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Venghnuai Bial KTP Conference @ Centenary Kohran



Sumsuih Bial KTP Conference @ Sumsuih



Chawngte 'P' Bial KTP Conference @Chawngte 'P' Kohhran



Chhingchhip Bial KTP Conference @Venghlun Kohhran



Lunglei Chanmari Bial KTP Conference @Ramthar Kohhran

Kristian Ṭhalai Pawl chanchinbu thla tin chhuak**1970-a chhuah ṭan ■ Kum 41-naa vawi 3-na ■ Chhuah tawh zat : 472****Editor :**

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Rawngbawl tūra chhandam

Thupui inngahna

Ephesi 2:10. Thil ṭha ti atán
Krista Isuaah chuan siama awmin,
ama kutchhuak kan ni si a, chu thil
ṭha tih chu kan awmna tūrin
Pathianin a buatsaih lâwk a ni.

Thiltumte

1. Isua Krista rinna leh amah anna
kawnga ṭhalaite hruai.
2. Kohhran kutke ni tura ṭhalaite
buatsaih.
3. Kohhran hnathawh tihpuitlin.
4. Krista Chanchin Ṭha puan
darh.

A CHHUNGA THU AWM

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PATHIAN NGAIHSAK

Tirrhkoh Paula'n Timothea rawngbawltu *ḥ*ha ni tura a fuihnaah khan, "Taksa insawizawina hi sawt zawng a sawt ve barok a, Pathian ngaihsakna erawh hi chuanin nunna tuna awm sa leh la awm leh tur pek tiamna a neih avangin kawng tinrengah a sawt a ni," tiin a fuih a nih kha.

He dam chhung atan taksa insawizawini *ḥ*hatna tam tak kan hria a, tunlaiah phei chuan kan intihhmuh ta viau a nih hi. Pathian ngaihsak tura insawizawina phei chu intihhmuh tlak tak a ni lehzual. He dam chhung atan thutiam ropui tak – leia dam reina te, khawwela malsawmna dawn nan te, thih hnu atan pawh thutiam ropui tak, taksa thawhleha te, chatuana Krista hnena awmna te a tiam barok avangin Pathian ngaihsak tura insawizawina chu, dam chhung atan leh thih hnu atan, kawng tinrengah a sawt a ni tih kan hre thei.

Pathian ngaihsak chu a letling zawng chiahin han ngaihtuah ta ila, Pathian ngaihsak lo tihna a ni. He dam chhung atan thutiam ropui lo tak – he khawwela dam rei lohna te, buaina leh harsatna thlenna te; thih hnu atan pawh thutiam ropui lo tak barok – chatuan boralnaa luhna te a ni thung.

Ṭhalaite hian a eng zawk nge kan thlan dawn? Kawng hnih thlan tur kan nei: Pathian ngaihsak nge Pathian ngaihsak loh? Sam 1:2-ah chuan, '**A dan thu chu a chhun a zanin angaihtuah ṭhin,**' tih kan hmu a. Zingah te, chhunah te, zanah te hian eng nge kan ngaihtuahna luahtu ber?

Ṭhalaite hian a tlangpuiin incheina hi kan ngaihsak hle a. Mi mit lak tuma incheinaa hun kan hman chanve chauh pawh hi Pathian ngaihsakna hunah han hmang thei hlawm ila chu kan va hlawk dawn em! Kan mobile phone kan ngaihsakna zatve tal pawh hi Pathian ngaihsak nan han hmang thei ta ila hma kan va sawn dawn em!

Khawwel thil kan ngaihsak leh kan buaipui em em – incheina chu kan inhmeh leh hmeh loh kan hria. Kan mobile phone te hi a hnathawh theih chin chu kan hre Chiang viau mai. Pathian ngaihsakna hian eng nge min thlen theih tih hi kan ngaihtuah ngai em? KṬP member-te hian sual kawnga kan pen loh nan Pathian ngaihsak tura insawizawina *ḥ*ha – inkhawm te, hla zir te, Bible chhiar leh ṭawngṭai te hi i thlahthlam lo vang u.

ENG NGE IN ZAWN?

— Rev. Zonunsanga, Tuipuibari

Tin, Isua a hawi a, an rawn zui a hmu a, an hnenah, “Eng nge in zawn?” a ti a. Tin, anni chuan, “Rabbi (chu chu Zirtirtu tihna a ni), khawiah nge i awm?” an ti a. Anin an hnenah, “Lo kal ula in hmu ang,” a ti a. Chutichuan, an kal a, a awmna chu an hmu a, chumi ni chuan a hnenah an awm reng a; zanriah chhum hun lai a ni a (Johana 1:38-39).

Lal Isuan a rawngbawl na bul lamah zirtirte a lam khawm a. Jordan lui ah baptisma te changin rawngbawl hna a fan a. Chanchin Tha Johana ziaka kan hmuh danin Andria nen an intawn tumin he zawhna – “Eng nge in zawn?” tih hi a lo zawt chat mai. Chanchin Tha Johana zia hi A.D. 90-100 vel lai khan Ephesi khua atanga zia nia sawi a ni a. Hetih hunah hian Kristiante zingah Juda Kristiante aiin Jentail Kristiante an tam zawk mah tawh a ni.

Chanchin Tha Johana zia hi Chanchin Tha hmasa

pathum (Synoptic Gospels) belhchhah nana zia ni a rinna te, zirtirna dang (Gnostic) dodal nana zia ni a nih rinna te a lian hle a. Kristian la ni lo Juda-te tan a zia ni a ang tih te, Baptistu Johana zuitute dodalna atan zia ni a ang tih te, Sakramen ngaihsan lutuk leh ngaihthah lutuk that loh dan sawi fiah tumna a ni ang tih te, Jentail Kristiante hriat thiam tur zawng zia ni a ang tih te rinna a lian hle. Heng zawng zawng khai khawmna chu – Bung 20:31-ah Isua chu Krista, Pathian Fapa a nih in rinna tur leh, in rina, a hminga nun in neihna turin, tia inziak hi a ni ngei ang.

Zawhna harsa a zawt em ni :
Andria ten Isua an hmu a, Isua lamah an kal ta nghal a. Isuan a lo hmuhin an hnenah, “Eng nge in zawn?” a lo ti chat a. “Tu nge (who) in zawn?” a ti lo; “Eng nge (what) in zawn?” tih hi a zawhna zawk

a ni. Zawng (seek) tih hi a ðawng bul lamah 'zeteite' tia dah a ni. A awmzia chu 'zawng, zir, ngaihtuah, thil eng emaw tak hmuhchhuah ngei tuma zawng' tia lehlin theih pawh a ni ang. Pathianin mihring a zawwna te (Jn 4:23), duh tak leh mamawh, beiseina nei chung a hmuh ngei tuma zawng tihna pawh a ni thei baw k ang (Mt. 6:33; 13:45; 18:12ff; 7:7f; Lk 12:31; 12:48; 13:6f; 15:3ff; 19:10; Tih 9:11).

Thuthlung Tharah hian 'zawng' (seek/Gr-zeteite) tih hi wawi 117 lai a lang a. Chung zinga 83 chu Chanchin Ṭha zia kah a ni nghe nghe. He laiah hian an chhan dan a ðang hian zawhna chhan harsa tak Isua hian a zawt nge ni kan hre lem lo. Amah an zawng nia a lanna chu – "Rabbi (Chu chu Zirtirtu tihna a ni), khawiah nge i awm?" an ti hi a ni. Rabbi an tih hian zirtirtu tihna a ni a, hei hian a entir chu – an zah hle tihna a ni.

Zawhna ve ve: Isuan zawhna hi eng vanga zawt nge a nih

le? "Eng nge in zawn?" a tih hian a lo fiah ve pawh a ni thei. Rom laka helpui tur an zawng nge? Chutiang a nih chuan Zealot pawl an zawm a ṭha ang a! Lal Isuan an tum tak (goal) a lo zawt a. Amah zuitute chu mi rinawm a duh a, an duhthlanna ngei hmanga an puan chhuah pawh a phut a ni mahna!

Andria te hian a hma pawhin Baptistu Johana an lo zui tawh a. An nun inserha Pathian rawngbawl an duh a, he khawvel thil ni lo, chatuan thutak chu an zawng niin a ngaih theih ang. Chutiang tak rilru chu an pu a ni tih Isuan a lo hmuh khan a lo hre Chiang hle ang; zawhna a lo zawt chat mai a ni.

Andria te tan Isua hi mi thar a ni a, khawiah nge a chena, tute nen nge an awma, engtin nge an hmuh fo theih ang tih rilru puin zawhna an zawt a ni thei a. Tlangvalten nula hmelṭha tak kan hmu a, rim kan duh hial a, "Khawiah nge i awm?" kan tiha, hriat kan chak ang chuan he laiah hian Isua awmna lai hi an hre chak a, an zawt ta hial a ni thei

ang. Isua hnenah, “Khawiah nge i awm?” an tih hian, “Tunah chuan i buai takin, kan rawn tlawh hun chea kan hmuh theih nan che i awmna hmun min hrilh rawh,” an ti pawh a ni thei.

A chhanna chu an hmu a : Isuan, “Lo kal ula, in hmu ang,” a tih chu an hmu a. An thil zawn chu Isua kiangah a awm a ni tih an hre nghal. Nuam an ti a ni ang, kal sawn reng reng an tum tawh lo. Chumi ni chuan Isua kiangah an awm ta reng a (Jn. 1:39). Isua kianga awm hi a nuam a ni ang, hmel danglamna tlangah pawh bawkte khawh an rawt chul a nih kha (Mt. 17:4ff; Mk. 9:5ff; Lk. 9:33ff).

