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A chungu thu awmte

1. **Kristian Chhungkua** : Kristian Chhungkua 2
2. **Kum Thar Sermon** : Moderator Thuchah 6
3. Nang malsawmna ni ang che 9
4. Tabith, tho rawh 14
5. Ka nu buhfaiþham bêl 16
6. Kohhran Hmeichhe Inkhawmpui Lian Programme 20
7. **Hriselna Huang** : Hmeichhiate tana hriat tur 23
8. Kan thusawi an hrethiam em? 26
9. **Hruaitute Chanchin** : Lalbiaknungi Sailo 30
10. **Hruaitute Chanchin** : K. Lalrinpuii 31
11. **Eisiam Huang** : Banana (Balhla) Cutlets 32

Editorial

KUM THAR

Kan nunna der dep zia leh tlo loh zia te, thihna ko tlanga ding reng kan nih ziate ngaihtuah chuan, kum 2025 hmang zova KUM THAR kan chungkai ta mai hi a ropuiin a mak a, Pathian hruaina leh malsawmna ropui tak tih loh rual a ni lo, Pathian hnenah lawmthu sawi zel ang u.

A huphurhawm zawnga thlir chuan chanvo hlen tur a tam a, rawngbawlna a inchhawr dawh chho ut mai. Tlin loh mai leh hlen chhuah theih loh mai ava hlauhawm em! Upa Lalhriata, a hun pum Lalpa rawngbawl nana hmanga chawl ta chuan, *‘Krista sipai rual i kal zel ang aw, kan hmabak hlen tur a tam si; chawl hman kan ni lo, muang thei kan ni lo, chawlhna nuam khi kan thlen hma loh zawng’* tiin hla a lo siam nghe nghe a (KHB No.384).

Jordan lui an kan dawna Josuan Israel mipuite hnenah, *‘tun hmam hemi kawng hi zawng in la zawh ngai si lo va’* (Jos 3:4) tia a sawi ang mai khan kum 2026 hi kan la zawh ngai loh kawng a ni a. Enge kan hma chhawn dawn? Enge lo thleng dawna engtin nge kan awm ang? tih tuman kan sawi thei si lo. Mosia hnenah Pathian baw kha Josua hnenah a awm a, Israel fate chhan chhuaktu Pathian kha kan Pathian a ni a, mihring tih theih rual loh hi Pathianin a tithei a ni tih hre thar zel ang u.

Lal Isua khawvela a len laiin, tlangval hausa nen an inkawm a. Chatuan nunna thute an sawi dunna kal zelah Lal Isuan thu khirh tak a sawi a. Zirtirten mak an ti a, Lal Isuan a zirtirte en chungin, *‘Chu chu mihring tan tih rual a ni lo va, Pathian nen chuan engkim tih theih a ni’* tiin a chhang a (Mat 19:26). Ni e, Pathianin hma min hruaisak anga, he kum thar pawh hi kan kohhran leh chungkaw tan, kan ram tan malsawmna kan dawn kum lo ni ngei se kan va duh teh lul em!

*‘Ka hunte Nangin i vawng a, ka hun zawng i ruat a ni;
Nangmahin hun bite i siam a, khawvel ni leh kumte chu;
He kum thar hi, Aw Pathian, malsawm ang che’* (KHB 552)

Kristian**Kristian Chhungkua**

- Pro. Pastor Lalrinsanga
Ramhlun Pastor Bial

Chhiar Tur: Matthaia 7:24-27; 1 Korinth 11:1-3.

‘Kristian Chhungkua’ tih hi kohhranin a ngaih pawimawh leh kan hmalak mekna a ni a, thupui pawimawh tak a nih avangin kan infuih tharah ngai ila. Kristian Chhungkuaa nu leh pate mawhphurhna lam kan thlur bing dawn a ni.

1. Chhungkua hi zirna inhma ber a ni : Thuthlung Hlui hunlai khan Juda-te chuan zirna in pathum, Beth Sepher (Bet-Sefer), Beth Talmud leh Beth Midras an nei a. Beth Sepher-ah hian naupang kum 5-10 an kaltir th̄in a, Beth Talmud-ah hian naupang kum 10-14, Beth Midras-ah hian Beth Talmud aṅang chhuak a thiamthei chungchuangte chauh an kal chhonzawm tawh th̄in a. An zirna hniam ber, Beth Sepher chhuak te hian Mosia lehkhabu kan tih mai, Thuthlung Hlui bu hmasa panga te chu an thiam chhuak vek tawh th̄in a, naupangin kum 10 an tlin meuh chuan Pathian thu hriatnaah an sang viau tawh tihna a nih chu.

Chu aia la pawimawh lehzual chu, naupangin kum 5 an tlin hma

hian, zirna in hmasaber kai tura nu leh paten an fate an kaihhruai dan hi a ni a. Naupang chu an tetlai aṅangin inchungah nu leh paten Pathian thu leh an sakhuaana inkaihhraina chi hrang hrang te zirtirin, Bible thawnthu te leh Pathian chungchang an lo zirtir lawk a. Naupang rilru chu sakhuaana leh Pathian hriatna kawngah an lo buatsaih lawk a, khawvel thila thiamna leh zirna an dawn hm̄in, Pathian thu hriatna leh zirtimaah an rilru an lo buatsaih lawk th̄in a ni.

Bible chuan, “*Naupang chu a kalna awm kawngah chuan zirtir ula, a upat hun pawhin a thlah lovang*” (Thuf. 22:6) a ti a. Mithiamte chuan, kan fate mi puitling ni tura an nuna an zirtur kan tuh theih hun pawimawh lai ber chu kum 7 an tlin hma, nu

leh pate enkawlna hnuai an seilen hun lai hi a ni a. Chutiang hunlaia zirtirna an dawnna hmun ber chu chhungkua hi a ni. Kan tu leh fate, an upat hun pawha an thlah loh tur zirtirna hi an naupan laia an rilru tuhnghet tur kan ni a. Chu chu kan mawhphurhna, kan rawngbawl na pawimawh tak ani. Zirna in hmasa ber chu chhungkua a nih miau avangin, kan tu leh fate hi eng ang sikulah nge kan kai tir tih hi kan in en let fo a tul a ni.

