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Kristian Chhungkua leh nupui pasal inthen

Phek – 2

Rinawmna

Phek – 7

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

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Editorial**LALPA LAMAH KUT PHAR ILA**

Tûnlaia khaw tin leh vêng tin tih mai tûrin harsatna inang kan tawh mêk chu zu leh ruihhlo avanga harsatna hi a ni maithei. Hmun tinah a hluar em em a; a rêm theih nana thawktu thenkhatin an sawi dânin zu leh ruihhlo hmuh tûr a tam a, a man a tlâkhniam bawk avangin a ti mêkten an ti nasa lehzual a, chîng thar pawh an thahnem viau a ni awm e!

Zu leh ruihhlo hian kan sum leh pai a ei ral a ni satliah lo a; nunna tam tak a suat mêk a. A bîkin kum naupang tak tak vui liam an tam em em a ni. Chhungkua a rûm tîr a, thlarau nun a tihniam a; khawtlang himna a tiderthawng a, kohhran nun thlengin a nghawng a ni. Nu leh pa tam tak an rûm a, an beidawng a. Chhungkaw inlaichîinna thlengin a thiat darh mêk ni pawhin a hmuh theih. Kan ramn harsatna kan tawh mêk hi hawî zau hret ila fiah takin kan hre thei ngei ang.

Hetiang taka thalai rual, thenkhat phei chu pa valai leh nu valai zu leh ruihhlovin min tibuai ta mai hi a chhan a awm ngei tûr a ni. Vanduai vâng tak meuhva he bâwiha tlu lût palh an awm ngei ang; chutih laiin a tam zâwk hi chu chhungkaw inrêlbawlina fel tâwk loh vang a ni ang em? Nu leh paten kan fate kan enkawl thiam loh vang leh tih dân tûr kan hriat loh vang a ni thei a, a bîkin nute hian he lamah hian tan kan lâk thar a ngai viau niin a lang a ni.

Tûn anga zu leh ruihhlovin kan thalai rual duhawm tak tak te min chhuhsak zêl chuan chhungkaw tam tak hi chu tho chhuak zo lo hial khawpin kan tlu sawp mai ang tih a hlauhawm a. Khawtlang nun a him loh chuan kohhran nun thlengin a chau ang tih a hlauhawm bawk. Nuten kan phâk ang tâwk tâwkin kan fate Pathian lamah kaihrui ila, tanngtaina-in kan fate thlarau nun hi Pathian tân hauh tlat ila. Ruihhlo bâwiha tâng mêkte chhanchhuak tûrin Lalpa lamah kan kut phar ila, ruihhlovin a la tihbuai ve lohte an him zêl theih nan tan i la sauh sauh ang u.

Kristian Chhûngkua

KRISTIAN CHHÛNGKUA LEH NUPUI PASAL INTHEN

- Rozami
Luangmual

Aw mihring, tha chu a entîr tawh che a ni;
Lalpan a phût che chu eng nge ni?
Dik taka tih leh khawngaihna ngainat leh,
I Pathian nêna thuhnuairawlh taka lên
dun a ni lo vem ni? (Mika 6:8)

Kan ramah hian a ram pum ngaihtuahin Addiction Center emaw, Children Home emaw ngah ber pawl India ramah chuan kan nih a rinawm. Mizote hi hnam rinawm tiin kan insawi thin. Tun hma chuan mikhual nula kan neihin zanah mipain lo zen/mutpui tum sela sualah kan ngai lêm lo. Mipa nula ngai tam nih an hreh loh hun lai te pawh kan hman liam chho mêk a, tun hma chuan fa sâwn kan tih ang te pawh kan nei nual thin a, mahse tun hunah chuan hetiang te pawh sawi tur an vâng sâwt ta hle mai.

Kohhran Hmeichhiaten thangkhat lian teh meuh mai Kristian chhûngkua an veiin an buaipui tawh a, ni tin chhûng inkhâwm neih leh Buhfaitham hman tein nasa takin tan an lain an bei a, inelna hial te pawh an siam a ni. Chu chuan nasa takin hmasawmna min siamsak a, kohhran tinah hian chung inkhawm nei thei lo chu kuta thliah tham chauh an awm tawh

a ni. Kohhran thenkhatah phei chuan chhûng inkhâwm nei thei vek te pawh an awm hial a, a ropui tak zet a ni. Kan ramah hian Kohhran hrang hrang te kan awm a, kohhran tin hian chhûng inkhâwm hi kan dah pawimawh vek turah ngai ila, kristian chungkaw tha siam turin tan an lak theuh pawh ka beisei. Keimahni hma zâwn zâwnah mahni kohhranah pawh

theih tâwpa ãan kan lak a ãul hle mai, ãan i la thar zel ang u.

Kan ram hi Pathianin a zawn chhuah, tuifinriat râl Wales ram aãanga mi ãahnemgaiten martar huamin Chanchin ãa min rawn hrilh a, ãhenkhatin an nulatna zawng zawng an sùn ral a, pasal pawh nei lovin Zoram tan leh Krista tân an thawk a, nun an hlan a. Chungte hmang chuan Pathianin kan ram min enkawl a, a lawmawm hle mai, a ropui tak zet a ni. Tunlai hian nula tlangval ãahnem tak Missionary-ah inpein Chanchin ãa hrilin an feh chhuak reng a, Lalpa tâna inpek duh tam tak kan la nei bawk te hi a va hlu êm!

Chutih laiin kan ramah hian nula tlangval ãahnem tak enkawl ngai, ruihtheih thilin a tih buai kan ngah hle a, nausen enkawl ngai, nu leh pa enkawltu ãa nei lo, thihna avang pawh ni lo hi kan ramah hian tam tak kan nei bawk a. Eng nge a chhan ni ang? Home, addict enkawl na hmun hi sawmthum (30) chuang lai kan nei a. TNT te, ãawngtai Bethel Camping Centre te, Agape Centre, Durtlang, etc.

www.mizoramynod.org

Heng Home-ah te hian seat an inchan lo deuh reng bawk a. Heng bakah hian in lama enkawl kan nei reng bawk. Eng nge a chhan ni ang tiin ka ngaihtuah ãhin. Zoram mipuiten zing ãawngtaiah te leh kohhranah ãahnemngai takin heng ho tan hian an ãawngtai ãhin. Home-a awm mai bakah khawlaia riak mai pawl kan nei bawk. Pathiana mi ãahnemngaiten an tan thilpek leh ãawngtaiin an thawhsak reng bawk a, a lawmawm hle a ni. Hei hi kan Zoram kalphung pangngai, nih dan phung tur emaw kan ti mai ang tih a va hlauhawm em! Hetiang dinhmun dingte hi an lo tlem zel theih nan engtin nge ãan kan lak ang? Chutiang thil ka ngaihtuah laia ka rilrua ka vei leh pawl ka tih êm êm ãhin chu nupui/pasal inãhen hi a ni.

Home hrang hranga enkawl ngaia awmte hi a tam zawk chu nupa inãhen kara mite an ni fo. Nupa inãhen karah pawh tam tak fel tak tak, puitling tak tak an awm laiin, ãhenkhat hi chuan sual kawng zawh hi an awlsam deuh emaw ni aw tiin ka ngaihtuah ãhin. Kan ram mawina te, zahawmna

te, thianghlimna te hi naupang

- uluk taka enkawl an hlawh lohna
- hian a tichhe thin ni tein a lang.
- Nupa inthen rau rauvah pawh
- nuin emaw pain emaw fate
- thahnemngai taka Pathian
- rinchhana an enkawl na hnuaiah
- chuan fa chhuanawm tak tak leh
- fel tak tak an lo chhuak tho
- bawk a ni. HIV/Aids vei kan
- rama an tam em em chhan pawh
- hi han bihchian chuan
- chhûngkaw kehchhia hian a thlen
- ve tho niin a lang. Naupang
- pakhat chu a nu leh pa an inthen
- a, a nuin pasal dang a nei leh a,
- a nu chuan a pasal inah a
- chhawm lut a, a nu pasala
- chhûngte mi hrang an nih
- avangin a ngampa thei lo va,
- khawlai nuam a ti tan a, a
- tawpah chuan mipat/
- hmeichhiatna leh ruihtheih thilah
- a tlu lut a, a thisen te pawh a lo
- thianghlim lo tazel a ni. Ruihtheih
- thil avanga khawlaia lo tual thi
- ta mai te kan vui liam nual a,
- heng mite hi nu leh pa inthen
- kara mite an ni fo thin a, ka
- khawngaih hle thin. Naupangte
- hi nu leh pa hmangaih leh uapna
- hnuaiah lo chuan an nun hi a him
- lo a ni. Fate tan hian nu leh pa hi
- kan va pawimawh tak em!

