

# AGAPE

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**Kristian Chhungkua leh chhung inkhawm**

*Phek - 2*

**Thihna hnehin a tholeh ta**

*Phek - 7*

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRISELNA

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**A chungu thu awnte**

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## Editorial

Ringtute tana hun hlu leh pawimawh tak pakhat chu Lal Isua Thawhle Ni (Easter Sunday) hi a ni. Lal Isua thawhlehi hi Minung a nihzia leh engkimtithi a nihzia puan chhuahna a ni. He khawvela kan awm chhunga Setana hneh zêl theihna dar, thawhlehi hian min vuaksak ta. A va ropui em!

Lal Isuan krawsa min tuarsakna leh kan sual zawng zawng min ngaihdam thu hi kan ngaihlathamin kan sawi uar viau mai. Chutih lai chuan piangthar tlu leh kan tam a, kan ramah sualna chi hrang hrang a ngampa hle lawi si. I ngaihtuah chiang teh ang u. A thawhlehi nun ãawmpuitu kan nih loh vang em ni ang le?

Pathianin a Fapa Isua Krista hi kan tan kraws leh thlan thleng chauh a tir lo va, nun thar min pe tur leh sual hneh zêl thei tur nun kan neih nan a kai tho a ni. Kraws leh thlan thim mai ni lovin, a thawhlehi ãawmpui nun hi dai thleng tur kan ni. Chuti ni lova hlim leh lawm viau si hian sual laka buan chak lo tak kan nih chuan kan pian a kim lo tihna a ni mai lo maw? A tuarna ãawmpui ve nun hi a ropui khawp mai; mahse, chu chu a tawk mai lo. A thawhlehi nun ãawmpuia, sual hneh zêl nun hi kan neih a va ãul em! Lal Isua thawhlehi nunin min hnutchhiah sual hneh zêl turin i inpe thar leh ang u.

Harhna kan beisei ãhin, harhna kan tih erawh a inang lo thei. Ni tin leh tun zêla sual hneha Lal Isua hnung zui nun hi kan harhna mamawh chu a ni. Sual dova hneh zêl hi Kristian nun puitlinna kawng a ni. 'Sim leh tur sual tih' hi i sim tawh ang u. Krista thawhlehi thuchah chu – sual dova hneh zêla thil ãa tih hi a ni (Ephesi 2: 10). Chu nun kan neih nan Lal Isua a thi a, a tho leh a ni. Kan nun vawng thianghlim ila, kan khawtlangah leh ni tin hnathawhna, kohhran leh sawrkara kan mawhphurhna leh thuneihnate dik takin hmang ila, sual thilthihtheihna chu hneh zêlin ringtu nun hmasawn nei turin ke i pen zêl ang u.

*Kristian Chhungkua***KRISTIAN CHHUNGKU ALEH CHHUNG INKHAWM**

– Rev. Dr. H. Vanlalruata  
Aizawl Theological College

Pathianin mihring a siamin mahni chauhva awm turin a siam lo va, chhungkua a dinsak a. Chuvangin, chhungkua hi hnam te, sawrkar te leh kohhran te awm hmaa awm tawh a ni a, nun dan zirna bul ber a ni a, sakhaw bul a ni bawk. Kristian chhungkua chu Kristian zirtirna leh Kristian kawnga inkaihruai chhungkua a ni. Pathian tiha chhungkuaa Pathian biak te, inkhawm leh kohhranho thiltiha tel that te a huap vek a ni.

**1. Chhungkaw pawimawhna**

Bible chuan, *"Naupang chu a kalna awm kawngah chuan zirtir ula, a upat hun pawhin a thlah lo vang,"* (Thufingte 22:6) a ti a. Chhungkua hi sikul hmasa ber leh kohhran hmasa ber a ni kan ti thei ang. Ghana hnam thufing pakhat chuan, "Hnam chhiatna chu a mite inah a intan (The ruin of a nation begins in the homes of its people)," a ti a. Chutiang bawkin 'hnam ropuina pawh a mite in atanga intan a ni' kan ti thei ang. Kan hnam, ram leh khawtlang a tluchhia a nih chuan kan in atanga intan a ni tihna a ni. Chhungkaw inkaihruaina tha leh ruahmanna fel a awm chuan inremna a thlang a, chhungkua

a nghet a, hmasawmna a kal tluang thin. Bible chuan *"Inkaihruaina fing awm lohnaah chuan mite an tlu thin a, remruat thiam tamnaah himna a awm,"* a ti (Thuf. 11:14).

**2. Chhung inkhawm neih a harsa**

Tunlaih ni tin khawsak eizawmna avang te, kan in chhungkhura kan thilneih, a bikin information technology avang tein chhung inkhawm neih a harsa tan hle mai. In chhungah awm vek mah ila, that ho leh tawngtai ho ai chuan mahni mobile phone/tablets/laptop computer theuh kan that chill ngar ngar mai a, inbe hman abar pawh kan awm lo va,

Pathian biak ho ngat phei chu a harsa tan hle. Tum fe loh chuan chhung inkhawm nei turin hun kan nei thei ta meuh lo. Chutih rualin chhungkaw pawimawhna leh chhung inkhawm hlutna erawh a danglam chuang lo va, a pawimawh telh telh zawk awme.

### 3. Bible leh chhung inkhawm

Chhung inkhawm hi Bible-ah hian kan hmu tam lem lo; mahse chhungkaw pawimawhna erawh kan hmu fo. Thuthlung Hluiah chuan pate chu an fate zirtir tura beisei an ni. Deut. 6:6-9-ah Pathianin Israel fate hnenah heti hian a sawi a: *"Tin, heng thu, wawiina ka pek che u hi in thinlungah a cham reng ang a; in fate thahnemngai takin in zirtir ang a, in ina in thut lai te, kawnga in kal lai te, in mut lai te, in thawh hun tein in sawi thin tur a ni,"* tiin. Sam 78:5-7-ah pawh ti hian kan hmu a, *"Jakobho zingah thuhriattir a tinghet a, Israel-ho zingah dan a ruat a. Chung chu thlahtute hnenah thupekin a pe a. Anni chuan chung thu chu an fate hnena an hriattir turin: Thangthar lo la awm tur, naupang lo la piang turte*

*chuan an hriat theih nan; Chungte chu an thawh a, an fate an la hrilh chhawn zelna turin: An beiseina chu Pathianah an nghah theiha, Pathian thiltihte chu an theihnghilh lohva, A thupekte chu an awm zawk nan."* Bible chuan rinna inrochun zelnaah chhungkua hi a pawimawh tih a sawi a, chu chu vawn nun tlat tur a ni.

Joba chuan a fate a tanng-taisak a, *"Ka fate hian thil an lo tisualin Pathian an lo sawichhia a ni mahna,"* a ti a ni. Joba chuan hetiang hian a ti thin a ni (Job 1:4-5). Puithiam Elia khan a fate sualnaah ngaihdam a dil loh vangin a tuar ta. Kan chhungkaw tan maicham kan siam a tul takmeuh. Keinin kan fate kan dilsak lohvin tuin nge dilsak chuang ang?

Thuthlung Thar Kohhran hi chhungkua atanga rawn intan a ni a. Isua khan inah a zirtir a, zanriah hnuhnung pawh inah a kil a, a thawhle hnuah inah a zirtirte a tawh leh a. Kohhran hmasa kha inah Pathian biain an awm thin. Paula'n Thuthlung

Thar nu leh pate chu an fate Lalpa zirtirnaah kaihruai turin a zirtir a (Eph. 6:4). Timothea chu a nu zirtirnaa sei lian a ni a, a pi enkawlana puitling a ni a, a rinna chu a naupan lai atanga a zir chhuah a ni.

#### 4. Chhungkuaa Pathian biakin a tumte

- (1) Pathian fak leh chawimawi
- (2) Chhungkua ngaih pawimawhna
- (3) Kristian nungchang inkawhmuahna
- (4) Chhungkuaah inremna a awm theih nan
- (5) Chhungkuaa inphuar khawmna
- (6) Inhriat tawmna hmun a ni
- (7) Naupangte hnenah Pathian biak hona inzirtir
- (8) Naupangte Krista hnena kaihruai
- (9) Thlarau nun Hruaitu nihna lantirna
- (10) Inthununna mumal inpek
- (11) Nakin zela thuhretu ni tura inzirtir.

#### 5. Chhung inkhawm tanga-kaina

- (1) Chhung inkhawm hian Pathian ropuina a lantir. Chhung

inkhawm neihna chhan hi malsawmna dawn duh vang a ni lo va, Pathian ropuina puan chhuahna zawk a ni. Miin thil dang zawng aia Pathian a dah pawimawh hian Pathian a ropui a ni mai. Chhung inkhawm hi chutianga Pathian hi kan engkim atan a tha a ni tih inhriattirna hun leh hmun a ni. Pathian hminga mi pahnih pathum an pun khawmnaah chuan Pathian hi a ropui zel thin. Chhung inkhawm hi Lalpa tana maicham kan buatsaihna hun a ni a, a hlu hle a ni. Pathian hi 'kan Pa' kan tih hian Pa leh fa inlaichinna chungchang a kawknghal a, Pathian chuan kan chhungkua hi min laichin hle tihna a ni.

(2) Chhung inkhawm hian chhungkuaah hlimna a thlen thin. Lal Isua hi kan hlimna leh lawmna bul a ni a. Mi mal nunah hlimna a pekte chu chhungkuain a zar an zo thin. Happy mother happy family (Nu a hlim chuan chhungkua a hlim thin) tih a ni. Chhung inkhawm ngai pawimawhtute chu Krista hmangaihnaa phuar khawmin an awm thin a, an chhungkuaah inhmangaih tawmna te, inngaih-

dam tawnna te, indawh tawnna te a thlen thin a ni.

