanu, i rinna i dampui a ni e,*” a ti zawk a (Mk. 5:34).

8. **Mari Magdalini**: A kawchhung atanga ramhuai pasarih a hnawh chhuahsak

Mari Magdalini hian a tawp thak thlengin Lal Isua hi a zui tlat a ni. A rawngbaw lai, mana a awm hnu leh krawsa a thih thleng pawhin a phatsan lo. A ruang an dahna thlengin a en zui tlat a ni. A ruang pawh rimtui hnawih tumin a thian dangte nen thlan an la pan cheu a ni. Thlan ruak hmu hmasatu leh Lal Isua thawhleh hnua a inlarna hmasa ber a lo ni ta a ni.

Zirtir sawmpahnihte bakah, zirtir rinawm tak, Lal Isua rawngbawlsaktu hmeichhiate nunah hian zir tur tam tak a awm a ni. Isua ruang rimtui hnawih tumtute pawh khan, thlan kawngkhar lung lian tak kha anmahniin an lum sawn thei dawn lo tih hre reng chung khan thlan chu an pan tho a ni. Tah chuan Pathian ropuina an hmu a, lung chu lum sawn sain an hmu mai a ni. Lal Isua ring tlattu, a tana an theihna zawng hlantu leh an theih bak pawh tih tumtute nun hi i en thar fo vang u.

DIGITAL SCREEN LEH ZIRLAITE

– Zirkungi
Vice Principal
Synod Higher Secondary School

Khawvel hmasawnnain a ken tel, nasa taka kan nun tidanglamtu chu Internet, Phone, Computer, Television, etc. hi a ni. Heng thilte hi a zavaia khai khawmna ṭawngkam a awm loh avangin **Digital Screen** tiin sawi ta mai ila. Hemi aia huap zau deuhva kan sawi duh chuan **Information Technology** tih ṭawngkam pawh a hman theih awm e.

Digital Screen hi zirlaite tan, a bik takin College leh University-a zirlaite tan ṭangkai taka hman theih a ni a. Technical line-a zirho tan phei chuan a ṭangkai leh zual awm e. Lehkhabu tam tak, a ṭhen phei chu lei tur awm remchang mai lote pawh awlsam takin Digital Screen aṭang hian a hmuh theih a. Lehkhabu chhunga bung hrang hrang te, chanchinbu te bakah khawvel hmun hrang hranga thil thleng te pawh a en theih bawk a, malsawmna hlu tak leh ṭangkai tak a nihna a awm.

Amaherawhchu, zirlai tam tak chu Digital Screen an hman nasat avangin an zirnain a tuar a, thiamna hmanrua ni thei

kha an chhiat phah nasa hle thung a ni. Hei hi Mizote zingah chauh ni lovin hnam dang zingah pawh thil thleng mek a ni a, Digital Screen chungchang zirbingtute hmuhchhuah dan pawh a ni. Zirlaite mitin a tuar a, an mut tlem phah a, chu chuan an hriselna a nghawng a, an taksa leh rilru a hrisel loh phah nasa hle a ni.

America President kal chhuak, Barack Obama te nupa chuan an fanute pahnih – Malia-i leh Sasha-ite tan dan khauh tak an siam a. Mirror chanchinbuin a interview-naah chuan sikul kal ni chuan an faten TV leh computer an khawih ngai loh thu an sawi. Phone pawh khawih hun an siamah chauh an khawihin an hman thei a ni.

Digital Screen tha ber nei thei ni mah se, an fate sei lenna tur chhungkaw tha tak din an ngai pawimawh a, TV, computer, phone leh internet hman tlemna 'low-tech environment' an thlang zawk a ni. Chaw ei laiin Digital Screen hman an khap bur a, an fate an men rei zawng tur thlengin hun an bithlihsak thin. Hetianga hun bithliah fel thlap hi an faten an mut that phahin an tangaipui hle tih pawh an sawi.

Microsoft Company neitu leh hotupa ber, Chief Executive Officer, kum tam tak chhung khawvela mi hausa ber nihna luahtu **Bill Gates**-a pawhin a fate kum 14 an tlin hma chuan phone neih a phalsak lo va. A faten neih an chak thu leh an thiante pawhin an neih daih tawh thu an sawi pawhin a phalsak chuang lo. Microsoft hi hetiang khawl changkang siam chhuaktu lian berte zinga mi a ni. Ani pawh hian a fate mut hun bithlihsakin, chumi hun chuan Digital Screen en leh khawih a phalsak lo bawh.

