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KRISTIAN THALAI



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Kristian Thalai Pawl Chanchinbu thla tin chhuak

BIBLE STUDY / HRINGLANG TLANG / KANTU / WORK CAMP REPORT

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57TH KTP GEN. CONFERENCE
CHU KAL VE NGEI E
R.VANLALRUATA

COMMENT/FEEDBACK

@9774196355



HMAIKAWR

Chris M.S. Dawngkima

PATHIAN AW
MANNY PACQUIAO

CHAW THA
LEH HRISELNA

Lalremruati

ABOVE ALL
PAUL BALOCHE

AN TAN DAMNA A AWM MIAL LO MAW?

REV. T. LALTHANTLUANGA



Phulbial Branch Silver Jubilee



Serchhip Vengchung Bial leadership training



Phulpui Field Veng Branch Silver Jubilee

Kristian Ṭhalai Pawl chanchinbu thla tin chhuak

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tùr a ni a; a la duh chuan KṬP Office-ah a
man pèk lâwk a ngai.*

Office Phone : 9436142398**E-Mail :**kristianthalai1970@gmail.comcentralktp@gmail.com**KRISTIAN ṬHALAI PAWL****Thupui**

Rawngbawl tùra chhandam

Thupui innghahna

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 tùrin
Pathianin a buatsaih lâwk a ni.

Thiltumte

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

A CHHUNGA THU AWM

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Tel ve mai hi...

Rilru lam zir mite chuan mi tu pawh
hian kan tel vena, chanvo leh chanpual
kan neiha, tha kan thawh vena hmun
apiangah neitu nihna kan nei a, chumi kan tel vena atana
hmasawn duhna rilru kan pu thin, an lo ti a. A dik awm hle mai.

Kan Kohhran **Thurin IX-na** chuan ringtute hi A
kohhranho inpatol khawmnaa tel tur kan nih thu a tar lang a,
Isua ngei pawh khan Amaha awm reng turin min duh a ni. Chumi
awang ringawt pawh chuan keini Kristian Thalai Patol member-
te pawh hian kan tih tur chu Lal Isua leh a kohhranho zinga tel
ve hi a ni tih a chiang hle.

Chumi nun chuan ral atanga sawichhetu ni ringawt lovin,
neitu nihna chanvo min chantir zawk a, hmasawn duhna
thinlung leh rilru, ngaihtuahna leh ruahmanna tha zawk neih
duhna min pein, min neihtir bawok a, chu chuan rawngbawlna
kawngah rah tha a chhuah ngei ngei thin. Chu chu thalaite hian
kan mamawh hle.

Kristian Thalai chanchinbu hian neitu nihna atanga
hmangaihtu leh, hma a sawn theihna tura tha thawh duh member
tam tak a neihte hi a nghak reng a, rawngbawlpuih min sawm
a ni. Tha kan thawha, a huang chhunga tel kan tam poh leh he
chanchinbu hian neitu a ngah ang a, hma a sawn bawok ang.
Philippi 3:16-in min beisei anga 'thlen chin atanga hmasawn'
tur chuan kan phak tawok leh kan thiam tawkte sit hauh lova, he
kan rawngbawol honaa kan tel ve mai hi a tawok reng a ni.



Sermon

AN TAN DAMNA A AWM MIAL LO MAW?

— Rev. T. Lalthantluanga
Sesawng

Mahni lam han inbih chuan pen ngaihna a awm der lo, rilrua awm ang pawh chet chhuahpui ve dawn ila a ngaihna hi a awm ngang si lo. Ṭhahnem ngaihna erawh a luang liam ve nguai mai si! "Ka pi, in thil zawrh hi man lovin eng zat man nge?" ti awm tawh chauh ka ni a. Chuti chung chung chuan, ṭhenkhat tan ṭangkaina a lo awm mial mai thei asin, ti chungin ka rawn tlar chhuak ve tho teh ang.

Hei, tum vang leh duh vang, chak vang ni chuang miah lovin ka mi mal harsatna pawh ka thawk pui kawih kawih ve lai paw'n, kan ramah hian mi mangang au thawm a ring tial tial a, a

ni telin an pung mek. Inngaihzwanna, nupa nun zirna, eizawanna, retheihna, chhungkaw nun kehchhia avanga tho chhuak hlei thei tawh lo, sawi mai chuan "tho chhuak thei mai awm" tia ngaih mai theih, mahse, chhungril nun manganthlak,

*Chhungril nun mangan-
thlak, thawpikin a uai
beh tlatte chhuahna
kawng hi direct deuhva
"ISUA" tih mai chi a ni
em?*

thawpikin a uai beh tlatte chhuahna kawng hi direct deuhva "ISUA" tih mai chi a ni em?

Rilru thawpik takin an awm a, an tawt up up a, an hriat thiam danin counsellor, mi hlim, home, psychiatrist, camping centre an pan a. Eng emaw chu an paw haw ve ngei a. Nawr chia deuh chungin mi dang ngaiha danglam deuh anga lan chhuah an tum a. In chhung

an han pen lut a, mi dang an lo danglam ve si lo. A va han hrilhhaithlak thin em! Vawilekhkhatat inlet leh but lo mah se, a nunah thil dang a khawl khawm leh a. A tawpah a tlin leh ta lo nge nge thin.

Hre thiamtu, ngaihsaktu an mamawh ngawih ngawih a. Tawngkam tha satliaha lo dawnsawn ngawt chi an ni miah lo. Lei khek nei chung a i kawm pawh an man thiam vek si. An rilru a harh a, an fim em em a, an nun erawh tal chhuak turin chakna an nei si lo. A chang chuan ngeiawm, ninawm, that tum lo, harh tum lo angin an lang thin. In chhung an ning a, an leng chhuak peih lawi si lo. Puitu an mamawh a, tanpui an har em em lawi si. *Luka* zia kawh hmuh ngawt chi an ni hauh lo a nia.

Khawlaiah an han chhuak ngawt a, mi dang hmuhin an han then ve sak a. An chhungril erawh a khur a, an tap tlawk tlawk si. *Mizo society*-a a awm

chuan inkhawm ngaihsak turin kan duh a. Hahchawlhna a hmuh chuan si loh chuan phurrit a zual ting mai a ni. Mi dang inah leng se, kan lo hriat chian si loh chuan khawngaih leh lainattu aiin mak tihna leh diriam zawk mahin kan lo thlir thin. Khawvel dangah an cheng thei ngang lo va, anmahni chauh lenna khawvel an siam chawpah an cheng tih hriat thiampuitu an awm loh chuan beidawnnain a man ngeth zual sauh thin.

ENGE AN DAMNA NI TA ANG?

Rilru thawvenna an mamawh

Hei hi a ni kan ramin a tlakchham chu. Khawiah nge an hmuh ang? Ramhnuai pilrilah an va tap hawm hawm dawn em ni ang? Hmun chep takah kan inek beng a, hawina lam apiangah an ri luih luih mai si. Chhungkaw boruak hrehawm an tlansan aia

hahthlak zawkan hma chhawn leh tho si a. Hetiang hun hi a ni rilru thawven an mamawh hun chu.

Kan titina aṭanga ngaihtuahna ṭha deuh chu, hmun zau tak, thawveng tak, nupa nun hrehawm han tlanhhiatsanna tur, chhungkaw nun hahthlak bihruksanna tur, tute nen emaw boruak ṭha lo neiha, rilru nu but tihrehna tur hi awm se. *Picnic spot* lam a ni lo, *picnic* rilru an pu lo. Nun hahchawlhna an mamawh a ni.

In chhawng sang deuh deuh, khir iaih uaih ringawt *dream* lovin chutiang mite hahchawlhna tur te hi awm se, hmun zau, fai thawveng, a duh tan hna han thawh bawrh bawrh theih tur, a ṭhen tan pangpar huan han fan vel tur, rilru thlamuang taka awm chung a an rilru hahna *share*-na tur *counselor* awm se, an dinhmun hriat thiampuitu, hlawh avang chauhva thawk ni lo ni thei se.

Inbun ruahna an mamawh

Thinrimna, huatna, phuba lak chakna, mi tihnat chakna nei pawha awm theih, sawi chhuah tur an neih, sawina tur neih si loh vanga rilru buai ang maia awmte tan inbun ruahna, ṭah hawm hawm chak tan pawh inthlahrunna awm lo tur hmun an mamawh a ni.

Hre thiamtu an mamawh

Eng ang harsatna nge an hmachhawn, eng din hmunah nge a din, a nun hrehawmna eng nge tih hriat thiampuitu an mamawh a ni. 'Aw/E' liamsan mai mai chi a ni lo.

Ngaihthlaksak peih tu an mamawh

A harsatna ngaihthla hman reng reng lova thurawn lo pe nghal zung zung tu tluka ninawm an tan a awm lo. Chuvangin, mi dang bula tlangau ang maia sawi chhuah ching counselor an mamawh lo.



CHAW THA & HRISELNA

- Lalremruati (Nutritionist)

Chaw' kan tih hian kan rilru a lo lut hmasa ber chu 'buh' a ni Cawm e. Amaherawh chu Sap ṭawnga 'food' tih leh Mizo ṭawnga 'chaw' tih hrilhfhahna chu "thil tuiril emaw, sakhat emaw kan ei/ina, kan taksain ṭhatna atan a hman theihthe" hi ani. Chaw ṭha kan tih mai hi awlsam taka kan chhehvela kan hmuh mai theih tam tak a awm a, kan hriat loh avanga kan ei lem loh a tam zawk. Chuvangin, chaw ṭha tlakchhamna (*malnutrition*) kan lo nei reng thei a ni.

