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Phek – 2

Hneh theih loh nun neitu Lalruali kha!

Phek – 11

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

HRISELNA HUANG

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A chhunga thu awmte

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Editorial

CHI TUH RAH SENG

Pathian khawngaihna leh hruaina azarah kum tawp kan lo hnaih leh ta hle mai. Kum tawp lam hi kan buh leh thlai rah kan seng hun a ni a. Kum tirah thlai chi kan thlâk a, kan chin ang apiang rah kan seng thin a ni. Kan chin loh chu tu mahin a rah seng kan beisei lo va. Rah i seng duh chu a chin ațangin a ințan a ngai a ni.

Vawiinah hian eng chi nge kan tuh le? Ni tina kan nun hi chi tuh kan ni a. Kan fateah hian chi kan tuh mawlh mawlh a, chu chu a lo rah chhuak thin. Tawngkain kan sawi chhuak lo a ni mai thei; mahse, eng nge ka ngaihsan a, ka duh zawng leh chak zawng eng nge ni, Pathian leh a kohhrante hi eng tlukin nge ka ngaih, ka mihringpuite hi ka ngai pawimawh em, tihte hi sawi hauh lo mah ila, kan chetzia ațangtein an hre thei a. Chumi chi chu kan tuh a, chu chu kan fateah hian a lo rah chhuak thin a ni.

Tunlai khawvela nu leh pa tam berin kan fatea kan tuh chu, hausak leh lehkhathiam hi a țha ber a, chu chu neih kan tum ber tur a ni tih hi. Chumiin a rah chhuah kan hmuh chu, khawvel thil (material) chauhva inngat, Pathian leh a kohhran tel lo pawha awm thei tawka inngai, Pathian awm pawh ring lo hial, chapo takte a hring chhuak a. Sual langsar ti lo leh rui bûng bûnga awm lovin, pawn lam lan danah chuan țha awm taka lang, Pathian țihna nei si lo hi kan ngah ta hlein a lang. Hausain lehkha thiam kher lo mah se, an ngaih ropui ber chu khawvel thila hlawhtlinna a ni thin.

Khawvel thil zawng zawng chungah hian Pathian a awm a, Pathian tel lo chuan thil zawng zawng chu engmahlo mai a nihzia zirtira, Pathian țihna leh kohhran ngaih pawimawhna chi kan tuh thar leh a țul hle a ni. Tawngtaina nen theihtawp chhuahin a rah kan seng duh tur ngei chi tuh turin țan i la țheuh ang u.

*Kristian Chhungkua***KRISTIAN CHHUNGKUA**

Pastor Darrema Hlawndo
In-charge Unnao Pastor Bial
Lucknow Mission Field

Mizoram Presbyterian Kohhran Hmeichhiaten kum tina kan intehna leh kan tawpsan hleih theih loh KRISTIAN CHHUNGKUA hi, tlêm azawng han au chhuahpui ve ka duh deuh va. Mi thiam tam takten an sawi leh an ziak kan hre tam viau tawh awm e. Chutih rual erawh chuan kan hmalakna hian kawngro a su ta lo em maw tih tur khawpin sualna te chu a pung zêl tho mai bawk si a. Bul ãan fuh lo chhungkua kan lo tam hle tawh a ni ngei turah ngai ila, a lêr aãanga tui pek ringawt chuan a bul lamin a ãat phah lem lo angin, Kristian chhungkua hi kan din tlai mah mah ãhin a. Kan kohhran nuho hmalakna hi a thlawn zo ta tihna ni lovin, rah a rawn chhuah ãan dawn chauh zawk a, bul kan lo ãan tlai mah mah tawh zawk a. Chumi puitu atan a lo ãangkai ve hlauh takin tlêm han sawi ve ka duh a.

KRISTIAN CHHUNGKUA-KAWPPUI ZAWN DANAH :

Mizote hi kan pipute aãanga chhût letin kan zia a inthlak nasa hle mai a, nu leh pa ten fate nupui pasal an zawn sak ãhin kha a ni a, tunah chuan kan hmangaihte (Love Marriage) nupui pasal ah kan nei tlangpui tawh a. Hmangaih taka kan neih ni si hian engati nge inthenna a tam êm êm ni ang le? Mizote hi mi rilru nghet lo tak kan niin ka hre ve a, a

thar apiang bawh huam huam, tei rei peih lo, ãawngtai pawh dil ruala hmuh nghal duh chi hi kan ni fur mai awm e. Kristian chhungkua kan dinnaah pawh hian chung chuan nasa takin nghawng a neiin ka hre ve tlat a. Pi leh pu hun laia uluk taka nu leh pa ten an lo thlansak kha a fuh zawk ta mah mah te hian a hriat ta. Kristian chhungkua kan dinpui theih loh tur tih hriat sa reng, kan hmangaih si

avanga siam that theih inringin kan innei (risk) thuai a, tifuh lo tak tak pawh kan awm fur awme, chhung inkhawmpawh kan nei thei ta lo rêng a. Kârah fanau an lo piang a, Kristian chhungkaw din chak rêng rêngin kan rum leh ngaih ngaih thin a ni ber a. Tawngtaipui turin kohhranah thupui kan thawh leh a ngai ta thin. Chu vang chuan bul kan tan that a tulin Kristian chhungkaw din pui theih turin nu leh pa min duhpui hi thlang thiam ila a tha hlein ka hria.

KRISTIAN CHHUNGKUA - FANAU ENKAWLNAAH:

Kristian chhungkua hi kan vei tlai mah mah em? Nupui pasal inzawn atanga bul tanin, fanau enkawl kawngah te kan hmalak thar lehna atan hengte hi i lo ngaihtuah tlang dawn teh ang.

Fanau enkawl hi nulat tlangval lai chuan a thuin kan hria a, a taka tawn loh chuan a fiah thei lo. Nu leh pa chuan an sualna ngei ngeiah pawh hmangaihna an ngaidam zêl a, inzir puitlin har pawl tak niin a lang. Naupang hi tawngkam vin

miah loh hian a enkawl puitlin theih ang em? Tam tak chuan naupang hi eng emaw hlekah kan vin thlazen a, ngai an neih a, an zawm êm êm lo fo. Naupang chuan kan chhungkaw khawsa zia hi a rawn phawk chhuak tlangpui a. Zu zuar fa chuan zu a thlâwr lem thin angin, kan fate hian eng lem changin nge an inkawm lem thin. I lo chik ngai em? Chutih rual chuan khawtlang inenkawl na leh thin kawnten nasa takin an rilru sukthlêk a tidanglam bawc thin. Tleirawl an nih hma hian an rilru a nem a, hneh an awlsam lai tak a nih avangin nu leh paten tan kan lak hun tur niin, Kristian chhungkaw inkaihhruaina kawngah nasa taka inzirtir hun tak a ni.

KRISTIAN CHHUNGKAW DIN NANA THURAWN LEH KAN HLAWH- CHHAM THINNATE:

1. Fate kan duat lutuk: Fate duat lo tura inzirtirna ni lovin, an thatna a nih dawn zawc chuan an tawrh pawh en liam kan zir a ngai ang. Chhông inkhawm

zahawmna hriattir tum chuan a huaibâk leh sapatat tur i duh lohna i hriattir a ngai a, a sim phah rak tlenga hremna i pêk ngam a ngai ang. Chu lai tak paltlang chu harsa kan tih a ni ðhin. Hmangaihna kut chuan vuak aiin chul dam a duh zêl a, kan hlawhchham ðhin a ni. Naupang chu nu leh paten kan duh zawng leh lawm loh zawng hi chiang takin kan hriattir a pawimawh thei hle bawk ang.

2. *Ṭawngkam fimkhur a ṭha (Kolossa 4:6, In ṭawngka chhuak chu chia al, khawngaihna tel ni fo rawh se)* Chhungkuuaa kan titi leh sawi duh zawngte a ṭha lo lam (negative) ni lo hram sela, mi tlin lohna leh an that lohna lai naupang hriatah kan sawi tam chuan, tu emaw chanchin i sawia kha a hmu khawlo vek mai ang. Tunlai naupang chuan enge thil thleng tih hi an ngaihvenin puitling titi hi an ngaihven reng a, hre lo ni awm takin i kiangah a inkhualtelem a ni mai thei. Thu bengverh tak han sawi chiah hian, “Eng maw ka nu/ka pa in sawi chu?” an lo ti vat ðhin. Chu vang chuan mi chanchin ṭha lo

lam chu naupang hriatah hian sawi loh tawp hi a ṭha ber fo.

