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**I chungte tan nangmah kha**

*Phek – 5*

**Eliza chawmtu choak kha**

*Phek – 9*

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

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HRISELNA

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**Kristian Chhungkua****CHHUNGKAWRALVENGTU***(ISam 3:11-14; Thuf 22:6)**Rev. Lalrintluanga Ngente*

Mithiamte kamchhuakah chuan Chhungkua chu ‘Sawrkar tē ber’ tihte, ‘Kohhran tē ber’ han tihte, kan hre fo tawh mai. Chhungkaw inrēlbawl dan kan en chuan sawrkar leh kohhran chethmang tam tak a tarlang rēng a ni. Chhungkaw sum lakluh leh a hmanna, hnathawh leh chawlh thuahte, a inrelbawl na hrang hrang hi mumal leh awmze nei a nih a ngai a, chumi inenkawl na dan a zir chuan kohhran, khawtlang leh ram nun awmdan tur a hril thin.

Kan thupui hi kan en chuan chhungkua chu enkawl ngai leh ruahman ngai; ngaihven ngai a ni tih a lang a. Chhungkaw vên loh leh kaihhruaina mumal awm lo chuan nasa takin kohhran, khawtlang leh ramah nghawng a nei thin. Chuvangin, Kohhran tha, Khawtlang nuam leh ram nuam siam turin a bul berah chuan chhungkua chu mitinin kan kawh ran thei tawh mai awm e, kan lo zikchhuahna bul a ni si a.

Bible thu kan tarlan hi Puithiam Elia chuan a fate an sualna avanga a zilhhau lo leh a thunun loh avanga Pathian thinurna thu a ni a, an sualna chu inthawina engmahin a ngaih damtir theih loh thu leh hremna an chung a lek tur thu a ni. Philistia mite nena an indona hmunah an thi ta a ni tih kan hria. Thuthlungbawm pawh Philistia hote hian an laksak nghe nghe a ni. Thufingbu chuan naupang enkawldan tur min hrilh chu ‘An kalna awm

kawnga hruai leh chu chu an lo upat hun pawha an thlah loh tur thu a ni. Chhungkuua naupangte leh chungho zawng zawngte hlim taka khawsaho tur chuan inthununna tha taka vawn leh thu tha leh dik zirtir chu chhûnkaw ral vêngtute hnapi pawimawh ber a ni tih kan hre thei ta a ni. Nupa-a kan insiamin "...a nuam emaw, a hrehawm emaw, hrisêl lai leh bawrhsawm lai pawhin thihnain min then hma loh chuan..." tiin thihna meuh tawngchhanin thuthlung kan siam a. Chhungkaw ralvêngtu atan kan intiam a, kan ralvên bûkah hian kan duty tha tawk lo nge ni, kan ramah سوالنا a lo nasa ta em em mai a ni. Kohhran maicham kan tundin nasat tehlul nen Chhungkaw Maicham a chim si. Sum zawngin kan chhuak awl lova, kan fate nun kan chhan thung si. Ralvên bûk kalsanin kan chhuak nasa lutuk a ni lo maw?

Kan khawvel hun inher leh سوالنا nena kan kar inhlatlohzia hi kan hre theuh mai awm e. Chutichung chuan kan thaua man ang mai hian kan che hleithei lo. Pen hnih khat lekah inchhir vawng vawngna tur khawp سوالنا tûkna mai tur hi a inchhawp hnai reng a ni. Zûte pawh tunlaia kan nunna suat nasatu ber tih hai rual lohvin kan hmuin kan hria a, a tha lo tih hre tur khawpin kan thihpui nasa a, sim a hnekin zu in duh kan la pung zel a, nova tui dahah, Tûr pawlh ila, tumahin an induh awm silova, sawlaia tûr erawh saw chu kan sum sengin kan lei kan in, kan thihchilh mêk chu a nih si hi. Heng lakah hian kan chhungkaw ralvêngtute kan duty that a va ngai em.

Naupangten chutiang chuan an nun hmang se, chutiang chu ti se kan tih chuan chumi kawnga kal tur chuan kan kaihruai nasat a ngai ta hle a ni. Kan fate hi

min vawtu talhtum atan an  
 ʔang thei. An sual avanga kan  
 rilru hliamte hi nasa tak a ni  
 thei. Nimahsela, Bible-in  
 min zirtirna kawng min  
 kawhmuh hi hmân ata tawh  
 vawiin thleng hian a la  
 pangngai reng a, kawngdang  
 a awm chuang lo. Vawiina  
 kan tuhrah seng hi, hmanah  
 kum 10/20 liam ta a an kalna  
 âwm kawng nia kan hriatah  
 kan hruaina rah a nih hi.  
 ʔhenkhat chuan rah hlimawm  
 tak an seng mêk a, ʔhenkhat  
 erawhchuan ʔahna kan seng  
 mêk a ni. Hetiang ang rah  
 seng tur hian kan lo tuh reng  
 a lo ni maw i ti a ni mai thei,  
 I lo tuh rêng a nih dawn hi.  
 Tuh loh loh chu ʔiah awm loh  
 tak a ni.

Naupang kaihhruai an  
 ngaih hun chhûng hi hunrei

tak pawh a ni lo. Kum 5 an  
 nih aʔanga kum 15 an nih  
 thleng uluk taka i enkawl  
 chuan rah ʔha tak an chhuah  
 ngei ang. Chu chu nu leh pate  
 kova mawhphurhna awm a ni.  
 Tuman kan chhungkaw tan  
 min thawhsak dawn lo.  
 Engahnge pumkhata a siam ?  
 Chithlah Pathian ngaihsak a  
 zawng a ni. Pumkhata siam  
 kan nih chhan hi lehkhathiam  
 fa nei tur ringawt a ni lo. Sum  
 tamtak thawkchhuak tur  
 ngawta pumkhata siam kan ni  
 ngawt lo. Kan faten Pathian  
 hre chung a an nun an hman  
 theihna tur leh Pathian neitu  
 nun lan chhuahtirtu an nih  
 theihna tura pumkhata siam  
 kan ni. Chuvangin, he  
 chhungkaw ralvênbûk aʔang  
 hian kan chhungkaw  
 inenkawl na hi thlir ila, kan  
 him tawk ang em ?



**Kristian Chhungkua****I CHHUNGTE TAN NANGMAH KHA***Lalmuankima*

Chhungkuaah hian pawimawh lo bik leh pawimawh bik an awmlo ti ila kan sawisual tam awm lo e. Nu leh pa, pi leh pu an pawimawh ang bawkin fate pawh an pawimawh a. Nu leh pa tha tak nisi kha fate'n an zir miau loh chuan dem an hlawh mai thin. Chutiang bawkin fa te fel tak tak nimahse, nu leh pa in an zir loh chuan chhungkua a hlim thei chuang lo. Chuvangin kan chhungkua theuhah keimahnhi hi kan pawimawh theuh a ni tih hi kan hriat thar leh a pawimawh hle mai.

Isaia 38:1 ah chuan Lal Hezekia chu thih ngamin a na a, zawlnei Isaia hmangin a dam chhuah dawn loh thu Pathianin a hriattir a ni. Tin, a thih hma ngei a a chhungkua rel fel tur a a duh avangin kum sawm leh kum nga meuh Pathianin a nun a pawhsei sak a ni. Hezekia kha a chhungte tan, a chhungkaw thatna turin Pathian-in a duh a ni. Chutiang chiah chuan keini pawh kan chhungte tan, kan chhung kaw thatna turin

Pathianin kawng hrang hrangin min mawmawh.

A ruh langin han sawi dawn ila, kan Zoramah hian chhungkaw tana tlangkai lo patling, nutling, nula leh tlangval tam tak kan awm niin a lang. Chhungkaw pa ber ruihlo vanga buai, nupui fanaute'n an enkawl ngai an kuh tun a, chutiang bawkin nu ber ruihlo avanga nu ber mawh phur theilo an awm nual bawk. Chutiang zelin thalaite zingah pawh

chhungkaw phurrit, nu leh pa tana innghahna tlak loh, ruihlo leh nawmsipbawlina in a tihbuai, chhungte zak ngawih ngawiha siamtu kan tam ta khawp mai. Hetiang dinhmun a ding kan nih mek lai hian kan chhungte tana malsawmna thlentu leh an innghahna kan nih theih na tur a pawimawh te han sawi ila :

### 1. THAWHRIMNA:

Thawhrimna hian rah tha a chhuah fo. Eng kawngah pawh nise, rim taka thawk thin te chuan an thawhrah an seng ngei ngei thin. Thufing chuan, “Thawhrimna zawng zawngah hian hlawkna a awm a, ka a sawi mai mai erawh chuan tlakranna mai a thlen a ni (Thu 14:23)” a ti. Pa ber chuan a tih tur a nupui fanaute enkawlina tur atan rim takin a thawk tur a ni a, nu ber pawhin a pasal fanaute tana nu nih tling takin rim takin a thawk bawkw ang.