Malnutrition hi chi hnihin a ṭhen theih a, chaw ṭha tlakchhamna (*Undernutrition*) leh chaw ṭha thenkhat ei luattuk vanga taksa mamawh tlachham si (*Overnutrition*) te an ni. Chaw ṭha tlakchham avanga natna thleng thei tam tak a awm a, inven dan ṭha tak, awlsam si a awm bawk. A hnuaia kan hmuh angte hi chaw ṭha chi hrang hranga ṭhente, a tamna chaw leh chawhmehte, tlakchham natna thleng theite leh a lan chhuah dante a ni.

Chaw ṭha ṭhen hrante leh a tangkainate

Chaw ṭha hi hlawm hrang hrang pangaah a ṭhen theih a, a tangkainate hi hlawm hrang pathumah a ṭhen theih bawk. Chungte chu:

Protein : Taksa siam ṭhatu leh ṭhan lentirtu.

Carbohydrate & Fats : Chakna thahrui petu.

Minerals & Vitamins : Natna laka taksa venghimtu.

Hengte hi ni tina kan mamawh reng mai a ni a, kan mamawh tawk phuhru zo tura kan thil eia a tel lo fo a nih chuan tlakchham natna (*deficiency disease*) chi hrang hrang a lo thleng thei dawn a ni. Chuvangin, kan hriselna venhim nan chaw ṭha kan lo mamawh ta em em a ni.

UNDERNUTRITION

Macro Nutrients

Protein : Taksa siam ṭhatu leh ṭhan lentirtu a ni a, nausen atanga puitling thlengin kan mamawh em em a ni.

A tamna – Be chi hrang hrang, dal chi hrang hrang, chana,

bawnghnute leh bawnghnute aṭanga siamte, artui, badam leh sa chi hrang hrang. Ni tin chi 2 tal wawi 2 vel kan mamawh.

Carbohydrate : Chakna thahrui petu a ni a, kan ni tin chaw ei leh thil eiah a tam ber tur a ni.

A tamna –Buh leh atta lam, bul nei chi – alu, bal, bahra, mawm, hriak leh thlum lam.

Fats : Chakna thahrui pe vetu a ni a, taksa khawl khalhtu leh lumna min petu a ni.

A tamna – Mawm, hriak, thau, butter, ghee (giu), sa leh a thau. Mi hrisel pangngaiin ni tin fianta 2-3 vel bak kan mamawh lo.

Tlakchham natna : *Protein, carbohydrate* leh *fats* tlakchham hian PEM (*Protein Energy Malnutrition*) a lo thleng thei. Naupangah chuan *marasmus* leh *kwashiorkar* hi a lan chhuah dan natna a ni.

Kwashiorkor – *Protein* tlakchham zual vangin a lo thleng thei, naupang ṭhang thei lo, kawṭhalo reng, sam rawng inthlak, dul kiar em em si, ban leh ke ruhrel lang ṭhiak tho si tein an awm thin.

Marasmus – Hei hi chu *protein, carbohydrate* leh *fats*-te tlakchham kawp vek avangin a thleng thei. Naupangin thil eng mah an ei ṭha peih lo va, vun rau, sam tla leh vung an nei a, an vun a lo chuar bawk thin.

OVERNUTRITION

Taksa hian mamawh chi hrang hrang nei mah se, a in-balance tawh lohva, a ṭhen ei tam lutuk hian *overnutrition* a thlen ṭhin a, taksa san zawng phu lova rit lutuk, 'thau' kan tih a lo thleng ṭhin a ni.

Thau chhan awm thei tlangpuite

1. **Hypothyroidism** : *Thyroid* hniam vangin taksa thauna a pung thei, ei in leh *exercise* nena *control* a ngai thin.

2. **Environmental factors** : Chhehvela ei leh in hrisel lo, thauna tam chi ei tur tam lutuk vangin a thau theih. Chuvangin, ei leh in hrisel tak ei a pawimawh.

3. **Poly Cystic Ovarian Disease/Syndrome** : PCOD/PCOS hmeichhiaian a lo neih chuan thauna a tichak a, an thau duh hle a, *exercise* leh *diet* hmanga *control* ve a ngai baw ṭhin.

4. **Diet & Lifestyle** : Ei in mawm leh thau tam ei nasat vang leh nunphung hahdam lutuk leh *exercise* lak loh vangin a thleng ṭhin.

5. **Genetic** : Inthlah chhawanna aṭanga thau theih a ni.

Thau dan inhriatna

1. **Ideal Body Weight** : Entir nan, san zawng cm. 100 a nih chuan, cm. $167-100=67$ kg. tur tihna (Hei aia a rih chuan a thau tihna)

2. Body Mass Index (BMI):

$$\text{BMI} = \text{Rih zawng kg}/(\text{San zawng metre})^2$$

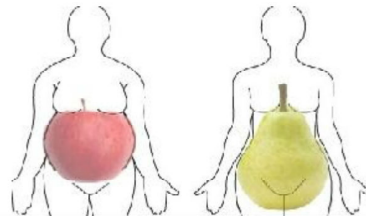
e.g. $67 \text{ kg}/(1.5 \times 1.5) = 29.7$ (29.7 = Overweight)

Underweight	Less than 18.5
Desirable	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity class 1	30.0 - 34.9
Obesity class 2	35.0 - 39.9
Obesity class 3	More than 40

Imperial	Metric
4'8"	142
4'9"	144.5
4'10"	147
4'11"	150
5'	152.5
5'1"	155
5'2"	157.5
5'3"	160
5'4"	162.5
5'5"	165
5'6"	167.5
5'7"	170
5'8"	172.5
5'9"	175
5'10"	177.5
5'11"	180
6'	183
6'1"	185.5
6'2"	188
6'3"	190.5

APPLE SHAPE vs. PEAR SHAPE

Apple shape anga dulkiar hian Pear shape aiin zunthlum, bp sang, stroke, etc. an nei sam bik hle.



BALANCED DIET : Chaw then hran chi hrang hrangte a inbuk tawk chiaha kan taksaa kan lak luha, heng – *Calories, Proteins, Minerals, Vitamins*-te leh *nutrient* dangte a mamawh ang tawk a lo hmuh theiha, taksa hriselna atana a hman theih hi a ni.

ICMR, 2011-a chaw then hrante

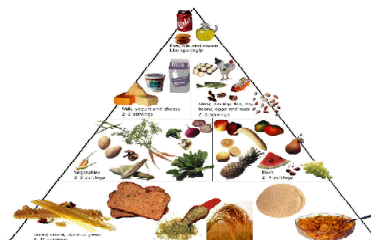
Group 1 : Buh leh be lam

Group 2 : Thlai leh thei te

Group 3 : Bawngnhnute leh sa/ artui lam

Group 4 : Mawm leh thlum lam, badam te nen.

Food pyramid, a hnuaia mi hi kan ni tin thil ei tam lam tehna chhuar angah ngaih a ni. A chhuar zau ber hi kan nileng thil eiah a tam ber tur tihna a ni a, chutiang zelin chhuar te bera mi hi a tlem em em tur a ni thung.





Pathian Âw

Manny Pacquiao

Emmanuel “Manny” Pacquiao hi a hming hre lo kan vâng viau awm e. Philippines-ah chhungkaw rethei tak aṭanga lo sei lian a ni a. Chutih kârah a nu leh pa an han inṭhen leh râwl nen. An retheih êm avangin sikul pawh rei kal lovin a nu chawm turin naupang tē a nih lai aṭangin hna a thawk a ni. Kum 12 a nihin boxing a khel ṭan a, a hawi kir tawh lo. World title sawm, weight ṭhen hrang pariatah a la thei ta hial a ni. Hetiang mi rothap leh insual mi tlawmtu chu insualna *ring* chhunga mi a ni lo va, Lal Isua a ni zawk.

“Pathian chuan a hming a lo ropuina tur leh, mi chak lo ber pawh mi chak berah a awmtir thei a ni tih mite’n an hriat theih nan ama hnenah min hruai haw leh a ni. *Roman Catholic* chhungkuaa sei lian ka ni a; mahse, ka lo lâh tak hnu chuan biak in lam ka ngaihsak ta lo. Chawlhniin biak inah ka inkhawm ṭhin a; mahse, ni dang zawng chu zu in nan te, pawisa khelh nan te leh hmeichhiat mipatna lam atan te hun ka hmang ṭhin a, pawī tihna pakhat mah ka nei ngai lo.



“Mahse, ni khat chu ka nu lehkhathawn ka dawng a. A lehkhah chuan pawisa ka thawn tawh loh avanga ka farnuin sikul a chawhlsan thu hi a lo inziak a. Chu chuan ka thinlung hi a tikehsawm chiang hle. *Boxing* ka khelhna aṭanga ka pawisa hmuh zawng zawngte chu zu in nan ka hmang vek zel a, thawn tur ka nei tlat lo a ni. Ka va han sual tehreng em!