2. Nu leh Pate hi zirtirtu hmasa ber leh pawimawh ber kan ni : Kan sawi tak ang hian naupangin kum 7 a tlin hma zawng hi nu leh pate enkawl na hnuai an awm tam lai, kan hmangaihna an dawn tam lai a ni a. Enkawltu leh kaihruaitu an mamawh hunlai tak a ni. Mithiamte chuan, naupangin an nun puma an mizia tur tlangpui zaa sawm riat (80%) vel chu kum 7 an tlin hmain an zir vek tawh thin niin an sawi bawka. Chuvangin kan tu leh fate hi naupang chhia, engmah hre rual ni lova kan ngaih lai hi, an nun pumpui kaihruaitu tur zirtirna dawn an mamawh vanglai tak a loni rengmai.

Chutiang zirtirna tha an nuna tuh nghet theitu chu nu leh pate hi kan ni a, kan fate hi kan rawngbawl na tura Lalpa min pek an ni tih hi nu leh pate hian kan in pawm thar a pawimawh hle. Hemi chungchanga kan ngaih pawimawh tur leh kan thlir thar tura tul ta ber chu keni Mizo ‘society’-a chhungkaw rorelna inkhaidiat hi a ni a. Keini mizote hi Pa ber thuneihna hnuai seilian kan nih avangin, Kristian chhungkaw chungchang kan sawia kan hmaih theih miah loh tur chu chhungkuaa ‘Pa’ ber mawhphurhna hi a ni. 1 Korinth 11:3-ah chuan, “*mipa tawh phawt lu chu Krista a ni, hmeichhe lu chu mipa a ni*” tih hi kan hriat reng a tul awm e. Kristian chhungkuaah chuan chhungkaw pa berin Krista chu luah a nei ngei ngei tur a ni. Eng ang mi pawh ni ila, mahni insit tur kan ni lova, Krista lua nei tlat thiam, Krista dah pawimawh hmasa ber thin ‘Pa’ chuan a chhungkua a enkawl sual tak tak theilo, a chhan chu finna leh remhriatna zawng zawng neitu Krista a rinchhan tlat avangin. Chutiang pa chu tunlai kan zoram hian a mamawh bawka.

Chutiang bawkin, “*hmei chhe lu chu mipa a ni*” tih hi mi thenkhatin la kawiiin hmeichhe rahbeh tumna atan kan hmang fo mai hi kan tih loh tawp tur a ni. Chhungkuaa pa berin Krista luah a nei anga, pa ber zirtirna leh hruaina chu hmeichhia in theih tawpin a lo tawiawm/ṭanpui ang tihna a ni zawk. Chuvangin Kristian chhungkua din tura nu leh pa mawhphurhna hi a kal kawp flat a ni tih hi kan hriat thar a pawimawh hle. Kan tu leh fate hian kan nun pumpui mai hi an naupan lai aṭangin an thlira, an zir renga, ‘engang zirtirna ngekan pek a, entawn tur ṭha hi kan nun chhuahpuiem?’ tih hi kan inen let fo aṭla ni.

3. Kristian chhungkua, Lalpa chenna : Kristian ten chhungkua kan dina kan tum ber chu ‘Kristian chhungkua’ hi a ni a, chutiang chhungkua chu tupawhin kan aw h leh neih tuma hma kan lak mekna a ni. Harsa tih chang awm ṭhin mahse kan phak ang tawka ṭan la zel tur kan ni. Khawvel thila chhungkaw enkawl dan leh tih dan ṭha tak tak hi chu lehkhabu aṭang te leh thil dang aṭangin kan chhiarin

kan hre ṭeuh tawhin a rinawm a, mahse chung zawng zawng chu a taka tih puitlin a harsat chang a awm ṭhin. Chuvangin kan chhungkaw mamawh leh kan tu leh fate, a bik taka Pathian min pek te enkawl tur hian kan mamawh tawk leh kan chhungkaw mil tawk min pe thei tu chu Pathian a ni tih hriain, chutianga finna nei thei tur chuan Lalpa hi kan hnaih hmasak a pawimawh ber a ni.

Mizote hi hnam huaisen, chhungkua leh khawtlang an him theihna tura nun hlan ngam, nupui fanaute tana thisen chhuah ngam khawpa chhungkua leh khawtlang hmaa ding ngam hnam kan ni a. Mizo nu leh pa huaisen, chhungkaw himna tura râl hmaa zam ngailo kha tunlai khawvel سوالنا chi hrang hrang hnar, ruihhlo hmaah hian zam lovin kan ding ngam leh dawn lawm ni? Chumi atana kan ralthuam ṭha ber chu Pathian thu hi a ni. Paula chuan Pathian thu chu, “*zirtir kawngah te, thiam loh chantir kawngah te, zilh kawngah te, felna zirtir kawngah te a sawt bawk a ni*” (2 Tim. 3:16) tiin, kawng engkima kan

inthuamna tur leh kan invenhimna tur chu ‘Pathian thu’ hi a nih thu min hrilh a. Chumi hmang thiam apiangin a hlawkna kan tel zel dawn a ni.

