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Editorial**MAMAWH BAK SEM CHHUAH**

A tam zawk khawsak a lo awlsam ta, harsa ve tak tak chu awm mah ila, a tlangpuiin nuho hian kan mamawh aia tam kan nei deuh fur mai âwm mang e tiin bul ãan ngawt teh ang.

Sum hi chu indaih tak tak a awm lo kum khua dawn a. Thla khata cheng tam tak la lutte pawh hian nei an inti hlei thei lo. Chutiang bawkin incheina thil - kawr, coat, puan, kawr lum leh pheikhawkte pawh nei inti kan awm meuh lo. Chu mai a ni lo, bengbeh, ãhi, zungbun leh rimtui lam thlengin duh tawk nei tu mah kan awm âwm lo ve.

Nei lo leh a dang mamawh viaua kan inhriat lai hian, kan thawmhnaw dahna leh kan incheina bawm hi kan mamawh bak sem chhuah duhna thinlung nen han thlir ta vang vang ila, kan chheh velah duh ngawih ngawih, mamawh ngawih ngawih, pe ila an lawm thu sawi chhuak thiam lo khawpa hlim leh lawm an awm ãeuh lo'ng maw? tih hi inzawt chhin teh ang u.

Japanese tleirawl thu ziak thiam tak, Marie Kondo chuan in chhung enkawl dan tur kawng hrang hrang a sawi zingah - 'I thil neih apiang kha a mal malin la chhuak la, hlimna pe lotu che apiang paih chhuak la, hlimna petu che zawng chauh kaw! ang che' tiin a ziak an ti. He thu hian thil neih tam hian hlimna min thlen ber lo tih a tichiang hle mai. Tuna i thil neih ãhenkhat kha mamawh nia i hriat kha han pe teh reng, in pahniha in hlim dan tur zia chu!

Kan pi leh pute chuan, 'Sem sem dam dam, ei bil thi thi' tiin thurochhiah mawi tak an lo nei khiau mai. Pathian thu-ah pawh 'Sem darh chu pun lehzualna a ni a, mamawh tawka liam kawmpui chu tlakranna a ni' (Thuf 11:24) tih kan hmu. Mite tana sem chhuak tam leh an mamawh bak pe chhuak ãhinte hian Pathian hnena ta malsawmna an dawng nge nge ãhin. Mamawh bak sem chhuah i uar zel ang u.

Kristian Chhungkua

KRISTIAN CHHUNGKUA LEH ṬAWNGṬAINA

- C. Rodinthari
E.Lungdar, Venghlun

Beisei phak hauh lohin, Agape-a thuchhuah tura sawmna ka dawng hlah mai a, ka va lawm tehlul em! Ka irâwm chhuakah thil ropui beisei tur a awm lo tih chu Pathian leh kei hian kan hre chiang, hla thu ka rilrua lo lang nghal chu ‘kan tlin loh leh fel lohna hai der a, khawngaih rawngbawla min thlangtu’ tih kha a ni. Pathian khawngaihna a ni tih a va chiang em!

Agape chanchinbua lar em em mai chu ‘Kristian chhungkua’ tih hi a ni. Mi thiam tam tak leh rawngbawltu ropui tak takten Bible leh mi thiamte ziak leh an tawnhriat aṭang ten an ziak ṭhin, a ngaihnaawmin a hlawkthlak ṭhin hle. Chutiang thu ṭha tak tak kan chhiar ṭhin lai leh, kohhran pui leh kohhran hmeichhiaten kan theihna chin china hma kan lak reng lai hian kristian chhungkaw ṭha sawi tur hi an tam lo hle mai si a, kei ngei poh hi K.Ṭ.P kan nih lai aṭanga tun thleng hian kristian

chhungkaw ṭha neih duh ṭhin leh theih tawp chhuah ve ṭhin niin ka inhre ṭhin, mahse ka chhungkua ka tih hi chu vawiin thleng hian kristian chhungkaw ṭha chu kan ni thei chuang lo. Chutih lai mek chuan kristian chhungkaw ṭha din tura ṭan kan lak mekna te chu chawlhan thei kan ni si lo. Tun ṭumah hian keima tawnhriat kristian chhungkua leh ṭawngṭaina tih thupui hmang hian Pathianin ka ṭawngṭaina chawp leh chilha a chhan dan tlem ka han ziak ve dawn a ni.

Tawngtaina hi engtikah nge hman tha ber ang tih min zawt ta se, zing tawngtai inkhawmah, tukthuan chaw ei dawnah leh zanriah chaw ei dawn, zan mut dawn hengte hi chu dan anga kan neih ngei ngei te an nia, a kar lakah hian a tul dan azirin kan nei tho bawk. Ka nungchang leh tawngkamah ka faten entawn tur hmu lo mah se, kan chang tlawhchhan Philippi 4:6 engkim tawngtai leh dilin tih lai hi chu an nunah kan neihtir vein ka hria, hna tul leh zirna avanga chhungten min awm lohsan vek chang pawhin chhungkuua Pathian biak kan neih hun chuan, chhung inkhawmbu chhiar leh Lalpa tawngtaina kan hman thin hun angah chuan keimah pawhin ka hman tho thin. Ka fate nuna bet tlat tura ka duh thin chu khawi hmunah pawh awm se, hlim leh lawmna, lungngaihna leh hrehawmna an tawh chang pawhin, lawmthu sawi leh dilna tawngtaina Pathian hnena hlan turin ka duh ber thin a, mahni chauh pawha him leh hlim

taka awmtir theitu chu Pathian a ni tih hi an hriat loh ka hlau thin, ka faten ka tawngtaina tlawm tak hi an beisei em em thin a, khawi hmunah poh awm se an huphurh leh hun pawimawh an hmachhawn dawnin an kal dawnah phone-in ka tawngtaisak thin, phone kaltlanga tawngtaisak kher hi thenkhatten kan hrethiam lo mai thei, keichuan a thatna hre vein kain hria, an exam kal tur huphurh lutuk te hi an hmanhmawh em em lai pawhin phone-in tawngtai rawh an rawn ti a, ka awka ngeia Pathian hnenah tanpuina ka dilsak tih an hriat chuan an thla a muan phahhle thin a ni.

Kumin 2026 mai pawh hian tawngtai chhanna Chiang takin ka hmu a ni, kan fanu F. Remthangpuii chu Super Specialist final an exam hmasak ber dawn zingah a thla a phang em em a, bazar-a ka awm laiin min lo tawngtai rawh le, a rawn ti phut mai a, remchang hmasa ber inah ka lut a, an bathroom atangin ka zuk tawngtai a,

exam zawhah chuan kan han inbia a, a beidawn thu leh exam chhunzawm loh mai a duh thu min rawn hrilh a, a aw-ah a beisei a pha lo hle tih ka hria a, exam chhunzawm tur leh Pathian hnenah kan dil zel dawn thu ka hrilh a, a rilru hah lutuk chu biak hleih theih pawh a ni tawh lo. Nilai zan a ni a, biakin chhungah kan lut a, ṭawngṭainaah ṭanpuina ka dil a, inkhawm banah chuan ka be leh a, an senior te aṭangin exam hmasak ber ni chu khatiang khan an lo beidawng ṭhin a, mahse ni danga an tih ṭhat chuan kawng a awm leh theih thu an lo hrilh a, exam chhunzawm tura a inbuatsaih thu min rawn hrilh a, kan pa nen biakinah kan tlan thla leh a, a ṭanpuina kan zu dil leh a, a tawi zawngin, chu kan ṭawngṭaina rah chuan kan beisei phak loh result ṭha min pe ta a ni, Lalpa chu fakin awm rawh se. Ka hriatchhuah chian tak em em chu keimahni hian eng mah kan tithei lo, engkim bul chu Pathian a ni tih hi, mi bathroom-a ka ṭawngṭaina kha

exam tlaiah khan hlawhtling nghal ta se la, tuna Pathian ṭanpuina dawngtu kan nih hi kan hre chiang lo zawk mai thei, kan fanu thiamna, finna, hriatna, tumruhna, taimakna zawng zawngin awmzia a nei lo, Pathianin a khawngaih vang chauh leh thinlung leh tihtak zeta a hnena kan ṭawngṭaina te min tih hlawhtlintir zawk a lo ni. Remi zirna chungchangah phei chuan kan puih theihna pawimawh ber chu ṭawngṭaina hi a ni, chawp leh chilha min chhansak ṭhin te hi sawi tur a tam hle mai.