Digital Screen hian min chiah hneh tawh hle mai a,

inthiarfihlimsan lah a theih ngawt loh. Amaherawhchu, keimahni leh kan faten an chhiatpui lohna tura inkaihhraina fel tak siam a pawimawh a ni. Hemi kawnga tan lak nachang kan hriat loh chuan a tuartu leh rilru hah tur chu keimahni bawh kan ni. Mizo zingah nu fel tak tak, fate enkawl kawnga rilru leh hun seng peih, an fate zirlai chu phone leh TV en theih hun fel taka bithlihsak te an awm a, an entawn tlak em em a ni. Hetiang kawngah hian mi thiamrawn te hi hreh loh a tha. Thian tha leh thenawm khawvengte nena kan hmasawna tur sawi ho te pawh a tangaikawng.

Digital khawvel hian kum tlem te chhungin minrawn chim ta thut a, kan la tawn ngai loh a nih avangin lo hmachhawn dan tur kan hre tawh lo a nih pawhin a mak hran lo. Amaherawhchu, Digital Screen atanga khawvel thil chi kim, a chhia leh a tha zawng zawng an en theih avang hian nu leh paten ngunthluk taka ngaihtuahna kan sena, ruahmanna tha kan siam a pawimawh a ni. Hemi chungchangah hian pawngpaw khuahkhirh

bur lovin, anmahni kawmin titipui ila, chhia leh tha hriatna hmang thiam rual an nih tawh avangin anmahni nen ngei hun bithliah siam ila, chumi erawh chu tha taka an zawm theihna turin ngaihven zuiin kengkawh bawk ila a thain a rinawm. Sikul leh college zirtirtute pawh hian an zirlaiten in lama hun an hman dan tur ruahmanna (Home routine) fel tak an neih hi an duh dan a ni bawk.

Kan fate, zirlaite chungchang kan sawi lai hian keini puitling zawkte pawh hian mahni insiam thatna tur kan zawn a tul em em bawk. Phone te hi kan khawih nasa ta hlawm em a, hei hian chhuangkaw inkawm hona boruak a tichhia a, fate nen pawh kan inpawh tawk ta hlawm lo. Kan hriat loh hlanin fate tan entawn tur tha lo (poor role model) kan siam a lo ni reng mai.

Forbes Magazine (24.04.2017)-a article pakhat chuan, "I fate an zirna sikulah an hlawhtlin i duh chuan i smartphone kha dah rawh," a ti

hmiah mai a ni. Mi dangte emaw, kan fate emaw siam tha tur chuan mahni insiam that pawt a ngai. Thlen chin atanga hmasawn zel tum hi Kristian nun dik tak chu a ni. Digital Screen khawih reng lovin chhungkaw tan, fate tan hun pe ila, chu chu kan faten an thlahlel a ni, chutah chuan rilru thlamuang takin chawl rawh se.

Mi thiamten ngun taka an zirna atanga a lan dan chuan nu leh paten Digital Screen an en nasat avangin an faten ngaihthah niin an inhria a, chu chuan an rilru a tibuai thin. Chu vang chuan Digital Screen te hi chhungkaw boruak tichhetuah an ngai. Chin tawk rel thiamna leh hun bituk siam erawh chuan an fate rilru leh taksa a tihrisel a, an lehkha zir kawngah pawh an hlawhtlin phah hle an ti bawk. Chuvangin, Digital khawvel, a mi man leh nghawng na takin min hual vel lai hian a malsawmna chhawr tur zawnga ruahmanna siam ngei a hun takzet a ni.

PWF LEH KEIMAH

– Zohmangaihi
Former Secretary for
Women's Relation

Thuhmahruai

Pathian khawngaihna leh awmpuina duhawm tak changin kum 2009 atanga 2017 thleng Presbyterian Women's Fellowship, Presbyterian Church of India General Assembly-a ka rawngbawlna pawh ka lo zo ve dawn ta reng mai a. Pathian min hruaina leh enkawlna bakah PWF te duhsakna ka dawn zawng zawng sawi zawh sen rual ani lo. Mizoram Synod hnuai Kohhran Hmeichhia zawng zawngte min duhsakna leh min tawngtaipui thinna avangin Agape kaltlang hian Pathian hmingin lawm thu ka rawn sawi e.

Lawmna tur a tam

Mizoram Synod hnuai Kohhran mi tam zawkte hian Presbyterian Church of India (PCI) General Assembly hi kan hmelhriat thuk vak ngai lo anih ka ring, kei pawh khan PCI hnuai Synod awm zat leh an hming pawh ka hre mumal lo mai pawh ni lovin PCI Moderator hming pawh ka hre chiang lo a ni a. Chutiang ni chung chuan PCI General Assembly hnuai hmeichhiate rawngbawl hona Presbyterian Women's Fellowship-a Secretary hna thawk tur khan ka zawm ve ta chawt mai kha a ni a.