Nu ropui ber zinga an sawi, Betsey Holton Moody-i, DL Moody-a nu kha, a fa pakuana a pian hnu lawka a pasalin a thihsan khan indawm kun mai lovin, “Pathianin kut pahnih min pe a, ka kut lehlama Bible keu chungin, ṭawngṭaina nen ka fate ka enkawl anga, ka kut lehlamin ei ka zawng ang” tiin ṭan a khawh tlat a nih kha. Chutiang taka Pathian thu dah pawimawh nu chuan a chhungkua a venghim tlat a ni. Matthaia 7:24-27-ah khan Lal Isuan ‘In nghet leh nghet lo’ tehkhin thu a sawi a. Pathian thu hriaa zawm mai ṭhin te chu, ‘Mi fing’ lungpui chungin a satu nen tehkhin tur a nih thu kan hmu a. Nimahsela Pathian thu hriaa, zawm lo chu, ‘mi â’, ṭiauvut chungin a satu nen tehkhin tur a nih thu kan hmu bawk. Helai thu in a sawi tum ber chu, ‘Krista lungpui ngheta ding tlat chhungkua chu, khawvel سوالنا in rawn nam sawk sawk ṭhin mahse, a tlu

chhe ve ngai lo’ a tihna tluk a ni. Chuvangin Pathian thu in mawhphurhna min pek anga, kan tu leh fate Pathian thua kaihhruai hi kan tihmakmawh a ni a. Chutiang chhungkuaah chuan Lalpa a cheng ṭhin a, Lalpan a venghim tlat ṭhin.

Kan thupui hi thil pawimawh tak, chhungkaw tinte kan infuih thar fo a ṭulna a nih avangin, keini nu leh pa te hian ṭan kan lak thar a pawimawh hle a. Kristian chhungkaw din kawngah hian a hmahruaitu, a kawng sialtu pawimawh kan ni tih hi kan in hriat thar leh a ṭul a ni. Naupangin nikhua kan hriat theih tirh aṭanga kan ‘HERO’-te chu kan nu leh pa te hi in ni a, nu leh pa ten Krista lu a nei tlat chungin, Pathian ṭihna kan nun chhuahpui tlat chuan, chu chuan fate thinlungah thu a sawi ṭhin, chu lo liama Kristian chhungkua chu a awm chuang lo. Chuvangin he kumthar kan hman mek lai hian, Kristian chhungkaw din tura ṭan lak hian tlat luat a nei lo tih hria in, kan phak tawk ṭheuhva ṭan la zel turin Pathian i hnaih zel ang u. Lalpan a thu malsawm rawh se. Amen

Kum thar**MODERATOR THUCHAH**

- Rev. John Raldosanga
Moderator

Kum 2026 kan chuangkai a, AGAPE chanchinbu-in kum 40 a lo tling ta reng mai. Heng kum chhunga Kristian chhungkaw tana zirtirna leh kaihhruaina min pek thinte a hluin a ropui. He hun thleng thei tura Agape chanchinbu enkawltute leh chhiartu zawng zawngte kan Lalpa Isua Krista hmingin chibai ka buk ache u.

Pathian hruaina duhawm tak avanga kum thar kan lo chuankai hian kum bul atanga kum tluanin ***'Kan tih theih tha ber leh sang ber Isua tan'*** tih hi kan rawngbawl na rilruah I nei tlat teh ang u. Mitin hian kan hnathawh leh thiltihah mi min ngaihhlutpui leh hriatreng tlak, midang pawhin min fakpui theih ngei hi kan duh theuh awm e. Lei leh van Lalber, Lal Isuan a fak leh a lawm phei chu a duhawm lehzual ngei ang.

Vawi khat chu Lal Isua kha Jerusalem Temple hulhliapa a awm laiin mipuiin thawhlawm bawma

thawhlawm an thlak lai kha a thlir reng a. Mi hausaten tam tak tak an thlak laiin hmeithai rethei te pakhat hian dar tangka dere pahnih a rawn thlak ve a; tichuan chung mi chi hnihte thilpek thu chu a sawi zui ta a(Mk.12:41f;Lk.21:1-4). Mi hausaten tangka tam tak tak an thlak rik ruih ruih, Puithiam ten an lawm viau lai chuan Lal Isua chuan zirtirte chu a ko khawm sauh sauh va , th a w h l a w m thawhtute thu chu a sawi a; a rethei ber leh a thlak tlem ber hmeithai rethei te chu a thawh tam berah a puang ta tlat mai. Mipuite chuan mak

an ti ngawt ang. Mi hausaten tangka tam tak tak an thlak rik ruih ruih theih laia dar tangka dere pahnih lek ‘a tam zawk’ a ti tlat kha a mak hle a ni. Lal Isua chuan thawhlawm bawma an thlak tam lam aiin an thlak bang atang khan a teh vang a ni. Mi hausate chuan an thawh bang an la neih teuh lain hmeithai erawh chuan a neih chhun, a duh lai tak a thlak a ni. A bang a nei tawh lo. A intunnunna tura a mamawh ngawih ngawih, a neih chhun te kha a pe a, chu chu Isua khan a lawm em em a ni. Pathian rawngbawl tura inpeknaah hian khek chin nei lova, a zawng zawnga inpek hi Lalpan a duh chu a ni a, chu a thil duh chu he hmeichhe tlawm takah hian Isuan a hmu a ni. Sum leh pai ani emaw, keimahni kan inthawhnaah ani emaw, Lalpana kan inpeknaah hian a tlem, a beitham tia insit leh inzhapui mai hi a awl; mahse Lal Isua chuan keimahnia a bang la

awm atang hian a chhut thin. Kan thiltih beitham leh tlawm tak, hmuhsitawm tak anga lang pawh hi a dawngtu rilru hrerengin I zahpui lovang u.

