



Chhuah tan kum
- 1970 -

KRISTIAN THALAI

Kristian Thalai Pawl
Chanchinbu
Thla tin chhuak



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Sermon

Kan dam chhan

~ Rev. H. Lalawmpuia

Article

- Rawngbawltu rawngbawlina ~ Zonunkima
- Isua rinna leh Amah anna kawnga
thalaite hruai ~ PC Lalawmpuia
- Himna leh Hlimna ~ Lallianzuata



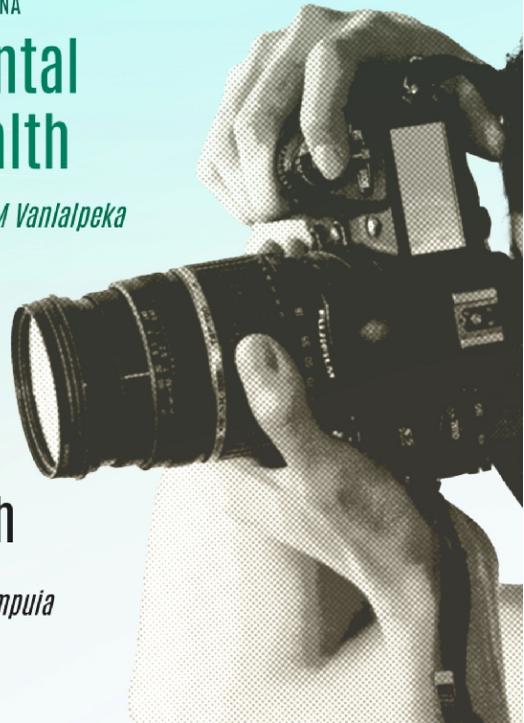
ZIR BINGNA

Mental Health

~ Rev. KM Vanlalpeka

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Photography leh Kristianna ~ Lalawmpuia





NEICCYA YOUTH FEST, SOKHA PRESBYTERIAN CHURCH (9-11.04.2025)



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LEADERSHIP TRAINING, LEITAN BRANCH (09.05.2025)



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KRISTIAN THALAI PAWL



Thupui

Rawngbawli tûra chhandam

Thupui inngahna

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

Thil tumte

1. Isua Krista rinna leh amah anna kawnga thalaite hruai.
2. Kohhran kut ke ni tura thalaite buatsaih.
3. Kohhran hnathawh tihpuitlin.
4. Krista Chanchin Tha puan darh.

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COVER DESIGN

VARROTLUANGA VARTE, CHHINGA VENG EAST BRANCH

BUAIPUI TUR DIK ISUA KRISTA



Tunlai khawvelah Kristiante hian beih kan tawk mek a, khawvel hian min cho a ni ber mai. Tunlai khawvel hi Kristiante nun tidal tur zawngin chak takin a kal ta emaw tih mai tur hi a ni a, khawvel min chona chhang let tur leh tunlai khawvela Krista ram zauh tur hian engtin nge kan beih ang tih hi Kristiante tan thu pawimawh tak a lo ni ta a ni. Philosophy thuk tak tak te, Science thiamna ril tak tak te, Information Technology hmasawwna chak tak ten min nek mup mup lai hian buaipui tur dik Lal Isua Krista buaipui a, Bible chhiar thin, Bible-a innghat tlat ringtute vanneihzia hi a lang chiang telh telh thung si a ni.

Tunlai hian ringtute zingah thlarau nuna inthlahdahna a nasa a, Kristian tam takte nun a dalin Kohhran nun a tlahniam chak hle mai. Lal Isua duh dan lam ngaihtuah lova mahni peih tawk chin leh nuam tih china rawngbawl pawh kan awm ta nual niin a lang. Hmasawwna leh hriatna lo pung hian Pathian leh kohhran atangin mi tam tak a tihla mek niin a lang a, a pawl hle a ni.

Tunlai khawvel thiamna leh changkannaah kan inel mup mup a, khawvel thiamna lamah chuan rual kan awtin hma pawh kan sawn chak hle niin a lang. Mahse, buaipui tur ber Lal Isua Krista hi kan buaipui tak tak em? tih hi kan inzawh fo a pawimawh hle mai. Keimahni leh kan faten khawvel thiamna kan neih loh kan hlaua kan neih zawng zawng pawh sen ral kan huam lai hian Lal Isua Krista kan nei lo ang tih hi kan fa te School thaa an luh loh kan hlauh ang hian kan hlau tak zet em? Keimahni leh kan fate hian khawvel thila thiamna sang tak te, hna tha takte, sum leh pai tam tak kan thawhchhuah loh nge kan hlauh Lal Isua Krista kan neih loh. Buaipui tur dik Lal Isua Krista hi buaipui hmasak berah i nei theuh ang u.

Vanlalremliana
Jt. Editor

KAN DAM CHHAN

(Thuhritlu 12:3)



Sermon

Rev. H. Lalawmpuia, Leader, CKTP



Khawvela mihring lo piang zingah hian chhan nei lova Pathianin a siam kan awm awm love. Eng vanga siam nge ka nih? Engvangan nge waviin thlenga ka nunna zuah a nih? Heng zawhna hi chhang dawn ila kan chhanna a inang vek kher lo vang. Mizo hla phuah thiam Fam Lalzova chuan—

“Ka chan tawkah ka lungawi lo, Ka damchhan ka luah zo si lo; A riang kei mi iang an awm lo’ng e, Ka nghak sual thadang mi u” a ti.

He hla phuahtuin a dam chhan nia a ngaih chu a ngaihzawng, a bialnu kha a ni. A hlaphuah chang tawp lamah phei chuan ‘kan la dam rei awm si a, ka tahna khua a van la sei dawn em’ a ti vawng vawng mai a ni. Mizo hla phuah thiam baw Pu Lalduhzuala pawhin ‘Kan dam chhan’ tih hla a phuah baw a, a ni thung hi chuan a hla phuah hian, ‘Pathianin naupang awmhlei ang deuhin mihring nun hi chhan leh vang pawh nei chuang lovin, thamral leh mai mai turin a siam em ni? Tiin a zawt a. A hla tawpah phei chuan, damchhan hi kan nei tak tak a ngem le? Tih hnu khawvel te hi a awm tak tak a ngem? Tah chuan engtin zel nimaw? Tiin a ngaihna hre lo takin he hla hi a ti tawp a ni. A ni taka, mi tamtak hi chuan kan dam chhan ber hi kan hre lo thei khawpin a rinawm. Tin,

thenkhat hriaa inngai lahin kan hre fuh lo thei viau baw. Kan dam chhan loh zawk hi dam chhan emaw tiin buaipui berah kan nei fo thin.

Bible-in engtin nge dam chhan a sawi :

Thuhritlu lehkhabu hi Israel lal ropui Solomona ziak niin mithiam tam berin an ngai. Solomona chu Israel lal ni tura Pathian hriakthih a ni (I Laltel:39). Pathian hnenah a mite tana ro a relsak thiam nan finna a dil a, chu chuan Pathian a tilawm hle. A hnenah finna, hriatna leh rilru zauna tuifinriat kama tiauvut zat aia tam Pathianin a pek bakah, a dil loh hausakna leh ropuina pawh pek tel a ni.

Rorel thuah mai ni lovin, thilsiam dangte, thing leh mau, ramsa leh nungcha leia bawkvaka kal te, tuifinriata sangha chanchin thlengin a hre

em em vek a ni. Khawvel lalho zawng zawng aṭangin a chanchin hretute chu a finna ngaihthla turin a hnenah an lo kal ṭhin (I Lalte 3:12-13: 4:29-34). Kan Bible chuan mi zawng zawng aain a fing a ti tawp mai a ni (II Lalte 4:31) (Tunlai ṭawngin Solomona hi Subject tinah Phd. Deree nei tluk a ni ber mai). Nupui pakhat pawh hmuh a harsat nen Solomona hi chuan Lal fanu ṭhah nupui 700 a nei. Chu mai pawh a la ni lo, a mit itzawng apiang hlah lotu lal Solomon hian a nupuite bakah hmei 300 a nei bawk. A hausa bawk a niang, Seba lalnu khan a hausakzia an sawi chu ringhlelin a hmunah ngei a va fiah ngat a, a rin aain a lo la hausa zui a ni. “An sawi ka awih lova, tichuan ngaiteh a zatve pawh min lo la hrilh hlei nem” a ti tawp mai a ni. Ropui a ti lutuk a, rilru a hlei a nei ta lova, a zawi vek ringawt mai a ni awm e. (10:19).

Chu Lal fing leh ropui chuan, Thufing 3000 leh hla 1005 a phuah. A ni aia experience nei ṭha hi khawvelah awm tak ang maw? Chu mi ngei mai chuan a experience aṅanga a thil hmuh chhuah chu, ‘khawvel ropuina leh mawina, thiltihtheihna, ropuina leh hausakna zawng zawngte hi, Pathian tel lo chuan engmah lo mai, thil zawng zawng hi engmah lo mai a lo ni’ tih zawng hi a ni. A thu ngaithlatuten an hre lo vang tih hlau ni awm takin, a sawi nawn tlut tlut mai a ni. Chumi

hnua a thu ziak zawng zawng khai khawm nan a hman chu, “**Heng thu zawng zawng khaikhawmna hi ngaihthla teh ang: Pathian ṭih la a thupekte vawng rawh, hei hi mihring zawng zawng tih tur chu a ni mai**”(Thuhritlu 12:13) tih hi a ni. Hei hi Solomona’n mihring dam chhan a sawi chu a ni. Chu chu Pathianin mihring a siam chhan dik tak chu a ni.

KṬP ten kan sawi ve dan thungah chuan “thil ṭha ti atana siam” (Ephesi 2:10) kan ni, kan ti ṭhin. Chumiin a tum chu ‘Pathian ṭih leh a thupek vawn’ hi a ni. **ṬIH** tih sawina Hebrai thumal **‘Yirah’** chu Mizo ṭawng chuan **‘Zah, Hlau, Thuawih, Chawimawi, Chibai buk’** titein a lehlin theih. Chu chu Pathianin min siam chhan leh kan dam chhan tur dik tak chu a ni. Pathian hian awmhlei vanga tihpalh thila a siam kan ni lova, Paula chuan **“Amah aṅang leh amah avang leh amah atan thil zawng zawng hi a lo awm a ni si a”** (Rom 11:36) a ti. Pathianin tum neiin, a tana a siamte kan ni. Amah ṭih leh rawngbawl hi kan dam chhan ber tur a ni.