Kan Administrative Secretary-te – Rev. Laldawngliana (Manipur Synod), Rev.

Lalramliana Pachuau (Mizoram Synod) leh Rev. S.S. Majaw (KJP Synod Sepngi) te kaihhruaina hnuai ah bul ka tan ve a. A bik takin PWF changtu, Rev. Lalramliana Pachuauvin dawhthei taka min kaihhruainah ka lawm hle mai. PCI-a ka awm chhunga Administrative Secretary, PWF changtu zawng zawngte chungah Pathian hmingin lawm thu ka sawi a ni. Anmahni kaihhruaina avang chauhva he dinhmun pawimawh tak hi ka hun tawp thlenga thawk ve thei ka ni.

PWF-in hma kan sawn zel e

Pathian hruainain PWF pawhin hma lam kan pan ve zel a, PCI General Assembly level

a kan dinhmun pawh hmuh theihin a danglam ve zel a. Tunah hian PCI Biennial General Assembly-ah palai 20 kan intir thei tawh a, PCI Executive Committee-ah member 2 kan awm thei a, PCI Standing Committee peng hrang hrangah member 1 kan nei tawh bawk a. PCI General Assembly level-a kan hmasawna mai hi a taw lo va, Synod leh Presbytery, Pastorate leh Local Church thlenga hma kan sawn theih nan tan lak zel erawh a pawimawh hle mai.

Lalpa'n hruaitu fel tak takte min pe

Mizorama kan Kohhran Hmeichhe hruaitute hi fak an phu ka ti. An thahnemngaihna leh nu ber dinhmun an hauh thiam avangin PWF General Assembly pawh hian hma a sawn phah nasa hle a ni. PWF Day of Prayer kaltlanga kan thilpekte hi Synod dang nena khaikhin chuan a sang filawr hle mai. Thawhpui an nuamin an duhsakna ka dawn zozai hi a ropui ka tiin ka lawm hle mai. Office lama kan hotute – U Kimi, U Sawmi, U Mafaki

leh U Mapiani te chungah lawm thu ka sawi e.

Inkhawmpui leh Consultation

PWF-a ka awm chung hian Biennial Conference wawi 4 ka tel ve hman a; tin, Consultation hi tum 4 bawk kan nei hman a, heng kan inkhawmpui leh consultation-ah hian Mizoram PWF member-te thawhpui na kan va dawng nasa thin em! Thiam bik nei Dr. Jane L. Ralte te nupa chungah te, a bikin Aizawl Theological College lama kan Women Theologian-te – Pi P.C. Laltlani, Dr. T. Vanlaltlani, Dr. Lalngakthuami leh Dr. Lalrindiki Ralte te bakah Dr. Lalrinawmi Ralte, United Theological College, Bangalore leh Dr. Hrangthanchhungi, Bangalore te thawhpui na leh tanpuina ka va dawng nasa thin em! Mizoram PWF member-te kan chhuanawm thin. A va lawmawm em!

Ka va inchhuang thin tak em!

PWF-a ka awm chung hian Mizoram PWF thlenin (hosted) Aizawlah tum hnih programme kan nei a (16th Biennial Conference, 11–13 November, 2016, Khatla,

Aizawl & Consultation on Discipleship of Equals: A Call towards Partnership, 4–5 September, 2013 Chanmari, Aizawl). Kohhranhote min duhsakna leh min thlen dan zawng zawng, ushering leh reception felfai tak, biak in nuam leh tha, sawi sen a ni lo. In zavaia inpekna leh thawh rimna azarah kei hi ka lo inchhuang ve thin a ni. Lalpa thatna zar zo thei leh a taka hmu thei leh chen theia ka awm ve hi phu lo ka intih rualin kohhranho chungah hian ka va lawm thin em!