Kum 2012 kum khan kan fanu upa ber dawttu NHM hnuaia Health Worker thawk ve chu a hlawh tlemtê aṭanga a lei ve rangkachak ṭhi chu khawharin kalkawngah a tibo a, a ui lutuk hi ni tin mai an kalna kawngah chuan a zawng ṭhin a, local T.V-ah te kan chhuahtir a, a beidawng lutuk rilru hah chu a khua te a sik ta hial a, “Bawihte, theih tawpin kan ṭawngṭai ang a, beidawng lo la” ka ti a. Pathianni zing

ṭawngṭai inkhawmah chuan, ‘Lalpa ka fanu thil tih bo hi min hmuhtir leh rawh, keini chuan a ngaihna kan hre tawh lo, kan Pathian Awma i ni a, i tithei tih ka hria a ni” ka ti a, kan bang chu ka fanu zawнна ṭhin chu hmawlhthe nen ka va zawng a, a vâng ngang mai, ka haw chu sitting room-ah ka ṭhu hnawk a, chutih lai tak chuan kawngka an rawn kik a, ka cousin fanu hian, “Ka ni, Seni ṭhi a bo em ni?” a rawn ti chu, “Zote, i chhar” ka ti a, “Ni e, ka nuin a chhar a, ṭhi ṭha a ni ang, Aizawlah endik ang a ti a, mahse T.V ah kan lo en a, Seni ṭhi a ni tih kan ring a, ka lo keng” a ti a. Thinlung taka Pathian ka kar tukah kan han hmu mai te kha a va mak tak em, ka fanu chu rawn zuang thoin, “Ka nu Pathian chu Awma a ni” a ti a, kan va lawm tak em!

Vawi khat chu, ka sikul kal kha chawhlhaw dar 10:30 vel khan ina haw leh duhna thinlung ka nei tlat mai a, a chhan leh vang pawh ka hre lo, ka va haw, kawngka

ka han hawng chiah mai chu, kanin chung zawng zawng in chung thlengin meikhu chhah tak hi a lo zâm khat tlat mai a, hlau chung chungin gas lam panin ka va off a, ka chawhmeh chhuan so kha off lovin ka kalsan tih ka hre chhuak a, ka rilrua lang hmasa ber chu tukin zing ṭawngṭai inkhawma, “Vawiinah kan chhiat theihna chi hrang hrang leh sual lakah min veng ang che”, tia ka dil kha ka hre chhuak hmasa ber, hah taka kan in leh lo din ve te, kan bungrua te hi, awlsam taka boral thei a ni, Pathian venhimna kan dil fo te hi a va ṭul tak em tih ka hriat chian leh zualna a lo ni. Nilenga harsatna tawk lova mahni hna leh rawngbawl na kan han zawh theih te hian mut dawnah ṭawngṭainaah te lawmthu sawina tur hi a lo van tam ṭhin em...

Awle, chhiartu zawng zawngten he kan Bible chang tlawhchhan Philippi 4:6,7 thu hi Chiang zawka in lo belhchian ka va duh em! Engkimah ṭawngṭai leh dilin

lawmthu hril tel zelin, in duhna te chu Pathian hnenah hriattirin awm zawk rawh se a ti, tichuan Pathian thlamuanna rilru reng renga hriat sen loh khan, in thinlung leh in ngaihtuahna te chu Krista Isuaah chuan a vensak ang che u, hlahna hmunah te, mahni chauha kan awm lai pawhin Pathian thlamuanna, rilru reng rengin a hriat sen loh khan, kan thinlung leh ngaihtuahna te, Krista Isuaah chuan min lo vensak thin a ni, tawngtaina hi a chhanna hmuh mai loh

chang te, reh vung vung leh a thlawn ta emaw tih tur a awm chang te a awm fo thin, Kolossa 4:2-ah chuan 'tawngtai fan fan ula, chumiah chuan lawmthu hril chungin ngaihven rawh u' tih kan hmu a, vawi khat kan tawngtai a hlawhtlin nghal loh pawhin, Lalpan kan thatna tur zawka ro min relsak a tum a ni ang tia, beidawng lova lawmthu sawi chung a tawngtai fan fan turin tan ila thar zel ang u. Lalpan mal min sawmsak theuh rawh se.

Phoenix khuaa putar pakhat hian a fapa New York-a pem tawh chu a bia a. “Bawiha, i hun hman mek tihbuai chu ka hreh khawp mai, mahse i nu nen hian kan inthen a tul ta si a nih hi. Kum 45 chung hrehawm kha a tawk tawh a ni. I farnu Chicago-a mi pawh i hrilh dawn nia,” a ti a. A fapa chuan, “Ka pa, eng ngei i sawi tak le?” tiin hlauthawng takin a zawt let a. A farnu chu a pate inthen thu hrilhin a va phone nghal a. Ani chuan a pa chu a phone ve nghal a. “In inthen lo ang, eng mah lo ti miah suh. Ka unaupa nen naktukah kan rawn pan nghal ang che u. Ka tawng i hre thei em?” a ti a. A pa chuan phone chu a dah nghal a. An nu lam hawiin, “Anmahni intum vekin an lo kal dawn a nih chu,” a ti a.

Pitar leh putarte hian an fate hmuh an thlahlel thin a ni Thlaru mi chuan a nu leh pa leh kum upate a ngaihthah ngai lo.

Ephesi 6:2-3 “I nu leh i pa chawimawi rawh,” (chu chu thupek tiam nei hmasa ber a ni.) “Chutichuan, i tan a tha ang a, leiah hian i dam rei bawk ang.” Amen.

Sermon**SIMNA THU****Jona 1:1-3, 3 : 4-5, 10; Marka 1: 4-5, 7-8, 14-15***- Pi Lalbiakhluni**Central Kohhran Hmeichhe Committee (2015-2019)*

Simna awmzia : Simna tih hi a awmzia nia lang chu kan thil tih thin, kan thil chin thin, a that lohzia hriaa tih tawh loh tihna a ni mai âwm e. Tun tuma kan sawi turin a tum ber chu Pathian laka simna, sual simna a ni. Sim hi mihring lam mawhphurhna, mihring lam tih tur a ni. Simna thu Bible-a kan hmuh tlem azawng lo tar lang ila :-

1. Jona : Jona chanchin hi Thuthlung Hluiah Jona buah kan hmu a, a chanchin chu kan hre hlawm ang a, sawi chipchiar lo mai ila. Jona chuan Pathian tirhna Ninevi-a kal duh lovin Tarsis-ah tlan bo tumin Jopa khuaah a kal chhuk a. Jopa khua hi Mediterranean tuipui kam, tuna Tel Aviv khu a ni an ti. Lawnga a chuang chu thlipui nasa takin a nuai a, lawng ata an theh chhuak a, nghapuiin a lo dawlh ta a nih kha.

Nghapui kawchhung atang chuan Pathian hnenah a tawngtai a, Pathian tirhna a

hnial chu a sim ta ti pawhin kan sawi thei ang chu, Pathian tirhnaa kal chu a duh ta a. Tichuan nghapui chuan Pathian thuin khawmualah a law chhuak ta a ni. Pathian chuan a tir nawn leh a, Jona chu Pathian thu awihin a kal ta a. Chutiang chuan Jona chuan Pathian tirhna a hnial chu a sim hmasa ta phawt a, Pathian mi zawlnei meuh pawhin sim a ngai a ni ang, thil hrehawm tak a tawrh hnuah a sim a ni. A tirah khan Pathian thu kha awih nghal mai sela chuan a thil tuar kha a tuar dawn lo a nih hmeh, inzirna tur a awm âwm e.

2. Ninevi khaw mipuite:

Ninevi khaw mipuite chu an suahsualna chuan Pathian hma a thleng a, Pathian tirhin Jonan an khua tihboral a nih tur thu a tlangaupui a, chu thu an han hriat chuan Pathian an ring ta a; chaw ngheiin saiip puan sinin nasa takin Pathian an auva; an sual an sim ta a ni. Tichuan, Pathianin an thiltihte chu enin, an kawng tha lo chu an hawisan tih a hmu a, an chung a thil tha lo tih a tum chu a lamlet a, a ti ta lo tih kan hmu a ni. Ninevi khuaa mite simna hi a ropui ngawt mai.