(3) Chhung inkhawm chuan khawvel a tidanglam thin. Thil lo danglam thin hi Pathian hnathawh a ni a, chu chu chhung inkhawm avanga lo awm a ni ve fo. Pathian chuan amah ringtute tawngtaina a ngaitla thin a, ni tin chhung inkhawma an tawngtaina te chu a hlawhtlintir thin a ni. Chhung inkhawmah naupang kum 6 mi lekin khawvelah Chanchin Tha a darh zel theih nana a tawngtaina chu Pathian tan chhan loh chi a ni lo. Chutiang zelin, kan chhungkua, kan khawtlang, kan kohhrana thil thleng mekte hi kan tawngtaina chhanna a ni zel a ni.

(4) Chhung inkhawm hi kohhran tan a tangkai : Prof. Ross T. Bender chuan, "In lama Pathian biak tih than te, tawngtai thin te, sakhaw tawngkam leh tih dana bel te, sakhaw hla tha zir leh hriat te, Pathian thu chang vawn zawng zawng te hi Pathian Biak Ina chhawm luh atan vek a ni. Chhung inkhawm nei tamna kohhranah chuan naupang te te pawhin Pathian biak inkhawm awmze nei leh nung siam turin

dinhmun pawimawh an luah thei thin," a ti.

(5) Chhung tin hian chhung inkhawm kan mamawh. Harsatnain a tlakbuak loh chhungkua leh mi mal kan awm lo vang. Heng kan harsatnate hneh nan chhung inkhawm hi kan mamawh. Chhungkuaa mi mal harsatnate intawmpuia, intawngtaisak te hi a tangkai a, chhungkuaa tih theih kan neihte sawi ho nan a tha. Chhungkua hian dotu leh ertu kan nei thei a, chungte chu a huhova do hian hneh a awl. Chhungkaw harsatna leh mualphonate hi mi mala tuar lova, intawrhpu i tawn hian kan dam hma thin. Chhungkaw ruahmanna (plan) neih te pawh chhung inkhawm leh chaw ei lai hian sawi ho fo a tha. Kan chhungkua hi harsatna kan tawh lai leh kan thatna tura min ngaihsak leh tawngtai tam ber te an ni a, kan chhiat kan thata kan inngahna a ni. Chuvangin, chhungkua kan nei hi lawm ila, chhung inkhawmah Pathian hnenah lawm thu i sawi thin ang u.

Roman puithiam, Father Patrick Peyton-a (1909–1992) chuan heti hian a sawi a:

"Chhungkaw ṭawngṭai ho ṭhinte chu an khawsa ho ṭhin," (The family that prays together stays together) a ti a. Chhungkua ni ve si, ṭawngṭai ho ngai hauh lo chu khawsak honaah pawh an ngaihtuahawm deuh! Paula chuan kan thinrim hi niin tlakpui lo se a duh a (Eph. 4:26). Chhungkuaah thinurna leh inrem lohna kan nei ṭhin. Nupa inkarah te, fa te nena kan inkarah te, rilru put dan leh duh dan inan loh avang te, sum leh pai chungchangah te thinurna nei ṭhin kan ni a, chung kan thinurna te chu

ni tlak hmam inremleh tur a ni. Hei hi khel lovin ni tina tih tur a ni. ṭawngṭai ho aia inremna hmanraw ṭha a awm lo reng reng. Hma lam huna tih tur hrang hrang huaisen taka hmachhawn turin chhung inkhawm hi hmanraw ṭangkai tak a ni.

Chhungkua hi Tualchhung Kohhran hmasa ber a ni a, chu kohhran chu a ṭawngṭai ngai loh chuan kohhran nihna a nei lo. Chuvangin, kohhran hmasa ber chuan chhung inkhawm a ngai pawimawh tur a ni.

- 
- ★ J. Hudson Taylor-a (Missionary) kha China a pan dawn ṭumin Southern Malay Peninsula leh Island of Sumatra inkarah an awm a. Thli a thaw ta tlat lo mai a. Lawng captain chuan Taylor-a chu ṭawngṭai turin a ngen a. Taylor-a chuan, "Lawng puanzar zar rawh u," a ti a. Captain chuan, "Thli rêng a thaw si lo va," a ti a. Taylor-a chuan, "Kan ṭawngṭai dawn alawm," tiin a ṭawngṭai nghal a, thli a rawn thaw ta nghal a.

– *Kristian Encyclopaedia*

- ★ Tunlai Kohhranho mamawh ber chu khawl ṭha leh changkanna a ni lo va, ṭawngṭai mi a ni zawk. Thlarau Thianghlim hi khawvel thilah a ninpuang ngai lo, mihringah a inpuang zawk ṭhin.

– *E.M. Bonds*

*Kristian Encyclopaedia*



## Sermon

## THIHNA HNEHIN ISUAATHOLEH TA

(Matthaia 28:1-5)

– Upa Dr. Lalzama  
Chaltlang Lily Veng

Ni sarikh ni hmasa berah Mari Magdalini leh Mari dangte chu Isua thlan en turin an kal a. Vantirhkoh, kawlphe ang leh silhfen vûr anga var inbel chuan thlan lung a lum sawn a, lung chungah a thû a. *"A tho leh ta, Galili ramah a kal tawh e"* tiin Mari te chu a hrilh a. Thlan vengtu sipaite chu hlauvin thi ang derin an awm. Mari te chu hlau leh lawm êm êmin zirtirte hrilh turin an tlan a, kawngah Isua an tawh a, a kephah vuanin chibai an bûk a. Isua chuan, *'Galili rama kal turin ka unaute va hrilh rawh u'* a ti a.

Isua thawhlehnian Jerusalemboruak a danglam hle mai. Lir 'nasa takin' a nghing a, mi thianghlim muhil tawhte chu a thawh leh hnuin thlan ata lo chhuakin mi tam tak hnênah an inlâr a (Mt. 27:53). Mak an ti ngawt ang le. Puithiam lalte leh upate chuan a thawhlehna thup tumin, *"Zirtirten an ru bo a ni, 'ti ang che u,"* tiin thlan vengtu sipaite chu tangkain an tham a. *"Ram Awptu pawh kan thlem lungawi mai ang,"* an ti bawk a. Mahse, an thu hi a put chhuak nasa hle. "Tun thlengin Juda-te zingah an la sawi huai huai mai," tiin Matthaia'n min hrilh. Chu chu a thih hnu kum 50 velah tihna a

ni. Thup rual ni hek lo, keini pawhin a thawhlehnian thu hi kan la puang ta zêl a nih hi.

### Isua thawhlehna tichiang zeltu

**1. A inlar :** Mari, Mari Magdalini, Salomi, zirtir sawm leh pakhatte leh Kleopa te thian dun hnenah te a inlar a. Tirhkohte hnenah nungin a inentir a, ni sawmli zet an hnenah a inlâr a, an awm khawm a pawl ve a. Paula chuan unau zanga aia tam hnenah a inlar thu a sawi bawk. Tun thlengin amah ringtute hnenah inlarin thu a la sawi zêl a ni.

**2. A chanchin puan darh zêl a ni :** A zirtirten an hmuh chian em avangin thawhlehna Chan-



chin Ṭha chu huai takin an puang darh nghal a, an martar phah hial a ni. Awihawm takin Lal Isua thawhlethu an hriattir ṭhin (Tirh. 4:33). Khawvelah a darh zau zêl a, keini pawhin kan la puang zêl a nih hi.

**3. Kohhran a ding :** Isua tiam angin Thlarau Thianghlim chu Pentikos Niah a lo thleng a, kohhran a lo ding ta. Dodalna karah pawh Thlarau Thianghlim Thiltihtheihna avangin kohhran chu a pung ta zêl a. Krista chu kohhran lu a ni a, kohhran chu Krista taksa, chhandamna thutak a kawltir, vanram chahbi neitu, a thisena a lei, a ram kutkea a hman, a chen kualna a ni. Chuvangin, khawvel hmun tina kohhran lo ding ta hi Isua thawhlethna vang a ni.

**4. Thuthlung Thar bu ziah a ni :** Johana chuan, "*Krista, Pathian Fapa a ni tih in rinna tur leh a hminga nun in neihna tura ziak a ni,*" a ti. Chanchin Ṭha bute hian a thawhlethu an sawi ṭheuh mai. Tirhkoh Paula te, Petera te, Jakoba te pawhin an lehkhathawnah an sawi chiang

hle bawk. Tunah phei chuan Thuthlung Thar bu hi ṭawng chi hrang hrang 1,442-in lehlin a ni tawh a, Bible bu pum hi ṭawng 636-in lehlin a ni bawk a, hralh chhuah tam ber leh darh zau ber a ni. Hei hi Isua thawhlethu vang a ni.

**5. Pathianni (Sunday) serh a lo ni ta :** Eng emaw chen chu Kristianten Sabbath leh Pathianni an serh kawp a, zawi zawiin Pathianni chu serh an duh ta zawk a, Paula hun lai pawhin an duh tawh zawk tih a lang. Kum 321 AD-ah Rom lal Constantine-a chuan Pathianni serh tura thupêk chhuahin, khawpuiah chuan hnathawh reng reng a khap a ni. Loadikeia kohhran inkhawmpui lianin kum 380 (363?)-ah a nemnghet ta a. Isua thawhlethu ni chu khawvel pumah serh a lo ni ta a, sawrkar chawlh ni te zuk ni ta a!

**Thawhlehnain ringtu nun a tidanglam :** Ringtu tan Isua thihna chu a thihna, a thawhlethu chu sual thihsana thlarauva thawhlethu a ni a, Amah nena inzawmin thawhlethu nun neitu a ni.