Vawi khat pawh, Lal Isua kha Bethani khuaa phar Simona ina a awma, chaw a kil lai chuan hmeichhe pakhat, alabasta bawma spiknard hriak rintui to tak kengin a lokal a; a bawm chu tikehin Isua lu-ah hriak chu a leih a ni (Mk. 14:3ff). He hriak hi Spiknard, hriak hlir hlak, thil dang pawlh loh a ni (Spik=hlir hlak, thil dang pawlh loh). Tichuan chuta awmve mi thenkhat chuan an sawisel a: ‘He hriak hi duli zathum aia tam zawka hralha, mi retheite hnena pek theih a ni sia’, an ti. Duli (denarius) hi a hun laia patling ni khat hlawh tawka ngaih a ni. Tunlaia patling ni khat hlawh angin chhut ta ila a tam ngawt ang. An rilru ang hian mi retheite hnenah sem nise a daihzai ngawt anga, Lal Isua

zirtirna nen pawh a inhmeh hle tur chu a ni. Mahse Lal Isuan thlir dan dang a nei : ‘Ka chungah hian thil tha tak ati ani, ... a tih theih tawh a ti a ni’, tiin a ngaihluin a dahsang hle a; ‘... khawvel zawng zawngah, khawiah pawh Chanchin Tha an hrilna apiangah, he hmeichhe thiltih pawh hi amah hriatrengha turin an sawi ve zel ang’ a ti.

Kum a thar a, a ngai te tein kan rawngbawlna bul kan tan chho leh anga; Mihring lamah kan tana hlawkna leh sawtpui tur awm lem lo, kan phur leh kan chak vanga tih

pawh ni bik lo; a thenah chuan min lawm lo leh min lo dawngsawng tha duh lo, leh an inah kal lo se min duh em em zawktute ina kala, Kristian chhungkua kan sawi te a tul leh dawn. Sum tuakin a sur a sa hnuaiah hnatlanga chhuah a ngai leh anga; ruah sur khawchhe hnuaiah inkhawm tura kal hram hram a ngai leh ang. Kan tih theih tawh tlem te hi Lalpan min hriatsak a, a ram atan min pawmsak duh thin tih hriain, kan tih theih tha ber leh sang ber hi Isua tan I hlan zel ang u. Lalpan a thu malsawm rawh se.

INKHAWMPUI LIANCHUNGCHANG

Kohhran Hmeichhe Inkhâwmpui Lian Vawi 51-na hi kum 2025-ah Thenzawl-ah neih a ni a. Kum 2027-ah Inkhâwmpui Lian wawi 52-na N. Vanlaiphaiah neih a ni dawn bawh a. Kum 2029 Inkhâwmpui Lian hi sawmtu an la awm loh avângin sawm theih a ni e.

Sermon

KUM THAR THUCHAH- NANG MALSAWMNA NI ANG CHE

-Pro. Pastor Vanlalhlana

Tin, LALPAN Abrama hnenah chuan, “I khaw lam ata leh i laichinteho zing ata leh i pa in ata chhuak la, ram ka la entir tur che lamah kal rawh. Tichuan, chi ropui takah ka siam ang chia; mal pawh ka sawm ang chia; i hming ka tiropui bawh ang; tin, nang malsawmna ni ang che” (Genesis 12:1-2)

Pathian khawngaihna changin kum thar 2026 chu kan lo chuang kai leh ta reng mai. He kum tharah hian Pathianin keimahniah eng nge a beisei tih te, keimahni kaltlangin eng eng a duh tihte ngaihven ta ila, Pathian rawng kan bawl na kawngah te, mi dangte nena kan nun honaah te, chhungkua kan inenkawl na leh inrelbawl naah te hian Pathian hian thuchah min pek tur tam tak a neiin a rinawm. Pathianin Abrahamama hnenah nang malsawmna ni ang che tia thu a chah ang khan he kum thar thuchah atan pawh hian nang malsawmna ni ang che tih kan thlang dawn a ni.

Genesis bung 12-ah hian Arbahama koh a nih thu kan hmu a. Pathian chuan “I khaw lam ata leh i laichinteho zing ata leh i pa in ata chhuak la, ram ka la entir tur che lamah kal rawh” tiin thupek a pe a. Chu chu malsawmna thutiamin a zui a, chi ropui taka a siam tur thu leh a hming pawh a tihropui tur

thu kan hmu zui a ni. Mahse, chu Pathian m a l s a w m n a c h u mawhphurnhain a umzui nghal a, chu chu ‘nang malsawmna ni ang che’ tih te, ‘nangmahah chuan leia hnam tin an la thawveng ang’ tih te a ni.

Abrahama chu
Pathian thu a awih avangin

Pathianin mal a sawm a, chi ropui takah a siam a, a hming pawh a tiropui a ni tih Bible hi kan en zui zel chuan kan hmu awm e. Mahse, Abrahaman Pathian thu a awih avang leh chu mi avanga malsawmna a dawn chu Pathian thil tum a ni ringawt lo va, Pathian malsawmna a dawn chu mi dangte tan, amah avanga hnam tin an thawven nan tih a ni. Malsawmna chu mawhpurhnain a zui nghal tihna a nih chu.

P a t h i a n khawngaihna changin mi mal leh chhungkua pawhin malsawmna nasa tak kan dawng thin. Chutah chuan Pathian thil tum hi a zo mai lo; Pathianin Abrahamana hna nana nang malsawmna ni ang che a tih ang khan, keini pawh Pathian malsawmna kan dawn atangte hian, ‘nang malsawmna ni ang che’, ‘nangmah avangin mi dangte hian malsawmna chang ve rawh se’, tih hi Pathian min duhna a ni ve reng awm e.

He kum tharah hian eng kawngah nge, eng tiangin nge malsawmna kan nih ang tih kawng thum chauhin lo sawi dawn ila.

1) Nang malsawmna ni ang che – Kohhranah: Kohhran kaltlanga Pathian malsawmna kan dawn leh kan chan hi a tam khawp mai. Kan pian ni atangin kohhran chuan min ngaihsak a, Baptisma Sakramen-ah min hlan a, Sunday school kaltlangin Pathian thu min zirtir a, inneihna min buatsaih sak a. Kan tih niin min vuiin min thlah liam thin.