Mizote hian nupui/pasal kan

- inneih dawnin kan Mizo danin
- Man leh Mual kan inhlan a,
- kohhran danin kan innei thin.
- Kohhran mipui tam tak leh
- Pathian hmaah a nuamah emaw
- a hrehawmah emaw thihnain min
- then hma loh chuan inenkawl a,
- innei turin kan intiam a, hei hi a
- rilin a thuk a, a zahawmin a
- namai lo hian ka hre thin. Mahse,
- thinrim nikhuain kan thutiam te
- kan theihnghilh a, inneihna min
- siamsaktu Pathian theihnghilhin
- kan thutiam hi kan bawchhe leh
- mai thin hian thil pawl tak a thlen
- thin a ni.

Nupa ni tura Pathian leh

- Kohhran hmaa thutiam hi dam
- chhung atana thutiam a ni.
- Pastor-in, “Pathianin a zawm
- tawh chu mihringin then suh se,”
- tiin thu min thlunsak a, hei hi a
- nghetin a hlu a, mihringin thinrim
- leh lungawi loh nia thiah leh mai
- chi a ni lo tih te hriat reng a va
- tha em. Kum eng emaw chen
- Home-a ka thawh chhûng khan
- a bikin hmeichhia, dinhmun tleu
- te, ruihtheih thila tlan te, mipat
- hmeichhiatnaa inhmang khaw lo
- kan enkawl te kha nu leh pa
- inthen, chhûngkaw kehchhia

kan tih aţang deuh veka mi an ni. Tun thleng pawh hian chu chu a dikna chen a la awm a ni.

Kristian chh  ngkaw   a ni tura kohhran nu leh paten nasa taka   an kan lak rualin, nupa in  then pawizia hi hriain, kan fate, kan tute pawh uluk taka kan zirt  r a, in  then lo tura kan kaihhruai hi a   ul tak zet a ni. Nu leh Pa in  thena hian kan fateah nasa takin a chhe lamah a nghawng thei tih hriain kan fate tuar ai chuan keimahniin i tuar hram hram ang u. Kan chh  ngkua   euh, Lalpa ngh  ng tlat chung a nupa kan din chuan Lalpan kan in chh  nga thimna hi min tih ensak   hin ngei ang. In  then duh hialna khawpa harsa kan taw  k a nih pawhin Lalpan a tihfel dan a hria a ni. Chh  ngkuaah hian nupa karah emaw thil dang vangin emaw intih thiamlohna a thleng fo thei a, kan hlim lai leh kan   at t  n lai chauh hian Lalpa au lovin, kan thinrim ber lai leh kan l  wm loh ber lai pawhin Pathian hnenah tlu lut   hin ila, thinurna leh thinrimna soal te hi hnehin an lo awm ngei ang. Lalpa hnenah kan buaina te thlenin i tlu lut zel ang u.

Kan ram tlu chhe m  k din thar leh tur hian nang leh kei hian tih theih kan nei ve asin. Kan dinhmun a s  ng emaw, a hniam emaw, kan rethei emaw, hausa emaw, Krista leh kan ram t  n hian kan hma z  wn   euhah rinawm takin ding ila, Lalpan mal min s  wm ngei ang. Kan   alai tam tak ch  wmhl  wm ngai leh enkawl ngaite hi tihbo vek zawng thil harsa a ni thei e. Amaherawhchu, nupui pasal rinawm taka kan thutiam a kan din chuan hei hian kan rama soalna hi a tih kiam ngei ka beisei.

Naupang enkawl na hmun hrang hrang pawh hi 50 dawn lai kan nei a ni. Kan ram mihring tlem ang hu chuan a ngah ber pawl kan nih a rinawm. TNT te, Synod Hmangaihna In te, Motherless Babies Home, etc, heng Home-ah te hian enkawltu nu leh pa   a nei lote tam tak an awm a ni. An va lainatawm em! Thihna leh vandua ina hrim hrimin a ken chu thu dang, nupui pasal laka kan rinawm lohna hian naupang rilru thianghlim, paw  i saw  i miah lote tuarna hi kan va siamsak nasa em!

Vawi khat chu Synod
Hmangaihna In kan tlawh a,
chuta țang chuan an tana ka
țawngțai apiang hian rilru nân ka
țap țin. An khawvel rawn
hmachhawn tur leh an tawn tur
ka ngaihtuah a, ka rilru an tinâ a
ni. Mi fate chu kan hmangaih thei
lo a nih pawhin, kan fate tan tal
hian i ding ngam ang u. Krista

leh kan ram tan, chhûngkaw tân
Lalpa rinchhanin nghet takin i
ding zel ang u.

Kan ram hi Lalpan min
hmangaihin nasa takin min
enkawl a, kan Pathian min
hmangaihna hi Rinawmna,
Dikna, Thianghlamna hmangin i
chhang let ve ang u.

INNEIHNA

- Kawppui i thlan hmain meng zau la, i neih hnuah meng zîm rawh.
- Inneihna hlawhtling nei tur chuan ngaihzawng neih nawn fo a ngai. Mahse mi thuhmunah.
- Inneihna tihlawhtlingtu chu inngainatna, ințhian ținatna leh hmangaihna hi a ni.
- Inneihna tawp hun tur chu thih hun a ni.
- Inneihna hi rilru pumkhatna, ințhian ținatna, thil ințawmtawmna leh ințanpuিতawmna a ni tur a ni.
- Inneihna hlawhtling chu mi famkim pahnih inneih hian a thleng mai lo va, mi famkim lo pahnihin an danglamna ve ve an zir dun chiah a, thawh dun dan an ngaihtuah hian hlimna a lo awm țin a ni zawk.
- Inneihna hi ținmawmna, mipain an zalêna an dahkhamna leh hmeichhiain an hlimna an dahkhamna a ni.
- Nupui mittel leh pasal bengngawng inkarah chuan inneihna țin a awm ang.
- Pasal țin siam turin hmeichhia an pawimawh.
- Inneihna hlawhtling nei tur chuan in ținian țin berte laka in polite ang khan polite tur a ni.

~ Kristian Encyclopaedia

Sermon

RINAWMNA

- Upa L. Ramthanga
Mission Vengthlang

Kum 2012 Synod Inkhawmpui Thurel General 45-nain a pass tâk, ‘*Rinawmna inzirtîr kawngah Synod-in hma la rawh se*’ tih hi Synod meuhin a bute hial chhuaha Kohhran mipuiten an chhiar vek atân in tinah sem a ni a. Synod-in a ngaih pawimawh avang leh kum 2017 atâna Synod Pastoral Ministry kaihhruaina Kohhran tinten lehkha kan dawnah Kohhrana thuhriltuten rinawmna chungchang sawi uar ni se tih a lo nih ve leh bawk avangin kum kal deuh tawh mah se ‘*Rinawmna*’ tih thupui hi ka rawn thlang ve a ni.

1. *Rinawmna awmzia:*

Rin tlak, inpumpek, dik leh tha tuantling tiin a sawi theih âwm e. Rinawmna chu amaha awm hrang thei a ni lo va, mihring atanga lo chhuak mihring miziaa bet a ni. Rinawmna inngahna pawimawh tak chu Rinna a ni. Chu rinna chu hriat chiannaa innghat a ni.

Kan ram leh India ram pum kan thlirin mihringte hian rinawm kan mamawh hle. Eizawna, Zirna, Politics khelhna leh ni tin nunah rinawmna kan mamawh. Hlawhfa atân, nupui pasal atân, thian atân, kohhran rawngbawltu

atân, roreltu atân mi rinawm kan duh thîn. Naupan lain puitlin huna nih tum kan nei thîn a. Chung kan nih tum te chu a tak kan thlen hma hian eng dinhmunah pawh ding dawn ila, MI RINAWM TAK NIH TUM HMASAK a va pawimawhem!

A hmasain Mizote hi kan pi pute hun chhui letin hnam rinawm, thian chhan thih ngam mi huaisen tih kan ni thîn a. In an chhuahsan pawha tunlai anga Talâ-a kalh ngai lovin, thingfaka do mai a tawk êm êm a, eng mah a bo ngai lo. Khawtlang nun a hahdam êm êm thîn.

Kan ram hmun thenkhata ‘Nghah loh Dawr’ siam a awm nual a, hei hian kan hnam rinawmzia a ti lang. Mizoramin National School Games kan thlenkhan Table Tennis khel turin Delhi atangin mipa naupang a nu-in Aizawlah a rawn hruai a, taxi-a an chuan kualnaah an Digital Camera an theihngihl a. An ui hle a, hmuh leh pawh an beisei loh laiin Mizo tlangval taxi driver-in Government Higher Secondary School Hall-ah rawn zawng chhuakin a rawn pe leh ta mai chu, mak an va ti em! *‘Hetiang hi Kristian ram awm dan a lo ni maw, hnam rinawm Mizorama kan lo kal hi kan va vannei em’* an ti hial a ni.