Duhsaktu mi hrawl Lalpa'n min pe

Kum 2011-a Kohhran Hmeichhe Inkhawmpui Lian Vawi 44-na, Kawnpuia neih tum khan kei ve tehlul hi speaker lar pui pui zingah min telh ve kha a ni a. Ka huphurh ngat ngat ngei mai. Khami kum vek khan Shillong Pastor Bial Kohhran Hmeichhe Inkhawmpuia thupui sawitu ka ni hlah mai a. Kei hi ziak chhuah sa en lo chuan thusawi thiam miah lo, thu belh kam khat pawh nei ngam lo khawpa thusawi mi lo ka ni. Thupui chu ka sawi ve ta ngei a. Ka nepzia leh ka hmaa

mawhphurhna lian leh rit lutuk min hriat thiampuitu Lalpan min pe. Rev. Dr. Zaihmingthanga (Bible Society of India Translation Centre, Shilong-a hotu a nih lai) a rawn leng a, thusawi dan min rawn zirtir a. Tin, Rev. Dr. Vanlalnghaka'n ziak chhuak dap mi ka ni tih hriain, tih dan tur min kawhhamuh bawk a. Lalpa zara duhsaktu ka dawnte hi an va hrawl ngai em aw! Pathian zarah ka sawi ve ta ngei chu a nih kha!

Mizoram Synod atanga PWF Committee-a ka thawhpuite

Pi K. Lalliantluangi, Pi H. Lalpianthangi, Pi Khawlvuani, Pi Lalthanmawii Sailo, Pi Lalthansangi Fanai, Pi Rosangpuii, Pi Lalthanmawii, Pi C. Lalneiththangi, Pi Liankimi, Pi Sailuti, Pi R. Rengkhumi, Pi P.C. Lalmangaihi, Pi Muanzuali, Pi C. Lalmangaihi, Pi Lalbiaksangi, Pi Biakdiki te (Sawi hmaih ka neih chuan min ngaidam ula) Mizoram Kohhran Hmeichhia aiawhin PWF Committee-ah an rawn tel thin a, an chhuanawmin an puitling a, an thu leh hla kan ngaihchan thinte an ni.

Ka tawn danglam leh hlimawm thenkhat

#Tum khat chu KJP Synod Sepngi PWF-ho nen seminar kan nei dawn a, Khasi Jainsem (an incheina)-a inthumin an Synod Office ka va thleng a. An receptionist khan tlar hnung lamah min thuttir tlat mai si. An hotute an hawi an hawi a, an va chhuak vel thin a, thleng har min tih hmel hle. A hnuah PWF Committee-a telin min rawn hmu chu kan nui nasa e. Khasi-ho nen hian kan size a lo intiat phian bawk si a, ka dem hran lo ve!

S. Korea-ah PWF kan zin a, Busan-a kan inkhawm bang kha meeting tawi te min neihpui a, an Pastor (hmeichhia) khan an hmalak dan hrang hrangte a sawi a. Kei kha ka lo muthlu nasa hle mai a. Thu a sawi zawh khan response turin tu mah an ding ta mai si lo. Ka thutpuinu Nl. C. Hmangaihzuali (Maseni), Manipur Synod-a mi khan min rawn kawm harh zawk a, 'Response sawi rawh' a rawn ti a. Kei kha ka ding ve hluai a, ka muthlu tluan thak kha a ni si, ka Sap tawng a bah lutuk a, Mizo tawng te'n ka sawi zawm

vel. An hre thiam lo ve ang chu aw!

#USA-ah Presbyterian Women Church-wide Triennial Gathering-ah ka zuk kal ve a. Programme zawh hnuah Rev. Dr. H. Vanlalruata te chhungkua nen A.C. Milan leh Chelsea F.C. inkhel enin Miami, Florida-ah kan kal a. Torres-a khan a pet goal hlei thei lo, "Torres, khatia i tih thin vang khan alawm 'A che nawi' an tih thin che," tiin Mizo tawngin ka au vak mai a, kan enpuite pawh khan min en duh a nia aw!

Tlangkawmna

Hriselna, finna leh remhriatna min pea, min hliahkhuntu Pathian chungah ka lawm a. Chak lo leh tling lo chungah rawngbawl hna chelh ve theia hun remchang min siamsaktu PCI leh PWF-a kan hotute chungah ka lawm hle mai. Tawnhriat leh Thlarau Thianghlim pawlna wawi tam tak ka chan thinte ka tan a hluin, puitlinna kawng min pantir zeltu a ni. Hetiang chanvo hun tawp thlenga ka thawk thei hi ka lawmin a hlu ka va ti em! PWF rawngbawlnain hma a sawn zel theih nan kan theih tawkin hma i la zel ang u.

Hriselna Huang

MEIZIALAH HIAN ENNGE AWM?