Chutiang taka kohhranin min ngaihsak a, kohhran kaltlanga malsawmna tam tak kan dawng chung chuan – mi thenkhat chu kohhran tana tangkai letna nei ve miah lo te pawh hi a awm theih awm e. Tawng mawi lo ni lo se, thenkhat chu inkhawm ngai miah lo, Pathian tana Kohhrana thilpek pawh pe ngai lo, Kohhran rawngbawlna leh

chet velnaa tel ve ngai miah lo, an ruang bak kohhranin kan chan tawh loh te pawh hi an awm thei hial awm e.

Kohhran kaltlanga malsawmna lo dawn ringawt hi Pathian thiltum a ni ngawt lo va, kan phak ang tawkin kohhranah kan telin, kohhranhote tan malsawmna kan ni ve tur a ni ang. Kan theih zawng leh thiam zawng erawh a inang lo vang. Pathianin thiamna leh theihna hrang hrang min pe a; a then chu music thiamna te, solfa thiamna te, zai thiamna te, rorel thiamna te, thusawi thiamna te leh theihna hrang hrang min pe a. Hengte hi Pathian leh a kohhran tan thahnemngai takin kan hmang ve tur a ni dawn lawm ni. Nang malsawmna ni ang che – kohhranah tiin kan inchah a ni.

2)Nang malsawmna ni ang che – Chhungkuaah: Chhungkua hi Pathian din a ni a, chuangin Pathian hian a ngai pawimawh a ni. Tunlaih chhungkaw buai,

thil ti ho hleithei tawh lo, harsatna tawh kan tam khawp mai. Chu chuan Kohhran, khawtlang leh ram thlengin a ngawng mek a nih hi.

Hawh u, chhungkua atang hian bul i tan leh ang u. Kan chhungkuaah theuh hian malsawmna ni turin in buatsaih ang u. Mi thenkhat chu mi dangte tana malsawmna nih chu kan thei viau. YMA-ah a ni emaw, MHIP-ah a ni emaw, Kohhran hmeichhiaah a ni emaw, eng pawl emawah chuan a tlawmngai ber berah kan tang thei. A m a h e r a w h c h u chhungkuaa tangkai mang hauh lo, chenpuite ngaihsak mang lo hi a awm theih viau niin a lang. I pasal tan, i nupui tan, i fate tan, i unaute tan malsawmna ni ang che.

Pathian khawngaihna i dawn ang, i hlimpui thin, i lawmpui thin, i thapui thin Pathian thu kha i pasalin, i nupuiin, i faten, i unauten an an nei ve lo a nih phei chuan chu chu i pe ve hmasa

dawn lawm ni. Pawn lama Pathian thu thahnemngai taka kan hril thin hi a tha e; mahse, i chhungkua khan chu Pathian thu chu lo dampui hmasa ang che u. Nang malsawmna ni ang che – chhungkuaah tiin kan inchah a ni.

3)Nang malsawmna ni ang che – mi dangte tan: Mihring hi khawiah nge kan pawimawh ber tiin inzawt ta ila, a chhanna chu mi dangte kiangah tiin kan chhang thei ang. Mi dang tel lohna hmunah chuan mahni chauhin a pawimawh theih tak tak loh. Chuvangin mi dangte hi kan tan an hlu a, mi dangte hi kan ngaihsakin, an tan malsawmna nih kan tum tur a ni.

Lal Isua khawvela a lo kal chhan pawh kha mi dangte tana malsawmna ni turin, nang leh keiin chhandamna kan chan nan a lo kal a ni. Vawiin thlenga kohhranin rawngbawl na kan kalpui zel chhan te, missionary kan tirhchhuah

zel chhan te hi a nihna takah chuan mi dangte tana malsawmna kan nih nan a ni. Chuvangin, ringtutea Pathian thiltum, Pathianin rawngbawl tura min koh chhan pawh hi mi dangte tana malsawmna kan nih theih nan a lo ni.

R i n g t u t e , rawngbawltute hi mi dangte tan malsawmna kan ni em? Keimahni avangin mi dangten malsawmna an changin, thawvanna an neih phah em? Sualina a phuar beh, soal bawiha tang mekte chauh ni lovin, mihring khawsak thua berh zawk leh tanpui ngai te, mi rethei leh chhumchhia te hian kawl eng an lo hmuh ve theih nan te, nun nuam zawk an lo neih ve theih nan te malsawmna ni tura koh kan ni. Nang malsawmna ni ang che – mi dangte tan tiin kan inchah leh a ni.

A dawt lelah chuan mi dangte tana malsawmna ni tur chuan mahni lam hek a ngai a, mahni insenso a ngai tih hi a ni.

Abrahama pawh kha malsawmna dawnga mi dangte tana malsawmna ni tura koh a nih khan kalsan a neih a ngai a; a khua, a laichinteho leh a pa in a kalsan a ngai a. Isua ngei pawh nang leh keiin malsawmna kan chan nan chuan mahni intiruakin, Pathian anga awm a, Pathian tluka awm chu thil thlakhlelh hleih theihah a ruat lo va, mihringte anga lo piangin bawih angah a rawn insiam a, thi khawp hiala thu zawmin a lo awm ta a, kraws-a thihna hmangin a rawn insengso ral vek a nih kha.

Fakna hla phuahtu chuan, “hmangaihten

malsawmna an chan theih nan, hmangaihtu’na tuar a ÷ul si ÷hin” a lo ti a. Mi dangte tana malsawmna ni tur chuan chan a ngaih chang a awm a, hek a ÷ul chang a awm a, hrehawm tuar a ÷ul chang te pawh a awm ÷hin.

Pathian khawngaihna kan chan avanga malsawmna kan dawn te hi mahni tana kawmpui mai tur kan ni lo va , k o h h r a n a h , chhungkuaah, mi dangte tan malsawmna ni turin in buatsaih ang u. He kum thar hi mi dangte tana luanchhuah kum, mi dangte tana malsawmna thlentu nih kumah i puang dawn teh ang u. Nang malsawmna ni ang che.