Chutiang zelin thalai te pawh zirlai kan nih chuan taima taka kan zirlai zir te, hnathawk mek pawhin rim tak leh taima taka kan hna neih ang ang kan thawh hian kan thawhrah kan sengna kawnga thil pawimawh tak kan hlen a ni.

Chhungkaw tin ah nu leh pa atanga fate thleng hian thawhrimna kan mamawh theuh a, inthlahdah bik leh zawmthaw taka awm te hi chhungkaw tan mi tangkai an ni theilo. Thawhrimna hi kan chhungte tana kan pawimawhna tih hlawtlin-na kawnga rahbi pawimawh tak a ni.

### 2. DAWHTHEIHNA

Bible hian dawhthei turin min zirtir nasa khawp mai, wawi 33 vel inziak niin sawi a ni. Kan beiseina leh kan duhna te a thlen hun nghak thei tura dawh thei turin min zirtir a. Tah hla ah nghak

veng veng turin min ti a (3:26) He thu hi han ngaihtuah chian chuan Pathian hnathawh te, a thutiam te, kan beiseina leh kan duhna te hi a thlen ngei ngei dawn avangin thlamuang takin nghak rawh a tihna niin a lang. Mizo te hi hnam rilru hmanhmawh kan ni ti ila kan sawi sual awm love. Thil reng reng hi thleng zung zung se tih hi kan duh dan a ni. Chhungkua ah fate avangin emaw, nu leh pa avangin rum chang leh beidawn chang te pawh kan nei thin ang, chutiang hunah chuan dawhthei taka ka fate emaw ka nu leh pa kan enkawl tang tang hian rah tha a la chhuah ve dawn a ni tih rilru pu a kan rilru kan tih paukhauh a ngaih chang a awm thin. Hringnunah hian 'Short Cut' a awm thei lo, dawhtheihna nena kan tih tang tang leh kan thawh tang tang hian rahtha a la chhuah dawn a ni. Chuvang chuan

chhungte tan tangkai ni tur chuan dawhthei taka engkim ti thei tura kan inbuatsaih theuh a tha awm e.

### 3. BEIDAWNG SUH :

Genesis bung 19-ah Lota leh a chhungte chanchin kan hmu a. Lota leh a chhungte chhanchhuak tur khan an mahni hruaichhuaktu te khan beidawng lova an tih tang tang avangin chhanchhuah in an awm. Josepha nunah harsatna tam tak a thleng a, nimahsela a beidawng duh lo, a tawpah chuan dinhmun tha takah a ding thei tih kan hria. Kan nuna harsatna a thlen hian kan lo beidawng mai ang tih a hlauhawm. Israel fate'n Kanaan ram thleng turin kum 40 an nghak a, mihring lam atanga ngaihtuah chuan a rei duh khawp ang, mahse Pathianin a thu tiam a thlen tir thu kan hmu. Kan harsatna hi kiang thuai thuai se kan ti thin a, keimahni lamin a hun kan tih ah hian thleng se kan

duh thin. Chu kan duhna te chu a thlen loh chuan kan beidawng mai thin. Kan tawnngtaina te hi Pathianin a ngaithla a, kan hrehawmna a hnen kan thlen te hi a hre reng a, min chhan hun nghak thleng thei turin beidawng lo a ka nghah a pawimawh khawp mai. Beidawng lova kan fate kan enkawl tang tang te, an tana kan tawnngtai tang tang na te, tin thalaite pawh kan zirna a kan tih ve tang tang te, hna kan thawh tang tang hi kan chhungte tana kan pawimawhna tih hlawtlin kawnga rahbi pawimawh tak a ni.

Kan chhungkaw thatna tur a kan thawhrimna te, dawhthei taka kan awm te, beidawng lo a kan tih tang tang te hian rah tha a chhuah lo thei lo. Chutiang ti theilo

tan chuan chhungkaw tana mi tangkai tak nih pawh a har hle ang.

Mizote hian Kristian chhungkaw din kan buaipuin kan vei em em a, Kristian chhungkaw din te hi vawilehkhat a thleng thut thei a ni lo. Chhungkua a zirin hun a duh reiin a duh reilo thei bawk. He Kristian chhungkaw dinna kawngah ngei pawh hian chhungkaw tinah tangkailo bik an awm theilo a, kan zavaiin tangkaina kan nei theuh. Chuvang chuan, kan chhungkaw hlinma tur te, kan damtlanna tur leh hlim taka kan awm theihna tur chuan keimahni theuh hi kan pawimawh a ni tih hi i hre thar leh ang u.

Lalpa'n malsawm rawh se. Amen



**Sermon****ELIZA CHAWMTU CHOAK KHA***(I Lalte 17:8-16)**Rev. Lalbiaknia*

Ch. 14: LALPA, Israelte Pathianin heti hian a ti a ni: ‘LALPAN lei chungah hian ruah a rawn sûtîr hma loh chuan chhangphut bêl chu a ruak chuang lo vang a, sahriak ûm pawh a kang lo vang,’ tiin, a ti a.

Lal Ahaba sualna avângin Israel ramah kum thum zet ruah sût lovin khua a khêng dawn tih, Elija hmangin Pathianin a sawi a. Khawkhêng hian nghawng a nei nasa hle ang tih a hriat mai. Tui a kang zo, thlai chîn theih a ni tawh lo, hnim a ro zo, tam a tla, khua a lum hle bawh ang. A mangan thlak hle ang. Kum thum leh thla ruk chhûng zawng lei chungah ruah a sût ta lo va, tiin Jakoba 5:17 ah a sawi. Ruahsût lova kum thum leh thlaruk chhung awm chu a rei vang vang hle. “

**1. Elija Châwmtu chu :**

Khawkhên chhunga Elija châwm tûrin, Pathianin Zarephath hmeithai a ruat a. He hmeithai hi, a hausak êm vanga ruat a ni lo, ei tûr a chhêkkhawl tam vâng a ni hek lo. A dinhmun hi chhe tak a ni, hmeithai rethei, rethei bakberh a ni zawk. Chhangphut tlemtê leh sahriak tlemtê chauh a nei a, chumi siam nan chuan thing tang ro tlemtê a fawm chawp a ni. A chhang neih chhun chu a siam ang a, an ei zawhah a fapa nêh thih hun ngahk mai tûr an ni tawh a,

beisei nei tawh lo khawpa rethei a ni.

Heti chungah Elija châwm tûra ruat a ni hi a mak a, Pathianin he hmeithai hi chhanchhuah a duh tel tih a lang reng mai. Thil mak tak a thlang zui bawh. Khawkhên chhung zawngin a chhangphut bêl a phai lo, a sahriak ûm a kang hek lo. Pathian thiltih mak tak a ni e. Tûn laia thil thlang ni se, mipuiin kan va en nasa dâwn êm, chanchinbu miten an interview ang a, Tv-ah, Chanchinbu-ah an

chhuah chuai chuai ngei ang. Biak in hrang hrangah thusawi tûrin kan sâwm anga kan bâwr nasa ngawt ang. Zarephath hmeithai rethei takin Elija a châwm hi Pathian thiltih ropui puan chhuahna a ni a, Pathian chuan a mite a ngaihsak reng a, an mamawh a pe a, a hausakna an tân a ui lo tih hi a chiang. Pathian ram thawhlawm thawh tûr leh, Buhfaiṭham ṭhâm ṭhin tûra fuihna kan dawnte hi Lalpa khawngaihna kan dawnna kawng, malsawmna kan dawnna tûr a lo ni reng mai tih min hriattir a ni.

## 2. Lalpa chu a rinawm a ni:

Pathian hnêna thil kan pek hi, hek phahna tûr ni lovin, a hausakna kan hriat a, a rinawmzia kan hriat belh zel na tûr a ni tih min hriattir a ni. Ṭanpui ngâite hnêna ṭanpuina kan pekte hi, kan neih ve chhun châna ni lovin, a pun phahna tûr a lo ni reng thei tlat a ni. Pathianin pek tûr nei lote hnenah kutdawh a kal tir hauh lo vang, kutdawh, ṭanpui ngaite pawh hi Pathian mi tirhte an ni fo thei tihte

hi kan ngaihtuah a ṭha ngawt mai. Khawkhên chhûnga chhangphut bêl phai lo leh, sahriak ûm a kang lo ang khan, kan kawl ve chhun tlemtê hmang hian Lalpan min ṭanpui ṭhin a lo ni reng mai.