– *Dr. Lalchhanhima Ralte, MPH*
Synod Hospital, Durtlang

Meizial pakhatah hian chemical (bawlhlo) chi hrang hrang 600 bawr vel awm angin American Lung Association chuan a sawi a. Meizial hi zuk dawna han hal chiah hian chung bawlhlo 600 chu bawlhlo 7,000 dawnah a insiam leh thin a ni tih a sawi bawk. Bawlhlo tam zawk hi tur hlauhawm tak tak a nih mai bakah, 7,000 zinga 69 dawn chuan cancer chi hrang hrang a siam bawk a. Heng chemical (bawlhlo) hlauhawm tak tak hi thil siam nan hman a ni thin a; mahse, chungachte chuan chiang takin chemical (bawlhlo) chu a tel thu leh a hlauhawmia chiang takin an ziaak fo va. Mahse, meizialah ve thung chuan chiang takin ziah a ni ve lem lo.

Chung chemical (bawlhlo), meiziala awmte chu chiang zawkin han thlir ho dawn ila:

1. Acetone – tin hnawihsen tihrehna siam nan an hmang
2. Acetic Acid – sam dumnaah an hmang.
3. Ammonia – in chhung bungraw tihfai nan an hmang
4. Arsenic – sazaturatan an hmang
5. Benzene – dendrite anga thil charna siam nan an hmang.
6. Butane – cigarette lighter tui siam nan an hmang.
7. Cadmium – battery acid siam nan an hmang.
8. Carbon Monoxide – motor khu
9. Formaldehyde – mihring/ran thi tawih lo tura siam nan an hmang.
10. Hexamine – gas lighter tui siam nan an hmang.
11. Lead – battery siam nan an hmang.
12. Naphthalene – Kapoor siam nan an hmang.
13. Methanol – rocket petrol siam nan an hmang.
14. Nicotine – rannung tur atan an hmang.
15. Tar – alkatra, kawng siam nan an hmang.
16. Toluene – rawng siam nan an hmang.

Heng bawlhlo chi hrang hrang hi mi thiamten research an tih aṅanga an hriat chin a ni a, an hriat bakah pawh meizialah hian taksa tana ṭha lem lo dang tam tak a awm thei bawkw awm e. Chutih rualin Mizoramah mai pawh ni lo, khawvel hmun khawi laiah mai pawh hian meizialin ṭhalai tam tak a tibuai mek a. Damdawi ngawl vei ang em hi chuan pawikan ti lo chungin, kan ramah hian damdawi ngawl vei aiin meizial ngawl vei an tam zawk a ang. National Family Health Survey-3 chuan Mizoram chhunga Mizo mipate zingah 100 zela 73.6 chu meizial zu ṭhin an ni a ti a, hei hi India rampum lak khawm (32.1%) ai pawhin a sang fal hle a ni. Hmeichhe lamah 100 zela 16.1-ten meizial an zu ṭhin angin an report bawkw. Chutiang bawkin khawvel pum huapa vaihlo hman nasat dan zirchianna GATS (Global adult tobacco survey) hnukung berah khan India ramah Mizoram chu vaihlo hmang nasa ber state kan ni tih an hmuchhuak a. Zirchiannaah chuan Mizote zingah 100 zela 70 dawn chuan vaihlo kan

hmang ṭhin a lo ni a. Chungte chu – a zuk chi te, a hmuam leh ei chi zawng ten a ṭhen theih ang. Heng vaihlo chi hrang hrang hmang mekte hi mipa zingah 100 zelah 72, hmeichhia zingah 100 zelah 62 an ni.

Mizote, a bikin ṭhalai zingah meizial zu an tamzia chu research leh survey chi hrang hrang hian a rawn tichiang thawkhat awm e. Meizial zuk avanga natna awm theite kan hriat nawn leh atan:

1. Cancer – Meizial zuk hian chuap cancer, hrawk cancer, ka chhung cancer, chaw kawng cancer, pumpui cancer, pancreas cancer, kal cancer leh phing cancer te hi a thlen thei a ni tih mi thiamte chuan an hmuchhuak tawh a. Hei hi kan ngaih pawimawh a ṭha hle mai. Mizoram hi India ramah vaihlo hman uar berna state a ni a, cancer vei tam berna state a ni bawkw. Tin, Mizorama kan cancer vei tam ber hi chuap cancer, hrawk cancer, chaw kawng cancer, ka chhung cancer leh pumpui cancer a ni.

2. Cardiovascular diseases

(Lung leh thisen zam natna) – Heart attack 100 zela 30 dawn hi meizial zuk vang a ni a. Chu bakah chuan stroke te, aortic aneurysm te (kaw-chhunga thisen zam lian ‘aorta’ puar), peripheral vascular diseases (Thisen zam natna, ke leh kut tan ngai hial pawhin a awm thei) te a thlen thei baw.