***Thil hlimawm ber ni a ka hriat chu,
a ruka thil tha tih hriatchhuah a a
awm leh si hi a ni.***

- Charles Lamb

Ar-

“TABITH, THO RAWH”

(Tirh. 9:40)

-P.C. Lalbiaktluang
Nursery Veng

Hemi tuma Petera tawngkam leh a rik dan tur nia ka rin hi, Mizo tawng muang fân raiha sawi ni se; “Tabith, tho rawh le...,” a tih ka ring. Thihna hnena thlah tura thu pek khauh tak a ni a, a thia tan khawngaihna aw thûk tak a ni bawk. He mite pahnih kârah, chu thihna chu awm ve ta lo hiala mawi zawk mah a ni.

Pawisa ak loin dawrah thil kan lei thei lo. ATM card hmangin khâwlah pawisa kan la thin, card ruak nen ngawt erawh chuan a khâwl atangin pawisa a lo chhuak thei lo; card neitu accountah pawisa a awm phawt loh chuan. He thu pawh hi a neitu lo tan a hman ve ngawt theih loh a, hmang ve pawh ni se, tangkaina a nei miah lo ang; a sawitu account-ah he thu hi a awm sa a, chu chu khâwlin a rawn pe chhuak a, a takin hna a

rawn thawk ta a ni. He khâwl hi khawvel product a nih miao loh avangin kawvelah a anpui pakhat mah a awm lo, a duplicate/ first copy emaw pawh lo siam tum ve chi pawh a ni hek lo; chutianga lo tum ve tawh, Skeva fapate pawh hniak pherh vunga an tlanhhiat tawh kha; pawisaa lei tumtu, Simona pawhin a thih pah thelh nghe nghe a nih kha.

Hetih rual hian, chu khâwl duplicate chu kan kawl fur mai lo’ng maw? Chu chuan

rîng takin pulpit min chumtîrin, ni tin min lo tawngtair lek hi a lo ni palhang e.

Thihna hial pawh tithi thei ‘Thu’ hi a va chak awm em! A hmangtu azir a ni ve tho em? Ni pakhat e. A neitu leh a hmangtu inzawmnaah he thu hian thil a ti thei ta êm êm a ni. He thu neitu ngeiin a sawi hi thinlung tharin i ngaithla teh ang u- Nangni keimaha in awm reng a, kei pawh nangmahnia ka awm reng bawk chuan in duh apiang dîl rawh u, in tân tihin a awm zel ang, tih hi (Joh. 15:7). Hei ngei hi alawm, he thu Petera sawi ngamtîrtu chu; he thu bawk hi alawm, thihna meuh pawh fiamthu ang leka siam a, Tabithi kai thotu chu!

He thu hian thihna meuh pawh damnaah a chantîr thei a nih chuan

engkimah a rin tlak ngei tur a ni. Pachhiate u, he thu hian ekdûr ata a kai tho thei che u, ka chungte leh tualkhatpui, i cancer, kal tha lo, stroke leh natna dang i vei mêk khan he thu hi an ngam lo. He thu hmang hian damna lo chang ang che. He thu hmang hian, he tlâng thawvêng atang ngei hian ka fate pawh ka kâwm thin tawh ang a, mi zînga ka awm a anmahni ka rêl thinna tawngkam, ‘kan fate ve zawng...’ ka tih fô hmang hian an pânah chi ka phulsak mai a ni tih hriain, ‘Tabith, tho rawh le...,’ ka ti tawh zawk ang. Nu leh pa zahawm takte u, nangni khan he tlâng thawvêng hi awm nan hmang hmasain in Tabithi te kha kai tho rawh u le. Pathian Thu hi a tak a, a taka hmangtu tân a takin hna a thawk thin.

Tabithi te u, tho tawh rawh u le...

KANU BUHFAITHAMBÊL

- Rev. Alfred Lalruatfela

Buhfaitham chu engnge a nih sawi fiah vak ngai lovin keini Mizo Kristiante hi chuan kan hre chiang tlang viau awm e. Kan ram Kohhran hrang hrangte zingah he rawngbawlina hi a kai rual ta viau a. Kan kalpui dan inang diak diak lo mah se; kan nitin chawpui buhfai, Pathian tana nitina dah khawma sem emaw, suma chantîra chumi tling khawm rawngbâwlina atâna hman leh chu kan tih dan tlangpui a ni. Kan hlawkpui dan chu mi dang sawi turah dah ila. Tun tumah hian ka Nu buhfaiþham leh kan chhûngkua, a pawimawhna leh kan chhûngkuaa sulhnu a neih dan han sawi ve ka tum a ni.



Ka Nu kha :

Ka nu F. Dengremi(L) kha, Biate khuaa piang leh seilian, khawtlang leh Kohhrana nu langsar teh chiam lo, mahse, kan chhûngkaw tân erawh nu nih tling, kan missionary hmuh theih a ni a. Thu-a min zirtir zawng zawng kha chu thu hran nise, nuna a lantir kan hmuhte kha vawiin thlenga kan nun kaihruaitu a la tling.

Pathian thlarauvin hruaiin, tih tur neih chang a nei ve thin a. Taksa chetna chang chungah hreh êm êma a chhuak kha ka hmu ve fo. Kan tleirawl hlim khan, ni khat chu, vawi thum tal tawngtaia Pathian a dawr hma loh chuan a chet chhuah ngai loh thu min hrilh a; a dik ka ring, a hreh thei mai. Sunday School zirtirtua a tan leh, a hun hnuhnung lama

Kohhran Hmeichhe Committeee-a a tel ve thin bak kha chu rawngbâwlna langsar a neih awm pawh ka hre lo. In lamah ve thung erawh chuan a theih tawkin rawngbâwlna kawnga min hruai a tum ve tlat a. Buhfaitham rawngbâwlna a tuipui êm êm a, buhfai thlak dan pawh min zirtir chipchiar thin hle.