Khawvelin dam chhan a hai ṭhin: Bible-a Lal Isua tehkhin thua ‘mi hausa a’ khan a dam chhan a hai a ni. A hausakna ro sum leh pai dahna in a lo khat a, (tunlai ṭawngin a bank account a full a ni mai thei) a farm house zawng zawng a full bawk si, tih

len a tum sauh sauh mai a 'ka dam chhan ka ngah tawh tawh bawk a, ka dam chhungin hahchawl chungin ka chen tawh dawn' a ti niin a lang. Mahse, chumi zan chuan chung lam atangin dam chhan dik tak hrilh a ni. 'mi a, zaninah i thlarau an laksak dawn che, i dam chhan nia i ngaih kha i thihsan dawn, tuta nge ni dawn le?' a rawn ti ta a ni. Chutianga hunah chuan dam chhan dik tak a chiang tawh thin. Kan sawi fova 'its my life' ti vah vah thin ho hi, an la hrisek that vang a ni thin. Chutianga ti thin pakhat chhungte hian zan khat chu dar 1:30 AM velah min rawn kai tho va, ka zuk kal chuan khum bulah nghawng vual tutin a lo thu a, eng nge a chhan kan zawh chuan 'dam chhan tur a neih tawh loh vang a lo ni'. Tawngtaina nen a dam chhan tur dik kan inhrilh zui ta a ni.

Uanpui loh tur kan uanpui a, chapopui loh tur kan chapopui a, hmasa lo tur kan dah hmasa fo thin, hei hian a tawpah min tibuai thin. Tum khat chu Texas-a Pastor hriat hlauh tak George W. Truett-a kha mi hausa pakhatin zanriah kilpuiah a sawm a. Zanriah eikham chuan in chung sang lamah an vel ramte lan theihna-ah a hruai chhova, an hma lam ralkhata Oil dahna zem lian pui puite chu kawkin Pastor hnenah chuan, "Kum 25 kal ta khan engmah nei lovin ka lo kal a, tunah chuan heng zawng

zawng hi ka ta a ni" a ti a. Tin, chumi epa buh hmun zaupui mai chu kawh lehin, "Heng zawng zawng pawh hi ka ta a ni," khawchhak lam an hawi a, ranruah vulhna hmun zau tak chu an thlar a, "Heng pawh hi ka ta a ni", khawthlang lama ramngaw zaupui chu kawh lehin "khung zawng zawng pawh khu ka ram vek a ni" tiin chhanna ngaichangin Pastor lam chu a en a, eng emaw chen an ngawih dun hnuah, Pastor chuan a kut vei lama mi hausa pa dar vuan chungin a kut ding lamin chunglam a kawh a, zawi sapin "A nih leh thianpa khi lamah khian eng zat nge i neih" tiin a zawt a. Chu mi hausa pa chuan harh zawk ni awm tak hian, "chu lam chu ka lo la ngaihtuah ngai reng reng lo" tiin hrilh hai takin a chhang a.

Pu Zuata'n a tia lawm, 'Pathianni tuka vawksa ei puar peng pawnga, varanda-ah Sikret leh kuhva nen inchwawp a, inkhawm kal tur lo au fiam, 'ringhlel ang zia zanga inkhawm tlut tlut a ngai lo' lo ti zuah zuah thin ho hi, an han dam lo ve a, Doctor-in 'E khai i lo cancer ve a nih hi, a stage a lo sang deuh tawh a, chemo khai a tul tawh lo, i duh ang ang i ei thei' an han tih meuh chuan, inkhawm tura kal an fiam ngai tawh reng reng lo. An lo auh ber pawhin 'khawngaihin Kohhranhoten min lo tawngtaipui veruaw' an ti lawm lawm tawh thin.

‘Pathian a awm lo’ ti tiho pawh hi an la hrisel ṭhat vang a ni fo. Thih dawn darkarah chhungten ‘Mama fiante khat chauh hi lem lui hram rawh’ an tih an tih hunah chuan, tu man Pathian a awm lo an ti an ti tawh ngai lo. Ṭum khat chu Hospitalah tlangval pakhat (Sport man) kei pawhin fiamthua ka lo warning tawh ṭhin, ka zuk tlawh a, ani chuan zah pawh dawn lovin, “Ka pu, ka natna hi a dam leh theih i ring em?” tiin min lo zawt hlawl mai a, a hmel ka en a, a zam ve hle niin ka hria. Kei chuan, “E khai zam reng reng suh, Pathian thu thu a ni, kan ṭawngṭai anga i dam em em ang” ka ti a. Tin, ani chuan “Ka dam leh a nih ngai chuan ka sim hmak tawh ang, ka theih tawpin KṬP-ah ka inhmang ve tawh ang” a ti sauh sauh va, a pawh hle mai, a dam chhan erawh a hre tlai ta hret a ni. Rei lote atana nawm chenna tur kan buaipuina lamah hian, kan dam chhan chatuan daih tur zawk kan thlahthlam fo ṭhin hi a pawh ṭhin.

Illustration: American Civil War laia General huaisen William Nelsona kha, a tleirawl lai aṭanga tlangval tho thang ṭha tak, khawvel nuam tive tak ṭhin a ni awm e. Sipai a nih hnuah pawh General huaisen leh thawh hlawk tak a ni. Ni khat chu a thihna tur silai muin a nakah a rawn deng dawt mai a, chu hun hmachhawn

tur chuan a lo la inpeih lo hle mai. A hote chu indo buaiin an buai si a, a lam hawia amah bawihswm tura sipai lo tlan hnenah chuan ring taka auvin “Puithiam rawn hruai rawh u, puithiam rawn hruai rawh u, Baptisma chan ka duh a ni” tiin a ṭe chul mai a ni. A hun hmasa lamah khan a mi mal nunah, General a nih hnu thlengin Baptisma chan nan chauh pawh hun nei a inti ngai lo. A chatuan hmun tur a pan hmam minute rei lote chauh hun a nei, chu minute rei lote chhunga a buaipui ber chu a chatuan hmun atana inbuatsaihna a ni. Indo avangin an buai ṭheuh si a, minute 30 a liam a, a chatuan hmun tur panin mangang takin a kal ta a ni. Dr. Ramdinthara chuan:

“Hringnun hi ka dawn ṭhin a, Hlimthla ianga ral mai tur; Sum leh sanna kan um hi, Leia damna chhan tur em ni le? Ngun takin dawn Chiang ve la Theihna sum engkim hlana; Chhandamna hril a, a ram din hi, Aw leia kan dam chhan a lo ni e” a ti a.

Kan dam chhan, mihring zawng zawngin kan ngaih pawimawh hmasak ber tur chu, min siamtu leh min neitu, hun tawpa kan chungang roreltu tur **‘Pathian ṭih leh A rawngbawl’** hi a ni. A bak khawvel thil dang mamawh zawng zawng hi chu amah nena a duh dana kan ngaihtuah tur zawk a lo ni ●

RAWNGBAWLTU RAWNGBAWLNA

(2 Timothea 4:5)



Zonunkima, Model Branch, Lengpui

Rawngbawltu han tih hian OB chin emaw, Committee member chin emaw, active member chin emawah tam tak chuan kan ngai mai thei; mahse a ni bik lo. Ringtu tawh phawt chu Pathian duh zawng tia, a rawngbawltu kan nih avangin ringtu chu rawngbawltu a ni nghal tihna a ni, ti ila a sual tampui awm lo ve.

Rawngbâwlina hi sap ãawng chuan ‘Service’ tih a ni mai a, a awmzia chu ‘mi dang ãawpui’, ‘mi dang hnâ thawhsak’, ‘hnathawh’ tihna a ni. Rawngbawlnain a tum ber chu Chanchin ãha kal tlanga Krista ringtu ni tura mi dangte sâwm leh Krista nun dan entawna nung ve tura mi dangte kahruai te, Krista leh a Kohhran tana ãhahnem ngai taka beih hram hramna tihte pawhin kan sawi thei ang.

‘Rawngbawlna hlen’ tih chu ‘mawhphurhna hlen’ te pawh kan ti thei tho awm e. He khawvelah mihringa kan lo pian chhuah tawh chuan mawhphurhna kan nei nghal a, chu mai bakah chhandam kan nihnaah pawh mawhphurhna kan nei nghal a ni, rawngbawltu tura chhandam kan nih avangin. Mawhphurhna kan neih chuan chanvo kan nei tihna a ni a, chu chanvo kan tihpuitlin chiah khan rawngbawlna kan hlen tihna a ni.

Rawngbawltu nihna zia leh a mawhphurhna:

“Tui pawh luan chhuahna a neih loh chuan a bawlhhlawh ãhin” an ti a, rawngbawltu pawhin ãim taka rawng a bâwl theih nan fuihna leh intuai tharna a mamawh ve thin a, a mawhphurhna a hriat chian a ãul bawh. Rawngbawltu awm dan tur, mi mal ngaihruatna a ãangin ãing lo tak chungin han sawi ve ta ila.

A hmasa berah chuan tlawmna nun kan neih a ngai a ni. Bible-in ‘Rawngbawltu’ tih ãawngkam a hman hi Chhiahhlawh, tirhkah, bawih – tih sawina ãawngkam ve tho a ni a. Chhiahhlawh leh bawih te chuan a pu thu zawmin, a tih dan danin an awm ãhin. Lal Isua pawn “inngai hlu apiang an tlawm ang a, inngaitlawm apiang chawimawiin an awm ang” a ti a, inngaitlawm turin min duh a ni. Chuvangin, inngaitlawm tak leh inphah hniam taka rawngbawltu kan ni. A rawng kan bâwl Pathian aia kan incheina leh kan che zia te’n mi en bik hlawh se tia fakna âwkâ beiseia lansarh

kan tum chhung chuan kan rawngbawlna a nung thei lo vang a, rawngbawltu zia kan pu lo tihna a ni bawk ang. Tin, nihna leh chanvo beisei rânin rawng kan bawl tur a ni lo va, chanvo kan nei lo a nih pawhin kan vui tur a ni lo. Kan rawngbawlna kan chhuang tur a ni lova, kan chapopui tur a ni hek lo; a rawng kan bawlsak, rawngbawl ve theia min siamtu Pathian chu kan chhuang zawk tur a ni.

A dawt lehah chuan chên inhuamna hi a ni. African thufingah chuan, “Tuifinriat a fawn loh chuan lawng khalh thiam tak tak a hriat loh” an ti a. Kan rawngbawlna leh kan ei zawnnate leh thil danga lo inbakkaih châng a awm ang a, rawngbawlna kan thlan avanga sum tam tak kan chên châng pawh a awm ang. Amaherawhchu, kha chên ngamna nun i neih khân lo thlir rengtu che Pa lâwm a siam ang a, taimakna nena ke i pêh a nih pheih chuan malsawmnain a vur lêt leh ngei ang che. Pathian mi hman kan tihte hi mi buai tak, indaih lo thei tak an ni duh chawk a nia. Krista vanga chên a, tuar a, rethei a, mualpho ngamte hi an ni.