Andria te hi Isuan a sermon khum chiam thu kan hmu lo. Nimahsela, a hnena awm rih tura a sawm hun rei lo te chhungin an nun a hneh em em a, Isua an hmu chiang baw a ni ang, “Messia kan hmu ta,” (Jn. 1:41) an ti ta thuai reng a! Messia tih hi Hebrai ṭawng chuan ‘mashiah/ mashuah’ a ni a, Grik ṭawng chuan ‘Kristos’ a ni a, ‘Hriak

thih’ tihna a ni a, Israel-ten Thuthlung Hlui hun ata tawh an beisei leh an nghah, an ram leh hnam chhanhim tura mi ruat bik lo kal tura chu sawi nana an hman a ni. Andria te zawhna Isuan a nunin a chhang a, Isua sawmna Andria ten an chhang a, an zui ve nghal ta baw.

He thil thleng aṭanga lo langte

1. *Mi dang ṭanpui a duh :* Isua`n an zawhna a lo chhan danah (approach), “Ṭanpui theihna che ka nei em? (May I help you?) tihna ang hi ni lo mah se, chu lam chu a pawl thui khawp ang. Mi dangte tana awm (available) te, hun pek te, an harsatna ngaih-thlaksak leh kawng dik an zawh theihna tura ṭanpuina pek te a huam thei ang chu.

2. *Sawmna leh kohna min pe reng ṭhin :* Isuan, ‘Lo kal rawh u,’ tia sawmin phurrit phurte tana chawlhna a nihzia a tilang (Mt. 11:28f). Chu kohna chu a khawngaihna vang chauh a ni a, ‘kohna thianghlim’ a ni baw (2 Tim. 1:9).

3. *Tu mah a hnar ngai lo* : Isuan amah pantute a hnar fithla ngai lo va. An nihna ang angin a lo pawm a, mal a sawm duh *thin* a. Sual nih inhriaa pantu hnenah an sual tleng fai turin amah chu a rinawmin a fel a ni (1 Jn. 1:9).

Keini hian eng nge kan zawn thin : Keini hian khawvel thil leh ropuina lam chauh kan zawng *thin* em? Keimahni inhaivurna tur chauh em ni kan zawn *thin*? Ropui inchuh *thin* te, lansarh khel *thin* te, chak leh thiltitheh nih chaka tuihal *thin*te hnenah thi khawp hiala thu zawmin inggaihtlawmna thiltitheh a

zirtir a. Chu chu krawsa thihna ngei kha a ni si (Phil. 2:8f)!

Mihring nuna bet *thin* beidawmna te hi kan zawng hnan lo. Nimahsela, Isua nen a nih loh chuan beidawmna hian min hneh leh mai *thin*. Lal Isuan a hnenah kal turin min sawm reng *thin*. “Nakinah lo kal rawh u,” a ti lo; tunah a ni “Lo kal rawh u” a tih zel ni. Amah beiseia pantute chu a ngaidam zel, a *tanpui* zel. Kei pawh ka sualna nen ka pan a, “Aw, i sualte ngaihdam a ni min ti,” tih hla angin amah zel zawngin i pan *thin* ang u.



SAWMNA

April 4–8, 2018 chhung hian Kristian *Thalai* Pawl, Sailam Veng Branch, Chhiahtlang chuan Branch din champhaphak kum 50-na (Golden Jubilee) kan lawm dawn a. He Jubilee lawmna hun min hmanpui tur hian Branch hruaitu leh member lo ni tawh zawng zawngte kan sawm a che u.

Sd/-

(LALRUATKIMA COLNEY)
Secretary, Kristian *Thalai* Pawl
Sailam Veng Branch, Chhiahtlang

KAN FIR TAWK?

Isuan a hnènah, 'Keimah hi kawng leh thutak leh nunna ka ni; keimaha kal lo chu tu mah Pa hnènah an thleng ngai lo' (Johana 14:6).

— Lal̄hasanga, N.E. Khawdungsei

Kohhran zirtirna chungchang ka ngaih-tuah hian kan kohhran (Presbyterian Church) chhunga thalaite hi kan dazat ru riauvin ka hre th̄in. Zirtirna dangdai deuh leh dik hmel zawk tia put chhuak tam ber hi Presbyterian Kohhran aṅanga lut an ni. Kohhran dangte nghehna chhan leh fir dan han en hi chuan kan Pathian thu sawi leh hriat tam tak, chu mai ni lovin kan nunpui zui tak tam tak hi kan kohhran thurin kal pel a ther fuk mai niin a lang. A mal mala chutiang chhui lovin kan nunphunga kan tawlh sawn tialna kawng tlem te en rih ila.

An ti...

Mizo khawtlang nun hona kawnga thu belh chian dawl lo ber ni si, kan ngaihtuahna kan pek thuk viauna ni baw̄k si chu he ṭawngkam hi a ni. A titu/sawitu an tam leh tam loh lam a

finfiah theih loh va, a dik leh dik loh dan pawh a chhui thui theih vak loh. Mahse, 'an ti tlat', 'an ti miao', 'an ti alawm', 'an ti deuh vek', a dang dang a awm thei ang. Mizo zingah hian 'an ti' tih sawi an awm reng rengin, awih lo hulhual th̄in chu kan tlem viau ang.

Mi pakhat chauh pawhin a dawt sawi/thu dik sawi ṭanchhana 'an ti' tih a hman chuan va umzui chiama va kher vak chu mi rual pawl lo nihna lam a hawi ta daih mai a. Buk leh teh tling lem lo thu leh thiltih tam tak chu thu dik leh rin ngam kawr kan haktir ta fo mai. Bulldozer Kohhran a awm an ti a, Mizoram tlangdung hrang hrang ka fan kualna lamah ka hmu zo lo, a awm lo a ni ang. Mami Varte Kohhran pawh a awm, tiin internet-a hmuh theihin an lo ziāk a; mahse, ka hmu zo leh pek lo. Ka taima taw̄k lo nge ni?

Finfiah theih loh thu lengvak buaipui hlut hi kan chinga. Chumi inñanna chu han chhui ila, 'tu emawin an ti' tih a sawi aṅgin a ni fo mai. Hlahuhawm lem lo thil tam tak he lai ram kilkhawrah hian kimki chawih chawihin kan lo hlau tawh thin. Lehlamah chuan 'anthrax' te kha chu an sawi hlauhawm em alawm maw le.

Aw le, thupui lamah lut ang. Tu rinna mah hi tehsakna khawl kan nei lo va, kan rawngbawlpuite thlarau chak leh chak loh hi rin thua sawi chiam mai chi kan awm a. Kan Thalai rawngbawl na kawngah hian he thil hian hna tha lo tak a thawk thei. 'Ani chu thlarau lam duh chi a ni', 'Ani chu a rau vak ngai lo', 'Ani chu khawvel ve deuh mai hi a ni'. Heng thil kan sawi hian a nihna dik tak kan va riruatsak tihna a ni a.

Dik taka sawi chuan, biak in chhehvel nungchang ni lo hi kan rin kawngah chuan kori tu zawk tur hi a ni si a; mahse, 'ni ngeia kan hriat chu' an ti tih hmanga nemnghetin mi dangte chungchangah ngaih dan fahrah te te kan neih phah fo mai. Hetianga mi dang nun va

hriatsak vanga hmasawwna neih belhten (an lo awm a nih pawhin) an sawtpui dan hi itawm tham leh belhfakawm tak a ni tih pawmpui a har a ni. Kan nun pawh uluk a ngaih rual chiah hian kan ṭawngkam pawh i duhtui zual ang u. Kan tlin lohna inkher tawn turin rinna pek leh khawngaiha chhandam kan ni si lo va.

Mi mal rinna

Mahni kraws theuh kan pu a, mahni chanvo theuh chu kan hriat thiam theih chinah a famkim thei ang ber kan duh alawm. Mahse, heta mi mala Pathian thu kan buaipui danah hian mahnia hrilhfiah hi a tel tlat mai a. Hei tak hi kum za liam ta aṅga kohhran lungphum su ve dat dat khawpa rin hranna lo irh chhuahna kawngka kha a ni ve tlat mai.

Isua zirtirna fir bik, chanchin tha bu li aṅg hian pen chhuahpui khawpa hrilhfiahna dawng hi an la tam lem lo. Hemi piah lama lehkhabyte aṅg erawh chuan chhinchhiah kim harsa khawpin rinna thehleple te te leh ruh kherkhapi deuh deuh hian petek chhuak ta nual mai.

Isua Krista kam chhuak ngei aia ngaih pawimawh kan nei ta fo mai niin a lang a. Tirhkoh Paula'n a sawi zauna lama a mi mal nun kawng a sawite pawh huai taka rinna indanpui tura ngai pawl kan awm ta. Vanram chungchang leh khawvel tawp chungchangah pawh, Isua sawi dan aiin mi dangte sawi danin kan rilruah hmun a luah thuk zawk hi a pawl viau a ni.

Thuthlung hlui Juda sakhaw kherhkhiaap, an ni tin nunphung nena inzawm tlat chu keini ram nunphung a tanga intah luh hram tumna chu rinna fir nena suih zawm tlat tum pawh kan tam hle a. Hming dik ber thlangin serh tur tharlam zawn chhuah kawngah mi tam tak chu an taima hle a ni. Mi mala Pathian kan biak pawh theihna hian mi mal Pathian pawl theina a keng a, chu chuan a thu hrilhfhahna thar a keng tel zui tlat mai a. Chutah chuan zawhna tam tak chhan sen loh a piang ta a ni. Mak tak maiin he mi mal ngaihtuah theihna hi kohhran inrelbawl na huangah erawh phuar behin a awm tlat thung. Isua zirtina, mawlmang leh khirh lo tak hi i vuan ber zawk ang u.