Isua thawhlethu chuan sual thlan ata thawhlethu, sual duh

tawh lo, sual hneh zêl nun a pe a, chu chu sual laka thi, nung tura thi a ni. Rawngbawlnaah pawh dan ang maia ti lovin Thlarau Thianghlim thiltihtheihna avangin nungin rawng a bawl a, mi thinlungah thu a sawi thei a, a hunah a huaisen a, thlarauva thu sawi te, ãawngtaï theihna te, thlarauva finna te neiin mahni ngaihtuah chawp leh hriatna aãang mai ni lovin, a hunah sawi tur Thlarau pêk a dawng a, a thusawi pawh a nung a, Lalpa'n a chawimawi ãhin.

Krista avangin chhiatnaah te, tuarnaah te, retheihnaah te Pathian hnena lawm thu hrilh zêl theihna, "nun tam" a nei (2 Kor. 12:10). Harsatna leh buainain a bawh bet ve mai lo va, veng khata cheng ho ãheuh ãheuh hi khawvel hrang daihah a cheng ãhin a lo ni.

Khawvel hausakna sum leh ropuinain amahah hmun sang ber a chang ngai hek lo. A neih tawkah a lungawi mai. Khawvel thila hlawhtlinna pawh nei se, a chapo phah lo va, "Lalpa vang a ni," tiin Pathian a hnaih phah zawk ãhin. A titi duh zawng pawh khawvel thil ngawt aiin

Pathian thu lam a ni zêl a, a ngaihsan zawng leh nuam a tih zawng te, a tuina lam te a dang ãhin. Amah sawichhetu leh ertu pawh a ãawngtaïsak thei zêl a ni. Thlarau rah – hmangaihna, remna, hlimna, thuhnuairawlhna, etc. hi neih tuma beih ngai lovin a lo nei mai zawk ãhin. Chutiang mi chu a rawngbawlpui tisa mi deuh chuan an itsik ruin an sawichhe duh hle nghe nghe.

Khawvel nen an inãhian lo va, khawvel chu a tan khen beh a ni a, ani pawh khawvel tan khen beh a ni. Hausaa awm dan te, retheia awm dan te a thiam a, ropuina leh hausakna chu a thinlungah a lal ber ngai reng reng lo. A nun chu hahchawlhna a ni a. Thlarau mi bawkin an hmu thiam ãhin a; tisa mi chuan a hmu phak ve lo.

Krista tholeh khan ruh leh tisa a nei lo (Lk. 24:39). Tholeh taksa chu ruh leh tisaah a inãghat ve tawh lo ang bawkin, thawhlehna ãawmpuitu, thlarauva thawhlehna nun neitu chuan mihring chakna leh mahni finna rinchhan lovin, Lalpa leh a chaknaah a inãghat tawh zawk a, Thlarau Thianghlim thiltih-

theihnain a thuam̄thin. Tin, tholeh Krista chu kawngkhar vekna in chhungah pawh a inlâr thei a, eng mahin a dal thei lo. Chutiang bawkin tholeh nun neitu chu hun hran leh hmun hranin a tidanglam ve lo va, a dal ve mai hek lo. Office emaw, ramhnuai emaw, Vai ram emaw, a awmna apiangah Lalpa a t̄ih a, thlemnain a hneh ve mai lo.

*"Marthi, Marthi, thil tam tak i ngaihtuah a, i buai a nih hi,"* Isuan a tih ang chi, mahni in chhung thil ngawta buai reng leh fate zirna buaipui lutuk, chhung inkhawm pawh nei hman lo, inkhawm ve hman mang lo, incheina tuipei em em, mamawh ngah riau mai hi chu damlo mangangten t̄awngt̄ai turin an ko ngai lo hle.

Mitdel Bartimaia chuan, Isuan a mit a tihvar khan Pathian fak chung z̄êlin Isua a zui ve ta (Lk. 18:43). A dam chu Isua zui nan a hmang a nih chu. Keini chu kan dam a, kan buai thei lutuk a, rawngbawlna kan hlamchhiah phah lo maw?

Isua thihna leh thawhlehna hi thliar hran theih loh, chhandamna hna ropui, puan darh tur,

Chanchin Ṭha laipui, kohhran thurin tobul, kohhran inngahna lungphum, thlamuanna thuchah, a laipui a ni. A thawhlehna hian thihna hnehtu a nihzia a puang a, Diabola leh thlan thim chu a hnehzia a lo lang ta. Mitthi phum tawh an tholeh ngai si lo va; chuvangin, khawvel mite chuan a thawhleh hi an ring pha lo. Mahse, ringtute thawh hma-hruaitu a ni si, keini pawh amah angin kan tholeh dawn a ni.

Keini hian sual hneh z̄êl nun kan nei ve em? Sual lakah kan thi em? Nung turin kan thi taktak em? Dan ang mai ni lovin thlarau tharin rawng kan bawl em? Inen fiah ang le. Sual lakah thiin phum bo kan ni a, sual laka chhanchhuah niin nun tharin kan tholeh ta a, mihring thar, nun thar nei, siam thar kan lo ni ta e. Kristian Hla Buah hian thawhlehna hla bik a tlem hle a; mahse, Lal Isua chawimawina hla te, a chhandamna lam hla te hi thawhlehna hla vek a lo ni. Thawhlehna hla kan lo ngah khawp mai. A Chanchin Ṭha hi puang z̄êlin, "Isu, ka lawmna ber ni la, leiah leh vanah pawh," tiin i chawimawi ang u.

## PATHIAN HNAIH

– C. Rosangzuali (Mimi)  
Teikhang

*"Keia tan erawh zawng Pathian hnaih hi a tha a ni"*  
Sam 73:28

He chang atang hian Sam ziaktu hian atan Pathian hnaih a thatzia kan hmu a. Eng nge Pathian hnaih chu ni ang le? Johana 15:4-ah chuan Lal Isuan, *"Keimahah awm reng rawh u, kei pawh nangmahniah ka awm reng ang,"* a tih kan hmu a. Lal Isua hnena kan awm renga, Ani pawh keimahniah a awm reng chuan, Pa Pathian nen chuan kan inhlat lovin, kan inhnaih reng tih a Chiang em em a ni. Tin, Johana 10:27-ah chuan *"Ka beramten ka aw an hre thin, kei pawhin anni chu ka hria, anni chuan mi zui thin;"* tih kan hmu leh a. Keini A beramten kan pu, min neitu kan hriata, a aw hre phaka kan tlata, kan zui tlat chuan Pathian kan hnaih a lo ni. Chuvangin, Pathian hnaih kan tih chuan, kan Pathian nena inzawm tlat nun, amah zuitu leh amah nena leng dun kan ti thei ang.

Sam ziaktu hian atan Pathian hnaih a thatzia a hmuh ang hian, keini ringtute hian kan tana Pathian hnaih a thatzia hi eng ang takin nge kan hmuh ve le? Kan hmuh dan leh hriat dan chu a inchen vek dawn lo va. Amaherawhchu, tu tan mai pawh hian Pathian hnaih hi a tha a ni. Ringtu tam tak, Pathian kan hnaih thatna leh hlawkna, hlutna sawi tur hre lo leh man pha tak tak lo pawh hi a awm theih ang em ka ti thin. Chutiang ringtu kan lo nih chuan, kan inen fiah a va

ngai em! A chhan chu – khawvelin a pek theih loh min pek leh min hmuh tir tamzia hi sawi tur tam tak a awm vang a ni.

Pathian hnaih kan tana a thatna leh hlawkna tem pha lo ringtute nun hrehawm turzia leh awhawm lohzia hi ka ngaihtuah thin. Anni tluka khawvela hrehawm tuar nasa hi a awm theih ang em ka ti thin. A chhan chu, leiah sulrul leh tuiêkin an ei chhiat theihnaah, rukruten an reh pawha an rûkna hmun khaw-

velah ro an khawl khawm a, chung ro sum leh pai chuan thlamuanna leh lawmna, lungawina kima pèk ve theih loh vangin lungngaihna, tahna leh rumnaah a chang leh thin. Thawk rim leh phurrit phur zawng zawngte tana hahchawlhna leh phur zâng taka lo chhawkto Lal Isua an neih tak tak loh avangin, harsatna leh manganna an tawh changin beidawna tawpah hruai luha awmin, mahni nun hial thlahlel lo khawpa hrehawm nun beidawna an neih phah hial thin. Chung lama thil awmahte rilru nghtat lova, lei lam thil awmahte rilru an nghah avangin, Pathian thlamuanna, rilru reng rengin a hriat sen loh, khawvelin a pèk ve theih loh kha an chang ve lo a ni. Ni hnuaia thil awm tinreng hi Pathian tel lo chuan engmahlo mai a nih avangin, mite hriatpui si loh, chhungril nun hahchawl lo leh buai ru reng reng hian an awm thin a ni. Sawi tur tam tak a awm thei awm e. Chuvangin, Pathian hnaih hi kan tan a tha a ni.

Eng nge Pathian hnaih chu kan tan a thatna leh hlawkna chu? Thenkhat chuan 'chatuan

nun kan neih theihna tur a nih avangin' pawh kan ti mai thei. Chu pawh chu a dik reng. Amaherawhchu, hei hi chu khawvel piah lama kan chan tur a ni. He lei khawvela kan awm lai ngeia kan chan hi a ropui ka ti thin. Khawvel miten an hmuh loh leh hriat ve loh tam tak, Pathian hnaih kan tan a thatzia leh hlawkziate hi ti hian ka chhut ve thin :

- (1) Pathian thlamauanna leh hlimna, rilru reng rengin a hriat sen loh min pèkte
- (2) Harsatna leh manganna, tuarna leh thihna lo thlen lai pawha, chu tuarna leh harsatna phêna awm malsawmna leh hlawkna min hmuhtir thei tlat te;
- (3) Khawvel ropuina, mawina leh sannate awt lova min siana, chu aia hlu zawk leh ropui zawk, Amah kan neih avanga lungawi taka min awmtir thei thin te;
- (4) Khawvel thila chhuan tur nei lo leh retheite tan pawh, kan hausakna chu Amah a nihzia leh, rethei inti ngai reng reng lova min awmtir theitu a nihzia te;

- (5) Taksa natna leh hrehawm tawrh theihna khawvelah awm mah ila, chhungril nun dam tlat min pêk te;
- (6) Nun beidawng leh beisei tur nei lo tan pawh beiseina thar pe theitu a nihzia te;
- (7) Khawvelah inngahna tur nei lo tan pawh inngahna leh belh tlak a nihzia min hmuhtir ðhin.