Rawngbawltu chuan a nuam chinah leh peih chinah ringawt rawng a bawl tur a ni lova, hrehawmah pawh a tih tâng tâng a ngai a ni. KṚP programme chi hrang hrang- inkhawm, hla zir, hnatan, committee etc... kan ngai pawimawh tur a ni a. Chutihrial erawh chuan KṚP

chêtna ringawt ni lovin, Kohhran chêtnaah pawh kan tel vein kan ngai pawimawh tur a ni. KṚP inkhawm ngai pawimawh hle si, Kohhran inkhawma tel khât deuh nihte hi a KṚP zia lova; KṚP-a inkhawm kan awm ang zat hi kohhran inkhawmah han inkhawm thîn ta ila kohhran kan tiphuisuiin zâi a ti nuam zual ang a, inkhawm pawh a ti nung ngei ang. Chutichuan, KṚP thil tum 3-na “Kohhran hnathawh tih puitlin”-ah hma kan la nghal tihna a ni bawk ang.

Kohhran leh KṚP huanga kan infuih rualin, in lama kan tih tur leh kan tih ve theihte pawh ti hman lova rawngbawlna hming hawha kal chhuah fo erawh a dik ber bikin a rinawm loh. Chhungkua a tanga rawngbawlna tâng zawk tur kan nih avangin chhungkua pawh kan thlahthlam thiang lova, kan ngai pawimawh tur a ni. Keimahni lam kan insiam rem thiam a pawimawh hle a ni. Hemi kawngah hian mi tam tak chu kan insiam rem theih loh avangin tâng rêt leh sawi sep kan hlawh phah a, KṚP a tihming hliau thîn a ni.

Rawngbawltu chu mi dangte tana entawn tlak a ni tur a ni. Entawn tlak nun nei tur chuan kan pian thar a ngai a, kan nunah Isua Krista a lal ber tur a ni. Rawngbawltu ni si, tawngtai leh Bible chhiar khât em em nih hi a inrem lova, Pathian âw kan hriatna leh amah kan biakna hmanrua a nih avang leh dam chhung ni chhiar thiam tura kan

ni tin chaw lakna hmanrua a nih avangin tawngtai leh Bible chhiar kan uar tur a ni. Fak hla siamtu chuan,

“Mi ten min chhiar, min thlir reng e; Ka awm dan zawng zawng an hai lo’ Krista nun mawi leh Chanchin Tha, Keimahah hian hmuh an chak thin.”

A lo tia. Tin, Paula pawhin “In awm dan chu Krista Chanchin Tha nen inmawi phawt rawh se” (Philippi 1:27) a lo ti baw. “Ka awm dan hi Chanchin Tha nen a inmawi em?” “Krista nun mawi chu ka nunah hmuh tur a awm em?” tihte mahni theuh inzawt ila. Chutiang nun nei tur chuan Kohhran huangah chauh ni lovin; khawtlang thil tih nikhuaah te, kan ni tin khawsak nun phungah te, taimak leh tlawngaihna lantir kawngahte entawn tlak nun kan neih a ngai a ni.

Rawngbawltu mamawh:

R a w n g b a w l t u ’ n rawngbawlina kawnga a mamawh nia ka hriat ve thin chu lawm fona nun neih a, lawm chung a rawngbawl theihna hi a ni. Kan nunah kawng chhuk chho zawh a ngaih châng a awm ang bawkin kan rawngbawlina kawngah pawh harsatna te, thlemna te, hun khirh tak tak kan tawh châng pawh a awm ang. Vanduai bik riaua inhriatna te, mahni inkhawngaihna te, mahni insit tlat nante hmanga kan rawngbawlina tui loh phah a, Pathian laka vui rum rum maite hi thil awm thei tak tur a ni. Nimahsela, harsa hle mah se chutiang ang rilru chu kan pu tur

a ni lova, a êng zawngin thil kan thlir thin hram hram tur a ni.

Lawm fona nun han tih hi chuan Stoic philosophy nen hian a inrem ang reng ka ti a, ka rilruah a awm thin. Stoic-ho zirtina pakhtah chuan thil a nih dan anga pawm thiam/ hmachhawn thiam hi a ni. Epictetus chuan, “Mite ngaihtuahna tibuai bertu chu a thil thleng kha ni loin, a thil thleng an thlir dan zawka kha a ni” a ti a. Amah vek hian, “Kan theihna china theihtawp chhuah a, a bak zawng chu a lo thlen ang anga lo pawm ve mai tur a ni” a lo ti baw. Harsatna kan tawh te, dinhmun der dêp leh derthawng tak kara kan awm pawhin amah ringhlel lovin vuan tlat ila, Krista vangin tuar ngam ve ila, lawmna tlângah min la lawntir ngei dawn a ni tih beisei chungin rawngbawl i tum ang u (Rom 5:3-4).

Tlangkawmna:

Rawngbawlinaah hian chanvo lian leh te bik a awm hran lova, pawimawh vek si, pawimawh dan hrang theuh ang a ni. A pawimawh berah chuan Pathian nen kan inkar hi fel sela, Pathian nen kan inrem tawh chuan kohhran leh KṚP mai ni lo, rawngbawlina dang dang pawh kan ngai pawimawh ang a, mi dangte nen inrema awm theiin thawh hona tha kan nei thei ang a, rawngbawltu rawngbawl dan tur zia kan nei ang a, tichuan tih tak zetin rawng kan bawl thei ang a, kan rawngbawlina pawh kan hlen thei ngeiin a rinawm ●

ISUA KRISTA RINNA LEH AMAH ANNA KAWNGA ṪHALAITE HRUAI



P.C. Lalawmpuia, Chhing Veng Branch

Johana 3:18-ah chuan "...tu pawh ring lo chu tun apangin thiam lohvin an awm..." tih kan hmu a. Ringtute tan chuan rinna hi Pathian hnung kan zuina tura thil pawimawh ber a ni a, vanram kan thlen theih nana pawimawh tak a ni bawk a. Sakhaw dang kan thlir chuan mihring felna leh ṫatna, sakhaw serh leh sang zawmna kawngah an fir em em a, kawng tam takah ringtute hian kan tluk lo fo zawk tih theih a ni. Amaherawhchu, Isua Krista rinna an neih ve tlat loh avangin vanramah hmun an chang ve dawn lo a, chuvang chuan Isua Krista rinna nei lotute chuan vanram an lut dawn lo tihna a ni.

Hebrai 11:1-ah chuan, "Tin, rinna hi thil beiseite awm ngeia hriatna, thil hmuh lohte hriat fiahna a ni" tih kan hmu a.

Rinna chu eng nge? Rinna chu Pathiana innghahna a ni. Josefa chuan rinnain Israela thlahten Aigupta ram chhuahsanin Kanaan ram an lut dawn a ni tih a hmu Chiang hle mai a, a thih dawnin a ruhro keng tel turin a lo chah lawk sa diam tawh a. Josefa hi ama rin dan maia thil ti a ni lova, Pathian thutiam chu a thleng dawn tih a rin tlat avang zawka thil ti a ni. Tichuan, Israela thlahte chuan Kanaan ram chu lutin, Sekem hmunah a ruhrote chu an phum ta bawk a ni. Hetiang chiah hian Abrahamate, Novate, Mosiate leh mi ropui dang tam tak te khan rinnain thil an lo ti ṫhin a ni.

Chuvang chuan, rinna chu kan thil lo tawn tawh avang emaw kan lo hmuh tawh avanga insiam chawp a ni ber lova, kan thil beiseite chu kan la tawn loh leh hmuh loh thil pawh ni se, Pathian rinawmna avang zawkin keimahniah rinna a lo insiam ṫhin a ni.

Vawiinah chuan ringtu hmasate hnung kan zui zo ta lo hle mai, engkimah fiahna (scientific evidence) kan zawng ṫhin a, hna ṫha te, hlawhtlinna duhawm tak tak te kan beisei ṫhin. Amaherawhchu, kan beisei anga thil a lo thlen mai loh chuan Pathian lakah kan vui a, mi tam takten Pathian awm an rin loh phah ṫhin bawk a, anxiety leh depression salah an tang ta a, a tawpah beidawngin Atheist te, Agnostic te an lo nih phah ṫhin

niin a lang. Chutiang nun beidawnna ruama kan luh loh nan kan fimkhur hle a t̄ul a, kan thil beiseite chu Isua-ah rinna nghtat tlat chungin, rinawm leh taima takin nghahchhuah kan tum zawk tur a ni. Kan Lalpa, engkim rel fela remruat th̄intu chuan, kan dil hma hauh pawhin kan mamawhte a hre si a.

Rinna pawimawhzia kan tar lan rual hian, then hran theih loh khawpa pawimawh rinna kawppui tlat chu thuawihna nena thiltih hi a ni. Jakoba 2:17-ah chuan, “rinna chu thiltih nei lovin amah chauhin a awm chuan thi a ni” tih kan hmu a, bible-a mi ropui tak takte chuan Pathian an rin bakah thuawihna nen thil an lo ti th̄in. Chuvang chuan, rinna leh thiltih chu a t̄ang kawp a, thiltih chuan rinna chu a tifamkim th̄in a ni.

Engtin nge Isua chu kan an theih ang? Isua ang tih awmzia hi tisa zawnah emaw thiltih theihnaah amah anna lam sawina ai mah chuan, Kristaa awm emaw Kristaa nun thar neih tihna zawk niin a lang.

Johana 15:4-ah Isua chuan “Keimahah awm reng rawh u, kei pawh nangmahniah ka awm reng ang. Peng chu grep hruia a awm reng loh chuan amahin a rah thei lo ang bawkin, nangni pawh keimahah in awm reng loh chuan

in rah thei lo vang” a lo ti a, engtik lai pawha Kristaa awm rengna chu amah Isua kan an theihna tura thil pawimawh tak a ni. Tin, khawvel chakna lam kalsanin thlarau lam thil kan buaipui tur a ni bawkw, Rom 12:2-ah “He khawvel dan ang hian awm suh ula,.....in rilru a thara awmin lo danglam zawk tawh rawh u” tih ziak kan hmuh ang khan.

Krista hnena mi dangte hruai tur hian nun nghtet tak neih a pawimawh em em bawkw a, chumi tur chuan Ephesi 4:23-24-a kan hmuh, “in rilru thlarauvah chuan a tharin lo awm ula, mihring thar, thutak felna leh thianghlimnaa Pathian anga siam khan inthuum bawkw ula,” he lai Bible changina min duh ang tak hian kan rilru, khawvel lam ngaihsak tlat th̄intu chu thlarauvah a tharin kan thlak tur a ni a, chu chuan Kristaa felna, thianghlimna leh tlawmna a keng tel a, kan rawngbawlnaah leh kan nunah Krista hmel miten an hmu ang a, Krista anna kawngah th̄alaite kan hruai thei dawn tihna a ni.