Entawn

Presbyterian thalaite huho thiltih tam tak hi kohhran thurin kheng bet leh tidal thei a awm. Kohhran dangte serh leh sang, ngialngan tak taka kan lak luh a awm a. Chung thil chuan kan thalaite peng bo tur a khuap nge kan rinna fir lohna a entir zawk, tih hi zawhna khirh tak, chhan harsa tak a ni. Hun bik chi hrang hrang kan duang chhuak a, hengte hi kan kohhran kalphung nen a inrem taw k em tih enmil hi kan tih makmawh a ni.

Rilrua kan rin dan phung lo chhuta, lo thlithlai mekte tan 'chawhpawlh kalphung', 'chawhchawrawi nunphung', leh 'daih rei lo hlimna um' ang leka lan chhuahna a keng tel fo tawh a. A la puntir zel dawnin a lang. Kohhran thalaite ngheh lohzia leh hlimhlawp bawl peihzia mai chu, tia lo hmutute tan chuan, Pathian hnathawh aiin mihring leh mihring intuituahna ram tia sawi pawh kan hlawh mek zel a ni.

A eng pawh chu lo huai-hawtin, kum chhirin lo hmang tawh thin pawh ni ila, a pawimawh ber zawk chu – kan

kohhran thurin leh kalphung nen a inrem em le, tia kan en ve fo a hun ta hle mai. Khawpui kohhran bikah te pheii chuan thalaite hawiher mila chet kan tumna kawngah hian Pathian thu leh a rawngbawl na anga lang thei, chutiang ni hauh si lo chu a inzep fer fur, ti ila kan thelh lua lo vang. Insiamrem leh inthlak danglam ve zel hi a tha, a thul pawh a thul a; mahse, kan thurin bulpui tinghing zawnga kan pen zel chuan kan hmabak a him ta lo.

Harhna kha khawiah nge

Chang lo bik nih hlauvin kan hnathawh lai dahin kan phe chuk a, tuna reh ta riauva kan hriatna hian harhna awmna hmun tur nia kan hriat a tilang Chiang hle mai. Biak in chung chauhva harhna hmuh tum nih hi thalaiten kan bansan hmasak a hun ta e.

Tunah hian harhna khan kan tuallai a fang meka, khuang ri a hriat tawh loh va, lam an awm hek lo. Nungchanga lantir turin min zui meka ni. Pathian kan hmangaihna leh kan duhna hian

biak ina kal thinte hi khawi hmunah pawh min umzui zawk teh se. Kohhran dangte er, el leh sel, thik leh kawh ber kan ni a; Zoram khawvela kan tam lam ai hian kan nun tak lam hi i ngai pawimawh ang u. Thil runthlak tak sawi tel hram thul chu, tun harhna hnunung ber a tanga 'Pawl chhuak' an la awm cheu kha a ni. Pathian kan duhna kalphung, biak dan kawng leh zuinaah hian thalaite zingah 'fir' zawk awm tlata hriatna kohhran chungah ala awm cheu a ni tih a lantir tlat a ni.

Duhtawk phawt dawn ila. Kan zing a tanga (kan kohhran atang ngei) hian rinna hran zui tura puanthuah tel an la awm zel a. Chu chuan kan inrelbawl na leh kan kalphunga siam that ngai a la awm zel zia a tilang a. Kum tam kan kal tawh danah hian siam that chin leh siamrem chin kan ngah hle tawh a; mahse, kan la inkhuap hneh lo hle a ni. Chutih rual chuan ven theih loh, rinna kawnga mi theuleu leh ziktluak lo hi chu an awm ve tho.

Inen fiah erawh kan ngai e.

SUAL I HUA ANG U (Thufingte 8:13)

— John Lalruatlina
Kulikawn West Branch

Hruaitu hmasaten an lo duan, KṚP member atana kum bithliah kum 14-40 chu Pathian malsawmna avangin kan lo bang liam ve ta reng mai. A va lawmawm em! Chutih rual chuan a khawharthlakin a lunglen-thlak dawn hle mai. Amah Tirhkoh Paula ṭawngkam takin, keini a hun lova piang, nupui fanau neih duah tawh hnua inhmang ve lehte tan pawh, Pathianin kan phu loh rawngbawl na ropui tak tak min lo ruatsak ve te kha ka va ngaihlu em! KṚP hi awm lo sela chuan vawiina ka dinhmun (Eng mah pheih chu ka ni chuang hauh law) hi ka phak lo hle ang. Chu vang chuan, Zoram ṭhalai tana tisa leh thlarauva ṭhan lenna hmun ṭha ber chu KṚP hi a ni, ka ti ve tlat a ni.

Aw le, kan thupui lamah lut dawn tawh ila. Kum 2016

KṚP General Conference, New Champhai Field-a neih ṭum khan kan thupui hi Kum Puan Thupui atan Kulikawn Bial khan kan theh lut a, rorel palai zingah pawh duhtu kan awm nual nachungin tuna kan hman mek – 'Thlen chin aṭanga hmasawn' tih hi kan thlang ta zawk kha a ni a, kan mamawh tak zawk pawh a nih a rinawm. Mahse, rilruah a riah ve reng avang leh, KṚP member mai ni lo, ram pum huap pawha kan mamawh ngei nia hriat a nih avangin, tunah hian point tlem tein han luhkhung ve dawn ta ila. Tin, kha General Conference-ah khan khatih laia kan Synod Moderator, Rev. H. Lalrimawia pawh khan Zirtawp zan vantlang inkhawmah a rawn sawi nghe nghe a nih kha.

“SUAL i hua ang u,” han tih ngawt chu a thu a bung viau thei a. Tin, soal kan tih chin leh soal kan hrilhfi ah dan pawh a inchen lo zung thei a ni. Tun ṭum atan chuan heti hian han sawi fiah dawn ila – Pathian nena min len duntir thei lotu, tisa leh thlarauva

kan ðhan lenna atana hnawk, vanram min kai lohtir theitu zawng hi sual ti ila, kan chiang tlang viau awm e.

Keini rawngbawl tura chhandam ðhalaite hian, he khawvel hmasawwnna ðhang duang em em leh changkang taka kan len mek lai hian sual nen hian kan inbei reng a ni tih hi i hre reng ang u. Kan duh zawng tak leh kan chak/thlakhlelh zawng tak, mahse, Krista Chanchin ðha nena inmawi hauh si lo hmangte hian beihin kan awm reng a ni. Chu vang chuan engtin nge chu sual lakah chuan kan din khawchhuah anga, engtin nge kan hmachhawn tak ang? Engtin nge kan member-pui sal tangte hi kan chhan-chhuah theih tak ang? Heng zawng zawng kan hneh theih dan tura kawng awm chhun leh ðha ber chu 'Sual huat' hi a ni.

Jail tang pakhat chuan a tânpuite hetiang hian a fuih a: "Vawina min hmangaihtu leh kan hmangaih ngawih ngawihthe bula min awmtir thei lotu, hrehawm taka min awmtirtu, mite hmuhsit,

endawng leh ðhkhhaia min siamtu 'Sual' hi i hua ang u," a ti tawp a ni! Tichuan, SUAL kan tih tam tak zinga langsar zual hi keini ðhalaite tana hnawksak, kan huat zual turte tawi tein han tar lang leh ila:

1. **Mipat hmeichhiatna (Sex)**: Kan hriat vek tawh hnu hi sawi thar a ngai leh ðhin. Mihring nihphung pangngai-ah chuan tisa châkna hi a awm vek a; mahse, a nih dan tur lova hman chuan SUAL lian tak a ni. Pathianin nupa kara chi inthlah pun nan, nupa inhmangaihna tihpun nana min pek a ni. Rawngbawltu tam berte leh ðhalai tam berte tlukchhiatna tam ber chu mipat hmeichhiatna hman dik loh hi a ni. Tunlai khawvelah phei chuan mipat hmeichhiatna mai ni lo, mipat mipatna leh hmeichhiat hmeichhiatna te hi a va hluarin a va tlangnel ta em! Kan Bible nen a inkalh baw si. Pathian hre ngai lo hnam/ram ang mai kan ni ta! Tunlai dan hi kan ngaihnhna-thiama, kan ngaihnam telh telh chuan kan ram hian kan la tuar hle dawn a ni. HIV/

AIDS kai thar an pun chakzia lah kan hai si lo. Sex video leh thlak sexy tak tak lah chu en peih athu a ni tawh mai si. Chu vang chuan, nupui pasal kan inneih hma hi chuan keini KṚP member-te hi chuan kan bungbel hi vawng thianghlim ila, he SUAL lian tak hi i haw rih phawt ang u. Chu chu nakina kan lawmna tifamkimtu a la ni dawn a ni.

2. **Ruih theih thil (Zu leh drugs)** : Ruih theih thil hi a va buaithlak in ava huatthlala tak em! Pathianin mihring min din dan leh ni tur anga min duan dan ni phak lova min siamtu chu ruihhlo hi a ni. Chhungkaw tam tak min rûmtir vawng vawngtu, hmeichhe âwm nêw zawk leh naupang pawî sawi lote tithlabara tuartirtu, sum leh pai ṭul lova nasa taka min sentirtu, hriselna tiṭhuanawpa, dam hun tur pawh dam thleng lova hma taka mual min liamtirtu, a nih loh leh piangsuala min awmtirtu he ruihhlo hi kan huat a ngai ngawih ngawih a ni. Ruihhlovin a man tawhte chu a thlah

mai mai tawh si lo va, chhungkuaa theihtawp chhuaha beih pawhin awmzia a awm mang lo a ni. Chu vang chuan i hua ang u. Kan ramah phalna neiin zu zawrh a ni a, a duh tan chuan kan kawtkai maiah duhthala lei tur leh in tur awm a. Damdawi lam lah 'Tun hma zawng aiin a tlawmin a tam zawk' te an la ti lehzal bawk a. Hengte hi kan ram dinhmun a nih si chuan, keini KṚP zingah pawh ruih theih thil hian bu a khuarin a man beh kan awm awm si a. Theihpatawpa heng ruihhlo leh a kaihnawihthe hi kan huata, kan dodal loh chuan kan ram hi kan dam khawchhuak zo lo mai ang tih hi thil hlauhthawnawm tak a ni. A man beh mekte chhanchhuah leh enkawl na kawngah pawh hian ṭan kan lak a ngai hle. Ṭawngṭaina nen theihtawp i chhuah zel ang u.