3. *Nu leh pate hi lei pathian an ni* : Chhungkaw khawsak a changkang zêl a, electronic thilin kan in chhung a luah nasa ta hle a. Mobile phone leh TV-ah te eng nge kan tuipuia kan en ðhin tih naupangte hian an ngaihven reng a, a nu leh pa (Icon) ngainat zawng chu a ngainat zawng a ni ve mai ðhin. Nu leh pa chu tvisual theiah an ngai lo, an thusawi zawng zawng hi dik veka an ngaih avangin fimkhur a ngai a, chu vang chuan tih sak theih hauh loh tur dawt thu tiam hi chin loh a ṭha fo. Mizoram ah hian Mizo ṭawnga hnam dang (film) lemchan kan let nasa hle mai a, a ṭha lam aiin a ṭha lo lam kan la (copy) nasa hle mai a, hengah hian kan lo inven fimkhur a ṭha hle ang. Tih ve chhin chakna in an khat a, ngaihven an ngai hle.

4. *Fate ṭhian nih tur* :
Buai rêng rênga in lamah hun hman hi a ṭha ber lo. Naupangte hi an lehkha zir piah lamah infiampui leh kawm hlim hi an mamawh a, nu leh pate hi an ṭhiana kan ṭan fo chuan kan

inpawhna a that phah ngei ngei. Naupang hi inhlauhtir lovin inzahtir hi zir thiam a tul hle. Nuten an fate vau nan, "I pa a lo haw tep a nia, a hau ang che," tih kan ching fo. A pa a thlir dan leh hmuh dan a dang nghal vek ang. An tuipei zawng tak maia han infiampei pheii chuan nghawng tha tak a nei ngei zawk thin. Chu vang chuan an tan hian hun insiamrem thiam a tul hle.

5. *Chhungkaw zia naupangah* : Naupang chuan inkhualtelem chuan chhungkaw zia an zir thin. Kristian chhungkaw tha, inkhawm uluk leh ngai pawimawh thin i nih chuan i fate inkhualtelem chu an inkhawm lem ngei ang. Dawt thu tiam fo nu leh pa kan nih chuan naupangin dawt min hrilh fo vang a, inhau reng mai kan nih chuan inhau a thiam hle ang. Mahni pawhin sim theih loh zuk leh hmuam ti thin ni chung sia, fate ti lo tura zilhna chuan an nunah zilhna hlawk tak hmuh tur a vang hle ang. Awrawl ring taka fate hau thin chuan an len hunah an rawn vin let ve thin. Chu vang chuan chhungkaw nun hi uluk a lo ngai hle a ni.

6. *Chhung inkhawm* :

Kristian chhungkaw pangngaiiah chuan chhung inkhawm hi kan nei deuh fur tawh a, ngaia neih mai hi a lo awl khawp mai a. Urhsun taka inkhawm lam ringawt ni lovin, chhungkuaa Pathian kan pawl hona hi a pawimawh zawk awm e. Chaw pawh ei rual thei lo, chhung inkhawma kim lo fo chhungkuaa chuan hmalak kan ngai hle tawh tihna a ni thin. Chhung inkhawm hi inhauh nan ni lovin kawng tha inkawh hmuha Pathian pawl nan leh chhungkuaa mi tinten kan harsatna kan inhriattirna (share) ngamna hmun ni sela. Sermon sei tak thlak chiamna hmun leh tawngtai duah vakna hun a ni lo tih hriat fo a tha.

Kan faten chhung inkhawm nuam an tih theih nan a tih dan phung te pawh her danglam thin ila. Ni tina kan hun hman dan te, Pathian pawlna thar leh Bible kan chhiar sawi ho te hi a hlawk hle a. Chung pawh ti ho thei lo kan nih chuan hmasawna tur rahbi thar kan nei a ni tih i pawm ngam ang u.

7. *Rawngbawlnaah:*

Kristian chhungkua rawngbawlna ah hian ngaih dan phir a awm reng a. Mi thenkhatten rawngbawlna avanga chhungkaw ngaihsak lo lutuk te kan ngaimawh a, Chhungkaw ngaihthah chu a tha ber lem lo vang. Ka ngaih ve dan han sawi ta ila. Isua Krista hi a hmasa berah dah zêl hi a fuh berin ka hria a. Pathian malsawmna kan dawnte Amah min hlat tirtu leh A tana kan inpêkna daltu atana hman fo chu a fuh ber lo vang. Rawngbawlna hlen turin engkimah kan fimkhur a ngai awm e (2 Timothea 4:5). A ram leh a felna zawng hmasa ila, Aman min tiam angin Lalpan min ngaihthah ngai lo a ni (Matthaia 6:33). Keinin hlohnaa kan ngaih hi hlawkna nasa tak a lo ni thin. Fakna hlaa kan sak thin angin inpêkna kimah lawm a kim thin.

8. *Khawl thil hman danah (Electronic/Media/Mobile phone, etc.)* :

Internet kan nei thin khawvel ram pum pui hi kan inthlun zawm vek tawh a, naupang kum 1 mi atengin a bo a bang awm lovin mobile phone kan humtir ta a, nau awm

nan kan hmang ta a, an thil hmuh leh hriat hian an rilru a la pêng nasa mai bawk si a, zirtir pawh an ngai hran lo, an thiam chak êm êm a, kan hriat loh hi an lo hre zêl zawk a ni. Chu vang chuan heng hi kan thliar thiamsak leh phal loh chin kan neih a tha hle mai. Video rapthlâk tak tak leh tisa châkna lama hruai sual thei tur hi a tam si a, hengtea kan inven zawh loh thin avang hian tualthah, uire, pawngsual a pun phah nasa a. Hemi chungchang ringawt pawh hi thupui hrana sawi tham a awm a. Chuvangin, kan fate hian eng nge an ena, an khelha, an tui pui tih hi chik fo a thin khawih dan chin tawh leh bithliah siamsak a tul ta hle mai.

9. *Kristian chhungkua kan dinpui tur kan fate:*

Kristian chhungkua hi a lêr atanga bul kan tan thin avang hian kan hlwhchhamin kan beidawng thin. Nupaa insiam atanga tan kan lâk loh chuan kan tlai thin. Nuho chauh ni lo hian hma la ila, Kristian Thalai Pawl hian a bul tum tawh zawk se a fuh mah zawk hial awm e. Kan fate tleirawl/rawlthar nun an chen hma ngeiin an kawng tur

kan ruahmanpui a ngai a ni. Thufingte 22:6-a kan hmuh angin, an upat hun thleng pawha an chhawm zêl tur hi kan ngaihtuah leh ruahmanpui a tul a ni. Chung atana pawimawh thenkhatte:-

- * Bible chhiar a thiam tan tirh aţangin chhiartira, chung inkhawma zawh thin, an hriat thiam loh hrihfiah te hi a ţangkai khawp mai.
- * A thiltum leh tui zawng ngaihvenpui leh tuipei a tha a, a puitlin ngei theih nan hma lakpui a sâwt hle ang. Kan duhna leh tui zawng kan kal luihtir aiin a hlâwk zawk awm e.
- * An têt laia kan ngaihsak leh enkawl na thlalakte neih a tha. An len hnuah kan lo ngaihven leh duat thinzia te hriain, a tan thil ţangkai leh hlu tak a ni ang.
- * Mi rel leh sawichhiat lai ni lovin, Pathian kan pawl lai inphâwktir thin zawk a hlu.
- * I awhsak leh ‘nei ve se’ tia thil leisak mai mai lovin, a thiltih ţatah awmze neiin thil pe thin rawh.

- * A chak lohna hai lansak fo lovin a talent neih that lai sawi chhuah fo zawk khan, a hlâwkpui zawk ang.
- * Mi dang laka a tlin lohna lai sawi thin (compare) lovin, anni aia thain a ti thei a ni tih hriattir tam a sawt zawk fo.
- * Thei ve lo tura dah nghal ngawt lovin kan rin tawkna hian a tihtir theih zawk. Kan rin theih loh vang hian hma an sawn theih loh phah thin.
- * Inrinhlelhna hi a ngeiawm mai ni lovin mi a tichhe der thei a, fimkhur a tha hle.

Sawi tur tam tak a awm thei awm e. Thu tha tak tak kan ngaihthlâk leh zir ho thin tawhte hi ngaihthlâkah duhtaw mai lovin hma lak tak tak a ngai ta. Kan ram a tluchhe mêk a, Hindu zirtirna Zoram chhungah a lo thleng mêk a, kan Mizopuite ngeiin, “Kristianho hi eng mah in nih bik chuan loh hi,” min ti ngam ta! Kan ramah, kan kawtkaiah, kan in chhûngah min rawn luhchilh mêk a, kohhranah mi tam takten ei tur hmu zo lova

inngeiin min chhuahsan mêk
bawk a, Pathian thu hi insawi
dik leh insawi thiamsiak mai
mai lovin nun dik leh nunpui i
zir thar ang u. Kristian
chhungkaw tha tak din turin

hma i'n la thar tak tak teh ang
aw! Kan ram hi chhan tlâk a la
awm lai hian Lalpan mawh-
phurhna min pe ve a ni tih
hriain, tawngtâina nen hma i'n
la thar leh teh ang u.