“Chuvangin ka unau duh takte u, nghtet takin, tihchet rual lovin Lalpa hna th̄ahnem ngai taka thawk fovin awm rawh u, in thawhrimna chu Lalpaah chuan a thlawn ngai lo tih in hre si a” (1 Korinth 15:58) ●

RILRU HRISSELNA (MENTAL HEALTH)



Rev. K.M. Vanlalpeka, ATC



1. Introduction:

Mihring nuna pawimawh em em chu Mental Health (rilru hriselna) hi a ni a, a chhan chu kan rilru puthmang a dik leh dik loh hian kan ni tin nun leh hma lam hun thui tak a khawih vang a ni. Tin, khawvel lo thang zelah hian Mental Health pawimawhna hi a nasa zual zel dawn ni pawhin a lang. Rilru lam damlohna hi tu chungah pawh, eng hunah pawh thleng thei a ni a, chutihruah erawh chuan rilru lam damlohna neite zinga tam berte hian enkawlna mumal an dawng lo va, tam tak phei chu an natna pawh hriatsak an hlawh lo a ni. Hei hi a chhan ber chu Mental Health chungchanga inzirtirna a tam tawh loh avang leh rilru lam damlohna hi zahthlaka ngaihna avang a ni ber.

1. Mental Health chu eng nge ni?: Rilru hriselna (mental health) tih hi a awmzia takah chuan mihring nun pumpui - taksa, rilru leh thlarau damna sawina a ni ber. World Health Organization (WHO) chuan Rilru hriselna chu, “Mihring nuna thil thleng chi hrang hrang kara mahni insiamrem theihna, mi dangte leh thilsiam dangte nena inremna leh inlaichinna dik neih hi a ni,” tiin a sawi a. Hemi atanga lang Chiang ta chu – Mi rilru hrisel chuan harsatna a tawh lo a ni bik lo va, mihring nuna thil thleng hrang hrang te, harsatna leh chona te a hmachhawn a,

chutiang karah pawh amaha insiamrem a, mi dangte nena khawsak ho a thiam a, awmze nei leh hlawk takin, lungawi takin a nun a hmang thei ṭhin. Tichuan, mental health chu rilru natna aṭanga fihlimna tihna a ni lova, harsatna karah pawh thiam tak nun leh ṭhanlen zelna tihna a ni ber zawk.

Rilru hriselna hi zin kawng (journey) anga thil kal reng a ni a, thlen tawh (goal) emaw nih tawh emaw neih tawh emaw tih lam a ni lo, englai pawha hma lam pana ṭhanglian reng tur a ni zawk. Ṭhan kin a awm tak tak lova, hma lam pana kal zel a ni ber.

Chuvangin rilru hriseh hi hlim reng, lawm reng, lungawi reng lam a ni lo. Mi rilru hriseh chuan a nuna thil chi hrang hrang lo thleng thinte thiam taka hmachhawnin, amah a insiamrem a, harsatna pawh chonaa ngaiin a hmachhawn a, a hlawhchhamna kha insiam that nan a hmang zawk zel a, puitlin lam panin a nun kha a thang lian zual zel thin a ni. Lal Isuan, “Kei zawng nun an neih nan tam taka an neih nana lo kal ka ni,” (Johana 10:10) a tih a, nun tam, nun hman tlak, nun tlo, nun hman khawp a sawi ang hi a ni ber. Paula’n, “Keizawng eng ang pawhin awm mah ila, lungawi zel ka ching tawh si a,” (Phil 4:11) a lo tih angin mi rilru hriseh chu amah a inhmuh dan leh mi dang a hmuh dan a dik a, a hriseh a, a him bawh thin a ni.

3. Rilru hriseh hi engtin nge kan neih ang?:

(1) Mahni nihna inpawm:

Mahni leh mahni inhriat chian a, mahni inpawm hi rilru hrisehna neih nana thil pawimawh em em a ni. Tu mah hi kan

famkim lo, chakna leh chak lohna nei vek kan ni. Mahni inhriat chian a, kan chak lohna te pawh hi inpawm ngam a ngai. Paula chuan, “Chutichuan Krista thiltihtheihnate chu ka chung a awm theih nan, lawm em emin ka chak lohna te hi ka chhuang tawh zawk ang,” (2 Kor 12:9) a lo ti a. Mahni nihna inpawm a, chau thei, hah thei, mangang thei, lungngai thei kan nih te hi inhria ila, kan nihna ang ang hian Pathian hnena tluk luh zel mai tur a ni.

(2) A tawh chauhva mahni inhmuh that (self-esteem):

Mahni inngaihhlut tih hi



chapo tur tihna lam a ni lo. Mahni a ngaihhlut tur hmu thinte hi mi chapo an ni kher lova, chutiang bawkin mahnia

ngaihhlut tur hmu lote pawh hi mi inngaitlawm an ni kher lo bawh. Mahnia ngaihhlut tur hmu thei lote hian mahni an insit a, an inkiltawih duh a, mi dang phak lovin an inhria a, chu chuan mi dang nena inlaichinna leh thil tih honaah nghawng tha lo a siam thei thin. Pathian hian mi mal tin hi mak tak leh danglam taka a

bika taka (unique) a siam vek kan ni a (Sam 139:13-14), tuna kan awm dan ang ṭheuh hian, kan famkim lohna ang ang hian, ama ngaihah chuan hlu tak vek kan ni tih hi pawm mai tur a ni.

(3) Mi dang nena inkhaikhin fo loh: Rual elna khawvelah kan awm avangin mi dangte nena inkhaikhin chiam hi a awl. Mahse, mi dang aia ṭha zawka inngaihna chuan chapona a thlen duh a, chutihrualin mi dang phak lova inngaihna chuan inkiltawihna emaw itsikna emaw a thlen thei. Awhawm awm taka awmte pawh hian harsatna an lo nei ve reng thei a, mi dang an lo awt chhawng ve leh mai mai ṭhin bawk. Chuvang chuan, mi dang nen inkhaikhin fo lo ila, mi dang nihna leh thil neihah hian buai lo ila, mahni nun hi hlim leh nuam ti taka hman tum mai tur a ni. Isuan Petera hnenah, “Ka lo kal leh thlenga awm rengah pheih duh ila, chu chu enga i hman tur nge? Nangin mi zui mai rawh,” (Jn 21:22) a tih khan Petera kha mi dang nena inkhaikhin lo tur leh mi dang nuna buai lo turin a fuih a nih kha.

(4) A eng zawnga thil thlir: Kan duh angin kan chungah thil a thleng vek dawn lo va, thil a nih tur ang a nih loh apianga a

thim zawnga thlirna chuan beidawwna bakah min hruai lut lo. A eng zawnga thlir mi erawh chuan thil duhawm lo karah pawh remchanna an hmu thiam ṭhin. Siam ṭhat theih tawh loh thil chu a nihna anga pawm an zir a, chutiangah chuan an intilungngai duh lova, thil ṭha leh ṭangkai tur lamah an rilru an pe hram hram ṭhin. Paula chuan “...ṭhatna reng a awm a, fakna reng a awm phawt chuan chung chu ngaihtuah rawh u” (Phil 4:8) tiin kan rilru kan pekna (focus) tur min kawhhmuh a ni. A eng zawnga thil thlir mi nih hi a ṭha lo lai ngaihtah tur tih lam a ni lo va, a ṭhat loh dan lam aia a ṭhat dan, a siam ṭhat leh theih dan, a tuam dam dan lama rilru pe hram hram ṭhin sawina a ni ber.

(5) Lawm zel zir: Rilru hrisel nei tur chuan mahni nihna leh thil neihah te lawm zir ve a ngai. Lawmna hi thilah (object) ni lovin kan rilru puthmangah (attitude) a inngat. Lawm nan thil ropui tak a ngai kher lo, thil te tham te teah pawh lawm tum mi chuan lawmna an hmu zel zawk. Paula chuan, “Lalpaah chuan lawm rawh u, ka ti leh pek ṭhin ang, lawm rawh u...engkimah lawmthu hril tel zelin...” (Phil 4:4-6) a lo ti a, lawm hi zir turin

Philippi mite hi a fuih a ni. Mi thenkhat chuan kan neihsaah ni lovin, kan neih lohvah lawmna kan zawng a, lawmna tur kan hmu hlei thei lo. Hla siamtu-in, “Lawm kan peih loh avang zawkin, lo la thleng lovah kan ngai,” a lo tih hi a dik thui thei viau awm e. Kan neihsaah hian, thil hoteah pawh lawmna tur kan zawn phawt chuan lawmna tur kan hmu zel ang. Chu chu rilru hrisel neih nan a t̄angkai em em a ni. Thil hote pawha lawmna zawng mi kan nih chuan kan nuna thil t̄ha lo a lo thlen chang pawhin thil t̄ha lam kan rilruin a dap thiam/hmu thiam zel dawn a lo ni.

(6) Ngaihdamna rilru put:

Kan ni tin nunah hian tuten emaw min tih nat chang a awm t̄hin. Chutiang hunah chuan min ti na tute laka thinrim reng emaw, phuba lak duhna emaw, anmahni pumpelch char char duhna emaw a lo awm ve t̄hin a, chu chuan nun a ti hrehawm a, ngaihdamna thinlung kan put vat loh pheih chuan mahni hi a tuartu ber kan ni duh. Mi ngaidam tur hian inremna (reconciliation) a awm kher a ngai lo, min ti natu khan a sim

chuang kher lo thei bawk, mahse, ngaihdamna hi miin an sim leh sim loh lamah emaw a innghat ber lova, ngaidamtu thinlung leh rilru put hmangah a innghat zawk a ni. Chuvang chuan Lal Isua pawhin vawi 7X70=490 thleng ngaidam turin min ti a nih kha (Mt. 18:22). Anihna takah chuan mi kan ngaihdam hian a ngaidamtu thinlungah zawk hian lawmna te, remna te, lungawinate a lo thleng zawk t̄hin a, chu chu rilru hrisel kan neih nan a pawimawh em em a ni.

(7) Thil a pawimawh dan indawta thliar fel:

Thil tih tur tam tak karah buai takin, tawt up upa awm chang a awm t̄hin. Chutiang hunah chuan eng nge tih tur hmasa ni a, eng hian nge min la nghak thei tih te thliar t̄hin hi a pawimawh.

Tin, kan zawh loh tur thil chu “ni love” han tih ve te pawh a t̄ul chang a awm t̄hin.

Kan thiltih puitlin theih tak lohte

rilrua vei run hi a sawt lo, a hahthlak. Lal Isuan, “Ni khat atan ni khat hrehawm a tawk,” (Mt 6:34) a tih kha. Chuvangin, kan ngaihtuah vak chung pawha awmzia nei tawh tur lo ang chi hi chu kalsan thiam a t̄ul t̄hin.