3. Baptistu Johana:

Baptistu Johana hi simna thu hriltu a ni. A chanchin hi Chanchin Tha bu liah an ziaik vek a. Thil tihsual ngaihdam nan simna baptisma thu hrilin Jordan lui kam a hrut vel a. Tichuan a thu hretu te, Jerusalem khuaa mi te, Judai rama mi zawng zawng te, Jordan lui dung vela mi zawng zawngte chu a hnen lamah an kal a, an sualte thupha chawiin Jordan lui a hnenah baptisma an chang

ta hlawm a. Tin, mi chi hrang hrang, hnathawh hrang hrang neite an lo kal a, an tih tur an zawt a, Baptistu Johana chuan an tih tur a lo hrilh zel a. Hetia Johanan simna thu a hrilah hian tisa lama Abraham a thlah nihna chu chhuan theih a ni lova, thlarau lama Abraham a thlah nih a tul thu a sawi a ni. Keini, tunlaia nu leh pate Kristian nihna chhawma lo piang chhuakte pawh hian Kristian nihna kan pianpui hi a tawk mai lo va, kohhran mi nih mai a tawk lo va, mi mala Lal Isua chhandamna kan chan a tul thu min hrilhnaah ngai ila.

Baptistu Johana chuan inngaitlawmin, a hnunga lo kal tur Lal Isua chu amah aiin a ropui zawk a, ani chuan Thlarau Thianghlimin a baptis ang che u,” tiin a sawi.

4. Lal Isua rawngbawl na:

Lal Isuan rawngbawl hna a thawh tan khan, “Hun chu a lo thleng ta a, Pathian ram pawh a lo hnai ta; sim ula, Chanchin Tha hi ring rawh u,” a ti zel a. Rawng a bawl

ṭan tirh aṭangin simna thu a tlangaupui nghal a, a ngai pawimawh hle a ni. Mak tak maiin Lal Isua rawngbawl hun laia sakhaw mi em em, Pharisaite leh Saddukaite chu Lal Isuan a khen nat ber ber te an ni tlat mai. A chhan nia lang chu sakhaw mi an nihna kha an dah chungchung a, ṭha an inti a; nimahsela Pathian Fapa ber an ring lo tlat si kha an tih fuh loh a ni.

Tin, Thuthlung Thar lamah hian mi mal taka Lal Isua hmutute chuan an soal an sim zel niin a lang a, chung zinga langsar tak kan hmuh pakhat chu Zakaia a ni. Lal Isua a hmuh aṭang khan a sim chian hmel khawp mai. A chanchin sawi zuina Bible-ah kan hmu lo va, a chanchin hriat belh a chakawm viau mai, a sim zui Chiang ngawtin a rinawm.

5. Keini ve thung hi le: Bible aṭanga kan hmuh simna chungchang kan han sawi ta nual a. Khang kan sawi lan tak aṭang khan keini hian eng nge tih tur kan neih tih lo

inngaihtuah ila. Sim tur kan nei vein kan inhria em le? Kan ram kan thlir chuan kan sualna sim tur hi rilruah a lo lang zut zut mai thei. Nimahsela tu emaw hnenah, “Chu chu, kha kha I sim a ngai,” va tih ngawt chi a ni si lo va; tih hleih theih pawh a ni lo a ni. Chuvangin mahni ṭheuh kha a pawimawh chu kan ni zel a ni. Chutih rual chuan mahni lam inhmuh erawh a har duh viau si a ni.

He khawvela mihring lo piang chhuak tawh phawt chu sim tur nei lo kan awmin a rinawm loh va. Sakhaw mi em em Pharisaite leh Saddukaite ngei pawh kha an dik lohna Lal Isua khan a hmu khiau mai a, anmahni lah chu an inhre thei dêr lo a nih kha.

Kohhran mi tak, taima taka inkhawm ṭhin ngeite pawh hian Thlarau Thianghlimin min hriattir a nih loh chuan kan dik lohna te, sim tur kan neihna laite kan inhre thei kher lo vang. Baptistu Johana hnenah miten,

“Zirtirtu, eng nge kan tih tur,” tia an zawt ang khan, “Lalpa, eng nge sim tur ka neih? Eng nge sim tura min duh?” tiin Pathian hnenah zawt thin ila, ani chuan min hrilh mai ang. Piangthar tawh pawhin sim tur kan nei zel ang. Tin, rawngbawltute pawhin sim tur kan nei zel ang. Thil lian tham tak sim ngai kan nei kher lo pawh a ni thei e, amaherawhchu thil te tham tea kan ngaih, kan ringtu nun tana hnawk si erawh kan nei mai thei a ni.

Tin, mihringa awm chaponate, duhâmnate, îtsîkna te, thinchhiat riau te, dawt sawi te leh thil dang dang pawh a awm thei; hmuh thei lamah ni se taksa tana tha lo tih hriat reng, zuk leh hmuam tih tlat te, zu in emaw leh ruih theih thil tih tlat te emaw, ringtute tih âwm loh tak a ruka tih te pawh a awm thei, thil dang dang pawh a ni ang, a tawi zawngin Pathian duh loh zawng, ringtu nun nena inrem lo apiang kha kan sim tur chu a ni mai âwm e.

Chutiang chuan sim tur kan nei nual thei e; chung chu kan sim zel a tha a ni.

Beram bo tehkhin thuah khan Lal Isuan, “Ka hrilh a che u, chutiang bawkin mi fel sawmkua leh pakua sim chuan tur nei lote chungah ai chuan, mi sual pakhat sim chungah hian vana mi an lawm zawk ang,” a ti a nih kha. Sim tur nei lova inhriate ai chuan sim tur neia inhriaa simte chungah vana mite an lawm zawk dawn a ni tih Lal Isuan a sawi a ni.

6. Sim theih loh a awm lo:

Sawi tak ang khan, mihring lo piang chhuak tawh phawt chu sual saa piang, thil tha lo zirtir ngai lo, sual zungzâmin a fan te vek kan ni. Nimahsela chu sual zungzâm tak chu Kraws-ah Lal Isuan a titawp vek tawh a; mihring thar min din tawh a ni. Chuvangin thil tha lo eng ang pawh ni se, sual nena inzawmna nei reng reng chu Lal Isuan a titawp vek tawh tih hriat tlat a pawimawh hle mai.

Heng chungchang te hi kan chian a t̃ul khawp mai. Thil t̃ha lo inthlahchhawn te hi awm reng tura ngaih ngawt tur a ni lo. Sual leh a hnathawh eng pawh hi a sual zungzâm zawng zawng nen lam, chakna sual zawng zawng te, zu in leh ruihhlo pawh ni se, sim theih lohva ngaih tlat te hi sual bumna a ni. Lal Isuan a titawp vek tawh tih hi hriat tlat tur a ni. Fakna hlain, *‘An thinlung sual a tihrehsak, Krista rin*

avang chuan, ’a tih angin Lal Isua hmu Chiangtute nunah chuan heng sual hnathawh hi tih tawp a ni t̃hin.

Simna hi tute pawhin kan mamawh vek mai. Thlarau Thianghlim tanpuinain sim tur kan neih te sim zel ila, tichuan kan ringtu nun hian t̃hat lam a pan zel ang a, kan nun a lo thianghlim zel dawn a ni. Chutiang kan nih theih nan Lalpan kan thusawite malsawm rawh se.

Lawmna

Africa ramah khuan thei pakhat mak deuh mai chanchin an sawi t̃hin a. A hming chu Taset Berry an ti a. A chhan chu he thei an ei hnu chuan ei tur dang pawh a tui vek t̃hin. Thil thur t̃uak mai leh kha hlekhluk deuh pawh Taset Berry ei hnu chuan a tui mai t̃hin a ni.

Lawmna chang hriat hi rintute ‘Taste Berry’ a ni. Kan lawm zel theih chuan Lalpan eng pawh kan chungah thlentir se a ‘tui’ zel ang.

Thlarau mi chu Lalpa remruatah a lawm zel t̃hin.