“Ka nu lehkhathawn ka dawn zan chu ka la hre chiang kher mai. Kum 2011 kum kha a ni a, Juan Manuel Marquez-a nen kan inbeih hnu lawk a ni nghe nghe. Khami zan khan alawm Pathian aw chu ka hriat tak ni. Ka mumangah Pathian chuan chiang tak leh ring tak, khawpui ri nasa tak ai pawha ring zawk hian min au va, ‘Ka

fapa, ka fapa, eng vangin nge
sual lam kawng i zawh tak mai
le?’ tiin. Pathian aw ka hriat
veleh chuan thi ang mai hian ka
awm a, ramngaw zau tak, lai
takah hian ka lo awm a, leiah
thingthiin ka lo tawngtai a, thil
eng vâr tak mai ka hmu a, chuta
tang chuan aw chu a lo chhuak
a ni. Vantirhkoh, a vâr veka
inthuam, thla lian tak leh sei tak
nei ka hmu a, Pathian chuan
tawpna hun tur min hrihl a ni.

“Pathian aw ka hriat chuan
ka tui ral vekin ka hria. Hei hi
ka nun inthlâk danglam tanna
chu a ni. Pathian chuan min
rawn bia a, tih tur min hrihl a,
ka zui mai tur a ni.

“A tirah chuan ‘Mumang
mai mai a nih hi’ tiin ka
ngaihsak tha duh lo va. Ka
theihngihl zui mai reng baw.
Mahse, ni khat chu Bible chhiar
châkna ka nei tlat mai a. Bible
ka’n chhiar a, Pathian chu
mumangah a mite hnenah a
inlar thin a ni tih thu ka chhiar
a, chu chuan ka mumanga ka
hmuh leh ka hriat chu Pathian
aw ngei a ni tih chiang takin
min hriattir ta a, a hnena inhlân
lo thei ka ni ta lo a ni.

“Kawng dik ka zawh tak
avang hian ka lawm êm êm a,

Lal Isua’n ‘Keimaha kal lo chu
tu mah Pa hnen an thleng lo
vang’ a ti a; chuvangin, vanram
chang tur chuan Lal Isua
hniakhnung kan zui tlat a ngai
a ni. Lal Isua Lal leh
Chhandamtua i pawm phawt
chuan chatuan nunna i nei ngei
dawn a ni. Amah lo chu kawng
dang a awm lo. Ka tân chuan
khawvel thilte hian pawimawhna
an nei tawh lo. A
pawimawh ber chu ka thin-
lunga Lal Isua ka nei ta hi a ni.

“Pathianin malsawmna tam
takin min vâr a, ram hruaituah
min dah a, a rawngbawl min
phalsak a, boxing khawvelah
sang takah min hûng baw.
Pathian hian keimahah hian
tum a neih hi ka ring tlat a, ka
beisei phâk loh leh ka
ngaihtuah phâk lohvin min
chawimawi tawh a, tunah
chuan ka chawimawi ve hi a hun
tawh a ni. Ka dam chhunga ka
tih tur chu a chanchin tha hrihl
hi a ni ta.”

Freddie Roach-a, Pacquiao-
a *trainer* chuan heti hian a sawi:
“Manny-a hian a nun dan a thlak
nasa êm êm a: nightclub a neih
chu a hralh a, zu a in ngai tawh
lo va, hmeichhe dang a mutpui
ngai tawh hek lo. A nupui nen
pawh an hlim dun tawh êm êm
a, mi fel tak a lo ni ta,” tiin.



— *Upa C. Lalsanglura*
Shillong

1 Samuela 30:6 (Harsatna tâwkte tan)

“Tin, Davida chu a mangang hle mai a; an fapate leh an fanute avânga mi zawng zawng an thin a nat êm êma, amah chu lunga den thu an sawi avângin. Nimahsela, Davida chu a Pathian LALPA-ah chuan a intichak a.”

1. Davida ropui em emna chu harsatna hnuaiah a awm laiin mihring lamah thlamuanna zawng lova, a Pathian hnena a tlu lût tlat mai hi a ni.

2. Harsatna kan chung a lo thlenin, chu harsatna ațanga zirlai ța tak hmu thiam thei tura kan inbuatsaih a ngai.

3. Mite’n min sawisela, min beih laiin thiam thu sawi zuah zuah țin rawngbawltu nih hi thil inhmeh lo tak a ni.

4. Nunnain a tawrh theih leh harsatna hnuaiah, a dik leh dik lo pawh ngaihtuah lova, himna tur a nih phawt chuan dâwt sawi hreh lo leh bawh huam huam ringtu nih hi a dik thei lo.

5. Harsatna kan chung a thlen laiin mihring lama thlamuanna/ himna zawng lovin, Lalpaa kan intichak hun lo ni zel teh se.

Davida pawh dinhmun khirh tak, a chhungte hmelmam an hruai bo lai, ama mite ngeiin mawhchhiata, lunga den hlum an tum laiin, keini chu ni ila, thiam

thu sawi leh insawi mam tumin kan phe nasa ngawt ang. *Davida* erawh chu Lalpaa a intichak a. A ropui takzet a ni.

Sam 127:1 (Kristian Chhungkua)

“LALPAN in a sak loh chuan, A satute chuan an thawk rim thlawm mai a ni: LALPAN khawpui a vawn ța loh chuan, A vengtu chu a meng thlawm mai a ni....”

1. Lalpa in sak lohva chêng hi kan tam hle ang em le?

2. Khawvel thilah ropui takin awm mah ila, engkim hniang-hnar tak nen, Lalpa mamawhna tur kan nei ang em? Lalpa awm lohna chu a râpthlakin, thlamuang taka awm a harsa ngawt ang.

3. Lalpa khawpui vawn ța loh chu a him chuang lo! Khawvel thilah hausa hle mah ila, kan fate nunah pawp a awm thei asin!

4. Lalpa vênna lo chuan khawiah mah himna a awm lo!

5. Sum leh paite chu kan vawng him thei mai. Fanau ro chante erawh hi chu Lalpa tel lo chuan kan vawng him hauh lo vang!

6. Mahni thahnemngaihna hmanga chhungkaw din, Lalpa hriatpui lohva inla mi liante dinhmun chu – in ropui takah awm mah se, a chhungah chhungkua a awm lo. Khawhar takin an awm vawng vawng mai a ni.

Luka 14:18-20

(Nun tichak lotu chhuanlam)

Lal Isua'n tehkhin thuin – mi tu emawin zanah ruai a theh a, ruai kil tura a sâwm zingah mi pathumin an theih loh thu, an chhuanlam kan hmu. Heng mite aţang hian inen fiahna tur kan nei ngei ang.

1. *“Lo ka lei ta a, a enin ka kal a ţul a ni; mi khawngaihla mi han phatsak ang che.”*

He chhuanlam hi ‘thil neih (property)’ ngaih pawimawhna a ni. Tu pawh lo/ram lei se, en turin zanah an kal ngai lo. Ram a lei chuan a man a p  k fel hmain a that leh that loh a en hmasa ngei tur a ni ang. Chhuanlam dawrawm tak a ni; thlarau lam puarna aia khawvel thila puarna zawngtu a ni ngei ang. A kal peih loh vang leh ruai kilpui tura s  wmtu a ngaih pawimawh loh vang a ni.

2. *“Sebawng tuak nga ka lei ta a, a chhia a tha fiahin ka kal dawn a, mi khawngaih la, mi han phatsak ang che.”*

He chhuanlam hi sum-dawnna, hnathawhna, sum leh pai ngaih pawimawhna a ni. A lei hma khan lei tl  k a nih leh nih loh chu a en hmasa ve ngei tur a ni. Lalpa rawngbawl hna thawh leh Lalpa duh zawng aia mahni hl  wkna ngai pawimawh zawk a ni ngei ang. Krismas laia naus  n Isua chibai b  k lam aia sum leh pai lama inhmang zawk, inkh  wm hman lo khawpa buai thin a ni ngei ang. En zui ngat ta ila, a sebawng lei thar en turin a kal lo tawp ang?

3. *“Nupui ka nei ta a; chuvang-in, ka kal thei lo.”*

He chhuanlam hi mi tam takin kan hmang thin, chhungkaw lam ngaih pawimawhna a ni. Chhungkua hi ngaih pawimawh tur a ni a, rawngbawl na hlamchhiah phah nan erawh chhuanlam atan hman loh a va duhawm em! Nupui neih hmaa inhmang tak, nupui neih hnua pil bo ta daih lah sawi tur kan awm ve zel bawk nen, nupui zawn nan kan lo inhmang mai mai em maw ni? En zui chiah ila – in chh  ng, sofa chungah mu chungin TV a en ang a, *Korean film/inkh  l* a thlir ngeiin a rinawm tlat.

Kan inkhawm loh chhuanlam te, rawngbawl naa kan mawhphurhna tihlawhtling peih lova kan chhuanlam te hi bih Chiang ila, keimahni ngei pawhin kan pawm loh tur te an ni tlat asin! Engtin nge kan Lalpa hian a pawm teh lul ang ni? Rawngbawl na lama kan chhuanlam te hi en ila, âwm kan tihah inngat mai lovin, Lalpa'n âwm min tihpui ve ang em le? Ani chuan chhuanlam siam miah lovin A fapa Isua Krista kha a rawn hlan hmiah a nih kha!

2 Chro. 20:12

Lalpa lam hawi hun a ni e

Israel lal Jehosaphata mangang chuan, "Aw kan Pathian, an chungah ro i rêl dâwn lâwm ni? Mi chu zozai, mi rawn bei tûra lo thavukthe chu lo han bei thei ziazang kan ni si lo va; a tih ngai hna rêng rêng kan hre bawh hek lo, i lam kan lo hawi mai zâwk a ni e," a ti a.