(8) Mi dangte nena inlaichinna ṭha siam leh vawn:

Rilru lam natna tam tak hi mi dangte nena inlaichinna ṭha tawk lo avanga lo awm a ni. Chutihruah erawh chuan inlaichinna ṭha kan neih chuan kan nuna harsatna hrang hrang lo thleng ṭhin kan hmachhawanna kawngah nasa takin min pui thei thung a ni. Paula chuan, “In ritphurhte inehhawk tawn rawh u; chutichuan Krista thu chu in zawm a ni ang,” (Gal 6:2) a lo ti a. Chuvangin, chhungkua leh ṭhiante nena inlaichinna ṭha hi siam reng tur a ni a. Tin, ṭhenawm khawvengte nena in pawh tlang tak a awm te, khawtlang leh kohhrana eng emaw tawf fang tal inhmante hian nasa takin rilru hrisel neihnaah min pui ṭhin.

(9) Mi dang tana thil ṭha tih:

Rilru damlohna nei zingah hian mahni chauh indah pawimawh an tam khawp mai. Mi dangte tana ṭangkaina neih a, mi nuna a ṭha zawnga danglamna thlentu nih hi rilru hriselna kawngpui langsar tak a ni. Paula chuan, “Tichuan, thil ṭha tih i ning suh ang u; kan inthlahdah loh zawngin a hun takah chuan kan seng dawn si a. Chutichuan, hun remchang kan neih ang zelin mi zawng zawng chungah thil ṭha i

ti ang u, rinna chhungte zinga mi chungah i ti deuh ber ang u,” (Gal 6:9&10) tiin ringtute hi min fuih a ni. Mi dangte tana thil ṭha ti tur hian thil lian leh ropui tak tak kan ti vek thei kher lo ang. Thil hote pawh intihsak pawh hian awmzia a nei em em a ni, entir nan, ṭhiante han ngaihsak ringawt te, kalkawnga kan tawh han nuih sak te, chaw ei siam te, hmunphiah te, mi dang kawng lo ken te, a tam mai. Heng thil hote tea kan ngaih thil ṭha ni si tih te hi uar ila, mi dang tan leh keimahni tan pawh a lo ṭha em em dawn a ni.

(10) Taksa hriselna ngaih pawimawh:

Taksa leh rilru hi thil inzawm tlat a nih avangin taksa a chak loh chuan rilru hriselna a nghawng thei, chuvangin rilru hrisel nei tur chuan taksa enkawl uluk a pawimawh. Ei leh in lama in thununa, hriselna atan ṭha lo ruih theih thil leh zuk leh hmuam laka insum te, hriselna tana ṭangkai tur ei tam te hian taksa a tih chak mai bakah rilru a ti harhvang a, anxiety leh stress a ti tlem thei. Tin, mut ṭhat leh ṭhat loh hian rilru put hmang (mood) a nghawng nasa thei hle bawk. Zan hi hahchawlh nana Pathian min pek a nih ang takin hahchawlh nana hman a, mut

hun bi fel taka vawn hi rilru hrisel nan a pawimawh em em a ni. Heng bakah hian mumal taka insawizawi hian taksa a ti chak a, chu chuan rilru leh ngaihtuahna a ti chak ve leh a, nun a tinuam **thin**. Taksa insawizawina sawtzia chu Paula pawhin min hrilh kha (1 Tim 4:8).

(11) Hahchawlh hun (relaxation) neih ve thin:

Mihringte hi khawl kan nih loh avangin, theih chin leh tlin chin nei vek kan ni a, tawp chin nei lo leka rim taka thawh leh beih hi kan nun hian a tuar ve thei a, chuvang chuan rilru tihzangkhaia hahchawlhna hun insiam ve **thin** hi pawimawh. Mahni nuam tih zawng emaw mahni tui zawng tak tih nana hun inpek ve te pawh hi a **tang**kai. Lal Isua leh a zirtirte pawh kha thlalerah tuma tihbuai loh turin, Pathian hnena **ta**wngtai a, hahchawl ve turin thlalerah an kal **thin** a nih kha (Lk 5:16; Mk 6:31).

(12) Pathian nena inzawmna tha neih: Pathian nena inzawmna **tha** neite nun chu a hahdam a, a lungawi a, a hlim a, a hrisel **thin**. Sam 37:7-a kan hmuh angin kan awm dan tur zawng zawng hi Lalpa chungah

nghat ila, amah chu ring ila, aman min thawhsak vek dawn a ni. Lalpa chungah rinna nghat chu, Isaia chuan, "...nangmah a rin che avangin thlamuang tak maia awm turin i veng ang," a lo ti bawk a (Isa 26:3). Zir chianna atanga an hmuh chu Pathian ngaihsakte hi Pathian ngaihsak lote aiin an rilru a hrisel a, harsatna hrang hrang pawh an hmachhawn thiam zawk a ni tih a ni.

Tlangkawmna:

Rilru hrisel nei tur hian mi mal hi a pawimawh ber chu a ni ngei a, chutihruah erawh chuan chhungkua, kohhran leh khawtlang nun hian pawimawhna thuk tak an nei bawk a ni. Kohhranho tana chona lian tak chu - Rilru damlote hian kan kohhranah hian hahchawlhna leh damna an hmu ang em? Rilru hrisel neihna atan kan kohhran boruak hi a **tha** tawk em? Heng chona atang hian kohhranhote hian hmalakna tur hrang hrang kan nei tih a lang thei awm e. A nihna takah chuan kohhran hnapui ber pakhat chu mite hnena damna thlen a ni a, chu chu thlarau lam damna chauh a ni lova, mihring nun pumpui damna, rilru, taksa leh thlarau damna a ni ●

HIMNA LEH HLIMNA



Lallianzuala, Lungleng I Branch

Hringnun hi zir tham, zirlai pawimawh tak leh zirlai bu chhah tak a ni. Chu hringnun chuan vul lai leh chuai hun a lo nei a, beisei leh thlakhlelh a nei fo bawk. Mahni chauha khawsa tura siam kan nih lohna hian zir tur tam tak min pe a, nun dan mawi te, mi zinga khawsak rel thiamna te, kan ṭawngkam hman dan tur leh kan rilru sũkthlek thleng mai hian zir tur kan hmaah a lo inchwawp ṭeuh zel mai a lo ni.

Chu hringnun chuan beisei leh thlakhlelh neih pawimawh takte zing a mi chu HIMNA leh HLIMNA hi a ni awm e. Kan hlimna tur hmun kawng kan zawh suau suau a, kan himna tur kan ngaihtuahin kan thlang fo bawk awm e. Mahse, kan zawna hmun leh kan zawh kawng a inang lo hlawn viau mai zawng a nih hi. Kan kawng zawh lai mek hi a bul aṭanga zawh ṭhat theih ni se kan zawh ṭantirh kawng bulah let leh kan tam awm asin.

Sum hian nunah pawimawhna leh hlutna a neih miah loh hun a awm a. In hmun leh In ṭha ngei pawh a hlu lo mai ni lo a, thlakhlelh miah loh chang a awm

bawk. Hmangaihna chu huat ngawih ngawih châng a awm a. Rannung nunphung awng ngawih ngawih châng a awm fo. Mi â kan tih (chhia leh ṭha thliar hrang thiam lo te) te awng châng a awm a, he hringnun ngei hi a khamawm tih chang a awm ṭhin. Siamtu rorel dan sawisel erawh kan ni hauh lo vang. Heng zawng zawng hi hmangaihna leh thliar thiamna aṭanga rawn chhuak a ni ngei awm asin. Hringnun a ni. Mi beidawng ṭhin, hlauhthawna nei mi. Rual elna chang hria hringnun a ni miao a. Chu ngaihtuahna chu kan kawng zawhin min neitir chang a awm a, kan duhthlanna avangin chu rilru chu a lo puah keh chang a awm fo bawk.

Tin, kan hmangaihte (chhung te, kawppui leh ðiante) avangin nun chauh ngawih ngawih chang a awm a, hnathawh leh kal chhuah pawh nuam lo khawpa kan nunin harsatna a tawh chang a awm fo bawk awm e. Pathian chu kan himna hmun leh kan hlimna hmun a ni tih fiah tak mai a hre chiangtu ðeuh kan nih hi a va pawimawh em. “Kei erawh chuan Lalpa lam ka thlir ang a. Ka chhandamna Pathian chu ka nghak ang” (Mika 7:7) tih hian hmun lairil tak a luah a. Thuhritu’n hringnun a hmachhawn thiamzia a tilang fiah telh telh bawk a ni.

Kan himna hmun tur leh hlimna tur hmun chu engtin nge a kawng kan zawh ang tih hi a pawimawh lai chu a ni awm e. Ni e, a kawng chu kan hria, kan zawh lai mek a harsatna lo thleng ðhin hian min tibeidawng foin, min ti chau ngawih ngawih ðhinin a rinawm. A pawimawh berah chuan beidawn loh hi a ni leh tho tho. Khawvel hmasawmna kawngah pawh ðan tuma mi beidawng lo te bawk hi a ni hlawhtlinna chang ðhin ni. Keini Ringtute pawh hi kan himna

hmun tur leh kan hlimna hmun tur kan zawhnaah hian beidawng lo ila, harsatna leh beidawmna karah pawh ðawngai leh Bible chhiar thlahthlam lo tlat zel ila, amahah beiseina nei tlatin, kan beiseina chu Thlarau Thianghlim zarah a rah kan hmu ngei ang. kan rah chin aþangin hmasawm tum zawk ila “Pathian chu kan inhumhimna leh kan chakna, mangan laia ðanpui vartu hnai reng a ni” tih hi kan chharchhuah fo a rinawm.

Pathian belh tlat hi taksa hriselna, rilru damna leh thawvenna te, hausakna leh malsawm dawmna a ni ngawt lo a, mi tluang nihna pawh a ni ngawt lo. Harsatna te, beidawmna te, chauhna te, hrehawmna te leh natna te pawh kan tawk fo ang. Kan Pathian chuan amah ring tlattute erawh chu a hun tak zelah. Chu a rilru hahna hmun leh a natna hmun zelah chuan thlamuantu, tidamtu leh tichaktu a nihzia a tilang fo zawk dawn a ni.

“Pathian chu kan inhumhimhna leh kan chakna, Mangan laia ðanpui vartu hnai reng a ni” Sam 46:1 ●

PHOTOGRAPHY LEH KRISTIANNA



Lalawmpuia, Kulikawn Branch

Phography leh Kristianna thupui chhungah hian khawvel changkanna leh hmasawnnain a ken tel pawimawh tak, camera kaltlanga thlalak leh Kristianna chungchang kan ngaihtuah ho dawn a ni. Mizo ṭawng ang maia kan thumal hman lar *photography* kan sawi hi chuan thlalakna (camera) hmanga mihring emaw thil dang thla lak kan tihna kha a ni mai a, kum 1900 chho vel khan Mizote hian camera hi kan lo hmelhriat chho tawh a, Upa Suakkunga (1893-1978), Kulikawn hi eizawn nana hman (professional photographer) hmasa pawl nia sawi a ni nghe nghe.