3. **Mahni nun** : Luka 14:26 kan chhiar chuan, "...ama nun nen lama huat loh chuan ka zirtir a ni thei lo vang," kan Lal Isuan a ti a. Mahse, mahni

nun han inhuat ngawt mai chu a mak awm hle mai! Mahni tawka fel leh tha, tling leh dik inti vek mai mihring kha kan ni a. Mahse, chiang leh zualin, a enna khawl hmang ngatin han inen ta ngat ila chuan, kan duh vang reng pawha kan neih ni lo – khâkna te, elrelna te, itsikna te, chapona te, duhâmnâ te, mahni hmasialna te hi kan ringtu nunah hian a va hnawksak em ve aw! Hengte hi kan huata, kan khen beh/hmeh mih nghal zel loh chuan kan rawngbawlna mi tiñhuan-awptu a ni dawn a ni.

Vawiina kan ram hma-khua a thim riauva kan hriatna chhan ber pawh eng dang vang a ni lo – mahni

hmasialna leh duhâmnâ kan khah hlawm em vang leh keimahni kan inhmangaih bik luat vang hi a ni.

A tawp berah chuan, Mosian rei lo te atana sual nawmna hlimpui ai chuan Pathian mite nena tihduhdah tuar a thlang zawk ang hian, keini KṚP member-te hian kan sawi tak (Kan sawi chiah lohte pawh) sual nawmna nia lang hi kan Pathian duh loh zawng a ni tih hriain, SUAL hi haw ngamin, i haw phal ang u! “Thih thlengin rinawmin lo awm rawh; tichuan, NUNNA lallukhum ka pe ang che,” Lal Isuan a ti si a.

Pathianin a thu malsawm rawh se. AMEN



■ *A hlawh lak chu Rs. 20/-in a lo kim lo va, hlawh semtu hnenah chuan, “Ka hlawh hi Rs. 20/-in min pe kim lo va...” a va ti a. Ani chuan a chhiar nawn hnuin hlawh semna bu a va en a, nui deuh vur vur chung hian, “Thla hmasa khan Rs. 20/- kan pe chuang palh che a, i sawisel miah lo va,” a ti a.*

Chu pa chuan, “Tihsual palh chu ka hre thiam thei; mahse, a zawn zawna tih dik loh hi chu ka hre thiam thei ngang lo a ni,” zu ti ve tlat a!

UPA R.K. LAWMA

— *R. Lalruatsanga
Lungdai*

Bial Conference

Kristian Ṭhalai Pawl, Lungdai Bialin Sentlang Kohhranah Bial Conference vawi 24-na kan hmang a. Sentlang hi tun hma chuan khaw lian tak a ni ṭhin a. Amaherawhchu, Mizoram buai khan Lungdaiah sawi khawm an nih avangin mihring an lo tlem ta a, tunah chuan Lungdai VC huam chhungah a lo awm ta a ni.

Bial Conference han hman chuan a thlengtu kohhran tan chuan mawngvawmba angseka chetna tur a tam hle tih kan hre ṭheuh ang a. KṬP active member tan pheichuan mutmu tuah hman manglova chetna hun a ni. Zirtawpni aṭangin Conference Committee kan han nei a, zan lamah Report Inkhawmin a zui a. Inrinni nilenga rorel a lo ni leh a; engkim mai hi a lo thleng zung zung ni maiin a hriat ṭhin. Programme duan sa han hman hi chuan fel thlupin lang mah se, a hlawhtlinna tura a phena mi inpete tan erawh chuan thlan sa phat phata chetna tur a tam em em thung si a ni.

Upa R.K. Lawma

Inrinni zan a ni a, khua a vawt hle mai. Dar rik nan minute 10 vel a la awm tihin biak inah awm kan awm nual tawh a. Bial Zaipawlin an hla sak tur an en nawn mekbawka. Putar pakhat chuan tiang hawlin, khup bih takmeuh meuhvin biak in a lo thleng tawh bawka. Upa ṭhutna pan ta lo chuan gallery lam a pan chho chhat chhat a. Usher fel tak takten Upa ṭhutnaa hruai an tum chuan a duh ta tlat lo mai a. Dar a rik chhonzawm tak avangin kei pawh biak in chhungah ka lut ta a. Secretary ṭhutnaa ka ṭhu, ka ṭawngṭai zo ka han hawi chhuak chuan gallery-a putar ṭhu chu ka han en a. Upa R.K. Lawma, Sentlang Kohhran Upa min a lo ni reng mai.

Ka ngaihtuahnaah thil tam tak a lo lut nghal zut zut a, Kohhran Upa ni si eng vangin nge Upa ṭhutnaa a ṭhut loh? Kum 87 lai ni tawh chungah dar rik ruala biak in la thleng thei khawpin engtin nge inkhawm a ngaih pawimawh theih bik? Ṭhalai inkhawmpui, thawm bengchheng leh programme hlimawm hman tum reng renga thil thar ngaihtuah chakte bula chettlat la tum tlat Kohhran

Upa, upa tawh tak ka hmuh chuan keimah min inen lettir a, kha hun rei lo te chhung khan ka tlin lohzia leh ka tluk lohzia ringawt chuan minrawn tuam hlup hlup ni berin ka hria. Kan Conference chu ka va hlawkpui em!

Conference hmanngu KṚP member-te khan Upa R.K. Lawma kha Conference chhung khan a hmel hmu miah lo mah ila, kan dem ka ring lo. Mahse, Inrinni zan khaw vawt takah mai ni lovin, Pathianniah pawh hritlang chung chungin arawn inkhawm tho nia! A Lalpa rawngbawl turin chhuanlam a nei lo va. Kohhran Upa min a ni chungin, Upa ṭhutnaa ṭhut pawh ṭul ti lo ngam khawpa inggaitlawm a ni thung si.

Zir tur kan nei

Ṭhalai hriseṭ ṭha, kan duhna leh kan ch ^ k zawngah chuan chhuanlam siam ngai lo khawpa active kan ni thei. Kan peih lohna chin leh kan ch ^ k loh chin a lo thlena chhuanlam siam thiam tak pawh kan ni thei. Rawngbawl na chanvovin a ken tel thil chi hrang hrang hre thiam lo pawh kan ni thei tho bawk. Upa R.K. Lawma aṭang hian zir tur kan nei. Chu chu hei hi a ni-

Lal Isua hnung zui tur leh a rawngbawltu ni tur hian kan peih zawng leh kan tui zawng tak bakah, kan ch ^ k loh thleng pawhin tih tur kan nei a ni tih hi. Putar kum 87 mi pawhin inkhawm dar hmasa a rik ruala biakin a thleng thei a nih chuan, keini pawhin kan theih lohna chhan tur a awm em ni?

Mizoram hmun hrang hranga KṚP member-tehi kan ni vek em tih chu ka hre hauh lo mai. A nawlpui thilir chuan kan ni lo vang tih pawh a sawi thei loh va. Kan lo ni palh hlauh a nih chuan huau huau leh hulh hulh kan ngaih pawimawh tluk bawkin hrehawm leh harsaah pawh active member ni turin ṭan i la ang u hmiang. Kan mi hmasate hun a liam ang a, keiniho hi kohhran enkawltu kan nih ve hunah kohhran hi a lo dazat zo ta a niha, changkang tak, ro tak sia kan inkhawm hun a lo thleng hlauh a nih chuan kan Lalpa hmaah kan zak lutuk dah ang e.

Pathian thuin, "Thih thlengin rinawmin lo awm rawh; tichuan, nunna lallukhum ka pe ang che," a tih kha.

TAIHMAKNA

— *Tv. Isak H. Malsawma*
Kualmawi Br., Bilkhawthlir

Chuvangin, unaute u, a kohna leh a thlanna che u chu tinghet turin taihmak chhuah lehzual rawh u; chung chu in tih zawngin eng tikah mah in tlu lo vang (2 Pet. 1:10).

Khawvel mihring tungchhova kal zawng zawngte tana pawimawh ber pawl chu taihmakna hi a ni. Tisa lam a ni emaw, thlarau lamah pawh ni se, hmasawn tur chuan taihmak hi a ngaiin a pawimawh em em a ni.

Tirhkoh Paula pawhin, "Taihmak kawngah chuan thatchhe suh ula," a lo ti bawk a (Rom 12:11). Eng kawng pawh zawh dawn ila, taimakna nen lo chuan ram ropui a thlen theih loh va. Tisa kawnga rethei chuan tisaah retheihna a thlen a, chutiang bawkin rinna lama thatchhia chuan Thlarau Thianghlim a hlat thin.

"Hnathawktu chu a hlawh hmu tlak a ni" (1 Tim. 5:18). Kan tisa mamawh, ei leh bar kan zawnna kawng tinrengah hian a malsawmna dawng tlak, hmu tlakin kan thawk em tih hi kan inzawh fo a pawimawh.