2. Pathian laka rinawm:

Pathian kan rin dawn chuan Pathian chu rin tlak, inngahna tlak, engkimti thei, kan chet velna zawng zawng min hmu rengtu a ni tih kan hriat a ngai. Rinawmna thutiama ding nghet, engkim ti thei, engkim chung a roreltu, rinawm lote hrem thin Pathian thikthuchhia a nih kan hriat a ngai a. Pathian zia hre chiang tak taktute chuan Pathian an tih a, Pathian lakah an rinawm thin.

3. Mahni laka rinawm :

Mahni inrintaw a, mahni inhriat chian a pawimawh. Mahni zahawmna hum thiam a ngai, nula tlangval mahni laka rinawma invawng thianghlum tlat kan nei thin te hi an va fakawm thin em. Thenkhat chu kawng kawia zung taw k vela inngai, khawlaia bawlhhlawh paih mai mai taw k vela inngai, Pathian min pek chhia leh tha hriatna thiang pawh zah zo lo va, vote hralh taw k vela inngai, mahni thawhchhuahin a phu bak eiru taw k vela inngai, mi ngaihsam, mahni laka rinawm lo a awm theih. Hmun kilkhawr taka Missionary thaw k mek pakhat chuan, “*Min tir chhuaktu Synod Mission Board member leh min tawngtaisaktute hmuh phak lo vah inthlahdaha awm mai mai thei ka nih laiin, keima lakah ka rinawm a ngai tih ka hre chhuak a, rinawm taka Lalpa rawngbawl tur ka nih hre chhuakin ka inthlahdah ngam lo,*” a ti.

4. Rawngbawlnaa rinawm :

Inkhawmpui palai rinawm i ni thin em? Assembly, Synod, Presbytery, Bial, KTP

Conference-ah te hian Palai ni sa leh Palai thlan kan nih te hi Pathian vanga khawngaih rawngbawlna mi nazawng chan phâk loh dinhmun zahawm, Kohhran dan zawhkim 400 aiawh, 150 aiawh tlakin i rinawm thin em?

Tunlaiin heng inkhawmpui chi hrang hranga tel pha rawngbawltute hian Inkhawmpui tan zan atanga rorel, Pathian biak inkhawm, thu/hla-a inpawl hona thleng hian kan mawhphurhna hlen chhuak thin mi rinawm kan ni thin em? Mizo zingah fak tlak mahni hnaa rinawm chawimawi tlak kan nei thin hi a ropuiin sawi a va nuam thin em. (*Kan zui Isua hi nimirah nen, vawiihah nen kumkhua pawhin a pangngai reng a*"Heb 13:8.). Lal Isua hian vanram chang tur chauhvîn min ko lo va, he leia kan awm chhung hian rinawm taka Chanchin Tha hrila nunpuia belhchian dâwl nun nei turin min ko a ni. Mahni thawhrim rah ni lo va, kutling lova hausak mai theihna te hi hnâwl ngama rinawm turin min duh.

5. Mi dang laka rinawm :

Infiarn (Sports) lamah kum bithliahah te hian infiammi i

nih angin dik takin i tel phâknaah i rinawm thin em? Mizo Kristian rawngbawltute zingah kum-in a la phak loh chung a tel inthlarning miah lo mi rinawm lo an awm leh thin. Heng mite hi thil dangah pawh miin an ring tawh ngai lo, nang chu rinawm tlat la, miin an ring ang che.

Sumdawng pakhat chu a thingpuife chah box khat a lo hmuar vek mai a. Ahmuar lo box danga mi nen chawhpawlh ta se tu man an hre dawn lo. Mahse amah dawr thinte a mihringpuite chung a rinawm tlat avangin a chhia chu zuar tel lovin a paih vek a, a rinawmzia an hriatin ngaihtâ taka dawrtu a ngah phah hle an ti. Rinawmna chuan malsawmna a keng tel tlat a ni.

Kan mihringpuite lakah kan rinawm lo fo. Mi thenkhat rinawm tak an awm lai hian rinawm lote vangin mi rinawmtan an tuar phah fo thin. Mizoram-ah sawhthing leh hmarcha kan thar chhuak tha hle a. Hnam dang hnênah a hlawmin buara bag-ah awlsam taka thunin an bûk mai thin a. Khaw thenkhatten dik taka an

hralh laiin thenkhatte chuan buara chhûngah sawhthing leh hmarcha zingah a bûk tirit turin lung leh thirchhiate an lo dah thin a, tun hnuah Mizo Kristian thenkhatte awm dan hnam dangin an hriat tawh avangin a hlâwm lovin, a hmunah tlêm tê têa bûk chawpin an lei phah ta thin a ni.

Mizo Kristiante zingah pawh hian, han belhchiana rinawm leh zahawm tak tak an awm laiin, venthawn nei lova duh ang ang awm thlahlel thin, “*Ka nun hi ka ta alawm*,” tia thil tha pawh hai der luia rinawm thei thlawt lo erawh an awm leh thin.

Mihringte hi eng hian nge min TIZAHAWM ber ti ila, a chhânna hrang hrang awm thei zingah RINAWMNA hi hmaih theih a ni âwm lo ve. Rinawmna chu mihring miziaa bet a nih avangin, a putu a tizahawm thin. Mi zahawm kan teh dan tlangpui chu, nihna vanga thil ti thei, sum leh pai vanga in tha leh thil hlu tam tak nei an ni chawk. Amaherawhchu, mi a rinawm chuan loh chuan a zahawm tluan tling thei lo. Mi thenkhat tan

rinawm viau mah se, thenkhat tan rinawm lo ber a ni thei a, a hming sawi nikhua pawha “Mahse...” tia chhunzawm a ngai leh thin. Nihna leh thil nei avang ai maha mihringte tizahawmtu chu Rinawmna hi a ni.

He khawvelah hian mi dik lo leh rinawm lo thenkhatte, eng emaw chângin awhawma lan châng awm mah se; mi dik leh rinawmte chan chu chhe dâwnin lang mah se, Pathianin a hre reng a, a tungdingin mal a sawm thin. Josefa chu a Pa in chhungah te, Potiphara inah te, tan inah te, lalthutthleng a luahna hmunah te Pathian lakah a rinawm tluan chhuak a, mi tam tak tan malsawmna niin a rinawmna zâr an zo a ni.

Mi rinawm chu an huaisenna a zahawm a, tute pawhin an zah thin. Rinawmna avanga zahawmna hi a ropui a, rinawmna avang vêka mi zahawmte hi an hlu a, ngaihhlut tur an va ni em. R i n a w m n a chuan tawrh hlauh vang te, chân hlauh vang te, hrem hlauh vang te, tlâktlum loh hlauh vang te-a mi dawn ang dawn ve loh hlauh

vang ringawt te ni lovin, thihna khawp pawh ni se rinawm tluan chhuak turin min ti a ni. ***‘Eng mah lo mai maia sum deh chhuah chu tihrfal a ni ang a; Thawhrima khâwl erawh chu a pung ang’*** tih Thufingte 13: 11-ah kan hmu a. ***‘Fel lo taka deh chhuah tam tak ai chuan, fel taka deh chhuah tlêm tê a tha zawk’*** tih Thufingte 16:8-ah kan hmu bawk.

rinawm tlat a. A thutiama ding nghet, kumkhua pawha pângngai reng, danglam ve ngai lo, a mite phatsan ve ngai lo, tih tur leh nih tur hlen chhuak thin, hrem tur a tih hrem mai, ngaihdam tur a tih ngaidam mai thin, thu dik tan, thil tha ti, mi rinawm ensan ngai lova malsawm thin, Pathian rinawm a ni a. Ngaih tha tak leh thlamuang takin kan Pathian lakah i rinawm tlat ang u.

6. Pathian hi engkima rinawm a ni:

Mihringte hi rinawm lo thin mah ila, kan biak Pathian chu a

Lalpa chu ring la, thil tha ti rawh; He ramah hian awm la, Rinawmna um zel rawh - Sam 37:3

PATHIAN

- Min hlat lai ber nia kan hriat lai hian Pathian chu kan hnenah a lo hnai thin.
- Mi chu Pathian lama a tan chuan a tam zawk lamah a tang a ni.
- Mi chu a Pathian hriat danin a thil thlir a kaihrui thin.
- Pathian hian kan theihna emaw, theih lohna emaw a duh lo va, kan inpekna a duh a ni.
- Thian nei lo chuan Pathian a nei a ni.
- Pathian hi kan hai der lui thei naa, a lak atangin kan tlan bo thei lo.
- Pathian hi a tak a ni a, a zawngtute chuan amah leh a thutiam hi an hmu ngei thin.
- Pathian nen chuan engkim a tih theih.