Kum thum chung khawkhêng/ ruah sûr lo chung pawha chhangphut leh hriak kiam chuang lo ang hian thlarau lam ei tûr chaw tlachham lo, Lalpa hnên ata thutak, thu nung dawng thar zêl ni thei ila a va ṭha dawn êm. Lalpa i vuan tlat ang u, ani chu a rinawm si a. Ringhlel hauh lo va Lalpa hnathawh lo thleng tûr beiseia nghak tlat nun hi a hlawhchham ngai lo vang.

## 3. Lalpa nghâk ila:

Lalpa chauh hi Pathian a ni tih kan hriata kan rin hunah, khawkhêng a reh dâwn a ni ang, tihte min ngaihtuah tir bawk. Kan ramah thlarau lam khua a khêng mek a, kan thlarau nun a ro zo ta. Thu ṭha ngaihthlak leh chhiar tûr a tam hle na a, a nung

lawi si lo. Biak ina sermon kan sawi leh ngaihtlakte hi han chik ve teh, mi ngaihtlak tur thu tha, thuhrlituten kan tlangau pui a, Pathian thlarau pawlna nung an dawn sawitu an vang mang e. Kan sawi hi a sawitu pawhin kan zawmin, kan ring ngut na maw? tihte hi ngaihtuahnaah a awm hial thei a nih hi.

Elija kha chuan, khua a kheng dawn tih a sawi a, Lalpa thuin Kerith lui a pan a, Zarephath khua a pan leh a, hmeithai, amah chwmtu tur a thlen chilh mai kha chu a nia. Ruah a sur dawn a ti a, khawthiang takah chhum lo lang tur a thlira a nghak leh mai a, a ringhlel ve lo. A hnena thu lo thleng chu a ringa, a zawm mai a, Pathian thiltihtheihna a lo lang chu a nih kha mawle. ***Kan ramah hian Elija lo au ve mawlh rawh se.***”

Carmel tlangah maicham a buatsaih a, mei a hmanh lo, van atangin Lalpan a maicham chu meian a rawn hal alhsak ta a. Camping, crusade, campaign kan buatsaih a, keimahnin kan maicham buatsaih chu tialh turin nasa takin kan bei a, Thlarau Thianghlim chetna tur hi kan dang fo a ni mai awm mange tihte ngaihtuah a awl rum rum mai. Elija maicham ang khan, van Thlarau Thianghlim chuan kan ram hi a maicham thianghlim atan rawn hal alh ve mawlh rawh se.

***Aw, van Thlarau  
Thianghlim lo leng ang  
che,  
Min awmpuia venghim  
thintu kha;  
Khawngaihna aw hai der  
thin mah ila,  
Sual tuipua kan pil min  
phal suh la.***



**Article****PI ZOMAWII (MISS KITTY LEWIS) NGHILHLOH NAN**

*C. Lalrintluangi  
Cardiff, Wales, UK*

March thla laihawl a ni a khua a la vawt hle a, mahse thlasik ni reilo a kiam tanin Wales national flower Daffodil te pawh an par tan leh tawh a, khawhawi a nuamin khawlaite pawh a mawi leh tan tawh a. Inleng duhawm tak pafa kan la hmehhriat ngailoh kan neih dawn avangin kan phurin hmuh kan chak hle a ni.

Kan hun tiam angin zing dar 11 velah chuan an lo thleng ta a, hlim takin in hresa ang mai chuan kan in be nghal ta bawrh bawrh a. A pa zawk hi kan zosap missionary nula lo chhuak hmasa ber Miss Alice Catherine Mostyn Lewis (Miss Kitty Lewis, Pi Zomawii) fapa Mr David Idwal Jones a ni a, a fanu Daisy nen Swansea ah London atangin chawlh hmangin an lo awm lai ani a, hun remchang siamin Cardiff a kan chenna in ah minrawn tlawh thei hlauh a kan lawm hle a ni. Mizo in Pi Zomawii ti a kan vuah hi a hmingpum hi a sei em a Miss Kitty Lewis tiin koh a ni a, hei hi kan hmang zui zel dawn a ni.

A pian leh murna: Kitty Lewis hi 1898 ah London Kensington

ah lo piangin a pa chu Sir J. Herbert Lewis a ni. Welsh mi Flintshire lam chhuak an hna avanga London-a awm zui ta a ni. A naupan laiin Clapham London ah lehkha a zir a, Wales ah pem let lehin Aberyswyth, Birmingham leh France ah te lehkha a zir a ni. Mi hausa tak leh politician lar tak Westminster a MP mai bakah Welsh pa Lloyd Goerge Prime minister a nih lai a cabinet minister nihna chelh phahial a ni.

Miss Kitty Lewis hi 1921 ah Glasgow a student christian movement a tel ve chuan missionary a chhuak turin a cho nasa hle a. Kum 1922 ah Pu Zosaphluia hmu in chuta tang chuan Mizoram a lo kal duhna a nei ta a. Pu Zosaphluia nupui

rualin zoram ah 7th oct 1922 ah alo thleng a, Mizoram-in kan mamawh tak kum rei tak an lo beisei tawh nula missionary tura lo chhuak hmasa ber a ni. Zoram tan chuan a lawmawm in a va hlu tak em. Chumai ni lovin mihausa leh challang tak ramthar rawngbawlna ngai pawimawh tak fanu a ni a, a kalna senso leh hlawh pawh hi Mission sum hmang lovin mahni senso in tum chawp vek a ni leh nghal.

Tichuan Pi Hlui'n theih ang anga hmeichhe sikul alo dinsa chu 1922 atang chuan a enkawl chhunzawm nghal a. Tun thleng a Hmeichhe sikul hmun tha leh changtlung tak kan nei pawh hi ama hmalakna leh tha taka bul alo tan vang ani. Sikul hmasa Synod press bula mi chu tuna sikul awmna ah hian sawnin a hmun laihna senso pawh hi ama mimal sum vek a seng a ni.

Mizoram alo thlen hlima a thil tawn mak tak a nau hnuchham chawm Sapkungi sawi dan chu hetiang hi ani (English a zomawii fate a thawn lehlin). Ka hming Sapkungi hi i nu Zomawii min phuahsak a ni a, kum 1922 a nula la naupang tak a nih laiin

Mizoram a lo thlen khan mizo puanchei an bih tir chu a nalhin a inhmeh em avangin upa hovin Zomawii tiin a hming an phuah ta a ni. A lo thlen atanga ni hnih ah ka lo pianin ka nu chu a thi ta mai a, ka pa lo nei mi rethei tak chuan min enkawl a huphurh avangin Zomawii hnenah chuan enkawl turin min hruai a, zoram lo thleng hlim hlawl anih avangin ani pawhin hreh hle mahse ka pa in a nawr nasat em avangin a tawpah chuan a fanu atan min la ta a ni. Sapkungi hi a hnu ah Zomawii fanu te pawhin tan puina an la thawn ve thin niin Prof J.V. Hluna lehkhabu Mizoram Welsh missionary te chanchinah kan hmu.

Sikul chawlh laiin thingtlang khua ah zin chhuakin chan chin tha hrih hna a thawk a, zirna pawimawhzia te sawi pah zelin thingtlang lam atang pawhin hmeichhia sikul kal tur an lo pung ve zel a. Heng zirlaite hian an mahni ei tur buhfai an rawn in ken chawp thin a, ken tur neilo zir duh si te chu ama sumin a chawm zel bawk a. Chu bakah fahrahte pawh a chawm tel bawk nen a buai in a thawkrim ngawt ang.

Lehkha zir thiamna chauh ni lovin kut themthiamna lam puanthui, laphiar leh puantah te pawh 1924 atang chuan zirlai te tan bul a tan a. Hei hi a hlu in vawiin thlenga mizo hmeichhiaten kan la hman tangkai zel hi a ni. Sap ho zingah kohhran ah leh khawtlangah craft group-a ka tel ve na ah pawh ka sawi thin a, mak an tiin ngaihnawm an ti thin khawp mai.