Tin, thlarau lamah pawh, kan nun kan hmannaah hian Lal Isua lawm tlakin kan awm em tih te, vanram kan panna kawngah keini ringtute hi kan ni tin hun hmanah Ama tan kan nung em, kan hlawh hmu tlakin kan awm em tihte mahni inzawt theuh ta ila a tha awm e.

Kawng engkimah, mite tana sem chhuak tam, pe chhuak tam tur chuan keimahni kan taihmak vea, kan thawha kan beih ve a ngai a ni. Pathianin Isuaah min lo koh hrana, min lo tlan tawh avangin, chu min tlanna chu a ngheh zel nan taihmak kan chhuah reng hi a ngai a ni.

Paula bawkin, "Krista chakna nasa tak keimaha thawk thin chu hmangin ka bei talh talh a ni," a lo ti a. Pathian khawngaihna kan chan avang zawkin Thlarau lamah pawh nasa taka thawk tur kan ni. Thlarau lama hausa tur pawhin Paula ang hian taima taka kan beih talh talh a ngai a ni.

2 Petera 1:5-9-a sawi ang hian, Pathian min kohna leh thlanna hi a hluin a ropui em a, chumi avang chuan taimak chhuahin Thlarau Thianghlim hruai theih tura kan inhlan thar zel a pawimawh awm e.

"Chuvangin, ka unau duh takte u, nghet takin, tihchet rual lohvin, Lalpa hna thahnemngai taka thawk fovin awm rawh u, in thawh rimna chu Lalpaah chuan a thlawn ngai lo tih in hre si a" (1 Kor. 15:58).

Lal Isua hnung kan zuina kawngah hian taima tak leh tihchet rual lohva, thahnemngai taka kan thawh hi a ngai em em a ni. Nghet tak leh rinawm taka, tisa leh thlarau lama taihmak kan chhuaha kan thawh a ngai a ni.

"In thawh rimna chu Lalpaah chuan a thlawn ngai lo tih in hre si a," a tih ang hian, thahnemngai taka, hreh-

awm pawh pawisa lova kan nun kan lo hlanna zawng zawng leh, nghet taka vuana, tihchet rual lohva Lalpa tana kan lo thawhna te, kan lo rinawmna te kha Lalpaah chuan a thlawn ngai lo va. Heng kan thawh rimna zawng zawng hi van 'Nunna Lallukhum' kan chan theihna tura Lalpan kan tana a ruat a lo ni zawk si a.

Chuvangin, unaute u, Lalpa min kohna leh min thlanna chu tinghet zual sauh sauh turin taihmak i chhuah leh zual ang u.

Lalpan a thu malsawm rawh se.



SYNOD CHOIR RAWNGBAWLNA

1. **SARON BRANCH** : December 4, 2017 khan Saron Veng Branch Golden Jubilee kharnaah vawi 2 dinah hla 3 an rem.
2. **SYNOD INKHAWMPUI** : December 5 & 10, 2017-ah Synod Inkhawmpui vawi 94-na, Bungkawn Kohhran Biak Inah hla 1 ve ve an rem.
3. **DAWRPUI VENGTHAR BRANCH** : December 18, 2017-ah Dawrpui Vengthar Branch Zaipawl Night-ah vawi 2 dinah hla 4 an rem. Female Voice leh Male Voice an zai bawk.
4. **CHALTLANG SOUTH** : December 19, 2017-ah CKTP Committee member Tv. Joseph Lalsangzuala nupui neih inkhawm, Chaltlang South Kohhran Biak Inah hla 1 an rem. Hei hi rawngbawla an chhuah tum 88-na a ni.

SUNNA**R. LALDAWNGKIMA****(1977–2017)**

Pu R. Laldawngkima hi Pu Sapchhunga leh Pi Lalbiakthangi (L)-te fa pali (4) zinga a naupang ber dawttu niin January 11, 1977-ah a piang a, ni 7.6.1996-ah Pi Lalthagmawii nen innein fa 3 an nei.

Pu R. Laldawngkima hi mi harhvang leh lu zo tak, naupan lai aṅanga infiamna ngaina tak niin, football phei chu a ngaina bik hle a ni. Mi hlim thei leh fiamthu duh tak a ni a, tlawm a ṭul huna tlawm thei tak, titi thiam leh mite tihhlim leh ṭhian kawm thiam tak a ni.

Khawtlang tana inhmang tak leh kohhran rawngbawlna lamah pawh a thih ni thlenga rawngbawlna chanvo pawimawh tak tak chelh reng a ni. KṭPrawngbawlna lamah pawh theihtawp chhuah ṭhinin, Tanhril Branch KṭP-ah kum 1999 aṅangin Office Bearer a ni

ṭan a, kum 2 a awl tih loh chu a thih ni thleng leh a over kum ni bawktlhengin hruaitu a ni ngar ngar a ni. Tanhril Kohhran Zaipawlah kum 2001–2017 chhungin Conductor a ni a, Kohhran Zaipawla conductor ni reiber (Kum 17) a ni a, Tanhril Bialah pawh Leader leh post dangte pawh a lo chelh tawh bawkt a, Bial Zaipawlah Asst. Conductor leh Conductor-te a lo ni tawh bawkt a ni.

KṭP-a kan senior ber, min uapa, thu harsa leh harsatna dang karah pawha kan thlamuanna ber a nih laia min thihsan ta mai hi member-ten hriat thiam har kan ti hle a. A sulhnu min hnutchhiah thil tam tak a awm a. Zaipawl bikah ngat phei chuan a kaihhruaina hnuai zai a nuam hle. Natna khirh tak a tawh lai, 2016 (Sunna Inkhawm)-a ‘Ram eng mawi’ tih hla a hruai kha Kohhran Zaipawl min hruai hnahnun ber a ni ta.

Kum 2016 January ni 27 khan sciatica vangin a kawng zai a ni a. March, 2016-ah chaw kawng cancer tih hriat a ni a, chemo leh treatment hrang hrangte lain in lamah te enkawl a ni a. A chang chuan a hna leh rawngbawlnate pawh a han

chhonzawm leh lawp lawp thin a, a chauh deuh chang pawhin hmuh hrehawm leh zam hmelpu lovin a nupui fanaute a thlamuan hram hram zawk thin a ni. A natna hi hneh ngei tumin theihtawp chhuah thin mah se, chauh lam a pan zel avangin ni 17.11.2017-ah Nazareth Hospi-

tal-ah lut lehin, doctor leh nurse-ten theihtawp chhuahin an enkawl a, damdawi tha berberte leh thisente pek a ni a. That lam pan zel tura kan beisei lain ni 9.12.2017 tlai dar 3:55 khan chatuan ram min pansan ta a ni.



Hindi hla 'Teri aakhoo se' tih 'Sonam'-ho sak mawi tak kha mawi ka tih em avangin, kan Pathian fak nan keimahni tawng ngeia neih theih ni se ka tih em avangin, Pathian fak leh a ropui nan hetiang hian a thluk ang chiah chiahin Mizo tawnga sak theih turin ka rawn siam chhuak ve ta tawp mai a, Pathian fak leh chawimawi nan a duh apiangin an sak atan ka rawn tlangzarh e.

A sa duh in awm chuan in sak hmamin min rawn hriattir theih ni se a lawmawm khawp ang. A thu hi tihdanglam loh ni thei bawk sela a lawmawm hle ang.

Ka Fak Ning Lo Vang

*A hmangaihna chuan kei mi sual ber hi,
Engtin nge min rawn zawng chhuah ka va hre thiam phak lo em!
Ka tuihalna zawng zawng chu a lo reh ta si;
A hnena nun thar beiseitu khan,
Engtin nge a hmangaihna chu ka fak nin theih ang?
Lungngaihna chhumpuia pil hnu leh,
Chatuana boral tur kha nun thar min pe ta;
A hnenah chuan ni tin hlimna thar ka chhar thin,
Engtin nge a hmangaihna chu ka fak nin theih ang?
Hmana ka zawng thin chatuana nunna chu,
Min pek avangin ka fak ning lo vang.*

— ***Dr. Rualthankhuma Renthlei***
ENT Specialist, Synod Hospital, Durtlang
Contact : 9436153603 (& 8415844915 for whatsapp)

WORK CAMP REPORT

Noxatilla

Thuhma

Kristian Thalai Pawl, Sihphir Bial Conference wawi 56-nain “Kum 2017-ah Bial huapin ramthar zin ni rawh se,” tia a lo pass chu Bial Committee kutah dahin, Bial Committee chuan kan budget en mil chungin work camp-na hmuntur an dap nghal a. Rei zawn ngai lovin kan thawh tur awm tawkleh kan kal theihna tur awm tawkrechang takmai, Noxatilla (Barak Area), Assam Mission Field, Vairengte atanga hla lo te chu hmuh nghal thuai a ni a. Thawktu lam te nen inbe zelin November 7–10, 2017 chhunga work camp nei turin kan inbe fel ta a ni.

Kalkawng

November ni 7, zing dar 6:30-ah Pu Joseph Lalsangzuala, Bial Asst. Leader a tawngtai a, Bial chhung Branch 3 atangin member 31 (Mipa 22, hmeichhia 9)-te chuan bus 1 hmangin Sihphir kan chhuahsan a. Zanlawn daiah kan tukthuan paite eiin tuang takin kan tlan zel a. Kabuganj-ah kan cham chhunga kan ei rel tur

chiseh ilo lamin kan bazar a, tlai dar 3:30-ah Noxatilla Mission Compound chu tuang takin kan thleng ta a ni. Thawktute quarters hrang hrangah thleng darhin, zanriah tuihnai tak min lo buatsaihsak chu puar takin kan ei a, zan tawngtai inkhawmah kan tel nghal a. Chumi hnu chuan mu turin mahni thlen in theuh kan pan ta sang sang a.