~ *Kristian Encyclopaedia*

Sermon**PATHIAN ROPUINA****Sam 19:1, 24:1-2, 115:3, 135:6**

- *Pi R. Lalmuankimi*
Chawnpui

Pathian ropuina hi Bible tar lan aţang ringawt pawh khian sawi belh ngai lovin a chiang mai a. ‘Kan Pathian chu vanah a awma, a duh duh a ti    n’ tihah te khian mihring kan t  t chem chemzia bakah Pathian ropuizia, a thiltihtheihzia, a hmangaihna leh zahngaihna nasatzia te a lang nghal bawk. Mihringte hian hetiang hi ti ve thei ta ila kan hlauhawmin, thinrim hr  k thl  kna t  r leh nung tl  k lo tihte hi kan ngah ngawt mai thei a ni.

Pathianin thil siam bul a   n a  nga a tawp, mihring a siam thlengin ‘A thil siam zawng zawng chu a en a,   a a ti hle a, tih vek a ni. Pathian thil siam eng mah hi tihpalh thil a awm lo va, a duh dan tak leh   a a tih dan taka a siam vek kan ni. A rem ruatna finzia, a themthiamna te mihringten kan hre phak lo. Hla phuahtuin, ‘A    n pawh kan hre thei lo, he luikam a  ng hian’ a tih ang a ni. Amah kan rinna leh beiseina kawnga kan    n len zel theih nan Pathian thil siam ropui chi thum leh ch   ng a  nga kan zir t  n t  r tl  m t   lo chhawp chhuak ila.

1. Van:

Sam 19:1 a  ng hian Pathian ropuizia kan hmu a. Van khi chhun leh zanah pawh a hmu  nawm reng. Ni lo chhuak, a inher v   lin van boruakah rawng chi hrang hrang a chhuah te, zanah thla leh arsi de chuai mai hmu  nawmzia te, chhum leh ruah a thawh pawhin Pathian thiltihtheihzia a lang zel. Kan khawsak dan a buai em av   ngin thilthlaw  pek a nihna ngaihtuah lovin ng  iah kan neih a, kan phun zawk fo     n. Pathian ropuina hmu t  r leh Amah nena inkungkaihna nghet tak nei reng t  r chuan Pathian lalna leh

thuneihna a thil siam aṭanga kan
hmuhte hi kan zir thar a
pawimawh hle.

Vana thil tinrêng, mita kan
hmuh phâk leh phâk loh pawh
hi awmze nei leh chhan nei veka
Pathian siam a ni. Pathianin
khawvêl a lo dahna te hi a ropui
asin. Ni khi, khawvêl telin
planets 8 in an hêl mup mup a.
Khawvêl chu Ni aṭanga 3-naah
awmin, Venus (Chawngmawii)
hnung chiaha leh Mars (Sikeisen)
hma chiaha a lo awm te hi
Pathian rorelna finzia tilangtu an
lo ni. Lei awmna hma chiaha
awm Chawngmawii te hi a sat
zawng 900 degree a ni a, tin,
boruak ṭha Oxygen 1% leh
boruak chhia carbon dioxide
99% inchawhpawlh awmna a ni
a. Mihring leh thil nung dang tân
dam khawchhuahna a awm lo.
Mahse, Ni sâ kan mamawh
tâwk chauh kan hmuh theih nâna
Ni zung sa lutuk lo tidai tûra
Pathian dah a ni ngêi ang.
Khawvêl dawt chiaha awm
Sikeisen lah a vâwt lutuk baw
a, a vawh lam chu minus 80-200
degree a ni a, boruak chhia
awmna a lo ni leh baw a. Thil
nung tân dam chhuah theih a ni

lo. Pathianin Lei a dahna hmun
hi tihpalh a ni lo tih a Chiang.

Pathianin Khawvêl a thuam
dan te hi a ropui asin. Lei tuamtu
boruak chanchin ringawt pawh
hi zir zawh rual a ni lo. Mi thiamte
chuan van boruak hi thua 5-ah
an ṭhen a. A hnuai ber chu
Troposphere an ti a, hetah hian
boruak chi hrang hrang bakah
oxygen a awm tel a. Mihringin
boruak chhia kan thawk chhuah
Carbon dioxide hi thing leh hnim
hringte tan chaw ṭha a lo ni thung
a, anni chuan oxygen an
tichhuak leh thung a. Kan dam
khaw chhuah ve nâna Pathian
remruat a ni. A dawtah
Stratosphere a awm leh a. Hei
hi Ozone awmna a ni. Ozone
chu nizung sa lutuk lo tidaitu a ni
a, ram ngaw kan tichereu a,
boruak chhia insiam tam zel
vangan Ozone chu tlem tlemin a
pan zel an ti a, ni te pawh hi a sa
telh telh kan ti fo rêng a ni.
Boruak thua thumna chu
Mesosphere an ti a, khawvêl
venghimtu kan ti thei ang. Van
thengrengah khian Arsi keh
them tam tak an lêng nuaih nuaih
a, lei lamah an rawn tla ṭhîn a,
chu chu Mizote chuan Arsi

thlâwk kan ti a. Lei anrawn thlen hma hian chu boruak (mesosphere) chuan a lo kângral vek thîn. Pakhat chauh pawh leiah rawn tla thleng sela chuan, khawvêl tichhe vek thei tûr a ni a. Pathian remruat dan hi chu a famkim thîn a ni. Heng bâkah hian a chung lam zelah Thermosphere leh Exosphere te pawh a la awm a. Fak hla chuan: *Aw Lal Pathian, i kut chhuak thil siam tinrêng, dâwn chângin mak tiin ka lo khat thîn, a ti hial reng a ni.*

2. Leilung:

Pathianin thil tha tinreng leh mawina tinrengin a thuam a, kan bulah engtik lai pawha hmuh theihin a dah. A duh taka a siam, awmzia leh chhan nei vek a ni (Sam 24:1-2). Ngaiah kan nei a, kan ngaihtuah zui ngai lêm lo. Mi thenkhatten kan hlahu êm êm rûl thlengin awm chhan a nei a. Fakhla siamtu bawkin ‘Lentupui leh tukram phulleng fan chang in...’ tiin an ropuizia a puang chhuak. Pathian ropuizia chu Joba bu-ah pawh hian a Chiang. Elihua’n Joba a chhâna 35:5-8 han chhiar te hian, Pathian thil siam pakhat, nunna pawh nei lo

laka mihringin tih theih a neih lohzia a Chiang thîn.

3. Mihring:

Pathian thil siam, nunna nei leh nei lote mah Pathianin awm chhan neiin a siam a. Mihring lek phei chu Pathian anpuia siam, thlarau nei kan ni. Leilung enkawla, amah nêna leng dun tûra duan kan ni. Min chîmtu boruak leh keimahni kan inhmangaih lutuk avangin Pathian hi pawimawh ber leh hmasa ber (Number One)-ah kan dah thei lo fo mai.

Kan dam chhunga kan zir lai ni reng tûr, harsa kan tih êm êm chu, Pathian rorelnaah kan tel lo tih inhre reng mah ila, a remruatna lo thleng apiang kan duh loh zawng a nih pawha ‘Lalpa i thu ang ni zel rawh se’ tia, ‘Amen’ lo pek hi niin a lang. Harsa mah se Pathian tanpuina dil chunga mahni lo insiam rem hi zir zel kan ngai.

Joba nunah hian zir tûr kan ngah hle. Pathian meuh pawhin ‘Lei chungah amah anga fam kim, mi ngil, Pathian tih mi, thil tha lo laka insum thei tu mah an awm lo’ a tih chungah Pathian remtihnaa Setanan amah leh a

thil neih zawng zawng chung a tuarna a thlen hi a rãpthlâk. Mahse, chuti chung pawh chuan Pathian a sawi chhe duh lo, a thiante hnenah pawh a thil tuar chu nâ ti mah se, “Chuti pawhin thlamuanna ka la nei cheu, A ni, ka lâwm cheu vang, natna thlah loh chung pawhin, Mi thianghlima chu ka phat loh avangin” a la ti thei. Mahse, sual nei lo na nâ nâ chu a vui ve a, a chungchang thu chu, “Engkimtithia hnenah chuan sawi ngêi ka duh a, Pathian nena ngaihtuah dun ka châk a ni,” tiin a au chhuak ve hial a. Mahse, Pathianin Joba hnena a inhriattirna Joba 38-41 kha han chhiar ila, Pathian ropuizia leh thiltihtheihzia a chiang uar uar mai. Joba hnenah, “Leilung nghahchhan ka phûm lai khan khawiah nge i awm,” a’ n ti têtê a, “Siruk khi i phuar khawm theiin, Chhohreivung tlar khi i phelhl darh thei em ni?” a’ n ti chho tak tak mai chu Pathian leh mihring inkar hi a hla vawng vawng mai a ni. Hetiang kan nih laia kan tel lova Pathian a tlei thei lo va, a fapa neih chhun thisena min tlan ringawt mai te hi a ropui lutuk a, sawi ngaihna

pawh a awm lo zawk a ni. Patea hla “Aw Lalpa Davida leh a thlah Arsi... Mihring ka nih hma pawhin Lalpa Isu, thisena man dang beisei lova min tlan...” tih te hi a ropuiin, Pathian ropuizia leh mihringte min hmangaihna thûkzia a ti lang chiang a ni.