Philippi 4:4-5 Lalpaah chuan lawm fo rawh u: ka ti leh pek t̃hin ang, lawm rawh u. In dawhtheihzia mi zawng zawng hriat ni rawh se, Lalpa chu a hnai e. Amen.

Sermon**KRISTIAN CHHUNGKAW
PAWIMAWHNA**

*-Lalrinpuii (Nu-i)
Zotlang*

Kristian chhungkaw pawimawhna hi sawi kim sen rual a ni dawn lo va, sawifiah sen loh, sawi loh theih si loh kan sawi dawn a, kan sawi chhun aṭang hian zir chhuah I tum ang u.

1. Pathianin a ngaipawimawh: Pathianin a ngaihpawimawh chu Kohhran hian a hlamchhiah thei lo. Sam 68:6-ah chuan “Pathianin mi malte chu chhungkuaah a teltir zel ṭhin” tih kan hmu a. Pathian hian ramsa anga tla darh turin mihringte min siam lo va, chhungkaw inenkawina hnuaia sei lian turin min siam a ni. Nu leh pate angchhungah kan puitlin thlengin Pathianin min dah a ni. Heta ṭang ringawt pawh hian Pathianin chhungkua a ngaihpawimawhzia chu kan hre thei ang.

2. Kohhranin a ngaipawimawh: Kohhranin puithu taka inneihna hmangin chhungkaw bul min ṭansak phawt a. Kan fate chu khawvel sualnain a tihbua i hmain baptisma thuthlungah min chhinchhiah sak baw k a. Kum li (4) an lo tlinin Sunday School min buatsaihsak a; kum 14 an lo tlinin Kohhran Dan chhungah puithu takin min lawm luhsak leh a. Kum 2008 aṭang khan Kohhran tinah Kristian Chhungkaw Committee kan din ta hlauh va. Tunah chuan Kristian Chhungkua hi Kohhran hmalakna ki pui pakhat a lo ni ta, a va han lawmawm tehlul em!

3. Sawrkarin a ngaipawimawh: UNO General Assembly chuan November ni 20, 1959 khan chhungkua hi khawtlang nun siamtu pawimawh ber a nihzia hriain, “Naupangte dikna leh chanvo humhalhna” (Child Rights & Protection) kawng 10 lai a duang chhuak tawh a ni. Chu chu khawwel ram hrang hrangten an hmang tawh a, India ram Danpui Article 51 (C) naah pawh he Dan hi state tinte mawhphurhna a nih thu kan hmu. Sawrkar chuan chhungkuaah hian naupang zawng zawngten mihring chanvo dik tak hi zir chhuak se la, khawtlanga nun hona a mumal theiin a ring a ni. Dr. Kenneth Chaffin pawhin, “Khawtlang sualna hian chhungkuaah zung a kaih tih hre lova kan do chuan kan hneh lo vang,” a ti a ni.

September ni 16, 2016 (Nilaini) zana Beihruah thupui kan zirah khan “Khawvel Êng nih tur” tih thupui pawimawh tak kan zir a nih kha. Kristian chu mahni

inchhung êntu kan ni tur a ni. Kan ênzia a lanna hmasa ber tur chu kan inchhung leh bul hnai a ni tur a ni. Kan êng hian kan in chhunga mi zawng zawng a ên kim thei em? Tih zawhna pawimawh tak hi I chhang theuh ang u. Nu leh pa nunah entawn tur petu kan ni thei em? Thu tha hrilhtu ni mai lovin, nun dan tha entawn tur petu kan ni em? Kan chhungkuaah Kristian chhungkaw boruak a chak tha tawh em? Heng zawhna zawng zawng hi kan chhan a va tul em! Kan fate chungah thuneihna leh mawhphurhna lian tak Pathianin a dah-malsawmna pe theitu kan ni tih I hre thar leh ang u. “Naupang chu a kalna âwm kawngah zirtir ula, a upat hun pawhin a thlah lovang” (Thuf. 22:8) tih kan Bible-in min zirtir kha!

Awle, a tawp berah chuan Ruth Bell Graham-i chanchinah hian Kristian hmeichhiaten zir tur tam tak kan nei:-

Kan nun hlan tel

chung a ṭawngṭaina hi ṭawngṭaina tak tak a ni a, kan fate nun thianghlim tura kan duh chuan nu leh pate kan intithianghlim hmasa tur a ni. Ruth Graham-i faten an nu an ngaihtuah chhuah apianga an rilru mitthlaa lo lang hmasa ber chu “A hlim hmel, Lal Isua hmangaihna hmel” an ti ṭhin.

Ruth Graham-i thusawi ropui tak mai chu, “Ka fate tana thil ṭha ka tih theih sang ber chu Pathian hnena thinlung leh tihtak zeta ka inpek hi a ni” a ti. Pathian laka thinlung dik tak ka put si loh chuan, engtin nge ka faten Pathian lakah chanvo an neih ang tih hi a ngaihdan a ni.

Ruth Graham-i nun hi a naupan tet aṭanga tun thleng hian Pathian tih nun tih theih a ni. A nu leh pate lakah fanu a nihna a pho lang a, a pasal tan nupui duhawm tak a tling a, a fate tana nu ngainatawm a nihnaah te, chhungkuaah a rawngbawl hna a hlen ṭha em em a ni.

Kan nunah hian kan faten takna an hmu em? Inkhawm ringawt te, Biak ina lam ringawt te, Pathian thu sawi vak vak te duh taw mai lovin, kan nunah hian takna kan pho lang tel tur a ni. Pathian kan pawlna leh a rawng kan bawl na hi kan fate tan malsawmna a tling thei tih I hre thar leh ang u. Lalpan malsawm rawh se.

Pathian dah hmasak...

Tom Laudry-a chuan a hlawhtlinna chungchanga Baylor University zirlai 2000 chuang hnenah a sawi a. “Kum 1958 aṭang khan a hmasa berah Pathian, a dawtah ka chhungkua, a dawt lehah football ka dah ṭhin a ni,” a ti.

Sermon**DAVIDA RÂLTHUAM****I Samuel 17:1-55, Jeremiah 1:17, Ephesi 6:10,11***- Vanlalnunsiami**Central Kohhran Hmeichhe Committee (2025-2027)*

Kristiante zingah chuan naupan tet aţanga kan hriat lar em em Davida'n Goliatha, Philistia mi chak hming thang a hneh thu hi a ni a, tunlai kan chenna khawvel, sual ral chak taka lo lian zel karah hian kan ngaihtuahna ah lo ri thar leh se a pawimawh hlein ka hria.

I Samuel 17:1-52 - kan chhiar chuan Philistia mite chuan indo turin an sipaite an khawm chiam mai a, Judai ram chhung Soko khuah an pung khawma, Ephedamim hmun, Soko khua leh Azeka khaw inkarah ţan hmun an khuar a, Saula leh Israel mite chu an pung khawm ve a, Ela (Sasaw hmun) hmunah ţan hmun an khuar a, Philistia mite lo dang turin an in zar parh ve a ni. Tichuan, Philistia mite tlang pangah an awm a, lehlam tlang pangah Israel mite an awm a, an inkarah ruam a awm a Indo turin an inep ta reng mai a, Philistia ho zingah hian mi

chak hming thang, Gath khuua mi Goliatha tawng ruk leh khapa sang, ralthuam famkima inthuam chu a lo pen chhuak a, Israel-hote chu a rawn au va, an zinga mi pakhat inthlang chhuaka, amah bei turin a rawn cho ta a, "Vawiinah hian Israel sipaite chu ka cho a ni; mi pakhat han thawh ula, kan lo inbei ang e," a ti a, Saula leh Israel ho zawng zawngin chu Philistia mi thusawi chu an han hriat chuan an zam a, an hlau ta em em a ni tiin Bible-in min hrilh a ni.

Kan Zoram nun hi ngun takin thlir ila, kil tinah

sual ralin nasa takin min bei tih loh rual a awm lo, kan tu kan fa, kan hmangaih em emte salah manin thui tak tak ah a hnuk dawr dawr a ni tih kan hai lo theuhvin a rinawm e. Kan duh thlan nimiah lo, hmelmain a hliam avanga chhungkaw rum, nun damlo, eng emaw zah kan awm thei ang. Israelte hian Goliatha lenzia leh a ralthuam thatzia te, a chakzia te an hmu Chiang hle a ni tih a hriat reng mai, chu hmelma chakna chuan a tizam a ni. Keini pawh kan theih tawp chhuah vea kan inhriat lain hliamin kan awm fo si a, hmelma pa hmanrua leh a chakna lam kan en chuan Krista Thuhretu atana koh kan nihna anga ding ngam lovin kan zam ve mai ang a, beidawngin kan indawm kun reng mai ang tih a hlauhawm hlein ka hre thin.