Hnathawh

Kan thlen tuk zing dar 5:30-ah thovin dar 6-ah hna kan tan nghal a. Sikul bula waiting shed an sak mek panna kawng, ruam deuh, tui tlin theihna chu a bula leivung an lo chhek khawl sa chuan kan hnawh nghal char char a, zing dar 9:00 velah kan zo ta mai a. Tukthuan kan ei kham hnuin rei lo te kan chawl hahtam a. Pawl 3-ah insiamin, pawl khatin waiting shed skirting, brick hmanga rem leh compound gate chung kual brick hmanga rem hna an thawka. Hmanrua (brick, cement, etc.) lo la khawmpawl anawm bawka, pawl dang lehin painting lam buaipuiin, Noxatilla Bial chhung- Noxa-Ramthar Biak In hmaiah kohhran hming an lo ziak bawka, chutiang chuan a ni khatna chu kan tlingtla thei a. A ni hnihnaah hian, sikul

classroom tur an sak zawm mek hi tui tlin theihna ruam deuh leh hnawngtam tak mai a ni a. JCB-in leivung lai khawlin, keinin chu chu thiarin a hnawh khah nan kan hmang ang, tia kan ruahman chu JCB lam remchan tak loh avangin a hma nia kan hnathawh zawh loh chhonzawm nan kan hmang leh ta zawka. Headmaster Quarters-ah chhin-chhiahna te ziakin Compound Gate pawh plaster zovin chhin-chhiahna kan zia leh nghal bawka. Waiting Shed pawh a skirting rem zovin, a ban rel awn deuh lai awm chu kan siam thatsak nghal bawka. Electronic lam lo buaipui tawkan awm bawka. Chutiang chuan kan hna ruahman sa remchang ta chiah lo mah se, hna hrang hrang kan thawh theih phah ta zawka. Buaina leh harsatna awm lovin kan hna ruahmante chu tha takin kan zo thei ta a ni.

Noxatilla hi Assam Mission Field chhung Barak Area-a awm a ni a, Mission Compound hmun niin Presbyterian English Medium School changtlung tak kum 2013 khan din a ni. Nursery-Class VI awmin zirlai 204 an nei mek a, Evangelist Teacher 12, Evangelist 2 leh Nurse 1-in an thut chilh mek a ni. Noxatilla-ah hian Hmar hnam peng – Saihriam leh Aimol

hnam an khawsa a, kum 1961 khan kohhran din a ni a, compound hmun bigha 8.5 zeta zau chu a ram mi Upa Relzova'n a pe a, tunah hian thawktute nen kohhran in zat hi 22 a ni a, kohhran mi 110 niin Upa 3, Tual Upa 2, danzawh kim 79 an awm mek a ni. Mizo hnahtlak awmte hi Kristian an ni vek a; Vai, Kristian la ni lo eng emaw zat an la awm bawka.

Haw kawng & Lawm thu

Nov. ni 10, 2017 tukthuan ei khamah haw turin kan insiam sang sang a. Nurse Quarters kawtah kal khawmin School Headmaster Pu Mafaka'n tawngtaiin min thlah a, kan inchibai sap sap hnuin zing dar 9:00-ah Noxatilla chu kan chhuahsan ta a. Silchar-ah rei lo te bazarin, tuang taka kalin zan dar 10:30-ah Sihphir kan thlung leh ta a ni. Work Camp kan neih chhunga buaina leh harsatna engmah tawka lova min hruaitu Pathian chungah tihtakzetin lawm thu kan sawi a, kan hrehawm hlauva an theihna zawng zawng senga min buaipuitu Noxatilla hmuna thawktute chungah lawm thu kan sawi bawka ni.

– H. Lalremruata
Secretary, Sihphir Bial KTP

HRISELNA ■■■

INTIHCHAKNA (ERGOGENIC AID)

ERGOGENIC AID kan tih chuan infiammiten intihchakna atan leh infiamnaa hmasawna atana thil chi hrang hrang an hman thin, entir nan – ei leh in chi hrang hrang, khawl, rilru lam leh damdawi an hman thinte hi a ni a. Heng Ergogenic Aids chi hrang hrangah hian ei leh in leh damdawi lam intihchakna atan leh hmasawna atana an hman thin tlangpui lo thlir bik ta ila.

EI LEH IN LAMAH

1. **CAFFEINE** : Infihammi tam takten caffeine hi intihchakna atan an hman fo va. Caffeine hian hriatna leh rilru thothangna a siam a. Zirmite chuan caffeine hi a dose dik taka ei chuan a hlauhawm loh niin an sawi.

Tun hnaia zir chiannaah chuan mi pakhat rih zawng (kg) zelah caffeine mg 2–3 ei hi a hnathawh that dan ber a

ni an ti a. Amaherawhchu, taksa tan nghawng tha lo dang, heng – BP sang, lung phu rang, kawthalo leh pum na te a siam thei a ni.

2. **CARNITINE** : Hei hi protein kan tih, amino acid chi khat kan taksain a siam, kan ei leh in kan chakna atana siam chhuahpuitu a ni a. Fat burner tih angin an zuar thin baw. Research tam takin hun rei tak zir mah se, thau paihna atan leh chakna atan a tha tih Chiang taka finfiahna a awm lo a ni.

3. **CREATINE** : Creatine hi protein, amino acid chi khat, mihring tihrawl siamtu atana hman lar a ni a. Dose dik taka ei chuan hlauhawm loh tura ngaih a ni. Infihammite hian ni tin mg 3-5 an ei tlangpui a. Amaherawhchu, hei aia tam ei chuan pum nuam lo a siam tih hmuh a ni.

4. **BRANCHED - CHAIN-AMINO-AMINO-ACIDS** : Hei hi protein, amino acid, kan taksaa amaha insiam thei lo, kan ei leh in atanga kan lak luh ngai chi a ni a. Heng

Amino-Acid : Leucine, Isoleucine leh Valine-te hi a ni a. Inflammiten chakna atan leh tawrhchhelna atan an hmang fo va; mahse, zir chianna chuan a hlawnah leh thatna em em a finfiah lo a ni.

5. PROTEIN SUPPLEMENT DANGTE : Protein supplement chi hrang hrang – Whey protein, Soy protein leh a dang tam tak a awm a. Van Erp Baarl et al-ten an zir chiannaah chuan hockey player-te hian taksa rih zawng (kg) zelah gram 1.0 an ei a, a ei nasa ber body builder-te hian taksa rih zawng (kg) zelah gram 2.5 ni tin an ei anga chhut a ni.

Protein hi kan tihrawl, kan tisa siamtu, kan taksa ral dotute siamtu leh kan taksa tana hnathawktu pawimawh tak a ni a. Pangngai taka zing, chhun leh tlaia chaw kan ei that chuan kan ni tin mamawh tawh hi chu kan ei tlangpui a.

Kan taksa mamawh aia tam protein ni tin kan ei chuan kan kal (Kidney) a tichhe thei a, kan ruhte a tichhe thei a, soy protein kan tih ang te hi ei tam lutuk chuan awr te a tipuar thei a. Heng bakah hian hriselna tam takin a tichhe thei tih hria ila, pawng ei vak vak hi chin loh tur a ni.



Nun Kawng

- * *I theih ang tawkin phusa rawh.*
- * *Ṙangkaina i neih hian, tu emaw i ni tihna a ni.*
- * *Ngaihruat thiamna hian mi puitlingah min siam.*
- * *Mi hlawhtling ni ringawot lovin, mihring hlu tak nih tum rawh.*
- * *Fân theih hi tliah aiin a Ṙa zawok.*
- * *Sawi tlawr thiam aiin thawh that a Ṙa zawok.*
- * *Sangha man tur chuan tui awmnaah i kal phawt a ngai.*
- * *Thil khek neih hi hun ei rukna a ni.*
- * *Sava tho hmaten changpat an man Ṙin.*
- * *Eng mah i tih loh chuan thil sual nasa tak i ti tihna a ni.*

RIMAWI ■■■

HLA THU DIK LO CHUNGCHANG

— *Eddy Zosangliana Colney*



allianmawia Pachuau Pathian hla phuah kan hriatpui chin panga zinga pahnih, thalaiten kan sak lâr em em, 'Engkimah min hria' tih leh 'I kal zel ang u' ('Kristiante u' tia kan hriat lâr) tih hlaa kan sak dik loh chungchang hi, a hminga a chhungte nih manah zawhna kan dawng ve neuh neuh reng a. Min zawttu tam zawkte hian mi tam zawk hriata sawi fiahna ziak tur tein min ngen der ve fo va. A ÷ul ber em ni aw, tih rilruk avangin kan ngawi zel a. Social media lamah, a ngaihven zualte hriat tura tar lan chang kan nei ve chauh ÷hin. Vawiin thleng maia zawhna kan la dawn zel takah chuan, mi dangte thu min rawn ang kha hreh chung chung pawhin kan tih a ngai ta a nih hi, kan ti ve ta a. Tun

÷umah hian inthlahrung tak chungin ka rawn ziak ta rawih mai a ni.

Khawiah nge sawi fiah ila ÷ha ang – ni tin chanchinbu lamah hian a ÷ha ang em, thla tin chhuak thu leh hla lama tih te a ÷ha zawk ang em, tih te ka ngaihtuah ÷hin a. ÷halai lam, a bikin kohhran ÷halai concern deuh nia ka hriat baw si avangin, Kristian ÷halai leh kohhran hrang hrang ÷halai chanchinbu lamah sawi fiah ila a ÷ha ber zawk ang a, te kan ti rilru baw a. Eng pawh ni se, kan ti ta rau a nih chuan a darhzau thei ang ber, a theih theihna hmunah tar lan theih turin ziak mawp mai ila a ÷ha ber ang, ka ti ta a. Chuvangin, he thu ziak pawh hi a duh apiang tan indil buai ngai lova chhuah chhawn pawh ka phal thlap a ni.