Lal Jehosaphata kha hnam 3, Amona thlah, Moaba thlah leh Meun thenkhatin an do rawn dawn a. Do let thei niin a inhre lo va, a mangang hle mai. A mangang lutuk chu Lalpa hnenah a tlu lût chawt mai; Lalpa indonaah changin, an do ve ngai miah lovin, Lalpa hnathawh ropui tak a lo lang a. Lalpa fakna hla an sak veleh, an hmelmate chu anmahni inbein, an inthat fai ta vek mai a ni. Israel-hovin an tih ve chu rallak thil va lak khawm mai kha a ni.

1. Rinna mitin han hawi vel ila, kan ram/chhungkua hi sual intiam rualin min va beih rawn nasa tak em!

2. Mahni mai chuan kan hneh thei dawn lo tih a Chiang! Mihring lam ațangin theihtawp chhuah ve thin mah ila, a sawt mawh hle mai. Lalpa hnena tlûk luh hun a ni e.

3. Sualin min beihna hi a hring a hranin kan hmu thei lo, a rah chhuak erawh chu hnaivai takah kan hmu thin. Ramah, khawtlangah, chhungkua leh mi malah kan hmu tam hle mai.

4. Sual min beihna hre lek lo hian, Lalpa hnena tlûk luh nachang hre bawh si lo hian kan tuar tlawk tlawk mai a nih hi! Kan dinhmun en hian kan hneh loh hmelmah a nghaisak mek, tanpuitu mamawh ngawih ngawih kan ni. Lal Jehosaphata ang hian ENGKIMTITHEI LALPA hnena tluk luh hun a ni e.

Ram tiam lam panin chak lo tak chungin,

Ni tin ka kal a,

Mahse, aw Lalpa, chim buaitu an tam ngei;

Ka kal thiam lo.

Setanan nitin min bei,

Nangmah kal bosan turin;

Mahse chakloh lai ber pawn ka peng ngam lo.

Lalpa nangin min chelh tlat rawh. I ta ka ni e....



Hmaikáwr

Chris M.S. Dawngkíma,
Ramhlun North

Hmaikáwr vuah pawisa lutuk suh, hmai tak a balh miau va, mi dang mit a tihkham dáwn si chuan hmaikáwr phènah i máwi zâwk thei asin!

Ka thianpa chuan, “Mi dangte hriat chian lutuk hi a tha lo, an puan hnuai thil leh pindan chhúngril kan hriatpui vek chinah chuan ngaihsàнна a tlahniam,” a tih khân dikna chin a nei! Isua ngei pawh khân zàwlnei chu hmun dangah chawimawiin awm mah se, ama khaw lamah chuan chàwimàwiin a awm ngai lo a tih kha (Joh. 4:44). Zàwlneite meuh pawh famkim bìk hek suh!



Tu ma hriatpui lêm loh thurûk, thlàna kan zàlpui tûrte hi thawhlehn niah chuan thup hlen theih beisei lo mah ila, leiah tal phùm bo hlen a ni tùr hi a hlu danglam ngawt asin!

Vincent Van Gogh, khawvêl *history*-a lemziaktu ropui berte zínnga chhiar tel

kumkhua tawh tùr kha kum 37 mi lek niin a thi a. Mahni intihlum a ni! A lehkhathawn pakhatat chuan, “*I wish they would only take me as I am,*” tiin a lemziak dangdai leh mi dangte aia a danglamna chu khawvêl hian hriat thiamtui se a duh thu a tár lang. American zaithiam *Don McLean*-a chuan *Vincent*-a pual hian hla lungkuai êm êm mai ‘*Vincent (starry starry night)*’ tih a

phuah a. Tu mahin *Vincent*-a suang-tuahna ram an thlen phâk ve loh thu te, a finna chu a tuarna thlentú a nih zâwk thu te, he khawvêl hi ani ang mihring, máwi danglam taka thuam tán chuan chènna tlâk a nih loh thu leh, chumi avànga mahni a intihlum tâk thu te a ziaak tel!

“Ka nih ang ang hian min pawm mai rawh u,” tih thu hi tunlai thalai tam zâwkte nun phung leh rilru put hman a lo ni ta. Mi dangte nêna chên ho thiam rêng rêng lo, kal khat lutuk, miin an nun tâwmpui se an duh viau laia mi dangte nun tâwmpui ve thiam hauh lo kan pung tual tual mai a nih hi! Vincent-a ang maia khawvêl hi chênna tlâka ngai lo, nun ning thalai kan pung zêl dâwn niin a lang.

Insûmtheihna leh dawh-theihnate hian min thuam mâwiin, kan hmai bàl thup nân a tangkai hle. Tu mitmei mah véng lo, nih ang anga lang chhuak thînte hi insûmtheiah kan chhiar ngai lo va, hmélmaah kan chhiar zaw mah thîn. Chuvàngin, kan hmai tha zâwk nèn ngeia mi dangte hmachhawn hi remna thlen tùra hmanraw hriam ber a ni!



Titanic lawng lian kha millionaire special an ti a. Block lian tak tak palia then a ni a, chhawng sawm pakhat a sang a ni. A tikaltu atan pawh propeller pathum lai an hman a, a himna thuah pawh a tunlai thei ang bera thuam a ni. Nuam leh marwi keng kim thei awm chhun niin an ngai hial a, khawvel mak tih leh ngaihsan a ni.

A zin vawî khatna atan April ni 10, 1912 khan Southampton atangin New York a pan a. A chhuah atanga ni nganaah chuan vur tlang lian zet mai a su a, a hnuai lam chu a kaw ta huau mai a; vur tui vawot takah tuifinriat mawng feet 12,000 zeta thukah a pil ta a ni. A dik tak chuan Titanic kha an ngaih danah chuan lawnglian a ni satliah lo va, mihring thiltihtheihna ropuizia entirnaah an ngai deuh ber zawk. ‘Ropui, zahawm, mak! Pil thei lo!’ tih a ni. Mahse, chu ‘pil thei lo’ chuan a pil rual khan eng emaw a pilpui tlat. Khata tang khan tu mahin mihring thiltihtheihna hi innghahna tlak tak takah an ngai thei tawh lo.

Mihring nunphung hrilhfi ahna atan hei aia tha hi a awm thei tawh awm lo ve; mihring chapon a te, finna leh thiamna te avang hian Isua Krista kan ngainep a, a thiltihtheihna a taka a lo thlen hunah chuan Titanic chhiatna ang hi kan chungah a la rawn thleng ngei dawn a ni.

HRUAITUTE CHANCHIN

Upa Rosangliana

CKTP Assistant Leader



Upa Rosangliana, CKTP Asst. Leader țang lai mek hi October 2, 1979 khan Pu H. Lalthlengliana (L) leh Pi Zothansangi (L)-te fa hming koh ni turin Synod Hospital, Durtlangah a lo piang a. Unau mipa 3 leh hmeichhia 1 niin, vanduai-thlak takin a nau mipa naupang ber hian chatuan ram a lo pan tawh a, tunah hian Electric Veng, Aizawlah an cheng mek a ni.

Zirna lam

Zirna lamah Savidge Lorrain English School atanga bul tanin St. Paul's atangin High School a zo va, B.A. a zawh hnuah eizawnna lam a buaipui chhunzawm ta thung a ni.

Rawngbawlna lam

A naupan tet atanga kohhran bel tlat mi a ni a, khawngaih rawngbawl hna mahni kuta awmte hlen chhuah tum tlat țhin mi a ni.

CKTP rawngbawlna lamah pawh tleirawl chhuah tirh atanga inhmangin Electric Veng Branch-ah Group hruaitu te lo niin, Electric Vengthlang Branch din tirh kum 1999 khan O.B. hmasa ber zingah telin Asst. Secretary mawhphurhna a chelh a, Branch Leader, Asst. Leader, Secretary, Asst. Secretary leh Finance Secretary rawngbawl hnate a chelh chhunzawm bawh a; Bialah Leader, Asst. Leader leh Finance Secretary hnate a lo chelh tawh bawh.

Zai ngaina tak niin zaia rawngbawlna lamah pawh ke thui tak a lo pen ve tawh țhin a, mal zai leh group zai lamah sulhnu eng emaw zat a lo nei ve tawh a ni. Zaipawl rawngbawlna lamah Kohhran Zaipawl Conductor vawi eng emaw zat a lo ni tawh a, Bial Zaipawlah term li chhung awmin term khat Conductor a lo ni tawh a, Synod Choir-

ah term hnih chhung (2004–2006, 2006–2008) tenor part sain member a lo ni tawh bawh.

Kum 2015 khan Electric Vengthlang Kohhran Upa atan thlan niin, Aizawl Central Presbytery vawi 9-naah nemngheh a ni. Tunah hian Electric Vengthlang Kohhran Committee member niin, Kristian Ṭhalai Pawl, Electric Veng Bial Committee ah Ex-officio a ni a, Electric Vengthlang Branch-ah Ex-officio member a ni bawh. Electric Vengthlang Sunday School Asst. Superintendent (Naupang lam) a ni mekbawh.

Infiamna lamah hian teirawl laiin football, volleyball te a lo khel ve tawh ṭhin a, Tunah erawh badminton lam a tuipui hle thung.

Bible thu ngainat

Ephesi 2:8-9, ‘*Rinna avanga khawngaihnaa chhandam in ni si a; nangmahni thawh chhuah a ni lo va, Pathian thilpek a ni; thiltih avang a ni lo ve; chuti lo chuan, miin an chhuang dah ang e’* tih leh, 1 Korinth 1:26-29, ‘*Pathian atna chu*

mihring aiin a fing zawk a, Pathian chak lohna pawh chu mihring aiin a chak zawk bawh si a. Unaute u, a kohna che u hi ngaihtuah teh u, tisa lama mi fing tam tak te, mi chak tam tak te, mi ṭha tam tak te koh an nih lohzia hi; nimahsela, Pathianin khawvel thil ate chu a thlang ta zawk a, mi finge chu a tihmualpho theihna turin; tin, Pathianin khawvel thil chak lote chu a thlang a, thil chakte chu a tihmualpho theihna turin,’ tihte hi a Bible chang duh a ni.