AGAPE CHANCHINBU CHUNGCHANGA HRIAT TUR PAWIMAWH

- 1 Kumin 2017 July thla aţang khan sawrkar laipuiin chhiah Goods and Services Tax (GST) a siam thar a. Hemi avang hian Synod Press lama Agape kan chhuttirna man chu kum thar 2018 aţang khian a pung dawn a. Copy khat lakna kum khat atan ₹ 80 khan a daih leh tawh dawn lo chungin, nakkum 2018-a a lakna san loh mai hi Agape Editorial Board thu khawm chuan a rêl a. Amaherawhchu, chawi belha chhuah tur a nih avangin kum 2016 leh 2017 lakna man hi kohhran tinten kan pêk that a pawimawh hle dawn a ni. Kumin 2017 lakna man pe tawh kohhran eng emaw zat kan awm a, hengte chungah hian kan lawm takzet a ni. Hei, kum a lo tawp dawn hnai leh ta reng mai a, Agape lakna man la pe lote khan a rang lama pêk tlak i tum theuh teh ang u.
2. Kum thar 2018-ah Agape lak man hi a ngai, ₹ 80 a ni leh dawn a, lak tur zat copy hi kumin chhung ngeia Kohhran Hmeichhe Office-ah report tur a ni. Report lo chu a ngai rawn thawn leh a ni ang.

– Cir. Manager

Sermon**NUN PEIPUN**

– Upa Zartzokima Khiangte
Shillong-21

“I chhang paih la, tui chungah chuan, i hmu leh dawn si a, ni rei hnuah” (Thuhritu 11:1).

Vawi khat chu, mi pakhat hi USA rama hmun ro tak leh tui vanna tak hmunah hian a kal a, a tui a lo hal ta hle mai a. Tui in tur a zawng a, a tawpah chuan tui pump chi awmna hmun hi a va thleng a. Chu tui pump-naah chuan tu tih hriat loh hian jug (Tui chhawpna bur)-ah tui a dah a, lehkha ziaak a zep tel bawk a. Chu jug chu a tawn bet tlat a. A thu ziaak chu hei hi a ni: “Jug-a tui hi in mai lo la, tui pump-naah hian leih la; tichuan, tui tam tak awlsam tein i pump chhuak mai ang. Mi dangte tan jug hi tui in i dah khat leh dawn nia,” tiin. A tui a hal hle tawh na a, risk laka tihchhin a tum ta a. Tichuan, lehkhaha thu inziaak ang chuan a ti a, tui chu duhtawkin a in ta a ni. Lehkhaha thu ziaak ang chuan a ti zui a. He thu hi a ziaak belh a: “Ti ve chhin teh, a dik ngawt nia,” tih hi.

Lal Solomona pawhin hei chiahi a lo sawi a ni. “Nun peipun i duha, nakinah tuh rah hlawhtling taka seng i duh chuan i hun hlan hmasa ngam rawh,” a ti a ni. Turk-ho pawhin thufing an nei a, “Thil tha ti la, tuiyah paih rawh, sangha in a hre lo a nih pawhin Pathianin a hria,” an ti.

Pêk hi nunna a ni - Pathian duh zawnga pêk hi. Amaherawhchu, hmuh duh avangin kan pe tur a ni lo. Pe tih hi Bible-ah hian vawi 1,000 vel a lang an ti. Nun peipun kan duh erawh chuan pêk hmasak a ngai a ni. Kum zabi 17-naa German mi rawngbawltu pakhat, August Franke-a

chuan fahrah eng emaw zat a enkawl a. Vawi khat chu hmeithai rethei zet mai hian kut a rawn dawh a. Franke-a chuan pawisa a neih loh thu a lo hrilh a, chu nu mangang chu a thu chawt a, a tap ta chiam mai a. Franke-a chu a mangang ve ta a. Chu hmeichhe hnenah chuan, “Lo ngawi lawk la, Pathian kan rawn ange,” a ti a. A pindanah a lut a, Pathian rawnin a tawngtai a. A tawngtai zawh chuan a pawisa neih chhun chu pek tulin a hre ta tlat a, a pe ta a. A tuk lawkah chuan chu hmeichhia chuan lawm thu a rawn hrilh a, chumi ni vek chuan rangkachak tangka pali a dawng a. Chumi hnu lawkah chuan an lal fapa Prince Ludwid-a chu a thi a, a thurochhiahah chuan rangkachak tangka 500 chu Franke-a pe turin a lo ziak a.

Pathian pawhin kan “CHHANG” – kan nun, kan hun leh kan thiamna te Ama

tan, mi dangte tanpui nan pe turin min ti. Hei hi nun peipunna, a let tam tak sengna zawk thuruk chu a ni.

Tuia chhang paih (Pathian hnenah pek) hi thalaiho tan chauha tih tur a ni lo va, upa lam tan pawha thil tul tak a ni. Kan dam rei chin tur kan hriat loh vangin chatuan atan kan nun kan peipun theih nan kan nun hi kan hlan thuai a pawimawh. A pahnihnaah chuan hun tha kan neih lai hian kan bawh vat a ngai a ni. Pathian thua kan nun (chhang) hi ‘Tuia’ kan paih ngam a nih chuan a let tam takin Pathianin min pe let thei a ni. Kan nun hi peipun nan i dahkham ang u.

Pe rawh u; tichuan, pek in ni ang; thahnemngai taka teh chhuaka, beng mukin, sawi liam zawih zawih khawpin in ang-chhûngah pek in ni ang. Tehna in hman ngei khân tehsak in ni ang” (Luka 6:38).

HNEH THEIH LOH NUN NEITU LALRUALI KHA!

– Enid H. Lalrammuani
Salem Veng, Aizawl

Mizo hmeichhe hla phuahtu tlem te zinga mi Lalruali chanchin hi a ngaihna wmin a ropui ngawt mai. Hla hi 59 lai a phuah a, thawnthu tawi 2 leh thuziak (Pathian pawlna leh article) eng emaw zat a nei bawk. A thuziakte hi *Kristian Tlangau, Nurse Eng* leh chanchinbu thenkhatah chhuah a ni tawh hlawm.

Lalruali nun pum pui mai hi tawrhna leh natnain a khat ti ıla a fiah ber mai awm e. Naupang fel leh lehkha thiam thei tak a ni thin a. Pawl thum Scholarship lak ngei tuma lehkha zira a inbuatsaih lain a khup a nâ a, a vung ta vak mai a. Anâ chuan a malpui a zawh chho zel a, hun rei tak kal pawh kal thei lovin khum betin a awm ta a. He natna hi ruh ngêt natna (Osteomyelitis) a lo ni reng mai a. A natna chu enkawl dan tha hriat chhuah a la nih loh avangin chhel takin a tuar ngawt ngawt ringawt mai a, a dam chhung atana natna benvawn a ni zui ta a ni. He natna avang hian kea

kal a harsat a, zak do tiang leh wheel-chair hmangin a tei vel thei chauh a ni. Lalruali hi nula hmeltha tak a ni a, ngaizawngtu leh ngainat zawngte pawh a nei ve awm e. Mahse, mi dang tibulaitu leh harsatna thlentu mai ni dawna a inngaih avangin pasal a nei lo hlen ta a ni.

Vanduai bik nia inhriat chang a nei fo va, chhungte tibulaitu mai nia inngaih chang te pawh a nei thin. Lehkha thiam thei tak a nih avangin rual a awt hle thin ngei ang. Chutih nak alaiin a lung lam that loh avangin thla ruk chhung ngawt tawng thei lo leh room hrana khung hran gai ten a han awm leh rih thul. A tan

chuan khawvel hi a thimin a pik mup chang a tam awm e. Hlutna nei lo, dam chhan tur nei lo nia inngaiin Pathian lakah vui ta se, tu han dem rual a ni awm lo ve. Chutia khawhar leh chau taka a awm lai chuan khawvel hi thlaler hmun ang maia hrehawm niin a ngai hial thin a; mahse, Pathian ta a nihzia leh Pathian tana a hun zawng zawng hman chu a duh leh dil ber a la ni fo mai –

Hrehawm mah se, i ta ka ni, Lalpa,

I tan nung turin min pui la; Ka hun zawng i tana hman ka duh,

I tan chauh min ti thianghlim ang che.