Sawi tawh angin, Lallianmawia Pachuau hian a pianthar hnu khan Pathian hla hi a thluk kan hriatpui chin leh ama'n a sak chin chu panga a phuah hman a. Chungte chu – 'Engkimah

min hria', 'I kal zel ang u', 'Hmangaihna ka sawi thiam lo', 'I tan ka inpumpek' tih hlath leh, ama'n cassette leh radio-a a sak hman tak chiah loh, khawtualala solo-na vel chauhva a sak hman "Keimahah Lalpa'n a ngam ta" tih te a ni a. Hei lo pawh hi Pathian hla cassette siam a tum avang khan a dang eng emaw zat chu a phuah hman a. A duhthusama a la siam that hman loh leh, a thluk kan hriatpui loh te a nih nual avangin a riral lo thei ta lo va. Kan hriat chin chu heti zawng hi a lo ni ta a ni.

Heng zingah hian 'Engkimah min hria' tih leh 'I Kal zel ang u' tihte hi thalaiten kan hriat lar leh kan thalai hla bu lamah pawh dah thin a lo ni tawh a. Eng tik kum atangin nge thalai hlabu lamah seng luh a nih chiah erawh ka hre mai thei tawh lo. He hla pahnih hi a tira kan seng luhin a buatsaihtuten a hla thu an lo dah sual emaw ni, hla thu dik lovin kan sa ta zel a. A thu dik zawk leh a phuahtu phuah leh sak dan lo chiktuten ngaithei lovin,

zawhna hi kan dawng ta fo mai a ni.

"Engkimah min hria" tih hi November 23, 1986-a aphuah a ni a. Radio-ah a boral hman ni thum, May ni 15, 1987 khan a khung a; cassette-ah erawh a khung hman lo va. Heta kan sak sual fo chu a thunawna "Chutiang em ema hriat chianna chu" tih turah, "Hetiang em ema hriat chianna chu" tih hi a ni. He hla hi Hnahthial khuaah a sa chhuak hmasa ber a ni.

"Kristiante u" tia kan hriat lar, a phuahtuin, "I kal zel ang u" tia a thupuia a dahah pawh hian sak dik loh kan nei nual thin a. Hetah hian chang khatna tlar hmasa ber, "He khawvela kan AWM chung hian" tih turah, "He khawvela kan CHAM chung hian" tih te; chang khatna tlar tawp ber, "Puang zel turin Lalpa'n min AU" tih turah, "Puang zel turin Lalpa'n min KO" tia kan sa thin te; a thunawnah, "Hruaitu VAN arsi thlirin" tia sak turah, "Hruaitu HMAR arsi thlirin" tia kan sa thin te; chang 2-naah, "Lungngaih

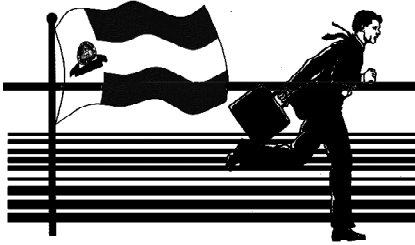
buaina kan tawh changin, Zam tur reng kan ni lo" tih turah, "Zam tur kan ni lo ve" tia kan sa ðhin te; chang 3-naah, "Aw, nang muhil, tho la, KAL rawh" tih turah, "Aw, nang muhil, tho la, HARH rawh" tia kan sa ðhin te (Thova harh ringawt piah lam, chanchin ðha puang turhian a kala kal turin, che chhuak turin min duh tihna a ni ber); chang 4-na tlar hnihnaah, "He khawvel hrehawmah" tia sak turah, "Khawvel hrehawmah hian" tia kan sa ðhin te hi a dik lo lai chu a ni.

Hla thu hriat dan hmasa thlak hi thil har tak a ni a. Kristian hla buah pawh hian hla thu dik zawk hriat hnua thlak hi a awm leh zauh zauh ðhin a. Hriat dan hmasaa sak zui hi a awl hle a, in sa soal ve fo ðhinin ka ring. Hetiang hi a nih avang erawh chuan, a dik zawk hre reng chung a 'kan hriat dan hmasa a nia' tih tlata, siam ðhat kan tum lo a nih chuan a dik bik kher awm lo ve. He hla ka rawn sawi pawh hi a dik zawk kan hre ta a, a theih chen chenah a hla

thu dik zawka lo sa tawh turin Lallianmawia Pachuau chhungte aiawhin ka han ngen che u a ni e.

Kum 2013 khan a chanchin leh a hla puah hrang hrang te, a puah dan leh mi dang hla a sak te kha a buin hmanhmawh deuh khan ka han buatsaih ve rawih kha a ni a. Kha lehkhawh khan ziah soal leh chhut soal, chhiar hrehawm khawpa Mizo ðawng ziaak dan kal-phung kalh leh zawm tur zawm loh thleng khan a kat khat chuk mai a. Khang zawng zawng siam ðhatna ni pah fawmin, kha aia famkim zawk, dik zawk, chhiar nuam zawk leh changtlung zawk, mi hrang hrangin a hla mai bakah amah an thlirna te pawh dah belh tumin theih ang angin ðan kan han la leh ðan mek chu a ni a. Kan tihchhuah theih meuh chuan a hma aiin a mamin, a mawi ve deuh hlek tawh turah ngai ang.

Nangmahni kaltlangin heng hlate hi Pathianin hmang zel se tih hi kan ðawng ðaina a ni e.



KANTU

Nursery Veng Br.

Nursery Veng Kohhran hi March ni 27, 1993 khan Bungkawm Kohhran aʔangin a indang a, chumi hnu lawk, April ni 11, 1993 khan Nursery Veng Branch KṚP pawh hi a lo ding zui ve ta nghal a ni. Aizawl Chhimthlang Presbytery huam chhunga Bungkawm Bial chhunga awm a ni a. Kumin 2018-ah hian Branch KṚP member 371 (Mipa 232 + hmeichhia 139) ziah luh tawh niin Branch Committee member 17, Kohhran represent 2 leh Ex-officio member 2 an awm mek a, Committee hi thla tin Ningani zan hnunng ber dawttuah a thu ʔin a ni.

Kumin hian missionary 10 an chawm a, Kristian ʔhalai chanchinbu copy 126 an la ve mek bawk. Thawhʔan zan KṚP Inkhawm bakah KṚP ʔawngʔai Inkhawm hi Pathianni chawhma inkhawm ban dar 11:45-ah an nei ʔin a, thla tin KṚP ʔawngʔai Inkhawm hmasa

berah veng chhunga harsatna tawkte pualin thilpek an la khawm ʔin. Kumin hian Group pathum – Galatia Group, Ephesi Group leh Philippi Group-ahte inʔhenin, Group budget atan Rs. 10,000/- an intuk a ni a. Tin, Branch budget atan Rs. 5,00,000 ruahman niin, kuminah hian ‘*Ramthara hmalakna neih*’ tih leh, ‘*Vantlang tana thil ʔha tih*’ tihte chu project-ah an neih a, project pual hian budget-ah Rs. 1,30,000/- dah a ni bawk.

Kum kal ta 2017-a an Branch KṚP sum thawh chhuah zawng zawng chu Rs. 9,61,127/- niin kohhranah Rs. 1,65,100/- an chung lut bawk a ni. An sum hmuhnate chu – KṚP Thawhʔan zan inkhawm thawhlawm aʔang te, KṚP Thawhlawm Ip thla tina an lak khawm ʔin aʔang te, Group Budget aʔang te leh inhlawhna an hmuh aʔang tein a ni tlangpui ʔin.

Branch KṚP hmingin chanchinbu *Koinonia* an chhuah

thin a. Hei hi Pathianni tukah a thlawnin kohhran in tinah sem thin a ni. Nursery Veng Branch KṚP hian official blog *nurseryvengkṚp.blogspot.com* an nei a, hetah hian Branch KṚP chanchin tlangpui a khat tawkin an update thin a ni. Kohhran Light, Sound & Music Committee hnuaiah Kohhran Zaipawl rawngbawl hna hi kalpui thin a ni a, zaipawl enkawltute erawh Branch KṚP Committee-in a ruat thin thung. CKṚP, Presbytery leh Bial KṚP aṅangtea hmalakna bawhzui ngai awm thinte chu Pathian hruainain tha takin an la tihlawhtling ve thei zel bawka ni.

Branch KṚP Committee hnuaiah committee peng pali Evangelism Committee, Refreshment Committee, Banner & Decoration Committee leh Silver Jubilee Organizing Committee te din a ni. Kumin 2018 hi an Branch KṚP kum 25-na, Silver Jubilee kum Pathianin a lo hruai thleng ve ta reng mai. Silver Jubilee an lawm dawn meuh chuan fa hrin an lo nei ve ta reng mai bawka. April ni 16, 2016 khan Nursery Veng Kohhran aṅangin Nursery Venglai Kohhran chu a indang

a, a hnu lawk April ni 18, 2018-ah Nursery Venglai Branch KṚP pawh din a ni zui ve ta nghal bawk. Jubilee lawm tur hian kum hmasa lam ata nasa takin inbuatsaihna kalpui a ni tawh a, tunah chuan an inbuatsaihna pawh a hmawr an bawk hnai ve thei dawn ta.