Hla duh zawng

‘Khawngaihna mak, mawi leh duhawm’ tih hla Kristian Hla Bu no. 432-na hi a hla ngainat ber a ni.

Thuchah duh

Mahni inzahpui lova kan tlin loh leh fel loh ang anga Pathian rawngbawl mai hi a lo fuh ber zel a, huaissen taka kan rawngbawl na kan hlen chhuah hian keimahni tan tisa leh thlarau malsawmna a nih mai bakah mi dangte tan malsawmna kan ni zawk ṭhin tih te hi KṬP member zawng zawngte hian i hre nawn fo ṭhin ang u.



WORK CAMP REPORT

Lalduhawma
Leader, KTP
Suangpuilawn Branch

Kristian Thalai Pawl, Suangpuilawn Branch chuan hun rei tak aṭanga kum tina sum dah khawla Work Camp neih kan lo tum tawh chu kuminah kan tihlawhtling ve thei ta a, kan lawm em em a ni.

Kan Work camp neihna tur *Tripura Field-a Tuidu* Bialah hian kan kohhran aṭanga chhuak Pastor R.C. Lalchhuanthanga leh missionary NI. Laldinchhungi an awm mek a, biak in sa turin TWIBAGLAI kohhranah work camp hi kan nei a ni.

February 20-26, 2018 (Thawhleghi) zing dar 8:30 khan Upa R.C. Lalthlanga'n ṭawngṭaiin min thlah a; tichuan, kan Kohhran Upa (Mistiri) pakhat leh Ramthar Committee Secretary (Mistiri) hovin, Sumo pahnih hmangin mi 20 (*Mipa 17 leh hmeichhia 3*) kalin Silchar kan pan ta a. Tluang takin zan dar 11 velah *Silchar Mission Compound* kan thleng a ni.

Feb. ni 21 (Nilaini) zing dar 8-ah Silchar aṭangin relin Tripura lam kan pan leh a, ṭlai dar 4:10-ah *Teliamura* Rail Station kan thleng a, Tuidu

Mission Compound lam pan nghalin ṭlai dar 5:25-ah Tuidu Mission Compound kan thleng. Chaw kan ei hnuin kan hnathawhna tur hmun *Twibaglai* lam panin, kal-kawngah biak in sakna hmanrua tur tile leh rangvate phur pheighalin, tluang takin *Twibaglai* chu zan dar 9:00 velah kan thleng a ni. *Twibaglai*-ah hian kan kohhran mi danzawhkim 24 leh naupang 4, an vaiin mi 28 an awm a, thawktu *missionary* pakhat, Lalrinawma Molsomin a enkawl mek a ni.

Feb. ni 22 (Ningani) zing khawvar ṭan tirhah thovin kan biak in sak tur, Assam type, a dung ft. 21 leh a vang ft. 15-a zau chu kan rel ṭan nghal a, ṭlai thim ṭhak thleng, phone light te nena thawkin a ni khatna chu kan hmang zo va. A ni 2-naah zing dar

4:00-ah tho lehin, zawh ngei tumin khaw thim dawn thleng kan thawk leh a. A hmanruain a daih loh deuh avangin a tuk zing dar 6:00 velah thawk tan lehin dar 9:30-ah Bialtu Pastor leh kohhran mite nen hlim tak leh hnukulh theuh chungin biak in hawnna leh Pathian hnena tanngtaia hlanna hun kan hman ta a, biak in chhunga tar tur sana lian Branch KTP hmingin kan pe baw a ni.

Inrinniah Twibaglai chhuahsanin Tuidu Mission Compound-ah kan insawn phei a, Pathianni chamin kohhran hrang hrangah rawngbawl na hun kan hman leh baw. Pathianni zanah kan member-pui missionary-a awm, NI. Lal-dinchhungi enkawl Robindra Kohhran tlawhin, ringthar in lamah Bialtu Pastor hovin Baptisma Inkhawm te kan hman a.

Work Camp neih chung hian kan tan tan hle a, kohhran hrang hrang hmel leh kan missionary-te rawngbawl na kan zuk hmuhpui

theih avangin kan lawm hle a, a kalte pawhin hlawk kan inti hle a ni. Chu mai ni lovin, kum eng emaw zat kan intuak hnua, hmun hla taka harsatna taw lova, biakbuk la nei lote tana biakbuk sa theia kan awm hi kan lawmna tizualtu ber a ni.

Feb. ni 26 (Thawhtanni) chawhma dar 11:15-ah Agartala atanin relin Silchar kan pan leh a, zanah Mission Compound-ah riakin a tuk zing khawvarah kan Sumo ken hmangin Suangpuilawn lam panin kan tlan leh vang vanga, dam takin zan dar 7:30 velah kan kohhran biak in kan thleng a, kan Pastor hovin kohhran mipuite'n min lo hmuak a, report te leh lawm thu sawi tanngtaina hun te hmangin kan tin darh ta a ni.

Min hruaitu Pathian chungah leh, Tuidu Biala thawktu zawng zawngte leh Work Camp kan neihnaa min buaipuitute zawng zawng chungah lawm thu kan sawi a. Pathianin a malsawmna tam takin vur let theuh che u rawh se.



57th KTP General Conference chu kal ve ngei e

R. Vandalruata

Evangelist Teacher, Marpara

Rum 2004 kha Mizoram chhunga KTP-a ka hun hman hnahnung a ni a, Pathian khawngaihna avang chauhvin 57th KTP General Conference 2018, W. Phailengah ka KTP chhunzawm thei a, a nuamin, a hlawkpuiawm hle mai (Hei, inkhawmna ipthe ah *Jeep leather bag* a lar fal tih te nen lam kan ngaihtuah let ve zut zut mai...).

Secretary lahin ka kum zat min zawt thul, *committee* member dangte'n kan inkhawmna tur hmun minrawn hrilh deuh reng bawka. Chuti khawpa keini putar, KTP kaltlanga Pathianin min la hmang ve duh a nih chuan tiin ka *active* ve tan a, *Conference* chu Marpara Ramthar Branch hmingin ka kal theih phah ta hlah.

Kal turin ka inbuatsaih

Kum 2018 atanga bung tan turin *Bhairabkunda, Assam Mission Field* atangin Marpara, *Home Mission North* lamah transfer kan ni a. Order a chhuah rual rual hian thian thenkhat chuan, "KTP General Conference i hmang thei bik dawn a nih chu," an ti a, ka bengkhawn lutuk lem lo. Marpara kan thlen hlimin *Branch Leader*-in, "Irawn inhman *regular* peih loh pawhin *Faith Promise* tal aw?" arawn ti fiamthu a, kan

Kal hma hian *Whatsapp* lamah thlenna hla, *pandal* chhunga thutna hma lam chang duh site tan *pandal* bulah *catering* an buatsaih thu ka chhiar fuh a. 'Zo khaw lama kan member-pui, *Conference* kalna tur pawh harsa taka sum tuakte hi an *catering* thei awm si lo va, *pandal* hnaih lamah thleng se, thlenna a hlat palh pawha *two wheeler* lek chhuak mai thei tur khawpui lama kan unau duhawm tak takte hi tlawmngaih chhuahin a hla lamah thleng ta se aw!' tiin duhthu ka lo sam ve a.

Kan kal ta e, tisa thilah ka hlawk phawt

Branch-in *motor* hmanna ngawr ngawr chauh a neih avangin tukthuan ei khamah kan chhuak a, branch dang aiin thlen pawh kan thleng tlai deuh bik. Ka fanu naupang zawk *Nursery pass* hlimin zing thawh hlim leh chhûna tui nena a ei thin 'Marie Biscuit' chu kar eng emaw zat ngheiin a ngen a ngen mai a. Ka chhuahna Branch KṯP (Zemabawk North)-te'n *Marpara* khaw luma hman tur *LG refrigerator* nen *biscuit* chu minrawn phurhsak hlah mai a, tisa thilah pawh ka hlawk nghal phawt. An thlenna *counter-a* kan han lam kha aw... *Traffic Duty* kan va tibuai em! Mahse, kan mamawhna min hriat thiampui a, an dawhtheihna kha a entawn tlak hle mai.

Programme-ah ka tel tha khawp mai

Serchhip lam chu kan er phak tawh dawn loh avangin keini branch tan chuan he *Conference* hi a hlu zual hle. *Programme* chhunga hun hmangtute Pathianin a awmpui a ni ang, ka tuipui

vek thei tlat. Inkhawm dar hmasa rik hma aṯanga ṯhu ṯhin kha *programme* zawng zawng ka tel tluan thei vek baw, inkhawm bana zunram ka thiar tih mai loh kha chu ka chhuak phal meuh lo, mawng leh kawng erawh a kham ve duh deuh. Kan *Speaker* thuchah a ropuiin, inen letna tur tam tak ka nei a, a khamawm loh hle. Kan nau, kan branch member Jonom-a (chakma) chuan, "*Synod Choir Bial Zaipawl kha thiam ka ti,*" a ti ve tlat. Nia, an zai ṯhain *Pandal* chhung leh pawn, khawlaia an *discipline* ṯha tak pawh hmuh a nuam e. Kan tlangyala bawh hian, "*Zanin fellowship-a kan thuchah sawitu chuan a sawi ṯha hle mai,*" a ti a, kan *leader* thar tur a nih kha tiin an lo hrilhfi ah, "*Kan bial leader ni lai chu a ban a ngai dawn a ni maw?*" tiin kan bial *leader* thar tur emaw a lo ti leh bawh a. Kan hlimna hi minrawn hriatpui ve lo naa, kan *enjoy* ve viau a nia!