(Ka chenna ram thlaler a ni, Lalpa)

Synod Hospital-ah damlote kawma, Pathian thu hrilha, Hospital Evangelist hna thawk turin an ruai ve ta a. He hna hi nuam a tiin, Pathian rawngbawl a lo chak em em thin tihlawhtlinna kawng niin a ngai bawk. Nuam ti takin

damlote a kan kual a, Pathian thu a sawipui thin. Kut themthiam tak a nih avangin drip bur ruak hmangin pangpar a siam a, cheng sawmin a hralh ve thin a, chu chuan a mamawh a intum ve thin a ni. A hun awlah lehkha a zia bawk a. Synod Hospital, Durtlang chu a khawvel a ni mai a, a chak ber thin – mi dangte hnena Isua Chanchin Tha sawiin, rawngbawltu tangkai tak a lo ni ve ta a ni. Pathian hnenah pawh A hmangaihte hmangaihpu ve turin a intiam ta nghe nghe a - ‘Thla thum chung chuan Isua tih angin ka ti ang a, Isua ngaih angin ka ngai bawk ang,’ tiin.

Pathian tana a theih-tawpa rawngbawl tura a inpek hnuah pawh thlemna leh harsatna a tawk fo mai. Taksa natna mai bakah rilru nat vawng vawng chang pawh a nei ve thin. Tum khat chu nurse-te hek thinah puh a ni

ta tlat mai a, he thu a hriat hian a rilru a na êm êm mai a. A hma lawka Pathian hnena a intiamna – ‘Isua tih anga tih’ a tum chu a thei ta hauh lo mai a. A chanchin dik lo taka sawitu chu a haw ta em em mai a. Lal Isua tih dan zuia ‘...hmelmate hmangaih...’ a lo tum ve thinna te chu eng mah lo a ni zo ta. Huatna leh thinurna in a khat a. Ngaihdam a tum nasat poh leh a ni ang pianphungah pawh rualban tawh lo, theihtawpa Pathian rawngbawl ve nia a inngaih laia, dawta puh hmingschhe duhtu an han awm thei tlat mai chu mak a ti tawp thei lova, chu ngaihtuahna chuan a rilru a tina zual sauh thin. Chu chu Pathian duh loh zawng tih hre reng mah se, a thunun zawh loh, a mihring rilru awm dan a ni tlat si. Mahni inkhawngaihna leh dik intihna te, theihtawpa Pathian tana rawngbawl ve nia a inhriatna te chuan a rilru a luah mup mup a, chung chu a dik em em vek baw si. A tawpah phei chuan a rawngbawl na bansan a duh ta

hial a! Pathian rawng a bawl peih ta lo tihna chu a ni hauh lo va, Pathian duh zawng a theihngihl ta tihna pawh a ni chuang lo. Mahse, vawih lo vawiha inpuh mah a na a, dawta hek kher chu! A na tlat a ni.

Mahni inkhawngaihna leh insitna nen Pathian a au ta a, Pathian rawngbawl bansan mai chu a tum ta tak tak a. Chutih lai tak chuan ‘*Nangni pawh kal bo in duh ve ta elaw?*’ tih thu kha a thinlungah a lo lang ta tlat mai a. Phatsantute kawng a zawh tan mêm niin a inhre ta a. Pathian aiin amah a lo inh mangaih zawk tih a inhmu chiang ta. Mahni inkhawngaihna leh a thiam thu tinrengte chu chapona tuam mawi chawp, thlemtu hmanraw thiltithe i a lo ni reng si. Chutah chuan alawm Lalruali – nula dawrawm leh taksa chak lo tak, rilru chhngiril a sual hnathawh avanga hliampui tuar mekin hnehna thuruk a chhar chhuah tak ni. Chu a testimony ropui tak mai chu hla hmangin a

puang chhuak ta a, '**Hneh theih loh nun ka nei**' tih hla ropui leh ril tak mai hi a lo phuah ta a ni.

Lalruali ang bawh hian kan mawhphurhna leh rawngbawl na chi hrang hrang tlawmsan mai a chakawm chang leh awm ngawih ngawiha a lan zawk chang a awm fo thin. A chhan te lah hi mahni tawkah chhuanlam a tling tawkin a buk a rit em em theuh bawh si. Nupa, chhungkua, kohhrana rawngbawl hona leh inthenawm khawvanna leh eizawna hmun thleng mai hian Pathian thu tlawmsan mai a chakawm chang a va tam thin em! Dik leh fel nia inhriatna te hian thiam thu hraw pui pui min chhak chhuahtir a, sawichhiatna te hian kan mize dik tak min phawrh chhuahsak thin a, mahni thiam thu sawia hmanhlelh ruai a va awl thin em! A nih loh vek leh mahni insitna dik lo min cho chhuahsak hlah

thung a, Lal Isua tlawmna nun ang ni miah si lo inngaihtlawmna pui tham deuh mai nei run a awl duh riau lehngal. Lalruali **hneh theih loh nun** thuruk erawh hi chu Lal Isua pek a ni a, a hmanrua lah chu **hmangaihna nun thianglim** a ni mauh mai. Chu chuan engkim a hneh zel tur thu min la hrilh zui. Pawn lam leh chhunglema natna chi hrang hrang in a tih tlawm ve theih loh Lalruali **HNEH THEIH LOH NUN** hi eng tikah tak zir chhuakin, thinlung hmun khat pui sakpui thei tak ang i maw!

Hneh theih loh nun ka nei,

Lal Isua min pek kha;

Hmangaihna nun thianglim,

Hneh zel tur nunna chu.

(Lehkhaburawn : *Thlaler Nula Lalruali* by Dr. Laltluangliana Khiangte)



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

Sl.No.	Kohhran/Bial hming	Chawm zat
127.	Bethlehem Vengthlang Kohhran Hmeichhia	1
128.	Lunglei Chanmari Kohhran Hmeichhia	2
129.	Airfield Vengthar Bial Kohhran Hmeichhia	2
130.	Mamit Hmunsam Kohhran Hmeichhia	3
131.	Zohmun Bial Kohhran Hmeichhia	1
132.	Chalrang Bial Kohhran Hmeichhia	1
133.	Venghloi Bial Kohhran Hmeichhia	3
134.	Leitan Bial Kohhran Hmeichhia	2
135.	Hospital Veng Kohhran Hmeichhia	1
136.	Field Veng Kohhran Hmeichhia, Mamit	1
137.	Keifang Bial Kohhran Hmeichhia	2
138.	Chanmari Kohhran Hmeichhia	4
139.	Chanmari West Bial Kohhran Hmeichhia	2
140.	Hliappui Bial Kohhran Hmeichhia	2
141.	Sateek Kohhran Hmeichhia	2
142.	Tlangnuam Kohhran Hmeichhia	3
143.	Nursery Veng Kohhran Hmeichhia	2
144.	Tanhriil Bial Kohhran Hmeichhia	4
145.	Phullen Bial Kohhran Hmeichhia	1
146.	Vairengte Bial Kohhran Hmeichhia	3
147.	Vairengte Hmar Veng Kohhran Hmeichhia	1
148.	Bawngkawn Hmar Veng Kohhran Hmeichhia	2
149.	Kolasib Diakkawn Bial Kohhran Hmeichhia	2
150.	E. Lungdar Kohhran Hmeichhia	1
151.	Sakawrdai Bial Kohhran Hmeichhia	1
152.	Kelkang Bial Kohhran Hmeichhia	3
153.	Sihfa Bial Kohhran Hmeichhia	1
154.	Mamit Hmunsam Bial Kohhran Hmeichhia	3
155.	Thingdawl Bial Kohhran Hmeichhia	2
156.	Darlung Bial Kohhran Hmeichhia	1

(Heti chin hi **28.9.2017** thlenga pawisa pete an ni e. - Gen. Secretary)

CHHUNGKAW KEH PAWIZIA LEH CHUTIANG LAKA HIMNA TUR CHU

Rev. B. Sangthanga
Synod Executive Secretary

Mi pakhatin Billy Graham-a hnenah, “Tunlaia kan ram harsatna lian ber eng nge ni?” tiin a zawt a. Billy Graham-a chuan “Mi thenkhat chuan retheihna emaw, chi inthliarna emaw hi niin an ngai a; mahse, chu chu a ni lo. Kan ram harsatna lian ber chu chhungkaw kehchhia hi a ni,” tiin a chhang.

Kan ramah pawh hian chhungkaw buai, chhungkaw kehchhia leh tlachhe mêk kan va tam ta em! Chhungkaw thenkhat phurrit phurh hi a va rit ta em! Nu leh pa thenkhat, fate mipat hmeichhiat dawngdah avanga zak leh rilu nate, ruihtheih thilin a luhkhung avanga buai leh mangang te, rilru na leh beidawng leh chau te kan kat ta nuk ni berin a lang.