Jeremia 1:17- Lalpan Jeremia puan veng a tho a, Lalpan thu a pek zawng zawng te sawi turin a tirh thu leh an hmaah zam a phal loh thu kan hmu a ni.

Eng din hmunah pawh ding ila, Kristian Nute

hi Lalpa ram chhan turin, Lalpa Indonaah, Lalpa en chung a ding tlat tur, zam lo tura thupek kan ni tih hi kan hriat nawn fo a va tha em!

Kan thupui Davida Ralthuam ah lo lut dawn ila, Davida ral do tura buatsaih a nih dan tawi te tein lo sawi ila :-

1. Davida Indonah a kal ve:

Davida ute pathum - Eleaba, Abinadaba leh Sama te Indonaah an kal a, an chanchin ngaihven tur leh, sipai hote eitur pe turin Davida chu a pa Jesaia'n, indona hmuna kal turin a tir a, tichuan thuawih takin a kal ta a. Davida chu indona hmun a thlen chuan bungraw dahnaah a bungraw kente a dah a, a ute hnenah a va kal a, chibai a va buk a, chutih lai chuan Goliatha chuan Israelte a cho thu a lo aupui a, Davida chuan a chanchin te a zawt a, a bula miten an hrilhfiah a, a u Eliaba phei chuan Davida a zilhhau nghe nghe.

Hmelma au aw, vauna awka an dawnawn

dan a in ang lo hle mai, Israel sipaite chuan an hneh loh tur, an mahni aia chak leh thiltithe i au awin an ngaithla a, chu chuan hlauhna leh zamna a thlen a, an che thei lo a ni. Davida ve thung chuan an hmelma, an mahni voutu nihna leh dinhmun ai chuan Israel-ho vengtu leh enkawltu Pathian chu, Pathian nung leh thiltithe i zawk a ni tih hre reng chungin, ringlo mi leh serhtan loh, Goliatha vauna chu a dawng sawng thung a, a tizam ve lo va, beihlet chakna nasa tak a pe zawk a ni.

Kan hringnun zin kawng kan zawh chhung hian ni tin Lalpa ringtute hian hmelma beihna kan tawkin kan hmachhawn reng a, harsatna, beidawna, lungngaihna nasa tak leh kan hneh loh tura kan ngaihten min chim buai fo thei e, chumi hunah chuan Davida a inhre Chiang a, a rin Pathian a hre Chiang ang hian, min rum thaitu chakna leh thiltitheihna ai chuan kan Pathian chakna leh thiltitheihna hi kan

inngahna tur leh kan hmuh len zawk tur a ni tih kan hriat nawn fo a pawimawh hle mai. Setana leh a hote chakzia leh thiltitheihzia sawi tam ai chuan, kan Pathian ropuina te, thiltitheihna te, chakna te, min humhimtu a nihnat e hi sawi tam zawk thin ila, kan ringtu nun hian chakna, thlarau nun chawmtu tuihna thar a dawng thin zawk ngei ang.

2. Davida Saula ralthuam bel a ni (I Samuela 17:26):

Davida chuan Pathian nung sipaite chotu, Philistia mi tihluma Israel-ho hmingchhiatna tirehtu chu engtia tih tur nge ni ang ? tia a zawh thu chu mite chuan Lal Saula an hrilh a. Saula chuan Davida chu a ko ta a. Davida chuan Goliatha a beih tur thu a hrilh a, tichuan Saula chuan ama ralthuam dar lukhum a khumtir a, awmphaw a haktir a, khandaih a pai bawk a, Davida chuan kal a han tum a, mahse a kal thei ta hauh lo mai a ni.

Indona ralthuam tha ber pawh nise, Davida tan a

siam leh duan a ni lova, a tan hman theih a ni lo a ni. Hetah hian zir tur pawimawh tak a awm thei awm e. Kan hmelma Setana leh a hnathawh do a, hneh tur hian mi tih dan zir, copy tha awm taka a lan laiin Lalpa min pek a nih loh chuan kan hmang tangkai thei lo fovin a rinawm e, mahni inenfiahna atan a pawimawh khawp mai. Tichuan, Davida chuan Saula hnenah chuan a kalpui theih loh thu leh a la hman chhin ngai loh a ni thu hrilhin a hlip leh ta vek a ni tih kan hmu a ni.

Mahni inenfiah a, kan hmanruate kan enfiah a, kan hman theih loh, fel, tha, mi dang aia sang zawk leh thiam zawk nia kan inngaihna, kan chapona, changsang nia inhriatna thuamte hlip thla ngam ringtu kan nih ve te pawh a tul ngei ang.

2. Davida-in a ralthuam neihsa a inbel: Davida chuan a pa Beram a venna a ralthuam hman fo thin, Lalpan amah leh beramte an hmelma, sakeite leh ramsa

hlauhawm laka chhanchhuahna atan a lo hman fo, tiang, virawm, tia lung man thelthawl panga chu Beram ven ipah akin, Goliatha ralthuam tha ber bera inthuam, mi chak leh mi lian tak hmachhawn turin a kal ta a ni tih kan hria a ni. Goliatha hian Davida inthuam dan leh a chet dan a lo hmuh chuan mak a ti a, a nuihzat hle bawh. Hmusit takin a lo au el nghe nghe a ni. Davida hian ama neihsa, Lalpan a hman fo thin hi a tan a tawh tih hriain a iai lo, a hmang thintu leh a nunna humhimtu Lalpa hi a hre chiang hle a ni tih a hriat theih awm e. Hemi chungchangah hian keini pawhin zir tur pawimawh tak kan nei ngei ang, Lalpa min pek ang zel hi kan tan, roldona atan, kan tu kan fate chhanchhuahna atan a tha ber, iai loh tur a ni tih kan zir chhuah a pawimawh tak zet. Davida Lalpaa a inngat tlat ang hian zam mai lovin Lalpaah kan inngah ve tlat a pawimawh hle a ni.

3. Davidan hnehna a chang:

Goliatha khan hmusit leh thamlo takin Davida kha a lo au a, Davida chuan zam mai lovin, Goliatha chu a fei te, a phaw te, a ralthuam tha tak ringin indo turin a lo thawk a ni tih a hrilh a, chumi zawhah chuan Davida hian a hmelma a cho letna hi a mawiin a chhuanawm hle a ni. **“...kei zawng sipaite LALPA, Israel sipaite Pathian, i chova hmingin ka lo thawk zawk a ni. Vawiinah hian LALPAN nang hi ka kutah mi pe dawn a ni; tin, ka that ang chia, i lu ka tansak ang che. Tin, Philistia sipaiho ruangte chu vawiinah hian chungleng savate leh ramsate ka eitir dawn a ni; chutichuan leichunga mi zawng zawng hian Israel-ho zingah hian Pathian a awm tih an hre thei ang. Tin, heta pungho zawng zawng hian LALPA chuan khandaih leh feiin a chhandam lo tih an hre thei ang a, indona chu LALPA indona a ni si a, ani chuan nangniho hi kan kutah mi pe dawn a ni,”** tiin zam miah lovin a chhhang a, Goliatha

inrin hmain a virvawm a la a, lungtê a chaldarah a vawm lut ta mai a, khawvel mi chak, ralthuam tha bera inthuum, chop a tak chu a tlu ta der mai a ni.