Pathian kan hnaih a ðatzia hi sawi tur a va tam tak em! Kan sawi seng lo vang. Amah hnaih

leh beltu apiangten Pathian hnaih ðatzia hi sawi tur an hre tam mai dawn a lo ni. Chuvangin, kan tan, mi tin tan hian Pathian hnaih hi a va ðha em! A ðatna, hlawkna leh hlutna hmuchhuak zual deuh deuh turin theihtawp i chhuah sauh sauh ang u. "*Pathian hnaih rawh u; tichuan, anin a hnaih ang che u*" (Jak. 4:8).

Chhiartu zawng zawngte Amah kan hnaih leh zual deuh deuh theih nan Lalpan malsawm rawh se. *Amen.*

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## KA LALPA DUH TAK, MIN AWMPUI ANG CHE

### KHB no. 265

He hla phuahu Rev. Henry F. Lyte-a (1793-1847) chuan kum 23 lai mai Devonshire, England-ah Pastor hna a thawk tawh a. Kum 52 a nih kum chuan vanduaithlak takin TB leh asthma natna a vei ta hlauh mai a. A hun a tawp hnai tawh tih a hria a, a lung a leng em em mai a. Emmau kawnga Kleopa te ðhian dunin Isua an sawmna thu, "*...Kan hnenah awm ta che, khua a tlai dawn ta a...*" (Lk. 24:29) tih thu hmangin Pathianin a pawl a. Chutih lai tak chuan,

*"Ka Lalpa duh tak, min awmpui ang che,  
Khua a thim dawn, min kalsan suh ang che..."*

tiin he hla hi a lo phuah ta a ni.

– *Kristian Encyclopaedia  
Lalngaihawma*

## NUNGIN A INLARA

**Luka 24:22-24**

*– Pastor C.S. Rila  
i/c I.T.I. Veng Bial, Aizawl*

Emmau khaw pana Kleopa-te ðhian dun zinin, an sawi nin theih loh Isua chanchin an sawi m k laiin Isua ngei chu nungin an hn nah a inl r a, an rilrua rinhlelhna leh zawhna tam tak awm chu a hrilhfihsak z l a. A bula awm nuam an ti satliah mai pawh ni lovin, an hn na zan riak turin an sawm ta hial a ni. An hn na chaw kil tura a ðhut chuan chhang a la a, mal a sawm a, a phel a, an hn nah a pe a. Tin, an mit a lo var a, a hmel an lo hre ta a ni. Mahse, nunga inl r Isua chu a ral leh ta mai a. He Isua nunga inl r hian Pathian nihna ze ropui tak a lantir a ni. Hei hian ringtute nghehna kawngah te, thlamuanna leh Amah ðihna kawngah te nasa takin min pui thei a ni.

**1. ENKIMTITHEI :** Thlan a angin taksa puin, nungin a tho a, a zirtirte leh Kleopa te ðhian dun hn nah a inl r ngei a. Engkimtithei Pathian ze ropui tak, thihna chelh hlen rual lohva thiltihthei chu a thawhlehmaah hian kan hmu thei a ni. Mit ngeia krawsa khih beh a nihzia te leh thlana zalh a nih dan hmutute, zawlneiten an lo sawi lawk hretute hn nah nunga inl rin, an mit ngeia an hmuh hian Pathian Engkimtithei a nihna kan hmu a ni. Engkimtithei, awm lo ata awmtir thei leh, awm ata awm lohtir thei Pathian ringtute hian kan ni tin nunah, kan zui Lal Isua

Krista kan tana thawhlehma hmahruaitu chu kan inngahna leh kan ðanchhan ngamna tur a ni. Thu ringawta Isua chanchin hretu Apostolten, a thawhlehma mit ngeia hmutu an nih chinah chuan, chu Isua nunga an hn na inlar chuan anmahniah rin nghehna leh huaisenna nasa tak a rawn pe ta a. Engkimtithei Pathian ringtute an nih avangin khawvel hmaah an zam lo a ni.

**2. ENKIM HRIA :** Lal Isua thawhlehma chuan engkim hre thei Pathian ze ropui tak a rawn lantir leh bawk a. Kleopa te ðhian dun titi te, an rilrua thu awm te, Thoma rinhlelhna te, a



zirtirte rilru put hmang zawng zawng te pawh a hre tlang thei vek a ni.

A tisa put lai nia Palestina ram dung leh vanga rawng a bawl lai pawh khan Pathian zia, amahah lantir thin mah se, a thawhle hnuah chuan Pathian Fapa, engkim hria a nihna amahah a lo lang chhuak ta deuh deuh a ni. Kan ni tin nunah – kan manganna te, kan rilrua thu awm te, kan buaina zawng zawng te min hriatsaka min hruai chhuak thei Pathian engkim hria, nunga inlar Lal Isua chu kan hnênah eng hunah pawh, khawi hmunah pawh a awm zêl thin a ni. Kohhran hmeichhiaten Kristian chhung-kaw chungchanga hma kan laknaah hian harsa kan tih thinna te, kan chhan theih loh nun khirhkhana te, kan chhungril nuna zawhna tam tak te min hriatpuia, min chhang theitu nunga inlâr, Isua chu kan bulah a awm reng a ni tih i hria ang u.

3. **KHAWI KIPA AWM** : Lal Isua thawhle hna nunah hian, khawi kipa awm Pathian ze ropui tak a lo lang ta. Kleopa te thian dun khualzinnaah, pindan

chhung lama inkalh, zirtirte awm khawmnaah, Petera hova zirtir pasarih sangha mana len an denna hmunah, Thoma hova zirtirte awmna pindanah te a inlâr a. Hei hian tholeh Lal Isua chu khawi kipa awm thei a nihna, Pathian ze ropui amahah a rawn lang a ni.

Eng tik lai pawhin, khawi hmunah pawh awm ila Pathian mit chu kan chungah a fu reng dawn a, amah thinna tak tak nena A tan kan nun reng a ngai a ni. Kristian dik tak chuan a bula awm reng Lal Isua tan chauh a nun a hlan reng tur a ni ang. Khawvel tawp thleng pawha kan hnena awm zêl min tiamtu Lal Isua duh zawng chauh thin, chhungkaw tin hian kan hun te hi hman tlat i tum ang u.

Zing kan thawh phat atanga zan kan mut thleng hian he Isua, hmun tina awm hian kan nuna hmun laili ber chang se, chutiang tur chuan a Pathianna khawi kipa awm, ze ropui thuk tak chuan kan nun chhungril berah hian zung kai tlat rawh se. Nuten kan fanaute Pathian thinna nuna kan hruai luh theih nan heng Pathian zia/nihna, Lal Isua nunga inlar nuna lo lang ropui tak hi kan

nun theuhva t̄angkai taka chhaw  
i tum tlat ang u. Khawvel a  
chaknate chawpa boral m̄êk –  
internet, mobile, whatsapp, tele-  
vision, facebook leh a dangte  
rawn inlar mek hian ringtu tam  
tak Lal Isua a hlattir z̄êl avangin  
a lama rilru dik tak pu, a inl̄arna  
ngaitu Lalpan a zawng nitin a ni.

Thawhlehna chungchanga  
Thuthlung Thar zirtirna  
inngahna chu Isua thawhlehna  
hi a ni. Thuthlung Thar thlirna  
aṅang chuan Krista thawhlehna  
chu thil tak tak, awm ngei a ni a,  
chu chu Pathian thiltihtheihna tar  
lanna a ni.

Apostolte thuchah laipui  
ber pawh Isua thawhlehna thu  
hi a ni. Khen beh hnua a zirtirte  
tlan darh pawh hruai khawm leh  
an ni tih kan hria a, a chhan chu  
'*mitthi zing ata Pathianin Isua  
a kaitho leh*' tih hian an thinlung  
a hneh êm vang a ni. Tin,  
thawhlehna tichiangtu chu  
ringtuten huaisenna thurûk an  
chhar ta kha a ni. Juda Iskariota  
aiawh tura zirtir an thlan pawh  
kha, '*A thawhleh min  
hriatpuitu atan a awm tur a  
ni*' tih a ni baw. He thawhlehna  
thuril hian Juda hruaitu

puithiamte dodalna a chawk  
chhuak a, zirtirte tihduhduhna a  
thlen zui baw (Tirh. 4:2).  
Hengte avang hian Apostolte  
kohhran din chu Tholeh Krista  
Kohhran tih a nih phah ta hial  
reng a ni.

Thuthlung Tharin a sawi uar  
ber chu Krista thawhlehna azara  
ringtu rinawmte tana thawhlehna  
thutiam hi a ni. Thihna hian  
Krista leh a zuitute inzawmna  
chu a tinghing dawn lo va, a  
nemnghet zawkin thawhlehnaah  
chuan a hruai lut zawk dawn a  
ni. Tunah chuan rinnain amah  
ringtute chuan Pathian thiltih-  
theihnaa nun danglamna chu a  
hre ta a, he 'NUN THAR' hi a  
taka chan a lo nih tak avangin  
Kristian nun chu Krista ruala  
kaihthawh a ni der tawh a ni.  
Ringtuten tholeh nun, nun thar  
hlimawm tak an chan te, Thlarau  
Thianghlim awmpuina azâra  
siam tharna an chan te hian hun  
thar lo la awm tura thiltihtheihna  
an lo tem lawk tih a entir a;  
chuvangin, Amah Isua ngei hi a  
ni, '**Nunga inlâr**' – kan rinna  
tinghetu chu.