Pathian ropuina leh Remruattu Maka a nihna te hi mipa leh hmeichhiaa min siam mai ni lo va, rilru put hmang in ang lo kan nihna te hi a ni. Hmeichhia chu rilru leh taksa nêw zâwk mah ni ila, hmangaih theihna thûk takin min thuam bîk ni te pawhin a lang, kan fan thui fo. Pasal leh fanau, tu leh fate hmangaih leh enkawl na kawnga kan mawhphurhna Pathianin min pek te hi a ropui. Pathianin chhan neiin khawvêlah min dah a, keimah ang chiah hi khawvêlah an awm lo. Pathian laka kan mawhphurhna hi hlen chhuah har châng awm mah se tum zel tûr kan ni. Nu ber kan tlûk chuan chhûngkua a buai thîn. Tawngtai te hi a châng chuan a harsa thîn; nimahsela, Pathian hmangaihna aţanga thil kan teh fo a ngai. Chuta ţang chuan thil hi a lo awlsam leh thîn a ni.

4. Tlângkawmna:

Pathian chu lei leh van Lal, roreltu Lalber, min hmangaihtu a nih avangin zah ila, a thu awih ila, ‘Lalpa i thu ang ni zêl rawh se’ tia, thinlung leh tih tak zeta ‘Amen’ tîthei tûrin inbuatsaih zêl ang u. Pathian thuawih apiang hi mi nihlawh chu an ni mai si a. Chutiang mi chuan tuar chung

pawha damna, hrehawm chung pawha hahchawlhna an hmu thin. Chu nun chu zir chho zel ila. Hla siamtuin, “Dam chhung mi hmuak apiang, i tirh ni se,” a tih leh, “I lamah min hîp rawh, Lalpa Pathian” tiin Pathian ropuizia hre Chiang deuh deuh tûrin amah chu i hnaih zêl ang u.

ENG THAM NGE NI ANG?

A zirtirte zinga pakhat, Simon Petera unau Andria chuan a hnenah, “Barli chhangper panga leh sangha pahnih nei mipa naupang pakhat hetah a awm, nimahsela, mi heng zozai zingah hian chung chu eng tham nge ni ang?” a ti a. Jn 6:8-9

Andria chuan chhangper panga leh sangha pahnih chu tlem a ti hle a, Isua lahin ama thu ngaithla tura hah taka lo kalte chu a khawngaih a. Philipa, Bethsaida khuaa mi chu chhang leina tur hmun a zawt a, ani chuan Isua zawhna chu chhang lovin, “Mi tinin tlem tea an chan tur pawh, duli zahnih man chhangin a daih lo vang (Jn 6:7),” a ti ta daih a ni.

Mahni lam kan inen chuan kan thiamna, kan felna, kan sum leh theihna a beithama hriat châng kan ngah thin. I zam lo ang u. Pathian nen chuan engkim tih theih a ni si a (Mk 10:27). ‘Ka rethei’, ‘eng mah thiam ka nei lo’, ‘kan kohhran a rethei’ ti mai lovin, Isua i ring ngam ang u. Rinngamna nen an fatu ngamnaah zirtirten thil mak an hmu. A bang nawi pawh bawmrang sawm leh pahnih, zirtirte daih chiah a ni.

Article

MI TIN TAN RILRU HRISÊL HI KHAWVÊL PUM PUIAH NGAIH PAWIMAWHAH I NEI ANG U

- Lalpawmawii
Khatla

Hripui lengin nasa taka taksa leh rilru lamah nghawng a neih mek lain, kum 2022 World Mental Health Day kan hman leh thei tur erawh hi chuan rilru hrisel nei tur leh humhim tura hma lak kawngah tan kan lak leh sauh sauhna turin remchang min hawnsak ta a ni. Hripui len hma kum 2019-a zir chiannaah chuan khawvel pumah mi 8 ah 1 zel hi rilru lama harsatna neia chhut a ni a, hetih lai hian rilru hrisel nei thei tura mamawh hrang hrang - tanpuina, thiamna leh sum leh paiah te duh khawp a la tling lo em em a ni.

Khawvelah inngirhghona nasa tak a thleng mek zel a, chi avang leh sum leh pai dinhmun avang tea inthliarna a zual zel a, hripui leng avangin harsatna tam tak kan tawk mek zel bawk a. Hetiang hun harsa tak karah hian rilru hrisel kan mamawhin chumi neihna kawngah chuan mi mal, sawrkar leh khawtlang ang pawhin tan kan lak zual zel a pawimawh hle. Khawtlang hma lakna bul tanin rilru hrisel kan neih theuh theihna tur atana hmanrua leh mamawh dangte mi

tin tana ban phak leh hman theih tura chhawp chhuah a tul hle a ni.

Rilru lama harsatna neite kan hriatthiam tawk loh avanga harsatna an tawh leh an mamawh anga tanpuina an dawng thei lo hi a pawi hle a. World Mental Health Day-ah hian he harsatna sut kian kawngah hian hma la thar leh turin kan zavaia tan hun remchang a lo inhawng leh a ni. Rilru hriselnain ngaih pawimawh a hlawnhna khawvel leh mi tinin an mamawhna zawnah tanpuina

an dawn zel theihna khawvel mitthla chungin kumin World Mental Health Day-ah hian rilru hriselna hi mi tinin ngaih pawimawhah i nei theuh ang u.

Mi rilru hrisel chu ama khawvel leh mi dangte khawvel a suih zawm danah a hriat theih a, dinhmun hrang hrang – lungngaihna, lungawi lohna, thinrimna leh dinhmun hlilmawm te hi mi tin chungah thleng thei mah se, nun dan a thiamin hetiang dinhmun karah pawh chia i leh buai mai lovin hmasawn zel turin chakna a insiam thiam thin. Chhia leh tha hriatna fim hmangin a chakna leh chak lohnaah pawh che buai mai lovin a hmachhawn thiam thin, amah leh mi dang a hmuh dan pawh a himin a hrisel thin.

Kristianna leh rilru hriselna (mental health) hi thil inrem tak a ni. Lal Isua pawhin a lo kal chhan Johana 10:10-a a sawi chu, “Kei zawng nun an neih nan, tam taka an neih nana lo kal ka ni,” a ti a. Nun tam (abundant life) hi mi rilru hrisel tan lo chuan a neih theih loh, mi rilru hrisel chuan nun tam a nei

thin a ni. Bible-a rilru hrisel entirna pakhat chu Tirhko Paul a hi a ni. Philipi 4:11-13-ah chuan, “Kei zawng eng ang pawhin awm mah ila, lungawi zel ka ching tawh si a, tlawm taka awm dan ka thiam a, hausaa awm dan pawh ka thiam bawka; thil tinrengah leh thil zawng zawngah tlai leh rilrama awm dan thuruk chu ka hre chhuak tawh, mi tichaktuah chuan engkim ka ti thei a ni.” a lo ti a.

Kan thupui ‘Mi tin tana rilru hrisel’ hi khawvel pumin ngaih pawimawh hmasaah i nei ang u, tih hi a takin a pawimawh tak zet a ni. Mi tin - Naupang, thalai, puitling leh tarte, mi hausa leh rethei, piangsual, chak lo leh mi tin dikna leh chanvo a nih angin mi tin tan khawi hmunah leh eng dinhmunah pawh an ban phaka kan chhawp chhuah a tul a ni. Kristiante chuan titina (sharing) atangte, tawngtaina hmang te pawhin a kawng kan inkawhmmuh thei a ni.

Rilru hrisel nei turin naupang chu a hun taka fuih leh thunun a ngai a, ngaih ngam leh thlamuang taka a seilen a

pawimawh em em a ni. Naupan laia a thil tawnin a puitlin hnuah a rilru lam hriselna atan nghawng nasa tak a nei thei a ni. In chhungkhur leh a pawn lama mite nena chen ho a zir chhoh danin a puitlin hnu zela a khawsak dan a hril avangin a seilen dan te, inlaichinna tha te, nun thianghlim leh rilru hrisel nei turin a pawimawh hle a ni.

Kan hring nun hian hun khirh bik chi hnih hmachhawn tur a nei a – Pakhat chu mihring nunin a ken ve rêng (developmental crises) – pian te, sikul kal te, nupui pasal inneih te, nu leh pa nun te, hna thawh atanga a chawlh (pension) ang te hi a ni. A pakhat leh chu kan thil thlir lawk lêm loh hun khirhkhan (accidental crises) – thih thutna, damlohna, sum hnâr chat leh vanduaia chi hrang hrang ang te hi a ni. Heng hun atan hian miin inzirna (social training) leh rilru hrisel a neih loh chuan harsatna thuk leh khirh leh zual a tawh thei a ni. Mi rilru hrisel nei lo chu hetiang hunah hian insiam rem dan thiam lovin ngaihtuahawm takin a awm thin. Mi rilru hrisel chu a tawh

chauhvinn a inher rem thiam thin a ni. Mi tin hian kan pumpelth theih loh kan lo hmachhawn ngei ngei tur atan hian inzirtir leh lo inbuatsaih lawk hi kan mamawh vek a ni.