ṯhutna hran kan nei ve

Kan hruaitute'n *Pro. Pastor* leh *Missionary*-te ṯhutna hran min lo siamsak a, a inthlahrunawm duh viau

naa, a lawmawm duh khawp mai. Kan thlenna a hlat deuh avangin dar hmasa rik hma hretin lut thin mah ila, thalai Pathian fak chak an lo thu hmur tawh thin a. Rawng-bawlina hmun (*post*) avanga KṯP General Conference kal fo thei lo tan chuan a hma lam han pan vang vang theih kha a hlu riau. Chhhunzawm zel chi a ni. Tum khat erawh kan *Pro. Pastor* rual 6/7 vel chu thu ve lo tur eng emaw zat an lo thut avanga zah hmel taka let leh ka hmu a, an tan thutna bik siam lo se chuan hma lam anrawn pan ngawt bik lo vang maw le, tiin ka lo khawngaih ru hle a, *Conference* lehah chuan thalaite *gentleman* tak zelin aw...

Ka lam ve a nia aw

KṯP General Conference hi ka lo kal ve fo tawh thin a; mahse, ka lam ngai lo. Ruatsaka, *Synfo-in*, "Hla i thiam lo ropui si," a lo ti ve sek lehngal a, a sawi dik fu roh si! Ka KṯP lohna a lo rei ve ta deuh bawk a ni. Mahse, ka chak miao si a, zan khatna atangin hla bu kenga en zauh zauh chungin thut hmunah ka ding chhuak a. Lamtual

lam ka va hawi phei fo thin, ka fanu te an lam chak dawn lutuk tlat, chumi avang chuan hla tharho kha thiam em em nei lo mah ila, a tawp zana ka fanute pahnih pualin/aiawhin lamtual chu ka pan tange nge nge a, vawi khat kual chhung a rei si a, *fit* erawh a ngai khawp mai. Hla thum vel bak ka *round* peih ta lo. Lamtual ka awm laia ka rilrua awm chu, "A va nuam ve le! Vanramah chuan AC hnuaiha kan lam tawh ang a, kal hleih theih loh khawpa tawt a ni tawh lo vang a, *free* takin kan intheh kual theuh thei tawh ang. Chhung kimin kan inzui kual lo ang tih erawh a hlauhawm dawn a nih hi, a nuam ropui si a," tih hi.

Kan zo. A ropui e

A tawp zan *Fellowship* tan hmain *Airtel Sim card* ka *wallet*-ah a awm tih ka hmu-chhuak a, *fellowship* banah, haw kawngah *pack* te chu ka siam chawp ve hnuhnawh a. Pathian remruat a ni ang e, thlen hlimah khan lo hmuchhuak ila chuan kan thlennaah a H+ vah mai si a, Setanan ka hun leh ngaihtuahna ruk thenna

hmanrua atan a hmang duh ngei ang. BSNL *net* muang fahrana a ka *update* ve zeuh zeuh kha a lo tawk chauh a ni, *Conference programme* lamah ka ngaihtuahna ka sawr bing theih phah a.

Thalai rual khati zat, tihtakzeta Pathian fak duh kan la nei kha a hmuhnewm a, a ropui ngawt mai. Chung lama khawsaho paw'n hmuhnewm an ti ve ngei ang. Nakina kan chungha roreltu tur hre rengin kan that lai hun i chen ang u hmian. Thil tha tih tur a tam, kan that lai hian kan thawk

seng dawn lo, kan that lai hun a rei si lo. Keini thalaite hian Pathian leh kan ram tan thil ropui tak kan ti thei, thil tha ti tura siam kan ni miao si a. Kan thalaipui, sual bawihha tang chhuah zalen turin tan i la thar bik lehzual ang u.

Thlarau Thianghlim zalen taka a telna *Conference* min tel vetir a, a thlarau malsawmna min chantir vetu Pathian chungah ka lawm takmeuh a ni. Khawtlang mipui inpekna leh tan rualna kha a ropui a, Pathianin a let tam takin a rul ngei ang.



KRISTIAN THALAI

Facebook Group & Whatsapp

Central KṬP Committee remtihna KRISTIAN THALAI *chanchinbu Editorial Board (2018-2020) chuan 'KRISTIAN THALAI' chanchinbu pualin Facebook group Kristian Thalai tih a siam thar a, Editorial Board enkawl na hnuaiah tangkai taka hman tum a ni. Facebook group hi chanchinbua thuchhuah tur thawhna atan te, kan chanchinbua thuchhuah hrang hrang comment pekna hmun tura siam a ni. Heng kan comment leh chhiartute thukhawchangte hi Kristian Thalai chanchinbua a tul anga tihchhuah thin a ni ang. KṬP member zawng zawngte lo join theuh turin kan insawm e.*

Kristian Thalai chanchinbu Whatsapp number 9774196355-ah hian chanchinbua thuchhuak leh zawhna nei tan pawh eng tik lai pawhin thu a thawh theih reng e. Heng kan thuthawnte leh kan zawhnate hi a remchan dan angin Kristian Thalai chanchinbua chhangin tihchhuah thin a ni ang.



LALNUNSANGA (1990–2018)

Tv. Lalnunsanga hi Pu Lal̄tana leh Pi Zosangpuii-te fa hm̄ing koh ni turin **December ni 13, 1990**-ah Synod Hospital, Durtlangah a lo piang a, unau pathum niin mipa awm chhun a ni.

A chanchin tlangpui

Tv. Lalnunsanga hi naupang te a nih lai aṭangin naupang fel tak a ni a, nu leh pa thu awih thei tak a ni. In chhung chet leh hnathawhna kawng hrang hrangah pawh rin ngam khawpa naupang fel a ni. Amah hi mi nelawm tak leh ṭhian kawm pawh thiam tak a ni a, a ṭhianta pawhin an ngaina thei em em a ni. Unau zinga mipa awm chhun a nih angin a thih ni thlengin chhungkaw chawmtu ber a ni.

Rawngbawlina lam

Rawngbawlina kawngah pawh a phak tawkah chuan mi inhmang tak a ni a. Pathian faka zai nuam ti mi a ni a, BSI Area Zaipawlah te pawh lo tel tawhin, Bial Zaipawl (2016–2018)-ah member a ni baw.

Kohhranah leh KTP-ah pawh rawngbawltu ṭangkai tak a ni. Sunday School-ah, Junior Depart-

ment zirtirtu a ni a, Nilai zan inkhawm ṭantu leh khuangpu a ni baw. Tin, KTP, Leitan Ramthar Branch Committee member a ni a, Group-ah Asst. Secretary hna a chelh baw. Tin, Programme Committee Secretary a ni a, KTP chanchinbu news editor hna a chelh baw a ni. Rawng-bawlina kawnga mi inpe tak leh mi ṭangkai tak a ni.

Hnathawhna lam

September ni 15, 2016 aṭangin Govt. Hermon Primary School, Durtlangah *Asst. Education Instructor*-in a thawk ṭan a, a thih ni thlengin he sikulah hian ṭhahnmngai takin a thawk a ni.

A hun hnunhngung

February ni 13, 2018 (Thawhlejni) khan an ṭhian hovin, chaw ei khawm turin an chhuak a. Hun hlimawm tak an hman mek laiin, *Scooty*-a an chaw ei khawmna lam pan tura a ṭlan chu, ṭlai lam dar 4:30 velah motor dang nen insu palhin a chesual hlauh mai a, a chetsualna hmunah theihtawp chhuaha buaipui nghal niin, *hospital* panpui nghal a ni a. A ṭul dan ang zelin *hospital* dang pawh panpui a ni a. Amaherawhchu, a hliah chu a lo nat em avangin zual lam pan zelin, **February ni 13, 2018 (Thawhlejni)** zan dar 10:00 khan, a nu leh pa leh unaute, a ṭhianta leh a rawngbawlpuite kalsanin, rawng a bawlsak ṭhin Lalpa hnenah a lo chawl ta a ni.

“Tunah nangmah ngaiin ṭap rih mah ila, nakinah van nuamah intawh leh ngei kan beisei.”



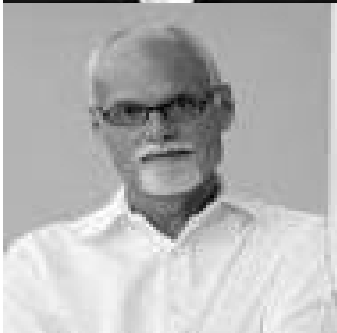
Above All

*Above all powers, above all kings
Above all nature and all created
things
Above all wisdom and all the ways of
man
You were here before the world began
Above all kingdoms, above all
thrones
Above all wonders the world has ever
known
Above all wealth and treasures of the
earth
There's no way to measure what
You're worth
Crucified
Laid behind the stone
You lived to die, rejected and alone
Like a rose trampled on the ground
You took the fall and thought of me
Above all*

Paul Baloché



Lenny LeBlanc



Thawhlelni zing boruak
thiang nuam tak chuan
Pathian hmangaihna leh kan
tâna a inpekna ropuizia a
puang Chiang ngei mai. Biak
inah mahni chauhvîn ka ðhu
a, piano ka hmet a, Pathian
faka zai mai loh chu tih theih
ka nei lo. Lal Isua inpêkna
ropui leh nasa tak chuan ka
thinlung chu a hneh tulh
tulh a, thil dang zawng
zawng aia ropui zawk a ni
tih chu ka thinlung chuan
Chiang takin a hria a ni.