3. Chronic Obstructive Pulmonary Disease (chuap lam natna)

–Miin mei a zuk hian chuapah ‘inflammation’ a lo awm a. Chu chuan chuap chu elastic rul ang deuhvin a siam a, chuap chu kan thawk chhuah zawnga thep tha thei tawh lovin a lo awm a. Chutichuan, kan taksa tana gas tha lo (e.g. carbon dioxide) te chu paih chhuah theih lohvin a awmtir ta thin a. A chung a ‘inflammation’ kan tih khi miin regular-a mei a zuk tan hnu kum 2 atangin a awm tan tlangpui a. A tirah chuan khuh leh khak tlem tlem an nei a, a lo reia a zuk zel chuan thaw hah (breathlessness) a nei a, a nasat viau hnuah phei chuan heart failure te a nei ta thin a ni. Mizo zingah COPD (chuap

lam natna) hi thihpui kan tam hle a ni.

4. Nu nau paiin mei a zuk thin chuan thisen put te, nau hlam awmna fuh lo te a awm duh a. Tin, nauchhiat a awlsam bik baw a, thla kim lova nau piang a awm duh baw.

Tin, vaihlo hman hian mihring min tilang tar hmain thisen a heh a, ti a nung thei lo va, taksa a tirimchhia a, tin leh ha a tibal duh baw. Kan sawi tak natnate khi miin mei zu lo mah se mei zu bula awm reng chuan a neih ve theih tho avangin kan fimkhur a tha hle. Naupangah phei chuan in chhungkhura mei zu bula an chen chuan respiratory infections (hritlang awmna) te leh asthma te a awm duh bik a. Chuvangin, mei zuk hi a zute tan chauh ni lo, a bula awm tan pawh a hlauhawm a ni tih kan hriat renga, ti lo tura tan kan lak a pawimawh hle awm e.

Bible-ah ringtute tan chuan kan taksa hi Thlarau Thianghlim in a nih thu Chiang takin kan hmu a (1 Korinth 6:19-20). Mana lei kan nih tawh avang leh mahni ta kan

nih tawh loh avangin, kan taksa pawh a tichhe lam zawnga kan hman a rem hmel loh. Damdawi ngawl vei nih kan duh loh ang bawh hian meizial ngawl vei nih te hi duh lo ngam

ila. He lamah hian tan la thar leh ta ila. Rilru, taksa leh thlarau hrisel kan lo neih mai bakah, Mizoram pum huap pawhin hriselna kawngah hma kan sawn ngei ang.

DAL TUI TAKA KAN DAN

Dal	-	no ½
Tel	-	2 tablespoon
Tomato	-	pum 1
Purunsen	-	pum 1
Purunvar	-	mal 5
Sawhthing	-	inch 1 bial
Aieng	-	1 tablespoon
Chi	-	a al tawh
Tui	-	no 3
Zeera powder	-	1 tablespoon
Dhania	-	a chung chei mawina

1. Dal chu sil fai la. Tel chhuang hmui la, purunsen chan sawm thlak rawh. A lo vuai deuh hunah purunvar leh sawhthing rawt sawm thlak leh la.
2. A sen deuh thap hunah tomato chan sawm thlak leh tur. Tomato a hmin pherh deuh hunah aieng leh zeera chu thlak la, rei vak lo chhuang leh rawh. A urh loh nan mei tihnam ang che.
3. Dal sil fai sa chu thlak leh la, chi al nghal la. Uluk taka chawh hnuah chhin phui rawh. Mei hniam teah minute 5 vel ur cherh cherh la, chawh zeuh zeuh bawh ang che. Tui chhuan so leih la, suan dawnah dhania phul thet thet tur.