Tunlai hla pakhat hian rilru a khawihin ngaihtuah a tithui hle. An sawi hmangin chhungkaw pakhat chu fanau malsawmna an dawnte nen

hlim takin, tu dang ngai bik lovin an khawsa thin a. An fa duh tak chu tunlai khawvel hri tha lo, ruih theih thilin a man ve ta hlauh mai a. An chhungkaw himna chu chuaiin an tlachhia chu a ni ta dêr mai a. Chu an dinhmun lungchhiat-thlâk tak chu Pu Roliana Ralte (RIP) chuan hlain thiam takin a lo phuhsak ta a, “Hmanah chuanin kan run in sumtualah, Hrai duh lêng nen nau ang kan nui za. A mi hrai lêng dang rêng ngai lovin, tuanna tlang dang tur rêng kan dawn lo.” a’n ti tê tê a. Sualin lalna a chana, a duhtawka mite an

hrual tawh chuan nu hmangaihna te leh in chhông nawmna te an thlahlel zo tawh thin lo. Nu hmangaihna beidawng ve thei lo chuan, “Ka hrai duh lai, ka enchim loh te, khawiah chuan laikhum zal thin che maw? I chun leh zua iang rêng hmangaihtu, Van hnuai he lei chhinah an awm lo,” tiin au zui hrâm hrâm mah se, an ding zo tawh chuang ngai lo.

A pawimawh ber chu kan tu leh fate hi an chhiat hmaa ven leh enkawl uluk hi a ni. Miin an dai palh tawh chuan siam thatna kawng a thui a, a man a to thei hle. An lo hla deuh tawh a nih pawhin beidawng lovin tawngtâina nen i ûm ang u. *“Um rawh, i umpha ngei anga, i chhanchhuak vek ngei ngei ang”* (1 Samuela 30:8).

Chhungkua kan fimkhur lehna tur dang chu inthenna lakah a ni. Tunlaiin nupa lungphum tlo lo, tlachhe

leh mai, inthen pawh engah mah ngai lo an tam a, nupa inthen pawh kan pung sâwt hle. Tun hma deuh khan America ram an zir chiannaah chuan nupa tuak li zingah tuak khat zêl inthen ang an ni. An chhui zêlnaah chuan taima taka inkhawm thin zingah chuan tuak 57-ah tuak khat chauh inthen ang an ni a, Bible chhiara tawngtâi ho thin zingah chuan tuak 500-ah tuak khat chauh inthen ang an ni. Hei hian Pathian tih hi himna a nihzia a tichiang hle mai.

Billy Graham-a sawi dan chuan chhungkua chu ni leh a vela inherho (Solar system) ang a ni. Solar system pawh khi a laiah ni (Sun) awmin, ni khian a hip khawm a ani. Ni khi awm lo se chuan an thlawk darh vek tawh ang. Chhungkuaah pawh hian a laiah Lalpa Isua Krista, Pathian nung fapa hi a awm loh chuan chhungkua hi an keh chhe vek dawn a ni. Chuvangin, Pathian fapa hi

inchhung laili berah dintir ila,
chu chuan harsatna pawh min
hnehpui zel dawn a ni.

Chhungkua, chhungkaw
ṭha leh hlim, Lalpa chenpui
chhungkua kan nih ṭheuh theih

nan Pathian bel ila, kan awm
dan fel lote bansanin a ṭha kan
hriat apiang zawm zelin,
Kristian chhungkua, chhungkaw
ṭha leh hlim nih i tum zêl
ang u.

DOH KHLEH
(Khasi vawk lu siam dan)

Vawk lu sa eng pawh	-	½ kilo
Sawhthing	-	tlêm
Hmarcha hring (a duh tan)	-	tlêm
Purun sen	-	pum 2
Purun var	-	mal 5
Chhawhchhi	-	2 tablespoon
Chi	-	a al tawk

Vawk thluak (a awm theih chuan)

1. Vawk lu chu fai taka rawh hnuah sin tê têin chan la,
vawk thluak chu a hranin hnahin fun la, chhum hmin
rawh.
2. Chhawhchhi chu kang hmui la, dêng dip la, dah ṭha rih
rawh.
3. Purun sen, purun var leh sawhthingte chu râwt dip la.
4. Vawksa chu a hmin hunah chhawhchhi, purun sen,
purun var leh sawhthingte nen chuan chawhpawlh la,
vawk thluak a awm theih chuan chawh pawlh bawk ang
che. A awm loh pawhin chhawhchhi hi vawk thluak aiah
a hman theih tho.

‘Ei tur buatsaih dan’ by Ramthianghlimi

NUN HONA KHAWVEL

– Upa H. Thangmawizuala
Republic Veng, Aizawl

Pathian khawngaihna in he khawvelah hian kum 68 lai ka lo awmin, hmun hran hranah lo awmin, hnam hrang hrang, mi hrang hrang zingah awmin ka lo kawm ve nual tawh a. Chung ka tawn hriat atang chuan nitina hman nghal theih chi, kan Kohhran Hmeichhe ho tan a tangkai takin tlêm ka han ziak ve teh ang.

Pakhatnaah chuan mahni nihna leh pasal chhungkua hi kan nih ang anga pawm mai hi a va tul em ! Hmasawn tur chuan kan nihna anga pawm lo deuh a han chet ngaiin kan hre fo thin. Mahse ka nupui pasal neiin chhungkua ka nei tawh a. An tlin loh leh chak lohna ang ang hi pawm thlap chunga hmasawna chu zawn a pawimawh fo. Chutianga nih loh chuan duh thawh (ambitious) lutuk a hlauhawm thei. Pasal atan hmel leh nihna lamah pawh chuti ual lo ka lo thlang tawh a nih pawhin pawm hmiah mai tur. Awmdan mawi hre vak lo leh mi zinga awm dan pawh beisei

san vak chi loh kan lo thlang tawh a nih pawhin pawm mai tur. Zu in zeuh zeuh kan thlang a nih chuan kan inneih hnua sim mai tur chuan beisei lo phawt ila. La ti zeuh zeuh a, ti zual zel tur pawhin beisei zawk mah tur a nih hmel. An nihna anga pawm mai hi a fin thlak. Mahse chutih lai chuan an nun an thlak danglam theihna tur erawh chuan thahnemngai taka tawngtaina nena tan lak chu a tul tak zet. Kan sawi zawk erawh chu nihna anga in pawm mai hi a ni e.

Pahnihnaah chuan kan Bible in tuh rah seng thu min hrih

hi a dik khawpin ka hre thin. Mahni nulat tlangval lai han ngaihtuah let ila, kan hre thiam mai awm e. Eng ang rilru nge kan put thin a, engtin nge kan chet thin? Tun hma deuh khan Kohhran Upa atan hian kohhran thunun tawh chu a remchang lo va. Chung hunah chuan kohhran rorelnaah tawngkam chhuak pakhat chu “Hetiana kan kal zêl chuan Upa zeï lo hlir kan nei dawn tihna a nih chu” tih a ni. Vawiin ni thleng hian chu tawngkam chu ka hrereng mai. Chung hun chu a liam tawh a. Chutiang ngaih dan pawh chu liam tawh turah ngai ila. Kan nupui pasal neih dan kha ngaihtuah let mai mai ila. Tlin chiah lohin Biak In kan hawng palh thei. Kan nihna ang chiahin Biak In kawngkhar hawng lovin kan innei thei bawk. Tunah chuan Lalpa khawngaihna ropui takin min ngaidamin a rawngbawlnaah te pawh min tel tir a, Lalpa laka kan bawhchhiatna te chu kan

theihnghilh zo daih tawh. Kan Lalpa pawhin a hre reng tawh lo vang. Mahse, kan fate han ngaihtuah ila, a tlangpui thuin kan hniakah an kal duh viau niin ka hre thin. Chhût theih tak a ni. Tuh rah sengin kan fateah a lang a ni thei ang em le?

Pathumnaah chuan i pasala nu leh pa, kum upa tawh lam nen in khawsa ho a nih chuan, i vannei takzet a ni. Chaw chhum i buatsaih dawn emaw, in nulaten an buatsaih dawn emaw hian upa lam ei theih zawng ngaihtuah a va tul ve! Tawngkam tha tala, “Ka nu, ka pa, in tana ei nuam tur tawkin kan han chhum ang e aw?” tih chuan nun hona khawvel a tinuam nghal vek mai. Keini naupangte pawh hian upa lam harsatna hi kan hriatpui ve nual tawh a ni. Inrinni zing chawhmeh bazar dawna chhungte hnena an duh zawng leh chak zawng lei awm chi han zawh mai te hian nun hona a tihlimawm thin. I pasala nu leh pate nen in cheng

ho lo a nih pawhin a khat tawk talin chawhmeh i lo leisakin an duh zawng khai luhsak thin ang che. Chawhmeh tuihnai han inpek mai mai te hian inlaichinna a siam tha thuai thin.