Khawvel thiltihtheihna te,
lârna te, hausakna te, finna
zawng zawng te aia a ropui
zaw. Ka zai zel a, ka ngaih-
tuah lawk miah lohvin he
thu hi ka kâ aţang chuan a
rawn chhuak ta ringawt
mai a ni. “....Lord, you are
above all kingdoms, above
all thrones, above all
wonders the world has
ever known....” Ni e, Lalpa,
nang chu thil dang zawng
zawng aia ropui i ni Chiang
e.

A thunawn ziah tumin kum khat chuang hun ka hman, ka puitlin thei hauh lo nia! Ka thianpa Lenny LeBlanc-a chuan heti hi ni sela eng angin nge i ngaih – “....Crucified, laid behind a stone....like a rose trampled on the ground....” Hei ngei hi a thunawn tur chu a ni. Lal Isua, thil dang zawng zawng aia ropui, chatuan thlenga ropui zual zel tur chuan min hmangaih êm avangin tihduhdah tuara, nasa taka nghaisaka, diriama, krawsa khen beh turin kan tan a rawn inhlan tlat. A dik chiah. Rose par mawi tak chu leiah thlauhthlakin a awm a, rah behin a awm miao a ni.

“You took the fall and thought of me....above all.” Patling pahnih, inla rorum ve tak, zam chhe mai mai ngai lo ni chuan kan inhre ve alawm! Eng emaw vang mai mai hian kan mittui hi kan titla mai mai bik lo asin! Mahse, duh duh nei thei, min hmangaih avangin ama thihna ngei tur kraws a pu a, sawisakna nasa tak a tawrh avangin a taksaah chuan pem lo lai pawh a awm tawh lo. A tui a hal a, a ril a tām a; mahse, keimah min ngaihtuah em avang chauh

chuan tluk leh din fawmin a thihna tur lam panin a kal alawm. Patling inti hi kan patling thei tawh lo va, zahna paw’n hmun a chang thei tawh lo a nih hi. Ka tap zel dawn, ka tap zual zel ang! A tawrhna chuan ka thinlung a titui ral zo va, ka tân a ropuizia leh fak phu a nihna chu a Chiang ngei mai.

He hla hi kan tan chuan hla special ber a ni kumkhua tawh ang. Hla phuah tum hrim hrim vanga he hla hi lo piang a ni lo va, kan Pathian, a ropui êm avanga fak kan duhna thinlung avanga he hla hi lo piang a ni. Keimahnia a inpuanna a ni tlat.

Khami Thawhlehi zîng, biak ina piano chhuanawm loh tak tum chung a Pathian fakna aṭanga Pathian ropuina rawn inpuang chhuak khan President Bush-a ṭawngṭai inkhawm a thleng chho hial a, Michael W. Smith-a’n thiam takin a sa a nih kha. He hla thu mawl te hian mite hnenah chakna pe deuh deuh sela. He hla hman hian Lal Isua chu chawimawiin a la awm zel ang tih Chiang taka ka hriat avangin ka thinlung hi a lawm a ni.



HRINGLANG TLÁNG

Inneihna Thuruk

An inneih kum 60-na (Diamond Jubilee) hial an lawm tawh a. Nupa kawpchawi, inngeih tak mai niin, lua kelsam ʔo bam tawha khawlaia an la inzui hnak hnak mai te, kawta nilum an ai dun rial mai te chu mite hmuhdawm tih leh hrilfak a tling a. "He mite nupa zet hi zawng, hring nun hi an va timaw em!" an ti thin.

Inneih thil chhawm zingah a nupui hian thingrem te pakhat hi a chhawm tel ve a. A nupui chuan, "He thingrem hi ka nuin, kan inneih rei theih min duhsak entir nana min chhawmtir a ni a. Keimah lo chuan khawih a rem daw lo va; chu vang chuan inrin tawna talaa kan kalh a ngai ang," a ti a. An nupa chuan thuruk awm lovin thil engkim hi an inhrilh dun thin a. Mahse, chu thingrem chungchang erawh chu an sawi ngai lo va, a pasal pawh chuan a chhunga awm hriat tumin a khawih ngai hek lo.

Ni khat chu a nupui chu nikhaw hre lovin a tlu thut mai a. Damdawi inah rang takin an hrui a. Doctor-te chuan natna rang chi a nih thu leh rei a dam dawn tawh loh thu an lo hrilh ta mai a. An nu chuan thih chu a hrehin a lungngai hauh lo va; mahse, a tel lova a pasal khawhar dan tur a ngaihtuah chuan hrehawm a ti em em a, a thil ei a tui lo va, a hlim thei mawlh lo.

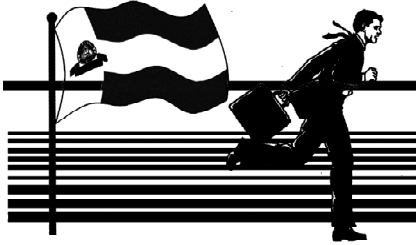
A pasal chuan a nupui hlim theihna a nih beiseiin, a thingrem te chu damdawi inah chuan a rawn keng

a. A nupui bulah chuan, "Duh tak, thil ei tawh rawh. Hei, i thuruk bawm pawh ka rawn ken che hi," a ti a. A nupui chuan, "Duh tak, thingrem chhungah khan eng nge awm tih i hria em?" a ti a. A pasal chuan, "Hria e, inneih rei theihna thuruk!" a lo ti a. "A dik chiah. Tunah chuan a chhunga awmte kha i hriat a ʔha e. I ta vek tur a nih kha!" a ti a.

A pasal chuan a nupui duh ang chuan thingrem te chu a hawng ta a. A chhungah chuan lukhum phiar pakhat leh pawisa tam tham tak hi a lo awm a. An nu chuan thingrem chhunga awm chu hetiang hian a hrilhfiat ta a: "Kan inneih dawh khan, ka nu khan hlim tak leh rei tak kan inneih theihna tur thuruk hi min hrilh a. Chu chu thinrim loh hi a ni a. Ka nu chuan, 'Thinrim chang te chu i nei ngei ang; mahse, ngawih chuh la, i thinrim lak pen nan la phiar thin la, i thinrimna tam tak chu hunin a liampui mai ang,' tih min hrilh a," a ti a.

A nupui thusawi a hriat chuan a pasal chu a lawm em em a. Hei leh chen an inneih tawh a, lukhum phiar pakhat chiah lo awm chu a nupui chuan a lo hmangaih hle tih a hria a, a chhungril chu a lawm veng veng mai a.

"Duh tak, lukhum phiar pakhat chauh awm chu a mak zawk hle mai. A nih leh pawisa heti zozaiia tam hi?" a ti a. A nupui chuan, "Ka lukhum phiar hrallhna pawisa tling khawm a nih kha," a ti a, a nui sen sen a.



KANTU

Bualpui Branch

Kristian Thalai Pawl Bualpui Branch hi Kawnpui Bial chhunga awm a ni a, kum 1980-a din kha a ni. Kuminah hian member 134 (Mipa 97 leh hmeichhia 37) an awm.

Branch committee member hi 17 (OB 6 – Kohhran committee aiawh 1) an awm a ni. Thla tin Pathianni hnahnung ber hma chiah Zirtawp zanah Branch committee a thu thin. KṛP Day an ngai pawimawh hle a, *member* hlate hnuh hnaihna atan *Sports*-a inelna hrang hrang neiin zan lamah *Variety Programme* leh hnattlang an nei thin a ni. *Branch* tha tichak turin *Branch Committee* hnuaiah *Group* pahni – Upa Vanlalbela (L) *Group* leh Upa Lalrema Chawngthu (L) *Group*-te din a ni. *Group Budget* atan Rs. 10,000/- ve ve tuk an ni. *Group* hruaitute hian *member*-te tlawh chhuakin kohhran leh

KṛP inkhawm, hnattlang, hla zir turin an sawm thin a, an hlawkpui hle. *Branch Committee* hnuaiah *Sub-Committee* 7 din a ni: (1) *Programme Sub-Committee*, (2) *Evangelical Sub-Committee*, (3) *Finance Sub-Committee*, (4) *Chanchinbu Sub-Committee*, (5) *Refreshment Sub-Committee*, (6) *Music Sub-Committee*, (7) *Entertainment Sub-Committee*-te din a ni. *Evangelical sub-committee* hmalaknain kohhran inkhawm – Nilai zan leh Pathianni zan inkhawm ban apiangin, tawngtai thupui nghet neih bakah *missionary* leh *member* hlate pualin tawngtai rualna an hmang thin.

Kumin chhung *Project* atan kohhran *sound system* tihchangtlun te, Bualpui Masihi Sangati Biak In tichangtlun nana sum dah te, *Printer Cartridge* lei te a ni.