Pi Zomawii chanchin hi a ropuiin sawi tur a tam hle a, a pa Sir J. Herbert Lewis pawh mi hausa Pathian ram rawngbawlna ngai pawimawh mi anih avangin a fanu rawngbawlna hmuh puiin 1924 January ah a nupui Ruthi leh an fapa Dr Herbert Mostyn Lewis nen zoram an lo zin a. Lehkha bu tha tak Llythyrâu o Lushai (a letter to Lushai) bu a ziak nghe nghe ani. Chubakah kan mizo lekhathiam hmasa Pu Ch. Pasena 1924 -1925-a London-a lehkha zir tura a hruai thla leh an mahni senso veka London Goldsmith college a alo zirtir te hi zoram mipui tan a hlu in zofate min duhsakna hi a va ropui em. Sap ramah foreigner tan zirna man a tam tehlu nen an inphalna

hi a va hlu tak em aw, theihngihl phal chi a ni lo ve.

Thahnemngai taka Pathian leh kan ram tan rawng a bawl laiin Pi Zomawii chu a pa in car accident London-ah a tawk ta hlah mai a, a serious in dam mai tur anih tak hmel loh avangin kum 1925 ah sapramah a kir leh ta a ni. Sapram a kir leh hnuin Welsh hnam leh tawng humhim tura tan a lak nasat em avangin (Patron of Welsh culture and literature) dinhmun an vuah nghe nghe. Kum 1933-ah pasal Mr Idwal Jones nen innein fa 3, fapa 1 leh fanu 2 Nest Price leh Olwen Foreman a nei a, fanu Nest-i pasal hi pastor a ni. Olwen-i pasal hi film graduate niin a pizawn film pawh hi Welsh festival a chhuah turin alo siam tawh bawka ni.

Wales rama rawngbawla kan awm tirh atangin kan zosap missionary te chan chin leh an thlahte hi kan ngaihven zui reng a. A la damte pawh theih ang angin kan tlawh chhuak a, kan awm hnu ah dama kan zuk hmuhten min boral san a, an funeral tal kan tel ve hi anmahni

kan chawimawina leh kan ngaih hlutzia kan lantir ve theihna chu a ni mai e.

Kum eng emaw zat kal tawh a boral tawhte thlan hi theih ang angin kan zawng chhuaka, thlan hlui zawn chhuah hi a awlai lo khawp mai, khawkar lo in hlat bawk nen. Chung zingah Pi Zomawii hi kum 1984 January-a boral niin halral a ni a, mahse vanneih thlak takin tunlai ah social media hmang t̄angkaiin kan fapa leh a tunu Daisy Jones hi an lo in be pawp thei hlah mai a. Daisy hi a pasal pawh British army Lt. Col niin Swansea tuipui kam nuam takah holiday home an nei a, chuta an rawn chawhlai chuan a pa Mr David Idwal jones nen hian cardiff kan chenna in ah min rawn tlawh a, a pi chan chin leh a pu Sir John Herbert Lewis lehkhahu ziahte rawn kengin hlim takin hun kan hmang ho thei a. Keini pawhin Pi Zomawii hnathawh kan ngaih hlutzia te, kei ngei pawh ka nu a t̄ang tawhin chu sikul zirchhuak kan nih te sawi a nuam hle. P.C. Girls sikul thlalak leh an zaipawlte kan entir, hmuhnawm an tiin an rilru a khawih ve hle a ni. Pu Lewis a hi mi ropui leh haus a

in te pawh ropui tak a ni, hetiang mi Pathian lama mitui leh in phal Mizoram tan Lalpan min pe hi kan vannei tak zet a ni.

Pu David Idwal Jones hi kum upa lam chak tawh lo mahse a la pawn chhuak thei a, nikumah kan chhungkua London kan zinin relah kan chuang ho nawlh mai a, kan chhukna station a inang hlah bawk nen thlate kan la ho leh a, amah pawhin mak a ti khawp mai. Tun May thla kal ta mai pawh khan Daisy te nupa nen London mizo inkhawmah an rawn tel ve a, Daisy pasal Mr Joshua Jones hian Mizo army te tan fuihna thu t̄ha tak a sawi chu an t̄angkai pui ngei ka ring. A tu leh fate Pathian t̄ih mi leh f̄el tak tak kan zawng chhuak a an nu/pi hnathawh ropui tak avanga lawmthu kan sawi thei hi vannei kan in tiin ram kilkhawr taka hnam mawlte min zawng chhuak a an thiamna leh sum senga hrehawm pawisa lova Lal Isua chhandamna min hrilhtute hi an va hlu em, theihngilh phal chi an ni lo ve.

***Zoram hmangaihtu Lalpan a thlawnin Chanchin T̄ha min pe, kan lawm e.***

## Article

## KOHHRAN HLUTNA

Rev. Dr. H. Lalnunmawia, ATC

Tùn lai khawvêlah hian kohhran hian ngaimawh a hlawh a, hnawk ti an pung hlê mai. Duhsak leh siamthath duh an awm laiin eng emaw zat hi chuan hnawk an ti em ni aw! tih tur a ni. Kohhran chu kan siam tha zel ang a, chutih rual chuan a tlin loh ang anga a hlutna hi kan sawi tam ve loh chuan thang tharte hian awmna tlak lo-ah an ngai ang a,

nakin lawkah chuan rinna kawngah kan hniam phah duai duai palh thei dawn a ni. Chuvangin kohhran nihna leh hlutna zir chhuah kan tum ang a, chu chuan nghehna min siam kan beisei dawn a ni.

Kohhran chung chang tawitêa kan sawi dawn chuan, “Pathianin Isua thisen hmanga a rawngbâwl tùra a koh chhuah pung khawmho,” tihna a ni mai ang chu.

**1. Kohhran chu eng nge ni ?** Thuthlung Hlui-ah “Kohhran” tih thawngkam awm lo mah se, *Qahal* (Hebrai thawng) erawh hman a ni a, chu chu eng emaw tih tùr neia pung khawmho sawina a ni. Pathian ropuina lantir tùra Pathian mite pung khawm sawina a nih chu. Thuthlung Thar bu lamah erawh chuan *Ekklesia* tiin kan hmu a, kohhranho sawina a ni. A pahnih hian Pathian rawngbâwl tùra pung khawmho sawina ve ve a ni.

Mizo thawng hi a fakim tâwk lo va, Kohhran han tih mai hian chi hnih a kâwk thei. Kohhran tia kan sawi ber (church) hi Isua din, Isua ringtu pung khawmho sawina a ni. Pathian ringtute, huapzau taka sawina a ni ber ang chu. Amaherawhchu, hun a lo kal zêl a, Pathian thû a lo darh tâk zêlah kohhran pawl hrang hrang a lo ding a, awmna hmun leh Chanchin Tha dawngtute nun phung a lo danglam zêl angin hming hran hran kan lo nei a, pawl hrang hrang a lo awm

ta a ni. Tin, thuneihna duh vângte pawhin pawl a ding thei bawk. Hêng ang hi 'kohhran pawl' (denomination) tia sawi a ni deuh ber. Hêng kohhran pawlah hian pung khâwm hrim hrim hi kan chhiar tel ngai lo va, Isua miten rinna kawnga hma an sâwnna tûr atâna pung khâwmho, thurin mûmal tak leh invawna mumal tak neia dingho hi kohhran tia kan sawi ber chu an ni. Kan thu zir bikah hian vawiina kohhran (denomination) pawl mumal taka lo ding hlutna sawi kan tum dawn a ni.

**2. Kohhran hi a la famkim lo :** Khawvêl a la nih avângin Kohhran hi a la famkim lo va, a famkim dawn hek lo tih hi pawm tûr a ni. Mi ðhenkhatin kohhran hruaitu leh membrete fel lohna avângin kohhran an hmu dik lo va, a chhûnga awm vê nih pawh an châk loh phah ðhin; hei hi thil awm thei tak chu a ni. Amaherawhchu, khawvêla kan awm chhûng chuan kohhran chhûnga mite hi kan

famkim ngai dawn lo. Dik tak chuan Isuan a koh leh a rawngbâwlnaa tel vê ho rêng rêng kha mi fel lote an ni mah zâwk. Rom sawrkar nêna inzawma dik lo taka chhiahkhawntu nia an ngaih Zakaia inah a thleng a, nawhchizuar pawh a titipui duh tlat a ni. Hêng mite hi an fel hnuah koh an ni lo va, a koh lai khan mi fel lo tak an la ni. A hnuah erawh anmahniah danglamna a thleng thung. Heti hian sawi ta ila: Kohhran hruaitute zingah sual kawng zawh ru tlat lo awm ta se la, kohhran hi a chhe ta tihna a ni rêng rêng lo. Anni chu ðawngtâisak tûr an ni zawk.