Palinaah chuan nu tam tak hi ei zawngtu kan ni tawh a. Ei zawngtu ber kan nih loh pawhin hna pawimawh tak tak thawktu kan ni fur tawh. A lawmawm tak zet. Chutih rual chuan in chhungah hian i “office/kamding” riau thei asin. Nangmah chuan i in hre kher lo vang. Mahse, i chhungte tan delh rit riautu i ni thei. Duhthusamah chuan office hna lam hi chu in chhungah hian ri tam lo hrâm sela, chhungkaw boruak a hrisel zawkin a rinawm. Chhungkaw nu ber tan chuan lak kawp thiam a tul si, harsa tak tur a ni. Nupui ni baw, mo ni baw, fate nu ber ni baw, tute tan pi ber nih nen, kohhranah nihna pawimawh chelhtu nih nen, hnathawhna lamah a sulsutu ber nih baw

nen, kawp a tam lutuk a, harsa tak a ni thin. Ni tin hna nei thenkhat hian an fate sikul kal tur pawh hi buaipui lova mu reiin, mahni nu leh pa te kuta dah mai, an awm thei thin awm e. Fate tiffin pai tur pawh ngaihtuah thei lova mahni incheina leh hna lam ngaihtuah emaw, mu rei hrim hrim emaw kan awm a nih chuan inen chian a that duh hmel.

Kan thu **pangana** atan chuan, nun hona hrim hrimah hian ‘Khawngaih takin’ tih leh ‘Ka lawm e’ tih tawngkam hi a pawimawhzia sawi nawn fo a ngai. Kum tam tawh tan chuan kan lo palzût hnem tawh a, a awlsam mai lo. Mahni tufa naupang têt têt bula, ‘Khawngaih takin’, ‘Ka lawm e’ tih hman reng chu awlai lo tak a ni thin. Nupa karah ngat pawh hian hman a awlsam lo. Hmanlai Mizote lek phei kha chu nupa nih tawh chuan bak hlaka inbe thin kan ni a. Chung nun erawh chu a inthlak nasa tawh hle a ni.

Tun tumah chuan ngaihtuah zui mai mai ang u.
 duhtawk dawn tawh teh ang. Kan hriat tawh sa vek ni mah
 Heng thute hian thlarau lam se, han hriat nawn mai mai hi
 rawngbawlna tha zawk min a tha thin.
 thlensak thei a ni tih hriain i

‘AW HMANGAIHNA MIN THLAH LOTU’ KHB 257

He hla phuahtu Rev. George Matheson-a hi kum 1842 khan Scotland ramah a piang a. University a zawh hnuin a mit a del ta hlauh mai a. A nupui hual chuan a mit a del tak avang chuan a bansan ta nghal bawk a. Mihringte hmangaihna rin tlak lohzia a ngaihtuah a, a mittui a tla zawih zawih thin. A mittui karah chuan hmangaihtu dik Isua hmel a hmu ta a. Kum 1882 June ni 6-ah Isua hnenah a inhlan ta a. Lawm em emin -

*“Aw hmangaihna min thlah lotu,
 Nangmahah ka thla chau a chawl,*

Ka pe kir che ka nun bat chu” tiin he hla hi a lo phuah chhuak ta a ni.

HLA THILTIHTHEIHNA

American Civil War lai khan zan khat chu thla eng hnuaiyah sipai duty pakhat chu hmelmmain kahhlum tumin a veh a. Chu duty pa chuan Wesley-a hla, *‘Isu ka thla hmangaihtu’* tih chu zawi tein a sa riari a. Chang hnihna, *“Ka thih hun ni thleng pawhin, ka Lalpa min hruai zel rawh”* tih a sak lai chuan a vehtupa rilru a khawih ta hle mai a. A mittui a tla zawih zawih a, a kap thei ta ngang lo va, a kir leh ta a. A hnu feah lawngah hmana sipai duty pa khan chu hla bawk chu a sa leh a. Hmana vehtu kha a bulah a lo awm a. An insawi chhuak a, an inkuah a, an hlim dun ta em em a.

‘Kristian Encyclopaedia’ by Rev. Lalngaihawma

RILRU HRISEL

Lalnunhlimi
Rabung Mission Veng

“...Mi rilru thianghlimte zingah ro chan a neih thei bawk a che u.” Tirhkohte 20:32

Thuziak mi ni lo mah ila, he thu ‘Rilru Hrisel’ tih hian ka ngaihtuahna a luah hneh ve em avangin insit tak chungin kan thlasik mau puahpui ve phawng mai teh ang.

1. Rilru hrisel chuan mi dangte nun a hriat thiampuiin a ÷awmpui thei a, harsatna siamtu nih aiin malsawmna thlentu nih a tum tlat ÷hin. Rilru hrisel lo erawh chuan mi dangte nun hriat thiamna a nei lo va, mi dangte dem a ching a, mi dangte tan harsatna thlentu a ni chawk.
2. Rilru hrisel chu ÷thenawm khawvengte tan hnawksakin a awm ngai lo va, mi chhungkuaah va inrawlh a tum hek lo. Rilru hrisel lo erawh chuan ÷thenawmte a tai ran a, an hmangaitu ni awm taka langin, a rûk erawh chuan an tan mi hlauhawm tak a ni thung.
3. Rilru hrisel chuan mi dangte a itsik ngai lova, mite’n fak an hlawhin thinlung takin a lo fakin a lo lawmpui ve thei ÷hin. Rilru hrisel lo chuan mi dangte hming ÷ha tur a hmu thei lo va, sawichhiatna tur ngawt a zawng zawk ÷hin.
4. Rilru hrisel chuan mi dangte nunah a chhe zawngin ngaih dan a siam ngawt ngai lo. Mahni leh a chhungkua pawh sawisel bo an ni lo tih hriain mi dang sawichhiat a inthlahrung ÷hin. Rilru hrisel lo chuan inthlahrung hauh lo leh inthiam lohna nei hauh lovin mi dangte sawichhiat a ching ÷hin. A thinlung ngaihtuahna leh a

kamchhuak chu thil tha lo lam a nih tlat thin avangin a taksa pawh a hrisei thei lo. Lal Solomoma pawhin, “*Rilru dam chu tisa nunna a ni a, itsikna erawh chu ruh mawihna a ni.*” tiin Thufingte 14:30-ah a sawi ang khan.

5. Rilru hrisei chuan mi dangte thatna lai chauh hmu a tum thin a, hlim takin a nun a hmang thin. Rilru hrisei lo chuan tu mah a hmu dik thei lo va, amah ngei pawhin hlimna tluantling a hmu ngai lo.

6. Rilru hrisei chuan ringtu puite sawichhiat an tawhin a diriam ngai lo va, an harsatna te hriat tumin a hnem zawk thin. Rilru hrisei lo chuan a enga mah hmain a lo ralkhat ep ve ngawt thin a, mi dangte harsatna hriat thiampuia hnemtu nih ahnêkin tina zualtu a ni thin.

Kan Pathian duh dan ang taka rilru thianghlim leh tha, mi dangte rawngbawlsak thin, mi dangte inremtirtu rilru pu

chungin kan nun hi hmang ila; kan rilru, kan taksa, kan thlarau damna tluantling kan hmu ang. Thinlunga mi dangte elrel ching apiang an hlim tak tak ngai lo. Kan thenawm khawvengah suamhmang tawkw emaw, harsatna hrang hrangin a tlakbuak emaw an awm a nih pawhin Samari mi tha ang hian a tuam damtu nih i tum hram zawk ang u. Chutiang mi chuan malsawmna pawh a dawng ngei ang.

Khualzin kan nih hi hre thar leh theuh ila, khawvel hi kan lu nghahna tak a ni lo va, mikhual kan nih chhung hian mikhual hnawksak nih loh tum theuh ila, hmui/rilru bawlhhlawh pu mi ringtu ni lovin thianghlimna kawng zawh hram zel ila. Chutichuan, Pathian thuin min hrilh angin, mi rilru thianghlimte zingah ro chan min nehtir thei dawn a ni (Tirkhohte 20:32).

Lalpan malsawm rawh se.