A pawisaa pêk : Tunlai khawvêl hi chuan hma a sawn tawh a. Thil awlsam zawk dan pawh kan hre ta viau mai. Buhfaitham te pawh hi a pawisaa thawh remchang ti zâwkte pawh an awm thin a ni awm e. Ni e, buhfaia peka, suma chantir leh ai chuan a hna khat zawk daih ngei ang. Mahse, ka nu min zirtir dan a ni tlat lo ! Buhfaitham, zîng leh tlaia kan thlak ruala tawitê kan tawngtai kha keini chhûngkaw tân chuan a hlu a, Isua lakah min tingampa a, amah kha kan ta hliah hliah niin kan inhriat phah thin.

A tham dan : Vawi khat chu kan naupan laiin mikhual pakhatin kan Biak Inah, ‘buhfaitham hi a hming hian ‘a thamam tham’ kan dah thin tur a ni,’ a ti a. A sawitu kha khawpui lam mi a ni nen, ani tehna atang kha chuan a dik a ni mai thei e. Mahse, kei thingtlang naupang ngaihah kha chuan a dik tlat lo. Thingtlangah chuan puitling pakhatin chaw no khat vawi khat eiah an ei thei niin kan chhut thin a. Tham khat ringawt Isua kan pek chuan a kham hauh lovang, a kham loh tur pek chu kan chhûngkaw zînga mi kan tih dan tur ni theiin ka hre tlat lo. A kham khawp ngei tur pek kha kan chhûngkaw tih dan a ni. Ka Nu khan buhfai chi hnih - ration buhfai leh Mizo buh hi a chhum pawlh thin a. Buhfai tha lo zawk Isua pek kha a remti ngai lo. Khual tha thlenin Isua kan thleng tur a ni a, buhfaiah pawh zo buh hi kan thlak thin tur a ni tih kha min zirtir dan

a ni. Zo buh no khat chiah a awm tawh chuan buhfaitham kan thlak a, kan chhûngkaw ei turah chuan rasion buhfai hlan kan thlak mai thin.

Lalpa Chan Pual :

Kan naupan lai aţang tawhin Kohhran Hmeichhia ten Buhfaitham bêla bel tur sticker an sem thin a, a rawng pawh a pawl leh a var inpawlh a ni. Chumiah chuan “Buhfaitham LALPA chan pual,” tih hi fiah kâkin a inziak a. Buhfaitham bêl pang langsar laiah kan bel thin. Naupangin buhfaitham kan khawna, mi, ina an lo awm loh pawhin an buhfaitham bêl chu kan hai ngai lo. Ka nu chuan, “hei a ziak hi uluk takin chhiar ula, kan in chhûngah hian hetiang ziak dang hi in hmu hauh lovang. Buhfaitham hi kan in chhûnga Lalpan chanpual a neih, a ta bik liau liau a nih hi,” tiin min hrilh thin.

A Malsawmna :

Kan buhfaitham bêl chu buhfai kan dahna thingrem chhûngah ka nuin a khung a. A hma chuan bur lian ve tak a hmang thin a. Kan len deuh tak hnu kha chuan, kan tui chawina tin (bucket) hlui, a rawng pawh a sendang a hmang thin. Chatuan ram min pansan ni thleng khan kha kha a hmang zui ta a ni.

Chhûngkua chuan lawm ni leh lungngaih ni te, harsatna tawh ni leh nuh ni te kan nei in chhawk zut ve fo va. Kan chhûngkuain harsatna nasa tak kan hmachhawn emaw, a tih ngaihna kan hriat tawh loh dinhmuna kan din ni chuan ka Nu khan kan buhfai dahna thingrem sei kha a hawng a. A buhfaitham bêlah a kut ngatin, “Isu, nang pawh kan chhûngkaw zîng a mi i nih kha” tiin tawngtai a tan thin. A buhfaitham bêla kut ngat meuhva ka nu a tawngtai tawh chuan Pathian chhâna lawmawm tak kan hmu thin,

mahse a nazawngin ka nu chuan
ṭawngṭai nan a hmang ngai lo
thung.

Vawi khat chu km 50 zeta
hla, Khawzawlkhuaah Pawl 12
ka exam ṭumin ka na vak mai
a, chaw pawh ei thei lovin kar
khat ka awm a. A tawp berna
tur phei chu exam tur pawhin
sikul ka kal peih tawh lo. In
lama exam min phalsak hlah
a. Min phalsak thu phone-in
ka nu kan hrilh a, a buhfaitham
bêlah kut nghatin i exam
chhûngkhan ka lo ṭawngṭai a,
i awm dan min hmuhtir vek a
lawm,” a ti a. Mi nute sawi
chu nise ka hlau hial ang.
Mahse, a buhfaitham bêla kut
a nghat a nih ngat chuan thil

mak hi mak a ni lo tih kha ka
hriat chian sa a ni ve bawka. A
dang pawh sawi tur a la awm
nual.

Tlipna : Ni e, kan
chhûngkaw buhfaitham hriat
thiam dan hi a dik ber a ni hauh
lovang. Thawh tam lawmman
phei chu ka nu khan a la hran
lo. Thawh tam hrim hrim min
zirtir ngai lova, Isua hnêna pêk
leh amah kan mikhualna, kan
chhûngkaw zînga a telna lai
kha min zirtir uar a. Buhfaitham
kal tlangin Isua kan hmu a,
buhfaitham kal tlang vêkin
Isuan thil ropui min tihsak
bawka. Kan chhûngkaw tan
chuan ro hlu tak a ni.