Kohhran hi mi fel awm khâwmna ni ta sela, member pawh an tlem khawp ang. ðhenkhat chu sual avângahrehawm ti ngawih ngawih te an ni a, ðhenkhat chu an sual tih pawh inhre lo khawpa ngaihtuahawm an ni. Beidawng ngawih ngawiha awm laia Biak In pan tûr veng tina kan nei te hi a lâwmawm takzet a ni. Tihian khaikhawm

ta ila- Kohhran chu mi chak lo leh fel lo kal khâwmna, ringtu ṭha zâwk ni tûra inbuatsaihna hmun a ni.

### 3. Kohhran hlutna:

Kohhran hlutna hi tam tak sawi tûr awm mah se, a tlangpui hetiang hian lo sawi ila:

1) *Isua thupêk tihlawh tlingtu a ni:* Tupawhin an hun hnuhnungah an ngaih pawimawh an sawi ṭhin. Isua vâna a lâwn dawna a thusawi hnuhnung ber chu, “*Khawvêl zawng zawngah kal ula, thilsiam zawng zawng hnênah chuan Chanchin Ṭha hi hril rawh u,..*” (Marka 16:15) tih a ni. Isua vâna a làwna, Pentecost nia Thlarau Thianghlim a thlen khan Chanchin Ṭha chu an hril nghâl a, a huhovin an khawsa a. Paula leh rawngbâwltu dangte pawh khan ringtu an awmna apiangah kohhran an din zêl a, mi dang an hrilh chhâwng zêl a ni.

Chanchin Ṭha hril hnâ hi mahniin a thawh thui theih loh. Hmun danga hril tûr

chuan kal chhuak an awm a ngai a; pitar putar, naupang leh kal chhuak thei lote aiawhin kal chhuak an awm a, chûng mite chu missionary tiin kan sawi ṭhin. Missionary ni tûr hian zir ngai a tam a, kohhranhovin a zirna hmun an buatsaih a, kal chhuakte in leh lo bâkah an ei leh bâr tûr an ngaihtuahsak a. Chûng zawng zawng atân chuan sum leh pai mamawh a ni a, pawisa leh a ṭul ang khawn hna leh buaipui zawng zawng chu kohhranin a ti ta vek a. Kohhran awm lo ta se, hêng hnâ hi mi pakhat tan thawh sên a ni lo.

Kal chhuak lêm lo pawhin Chanchin Ṭha hi kan hril nasa êm êm a ni. Biak Ina thu wavi khat lek kan sawi hi kohhran awm lovin sawi darh dawn ta ila, in tinah lûtin wavi khat sermon sawi chhuak tûr pawha a hautak tûrzia hi kan ngaihtuah ngai em? Biak In kan nei a, Pathianni wavi khat ringawt pawha thu ṭha tak tak kan dawng ṭeuh thei hi kohhran awm vang a ni.

2) *Kan intihchak tawnna a ni:* Ringtute hi mahnia khawsa thei kan awm lo; inpui tawn tûr kan ni. Rom 15:1-ah chuan Paula'n, "*Chutichuan keini mi chakte hian mahni lâwmna zawng lovin, mi chak lote chak lohnate chu kan tuarpui zâwk tûr a ni,*" a tih kha. Ringtu hmasate khan tihduhdahna hnuaiyah pawh awm khawm an tum tlat thîn a, pûkah a rûkin an inkhawm thîn. A chhan ber chu infuih tawn tûr leh intichak tawn tûrin a ni. Kohhran chu sikul ang hi a ni a. Sikul luh tirha engmah thiam lo kha zawi muangin a inzir a, a lo thiam telh telh ang hian, kohhran hi inzirna hmun a ni. Pastor leh upaten fimkhur takin kawng dik min zirtir a, hmasâwn tûrin kan vai hian kan zir bawk. Ringtu chak leh nghet tawhten thu an hril a, Bible an hrilh fiah thîn.

Naupang lo thang lian tûrin thil an zir a, Biak Ina kan inkhawm hote hi phûrna thar min petu a ni. KṚP programme boruak nuam leh hlimawm kan siam thîn te hi

awm ta lo se, khawvêl hla sain khawi hmunah emaw kan ri hut hut dawn tih a lang reng mai. Hêng zawng zawng hi mumal taka lo buaipuitu (organizer) an awm a ngai a, chu hna chu kohhranin a thawk a ni. Kohhran hi awm lo ta se, hma sâwn a har hle dawn tih a chiang khawp mai.

3) *Pathian thu dik zirna hmun a ni:* Kohhran piang tirah khan Pathian thû hrilhfiah dân a lo piang nghâl a. Jentailte zînga Isua ringtuten serh an tan dawn leh dawn loh thuah inhnialna a lo chhuak a, tichuan Jerusalemah inkhawmpui an ko va, tah chuan serh tan vê kher a tûl loh thu kha inkhawmpuiin a nemnghet ta a (Tirh. 15); kha kha Pathian thûah an pawm a ni.

Pathian thû hi zir a ngai khawp a, a dik kan zir loh pheih chuan kal sual theih tak a ni. Pathian thu awmze dik tak zir a tûl a ni. Pathian thu hrilh fiah dân danglam avângin mi tam takin rinna an lo pên san tawh a, an chhiatpui tawh a ni. Pathian thu dik hre

tùrin Bible ziahna ÷awng Hebrai leh Greek zir a ngai a, hrilhfiah dân dik ber zawn chhuah a ngai a; hêng hi Thlarau puihna hnuaiah zir a ngai a. Chutianga ringtuten a dik kan hriat theih nân kohhranin zirna hmun Theological College a din a, uluk taka an zir ang chuan kohhranin Pathian thu a zirtir ta ÷hîn a ni. Chuta zir ve thei lo tan Lay Theological School kalpui a ni a, hmun hrang hrangah ATC (Aizawl Theological College) zirtirtute kalin a awlsam thei angin an zirtir bawk. Tùnah hian Mission Vengah Presbyterian Bible School(PBS) kalpui a ni a; hei hi mizo ÷awnga zirtir a ni a, Theological College-a zir ve phâk lo tan a ÷angkai hlê a ni. Missionary Training College (MTC)-ah hian missionary nih tumte tan kum thum chhûng Pathian thú leh rawngbâwlna chungchang a zir theih bawk.

Kohhran upate tan training neih ÷hin a ni a, kar khat chhûng inkhungin Counselling chungchang zir ÷hin a ni. Hêng bâkah hian

sum tam tak sengin training chi hrang hrang kohhranin a buatsaih ÷hîn a, a lâwmawm takzet a ni. Hêng zawng zawng hi kohhran awm ta lo se, kan kalpui thei dawn lo va, zirtirna maksak pui pui lo chhuah pawhin a dik kan hre thei ngai lo vang.

#### 4) *Nun zirna hmun a ni:*

Khawvêlah hian zir tùrin kan lo piang a. Nun phung zir a ngaih zia chu kan nun phung inthlauh dân a÷ang hian a hriat mai. Mi bula awm dân mawi zir a ngai a, kan thil tawn azira tih tùr leh tih loh tùr a awm a, chhiat ni ÷hat nia awm dân mawi a awm. Hêngah hian zirtirtu nei ÷ha lo chu an bula awm a hahthlâk a, harsatna tam tak an tâwk ÷hîn.

Hêng zirna atâna kohhranin kan hman lâr ber chu Sunday School hi a ni. Beginner/ Pre-Beginner a÷angin mi dang nêna nun ho dân te, mi hmaa chêt dân tùr te kan zirtir a. Thawhlâwm khawn ringawt a÷ang te hian mipui hmaa khawsak kan zir nghâl a ni. Naupang kum mil

tâwk ang zêla pawl sawnin naupang nun milin zirlai siam a ni bawk a. Hei hian naupang ðhan lennaah a pui nasa hlê. Sunday School-a kal mumal lo (kohhran mumala awm lo) ai chuan Sunday School kal chhuak chu an hriat khawp mai.

Khawvêl ðhang chho zêlah hian kohhran hian zirtirna hmun (platform) kan nei ða bawk a, kan khawih chi kim khawp mai. Politics ða nei tùrin a mite a zirtir a. India rama inthlanna felfai kan nei avângin mite mak tih kan hlawh hial a ni. Kan khawvêl boruak chhe zêl chungchang (global warming) te, tuihna lo tlêm zêl te a theih ang angin kohhranah sawi a ni a. Hlemhlêtna (corruption) chungchangah pawh kohhran hote fihlim theih nan ðan a la a; kan sawi séng lo vang. Kan rama harsatna a lo thlen apiangin a ða zawnga kal tùrin kohhranin a mite a fuih a; hêngah hian a chang chuan Pastor leh upaten an sawi a, a changin Synod-in thu chhuah a siam ðhin bawk.