Lalpan kan zaa tan  
malsawm rawh se. Amen.



## RIMAWI HMANGA INENKAWL (Music Therapy)

– *Upa R.L. Thanmawia  
Ramhlun*

*LALPA chu ka chakna leh ka hla a ni.  
Ani chu ka chhandamna a lo ni ta bawk a;  
Ka Pathian a ni a, amah chu ka chawimawi ang (Ex. 15:2).*

Rimawi hian nun a tihlim a, rilru leh ngaihtuahna a tihrisêl thin a; Pathian fakna rimawi phei chuan rilru leh taksa bakah thlarau lam nun thleng a khawih avangin a hlutna hi a sâng hle. Cancer-a ka nat ve hnu hian hei hi a takin ka chang a, chu chu tlêm han târ lang ila. Tunlai thiamna hmanga cancer enkawlna atana thil chi thum an hman thinte hi kan hre tlangpui hlawmin ka ring a.

Pakhatna chu zai (operation) a ni a. Cancer awmna hmun azirin zaia paih thin a ni. Pahnihna chu chemo hmanga enkawlna (Chemo-therapy) a ni a. Pathumna chu hem (Radiotherapy) a ni. Heng chi thum zingah hian ka cancer-na hi hnâr kaw tawp zâwn, hrawk bang sâng lai ber a ni a; chuvangin, zai chi a ni lo va, chi hnih dang hmang khian min enkawl a. Amaherawhchu, ka cancer chungchangah heng tunlai thiamna (technology) hmanga enkawlna piah lamah hian rimawi hmanga enkawlna (Music therapy) ka dawng bik a, ka vannei hle.

Pathian fak leh chawimawi hi eng hunah pawh, eng dinhmunah pawh a lo tha hle a ni tih hi cancer-a ka damloh chungchanga ka thil hmuh-chhuah pawimawh tak pakhat a ni. Biopsy result chhuah hnua cancer ka ni ngei a ni tih kan hriat atang khan, Lalpa lama intihchak nan Pathian fakna rimawi hi a tam thei ang ber ngaihthlak tha ka ti a, hun awm leh awm lovah pawh fakna rimawi chu ka ngaihtla tan ta a. Chu chuan khawvel atangin Pathian pawlna hmunah min thlawh chhuahpui daih thin a ni. Office ka kalkawngah pawh ka driver chu zaipawl leh zai-

thiamten fakna hla an sak chu ka play-tir thin a. Office ka thlen veleh computer-ah zai ka ngaithla nghal a. Inleng ka neih chuan ka ti zawi deuh mai a, ka chawlhthir chuang lo. Nilengin ka room-ah chuan Pathian fakna ri chu a chawl lo va. Chu chuan nasa takin ka nun a hahchawlhthir a, nasa takin thlamuanna min pe a, min tichak niin ka hria.

Dam tha pangngai, natna dang leh harsatna dang nei lem lo ka nih avangin phai lama inenkawl tura ka kal hma hian kar hnih chuang mah chu ni tin office-ah ka kal thin a, ka thang rei deuh dawn avangin ka awm bo hmaa thil tihfel ngaite tihfelna hun tha tak a ni a. Ni khat chu nilengin ka buai deuh va. Ka kal hmaa thil tihfel ngaite tihfel a tul a, inleng ka neih nual bakah ka room-ah committee kan nei bawk a. Office ka luh veleh atanga min zui luttu inleng an awm bawk avang leh committee hrang hrang ka neih avangin nileng thakin Pathian chawimawina rimawi ngaithla hman lovin ka vir buai a.

Tlai lam office ban dawnah chuan ka phone-ah thu thawn

(message) thui deuh hi ka dawng a. Ka research scholar pakhat hian, "Sir, i damlohna hi keimah vang a ni. Pathian kohna chhang lova research tih ka thlan vang niin ka hria. Tlaivarin ka tawngtai a, ka chaw ei a tui thei bawk lo va. Ka mangang a, ka rilru a rum takmeuh va, keimah avanga i tuar ngawt hi fel lovin ka hria a; chuvangin, ka research tih lai pawh hi chhonzawm loh mai tur em ni ang tih ka ngaihtuah a. Pathian hnenah, 'A tul chuan keiman ka tuar zawk mai ang e,' tiin ka thlen a," tih thu hi a lo ni a.

Chu thuthawn ka han chhiar chu ka thlep hnawp mai a. Keimah chauh ka inngaihtuah laia buai hauh lo kha, ka natna avang hian ka hnuai a Ph.D. leh M.Phil. research ti lai mekte an thlaphang hle a ni tih ka han ngaihtuah chuan ka rilru a hnimita tlat mai a. Ka nauten min ngaihtuahzia leh ka tan theihtawpa an tawngtai thu min thawnte chu lo dawng nual tawh mah ila, hemi tuma ka thu dawnin ka rilru a den dan chu a dang ta tlat mai. A thuthawn chu ka chhang thuai a. Ani avanga na ka nih lohzia te, ka tuar ai tuartu

chu mi pakhat chauh a awm a, chu chu Isua a nih thu te, ka inenkawl ang a, Pathian zarah ka dam leh thuai dawn a, theihtawp chhuaha a research tih lai chu lo chhunzawm tura fuihna te chu ka chhu mawlh mawlh a, ka thawn ta a.

Chutia rilru no taka ka awm lai chuan thil pakhat tih hmaih ka nei tih ka hre chhuak ta a. Nilengin Pathian chawimawina rimawi ka ngaithla hau lo mai a, Setanan min bei a, ka rilru a tibuai thei a nih hi ka ti a. Ka haw hma chuan ring takin ka computer-a fakna hlate chu ka play ta a. Ka haw kawngah pawh ka driver hnenah chuan, “Ring takin hla kha zaitir rawh,” ka ti a. In ka thlen hnu pawhin ni dang aia ring zelin chumi zanah chuan Lalpa fakna rimawi chu ka ngaithla ta a ni.

Heng hun lai aṅang reng hian ka rilrua lian ber chu, khawvel lam thilte chu a theih chin chinah chuan ngaituah lova, tlansan daiha, Pathian pawlna boruaka inchiah tam a ṅulin ka hria a. Min tlawhtute aṅangin chutiang boruak chu hip bawh mah ila, titi phunglêng leh khawvel lam

tukverha dahna remchang inchhawp chhuak a awm ve fo bawh a. Chuvangin, khawvel aṅanga min chawi chhuaka, Pathian pawlna hmun min thlentutha ber nia ka hriat tlat chu fakna rimawi a ni. Zing ka thawh veleh ka ngaithla a, ka hun neih apiangah ka ngaithla bawh a. Inleng titi karah chuan ngaihlak theih a ni lo va. Chuti chung chuan a tam thei ang ber ngaihlak ka tum tlat a. Tum tlat chuan remchang a awm zêl a. Hei hian nasa takin ka nun hi a chhâwk a, phawklêkna lakah min veng a, hlauhna boruak aṅangin min la hrang a, min hliahkhuh tlat niin ka hre ṅhin.

Phai lamah inenkawl turin kan chhuk a, mi mal in kan luah hmam Mizoram House-ah kar thum lai kan awm a. Room-ah chuan television dah a ni nâ a, kan en ngai lo va. Chanchin thar takngial pawh en ka tum lo. Football inkhel ka en duh ve ṅhin English Premier League leh Spanish La Liga-te chu en ka tum tawh lo va, ka channel ngainat tak, ramsa lam pawh en ka tum hek lo. T.V. chu puanin kan khuh a, a connect-na pawh

kan pawt phawi daih a. Sap tawng chanchinbu pawh ka bih duh lo va, Bible ka chhiar bâk chu zing ka thawh veleh aţangin fakna hla ka ngaithla a, zan ka mut dawnah ka off chauh thin.

Kan nau doctor-in taksa chet tam deuh tha a tih vangin, hulhliapah ka vei zauh zauh va. Mahse, exercise lak dan thar ka hre chhuak ta. Room chhungah insawizawina tha deuh a lo awm reng a. Pathian fakna hla zaipawl leh mi mal sakte chu ka play a, ka lam thin a. A tir lamah chuan kan nu awm laia lâm chu ka zak deuh va, a chhuah veleh lâm rem chi lengkhawm zai emaw, lâm rem hla dangte emaw chu ka play vat a, ka lâm ka lâm thin a. Ka zai thei lo va; mahse, kei aia zaithiamte ka zaitir a, ka lo lâm thin a ni. Hetia lâm hi a tha em em a, taksa tihchak nan a tha a, thlarau lam tihchak nan tak a lo tha bawk a.

Tirhkoh Paula'n, *"Taksa insawizawina hi sâwt zawng a sâwt ve bawk a; Pathian ngaihsakna erawh hi chu..... kawng tinrengah a sâwt a ni"* (1 Tim. 4:8) a tih hi ka hre chhuak a, Pathian thu hi a dik mang tak e

ka ti a, hlim takin ka lâm ka lâm thin. Chemo kan khai tâk hnu pheih chuan luak chhuakin min tibuai fo mai a, luak danna damdawi ei bawk mah ila, a dan hleih theih loh chang a tam a. Ka luak a chhuah chang chuan fakna rimawi ka ngaithla a, ka lâm bawk a, ka rilru ka han sawr bing tak tak chuan ka luak chhuak chu a reh daih thin. "A va tih chi êm!" ka ti a, ka luak chhuah apiangin ka lâm ta thin a ni. Doctor hnena ka sawi chuan min nuhzat deuh turah ka ngai a. Ani chuan, "Music chu rilru lak penna tha tak a ni a, luak chhuak tihreh nan pawh a lo tha a nih tak chu," a ti ve mai a. Chu chuan min tiphur zual a, kan veng nuho lam dan chi hrang hrang mitthla chungin an tih dan te ka zir chang a awm bawk a. Ka chauh chang leh ka ngui deuh chang pawhin rimawi chu ka nun min tiharhtu ţangkai tak a ni ta a ni.