**KUM 2017 CHHUNGA HMANGAIHNA INA TANPUINA
PAWISA KOHHRAN HMEICHHE OFFICE-APETE**

Sl.No.	Bial/Kohhran/Mimal Hming	Pek zat
1.	N.Vanlaphai Damdawi Veng Kohhran Hmeichhia	₹ 3,000
2.	Electric Veng Kohhran Hmeichhia, Kolasib	₹ 12,302
3.	Tuiṭha Veng Kristian Ṭhalai Pawl	₹ 5,000
4.	Ngopa Kohhran	₹ 7,000
5.	N. Hlimen Bial Kohhran Hmeichhia	₹ 5,000
6.	Marpara Ramthar Bial Kohhran Hmeichhia	₹ 3,480
7.	Lungleng I Bial Kohhran Hmeichhia	₹ 2,500
8.	Kolasib Diakkawn Bial Kohhran Hmeichhia	₹ 2,360
9.	Bungtlang Bial Kohhran Hmeichhia	₹ 2,000
10.	Hnahtial Bial Kohhran Hmeichhia	₹ 2,000
11.	Serchhip Vengchung Bial Kohhran Hmeichhia	₹ 5,000
12.	Kawlkulh Bial Kohhran Hmeichhia	₹ 3,500
13.	Zote Kohhran Hmeichhia	₹ 2,000
14.	Zote Bial Kohhran Hmeichhia	₹ 2,000
15.	Ngur Kohhran Hmeichhia	₹ 1,000
16.	Chawngtlai Bial Kohhran Hmeichhia	₹ 1,000
17.	Chhiahtlang Kawn Veng Bial Kohhran Hmeichhia	₹ 4,000
18.	Tuithumhnar Bial Kohhran Hmeichhia	₹ 1,500
19.	Biata Bial Kohhran Hmeichhia	₹ 4,000
20.	Vanzau Kohhran Hmeichhia	₹ 4,000
21.	Hortoki Bial Kohhran Hmeichhia	₹ 2,000
22.	Kawlkulh North Bial Kohhran Hmeichhia	₹ 3,000
23.	Chhingchhip Bial Kohhran Hmeichhia	₹ 5,000
24.	Tlabung Zodin Bial Kohhran Hmeichhia	₹ 3,150
25.	Pu R. Thangliana, Kolasib Vengthar	₹ 2,360
26.	Sihphir Bial Kohhran Hmeichhia	₹ 3,500
27.	Sairang Bial Kohhran Hmeichhia	₹ 5,000
28.	Bru Refugee	₹ 2,000
29.	Sumitra, Bru Refugee	₹ 100
30.	Vanlalringi, Bru Refugee	₹ 100
31.	Cherhlun Bial Kohhran Hmeichhia	₹ 2,000

Sl.No.Bial/Kohhran/Mimal Hming	Pek zat
32. Sangau Bial Kohhran Hmeichhia	₹ 5,000
33. Chhiahtlang Sailam Kohhran Hmeichhia	₹ 3,000
34. Damdep Bial Kohhran Hmeichhia	₹ 500
35. Vathuampui Bial Kohhran Hmeichhia	₹ 794

(Hengte hi ni **11.9.2017** thlenga Kohhran Hmeichhe office a pete an ni e)

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

Sl.No. Bial/Kohhran hming	Lak zat
112. Hospital Veng Kohhran Hmeichhia, Thingsulthliah	20
113. N.Vanlaiphai Damdawi Veng Kohhran Hmeichhia	10
114. Ramhlun North Bial Kohhran Hmeichhia	100
115. Tlangnuam Kohhran Hmeichhia	20
116. Chhiahtlang Bial Kohhran Hmeichhia	30
117. Sialsuk Kohhran Hmeichhia	30
118. Tanhril Bial Kohhran Hmeichhia	23
119. Kelkang Bial Kohhran Hmeichhia	20
120. Durtlang Bial Kohhran Hmeichhia	50
121. Sihfa Bial Kohhran Hmeichhia	15
122. Thingdawl Bial Kohhran Hmeichhia	20

(Chhuak hmasa lama E. Lungdar Bial kan tih kha E. Lungdar Kohhran tih zawk tur a ni e. Hengho zawng hi kumin 2017 chhûnga missionary-te puala Bial, kohhran leh mi malten Agape chanchinbu kan laksak a ni a, a laksaktute zawng zawng chungah lawmthu kan sawi takzet a ni e.

Kohhran leh mi mal Agape chanchinbu la, kum 2016 leh kum 2017 lakna man la pe loten Kohhran Hmeichhe Office-ah office hun chhungin i pe zêl ang u khai. Kum 2016 chhûnga Agape lakna man la pe lo kohhran 15 kan la awm a, kum 2017 phe chu tam takin kan la pe lo a ni. Kumin chhung ngeia pêk tlak i tum theuh ang u.

- Cir. Manager)

Hriselna Huang

NAUTE CHAW PEK DAN

Dr. Lalmuanpuii Pachuau

Naute hian thla 6 an tlin hmaa an mamawh zawng zawng chu nu hnute tuiah hian a awm kim vek a, chuvangin a theih hrâm chuan thla 6 thleng chu nu hnute tui chauh pêk tur a ni. Hemi chhung hi chuan thil dang - tuisik leh chaw dang pêk loh a tha. Thla ruk a lo tlin hnu erawh chuan chaw pêk tan a ngai tawh a ni.

Nau chaw pêk dawn hian thutna remchangah (high chair-ah emaw) thuttir hi a tha hle a, tih than dan (habit)-ah neihtir tum ila, an kal theih hnuah pawh chaw pêk laia um kawi an ngaih loh phah. Naute tlei lai, mut chhuah loh lain chaw pêk thin tur a ni. Nau chaw siamtu leh petu chuan sahbawnin fai taka kut sil ziah tur a ni.

Chaw kan pêk tirh hian an duh nghal lo mai thei a, mahse a tukah te han pe nawn leh chhin ila, an lo duh ve leh mai thin a ni. A tirah chaw chi khat pêk tan phawt tur a ni a, a ngai kha ni 3 atanga ni 5 vel pêk

phawt a, chumi hnuah chaw dang pêk leh chauh tur a ni. Chaw ngeih loh (Allergy) an lo neih in hriat chhuah a awlsam a ni. Allergy an nei a nih chuan luak, kawthalo te an neiin, an hmai a rawn bawl thei bawk a ni.

Heng a hnuai mi te hi naute chaw kan pêk tan tirhin kan pe thei a ni:

- 1) Thlai : Thlai ah hian kan taksa mamawh nutrients tam tak a awm a. Mai emaw carrot te pe hmasa ila, a hnuah bean, chana hring, maite, iskut te kan pe zêl thei a ni.

2) Thei : Balhla, apple, a siam chawp ngei hi a tha zawk
butterfruit, pear a ni.

3) Buh : Buhhawp kan pe Naute chaw pek zat tur
thei a ni. tlangpui chu a hnuai a mi ang hi

Cerelac hi chaw pek tan tirh a ni a, naute an inang lo a, a then
in pek loh a tha, a thlum avangin chuan thlemte chauh an ei duh
nakinah thil dang kan pek in an thin a, paw i tih lutuk tur a ni lo.
ei duh loh phah thei a ni. Mahni-

Thla zat	Chaw pek zin zawng	Tum khata chaw pek zat tur
Thla 6-8	Ni khatah vawi 2 emaw, vawi 3 emaw. Nautein hnute a duh anga pek zel baw tur	A tirah thirfian (tablespoon) 2 lek peka, zawi zawia tipung zelin 250 ml (pava khat) bowl hm un thum a thena hm un khat pek tur.
Thla 9-11	Ni khatah vawi 3 emaw. Nautein a ei theih chuan a karah snacks (chhang, thei, etc.) vawi 1 emaw, vawi 2 emaw pek tur.	250 ml (pava khat), bowl chanve.
Thla 12-23	Ni khatah vawi 3 emaw, vawi 4 emaw. Nautein a ei duh dan azirin snacks vawi 1 emaw, vawi 2 emaw pek tur.	250 ml (pava khat), bowl hm un thum a thena hm un 2 atanga 250 ml (pava khat) bowl khat.

Thil chhinchhiah tlak tak chu Tirhkohte kha an Zirtirtuin a koh lai kha an buai lai vek a ni -

- Petera leh Andria-ten len an deng mek a.
- Jakoba leh Johana-ten len an thui tha mek a.
- Matthaia kha chhiah chawina dawhkanah a thu mek baw k a.

Pathian hian mi thatchhia a thlang ngai lo.

-- David Smith

Hlohna hi chan hlenna ni lovin a aiawhtu Pathianin min pe leh dawn tihna a ni a. Lungngaihna pawh hian Pathian awmpuina duhawm tak min chantir zawk thin.

-- Andrew Murray

*Hruaitute Chanchin***PI THANGLUPUII**

Pi Thanghlupuii hi Pu C. Thanchungnunga (L) leh Pi C. Kapmawii te fa niin, ni 1.4.1958 ah a lo piang a, unau mipa pahnih leh hmeichhia pasarih an ni. Kum 1980-ah Pu Lalthankima, Mission Veng nen inneiin fapa pakhat leh fanu pakhat an nei. A pasal hian kum 2010-ah a boralsan a, tunah hian I.T.I. Vengchhakah in leh lo neiin an fate pahnih leh tupa pakhat nen an cheng m êk a ni.