World Health Organisation (WHO, 2018) chuan second 40 dan zelah mahni intihlum 1 zelawmin a sawi a, chu chu kum 1-ah mi 8,00,000 (nuai riat) lai nia chhut a ni. Tun hnai mai ART report-ah pawh HIV+ve 14 lai intihlum (suicide) Mizoram pawhin a nei a ni.

Rilru hriselna tlakchhamna vawrtawpin a hrin chu mahni intihlum hi a ni. Khawvel pumah kum 15 – 29 inkar thih chhan 2-na chu mahni intihlum hi a ni. Khawvel puma intihlum (global suicide) 74% chu ram rethei leh ram thang meka chenge (low and middle income countries) an ni bawh a, chu chuan chhungkua, khawtlang leh ram pum a nghawng nasain, an kalsan an chhungkuaah ser thuk tak a hnutchhiah thin avangin rilru hriselna ngaih pawimawh hi a tul tak zet a. Ram changkangah chuan rilru hriselna an ngaih

pawimawh avangin Mental Health Care hi ni tin ban phak turin zirna inah te, factory-ah te, damdawi inah te rilru lama harsatna neite tanpui turin mi thiam (counsellor) an ruai hial thin.

Prof. Clinebell chuan, “Rilru hrisel kan tih chuan thil tum hlen tawhna leh rilru lam

kaihhnawih hlawhtlinna ai mahin, tum mumal tak neia nun kawng zawh zel leh chutiang huna kan rilru put hmang hi a kaw k ber zawk a ni,” a ti. Rilru hriselna hian tawp chin nei lova hawi lam mumal neia thil kal zel a niin, mihring nun pum pui chawikanna leh hmasawwna atana thil pawimawh tak a ni.

PASTOR NUPUI INTAWHKHÂWM, 2022

Covid hripui lêng avânga kum 2 zet neih theih a nih tawh loh hnuin kumin hian Pastor nupuite Intawhkhâwm neih tûra beisei a ni a. A neih hun tûra ruat sa (Synod Calendar-a lang, October ni 20) chu Synod Mission Board Committee lai a nih dân avângin Synod OM remtihna in October ni 13-ah sawn hma a ni a. Pastor nupuite a tam thei ang ber kal ngei tûrin kan insâwmin kan inbeisei a ni. Programme tlângpui hetiang a ni.

A hun : 13th Oct., 2022 (Ningani), dar 10:00 am
 A hmun : Synod Conference Centre, Aizawl
 Thupui : Rilru Hrisêl
 Sawitu : Dr. Ruth Lalmuanpuii

Sd/-
(LALRAMPARI)

Secretary
 Pastor Nupui Intawhkhâwm, 2022

Article

PUAN KA BIH A, NUAM KA VA TI SI EM!

- Dr. Zohmangaihi
Missionary Training College

Hun rei tak, thang khat lian zet Mizoram pawn lama rawngbawla ka awm hnuin kumin atangin, mahni ram chhung, mahni in lum atang leh Kohhran huangchhungah ngei hna ka thawk ve ta hi ka phurin ka thothang pawh a tha hle mai a. Tun hma atanga mawi ka lo tih em em Kohhrana thawktu hmeichhiaten puan an bih hnâp thin kha ka ti ve thei dawn ta niin ka inhria a, ka lawmna a thua hnih hle mai.

1. Puan ka bih ve ta ngei e:

Ka hna thar chu ka zawm ve ta a, phur leh nuam ti takin puan ka bih ve ta a. Mahni hnam ziarâng pho lang ngei maia puan bih hnâp chungka ka hnathawhna hmun ka pan kha nuam ka tiin ka inchhuang ru riau nghe nghe nia mawle! Puan ka bih hian mak tak maiin mahni inrintawkna leh mahni tawka lungawi riauna min pe tlat mai a, ka thinlung tak hian Mizo hnam zia (tradition) chawinungtu leh chhunzawmtu ni hliah hliah inhriatna min pe a, nuam ka van ti tak! Ka ngaihtuah Chiang telh telh a, kei ve tehlan hian Mizo hnam tana thil ropui pek tur ka neih loh em em lain ni

tina puan ka bih mai hian kan hnam zia ka humhim a, ka chawisang a, ka pho lang mai a ni si a, ka ram leh hnam tana ka tih ve theih tlawm tê leh awlsam si, ka lungawi veng veng mai a ni.

2. Mahse, a va khawharthlak si ve:

Mizoram pawna hnam dang zinga hun rei tak lo khawsa ve tawh nih chuan hnam dang hmeichhiate inchei dan theih ang angin ka lo chik ve thin a. An hmeichhiate, a bikin College zirlai leh tleirawlho zingah kekawr tuan ha leh kawrfual ha an tam ve viau mai a. Company leh uniform bik nei ho zingah

pawh kekawr tluan ha an thahnem viau mai. Nimahsela, hmeichhe puitling, sawrkar hna leh hna mumal tak thawkho zingah erawh mahni hnam ziarâng lang thei tura inchei an uar hlein ka hria. Shillong-a kum 8 ka awm ve chhung pawh khan vainu chuan Sari leh Salwar te an inbel mai a, Khasi hmeichhiate pawn an Jainsem an ha phe hlep hlep mai a, Garo nuho paw'n an puan an bih mai niin ka hria. Burma rama ka han awm ve chhung pawh khan Kawl nuho leh Zo hnahthlak nuho khan puan an bih nasa hle mai tih ka han hmu a ni. Mahse, Aizawl-a ka rawn awm ve tâk hnu hian ni tina hnathawhna hmuna puan bih hnâp mai hmuh tur hi kan lo tam ta lo hle mai tih ka rawn hmu ve ta a, ni tina puan bih bik nih pawh rualpawl lo kan ni lek lek zawk ta hial mai niin ka hmu a, a va khawharthlak si ve!

3. I inkhawm dawn a mi?:

Tuk khat ka hnathawhna ka pan tur chu kan thenawm hmeichhe naupang pakhat hian, “A pi Zohma, i inkhawm dawn a mi?” min lo ti a. Hei hian ngaihtuahna thui tak min neihtir

ta nghe nghe a ni. Tuna kan chin dan tlanglawn ațanga a lan dan chuan hmeichhiate hian Biak In leh Mitthi In/Khawhar In-ah te chauh puan kan bih ta a. Ni tina kan chhuah vahnaah puan kan leklam tâk loh lutuk avang hian țhangthar naupang zawkte hian kan hnam inchei dan hi Biak In leh Mitthi Ina inbel tur chauh emaw an ti țan der niin ka hria a, a pawl ka ti riau mai.

4. Puan bih leh inrenchem:

Ka hnathawhna hmuna puan ka bih tâk hnu hian ka thawmhnaw thenkhat mamawh tâk miah loh ka nei nual mai a, chungte chu ka thawmhnaw neih zinga man to pawl an ni ve tlat nia. Ni tin chhuahpui atan puan man to a lo ngai lo a, puan plain leh kawr bakah pheikhawk bun nuam a ni mai a, a hautak lo kher mai. Tunlaia kan inchei țhin danah hi chuan Pathianni thawmhnaw leh Office kalna/ chhuahvahna thawmhnaw hran neih a ngai a. A hautak si a, sum leh pai tam tak kan seng ral a ni. Chuvangin, sum renchem nan hmeichhiate hian puan bih uar thar leh ila, sum leh pai tam tak kan hum ngei ngei dawn a ni.

5. Mi thenkhat chuan...:

Puanbih hi a hahthlak a, min tizalen lo an ti thin, ka hnial hauh lo mai. Puan bih hi chuan min phuar a, a zalen lo deuh alawm. Mahse, puan bih hian zahawmna a ken tel tlat avangin min tizahawm tlat lawi si a ni. Chuvangin, tlema kum la nau deuhte hi chuan puan bih lo hlamchhiah deuh pawh nise, kum upa lam chin hi chuan i vawng him thar leh teh ang u. Nu thenkhat, an hmel en pawha kekawr inmwâwi tawh chiah lo, kekawr ha hram hram ka hmuh thin laiin, nuhleitling leh pianmawi tak tak puan bih atana ka ît ngawih ngawih pawh ka hmu thin, ka rilru têt têt hian, “Keini, a bawp tâwi tâwia puan bih ai hi chuan a van mawipui dawn tak em!” tia puan bih tura ît zawk hi ka van hmu tam tak em!