Davida tawngkamah hian a ralthuam dik tak chu kan hre thei awm e, Lalpa, chak tak leh thiltithe i tak, sipaihote Lalpa hi Davida indonaa a dinpui, a rinchhan leh a innghahna, a inthuumna dik tak a ni. A virvawm leh lungtê kha chu a hmanrua chauh a ni. Ringtute hian ni tin sual ral nen kan indova, kan mit hmuh leh beng a kan hriat te, kan tu leh fa, kan hmangaih em emte hmangin chona, kan rinna phatsan tur te, chakna reng nei lo leh beidawnga kun reng, rilru na ngawih ngawiha kan awm theihna turin Setana hian hmanraw hrang hrang hmangin min bei fo thin. He indona hi Lalpa indona a ni tih kan hriat thar fo a pawimawh. Mihring chakna leh finna, thiamna tangkai viau mah se, inngahna atana hman erawh chu a fuh lo fo thin, Lalpa hminga hma chhawn

tur kan ni tih hre thar fo ila,
Ephesi 6:10,11 - A tawp
berah chuan, Lalpa leh a
chakna thahruih chuan
thiltihtheihna neiin lo awm
rawh. Diabola
ngamthlemnate chu in do

zawh nan Pathian ralthuam
famkimin inthuum rawh u
 - tia min hrilh angin kan
 rinchhan leh kan innghahna,
 kan tluk luhna tur dik chu
 Lalpa a ni tih hi i hre nawn
 fo ang u.

Hriselna huang

STROKE

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INTRODUCTION: Stroke hi khawvela mihring puitling zingah thihna thlentunatna zinga 3-na a ni. Natna dange chu changkanna te, hridanna (vaccine) leh thianghlimna avang ten kan hnawt bo tawh a. Ram changkangah phei chuan natna awm tawh lo a awm nual; mahse, stroke ve thung hi chuan ram changkang leh changkang lo te, hmeichhia leh mipa, hausa leh rethei thlengin min fan chhuak mek zel a ni. Stroke avang hian ni tin mi 14,400 vel an thi thina ngaih a ni. Chu vang chuan stroke hi tu ma'n kan ngaihthah thianga lo va, he natna lak atang hian engtin nge kan him theih ang tih te, he natna hi eng chiah nge tih leh a vei tawhten engtin nge nunphung panggai taka an lo awm leh theih ang tih te hi kan zir tur a ni.

DEFINITION: Stroke emaw, CVA emaw hi thluak khawi maw laiin thisen a dawn tur eng emaw avangin a dawng tha lo emaw, a dawng lo tawp a, kan thluak timurho kha a lo thi ta thin a, chung thluak thihovina a chawm taksa bung hrang hrang te chu thil ti thei lovin an lo awm ta thin a ni. Hetia thluak thisen zam kehchhia emaw, thisen zam inhnawh phui avanga thluak bung thenkhat thawk leh khata hnathawk thei lova lo awm thut emaw hi STROKE/CVA

(Cardio Vascular Accident) kan tih chu a ni. Hei hian thisen a dawn that laia a lo tihchet thin taksa bung hrang hrangte kha thawk leh khatah hnatawk thei lovin a siam nghal baw a ni.

ENGTIN NGE STROKE CHU A LO AWM: Thisen khal emaw khâr inhnawh (thisen zâmah). Thisen kal chak lutuk avangin thisen zam a lo keh/puak thin a, hei hi Bp sang lutuk vangin a thleng thei. (Keh chiah lo pawhin thisen kal chak lutuk avangin thisen zam a lo puar a, a puarna hnu hi a lo dul thin a, hei hian thluakah thisen a tithleng tha thei lo thin a ni) Thau chhiain thisen zam a lo hnawhin.

TYPES OF STROKE: Stroke hi chi hnihah then a ni a, chungte chu- Ischemic stroke leh Embolic stroke te an ni.

I. ISCHEMIC STROKE: Thluakin thisen a dawn tur ang dawng lova thluak thisen zam kha a vaiin emaw, a then lai emaw a lo in-block a, hei vang hian thluakin thisen a dawn tur ang a lo dawng ta lo thin a ni. Ischemic stroke hi chi hnihah then a ni a, chungte chu: Thrombotic stroke leh Embolic stroke.

1) Thrombotic stroke: Thisen zamah hnawhtu a lo awm a, chu chuan thluaka thisen lut tur chu a lo dang chat ta thin a, chung hnawhtute chu kan thisen zamah thi khar insiam khawmin emaw, thi khang lo hnawh vang a ni.

2) Embolic stroke: Thau chhia emaw, bawlhhlawh inhlawm khawmin thluaka thisen zam a lo hnawh a, thluakin thisen a dawn tur ang a lo dawng ta lo thin a, chu chuan stroke a lo siam thin a ni. Hei hi thisena thau chhia (Cholesterol) tamah a awm tlangpui.

II. HEMORRHAGIC STROKE

Thisen zam kehchhia/puak keh hian stroke a siam a, hetiang hi BP sangten an nei duh. Hemorrhagic stroke thlentü hrang hrangte chu:

1) INTRACEREBRAL HEMORRHAGE: Thluaka thisen zam a lo chah avangin kan thluakah thisen a lo put a, thisen zam puak/

chatin thluak chu thisen supply tha lovin a lo siam ta a, chu chuan thluakah thi tling a siam thin a ni (Keh chiah lo pawhin thisen kalchak lutuk avangin thisen zam a lo puar a, a puarna hmu hi alo dul thin a, hei hian thluakah thisen a ti thleng tha thei lo thin a ni) A thlentu tam ber chu Bp sang a ni a, a dangte chu- Lu sawh/tauh/hliam (head trauma) avang te, damdawi cocaine tih avang tein a thleng thei.

2. SUBARACHNOID HEMORRHAGE: Thluak chhung ni lo, thuak tuamtu inkara thisen zam chat a lo awm hian Hemorrhage Stroke tih a ni. Hei hi Aneurysm kan tih - thisen zam puar, puak vangin a awm tlangpui.

ISCHEMIC STROKE LEH HEMORRHAGIC STROKE DANGLAMNA TE:

THIL THLENG	HEMORRHAGIC STROKE	ISCHEMIC STROKE
A chhan	Thisen zam puak/keh	Thisen zam hnawh, a vaiin emaw, a then lai
A lan dan	Lu na lutuk, luak, nikhaw hre lo	Lu na vak lo; mahse, damlo kha a zawi tial tial
Blood pressure	Sang lutuk tlangpui	Sang kher lo
Enkaw dan	Thi chhuak tihtawp, Bp tihhniam, zai	Thisen zam hnawhtu lak chhuah or tihtui
Damdawi	Aspirin pek chi loh	Aspirin pek nghal tur

STROKE NEI MAI THEI DINHMUNA DINGTE:

1. KAN TIHDANGLAM/VEN THEIH LOH:

- Kum 65 chung lam.
- Hmeichhia aiin mipain an vei tam zawk
- African lam miten an kai awlsam a, Asian lam miten sapho aiin an nei awlsam
- Thlahtuteah stroke nei tawh an lo awmin an neih vena chance a tam bik.
- Stroke lo nei tawh thinte.

2. KAN TIH DANGLAM THEIH/VEN THEIH

1. Bp sang
2. Lung natna chi hrang hrang
3. Zunthlum nei te
4. Mei zu mite
5. Zu in nasa te
6. Thau lutuk, san zawng leh rih zawng inbuk tawh lo nasa.
7. Che tam lo leh exer la tha lote
8. Thau leh mawm ei nasate
9. Cholesterol (Thisena thauchhia) sang.
10. Rilru helhkam ngah lutuk (Anxiety & depression)
11. Stroke tawhte leh
12. Drugs addict-te an ni.

ARANGLAMASTROKE KAN HRIAT THEIH NATUR TE:

- 1) Thawh leh khata tlu thut, nikhaw hre lo
- 2) Hmai vel thawh leh khatah a lo zawi a, a lo mu chur chur a, nghawng lam leh kut leh ke te a lo zawi vekin
- 3) An hriatna a lo buai a, mumal lova an lo tawngin.
- 4) Khaw hmuh te a lo fiah loh a, a lo vaih ruaiin.
- 5) An kal dan a lo buai a, luhai leh balance an lo hlohin.

A LO LAN CHHUAH DAN

- 1) Lu na lutuk, nikhaw hre lo (loss of consciousness)-a an lo awm thutin.
- 2) Nghawng leh hnung te a lo khawng a, a lo natin.
- 3) Khaw hmuh fiah lohna a lo awmin.
- 4) Luhai, pangkhing a lo zengin.
- 5) Khaw hmuh fiah lo leh phe ruai a lo awmin.
- 6) Tawng fiah lo, tawngkam chhumbung, awmze nei lo, thil intu lo deuh deuha an sawiin, tawng pial.
- 7) Hriatna hloh, tun hma leh tun hnai pawh ngaihtuah let thei lo.
- 8) Parasthesia: Mur chum chum te, za mer mer anga inhriat te, hriau chhun anga na te, taksa sa pup pup te an nei thin.