Eizawna lamah chuan kum 1980 khan Postal Department-ah Postal Assistant-in a lut a, kum 2014 September thla a ãngin voluntary-in a pension a, tu leh fate enkawlin in lam hnaah a ãul ta zawk a ni.

Rawngbawl na lamah hian kum 1991 a ãngin Kohhran Hmeichhe Committee-

ah a lut ãn a. Vice Chairman leh Treasurer tih loh chu O.B. post a luah kim tawh a, tunah hian Assistant Secretary hna a chelh m êk a ni. Kum 1993 a ãngin Bial Kohhran Hmeichhe Committee-ah a tel chho va. Bial-ah pawh Treasurer tih loh chu O.B. post lo luah kim tawhin tunah hian Secretary a ni m êk. Kum 1997-98 chhungin Bial Buhfaitham Ziaktu a ni tawh bawk. A lawina kohhranah Puitling Sunday School zirtirtu leh Inrinni zan Thuhriltu a ni m êk.

A Bible chang duh zualte chu Johana 10:10,11, ‘Isua Berampu Tha thu’ leh Sam 103-nate hi a ni. Pathian faka zai nuam a ti a, ‘Pathian fakna hlate hian Lalpaah lawmna thar min siamsak thin’ a ti. KHB no. 57-na ‘Krista thisen hlu tak chhuak chu ka tan a hlu a ni,’ tih hi a hla duh zual zingami a ni.

Mi bawlhhlawh min sil fai a, khawngaih rawngbawl na kan tel ve a phal hi a makin a hlu takzet a. Khawngaiha min Chhandamtu Krista leh kohhran tan rinawm takin i thawk z êl ang u, tiin chhiartute min chah a ni.

MAIRANG KHA!*H. Lalvulliani**Darlawn Bial*

Agape chanchinbu, 2017 August thla chhuakah “*Mairang lamthuang*” tih Pi B. Bualchhumi ziaik kha ka lo chhiar a, a ngaihnaawmin rilru a tithar hle mai a. Keipawh ka rawngbawlpuite duhsakna azarah Mairang-ah khan ka kal ve a. A lunglenthlak ka ti a, ka hriat reng tur thil, tisa lam leh thlarau lamah ka dawng nual mai a. Mi dangte hriatah ka it ve sia, ka tih ngai reng reng loh thu ziaik ve min chaktirtu a lo ni reng mai a, thiam lo chung chung pawhin ka han ziaik ve ta rawih mai a nih hi!

Hmelhriat sa tu mah nei lovin, puanthuah nen huphurh rilru takin ka chhuak ve a. Ni 26, April 2017 (Nilaini) chawhnu lamah Synod Office-ah ka kal a, chinchang ka'n zawh chuan Bus No. 1 leh No 2-a chuang tur list kan hruaituten an lo siam fel thlap chu min lo pe a. Keini Darlawn Bial pawh Bus No. 2-a chuang tur niin, kan chuanpui turah Sakawrdai Bial an tel ve tih ka hriatin, kan tlangdung lam an nih avangin ka thla a muang sawt a. Kan hruaitute biak an nuam a, kal

dan turte min lo hrilh a, ka huphurh ta lo sawt a.

April 27 (Ningani)-ah tukthuan ei khamah Synod Office atangin kan chhuak a. Lalpan thian tha tak tak min pe a, ka lawm takzet a ni. Bus No. 1 leh No. 2-ah kan hruaitute an insem darh a, conductor-te inruatin fel fai takin min ho va. Ei turte an sem leh thian a, ka lo huphurh rilruk nen, khatah ringawt pawh khan zir tur hlawkpui tham ka nei nghal a ni.

Mairanga kan thlen inah chuan mi pali min dah a. Hmun

dang aṭangin Manipur leh Lai unaute nen, Rev. Dr. Mariene Marak te nufa kan thlenpui bawka, vannei ka inti hle. Kan thlen inte inpêk zawh dan khan ka rilru a hneh hle. An khumpuiah min riahtir an tum a, kan duh si lo, an nu ber khan an store-room chhuata mut a lo tum a, kan innawr nasa mai. A tawpah min tilui thei ta lo va. An mikhualte min en dan leh an tlawm dan hi, ka sawi thiam dan ber chuan Lal Isua thleng ang velin min buaipui a ni.

Mairang hi harhna thlenna hmun a ni hi a lo mak lo ve kan ti a ni. An Kristianna an la urhsun a, tihtakzetin Pathian an bia a ni. Zing thingpui in dawnah pawh ṭawngtaina an hmang thlap mai te khan rilru a hneh hle. Biak in inkhawm a nuam a, lam hut hut te a awm lo nain an zai pawh Pathian an fak tih a chiang hlein ka hria.

Sermon hrang hrang te, Bible study leh Sakramente kha a va ropui em! Ka rilru hneh zual em em leh ka hnuk tiulhtu, testimony thar min petu chu Rev. Mariene Marak Sakramen

buatsaih leh a sermon kha a ni. Hmeichhe Pastor neih vete hi a ṭha awm mang e tih min ngaihtuaitir hial mai.

Kan thlen in te chetzia engkim mai kha tun hnua ka ngaihtuah let hian a mak ka ti tawlh tawlh mai. Kan hawn dawn khan zing dar 3 a chhuah tur a ni si a, kan thlenna aṭangin inngah khawmna hmun, Biak In a hnai si lo. Kan mutbu nen khawvar hmian kan inkeng seng awm si lo tiin kan inngaihtuah buai a. Mahse, kan haw dawn zan khan kan thlen inte kha an lo tlaivar ṭhak a. Zinga kan ei tur an siam a, motor-a kan pai tur nen. Puar taka min eitir hnu-ah an mikhualte zawng zawng kha tam tawk tak ei tur min paitir leh vek bawka ni. An nau tleirawlte khan zing dar 3 velah kan bag leh bedding-te min kensak a, kan duhna hmuna min dahsak thlap mai khan rilru a hneh tak zet a ni. Mikhualte chung a ṭhat chhuah hi a lo va Pathian thu em!

Ka sawi hmaih hauh loh tur chu – kan hrulaituten Inkhawmpui report kimchang tak mai, kut ziaik ngat mai,

Xerox copy, a kal zawng zawng
Bial min han pe vek mai te kha
ropui ka ti takzet a. Khatiang
an lo buaipui hman kha, an
inpêkna a ropuiin kan tan a
tangkai takzet a ni.

Sawi tur a tam, ka sawi
seng lo. A tawp nan NEICCWA
Assembly-ah hian thingtlang lam
Bialte a tam thei ang kan kal

ve zel theih nan Central
hruaitute hian hma la zel se,
rawngbawlna kawngah pawh
kan hlawkpuiin hma kan sawn
pah ngei ang. Bus No. 2-a
chuangte chuan WhatsApp
Group te siamin kan la
Mairang zel a nia! Mairang,
kan sawi bang thei dawn lo!
MAIRANG kha...!

PUTLINNA

Mi puitling chuan

1. A hna a indelh rihtir lutuk ngai lo va
2. A rilru a hlim thin
3. Buainaah a chiaï ngai lo
4. Intitlawm turin a lian tawk a
5. Amahah leh Pathianah rinna a ngah a
6. Thil tê tham ti turin a inngaihtuah lian lo va, thil tlâwm ti turin a chapo lo va
7. Hlawhtlinna leh hlawhchhamna hi thil nghetah a ngai lo va
8. Tu pawh an nungchang hi nghetah a ngai ngai lo
9. A phur thutna thunun thei mi a ni
10. Tihsual palh a hlau ngai lo.

-- Leonard Wedel

Hlim hun leh ngui hunah pawh chiaï leh phili mai lova, rilru
muang leh thluak dam dapa i awm theih reng chuan, mi dang
chungah i lêng tihna a ni.

-- Thomas Jefferson

KUM 2017-2019 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Lalliantluangi
Vice Chairman	:	Pi Lalnunluangi
Gen. Secretary	:	Pi H. Lalpianthangi
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Lalrinpuui
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 Dengthmingliani |
| 7. Pi Lalngaihzuali | 8. Pi Biakchungnungi |
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| 11. Pi Liansangi | 12. Pi Chuauhmingliani |
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| 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 Rinshawii, Ex-Chairman
5. Pi Sailuti (PWF)

KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thil tumte:
1. Kohhran 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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Chaltiang Bial Leadership training



Electric Veng Bial Leadership training



Kolasib Tumpui

To _____

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