6. Hmeichhiate hnam nun chawi nungtu

Hmeichhiate hian khawi hnamah pawh hlutna danglam bik leh hlu bik riau kan nei a, chu chu kan incheina hmanga hnam ziarâng kan pho lang leh kan humhim tlat thei hi a ni. Hnam dang ho zingah pawh an

hnam ziarâng incheina hmanga chawi nunga chhunzawmtu chu an hmeichhiate an ni. Chuvangin, keini Mizo hmeichhiate pawh hian kan pawimawhna leh hlutna hi hre chhuak thar leh ila, kan hnam ziarâng pho lang thei turin puan bih uar thar ila, kan tu leh fate hnena kan thil tih (action) hmanga zirtirna pek hi kan mawhphurhna a ni tih hre thar ila, a duhawm hle mai.

7. Tlangkawmna

Hmeichhiate hian chakna leh theihna ropui tak kan nei tih Thufingte 31:10-31-ah kan hmu a. Taima tak leh tuarchhel tak, chhungkaw khawsak ngaihtuahu leh nakin hun tur thlenga ngaihtuahna seng thin kan ni. Chuvangin, kan ram leh hnam hma lam hun atana mawhphurhna kan neih kan koa inngat vawngghima, chawi nung zel tur hian taimak kan chhuah thar a tul a. Hmeichhe khawsak tha chu a pasalin, “...mahse, nang chuan i khûm vek a ni” tia a chawimawi ang leh a faten ‘Engthawli’ tia an sawi hial anga nu fîng leh dâwngdah ngai lo kan nih hi a tul tak zet a ni.

KUM 2022 CHHÛNG ATÂNA HMANGAIHNA INA NAU CHÂWMNA PETUTE LEH AN CHÂWM ZÂT

SN. Bial/Kohhran/Mi mal hming	Chawm zât
150. Chhingchhip Mualpui Bial Kohhran Hmeichhia	1
151. Khawzawl Vengthar Bial Kohhran Hmeichhia	6
152. Dimapur Kohhran Hmeichhia	1
153. Rengdil Hmuntha Kohhran Hmeichhia	1
154. Mamit Hmunsam Pastor Bial Hmeichhia	3
155. Chanmari Kohhran Hmeichhia	4
156. Project Veng Kohhran Hmeichhia	2
157. Darlung Bial Kohhran Hmeichhia	1
158. Sateek Kohhran Hmeichhia	1
159. Ngur Kohhran Hmeichhia	1
160. Kawrtethawveng Bial Hmeichhia	3
161. Khatla Pastor Bial Hmeichhia	2
162. Shillong Bial Hmeichhia	6
163. Kanhmun Bial Hmeichhia	2
164. Pune Mizo Kohhran Hmeichhia	1
165. Leitan South Kohhran Hmeichhia	2
166. Ramthar Veng Kohhran Hmeichhia	1
167. Champhai Zion Veng Kohhran Hmeichhia	2
168. Serchhip Dinthar Kohhran Hmeichhia	1
169. Kolkata Mizo Presbyterian Kohhran Hmeichhia	2
170. College Veng Kohhran Hmeichhia	1
171. Thenzawl Field Veng Bial Kohhran Hmeichhia	4
172. Vairengte Chhim Veng Kohhran Hmeichhia	3
173. Baktawng Bial Kohhran Hmeichhia	2
174. Kolasib Diakkawn Bial Kohhran Hmeichhia	3

175. N. Serzawl Kohhran Hmeichhia	1
176. Venghlui Bial Kohhran Hmeichhia	3
177. Khawzawl Vengthar Kohhran Hmeichhia	2
178. Champhai Bethel Kohhran Hmeichhia	1
179. N. Hlimen Kohhran Hmeichhia	1
180. N. Hlimen Pastor Bial Kohhran Hmeichhia	1
181. Hliappui Bial Kohhran Hmeichhia	2
182. Kolasib Venglai Kohhran Hmeichhia	4
183. N. Vanlaiphai Kohhran Hmeichhia	1
184. Kolasib Diakkawn Kohhran Hmeichhia	4
185. Serchhip Vengchung Kohhran Hmeichhia	3
186. Chanmari Kohhran Hmeichhia	4
187. Siaha Pastor Bial Kohhran Hmeichhia	2
188. Govt. Complex Thingdawl Kohhran Hmeichhia	1
189. Sakawrdai Bial Kohhran Hmeichhia	1
190. Kohima Bial Kohhran Hmeichhia	1
191. Kohima Kohhran Hmeichhia	2
192. Pisen Kohhran Hmeichhia	2
193. Chuhvel Kohhran Hmeichhia	1
194. Darlawn Venghlun Bial Kohhran Hmeichhia	4
195. Kolasib Vengthar Bial Kohhran Hmeichhia	2
196. Kolasib Venglai Bial Kohhran Hmeichhia	4
197. Kolasib Project Veng Kohhran Hmeichhia	2
198. Khawhai North Bial Hmeichhia	1
199. Zobawk Pastor Bial Kohhran Hmeichhia	1
200. Sateek Kohhran Hmeichhia	1
201. Chhingchhip Bial Kohhran Hmeichhia	2
202. Leitan Bial Kohhran Hmeichhia	2
203. Tlangnuam Kohhran Hmeichhia	4

Chhunzawm tûr....

Hriselna huang

NAU NEIH BEISEI NI (EXPECTED DATE OF DELIVERY)

- *Lalfamkimi*
Principal, RIPANS
&
Treasurer,
Chhinga Veng Pastor Bial Kohhran Hmeichhia

Nau neih beisei ni hi formula hmanga chhût a ni a. A chhut dan chu calendar-a thla kua (9) leh ni sarih (7) hi nau pai hma thi neih hnunung ber in̄tan nia chhiar a ni th̄in a. Entir nan, 1st Feb., 2022 kha a thi neih hnunung ber in̄tan ni ni ta se, thla kua (9) leh ni sarih (7) belh chuan 8th Nov., 2022 hi a nau neih beisei ni tur a ni.

He formula ang thlapa nau neite chu, thi neih inkar ni 28 dana nei zat zatte tan a dik tlangpui th̄in. He mi chungchangah hian ni 8th Nov., 2022 aia hma emaw, a lo pel emaw a nih chuan a hun taka nei lo leh nau hring hma anga inngaihna a awm fo th̄in a. Tin, Doctor-te pawhin a huna neihtir tumin nau veitirna te an hmang th̄in a. Hei hi kan mi mal kutah a awm a, Pathianin chhia leh th̄a hriatna min pek hmangin nau leh nu chung harsatna (fetal distress leh maternal distress) te a awm a nih loh chuan nau neih hun formula-a innghat lutuk lo va, nghah hram hram te hian t̄ul lo tawpa zai (Ceaserian Section) te leh veitir (induction of labour) te kan pumpelph phah ngei ang.

Civil Hospital-a nau piang record te zir chianna neihah chuan hetiang hi hmuh chhuah a ni:-

Nau neih beisei nia nau nei	- 8%
Nau neih beisei ni 1 – 5 hnua nau nei	- 30%
Nau neih beisei ni 6 – 10 hnua nau nei	- 22%
Nau neih beisei ni 11 – 15 hnua nau nei	- 12%
Nau neih beisei ni aia hmaa nau nei, ni 1 - 5	- 8%

6. **Thisen zâm lian:** Rei tak din avang tein kut leh keah te thisen zâm a lian duh hle, mawza bunin emaw exercise lak te hian a ti ziaawm thei.
7. **Kawng nâ:** Kawng nâ hi thil awm duh tak a ni a, thil rit châwi loh leh pheikhawk bun nuam, leh ke artui hniam te bun tur a ni.
8. **Ke kham:** Hei hi ke zût (massange) a, Vitamin B Complex ni tin ei thîn hian a tiziaawm thei a ni.
9. **Ke vûng:** Ke vûng tân ke dah kê a, hahdam taka dah thîn tur a ni. Hetianga tih thîn hian damdawi ngai lêm lovin a reh ve thei thîn.
10. **Serh ațanga thil chhuak:** Hei hi ngai hthat lohna tur a awm lêm lo va, intih fai ngun tur a ni.

HRISELNA

Hriselna hi malsawmna, suma lei theih loh a ni.

~ *Isaac Newton*

Rilru leh taksa hrisel lo chu hnehin a awm a. Hriselna hi hnehna awm chhun chu a ni.

~ *Thomas Carlyle*

Mi hausa tana hriselna awmchhun chu exercise leh insumna, mi rethei ang nun hi a ni.

~ *William Temple*

Hriselna leh hlimna hi a inhringtawn ve ve a ni.

~ *Addison*

Hriselna tel lo chuan mi zawng zawng hi an rethei a ni.

Hriselna hi hausakna aiin a ța zawk.