Inkhawm hman dan tlangpui hi *Sermon* Inkhawm te, CKTP Kumpulan Thupui zir leh CKTP leh Bial KTP atanga zirtur lehkha lo thleng te zir nan an hmang thin. Inkhawm apiangin *Holy Bible* leh Kristian Hla Bu keng te, kar khat chhunga Bible bung khat tal chhiar te *Group* inel nan an inchhiar thin a ni. Kohhran inkhawm kan that zawk theih nan Nilai zan leh Inrin zan inkhawm lo *Branch Committee Member*-te an indintir thin. Pathianni tlai apiangin *Fellowship* an nei thin a, *Sharing* leh zai ho, *Bible Quiz*, *Short Sermon*, *Special Item*, hla zir nan an hmang thin.

Sum hmuhna tlangpui hi *Faith Promise*, Inkhawm Thawhlawm, *Group Budget*, *Slab* chhun, Huan sam, Sangha zawrh. Heng bakah hian inhlawhna remchang apiang an thawk thin. Kohhran Zai-pawl dingin bial *Programme* leh kohhran hun pawimawh ah an zai thin. *Synod Mission Board* hnuaiah *missionary* 1 a thawk mek a, BD zir 1 a awm mek bawk. *Synod Mission Board* hnuaiah *Missionary* kohhran kaltlangin 2 an chawm mek a ni.

KTP leh kohhran *activity* hrang hrangah hma an sawn theih nan kohhran leh KTP inkhawm tha leh hnatlang tha, *committee* kal thate hnenah kum tawpah lawmman tha tak pek thin an ni. Kohhran chanchinbu PRESBYTERIAN tih chu KTP-te'n enkawlin Pathianni apiangin tihchhuah thin a ni a, CKTP chanchinbu *copy* 60 an la mek bawk. Chhiatni thatni inkaihhruaina dan siamin, KTP *member* thi an awmin ralna Rs. 500 man hu an pek bakah ralna inkhawmah thawhlawm keng khawmin khawhar chhungte hlan thin an ni a, kohhran mi thi an awmin ralna inkhawmah thawhlawm keng khawmin hlan thin an ni bawk.

Biak in hawnga nupui pasal nei an awmin Lawmpuina Thuziak leh *Holy Bible* an hlan thin. Biak in hawnga nupui/pasal nei an pun zel theih nan chawimawina leh ngaih-sanna thu biak in kawtah *banner* tar thin a ni a, biak in leh in lamah KTP Flag an tar thin bawk.

Keimahni



❑ Phulbial Branch KṮP Silver Jubilee lawmna

March 31–April 2, 2018 chung khan Phulbial Branch KṮP Silver Jubilee lawm a ni a. March 31 (Inrinni) zan inkhawmah CKṮP aiawhin Pu Malsawmtluanga, committee member-in Silver Jubilee chibai bûkna a sawi a, Zan inkhawm banah Jubilee meichher dêt a ni. April 1 (Pathianni) zingkarah CKṮP aiawhin Pu Malsawmtluanga'n Jubilee dar a vua a. Pathianni chawhma inkhawmah Dr. Lalrotluanga, Treasurer-in Jubilee thupui 'Nang malsawmna ni ang che' (Gen. 12:2) tih a sawi. April 2 (Thawhtanni) tlaiah Jubilee ruai theh a ni.

❑ Serchhip Vengchung Bial KṮP Leadership Training

April 14 & 15, 2018 khan Upa Rosangliana, Asst. Leader leh Pu Lalrinchhana Ralte, Comt. Member-te chuan Serchhip Vengchung Bial KṮP Leadership Training neihpuiin Serchhip Vengchung Kohhranah hun an hmang a. Upa Rosangliana hian chawhma lamah hun a hmang a, chawhnu lamah Pu Lalrinchhana Ralte chuan hun a hmang thung. Inrinni zan leh Pathianni zan inkhawmah Upa Rosangliana'n thuchah a sawi a, Pathianni chawhnu inkhawmah Pu Lalrinchhana Raltein thuchah a sawi bawk. Training-ah hian Bial chhunga Branch Committee member mi 80 an tel.

❑ Phulpui Field Veng Branch Silver Jubilee

April 14, 2018 (Inrinni) khan Phulpui Field Veng Branch chuan Silver Jubilee an lawm a, jubilee hmanpui hian Pu Lalmuanawma, Finance Secretary leh Tv. Benjamin Lalnunpuia, Comt. Member-te an kal. Inrinni zing dar 9:45-ah Pu Lalmuanawma'n Jubilee Lungphun a hawng a, Jubilee dar vuak chhunzawm nghal a ni. Pu Lalmuanawma'n thuchah a sawi. Chawhnu lamah Fellowship Programme hman a ni a,

Tv. Benjamin Lalnunpuia'n thilpek hlanin thuchah tawi a sawi a. Tlai dar 3:30-ah Jubilee ruai theh a ni.

❑ **MTC Graduation Day**

April 18, 2018 (Nilaini) khan Missionary Training College, Mission Vengthlang chuan B.Miss. zir chhuakte thlahna, Graduation Day a hmang a. Hetah hian CKTP aiawhin Pu Rochungnunga, General Secretary leh Tv. Robert Lalduhzuala, Committee Member-te an kal.

❑ **Dawrpui Vengthar Branch Diamond Jubilee**

April 23, 2018 (Thawhtanni) zan khan Kristian Thalai Pawl, Dawrpui Vengthar Branch chuan an Branch kum 50 tlin, Diamond Jubilee an lawm a, CKTP min sawm angin Rev. Dr. K. Lallawmzuala, Leader leh T.Upa Ricky Lalrammawia Ralte, Asst. Secretary-ten hun an hmanpui a; Rev. Dr. K. Lallawmzualan thuchah a sawi. Leader leh Asst. Secretary hi Dawrpui Vengthar Bial atanga CKTP Committee Member, Pu R. Lalbiakmawia'n a tawiawm baw.

❑ **YRC tlawh thu**

Youth Recreation Centre-a hnathawh mek a nih dan hriat nan April 11, 2018 (Nilaini) tlai dar 3 khan CKTP OB-ten YRC hmun an tlawh a. Hetah hian Rev. Dr. K. Lallawmzuala, Leader; Upa Rosangliana, Asst. Leader; Pu Rochungnunga, General Secretary; T.Upa Ricky Lalrammawia Ralte, Asst. Secretary leh Dr. Lalrotluanga, Treasurer-te an kal.

❑ **NEICCYA Silver Jubilee lawm report**

April 20-22, 2018 chhung khan Umpling Presbyterian Church, Shillong-ah North East India Christian Council Youth Assembly chuan Silver Jubilee a lawm a. Hetah hian CKTP chu member kan nih angin palai 46 kan intir. Palai zingah hian Synod Choir member, CKTP Committee member leh Bial atanga palai mi paruk an kal. Bial KTP aiawh tir tur hian Shillong Bial, Madanrting Bial, Zemabawk North Bial, Chanmari West Bial, Ramhlun Vengthar Bial, Bethlehem Bial leh Bungkaw Bialte ruat an ni a. Bungkaw Bial tih loh, Bial dang zawng hian palai pakhat theuh an tir thei a, a lawmawm hle.

NEICCYA Silver Jubilee lawmnaah hian CKTP hruaitu hlui, Pu Vanlalsawma chuan April 20 zan inkhawmah Inlawmna thuchah (Inaugural message) a sawi a, April 21 (Inrinni) chawhma inkhawmah CKTP aiawha hruaitua tel, Pu PC Biakmuanpuia, NEICCYA-a Silver Jubilee Organizing Committee Secretary chuan hruaitu hlui chawimawina hun a hmang a; he inkhawmah hian NEICCYA Silver Jubilee lawmpuina atana CKTP hminga memento kan siamtir chu Pu Lalmuanawma, Finance Secretary chuan NEICCYA hnenah hian a hlan. April 22, 2018 (Pathianni) zan inkhawmah kan hruaitu, Synod Choir Director ni mek, Dr. David C. Lalfakawma, NEICCYA-a Finance Secretary ni bawk chuan tanna hun a hmang (Bible reading and prayer). NEICCYA Silver Jubilee lawmpuina atana CKTP hminga memento kan siamtir chu April 21, 2018 (Inrinni) chawhma inkhawmah Pu Lalmuanawma, Finance Secretary-in NEICCYA hnenah hian a hlan.

April 21, 2018 (Inrinni) chawhnua Cultural Programme-ah Central KTP aiawhin Shillong Bial KTP chuan cheraw an entir a, a lawmawm hle. Inrinni zanah hian Musical Evening neih a ni a, hetah hian Synod Choir an zai a, Tv. Lalremsanga, Synod Choir Member a solo bawk.

❑ **Branch ding thar report**

Bungkawn Bial KTP-in an Bial chhungah April 9, 2018 khan Bungkawn High School Veng Branch a din thar thu an rawn report a. Branch registration pawh Rs. 50 pein an ti nghal.

❑ **YRC lei laihna sum pek**

April 20, 2018 (Zirtawpni) khan Youth Recreation Centre hmun laihna senso atan Pu Biaksanga, Chanmari hnenah Rs. 10,00,000/- (nuai 10) chu cheque hmangin pèk a ni.

NGENNA : Kristian Thalai chanchinbu la thar duh tan eng tik lai pawhin lak thar theih reng a ni a, la thar duhten mahni Branch Agent-te kaltlangin Central KTP Office-ah hriattir mai tur a ni e.

Chanchinbu man la pe lote, a hma lama pe fel turin kan inngen thar leh bawk e.



Kantu – Bualpui Branch

CENTRAL K.T.P. HRUAITUTE 2018-2020

Office Bearers

Leader	: Rev. Dr. K. Lallawmzuala	9436705777
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Rev. B. Sangthanga	- Executive Secretary i/c KTP

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