**5) Kalphung mumal kengkawhtu:** Kohhran hian kalphung mumal bakah serh leh sâng kan uar khawp mai a, tûn lai khawvêl danglam zêlah hian hnawk ti an tam ta khawp mai a. Urhsûn taka Biak Ina Pathian biak ai chuan khawi laiah emaw nuam zâwka Pathian biak an chawi lâr a. A lo awlsam a, inchei vak a ngai lo va, a simple bawk. A chang pheih chuan inkhawm lova mahni ina TV hmaa thu ða tak ngaihthlâk pawhin hmasâwn thovin kan inhre ta a ni.

Thuthlung Hlui kan en chuan Pathian biak kha an urhsun khawp mai a. Biak In (Temple) sak dân tùr pawh Pathianin a ulukpui êm êm a. Nau piang hlim pawh Israel thuthlunga lâk luh an nih entir nân serh an tan a, kum 12 an nihin Temple-ah an kalpui a. Temple-a rawngbâwl dân tùr pawh mumal taka tih a ni a, Hmun thianghlim berah chuan Puithiam lo chu luh ve phal a ni lo va. Hêng zawng zawng hi anmahni insiam chawp ni lovin Pathian zâwk a urhsun êm avângin an tih

dân tura Pathianin a pêk a ni. Thuthlung Tharah pawh an pal bawrh bawrh chuang miah lo. Kohhrana rawngbâwlnaah pawh chi hrang hrang a awm a, pakhatnaah chuan tirhkohte, a dawtah thuhrlitute, a dawt lehah chuan zirtirtu an awm thu kan hmu (1 Korinth 12:28). Hêng hi rawng bâwlna mumal leh urhsûn taka kal theih nân a pawimawh a, hna hrang hrang an nei vek a ni. Hêng bâk pawh hi sawi tûr a tam. Vawiina kohhranin mumal taka thil kan kalpui a, kan uluk êm êm hi Isua hun lai leh tirhkohte hun laia an tih dân kan chhawm a tam a, a hnua tihdanglam hret hret erawh a awm nual bawk.

Kalpfung mumal hi hmasâwnna tûrin kan mamawh hrim hrim a. Entirna han sawi ta ila- Sikul-in dân a zam hrang hrang hi zirlaite tân a tûl êm êm a. Chhûngkaw tinin inenkawlina mumal kan neih a tûl bawk a, khawtlang pawhin invawn dân bik kan nei. Hêng hi

awm lo ta se, a tuartu tûr chu a chhûnga chêngte kan ni ang. Kohhran pawh hi ringtute ni tin nun leh thlarau lam nun kaihruai tura Isua din a nih tlat avângin a mumal a tûl a, urhsûn taka kan tih hian a hmangtu rilru lamah tih tak takna a pê a, hma a lo sâwn tîn a ni.

### **Tlângkawmna**

Kohhran hlutna kan sawite khi a pawimawh takzet a, ringtu nun tihchakna, hmasâwnna siamtu leh Isua hnung kan zuina atân a pawimawh êm êm a ni. Kohhran chhûnga mite kan fel tâwk loh avânga kalsan mai tûr a ni lo va; hei aia inzirna t̄ha leh ringtu nun tihchakna dang a awm rêng rêng lo. Mihring nun hrim hrimah pawh hian kohhran bêl tlatte nun chu a lo tluang bik khawp mai. Kan veng t̄heuh han en ta ila, kohhrana inhmang ngai lo chhûngkua aiin inhmang leh inkhâwm t̄hîn chhûngkua chu an awhawm tlangpui tih kan hmu thei ang.

## Article

## CHHUNGKAW ECONOMY (chhonzawmna)

Philipi 1:27

Rev. Benjamin Lalrinmwia  
Cambodia

Tin, kan sum hmuhna a thianghlim tûr a ni a, kan hmanna pawh a thianghlim tûr a ni. Mi thil rûkte kan lo leisak mai ang e.

Nu pakhat chuan, "Dîl nei miah lo kha sangha dîl tanpuina Rs. 100000 ka dawng a. Lalpa hi a va tha êm," a ti e an ti a. "Ka chan tûr a ni lova ka dawng thei lo," tizâwk tûr a ni. Athlarau mit tihvârsak a ni lovang. Kristian chhungkua nêna in mawi lo va, Pathian huat zawng a ni. Chuvângin dik taka sum thawk chhuakin kan inren thiam tûr a ni. Kan inren chhan kha hmasâwnna tûr dang kan neih theihna tûr ni se. Nu pakhat chuan an pa zu in reng mai chu, "Zu chu in reng lo se, khi tah kan awm tawh ang," a ti. Pa inrenna chang hre lo leh nu inren nachâng hre lote hi mite chuan an lâwm duh fu a, mahse, an chhûngkua an thang mawh duh a ni. Zûk leh hmuamte hi kan ti nasa êm êm a. Hênga kan sum hman zo zai ngaihtuah chuan

kan hmasâwnna tûr a tiṭhuanawp a ni tih a hriat theih. Mizoramah mei zûk ringawta kan sênsa hi zir chianna an nei a. Kum 1973 a an chhût dân chuan kum tina chêng nuai 120 sêng ziah anga chhût a ni a, kum 1989 a an chhût chuan nuai 1200 a ni a. Kum 1999 ah khân an chhût leh a nuai 3200 a ni a. Tûnah phei chuan nuai 7000 chuang a ni tawh ngei ang. Kuhva-ah hian nuai 4000 chuang fe sênga chhut a ni bawk a. Sahdah, tuibûr nêna chhût phei chuan nuai sîng chuang kum tin kan sêng ang a ni. Kan ram retheihzia ngaihtuah chuan ***"Puar leh fânna ni si lovah eng vângin nge in tha in sên"*** a tih ang mai khân kan tlâkchhiat phah zâwk a ni. Chuvângin inren thiam leh insum theih kan tum a tûl hle mai.

**3. Chhûngkaw budget insiam**

**theih a tha:** Thla khat chhûnga kan sum hmuh leh hman tûr ruahmanna siam hi chhûngkaw hmasâwnna tûr a ni. Thla khat chhûnga nupa rek mamawh lo enchhin ta ila

(A tlêm thei ang berin) :

Buhfai manah - Rs.300,

Chawhmeh - Rs.1500

Electric - Rs.200

Telephone - Rs.200

Tui - Rs.200

Thla khata kan mamawh Rs.2400/-.

Zûk leh hmuam, Pathian ram thawhlâwm te, thawmhnaw man, sa man, damdawi man etc kan la sawi tel lo zâwk a ni. Lo dam lo ta hlauh ila engtin nge ni ang le? Synod Hospital-a kan Doctor pakhat chuan, “Mizo zîngah awm man pe thei lo kan tam a, Vai chuan an ba ngai lo,” a ti. An security a tha a ni. Kan harh a ngai. Kristian chhûngkua chu a intodelh tûr a ni a. Midangte tân malsâwmna a ni tûr a ni. "In awm dân chu Krista Chanchin tha nêh inmawi pawt rawh se." Amen.



**PASTOR NUPUI INTAWHKHAWM  
VAWI 45-NA**

Kum tina neih thin angin Pastor Nupui Intawhkhawm chu kumin 2025-ah pawh hian neih leh tur a ni a. Reverend, Pastor leh Pro. Pastor nupui zawng zawngte tel vek turin kan inngen a, ngaipawimawha tel vek i tum ang u.

A hmun : Synod Conference Centre

A hun : 16<sup>th</sup> October, 2025  
(Ningani)

Registration : 9:00 a.m.

F. Lalnunziri  
W/o Synod Moderator

**Hriselna Huang**

**NAUPANG KA CHHUNG NATNA( MOUTH DISEASE)**

*Lalrawnliani*

*Durtlang Leitan*

Ka chhung natna ( mouth diseases), ka na kan tih mai thin hi naupang kum 5 hnuai lam te hian an nei duh hle a. Naupang ka natna zinga chikhat lo tar lang ila.

**HAND, FOOT & MOUTH DISEASE(HFMD):**

Hand, Foot & Mouth Disease (Kut,Ke leh ka chhung natna), **HFMD** tiin kan sawi zel tawh mai ang a.He natna hi puitlingin vei vet ho mahse,a vei tam ber chu naupang kum 5 hnuai lam niin naupangin an vei chuan a manganthlak duh in an khawngaihthlak thei hle mai a chuvangin nu leh pa ten he natna tlangpui leh a enkawl dan nan kan han ziak ani.