Photography leh Pathian thil siam.

Kan ni tin nunah hian Pathian thil siam leh a hnathawh ropui tak takte kan hmuin kan tawng ṭhin a; kan nun buai tawh tak karah hian, a ṭhenkhat hi chu kan thil tih lai tawpsana han thlir veng veng ngai khawpa ropuite hi kan tawng fova, a ṭhenkhat erawh hi chu a ropuizia pawh hmu meuh lova han en liam maite pawh kan nei fo awm e. Entir nan, thlasik tlai ni tla tur sen mawi lutuk maiin kan mit a la em ema, thlâ te kan han la a, ni tla mawi awm tlaiah chuan ‘kan status a inang ṭhup’ te kan ti fo va. Kan hun pawimawhte pawh thla lain, kan dahṭha ṭhin a, Sam 19:1-ah chuan,

“Vânte khian Pathian ropuizia chu a hriattîr a; Boruak zau tak khian a kut chhuak chu a lantîr ṭhîn a” tih kan hmu a; Pathian thil siam tinreng, keini mihringte pawh tel vekin, thlalak hman hian kan vawng ṭha ṭhin a, khuareiah a hlutna hi a zual zel ṭhin a lo ni.

Photography zarah hian Pathian thil siam mawi leh ropui tak tak, mita kan hmuh theih loh thlengin kan lo hmuh theih phah ṭhin a, entir nan rannung té tak, a mawina pawh kan hmuh theih lem loh chu *macro-photography* hmangin kan lo hmu thei a, zan thim tak hnuai chauha kan hmuh ṭhin; khawpui ênga kan awm lai pheih chuan

lang thei ta meuh lo, Thlasik Kawng (Milky Way Galaxy)-te pawh photography zarah kan hmu thei a, khawvel hmun hrang hranga Pathian thil siamte pawh kan hmuh ve phah a ni. Heng thlalak mawi tak takte kan tihdarh a, kan tihlar hian Pathian ropuizia hril tura thupek kan zawmna kawng pawimawh tak a ni a, rawngbawlna atana kan chhawr tangkai thiam pawh a t̄ul khawp mai.

Photography leh Rawngbawlna.

Photography zarah hian kan Kristianna hun hmasa lamte pawh Synod Archives lamah te leh Kohhran malte pawhin thlalak leh video tha tak tak an vawng nghe nghe a ni. Camera technology-in hma lo sawn zelin, digital camera man tlawmte leh smartphone chhuak thar apiangin camera tha tak tak a rawn chhawm ve ta zel a, photography eizawn nana hmang mai ni lo, mi mal pawhin kan lo nei chho ve thei ta; Kohhran leh KTP Branch ang pawha camera nei kan lo awm ta nual mai. 21st Century-a rawngbawlna kan

kalpuinaah thla lakna hi hmanraw pawimawh tak a lo ni chho ve ta zel a, inkhawmpui leh kohhran ni pawimawhah thla la lo kan awm ta meuh lo kan ti thei awm e. Thlalak hian mi thinlung hneh theihna nasa tak mai, ‘thuin a sawi fiah theih loh thiltihtheihna a keng tel’ an ti thin a, missionary atana inpe thahnem tak pawh hi hmun kilkhawr tak taka Pathian hre lo ring lo mi awmte thlalak an hmuh aṅanga Pathian kohna chhangte pawh an awm fo a ni.

Photography kan sawi hian a peng pawimawh tak pakhat *videography* hi kan sawi tel lo thei lova. Video kaltlanga piantharna chang mi thahnem tak an awm tawh a, sermon-te, fakna hla *music video* leh a dange pawh hi Pathian malsawmna changin mi tam takin thlarau leh tisa dam nante pawh an lo hmang tawh thin a, media kaltlanga rawngbawlnaah hian hmun pawimawh tak a chang mek a, tlak hniam lam a pan meuh lo bawk niin a lang. Hun rei vak lo kalta khan local channel-ten, satellite dish-te motor-ah vuahin hautak tak maiin crusade-te leh programme hran



hrang-te kha an live ṭhin a, tunah erawh chuan Kohhran leh mi malin, kan smartpone kaltlang pawhin kan live thei ta a, digital media hian hma a sawn nasat em avangin, rawngbawlna atan pawh nasa takin hman a ni chho ta zel a ni.

Mizote hi thil chhuak thar tem chhin hlauhna min han ti ṭim rên ràwn ṭhin mah se, kan inkhawmpui lian te pawh video leh sound ṭha tak nen kan lo live ta zel a, media kaltlangin rawngbawlna zau zawk kan lo nei thei ta. Ka kalna veng pakhatah chuan tv-ah inkhawm live an en lai hi ka hmu a, ka'n zawh fiah chuan an Kohhran Inkhawm apiang kha YouTube kaltlangin an live ṭhin hi a lo ni a, a in neitute khan an Kohhran mi, tar chak lote, dam lo khum bet te leh chhangchhiat avanga inkhawm thei lote pawhin, in lam aṭanga inkhawm an chhim theih thu leh an tân a hlutzia an sawi a, a ṭangkai dawn hlein ka hria. Thla la mi lo nih ve chuan ka ngaihtuah tel loh theih loh baw chu, an kohhran media rawngbawlnaa a mawhphurtute inpekna a ropui hle mai tih hi a ni.

Photography leh Thilpêk Rawngbawlna.

2 Korinth 9:9-ah chuan “A sem darh a; Retehte hnenah a pe a, A felna chu kumkhuain a awm reng,” tih ziak kan hmu a, kan Pathian thu hian thilpêk rawngbawlna hi a ngai pawimawh em em a ni. Mi zawng zawng hun puma rawngbawl turin kan feh chhuak thei lo tih chu kan hre tlang a, thilpêk rawngbawlna erawh mahni awm hmun aṭanga tih mai theih a nih avangin Mizo Kristiante hi thilpêk kawngah kan luang chhuak nasa em em a. Kohhrana kan thawhlawm chhun khawmte mai bakah rawngbawlna hrang hrang atana kan sum tling khawm hi Pathian malsawmna azarah kiam lam aain a pun lam a pan zel a, Pathian ram zauh nan hman a ni zel a ni.

Ramthar hmun hrang hrangah Biak In-te leh school-te sak a lo ni ta zel a, heng hmalakna hrang hrangte hi a thlalakte kan lo hmu zel a, *photography* zarah kan thilpek rawngbawlna rah ṭha tak mai chu kan lo thlir ve thei ṭhin a ni. Kan mission field hrang hrang rawngbawlnate, hospital rawngbawlna leh chhawmdawl ngaite chhawmdawl kawnga rawngbawlnaah te hian *photography* hian chanvo pawimawh tak a chelha. Pathian

hnathawh leh testimony social media kaltlanga kan hmuh fote hi thlalak nen a inthlunzawm hi chuan a thlirtute min hneh em em a, pek zel duhna thinlungte pawh kan lo neih phah thin a ni.

Tin, Kohhran mai ni lo, khawtlang ang pawhin social media-ah tanpui ngai tak takte kan hmu fo a, thuziak mai piah lamah an thlalak emaw an video-te hian mipui thinlung a hneh thin avangin tanpui kan chak thin a. Thlalak/ video ringawt, thu ken tel pawh awm lem chuang lo rawn darhte pawh hi a awm fova, mi thinlung a hneh thin em avangin mi thahnem ngaiten an zawng chhuak a, an pualin *donation*-te kan chhung khawm ruih ruih thin a nih kha. Kan Kristianna leh kan Mizo-na hi social media-ah hian a la lang chhuak fo hi a lawmawm tel bawh hlein ka hria.

Social media leh Kristianna.

A tawp nan social media chungchang tlem han sawi tel ila. Khawvelah hian Chanchin Tha lam aiin chanchin chhe lam hi a darh chak zawk an ti thin a. YouTube Channel-te pawh hian thlirtu an neih ngah beisein thu chhia leh thu thar bengverh tak

tak puangzar hmasa nih tumin an inel emaw tih mai tur a ni a; hei hian social media a tihrisel lo em ema, thlirtute rilru lamah pawh hlauhna leh nghawng dang nasa tak nei theiin, kan social media hman dan hi fimkhur lehzual a tul phah hle a ni. Facebook/ YouTube/WhatsApp/etc. a kan thil chhiar leh ngaihthlakte hi thu dik pumhlum a ni vek kher lo thei a ni tih hria ila, chanchinbu/local news/national news leh a dangten Police leh official-te thuchhuak an puangzar a nih loh chuan awih nghal loh hi a him ber a ni. Nu leh pate pawhin kan tu leh fate hi YouTube leh social media dang kan hman tir nasa em em a, hman thei chin kum bithliah an tlin hma hi chuan hman tir loh hi a him ber a, tin, YouTube leh internet-a thil eng pawh kan entir a nih pawhin, **Parental Control** hian nasa takin an thil en tur a lo thian thianghlim ve thei a, ngaih pawimawh a tha hle.

'Pathianin thil ropui a siama, kei leh ka camera hi a thuhretu kan ni' tih hi nghet takin vuan ila, kan smartphone leh camera-a kan video leh thla lakte hi Pathian ropuizia tar lanna hmanrua lo ni zel se, kan thu ziak leh sawite pawh hi mi dangte tana malsawmna lo ni ngei rawh se ●



INNEIH CHUNGCHANG (SOURCE : H尼亚K)

CHHUNGKUAA awm hi Pathianin mihringte min din dân pakhat a ni a, inneihna aṭangin chhungkaw bul ṭan a ni deuh ber. Chhungkaw bul ṭantute chu KṬP member rual (Kum 15 aṭanga kum 40 inkár)-te an ni ber a; chutiang chu a nih avàngin KṬP chuan chhungkaw bul ṭan ṭhat hi a pawimawh êm êm a ni tih hriain a member-te chuan bul an ṭan ṭhat theih nán theih ang angin 1960 vèl aṭang khán hma lain, inzirtir ṭhin a ni.

Inzirtirna atána a ngaih pawimawh zual deuh deuh te chu—

1. Nupui/ Pasal neih hmá zawng an nulat tlangval thianglimna vawng tlat tûrin.
2. Biak In hawng ngeia nupui/ pasal nei tûrin.
3. Hmun danga inneih hi pumpelth tûrin.
4. Hautak lo takin Biak In hawnga inneih hi a sawngbawl theih.