9) Mahni inthunun thei lo, duh duh sawi pawp pawp, harsatna a lo awmin an che buai thin.

A ENKAWL DAN

A) Damdawi hrang hrangte: Thisen khang lo titui theitu:

- 1) Aspirin, dypiridamole, clopidogrel and clodipine etc
- 2) Tissue Plasminogen Activator (TPA)

B) Stroke zai hrang hrangte:

- 1) Craniotomy & clot evacuation (Luruh zai hawn a, thluaka thi tling hip emaw, thi khal tawh paih/ziah fai)
- 2) Embolectomy (Thisen zam kal kual a hnawhtu thau chhia/bawlhhlawh lakchhuah)
- 3) Mechanical Thrombectomy (Thisen zama hnawhtu thi khâr lak chhuah)
- 4) Angioplasty and stenting (Thisen zam zim lai stent/ thir kawrawng hmanga tihlen/tihzau)
- 5) AVM resection: (thisen zam inzawm dik lo zai/paiha zawm dik)
- 6) Aneurysm clipping: Thisen zam puar clip hmanga siam
7. External ventricular drain: Lu verh kuaka thi emaw, tui luanna siam (tube te dahin)

PREVENTION (A INVEN DAN)

- 1) **Bp sang enkawl:** a khat tawka bp lo check thin te, bp sang damdawi ei laiin tha taka lo ei a tha.
- 2) **Ei leh in:** chi ei tam loh te, hmuimer insum te, thei leh thlai ei tam te
- 3) **Ruihtheih thil, zuk leh hmuam:** Zu, meizial leh a dangte laka insum.
- 4) **Zunthlum enkawl that:** zunthlum neiin a khat tawka mahni in-check that leh tha taka damdawi ei.
- 5) **Taksa insawizawi that:** zingkara walk te, mahni awmhmuna theih dan ang anga mahni taksa sawizawi that.

REHABILITATION FOR STROKE (Nunphung pangngai taka an nun theih nana kan tih turte):

Rehabilitation tih ṭan hun: Damlo chu a stable ve leh, damdawiina an awm lai ngeiin an stroke ṭanga ni 1-2 hnua ṭan nghal hi a ṭha ber a. Darkar 24-48 chhunga man hman hian hian result a ṭha bik ṭhin.

A hun chhung: Nat ṭanga thla 3 chhunga exer laktir hman hi a pawimawh ber. Thla 6 - kum 2 thleng tih zelin nasa takin hma an sawn thei a ni.

2. REHABILITATION TEAM: Damdawinah chuan a ti tur bik an awm ṭhin a, in lama lo tih chhunzawm theih a ngai ṭhin a ni.

1. Neurologist: An hriatna (an thluak/ memory) a ṭhat dan lo entu tur.

2. Physiotherapist: Kal dan a in-balance em tih te, kut ke tihchak turin a pui ang a, taksa chettir dan a zirtir ang a, an taksa khawng lutuk tur tizal turin a pui ang. Entir nan – kal dan, walker hman dan, din dan etc.

3. Occupational Therapist: Inbual, inchei, chaw ei, ni tin khawsak zirtirtu, fian hum dan, samkhuih, inbual, kawr kilh dan-kut ṭha zawk chauh pawhin. An taksain a hnathawh tur tak a thawh theih nan kan ṭanpuin kan zirtir tur a ni. Entir nan: Inbual, chaw ei, inchei etc., an taksa peng hrang hrang hnathawk leh thei tura chhertu/ zirtirtu chu occupational therapist a ni.

4. Speech Therapist: Ṭawng, thil lem dan dik zirtir, ṭawng an zirtir tur a ni, a lam dan, lei hman dan etc, ni tin an zirtir ang a, thil lem dan an zirtir bawk tur a ni.

5. Psychologist: Stroke damlote hi rilru natnain a tlakbuak duh em em ṭhin a, an rilru thawi dama counselling lo pek hi a sawt em em a ni. Chutiang lo titu chu Psychologist an ni.

IN LAMA STROKE ENKAWL DAN:

1. IN SAK DAN

In sak danah an tluk theihna tur ven a ṭha, stroke damlo 40% chu tluk vangin damdawiin an lut nawn anga chhut a ni.

1) Bathroom: Vawnban vuah, thutthleng dah, chhuat nâl lo chi phah. Tui huh a awm chuan hruk hul nghal a him.

2) Khum: Hniam tha hman tur, side railing dah. Zana zun a cheh dawn chuan zun bel dah hnai.

3) Kailawn: Awm lo hram se. A theih loh chuan vawnban nghet vuah.

4) Eng: Zanah night lamp on. Thim laiah kaltir loh tur.

5) Bungrua: Kawng dala dah loh tur, carpet mar tha se. Pheikhawk hrui nei lo, nal lo chi lo buntir.

6) Inthiarna: Commode sang hman a, European type hi duhthusam. A hniam lutuk chuan thawh leh harsa. A bulah emergency bell dah a tha.

2. NI TIN ENKAWL DAN (ADL) Activities of Daily Living

1) Inbual & Inthiar: Plastic thutthleng hniam, nal lo chi, tluk hlauhawm loh hman a tha. Kut tha lam hmangin taksa nawhtira, inlehtir tur amahin inbualtir a, ven a tha, exer lakna zel a ni.

2) Ha nawh: Brush sei lam hmantir tur, kut tha lamin nawhtir thin tur. Electric toothbrush a awm chuan a awlsam.

3) Sam khuih: Kut tha lam a kham chuan kut zawi lam a hman theih nan dawhkana kiu ngahtir a tha.

4) Chaw ei leh tui in: Chaw/tui hâk hi stroke thihpui chhan tam ber anih avangin muangchanga tui in/ chaw eitir a, intir thin tur a ni.

3. EXERCISE LAK - Ni tin Minute 30 tal excercise laktir thin tur a ni. Anmahnia kaltir /lentir loh a tha , an kalnaa vengtu neih a tha. An tluk sual chuan thil pawl zawk a thleng thei.

5. RILRU & CHHUNGKAW LAM: Damlo chu biak mawlh mawlh tur a ni. Tawng thei lo pawh nise tawng an hriat vek tho

avangin TV entir reng aiin titi pui a ṭha zawk. Thutlukna siamtir ṭhin tur a ni a, râwn ṭhin tur a ni. Depression leh anxiety an nei hma em em a, a lan chhuah dante chu: Mut theih loh te, ṭap reng, “Ka thi dawn,” tih te an hrât a, hetiang a an awm a nih chuan rilru lam doctor panpui tur a ni.

6. CHAW ṬHA

1) Thlai leh thei ei tam tir: 2) Tui: No 6-8 tal intir ṭhin tur a ni.

7. ENGTIKAH NGE DAMDAWIIN PAN LEH TUR

- Lu na thar thut, luak, zawi belh a awmin.
- Nimin a ṭhu thei, vawiinah a thei lohin.
- Khaw hmuh phir / hmu fiah lo.
- Khawsik sang, Thawhah, âwm nâ
- BP 180/110 aia sang a nihin. Damdawi ei chung pawhin hetiang a an awm a nih chuan stroke a thleng nawn thei a ni.

DAMLO ENKAWLTU TAN: A theih anga tam chawlh hahdam te, ṭha tak thil ei te a pawimawh em em. A enkawltu ber rilru leh taksa lam a chauh chhiat mai chuan a tuartu tur chu mahni mai bakah damlo kha a ni dawn.

TIPS FOR STROKE:

- Bp sang, zunthlum, lung damdawi, cholesterol damdawi kan ei a nih chuan mahni thua lo tihtawp emaw, ei tlem emaw ngawt loh tur.
- Ramhmul damdawi kan ei a nih pawhin damdawi pangngai hi thlah thak loh tur a ni.
- Thlai tharlâm leh thei ei tam a, mawm ei tlem tur.
- Insawizawi that tur a ni. Ni tin minute 30 tal insawizawi theih hi duhthusam a ni.