~ *Kristian Encyclopaedia*

*Ei siam dân***VAIPADEN**

Sa (eng pawh a hman theih)	-	No 1(sîn tê têa chan)
Bawkbâwn no tê tê	-	pum 5
Tumbu chhông no (a awm chuan)	-	2
Purun sen	-	pum 2
Purun vâ	-	bul 2
Sawhthîng	-	inches 2 bial
Têl	-	1 teaspoon
Hmarchapui	-	pum 5
Mizo purûn	-	hmer chanve
Bahkhâwr	-	hmer chanve
Tui	-	2 tablespoon

A siam dân:

1. Vaipa dena telh tûr rêng rêng chu sîn tê têa chanin pressure cooker-ah dah khâwm vek tûr.
2. Tel, tui leh chite pawh telh nghal bawh tûr a ni (bawngsa hman dân chuan chhum hmin lâwk a ngai). Chumi hnuah pressure cooker-ah chuan mei na lo têa ur tûr. Minute 20 vêlah a hmin ang.
3. Suan daih hnuah hmarcha râwt naa râwt kâwi vek tûr a ni.

HRIAT TÛR PAWIMAWH

Kum thar January, 2023-ah Agape lak tûr zât tak kan dân theuh theih nân, December (2022) thla chhông tala kum thara lâk zât tûr in-report theih ni se.

Report-na tur: 9862306787/8731000964

MISSIONARY TANA AGAPE CHANCHINBU LÂKSAKTUTE

Bial, Kohhran leh mi mal eng emaw zâtin Missionary-te tân AGAPE Chanchinbu in lâksak thin avângin kan lâwm hle a. Kum 2022 chhûng atâna lâksaktute rawn tihchhuah a ni e.

Sl. No. Bial/Kohhran/Mimal hming	Lak sak zat
173. Sihphir Venghlun Kohhran Hmeichhia	10
174. Chawlhmun Kohhran Hmeichhia	30
175. Kawnpui Bial Kohhran Hmeichhia	30
176. Durtlang 'N' Kohhran Hmeichhia	20
177. Venghnua Bial Kohhran Hmeichhia	60
178. Chhinga Veng Bial Kohhran Hmeichhia	10
179. Chanmari West Hmar Veng Kohhran Hmeichhia	20
180. Vairengte Chhimveng Bial Kohhran Hmeichhia	10
181. Maubaw Bial Kohhran Hmeichhia	30
182. Champhai Vengsang Kohhran Hmeichhia	20
183. Zemabaw 'N' Bial Kohhran Hmeichhia	20
184. Venghnua Bial Kohhran Hmeichhia	25
185. Armed Veng 'N' Kohhran Hmeichhia	50
186. Darlung Bial Kohhran Hmeichhia	10
187. Chawnpui Kohhran Hmeichhia	30
188. Salem Mualpui Kohhran Hmeichhia	10
189. Zamuang Bial Kohhran Hmeichhia	20
190. New Serchhip Kohhran Hmeichhia	20
191. Sihfa Bial Kohhran Hmeichhia	20

Chhunzawm tûr...

ZOTHANPARI



Pi Zothanpari hi Pu Chawngchhunga (L) leh Pi K. Lalrinthangi te fa upa ber niin November 22, 1956 khân Mission Vengah a lo piang a. December 1, 1980-ah Pu Lalduhlaia nênn inneiin fa pali – mipa 2 leh hmeichhia 2 an nei a, tu 6 an nei bawk. A pasal hian October 5, 2014 khân chatuan ram a lo pansan tawh a, tânah hian a tu leh fate nênn Khatlaah an chêng mêk a ni.

Eizawnna:

Kum 1975-ah sawrkar hna thawk tanin kum 2016 November thlaah Superintendent-in a pension a ni.

Rawngbâwlina :

Kum 1995-ah Kohhran

Hmeichhe Committee-ah tel tanin buhfaiþham Ziaktu, Secretary, Asst. Secretary leh Chairman te lo ni tawhin tânah Vice Chairman a ni mêk. Kum 1999-ah Bial Kohhran Hmeichhe Committee-ah tel tanin Treasurer tih loh chu OB hna a chelh vek tawh a, Bial Buhfaiþham Ziaktu a ni tawh bawk. Tânah Finance Secretary a ni mêk a ni.

Tualchhûng Kohhranah Naupang Sunday School zirtîrtu leh Leader te a lo ni tawhin, tânah hian Puitling Sunday School zirtîrtu leh Nilai Zan Thupui hawngtu a ni.

Bible châng/hla duh zâwng :

A Bible châng duhte chu **Sam 103:1-5** leh **Rom 8:15-17** te an ni a. Kristian Hlabu No. 173-na *‘Imanuela thi zâman, thisen lui a luang chhuak’* tih hla hi a duh êm êm bawk.

Thuchah :

Nute hian kan tu leh fate hi Isua ke bula hruai thleng ngei tânah an tet lai aþangin þawngtai chung zêlin Pathian thu hrilh leh zirtîrna þa pein tan i la zêl ang u.

ADVERTISEMENT

Mizoram Presbyterian Kohran Hmeichhiate enkawl Women Centre, Phunchawng-ah kum 2023 chung atan Puanthui leh Puantah zir dilna hawn a ni leh ta a. Presbyterian Kohhran Dan chhunga awm tan dil theih a ni. Puanthui hi kum khat zir tur a ni a, Puantah zirna erawh chu kum khatah Batch 3 (January - April, May - August, leh September - December) a ni ang. Puanthui zir tur mi 40 leh Puantah zir tur Batch tin atan mi 10 zel lak tur a ni a. Dilna Form chu Bial tin Kohhran Hmeichhe Secretary hnenah leh Kohhran Hmeichhe Department, Synod Office-ah lam theih a ni. Dilna Form la chhuak remchang lo tan Bial tin Secretary hnenah PDF-in thawn chhuah a ni, dilna hi Office lama theh lut thei lote tan a hnuaia Phone No tar lanahte hian Online pawhin theh luh theih a ni.

- (1) Dil theih hun chung : Ni 16.11.2022 (Nilaini)
chawhndar 2thleng
- (2) Interview : Ni 18.11.2022 (Zirtawpni)
10:00 am
- (3) Ahmun : Committee Room - I,
Synod Office
- (4) Centre-a luh hun : Ni 13.1.2023 (Zirtawpni)

Dilna chu heng number-ah hian WhatsApp hmangin a thawn theih ang -
9862306787 / 8731000964

Sd/-
(REV. V.L. LUAIA HRANLEH)
Executive Secretary
i/c Kohhran Hmeichhia

KUM 2021-2023 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	: Pi Sailuti
Vice Chairman	: Pi Vanlalhruii
Gen. Secretary	: Pi H. Lalfakmawii
Asst. Secretary	: Dr. Lalthansangi Fanai
Treasurer	: Pi Lalrinliani
Finance Secretary	: Pi Lalhmingliani

COMMITTEE MEMBER-TE

- | | |
|--|--------------------------|
| 1. Pi Zothansiami | 2. Pi C. Thanpari |
| 3. Pi Lalṭhakimi | 4. Pi R. Lalengmawii |
| 5. Pi Lalchhingpuii | 6. Pi Sailothangi |
| 7. Pi Lalengzami | 8. Pi A. Nazi |
| 9. Pi Siampuii Pautu | 10. Pi R. Lalnuntluangi |
| 11. Pi Lamchhingi | 12. Pi R. Lalroliani |
| 13. Pi R. Lalrempuii | 14. Pi Zochungnungi |
| 15. Pi H. Zachhingpuii | 16. Pi Laldingliani |
| 17. Pi Zothanpari | 18. Pi H. Lalrintluangi |
| 19. Pi Lalhlmpuii | 20. Pi Hmangaihzaui |
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| 23. Pi Lallungmuani | 24. Pi Lawmkimi |
| 25. Pi K. Lalṭhakimi | 26. Pi Lalnunhlmi |
| 27. Pi Lianzampuii | 28. Pi K. Rosiamliani |
| 29. Pi Lallawmkimi | 30. Pi Sawithangi |
| 31. Pi Lalrotluangi Sailo | 32. Pi Lalmachhuani |
| 33. Pi Vanrammawii | 34. Pi F. Lalmangaihzuai |
| 35. Pi H. Lalhlunpuii | 36. Pi C. Lalchungnungi |
| 37. Ni. Ruth Lalmangaihi, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. Dr. Vanlalnghaka Ralte, Synod Moderator
2. Rev. Z.D. Lalmachhuana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Lalrinkimi, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chungkua din nghehtir tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
 4. Chanchin Ṭha puan darh.



Postal Regn. No. MZR/ 53/ 2021 – 2023 RNI Regn. 40876/ 88



Mualcheng & Mualcheng Venghlun Kohhran Hmeichhia - Leadership Training



Bethlehem Venglai Kohhran Hmeichhia : Golden Jubilee

To

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