Mi ṭhenkhat, “Biak In hawnga inneih chu a hautak êm mai a, kan chhungkuain kan tlin ve lo...,” tih chhuanlama hmangin hmun dang (Vestry/Kohhran Hall, etc.)-a inneih mai paw ti lo an awm a. Biak In hawnga inneih hi ‘mi zawng zawngin a hautak lo va, senso tlem tē pawhin a sawngbawl theih’ tih an hriat theih nán *“Inneih sawngbawl hautak loh”* chungchangah 1975 vèl aṭang khán ram pum huapa inzirtir a ni a, tun thleng hian KṬP hmalakna ki pakhat a la ni ta zèl a ni.

Kawng hrang hrangin CKṬP hruaituten hma an lo la tawh a. Kum 1975-ah Debate & Symposium buatsaih a ni a, Symposium thupui pakhat atán *“Kan Inneih ni hman dân hi”* tih hman a ni. Kum 1984 khán Vana Pa Hall, Aizawlah Seminar *“Inneih sawngbawl dân”* tih buatsaih a ni a. Kum 1993 khán *“Inneih sawngbawl chungchanga Thuchah”* (pamphlet) chhuah a ni. Kum 2001 khán *“Inneih leh Lungphun kaihhruaina”* phek 20-a chhah tihchhuah a ni leh bawk. Inneih leh Lungphun kaihhruaina phei hi chu *“...Thu leh awm hmá chuan Branch tinin hmalakna atána kum tin hmang ṭhìn tura ngenna”* General Secretary, CKṬP-in a ziak nghe nghe.

KṬP hmalaknate hian awmzia a nei hauh lo em ni tih mai tûrin Biak In hawnga Innei percentage a hniam a. Amaherawhchu, Biak In hawng

ngeia inneih hlutna te, hmun danga inneih that tâwk lohziat KTP member thahnem takin an hriat chian pah ve bawk. KTP hian theihtawp chhuah lo ta se Biak In hawng percentage hi a hniam zâwk fé ang em, tih

pawh ngaihtuah theih tak a ni. Chuvâng chuan, Biak In hawnga innei percentage a hniam zâwk zel avàng pawh hian nasa lehzuala hma lak a ngai a ni tih a hriat theih àwm e ●

KTP INNEIH DAN DINHMUN (1990 - 2024)

Sl. No	Kum	Innei zat	Biak In	Hmun dang	Biak In %	Hmun dang %
1	1990	2550	964	1586	37.80%	62.20%
2	1991	2494	964	1530	38.65%	61.35%
3	1992	2317	944	1370	40.74%	59.13%
4	1993	2536	975	1561	38.45%	61.55%
5	1994	2715	933	1782	34.36%	65.64%
6	1995	2415	971	1444	40.21%	59.79%
7	1996	2226	874	1352	39.26%	60.74%
8	1997	2367	944	1423	39.88%	60.12%
9	1998	2554	972	1582	38.06%	61.94%
10	1999	2785	956	1829	34.33%	65.67%
11	2000	2994	1091	1903	36.44%	63.56%
12	2001	3601	1223	2378	33.96%	66.04%
13	2002	3420	1113	2307	32.54%	67.46%
14	2003	3327	1091	2236	32.79%	67.21%
15	2004	3501	1227	2274	35.05%	64.95%
16	2005	3546	1216	2330	34.29%	65.71%
17	2006	4245	1478	2767	34.82%	65.18%
18	2007	3925	1465	2460	37.32%	62.68%
19	2008	3946	1431	2515	36.26%	63.74%
20	2009	4606	1775	2831	38.54%	61.46%
21	2010	4491	1822	2669	40.57%	59.43%
22	2011	4554	1845	2709	40.51%	59.49%
23	2012	4577	1928	2649	42.12%	57.88%
24	2013	4397	1881	2516	42.78%	57.22%
25	2014	4067	1650	2417	40.57%	59.43%
26	2015	3891	1739	2152	44.69%	55.31%
27	2016	3594	1517	2077	42.21%	57.79%
28	2017	3542	1484	2058	41.90%	58.10%
29	2018	3541	1538	2003	43.43%	56.57%
30	2019	3537	1584	1953	44.78%	55.22%
31	2020	3682	1631	2051	44.30%	55.70%
32	2021	3836	1815	2021	47.31%	52.69%
33	2022	3839	1820	2019	47.41%	52.59%
34	2023	3460	1541	1919	44.54%	55.46%
35	2024	3389	1577	1812	46.53%	53.47%
TOTAL		120467	47979	72539	39.83%	60.21%

**ṬHALAI
HUANG**

**THUPUI NEI SERMON
(TOPICAL SERMON)**

(SOURCE : REV. DR. C. LALHURA)

- ◆ Thuhrlituin ama thupui thlan hmanga thu a sawi a ni. Entir nan: ‘ṭawngṭaina,’ ‘thianghlimna,’ ‘inserh hranna,’ ‘hmangaihna,’ ‘ngaih pawimawh hmasak tur,’ etc.
- ◆ Hetianga thusawi tur chuan Bible hriat hneh a ngai a, kan thupui thlan tifiyah tur leh ṭanpui thei tur Bible chang hriat hneh a ngai a ni. Chang hrang hrang inlaichin te rem khawma hman ṭangkai thiam a ngai. Hetiang hi Pathian thu zir chianna (systematic theology)-ah an hmang ṭhin.
- ◆ Bible thu mal zawnawlna (concordance) emaw, Bible thupui nei (topical Bible eg Naves’ Topical Bible, by Orville James Nave 1841-1917) chhuahtu - Thomas Nelson Publishers)-te hi hetiang sermon buatsaih ṭanpuitu atan a ṭangkai hle.
- ◆ Thupui nei Sermon chu kawng hrang hrangin a sawi theih, hetiangin:
 1. Thurin lam hawi sermon.
 2. Kohhran chawmna lam hawi sermon.
 3. Ringtu mawhphurhna/nun dan ṭha inzirtirna sermon.
 4. Ringtu nun harhna/Evangelical sermon.
 5. Mi mal chanchin hmanga sermon ●

Woodrow Wilson kha ṭum khat chu thu sawi turin an sawm a. An sawmna a pawm hma chuan, “Engtika sawi turin nge min duh? Minute nga thu sawi tura min duh chuan thla khat hnuah a ngai ang a, minute 15 chhung ka sawi dawn chuan inbuatsaih nan chawlhkar khat ka mamawh ang a; darkar khat chhung thusawina hun min pek dawn erawh chuan tunah pawh hian ka inpeih nghal e,” tiin a chhang.

PU ROCHHINGPUIA
HRUAITUTE COMMITTEE MEMBER
 CHANCHIN CENTRAL KṚP



Pu Rochhingpuia hi C. Rozawna (L) leh C. Kungpuii te fa pali zinga a pathumna a ni a, kum 1989 January 10 khan a lo piang a. Unau pali niin u hmeichhia pahnih leh nau mipa pakhat a nei a ni. October 1, 2020 khan Lalchampuii nen inneiin fa pahnih, mipa pakhat leh hmeichhia pakhat an nei a, Chanmari, Aizawlah an khawsa mek a ni.

Rawngbawlna kawngah phak ang tawkin a inhmang ṭhin a. Kum 2013-ah Branch Committee-ah ruat a ni a, kum 2019-ah Branch Office Bearers atan thlan a ni a, Asst. Secretary, Secretary, Asst. Leader chanvote a lo chelh tawh a ni.

Bial KṚP Committee-ah hian kum 2015 aṭangin a awm ṭan a, kum 2021 aṭangin Bial KṚP Office Bearers a ni ṭan a, Finance Secretary leh Treasurer chanvo a chelh tawh a, tunah hian Ex-Officio-in a awm mek a ni.

Kohhran lamah kum 2009 aṭangin Sunday School zirtirtu a ni ṭan a, Department hrang hrangah Leader a ni tawh a ni.

Tunah hian Inrinni zanah thuhrlitu a ni a, kohhran hla hruaitu (Keyboardist) a ni bawk.

Kum 2024 KṚP General Conference, Ngopaah khan CKṚP hruaitu atan thlan a ni.

Pu Chhinga hi football khelh thiam tak a ni a, tunah hian football coach hna a thawk mek a ni. Mi inngaitlawm leh Pathian ṭih em em, ṭhenrual kawm thiam tak a ni. A Bible chang duh ber chu Sam 46-na ‘Pathian chu kan inhumhinhna leh kan chakna, Mangan laia ṭanpui vartu hnai reng a ni” tih hi a ni.

Amah be pawp duh tan Ph. No. 8794210155-ah biak theih reng a ni ●

T. UPA LALREMSIAMA KHIANGTE
HRUAITUTE COMMITTEE MEMBER
 CENTRAL KṬP
Chanchin



T. Upa Lalremsiama Khiangte hi Pu Rallianzuala leh Pi Lalpianmawii te fa pali zinga mipa awmchhun niin, August ni 10, 1989 khân Civil Hospital, Aizawlah a lo piang a. Tunah hian Ramhlun North-ah chengin, Ramhlun East Kohhranah a lawi mek a ni.

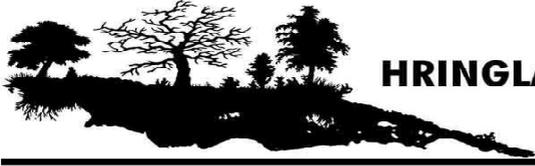
Kum 2009 aṭangin KṬP Group Committee-ah bul a ṭan a. KṬP leh Kohhrana chanvo an pēkte a theih ang anga tihlawhtling ve zelin kum 2011-ah Branch Committee atân ruat a ni. Kum 2016-ah Branch Office Bearer post chelh ṭanin OB post a chelh kim tawh a, tûnah hian Assistant Leader a ni mêk a ni.

Kum 2012-2016 chung Bial Zaipawlah Tenor part a lo sa ve tawh a, Kum 2018-ah Bial KṬP Committee Member atân ruat niin kum 2020-ah Bial KṬP OB atân thlan a ni a, tûnah hian Assistant Leader a ni mêk a ni. Kum 2024 KṬP General Conference-ah khan CKṬP Committee Member atan thlan a ni.

Kum 2010-ah Sunday School Department Secretary-a bul ṭanin, department hrang hrangah Zirtirtu leh Asst. Leader te a lo

ni tawh a, Sunday School Secretary leh Asst. Secretary te, Kohhran Zaipawl Conductor leh Zaihruaitute a lo ni tawh bawk. Kum 2024-ah Ramhlun East Kohhran Tual Upa atan thlan a ni a, tunah hian Kohhran hnuaiia Committee peng hrang hrangah awmin Pathianni zan Thuhritlu a ni mêk bawk.