Jubilee budget atan Rs. 4,90,525/- dahin April ni 9–16, 2018 chhungin he kan Silver Jubilee lawmna pui hmang tur hian Branch pawh an buai ta mup mup a, phurawm an ti viau tawh a ni. Hun hmasa lam ngaihtuaha tun dinhmun nena han khaihkin chuan, Pathian khawngaih malsawmna an dawn nasatzia chiang takin an hmu a. Harsa taka bul lo ṅantu an hruaitu hmasate leh member-te rilruin an hre reng mai a, an lawm takzet a ni.

Chuvangin, he hun hmang tur hian Nursery Veng Branch KṚP member lo ni tawh zawng zawngte chu uar takin an sawm a; tin, an programme duan sate Pathian awmpuinaa tha taka hman a nih theih nan chhiartu zawng zawngte ṅawngṅaipuina an ngen takmeuh bawka ni.

Keimahni



■ December 27, 2017 zanah West Phailenga General Conference pandal a chim avangin a hmuna thil awm dan zu thlithlaiin Executive Secretary i/c Trust Rev. P.C. Pachhunga, Pu Zonunsanga Ralte (Treasurer, CKTP), TUpa Thangliankhuma (Asst. Engineer) leh Pu Lalramenga Royte (JE) te an kal a. Pandal chim senghawi hnatlang te leh an hruaitu awm ang angte nen pandal chim hi en ho a ni a, Pastor Quarters-ah Organizing Committee awm rengchangte nen meeting an nei nghal a, hmalak dan tur hrang hrang an ruahmanpui nghal a ni.

■ January 19-20, 2018 khan KTP General Conference (West Phaileng) inbuatsaihna enpuiin Executive Secretary i/c KTP Rev. B. Sangthanga, TUpa Ngurhmingliana (Asst. Leader), TUpa Ricky Lalrammawia Ralte leh Tv. Robert Lalduhzuala-te an kal a. January 19, 2018 (Zirtawpni) tlaiah Organizing Committee hruaitute nen a hmunah kalin pandal an en ho va, hma an lo lak tawhnate thlir hovin, siamrem ngai lai leh hmalak chhunzawm dan turte an sawi ho. Zanah Pastor Quarters-ah Organizing Committee nen meeting chhunzawm a ni a, Sub-Committee hrang hrang ațangin an hmalakna leh hmachhawp hrang hrang report ngaihthlak a ni a, hmalak zel dan tur sawi ho a ni. January 20, 2018 (Inrinni) zing karah Pandal Chairman leh Organizing lam hotu thenkhat nen pandal en ho leh a ni bawk. West Phaileng khua inbuatsaihna a thain, thlamuanthlak an ti hle.

■ **TWO WHEELER RALLY** : KTP Rorel Inkhawm 2017 thurel bawhzuina pakhat – zu, ruihhlo, mipat hmeichhiat hman khawlohna laka kan fihlim zawk theih nan te, HIV/AIDS darh zel tur venna atana District Capital tina Two Wheeler Rally chu hlawhtling takin District hrang hrangah hman zawh a lo ni ta a. Lunglei, Lawngtlai, Saiha leh Serchhip District-te chuan November 4, 2017 khan tluang takin an nei a, Champhai, Mamit leh Kolasib District-ten November 11, 2017-ah tluang takin an nei bawk.

Aizawl District bik hi ruahmanna hmasaah chuan November 25, 2017-a neih tura tih a ni a. Amaherawhchu, Rally laia hak tur Safety Jacket a thlen hman tak loh avangin December 28, 2017-ah neih a ni ta a ni. Aizawl District bikah hian Two Wheeler 1,050 vel kal anga chhiar a ni a, member 2,000 velin he hun hi kan hmang thei niin a lang. District danga 2 Wheeler Rally hmangtu zawng zawng belh khawm hi member 2,000 vel nia chhiar a ni bawk a. Tichuan, KṚP Two Wheeler Rally-a kal zawng zawng belh khawm chu member 4,000 bawr vel kan ni.

Aizawl District Rally photographer zinga mi Tv. Vanlalpeka, Chanmari West Branch KṚP member chu Rally neih nia a duty lai tai palh niin a keah hliam a tuar a. CKṚP hmingin ~3,000/- kan a ni.

■ **SYNOD CHOIR MUSIC VIDEO HLAN** : December 7, 2017 khan Mizoram Synod Choir chuan Krismas hla “Beiseina Eng” music video chu ṭawngṭaia hlanin Local TV-a tihchhuah turin an pe chhuak. Tin, January 9, 2018 zan khan Choir Cabin-ah 2018 General Conference Theme Song – “Isua chhinchhiahna” tih leh “Min hrui ṭhin” tih music video chu Leader Rev. Zothansangan Pathian hnenah ṭawngṭaiin a hlan a; CKṚP aṭangin Upa Zonunmawia (GS), Pu Lalchhuanliana leh Pu K. Lalruatpuia (MSC Director)-ten an ṭawiawm. Heng music video-te hi Local TV-ah pek chhuah nghal a ni bawk. Music video hlan & tlangzarh chungchang hi CKṚP Committee ṭhut khawma rel zel ni tawh se, tia lo rel tawh a ni na a, December-ah meeting kan neih loh avang leh January meeting nghah chuan a tlai theih dawn avangin hetiang hian kalpui a ni ta a ni.

■ **OFFICE OA RAWIH CHHUNZAWM THU** : CKṚP Office-a daily basis-a thawk mek Tv. C. Lalremruata, Chaltlang chu January–June, 2018 chhung atan rawih chhunzawm tura tih a ni (Office Order No. 17 of 2018 vide SEC 268:16 App. 6 of June 6–8, 2017).

■ **PRINTER LEI THAR** : CKṚP Office-a printer hman lai chu a chhiat avangin printer thar, HP Laserjet Pro M1136MFP, ~13,700/- man lei a ni.

■ **FRATERNAL DELEGATES CHUNGCHANG** : 57th KṚP General Conference min hmanpui tura kan sawm zingah SACYN aiawhin Mr. **Bijoy Idicheriah**, Syrian Orthodox in Malad of Mumbai Diocese a lo kal tur thu hriattirna kan dawng a. Bijoy-a hi SACYN Core Group senior member a ni a, India ram pum huapa Country

Coordinator a ni. PC Wales Ṭhalai aiawhin **Miriam Powell-Davies** a lo kal theih tur thu leh, mi dang an inzawn mek thu hriattirna kan dawng a. PCT Youth chuan palai rawn intirh kim an tum a, a kal turte hming rawn hriattir theih thuai an inbeisei. Taiwan Ṭhalaithe hian hun eng emaw chen Mizorama cham zui an rawn dil a, lo kal hma hret zawk tura ngen an ni.

■ BRANCH DING THAR REPORT

1. **Minpui Branch** (Ṭawipui North II Bial)
Din ni – Oct. 25, 2017. Member 19 (Mipa 13, hmeichhia 6).
2. **Champhai Zotlang North Branch** (Ruantlang Bial)
Din ni – Nov. 27, 2017. Member 197 (Mipa 137, hmeichhia 60).
3. **Harmon Veng Branch** (Vairengte Chhim Veng Bial)
Din ni – Dec. 11, 2017. Member 24.
4. **Edenthar Vengchhak Branch** (Chanmari West Bial)
Din ni – Jan. 15, 2018. Member 201 (Mipa 119, hmeichhia 82).
5. **Zuangtui Venglai Branch** (Zuangtui Bial)
Din ni – Dec. 16, 2017. Member 147 (Mipa 99, hmeichhia 48).
6. **Lungsen Hmar Veng Branch** (Lungsen Bial)
Din ni – Dec. 30, 2017. Member 25 (Mipa 17, hmeichhia 8).
7. **Ṭhuampui Venglai Branch** (Ṭhuampui Bial)
Din ni – Jan. 6, 2018. Member 326 (Mipa 199, hmeichhia 127).
8. **Saitual Bethel Branch** (Saitual Bial)
Din ni – Jan. 7, 2018. Member 151 (Mipa 93, hmeichhia 58).
9. **N. Hlimen Vengthar Branch** (North Hlimen Bial)
Din ni – ? Member 64 (Mipa 47, hmeichhia 17).

■ **KOHRAN UPA ATANA THLAN** : Kan rawngbawlpuite – T.Upa Ricky Lalrammawia Ralte chu January 7, 2018 khan Bawngkawn East Kohhran Upa atan thlan a ni a, T.Upa Lalrinawma chu January 14, 2018 khan Chanmari West Kohhran Upa atan thlan a ni a, T.Upa Ngurhmingliana chu January 21, 2018 khan Khatla Kohhran Upa atan thlan a ni bawk.

■ **KRISTIAN ṬHALAI** : Pathian hruainain Kristian Ṭhalai pawh tuang takin a kal zel a, a lawmawm hle. Chanchinbuin hma kan sawn zel theih nan thuchhuah tur ṭhahnemngai taka rawn thawh ṭhin turin chhiartu zawng zawngte kan ngen a che u. *kristianthlai1970@gmail.com*-ah leh *centralktp@gmail.com*-ah thawn theih a ni a, CKṬP Office-ah a theh luh theih bawk e.



Kantu – Nursery Branch

CENTRAL K.T.P. HRUAITUTE, 2016-2018

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Asst. Leader	:	T.Upa Ngurhminglana	9436374104
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Asst. Secretary	:	Pu P.C. Blakmuanpuia	9436374833
Treasurer	:	Pu Zonunsanga Ralte	9402113038
Finance Secretary	:	Pu Vanlalpeka	9436153728

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Upa Lalmuanpuia	9436142398		

Ex-Officio Members

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Upa R. Dengzikpuia	-	Synod Secretary (Sr.)
Rev. B. Sangthanga	-	Executive Secretary i/e KTP

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