**HFMD chu enge ni a tu ten nge vei thin?:**

HFMD hi natna hrik virus chi hrang hrangin Kut, Ke leh Kachhunga natna a thlen niin a thlentu Entero virus zingah Coxsakie Virus

A16 hian a thlen tam ber a, puitlingin vei thei mahse,, naupang kum 5 hnuai lam te zingah vei an tam ber thin. Miin a vei tawh chuan a vei tirtu Virus lakah chuan a taksaah vengtu lo in siam mahse Virus chi dang avangin a veinawn leh thei a ni.

**HFMD taksa a lan chhuah dan leh a veite awm dan:**

Natna hrik ( Virus) kai atanga ni 3 atanga ni 7 inkar velah khawsik,luna, taksa chau,luna , chawei tui lo leh hrawkna avanga thil ei/in harsa an lo nei thin a, naupang te zual te chu a pangngai ai a chilthli tla nasa te neiin,Khawsik leh hrawkna an neih atanga ni 1 emaw ni 2 hnuah hrawk,

lei(tongue), hahni, biang chhunglam, hmui leh khabe te lo bawl sen tuak in a lo durh bawk a, na an ti hle thin. Taksa hmun hrang- kut, kephah, mawngtam leh kapkarah te pawh bawl, vual leh durh te a lo awm thei bawk. Vun a zir in a bawl leh vual rawng land an hi a in ang lo thei a, thenkhat chu a buang leh var lam rawngte pawhin a awm thei. Thenkhat chuan ka ah chauh bawl leh durh hi an nei bawk.

#### **A in kai darh theih dan:**

- 1) A vei te kuah leh fawh te, an thawmhaw hak hnu leh toys tih fai that loh khawih leh hman atangin
- 2) An ka leh hnar atanga chhuak tui hngang leh chil te, a veite ek khawih leh ek in a tihbawlhhlawh ei leh in atangin.

#### **A enkawl dan :**

HFDM hi virus in a thlen a nih avangin a tlangpuin an vei atanga ni 7-10 velah chuan a lo zia awm ve leh mai thei

a,damloin an tawrh nat dan a inanglo thei a, a enkawl danah pawh a chiah chiah (specific) a awm lo ani. A enkawl dan tlangpui lo sawi ila.

1) Doctor hnenah entir a tha a, khawsik sang tak darkar 48- ai rei te, thil eileh in theilo, luak, zung tlem, tui tlachham leh chau ngawih ngawih, BP hniam leh marphu lo danglam an nih chuan hospitalah admit an ngai thin a, a nih loh chuan mahni in lama enkawl in an dam ve leh mai thei.

2) Khawsik tih hniam nan leh a pan durh na chhawk nan paracetamo /Ibuprofen a pek theih.

3) Clenora gel- hi ka chhung na chhawk nan a durh laiate hniawh thin tur a ni.

4) Neosporin or Bacitracin ointment te hi vun bawl durh keh/pilh te sifai hnuah hnawi tur ani.

5) Vuna bawl chu a lo thak hrehawm chuan calamine lotion te hnawih a tha.

6) Kar 1-2 a ral hnu a, vun a lo ro lutuk chuan moisturizing cream emaw coconut oil te hnawih a tha.

7) Tui mL120-ah chi fiante chanve telhin ka chhung hrukfai emaw thuah fai nan a hman tur a ni.

8) A durh te tihkeh loh tur a ni a, a mah a ro tir tur a ni. Bual pawh in a durh keh lo tur a dim taka nuaiin, hiah loh tur a ni.

9) Thil ei an harsat thin a vangin eitur chu a nem emaw tuiril emaw a pek tur a ni a, tui an tlakchham ven nan tui in tam tir hram hram tur ani. Thil ei/in harsat vang tui an lo tlakchham a an vun leh ka te a lo ro a, an zun te a lo tlem leh a lo tak viau chuan Drip/IV fluids pek a tha.

10) In tur/ ei tur chu a dai emaw, a vawt emaw in pek tur a ni a, heng-pudding, dahi/ curd, ice cream, pasta, alu leh thlai rah dang hmin taka chhum rawsawm te pek a tha. An taksa natna dotu tichak thei tur eitur tha pek tam tur a ni.

### **Doctor hnena hruai ngei ngei na tur te:**

1) Naupang thla 6 hnuai lam, natna do theihna la tha tawk lo, a hrawk leh ka pan a vanga thil tuiril/tui pawh in/lem theilo.

2) Natna vei atanga ni 10 hnu ah pawh hmasawna a awm loh in.

3) Naupang kum 2 hnuai lam darkar 4-6 a rei zung lo te, kum 2 chung lam darkar 6-8 zung lo emaw zun tak lutuk, ka ro, mittui hul te a an awm in.

4) Khawsik nithum aia rei an neih in

5) Nachhawkna pek atanga darkar 1-2 ah pawh a na a chhawk lohvin.

### **Kai darh lo tur leh kai lo tura inven dan tur te:**

1) Thil eitur siam dawn leh eidawnah, hahchhiau, khuh leh hnaphnit leh inthiar zawh te, diaper thlak zawh ah te kut fai takin sahbawn nen sil tur ani a, uluk takin second 20 chhung

tal kut chu nuai tur ani. Sahbawn a awm remchan loh pawhin hand sanitizer hman tur a ni. Naupang chu amaha kut sil thei rual anih chuan kutsil fai dan zirtir tur a ni.

2) Naupangte an kuta an ka te khawih lo tura hrilh tur a ni.

3) A vei te thawmhnaw hak hnu leh mutbu te tuisa ah thlak tur a ni a, an toys te tui leh sahbawna silfai thin tur a ni. Inchung-chhuat leh bang te pawh chlorine bleach tui a nawh fai thin tur a ni.

4) A vei te kuah, fawh(kissing) loh tur a ni.

5) An thil eina hmanrua te hman tawm loh tur a ni.

**HFMD vei avanga natna nasa zawk thleng palh thei te:**

HFMD hi natna hlauhawm a ni lova, mi tlemte ah heng natna hi a thlen thei

\*Dehydration: ei leh in that theih loh vangin tui tlakchhamna a thlen the.

\*Kut leh Ke tin tla

\*Meningitis leh encephalitis (thluak leh spinal cord tuamtu leh thluaka harsatna).



***Thil tha lo titute avangin  
intilungngai duh suh la,  
Fel lo taka tite chu awt hek suh.  
Hobet angin ah thlûkin  
an awm thuai ang a,  
Hnim hring angin an vuai dawn si a.  
LALPA chu ring la, thil tha ti rawh;  
He ramah hian awm la,  
rinawmna ûm zêl rawh***

***Thufingte 37: 1-2***

**Eisiam Huang**

## TEL TEL LOVA BAWNGSA TUI LEH HNIP SAT A KAN DAN

Mamawhte :-

Bawngsati tha	- 2 kg
Chi	- A al tawk
Purunsen pum	- 6
Black pepper (thinghmarcha dip) fiante	- 1

### **A siam dan:**

1. Bawngsa silfai zawh ah hrang 10 vel a chana chi a al tawk tur leh thinghmarcha phul tur.
2. Kut fai takin uluk taka hmeh pawlh tur.
3. Cooker mawng ah purun sen zai phel phawk phawk kha phah tur.
4. Bawngsa silfaisa kha purun chungah dah luh a,a silna tui bak tui leh miah lova chhin phui tur.
5. Gas a sang ah dah a, vawi 3 phit tir zawh ah gas herh hniamin minute 30vel ur leh tur (a sa a upat deuh chuan 45mins vel pawh ur mai tur).
6. Gas off hnuah cooker kha a hawn theih ve leh kan hawng ang a, tui la awm chu cooker chhin lo in emaw bel dangah emaw a tui kan chhuang kang vek ang a, kan chawk let zeuh zeuh ang.
7. A tui a hul vek a, ama mawmna a lo chhuah hun ah off tur a ni a, kan duh tiat in kan zai anga kan ei tawh mai dawn a ni.

Kan ei bang chu fridge ah phui tha tak in kan dah anga, Sarep ang in duh hun hun ah saum leh Hmarchapui nen pawh a bawl theih. Chan sin in naupang tiffin-a pawlh atan pawh a tha hle.

Hetiang hian lo tichhin ve la, i chhungte nen tui ti takin lo ei ang che u.