Chemo leh radiation ka lâk tam deuh hnu chuan hrawk nâ te, thil ei hleih theih loh te, êk theih loh te, khawsik er er te leh thil dang neuh neuh awm bawk mah se, tawrh luih deuh theih a ni a. Luak chhuak lo kal tawh chu tih dan a vâng thin hle. Luak

danna chu ka ei bawk thin nâ a, eng ka ang hlei thei lo. A lo kal tawh chuan tih dan dang a awm lo, thei leh thei lovin inthiarna ka pan thin a, a hnu deuhvah chuan thleng min dawhsak ta a. Chutah pawh luak hman lova ka tih thut chang pawh a awm zauh zauh tho mai.

*"Pathian tirh ramhuaiin Saula a man apiangin Davida chuan tingtang a la a, a tum thin a; chutichuan, Saula chu a lo harh a, a tha leh thin a (1 Samu. 16:23).*

Zan khat chu luak chhuakin zanlaiah min kai tho hlawl mai a. Ka khum sir chhuatah chuan ka nupui leh kan monute an mu a. Kaihthawhin awmzia a nei lo va, ka luak tho dawn a. Tih tur dang a awm lo, ka luak danna ber chu rimawi ngaihlhaka, lâm a ni mai a. Zanlaia Pathian fakna hla han play chu ni theiin ka hre lo. Tin, buaipui dawn ila, ka luak hman tho dawn. Rilruin ka jawngtai nghal a, a ri lovin ka zai a, thu chungin ka bân ka phar a, ka lâm ta ngawt mai a ni. Lal Saula tibuitu um bo nana Davida hmanraw tha ber chu rimawi a nih ang bawkin, min tibuitu luak

chhuak leh rilru tihual theitu apiangte um bo nana ka hmanrua rimawi tho a ni a, ka rimawi erawh rimawi inthup, a ri bengahriat theih loh a ni.

Ka zai dan leh ka lam dan chu a bengchheng lo bawk a, ka bula mite pawh an harh phah lo. Harhin, thimtham deuhvah min rawn hmu thut ta pheise chuan hmuithla emaw min ti ang a, min hlau zawk hial mai thei a ni. Paula leh Sila-te zanlaia Pathian faka an zai tuma thil mak leh ropui lo thleng ta ang mai khan, ka chungah pawh Pathian thiltih ropui, mi dang ngaiha ropui lem lo tur chu zanlaiah bawk a thleng ta. Ka manganna ata chu Lalpan min chhanchhuak a, ka luak chhuak chu zawi zawiin a kir leh thei ta zu nia le. Aho viauvin lang mah se, a hun laia ka manganzia ngaihtuah chuan a va han lawmawm tehlu em!

Isaia 60:18-ah chuan, *"I kulh chu Chhandamna i ti zawk ang a, i kawngkhârte pawh Fakna i ti bawk ang,"* tih kan hmu a. Chhandamna kulhin Lalpan min hung a, fakna hlatchu ka tan chuan kawngkhâr a lo ni taktak ta a ni.

## "I HMING CHU JAKOBAAN TI TAWH LO VANGA, ISRAELAAN TI ZAWK TAWH ANG"

– *Biaknguri  
Zotlang, Aizawl*

Kohhran hmeichhiate hian Kristian chhungkua hi kum tam tak kan bei tawh a, hmasawna erawh hmuh tur a lang lo hian ka hre thin. Bei te hi a dawng lek lek thin; mahse, han hlamchhiah ngam rual a ni si lo. Mawhchhiat tur dap leh thin mah ila, a bulthumah chuan nu leh pate hi kan ni lo thei lo. Chuvangin, nu leh pate hi inbih chian kan ngai ni berin a lang.

Gen. 32:27-ah "*Jakoba an ti tawh lo vang a, Israela an ti zawk tawh ang,*" tih kan hmu a; amaherawhchu, Israela kha Jakoba khan a la hliah thin niin a lang. Keini pawh hi Kristian chhungkua kan dinnaah hian engin nge min hliaha, eng hming hian nge kan la hruai le, tih hi inngaituah nawn leh thin ang u. Kan nihnaah leh kan nunah hian kan tu leh faten Isua hmelan hmu em? Petera leh Johana-te huaizia an hmuhin Isua hnenah an awm tawh a ni tih miten an hmu a nih kha (Tirh. 4:13). Krista Chanchin Tha leh kan nun inmawi tur hian zir nawn leh thin ila, chuta tang chuan Kristian chhungkua hi i bei nawn leh thin ang u.

Jakoba khan tamna leh channa hmuna thlen hma loh kha

chuan a hming thar kha a hming dik thei lo niin a lang. Nimahsela, harsatna nasa tak mai, tam a lo tla ta, Jakoba chuan a fate chu Aigupta ram lamah pur phurin wavi hnih a tir a nih kha. A wavi khatna atang khan buaina an tawh tam a, Aigupta ram hotu (Josefa) khan thu tam tak a lo zawt a, mi pakhat fa an nih thu leh an tlum ber Benamina a kal ve loh thu te an sawi a; nimahsela, chu ram hotu chuan enthlatu ang hrimin a lo dawr kual vel a. Simeona chu a hrensak ta mai a.

Jakoba fate chu an khaw lamah an kir a, an buh phurh chu an ei zo leh ta a. Jakoba chuan a fate chu buh phur turin a tir leh ta a. Nimahsela, Juda chuan, "*Chu mi (Josefa) chuan, 'In*



*nau (Benamina) in hnena a tel loh chuan ka hmel in hmu tawh lo vang," tiin min tiam tlat a ni," a ti a. Jakoba chuan, "Ka fapa hi in hnenah a chhuk ve lo vang; a u a thi tawh a, amah chauh hi a ni tawh si a, in kalna kawng lakahte tawhsual a zuk tawh chuan ka lu tuak hi lungngaihna in thlanah in liamtir dawn a ni....Eng vangin nge nau dang in la neih thute lam in hrilh kher a, ka tana tha lo tak in tih ni?...Taitea nunna leh ka nunna hi a inzawm tlat si a," a ti a.*

Juda chuan a pa Israela hnenah chuan *"Taitea chu kan hnenah kaltir rawh; tichuan, kan tho vang a, kan kal mai ang e; keini leh nang leh kan fanau te tete pawh hi thi lova kan nun theihna turin. A chungchang thuah hian keiman a mawh ka phur zel ang; keima kutah ngei amah dah ang che. Ani chu i hnenah ka rawn hruai leh lohva, i hmaah hian ka dintir leh loh chuan a mawh chu kum-khuain ka phur na'ng e," a ti a. Tamin a nawr nasa si a, tu leh*

*fate riltama an thih mai chu a ngai ngam lo. "In nau pawh chu hruai ula, tho ula, chumi hnenah chuan kal leh rawh u....Ka fate chu chan a nih leh ka chan mai a ni ang chu," tih thu hi Israela tawngkamah chuan a lo ri chhuak ta mai a. A tu leh fate, mi tam tak riltama an thih ai chuan a neih chhun Benamina pawh chu 'Chan a nih leh ka chan ang' tih hi Jakoba ni tawh lova, Israela kaah lo chhuakin hmangaih berte pawh mi dangte nunna tur a nih phawt chuan chan kha a huam ta a ni.*

Keini Kristian chhungkaw beitu nu leh pate hian kan tu leh fa duh lai te, kan hmelmapa, sakeibaknei riltam, sa seh tur zawnga phi ruai angin min sehsak mek lai leh, chatuan nunna chaka tuihal riltamte hi pur chawksak an ngaih lai hian daltuah kan tang reng dawn em ni? Juda chu tawrhna emaw, channa emaw pawh lo thleng se, tuar turin a intiam ngam zuk nia maw le! Keini hi eng chen hian nge kan intiam ve ngam ang aw?

Juda khan a pa hnena a thutiam nghehzia kha a ropui hle mai. Lal no an hmuhna ip neitu

apiang chu lal bawihawm tur a tih a ni. Chu no chu Benjamina ip ngeiah a lo awm hlauh mai. Juda chuan Josefa chu va pan hnaiin, "*Khawngaih takin i chhiahhlawh hi Taitea aiah, ka pu, i bawihawm mi awmtir la, Taitea hi a ute hnenah chhohtir ang che. Taitea ka hnena tel lovin ka pa hnenah engtin nge ka chhoh theih ang?*" tiin a ngen ta ngawih ngawih a nih kha.

Keini pawhin thu kan tiam ve a, kan faten baptisma an chan dawnin Pathian leh kohhran hmaah kan fate chu an lo sei lena, an lo puitlin thlengin Lalpa Isua Krista rinnaah leh zirtirnaah kaihruai kan intiam tlat thin. Lalpa laka kan fanau ro chante kan kaihruainaah hian kan thutiam hi kan hlen chhuak em? Mahni theuh i inen fiah ang u. Juda chu a thutiamah ding tlatin – a rilru, a taksa, a theihna zawng zawngin Lal hmaah bawkkhupin a inpe a, a nihna zawng zawng a chan ngam a ni.

Kan tu leh fate hruai chhuak tur hian keiman a bul ka tum zêl ang, kan ti ve thei ang em aw? Lal Isuaa Pathian fa kan nihna

hming thar nen hian Kristian chhungkua hi bei ngam ila , a sawt deuh tur. Lalpa hmaa kan thutiamah kan rinawmin kan hlen em? Isua Krista rinnaah leh zirtirnaah kan kaihruai em? Nu leh pate hian eng chite nge kan tuh? Miin a theh apiang, chumi vek chu a seng leh dawn si a.