- Stroke tawh kan nih chuan ngun taka inenkawl tur a ni.
- Heamorrhagic stroke nih chuan rit chawi loh tur a ni.
- Exercise lak hmain Bp check thin tur a ni. Bp a san viau chuan exer lak a chi loh a, chu vang chuan chuan exer lak hmain Bp check phawt a tha.
- Thisena thau chhia (cholesterol) check zeuh zeuh tur.
- Nikhaw hre lovin i awm thut thin a, i harh leh mai thin a nih chuan stroke warning sign a ni duh, ngaihthah lovin inentir ang che.
- Meizial leh zu hian thisen zam a tihzim thin avangin nghei hi stroke venna a ni.
- Stroke atanga darkar 3 chhunga damdawina enkawl hman chuan damna chance a tha thin.
- Mi an lo stroke a nih chuan zangthala mut ngiltir tawp loh tur a ni. A lu lam kam kan tur a ni, saisirtir pawh a tha, an luak an hâk loh nan.
- Chaw emaw, tui emaw, eng mah pek loh tur, an hak sam em em.
- Stroke damdawi leh lung damdawite hi a hun dik taka ei a ngaih thin avangin theihngilh dawn ai chuan alarm set mai tur a ni.
- Bp hi 135/85 hnuaia dah hram hram a tha. Hemi a pelh chuan doctor hrilh a tha (stroke tan).

ENGATI NGE STROKE THEUH THEUH AN TAWRH DAN A VAINANG LO VE?

Chhanna: Thisen zam lo block thut emaw, keh chhe thut emaw, thluak leh nghawng vela lo awm hian stroke a thlen thin a. Kan hriat tur chu thisenzam lian deuh a nih chuan a nghawng a na a, te deuh a nih chuan a zia thei thung. Kan taksaa nghawng a neih dan pawh chumi azir chuan a danglam ta thin a ni. A thenin an thihpui nghal a, zeng hlen ta te, kut leh ke zawi ringawt te, tawng harsat ringawt te, zeng lem lova kut leh ke lek harsat ringawtte pawhin kan thluak a nghawng dan azirin a nasain a nasa lo thei thin a ni.

PRESBYTERIAN BIBLE SCHOOL ADMISSION NOTICE

Presbyterian Bible School, Mission Vengah Certificate in Theology (C.Th.) zir tur lak a ni leh dawn a, dil duh chuan heng hi hriat tur a ni e:

1. Admission Form hi Office hun chhungin PBS Office-ah Rs. 10/- a lei tur a ni a, Synfo Website-ah download theih a ni bawk.
2. Dil hun chhung - **August ni 18, 2026** (Thawhlehi) tlai dar 3:00 thleng.
3. Dil thei chin - kum 16 aia naupang lo, Kohhran dan chhunga awm.
4. Interview hun **August ni 25, 2026** (Thawhlehi) 10:00 am; PBS Lecture Hall-ah.
5. Class tan hun **September ni 1, 2026** (Thawhlehi).
6. Zir chhunga Class neih hun - **Dar 9:30 am. - 3:10 pm.**
7. Zir hun chhungin zirlaite hnenah thla tin stipend pek an ni ang.

Hrechiang duh tan Phone No. **9612163042/ 8794157618**-ah zawhfiah theih a ni. Hostel a awm lo va, zir turte chu awmna tur inngaihven mai tura ngaih an ni.

Sd/-
(REV. C. LALDUHAWMA)
Principal

Hruaitute chanchin**LALRAWNGBAWLI**

Pi Lalrawngbawli hi Upa Engliana (L) leh Pi Thanzami ta fa niin, Pu H. Lalramliana nen an innei a, chhungkaw enkawl hna a thawk thin a ni.

Rawngbawlina lam:

1. Central-ah : 2025-2027
Committee member

2. Bial-ah: Committee a luh
kum - 2013

OB post chelh te:

- Secretary term 2
- Treasurer term 1
- Fin. Secretary term 1
- Asst. Secretary term 2-na chelh mek

3. Kohhran-ah :

Committee member a luh kum
2008

OB post chelh te

- Secretary term 4-na chelh mek
- Asst secy term 2
- Treasurer term 1

- Inrinni zan thuhrlitu
- Puitling Sunday School zirtirtu
- Kristian Chhungkaw Comt

Bible chang duh: 1 Petera 4:8 "Eng dang zawng aiin inhmangaih tawn uar rawh u; hmangaihna nain sual tam tak a khuh si thin a.

Hla duh zawng: KHB No.417 "Ni ai pawha eng ropui zawk chu, ka thinlungah a eng.

Thuchah: Chhungkaw tinten inhmangaih tawn uar deuh deuh ila, Pathian hmangaihna hmaah chuan kan hmelmah pa Setana a tlawm thin a, Chuvangin, kan chhungkuaah Pathian Lal ram tundinin a awm zel dawn a ni.

**ONLINE / BANK KALTLANGA ṬANPUINA
(DONATION) PE DUH TAN :**

1. Hmangaihna Ina 'NAU CHAWMNA' pekna

Account hming : Hmangaihna In Synod Grant
Account No. : **97002177873**
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

2. Hmangaihna In 'Ṭanpuina / Donation' pekna

Account hming : Hmangaihna In Donation
Account No. : 97001711333
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

**Hmangaihna Ina pawisa thawn tum tana biakna - Phone
7085257549**

3. Synod Hospital, Durtlang ṭanpuina (inkhawm thawhlawm ni lo)

Account hming : Synod Hospital
Account No. : 25026013652
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

**Pawisa thawn tum tana biakna - V.L. Zonuntluanga,
Accountant, Synod Hospital, Phone 9862340364**

**4. John Williams Hospital, Lunglei ṭanpuina (inkhawm
thawhlawm ni lo)**

Account hming : John Williams Hospital
Account No. : 002501870000003
Bank Name : Apex Bank
Branch Name : Chanmari Branch, Lunglei
IFSC : YESB0MAB001

**Pawisa thawn tum tana biakna - Lungmuana, O/A,
J.W. Hospital, Phone 8575305974**

KOHRAN HMEICHHE BUDGET PEK THEIHNA ACCOUNT NUMBER

Account -a pawisa dahtu chuan a dah zat, eng tur nge tih leh dahtu Bial / Kohhran hming chiang taka ziakin *phone no.* **9233437689** -ah WhatsApp message hmanga inhriattir ngei ni se.

1. Central Budget, Inkhawmpui Lian (IKPL) member fee, WDP, PWF, Rahbi Tleu Tanpuina pekna tur

Account hming : MPC Kohhran Hmeichhia
Account No. : **35918210644**
Bank Name : SBI, Mission Veng Branch
IFSC : SBIN0007058

2. Inkhawmpui Lian Special Budget, Hospital Pual Inkhawm Thawhlawm, Kohhran Hmeichhe Ni Thawhlawm

Account hming : MPC Kohhran Hmeichhia
Account No. : **97015036270**
Bank Name : MRB, Khatla Branch
IFSC : SBIN0RRMIGB

3. Women Centre Budget/ Donation pekna tur

Account hming : MPC Kohhran Hmeichhia
Women Centre
Account No. : **35576785404**
Bank Name : SBI, Mission Veng Branch
IFSC : SBIN0007058

4. Agape chanchinbu man pekna

Account hming : Agape - MPC Kohhran
Hmeichhia
Account No. : **35578510786**
Bank Name : SBI, Mission Veng Branch
IFSC : SBIN0007058

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Vice Chairman	:	Pi Vanlalhlamuani
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| 3. Pi Chuauzikpuii | 4. Pi H. Lalthasiami |
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2. Rev. B. Zohmangaiha, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zothanpari, Ex-Chairman
5. Pi Ruth Lalhmangaihi, Asst.Co-ordinator

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

Thiltumte : 1. Kohran rawngbawlna tihlawhtling tura thawh ho.

2. Kristian chungkaw ʔha din tura ʔan lak.

3. ʔanpui ngaite Krista hminga ʔanpui.

4. Chanchin ʔha puan darh.



Postal Regn. No. MZR/ 53/ 2024 – 2026 RNI Regn. 40876/ 88



Chhiahtlang Pastor Bial Kohhran Hmeichhia : Leadership Training



Phullen Pastor Bial Kohhran Hmeichhia : Kristian Chhungkaw Campaign & Leadership Training



Kawnpui Dinthar Kohhran Hmeichhia : Golden Jubilee

To

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