– ‘*Ei tur buatsaih dan*’ by Ramthianghlimi –

**KUM 2017-AHMANGAIHNA INA NAU CHAWMTE
LEH AN CHAWM ZAT**

Sl.No. Kohhran/Bial hming	Chawm zat
63. Chawnpui Bial Kohhran Hmeichhia	4
64. Lungpho Kohhran Hmeichhia	1
65. Lunglei Farm Veng Kohhran Hmeichhia	1
66. Maubawk Sikul Veng Kohhran Hmeichhia	2
67. Khawlailung Bial Kohhran Hmeichhia	1
68. Bethlehem North Kohhran Hmeichhia	3
69. Kawnpui Chhim Veng Kohhran Hmeichhia	1
70. Bungkawng Vengthar Kohhran Hmeichhia	2
71. Sateek Bial Kohhran Hmeichhia	3
72. Assam Rifles Kohhran Hmeichhia	1
73. Saitual Bial Kohhran Hmeichhia	1
74. Ramthar Veng Bial Kohhran Hmeichhia	2
75. Vairengte Chhim Veng Bial Kohhran Hmeichhia	4
76. Bungkawng Kohhran Hmeichhia	1
77. Zemabawk North Bial Kohhran Hmeichhia	3
78. Aizawl Kohhran Hmeichhia	4
79. N. Vanlaiphai Damdawi Veng Kohhran Hmeichhia	1
80. N. Vanlaiphai Damdawi Veng Bial	1
81. Rengdil Bial Kohhran Hmeichhia	1
82. Darlawn Venghlun Bial Kohhran Hmeichhia	4
83. Melthum Kohhran Hmeichhia	1
84. Tuithiang Veng Kohhran Hmeichhia	3
85. Pi Thanthuami	1
86. Lunglei Ramthar Kohhran Hmeichhia	2
87. Baktawng Venglai Kohhran Hmeichhia	1
88. Thingsulthiah Bial Kohhran Hmeichhia	1
89. Republic Bial Kohhran Hmeichhia	4
90. Chanmari West Kohhran Hmeichhia	3
91. Venghlui Kohhran Hmeichhia	2
92. Vaivakawng Bial Kohhran Hmeichhia	4
93. Sihthiang Kohhran Hmeichhia	1

94.	Dimapur Kohhran Hmeichhia	1
95.	Ramthar Tlangveng Kohhran Hmeichhia	1
96.	Chhinga Veng Bial Kohhran Hmeichhia	8
97.	Champhai Vengsang Bial Kohhran Hmeichhia	2
98.	Kolasib Diakkawn Kohhran Hmeichhia	4
99.	E. Lungdar Bial Kohhran Hmeichhia	1
100.	Kulikawn Bial Kohhran Hmeichhia	6
101.	Thenzawl Field Veng Bial Kohhran Hmeichhia	2
102.	Kanan Veng Aizawl, Kohhran Hmeichhia	2
103.	Kawrthah South Kohhran Hmeichhia	1
104.	Kawlkulh Kohhran Hmeichhia	1
105.	Champhai Kahrawt Bial Kohhran Hmeichhia	3
106.	Serchhip Peniel Veng Kohhran Hmeichhia	3
107.	Hunthar Bial Kohhran Hmeichhia	2
108.	Hunthar Kohhran Hmeichhia	2
109.	Khawzawl Vengthar Kohhran Hmeichhia	5
110.	Phulbial Kohhran Hmeichhia	2
111.	Maubawk Kohhran Hmeichhia	2
112.	ITI Vengchhak Kohhran Hmeichhia	1
113.	Khawzawl Dinthar Bial Kohhran Hmeichhia	2
114.	Chhinga Veng East Kohhran Hmeichhia	3
115.	Vanzau Kohhran Hmeichhia	1
116.	Darlawn Bial Kohhran Hmeichhia	2
117.	Sihphir Vengthar Bial Kohhran Hmeichhia	2
118.	Kawrthah Kohhran Hmeichhia	1
119.	Lunglei Chanmari Bial Kohhran Hmeichhia	2
120.	Zonuam Bial Kohhran Hmeichhia	3
121.	Maubawk Bial Kohhran Hmeichhia	2
122.	Kohima Kohhran Hmeichhia	1
123.	Kohima Bial Kohhran Hmeichhia	1
124.	Saiha Kohhran Hmeichhia	1
125.	ITI Veng Bial Kohhran Hmeichhia	1
126.	Zonuam Kohhran Hmeichhia	3

(Ni **21.7.2017** thlenga office-a nau chawmna pete an ni e. – Ed.)

*Hruaitute chanchin***R. LALRAMPARI**

Pi R. Lalrampari hi Pu R. Lalrizapa (L), Dawrpui Veng leh Pi Lalngailovi (Late), Saron Vengte fa pasarih zinga upa ber dawttu niin 5.9.1956-ah a piang a ni. Kum 1981-ah Upa V.L. Hmingthanga nen innein fanu 2 leh fapa 2 an nei a, an fa upa ber hian a boralsan tawh a. Tunah hian Ramhlun South-ah an khawsa mek a ni.

Eizawna lamah chuan kum 1975 ah LDA-in PWD-ah a lut a, kumin 2017 March thla khan Assistant-in a pension a ni.

Rawngbawlna lamah chuan Puitling Sunday School kai lovin Senior Department atangin Naupang Sunday School zirtirtuah a tangngal a. Beginner Department atanga Puitling Sunday School thlengin zirtirtu a ni kim vek a, Leader nihna pawh a lo chelh tawh bawh.