Pathian rorelna hmaa kan din hunah, "Khawiah nge ka laka i ro chan fanaute kha?" tia Lalpa zawhna engtin nge kan chhan ang le? Kristian chhungkua kan beih hian a tak taka luhchilh ram a ni. 'Pakhat zêla an kal bovin, an kiam thin chhungkaw tinreng; Lungduh zawng zawng chatuan hmunah, kim leh ni a awm ang em?' tih hi tunah hian kan chhang thei ang em? Hengte hi ngun taka inzawt chung zêlin, kan fanaute Lalpa hnêna hruai thleng ngei turin tihtakzetin tan i la zêl ang u.

*Krista hmachhuanin thim lal kulh i tawn ang u,  
In khandaih phawi ula,  
hma lam tawn r'u;  
Lalpa Krista chuan, "In hmaah ka ding zêl ang," a ti  
A thutiam ang zêlin kan ngam ngei ang.*

Lalpan malsawm rawh se.

## INKHAWMPUI KAN CHHIM VE

– *Lalmangaihzuali*  
*Evangelist Teacher*  
*Lakla, Arunachal East Field*

Arunachal & Assam Mission Field (East)-ah hian Central Presbyterian Women Fellowship (CPWF) kan indin ve a. Kum 2016 committee hnuhnung berah khan 'Kum 2017 inkhawmpui leh hun chu sponsor-tu tur kan hmuh theih chuan kal ve ni se' tiin a. Vanneihthlak takin February 2017 thla tirah chuan Bilkhawthlir Hmar Veng Kohhran Hmeichhiain ramthar lam mi inkhawmpui kal tur an sponsor theih tur thu kan lo hre ta hlauh mai a, kan va lawm tak em! Kan Field Secretary leh hruaituten kan Field chhunga Pastor bial panga aṭangin mi pakhat theuh kal turin anrawn thlang chhuak ta a. Heng kan unaute kalpui tur hian kan hruaitute chuan mi anrawn ruat ve hlauh mai a.

March 6, 2017 (Thawhtan) zanah Lakla khuaah anrawn riak khawm a, zanah chuan Lakla Bial vawngtu Pastor Remchan Taikam chuan fuihna leh ṭawngtaina hun arawn hmang a. A tuka kan kal liam tur chu kan Field Secretary, Rev. Lalrinthara'n minrawn thlah liam bawk a. March ni 7, 2017 (Thawhlehi) tlaiah Ledo rel station atangin relin Mizoram kanrawn pan ta a. Tluang leh dam takin March ni 8, 2017 (Nilaini)-ah Bilkhawthlir kan thleng a, Kohhran Hmeichhe hruaituten hmel hlim takin min lo dawng-

sawng a. Pathian hnena lawm thu sawiin kan ṭawngṭai ho va.

Hmun hla tak aṭanga kal kan nih avangin mutbu pawh kan keng lo va; mahse, Bilkhawthlir Hmar Veng Kohhran Hmeichhia te hian mutbu mai bakah kan mamawh apiang min ngaih-tuahsak vek a, an chungah kan lawm takmeuh a ni. Tin, kohhran mipuite pawhin theihtawp chhuahin, an phalang ang te kan tan an thawh khawm tih kan hriatin kan lawm hle a ni.

Bilkhawthlirah zan hnih riakin March ni 10, 2017

(Zirtawpni) zingah Bilkhawthlir Kohhran Hmeichhiate rualin Serchhip kan pan ta a. Tlai dar 4 velah tluang takin Serchhip kan thleng a.

Kan field aṅanga rawn kalte hian nuam an ti hle a, ei leh in zawng zawngte thlen inten an tum vek tih an hriat pheichuan mak an ti êm êm a. Kan field-a inkhawmpui kan neih hi chuan kohhran inah thleng darh ve baw mah ila, ei leh in zawng zawng chu kohhranin a tum vek a, a huhovin chaw kan ei ṭhin a ni.

Sawi tur a tam, kan sawi seng lo. Ka rawn kalpui mi pahnihte thusawi hi ka'n tar lang leh lawk teh ang.

### 1. Pi Wangcha Bongtai, Mullong, Lakla Bial:

"Isua Krista an rinna avangin hma an sawna a ropui. Buh leh thlai thar chhuah nei lo mah se, Pathian an hre tlat a, chu hmangaihna an chan chu a ropui avangin ei leh in an tlachham lo. Kawng ṭha lo leh kawng te reuh teah pawh an buai lovin an chesual tlem a. Kawng hlauhawm leh awih takahte pawh an buai lo. An hnathawh

zawng zawng a ropui a, zir thiam ve a chakawm. Kan tualchhung kohhran pawhin hma kan sawn theih nan theihtawp ka chhuah zel ang. Tin, an taima tih a hriat a, zu dawr leh zu rui pawh ka hmu lo.

"Mipui khati zozai Pathian thu ngaitla tur leh Amah fak tur an inkhawm kha a ropui. ṭhutna mumal lova ṭhu te, ruah sur vanga hmunhma diak leh nalah pawh hrehawm ti hmel tu mah an awm lo. Keini ve chu inah mahni lawm zawng ngawt ngaihtuah leh buaipuiin kan awm ṭhin a, ṭan lak kan va ngai tak em! Mizoram ka kal ve hriat reng nan hla phuah ka tum a ni," tiin a sawi.

### 2. Pi Panroi Jugli, Lungwaih, Jairampur Bial:

"Keini mi sual ni si, Mizoram kal theia ka awm kha ka lawm em em. 'A ṭha lo, a nuam lo,' tia han sawi tur reng reng ka hre lo. Kal lehna hun ṭha leh hun remchang awm se kal leh turin ka inpeih reng a, kal leh ka la chak em em reng a ni.

"Pathian hmangaihna ka hre thar nasa êm êm a, hrehawm tihna leh harsatna reng reng a

awm lo. Kan thlen inte chhungkua leh kan thlenaa thleng vete kha rilruah an cham reng mai. Ei leh in leh mutna thengin min duhsakin a nuam êm êm vek bawk. Arunachal ram hla tak aṅanga kal ni mah ila, eng mah pek tur kan nei ve lo kha hrehawm ka tih ber a ni. Ṭawngṭainaah pawh ka hre reng a ni.

“Arunachal ram aṅanga kal kan ni tih hriain rilru pe takin min lo lawm te kha kan tan chuan a hlu êm êm a, rinna leh rawngbawlina kawngah min tichak êm êm bawk a ni.

“Inkhawmpui ka kal aṅang khan hlawkna tam tak ka hmuin ka chhar thar a, chungte chu ka lawina kohhranah ka theih ang ang a hman ve ka tum a ni. Bial hrang hrang zaipawlte kha an va ropui em! Sermon te kha hre thiam vek lo mah ila, ropui ka ti êm êm a ni. Ruah sur mah sela mahni thlen in emaw, hmun remchang dang emaw pan mai lova, ṭha taka nihliap khuma an ṭhu tlat mai te kha chona nasa tak a va ni em!

“Hindu sakhua emaw, sakhaw dang betu emaw ni ila

khatiang hun tha kha ka tawng dawn lo va, Isua Krista ringtu nih man a awm hle a ni.

“An hmunhma te kha a va fai nuam tak em!” tiin a sawi ve bawk a ni.

Chhungkua pawh ni se, chaw ei rual ve ngai lo hnam an ni a, thlen ina chaw kan han ei ho dial dial mai te pawh kha mak an ti a; chu vang chuan, chhung inkhawm nei tura zirtir pawh a buaithlak angreng hle a ni. Hlim taka inkhawmpui kan rawn hmang ve kha dam takin March ni 25, 2017 (Inrinni) khan mahni in leh lo kan thleng leh thei a ni.

Inkhawmpui hmang ve theia min hruaitu Pathian chungah kan lawm êm êm a; tin, kan kal theih nana sum min petu Bilkhawthlir Presbyterian Hmar Veng Kohhran Hmeichhiate chungah kan lawm êm êm a ni.

Zoram Kohhran Hmeichhe member zawng zawngte Arunachal & Assam Mission Field (East) Kohhran Hmeichhiaten hma kan sawn ve zêl theih nan min ṭawngṭaipui zêl turin ka sawm a che u.

*Hriselna huang*

## MIT SEN (RED EYE)

– *Dr. Lalsangzuali*  
*Eye Specialist*

Mit hi kan khaw hmuhna a nih avang hian, a nawm loh deuh hlek hi chuan kan rilru a tinuam lo nghal mai ñhin a ni. A sen satliah ringawt pawh hian ngaihven a hlawh hle ñhin.

Mit sen ( red eye) hian chhan tam tak a nei a. Tunah hian a zavaïin kan sawi seng lo vang a; chu vang chuan kan tawn zin deuh deuh tlem han tar lang ila.

A hmasa berin a na lo chi leh a na chi-ah han thliar phawt ila.

### A na lo/na vak lo chi

#### 1. Conjunctivitis

Hei hi mit na hri (bacteria emaw, virus emaw) vanga sen a ni a. Mitêk pawh a tel fô. A hri azirin mitêk a tamin a tlêm a. Thil huat (allergy) neih vang pawhin a awm thei. Mit chu na êm êm hran lovin, a fiah loh phah vak lem lo; mahse, men a nuam lo thei. Mittui a vitamin mitêkin a char phui fo va, kut bal emaw, rawmawl fai lo emawa hrak mai hian a tizual thei. Puan emaw, lapaw fai emaw tuilum chi alah chiaha, ngun taka tihfai ñhin a pawimawh.