**Hruaitute Chanchin****VANLALDUHI**

Pi Vanlalduhi hi Upa C Remsiam (L) leh Pi Ngaivungi (L) te fa pasarih zinga a naupang lam 3 na niin Dt 7.11.1959 ah a piang a. B.A. History (Hons) zir zovin Vijaya Bank-ah a thawk a. Pasal a neih hnuah voluntary in a bang a, Carrying Contract hna Food, Civil Supplies & Consumer Affairs hnuai a thawk a ni. Ni 28.5.1985 ah Pu Lalbiaksanga, Chanmari, Aizawl nen innein fa panga, mipa 2 leh hmeichhia 3 leh tu 3 an nei a. A pasal hian September Ni 4, 2023 khan a boran san tawh a, tunah hian a fate 3 leh mo nen Chanmari Vengah an khawsa a ni.

**RAWNGBAWLNA LAM: CENTRAL-AH :** Kum 2025-2027 atan Committee member in a awm mek a ni.

**BIAL-AH:** Kum 2005-2007 chhungin Bial Buhfaitham Ziaktu

hna a chelh. Chanmari Bial -ah Secretary, Assistant Secretary, Chairman chanvo a chelh tawh a. Tunah hian Committee member a ni mek.

**KOHRAN-AH :** Chanmari Kohhran Hmeichhe Committee member ah Kum 2001 ah lutin Kum 22 chhung chawl lo in OB post hrang hrang Treasurer tih loh chu a chelh kim tawh a. Tunah hian Chairman hna a vuan mek a ni.

Chanmari Kohhranah Puitling Sunday School Zirtirtu, Inrinni Zan Short Sermon, Ramthar Committee member leh Zing Tawngtai hruaitu a ni mek.

**BIBLE CHANG LEH HLA DUHZAWNG :** I Peter 2:19-25 leh I Korinth 1:26-31 te hi a duh hle a. KHB no. 36 “*Aw Khawngaihtu Pathianin, Kan thilung chhungah hian*” tih leh KHB no. 254 “*Min hruainaah chuan ka kal ang*” tihte hi a ni.

**THUCHAH :** Tunlai thil awmzia te ngaihtuahin Zoram Kohhran Hmeichhia te hian kan tu leh fate Pathian hnena hruai thleng turin tawngtaina nen tan i la ang u.

**Hrat atan****1. Fehchhuahna :**

(1) June 21-22, 2025 chung khan Rengdil Bialah Kristian Chhungkaw campaign neiin Pi Vanlalhlamuani, Vice chairman, Pi Lalthangmawii, Pi K. Remmawii leh Pi Lalrokimi Committee member-te an kal.

(2) June 21-22, 2025 chung khan Kawrthah Bialah Leadership Training leh Kristian Chhungkaw Campaign neiin Pi Lalmalsawmi Sailo, Pi Lalmani leh Pi Vanlalsangi, Committee Member-te an kal

(3) June 21-22, 2025 chung khan Lunglei Bazar Veng Bialah Leadership Training leh Kristian Chhungkaw Campaign neiin Pi Vanlalhluni, Treasurer, Pi Zohmangaihi leh Pi Tlangthanpari, Committee Member-te an kal

(4) June 30, 2025 khan Darlawn Bialah Leadership Training neiin Pi Lalthanzami, Pi C. Lalnunpari, Pi Soni Pun leh Pi Lalñanpuui, Committee Member-te an kal

(5) July 12-13, 2025 chung khan Vairengte Chhim Veng Bialah Leadership Training leh Kristian Chhungkaw Campaign neiin Pi Vanlalhluni, Treasurer, Dr. Lalthansangi Fanai, Ex-Of-ficio, Pi Lalrammawii leh Pi Lalrindiki, Committee Member-te an kal

(6) July 12-13, 2025 chung khan Champhai Kahrawt Bialah Leadership Training leh Retreat hun hmangin Pi K. Vanlalrawni, Chairman, Pi C. Rosangpuui, Pi Chuauzikpuui leh Pi H. Lalñhasiami, Committee Member-te an kal.

(7) July 20, 2025 (Pathian Ni) khan Chanmari West Bial chung Kohhran 5-ah Kristian Chhungkaw Campaign (Puitling Sunday School hunah) hmangin Pi Vanlalhlamuani, Vice Chairman, Pi Zothanpari, Ex-Officio, Pi R. Tlanghmingthangi, Pi Lalhlimpuii leh Pi Lalramngaii, Committee Member te an kal.

(8) July 8-9, 2025 khan Lianchhiar Run (I&PR Conference Hall)-ah 2 Days Masters Trainers Training for Women Church an Federation Leaders, Government of Mizoram, Directorate of Social Welfare buatsaihah minrawn sawm angin heng mite hi an tel: Pi Lalthansangi, Asst. Secretary, Pi Vanlalhluni, Treasurer, Pi Zohmingliani, Finance Secretary, Pi Lalrammawii, leh Pi Lalthanzami, Committee Member

Hetah hian ruihhlo chung changa inzirtirna kawngah hma kan lak vena turin Rs. 50,000/- (cheng singnga) Social Welfare Departmeng hnen atangin kan dawng.

2. **Kohhran Hmeichhe Ni - 2025-a thu zir tur 'Buhfaitham Rawngbawlna'** tih Pi Lalbiakchhawni, Khatla ziah chu chhut zawh a ni a, Bial tinah thawn chhuah a ni a, a bu hi copy khat Rs. 10/- in Synod Office, Kohhran Hmeichhe Department-ah lei theih a ni.
3. **Biak In-a Naupang hruai** tih leaflet pawh copy khat Rs. 10/- a lei tur Synod Office, Kohhran Hmeichhe Department-ah a la awm e.

**Agape man la pe lo ten kumin, 2025  
chhung hian pek hram theih nise a  
lawmawm hle ang.**

**KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE**

Chairman	:	Pi K. Vanlalrawni
Vice Chairman	:	Pi Vanlalthlamuani
Gen. Secretary	:	Ni. H. Vanlalruati
Asst. Secretary	:	Pi Lalthansangi
Treasurer	:	Pi Vanlalhluni
Fin. Secretary	:	Pi Zohmingliani

**COMMITTEE MEMBER-TE**

- |                             |                            |
|-----------------------------|----------------------------|
| 1. Pi C. Lalnunpari         | 2. Pi C. Rosangpuii        |
| 3. Pi Chuauzikpuii          | 4. Pi H. Lalthasiami       |
| 5. Pi H.C. Lalfakawmi       | 6. Pi Hranghmingthangi     |
| 7. Pi J.C. Ronghaki         | 8. Pi K. Lalrinpuii        |
| 9. Pi K. Remmawii           | 10. Pi Lalthanpuii         |
| 11. Pi Lalbiaknungi Sailo   | 12. Pi Lalhlimpuii         |
| 13. Pi Lalmalsawmi Sailo    | 14. Pi Lalmani             |
| 15. Pi Lalmuanpuii          | 16. Pi Lalrammawii         |
| 17. Pi Lalramngaii Renthlei | 18. Pi Lalramthangi        |
| 19. Pi Lalrawngbawli        | 20. Pi Lalrindiki          |
| 21. Pi Lalrizapi            | 22. Pi Lalrokimi           |
| 23. Pi Lalthangmawii        | 24. Pi Lalthanzami         |
| 25. Pi Lalthanzami          | 26. Pi Lianhnuni           |
| 27. Pi P.C. Lalmalsawmi     | 28. Pi R. Tlanghmingthangi |
| 29. Pi Soni Pun             | 30. Pi Tlangthanpari       |
| 31. Pi Vanlalchhuangi       | 32. Pi Vanlalduhi          |
| 33. Pi Vanlalnunsiami       | 34. Pi Vanlalsangi         |
| 35. Pi Zodinpuii            | 36. Pi Zohmangaihi         |
37. Pi Lalnghakliani, Asst.Co-ordinator

**Ex-Officio Member-te**

1. Rev. R.C. Lalnghakliana, Modertor
2. Upa Vanlalsawma Siakeng, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zothanpari, Ex-Chairman
5. Dr. Lalthansangi Fanai, PWF Chairperson

**KOHRAN HMEICHHIA**

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlna tihlawhtling tura thawh ho.
  2. Kristian chungkaw tha din tura tan lak.
  3. Tanpui ngaite Krista hminga tanpui.
  4. Chanchin Tha puan darh.



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



Thenzawl Pastor Bial Kohhran Hmeichhia Leadership Training



Nisapui Bial Leadership leh Kristian Chhungkaw Campaign



Sumsuih Bial Kohhran Hmeichhia Leadership Training

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