KTP rawngbawlna lamah pawh Branch Secretary, Finance Secretary leh Committee Member -te a lo ni tawh a ni.

Kohhran Hmeichhe rawngbawlnaah hian Bialah Secretary, Committee Member-te a lo ni tawh a. Kohhran malah chuan Secretary, Assistant Secretary, Committee Member leh Group Secretary te lo ni tawhin tun term (2017-2019)-ah hian Assistant Secretary hna a chelh mek a ni. Tualchhung kohhranah pawh Pathianni chhun leh Inrinni zan thuhrlitu a ni mek bawh.

Bible chang a duh zualte chu Sam 37:5, *“Iawm dan tur chu Lalpa chungah nghat la...”* tih leh Isaia 53:5-te hi a ni. A hla duh em em chu KHB no. 64-na *“Lalpa chu fakin ka chawimawiang,”* tih hi a ni.

“Kohhran Hmeichhia, nuhote hian Bible-a innghat kan kohhran thurin hi zir ngun ila. Pathian thu leh kohhran chungchang miin an sawi apiang pawm duak duak lovin, kan Bible leh thurin atangin teh ve thin ila. Thil thleng tur sawi lawk leh hriat lawk lamah buai mai lovin, kan Bible-a inziak hi i chhiar ngun thin ang u,” tiin min chah a ni.

Hriat atan

Central Kohhran Hmeichhe hruaitute chet chhuah dan hetiang hi a ni:

1. Ni 12&13.4.2017-ah Consultation on PLHIV hmanpuiin I&PR Auditorium-a kan hruaitu kalte : 1. Pi Rothangliani, 2. Pi Lalrampari.
2. Ni 10.5.2017-ah Chanmari West Bial Leadership leh Kristian Chhungkaw Campaign neihpuiin Pi Lalrinpuii (Treasurer) leh Pi Zohmingliani-te an kal.
3. Ni 13&14.5.2017-ah Khatla Bial Leadership Training leh Kristian Chhungkaw Campaign neihpuiin Pi K. Lalliantluangi, Pi Vanlalnghaki leh Pi Vanlalrovi-te an kal.
4. Ni 3.6.2017-ah Electric Veng Bial Leadership Training neihpuiin, Pi Lalbiakhluni leh Pi Lalremruati-te an kal.
5. Ni 9-11.6.2017-ah Ratu Bial Leadership Training leh Kristian Chhungkaw Campaign, Pi C. Thanhuami, Pi Lalbiaksangi leh Pi Chuahmingliani-ten an neihpuii bawk.
6. Ni 10.6.2017-ah Chaltlang Bial Leadership Training leh Kristian Chhungkaw Campaign neihpuiin Pi Lalnuntluangi, Pi Lalpianzami leh Pi F. Lalsangmawii-te an kal.
7. Ni 9-11.6.2017-ah Kolasib Venglai Bial Leadership Training leh Kristian Chhungkaw Campaign neihpuiin Pi Lalrinpuii (Treasurer), Pi Rothangliani leh Pi Lalthanruali-te an kal.
8. Ni 14.6.2017-ah Pre-Conception & Pre-natal Dignostic Technique Committee buatsaih hmanpuiin, Directorate Hospital & Medical Edn. Office Chamber-ah Pi Lalnuntluangi a kal bawk.
9. Ni 15.7.2017-ah Leitan Bial Leadership leh Kristian Chhungkaw Campain hmanpuiin Pi Rinchawii (Ex-Chairman) leh Pi Lalnunsiami-te an kal.
10. Ni 7-10.7.2017-a Lunglei Chanmari Bial Leadership leh Kristian Chhungkaw Campaign hmanpuiin Pi Lalmuanzuali, Pi Lalduhthangi leh Pi Lalthanruali-te an kal bawk.

KUM 2017-2019 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Lalliantluangi
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. Bualchumi |
| 5. Pi Lalthanzami | 6. Pi Denghmingliani |
| 7. Pi Lalngaihzuali | 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 Lalthanruali |
| 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 Rinchawii, 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 chhungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



Postal Regn. No. MZR/ 53/ 2015 – 2017 RNI Regn. 40876/ 88



Chawngte P Bial Kristian Chhungkaw Campaign & Leadership Training



Ratu Bial Kristian Chhungkaw Campaign & Leadership Training



Rawpuichip Bial Kristian Chhungkaw Campaign & Leadership Training

To

*Published by Rev. P.C. Pachhunga, Aizawl - Mizoram On behalf of Agape Association
Printed at Synod Press, Mission Veng, Aizawl - 796001 Copies – 40,600*

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