#### 2. Thisen zam chat

Kan khuh vak emaw, thil rit chawi vanga kan ñan vak emaw hian mita thisen zam sin te te awm hi a chat ve thei. Thisen chhuak chuan mit a tisen nasa thei hle a ni. Mahse, hei hi thil hlauhthawnawm lutuk a ni lo. Kar khat vel hnuah amahin a reh ve leh mai ñhin. Mit fiah lohna a thlen lo. Amaherawhchu, mit na leh fiah lo, mit thim mup leh luak chhuak a tel a nih chuan ngaihsak vat a ñha.

#### 3. Mit ro/ hul lutuk (Dry eye)

Mitin mittui a siam tam tawh loh chuan mitmu hi a hulin a ro ñhin a, hei hian mit a tikhamin a tisen ñhin. Thil hmuh pawh a chang chuan a tiphe thei. Mit

thlawr hmangin a enkawl that theih.

## A na chi

### 1. Mit BP sang (Glaucoma)

Mitmu chhûnga tuihnang awm hian pressure (Mit BP ti mai ila) a nei ve a. He BP sang hian mit a tina vakin a tisen vak thin. A chang chuan mi a tiluak bawrh bawrh thei a, thil hmuh pawh a tifah lovin, mit pawh a thim mup thei a. Enkaw! vat loh chuan mit a del thei. Chuvangin, hetiang a kan awm a nih chuan mit daktawr hnenah inentir vat tur a ni.

### 2. Mit darthlalanga pan (Corneal ulcer/ Keratitis)

Mit darthlalangah hian hliam emaw, pan emaw a awm hian mit a nain a sen vak thei a, mit te tiphein, mittui te a tla zawih zawihin khaw hmuh a fiah lo vek thei. Pan langsar tak a awm lo a nih pawhin, pan te reuh te te, mit lawnga hmuh tham loh a awm teuh thei a ni.

### 3. Uveitis

Mit chhungrila vung (inflammation) hian mit a tisenin, a na

a, chu bakah a fiah lo tel bawk. Mit men a tinuam lo hlein, engah te men a harsa a. Lu te a ti nain, luak chhuak leh khawsikte pawh a thlen fo a ni.

Heng kan tar lan anga kan awm hlauh a nih chuan, daktawr hnenah a rang thei ang bera inentir hi a him ber a ni. Mahni duh dan leh ngaih dana damdawi lo inchawh ve mai hi i ching lo vang u.

### Mit sen naran

Heng kan tar lante bakah hian, mit mim emaw, mit tihpalh avang emawa mit lo sen chang te pawh a awm ang. Mit mim leh thil lutte chu mahnia chin fel theih chi a awm a. Tui thianghlama khap emaw, fimkhur taka lak chhuah theih mai chi emawte pawh a awm.

Tin, zan mut that loh te, mobile phone leh TV en nasat te, meizial zuk khuk vang leh zu in vang te pawh hian mit a sen rum thei. Hengte hi chu mahni chhia leh tha hriatna hmangin kan pumpel thei a ni tih hi i hre tlang ang u.

.....

**Ei siam dan****AR PUM LOVA ROAST DAN**

Ar	-	kg. khat leh a chanve
Purun sen	-	pum 2
Purun var	-	bul khat
Sawhthing	-	inch khat bial vel
Ser tui	-	2 teaspoon (thirfiante)
Soya sauce	-	1 teaspoon
Chi	-	a al tawk
Tel/Giu	-	pava khat

1. Ar chu fai takin puah la, lian pui pui-in chan rawh. Arsa chu purun sen, purun var, sawhthing den sawm tui sawr te, sertui te, soya sauce te leh chi te chawhpawlh khan chulh tur.
2. Thirbelah tel tam deuhvin chhuang la, chhang kan angin telah chuan kan (deep fry) tur a ni a, a hmin hmasa thurin a dang i kang leh zêl dawn nia.
3. Ei dawnah chan sin la, a gravy (tuihnang)-in leih kual dan dan la, purun a bial zawnga chan te, tomato a bial zawnga chan leh dhania hnah chan sawmtein i chei dawn nia.

\* **Gravy (tuihnang) siam dan**

Arsa kanna telah khan purun leh sawhthing i sawrna hnu kha tlem thlak la (a bang hi chawhmeh kan danga thlak atan fridge-ah dah tha rawh), cornflour thirfian lian hnih kha tuisikah chawk diak la, chu chu zuk leih la, hnang tui deuh a nih thleng in kang rawh. Soya sauce tlem i telh bawk dawn nia.

– *Ei tur buatsaih dan*  
by *Ramthianghlimi*



*Hruaitute chanchin***PI LALTHANZAMI**

Pi Lalthanzami hi Pu R. Kaphuama (L) leh Pi Haunguri fate zinga a upa ber dawttu niin Nov. ni 11, 1961-ah a lo piang a. Kum 1982-ah Pu Thankhuma nen inneiin fanu pahnih leh fapa pahnih an nei a, tu pathum an nei tawh. Nursery Veng, Aizawlah an cheng mêk a ni.

Rawngbawlna lamah chuan kum 2001 atangin Kohhran Hmeichhe Committee-ah a tel tan a, kum 2008 atangin Office Bearer-ah awmin, Chairman leh Secretary-te a lo ni tawh a, tunah hian Asst. Secretary hna a chelh mêk a ni. Buhfaitham Ziaktuah pawh a lo awm tawh thin a ni.

Kum 2008-ah Bial Kohhran Hmeichhe Committee-ah tel tanin Chairman, Secretary leh Treasurer-te a lo ni tawh a, tunah hian Bung-

kawn Bial Kohhran Hmeichhe Chairman hna a chelh mêk a ni.

Tualchhung Kohhranah chuan Naupang Sunday School-ah kum 1999 atangin Beginner Department zirtirtuah a awm a, kum 2010-2012 chhung Senior Department zirtirtu niin tunah hian Puitling Sunday School zirtirtu leh Inrinni zan thuhritu a ni a. Kristian Chhungkaw Committee member a ni bawk. Bungkawn Pastor Bial Reformation & Camping Centre-ah Bial Kohhran Hmeichhe Committee aiawhin Committee Member a ni mek bawk.

Bible chang a rilru hneh em em thintu chu Sam 116:12, "*Ka chung a thiltih that zawng zawng avang hian Lalpa chu eng nge ka pek ve thung ang?*" tih hi a ni a. A hla duh tam tak zingah KHB no. 270-na, "Chhandamtu, chatuan nun nan, i hnenah awm reng hi ka duh e," tih hi a duh zual.

Lalpa'n khawngaih rawngbawl hna min pêk hi lawm taka thawkin, mi dangte inpêk vena leh nunte thlir lovin, keimahnia a tha ber hmang hian Lalpa rawng i bawl zêl ang, tiin min chah a ni.

**Hriat atan**

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

1. Ni 17.11.2017 khan Aizawl Theological College Day hmangin Pi K. Lalliantluangi, Chairman; Pi Lalpianthangi Hrahse, Gen. Secretary leh Pi Lalrinpuui, Treasurer-te an kal.
2. Ni 17-20.11.2017 khan Pukzing Bialah Leadership leh Kristian Chhungkaw Campaign neihpuuin Pi C. Lalmangaihi, Pi Lalngaihzuai leh Pi Zoluri Sailo-te an kal.
3. Ni 30.11.2017-ah All Mizoram Women Federation buatsaihin 'Women & Relegion in Mizoram' zir hona, NLUP Conference Hall-a neihah Pi B. Bualchhumi, Pi Lalremruati leh Pi Lalsangliani-te an kal.
4. Ni 1-4.2.2018 khan Lunglei Lunglawnah MBKHP Inkhawmpui hmanpuuin Pi K. Lalliantluangi, Chairman leh Pi Zodingliani-te an kal.
5. Ni 9-12.2.2018 khan Lawngtlai Bazar Vengah LIKKBHP Inkhawmpui hmanpuuin Pi K. Lalliantluangi, Chairman leh Pi Zasangliani-te an kal.
4. Ni 9-12.3.2018 chungga Kohhran Hmeichhe Bial Inkhawmpui hmanpuui dan hetiang hi a ni:

**Kalna Bial**

1. Khawlailung Bial, Piler Kohhran
2. Phullen Vengthar Bial, Luangpawng Kohhran
3. Haulawng Bial
4. Sialsuk Bial, Sailam Kohhran
5. Chawngte L Bial
6. Tawipui N-II Bial
7. Chalrang Bial, Rianglei kohhran

**Hmanpuitute**

1. Pi P.C. Lalmangaihi
2. Pi Lalngaihzuai
1. Pi Lalsangluaii
2. Pi C. Lalrimawii
1. Pi Denghmingliani
2. Pi Lalpianzami
1. Pi Lalramthangi
2. Pi Biakchungnungi
1. Pi Rothangliani
2. Pi Vanlalrovi
1. Pi Lalhliapi
2. Pi Zodingliani
1. Pi Vanlalnghaki
2. Pi Lalthanruaii

## KUM 2017-2019 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Lalliantluangi
Vice Chairman	:	Pi Lalnuntluangi
Gen. Secretary	:	Pi Lalpianthangi Hrahsel
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Lalrinpuii
Finance Secretary	:	Pi Lalbiakhluni

### COMMITTEE MEMBER-TE

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

### Ex-Officio Member-te

1. Rev. F. Lalrinnunga, Synod Moderator
2. Upa R. Dengzikpuia, Synod Secretary (Sr.)
3. Rev. P.C. Pachhunga, Executive Secretary i/c Women
4. Pi Rinchawii, Ex-Chairman
5. Pi Sailuti (PWF)

### KOHRAN HMEICHHIA

*Thupui : Thuhretu atana koh (Tirh 1:8)*

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



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



Phullen Vengthar Bial



Silchar Mizo Bial

To \_\_\_\_\_

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