Amah hi p̄hâk ang tawka mi inpe, khawngaihna avanga rawngbawl ve mai kan ni tia rawngbawl na ngaihlu em emtu a ni. Thufingte 19:21, “Mihring thinlungah suanguahna tam tak a awm a; Lalpa remruat erawh chu a pangngai reng ang” tih hi a Bible chang duh ber a ni a, KHB No 183 -na “Lalpa Beramhote chu him takin” tih hi a hla duh ber a ni. Ni 8 May 2025 khan Dr. H. Lalremruati nen an innei a, Eng emaw thila be pawp duh tân 9862311678- ah biak theih reng a ni ●



HRINGLANG TLÁNG

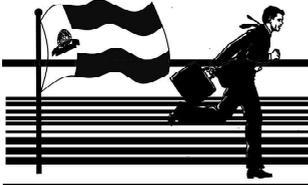
DUH ZAWNG

(Eph. 5:15-17)

Hummingbird leh mulukawlhthe chu thlalêrahte awmin chaw an zawng ðhin a. Mulukawlh rêng rêng chuan sa ruang an hmu ðhin. A chhan chu sa ruang chu an zawn ber a nih avângin. Chutiang ei chuan an ðhang lian thin a ni. Chutih lai chuan hummingbird-te erawh chuan ran ruang ðawih leh rimchhiate chu an kalsan a. Thlalêra pangpâr mawi tak tak awm thinte zú chu an zawng zâwk ðhin a ni.

Mulukawlhho nun dan chu eng nge ni? Thil chhe tawh leh thi tawh ruang tlânin an hun an hmang a. Thil chhe tawh ringin an nung a, thil chhe tawhah an innghat a ni. Hummingbird-ho nun dân ve thung erawh chu nun thar an zawng a ni. Chaw thar an zawng a, chutiang chuan an inhrai puar ðhin. Savate hian an thil zawn leh duh zâwng chu an hmu thin a. Mi zawng zawng hi chutiang chu kan ni. Kan thil duh zâwng zawnin kan nung a. Chutiang chuan kan nun min kaihruai ðhin tiin Mithiam Steve Goodier chuan a lo sawi a ni.

Kristian ðhalaite pawh hian kan ni tin nunah leh kan rawngbawlina kawngah hian, kan duh zâwng hian min pawt nain min kaihruai nasa êm êm mai a. Kan thlarau leh taksa tân a ðha em? tih pawh kan ngaihtuah phal meuh ðhin lo. Pathian duh zâwng a ni em? tih pawh kan râwn ngai mang lo va, kan chauh phah ðhin. Thlarau mi chuan Pathian duh zâwng a ngaihtuah a, hlawhchhamna leh tuarna a lo thlen pawhin Pathianin a hun tawn tûra a ruatah a ngai thei ðhin. Kristian ðhalaite hi mi fîng lote anga awm lova mi fîngte anga awm tura hriattir kan ni a, kan khawvel nite hi a ðhat loh avanga remchanna lei tur leh Lalpa duh zawng eng nge ni tih ngaihtuah chung a nun hmang tur kan ni tih i hre thar leh ang u ●



KANTU TUIRUM BRANCH BRANCH

Kristian Ṭhalai Pawl, Tuirum Branch hi Damparengpui Pastor bial chhunga awm niin November 30, 1978 (Ningani) khan din a ni a, member 35 (Mipa 22 leh Hmeichhia 13) an awm mek a, Kristian Ṭhalai copy 25 an la mek bawk.

KṬP member hi zirna avâng leh hnathawhna avangtein hmun danga awm an ṭahnem em em a, hemi avang hian khuaa awm chu member 10-15 vel bak an ni ngai meuh lo a ni. Chutiangte a nih avangin group-ah pawh an inṭhen thei lo va, sub-committee hrang hrangte pawh an din thei lo a ni.

Thawṭanni zan inkhawmah hian sermon, short sermon, kum puan thupui zir, ṭawngṭai rual leh sharing-tein hun an hmang ṭhin a. Thawṭanni zan inkhawm apiangin Pathian thu chhiar rualna hun an hmang ṭhin a, tin, Pathianni zan inkhawm ban apiangin ṭawngṭai rualna hun an hmang ṭhin bawk. Rawngbawlna

hrang hrang CKṬP leh Bial KṬP aṭanga bawhzui tur lo kalte pawh ṭha tak leh phur takin an tihlawhtling ṭhin a ni.

An Branch sum tuakna tlangpuite chu inkhawm thawhlâwm te, Faith promise-te, thlai zawrh te, lo vah te, huan sam te a ni. Kumin hian branch project 5 an nei mek bawk.

Member Biak In hawnga nupui/pasal nei an awmin chawimawina thuziak (citation) an hlan ṭhin a, member damlo damdawi ina admit ngaite sum faiin kanna an pe ṭhin a. Branch member thi an awm chuan ralna thuziak an hlan ṭhin a, hun remchang hmasa berah ralna hun an hmang ṭhin bawk a ni ●



- April 10, 2025 (Ningani) khan Serchhip Pastor Bial, KṚP Leadership Training hmanpuiin Upa T.C. Lalremsiama, CM leh Tv. Lalrinsanga Varte, CM te an kal. He training-ah hian mi 87 an tel thei.
- April 9-11, 2025 khan Hriphaw Branch KṚP Platinum Jubilee hmanpuiin Pu C Hmingthanzauva leh Pu Lalrambuatsaiha, Committee Member-te an kal.
- April 4, 2025 (Zirtawpni) khan Bawrai Kohhran Sound Training neihpuiin T. Upa Rinsailova Sailo, Treasurer leh Pu David Lalruatfela, C/M te an kal.
- NEICCYA Youth Fest April 9- 11, 2025 chhunga Sohkhā Presbyterian Church, Megalaya a neihah CKṚP aiawhin Pu F. Lalremruata, Finance Secretary leh Pu Nicholas Lalbiakzuala, C/M te an kal a. He Youth Fest-ah hian Pu Rossi Lallawmawma, C/M, NEICCYA President ni bawk chu a tel bawk. Anni rual hian Musical Evening-a zai turin Tv. Lalthlanawma, Ramhlun Branch leh Tv. P. Vanlalhriatpuiā, Chaltlang South Branch-te an kal bawk. Tin, heng mite hi CKṚP hmingin an palai bawk - Tv. Lalthianghlīma Madanrting, Tv. Vanlalḡela Guwahati, Tv. Reuben Zorindika Hnamte Shillong leh Tv. Mickey Lalrinfela Silchar.
- April 29, 2025 (Thawhleḡni) dar 1:00 pm khan Central Kristian Ṭhalai Pawl Committee Meeting Vawī 786-na, Committee Room-1, Synod Office ah neih a ni.
- May 2, 2025 (Zirtawpni) khan Khuangleng South Pastor Bial KṚP Leadership Training neihpuiin Khuangleng South Kohhranah Pu F. Lalremruata, Fin. Secretary leh Upa C. Malsawmtluanga, C/M te an kal.
- **YRC HNATLANG** : May ni 3, 2025 (Inrinni) khan Zonuam Pastor Bial KṚP member-te chu YRC-ah hnim sam fai leh Convention Centre tifaiin an hnatlang a, member 72 an thawkchhuak.
- **YRC DONATION (APRIL)**:
 - (a) Khum chhawng : Khatla Bial - 1.
 - (b) Chair : Chhingchhip Mualpui Bial - 3, Kulikawn Bial - 5.
 - (c) Ṭawngṭai in te sakna : Rev. Malsawmsangzuala te chhungkua ₹ 70,000.
 - (e) Zemabawḡ Branch : Dawkan te - 3 ●

CENTRAL KṮP COMMITTEE : 2024 – 2026**OFFICE BEARERS**

Leader	: Rev. H. Lalawmpuia	: 8974981243
Asst. Leader	: Pu Lalruatfela	: 9774611124
Gen. Secretary	: Upa Lalzarmawia	: 9436370178
Asst. Secretary	: Pu C. Lalkhawngaiha	: 9774638471
Treasurer	: T. Upa Rinsailova Sailo	: 9862327187
Fin. Secretary	: Pu F. Lalremruata	: 9436362544

COMMITTEE MEMBERS

1.	Tv. P.C. Lalthanmawia	: 8014697370
2.	Pu C. Hmingthanauva	: 9436198787
3.	Upa T.C. Lalremsiama	: 9612777977
4.	Pu Rossi Lallawmawma	: 9862145940
5.	Ni. F. Lallianzuali	: 9774764394
6.	T. Upa Laltlanthanga	: 9362216851
7.	Pu Lalrambuatsaiha	: 9862325409
8.	Pu K. Vanlalremruata	: 9774636228
9.	Pu H. Zosangliana	: 9862717107
10.	Pu T.C. Lalruaitluanga	: 8014160867
11.	Tv. David Lalfakawma	: 9089529183
12.	Tv. Lalrinsanga Varte	: 7005671202
13.	Upa C. Malsawmtluanga	: 9862366810
14.	Pu David Lalruatfela	: 9862417766
15.	Pu Nicholas Lalbiakzuala	: 7005426480
16.	Pu Lalruatpuia	: 9612307730
17.	Pu Lalduhawma Chhangte	: 8974318732
18.	Pu Rochhingpuia	: 8794210155
19.	T. Upa Lalremsiama Khiangte	: 9862311678
20.	Tv. Vanlalremliana	: 8257881767
21.	Upa Lalbiakfela	: 8414962935
22.	Ni. Agnes Lalrinzuali (Asst. Coordinator)	: 8787480280

EX-OFFICIO MEMBERS

Rev. R.C. Lalnghakliana	: Synod Moderator
Upa Vanlalsawma Siakeng	: Synod Secretary (Sr.)
Rev. Dr. Rosiamliana Tochwawng	: Executive Secretary i/c, KṮP

MIZORAM CHRISTIAN COLLEGE (MCC) ADMISSION

Session thar atan Mizoram Christian College Admission hawn mêk a ni a, Mizo, English, Public Administration, Political Science, Sociology, BBA (Management) leh Commerce-ah te admission a tih leh theih ta e.

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Zirlai harsa, zirna lama tiṯha site, sports leh thil danga thiamna nei bikte tan fee awl theih dan siam a ni.

Hre chiang duh tan Office Assistant - 9612568456, mizoramchristiancollege.edu.in, leh Synod HSS Campus, Mission Vengthlangah te ngaihven theih a ni e.



KANTU : TUIRUM BRANCH



LEADERSHIP TRAINING, ZONUAM PASTOR BIAL (10.05.2025)



LEADERSHIP TRAINING, FALKLAND EAST BRANCH (08.05.2025)

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IFSC Code : SBIN0007058
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YRC HNATLANG, ZONUAM PASTOR BIAL (03.05.2025)



KAWRTETHAWVENG BRANCH



MTC GRADUATION SERVICE (15.04.2025)



ZUANGTUI VENGLAI BRANCH



SIALSIR BRANCH

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