**Mi tinin ui chung a pe lovin,
pek loh theih loh anga ngaia pe hek lovin,
an thilunga an tum ang zelin pe theuh rawh se;
Pathian chuan hlim taka petu ani a hmangaih ni.
2 Korinth 9:7**

**MIZORAM PRESBYTERIAN KOHHRAN
(Presbyterian Church of India)
KOHHRAN HMEICHHIA
INKHAWMPUI LIAN ROREL INKHAWM VAWI 13-NA
PROGRAMME**

A hmun : Champhai Vengthlang Kohhran Biak In

A hun : March 6-8, 2026

Thupui : “Sim rawh u, vanram chu a hnai tawh e”
(Matthaia 4:17)

Speaker : Rev. Remlalfaka, Secretary,
BSIAizawl Auxiliary

**Ni 6.3.2026 ZIRTAWPNI : PALAI THLEN KIM NI
Zirtawpni zan dar 7.00: Palai lawmna leh Report**

Hruaitu : Pi K. Vanlalrawni, Chairman

Ṭantu : North Vanlaiphai Damdawi Veng Bial

Reports: 1) General Secretary

2) Bial Khaikhawmna

Thuchah: Rev. Dr. K. Lallawmzuala, Executive Secretary,
i/c Kohhran Hmeichhia, etc.

Zaipawl : 1) New Serchhip Bial

2) Champhai Bethel Bial

Ni 7.3.2026 INRINNI : ROREL

Ṭan hun : Chawhma dar 9.30 - 4.30pm

Inrinni zan dar 7:00 - Pathian Biak Inkhawm

Hruaitu : Pi Vanlalthlamuani, Vice - Chairman

Ṭantu : Rengdil Bial

Thuhritu : Rev. John Raldosanga, Moderator

Moderator, Mizoram Synod

Zaipawl : 1) Khawzawl Dinthar Bial

2) Zokhawthar Bial

Ni 8.3.2026 : PATHIANNI

Zing dar 10:00 - Pathian Biak Inkhawm

Hruaitu : Pi K. Vanlalrawni, Chairman

Ṭantu : Chanmari West Bial

Thupui : “Sim rawh u, vanram chu a hnai tawh e”
(Matthaia 4:17)

Sawitu : Rev. Remlalfaka

Secretary, BSAizawl Auxiliary

Zaipawl : 1) Mizoram Synod Choir

2) Zote Bial

3) Farkawn Bial

Kristian Chhungkaw Dinmun tehna ‘No Mawi’ hlan

Hlantu : Rev. Dr. K. Lallawmzuala,

Executive Secretary, i/c Kohhran Hmeichhia, etc

Chawhnu dar 1:30- Pathian Biak Inkhawm

Hruaitu : Pi K. Vanlalrawni, Chairman

Ṭantu : Damdep Bial

Thupui : “Sim rawh u, vanram chu a hnai tawh e”
(Matthaia 4:17)

Sawitu : Rev. Remlalfaka

Secretary, BSAizawl Auxiliary

Zaipawl : 1) Mizoram Synod Choir

2) Chalrang Bial

3) Chhiahtlang Kawn Veng Bial

Chawhnu dar 3:00- Inpawlhona

A hmun : Kohhran Hall

Hruaitu : Pi Lalthangmawii, Committee Member

Zan dar 7:00 - Pathian Biak Inkhawm

Hruaitu : Pi K. Vanlalrawni, Chairman

Thupui : “Sim rawh u, vanram chu a hnai tawh e”
(Matthaia 4:17)

Sawitu : Rev. Remlalfaka

Secretary, BSI Aizawl Auxiliary

Zaipawl : 1) Mizoram Synod Choir

2) Champhai Vengthlang Bial Kohhran
Hmeichhe Zaipawl

Note : 1. Inrinni zan atangin thawhlawm khawn a ni ang.

2. Pathianni zan thawhlawm chu thlengtu pual a ni ang



Kumthar 2026 kan lo chuangkai leh ta a, Agape agent leh chhiartu zawng zawngte Lalpan malsawm che u rawh se.

Agape man pek hi ngaipawimawh hram ila, a theih chuan a man hi a kum chhung ngeia pek hram theih nise a lawmawm hle ang.

Agape chanchinbu a thu chhuah tur nei chuan inthlahrung hauh loin ziak ila, Agape bu a no kan dah ah emaw, Editor no ah emaw kan thawn mai dawn nia. Sermon kher lo pawh chhiartuten an hlawkpui tura kan ngaih tawnhriatte pawh a leng vek a nia.

Hriselna**HMEICHHIATE TANA HRIAT TUR**- C. Thankumi
Leitan

Hmeichhiate hian harsatna neuh neuh mipain min hriatpui lem loh tam tak kan nei. A bik takin hmeichhe lam harsatna/natna kan neih hian sawichhuah kan harsat a, a rugin rei tak kan tuar thin a, chu chuan harsatna lian zawk min neihtir fo thin. Chuvang chuan Doctor pan vat hi a him ber tih kan hriat a pawimawh.

Dr Elizabeth Farrell, Gynaecologist in a sawi dan chuan hmeichhiate hian kan taksa peng tin mai hi hrehawm tilo leh tim lovim kan en thei tur a ni, Kan taksa a thil diklo lo awm pawh kan hmu thiamin kan hre zung zung thei tur a ni tiin a sawi. Hei hi hmeichhiate hian kan hriat a, mahni leh mahni kan lo inchik fo a pawimawh.

Kan taksaah engemaw diklohna emaw, serh thakte, bawkte pawh a lo awm reng thei, chung ang thil nidanga kan neih ngailoh a lo awmin a rang lama doctor rawn hi a tha hle a ni. Ram changkang zawkah pawh hmeichhiate zingah hnute cancer-te, chhul leh chibawm

cancer emaw bawk emawte, chi kawng cancer leh tam tak kumtin hian hmuhchhuah a ni thin. India rama cancer an hmuhchhuah zinga tam pawl tak chu chhul leh chhul hmawr cancer hi a ni.

Nu te hian natna emaw harsatna, a bik takin serh lama harsatna, natna khirkhkan ni em em lo kan pumpelh theih nan thil tam tak tihtheih kan nei, mahni inenkawl uluk a dam leh mai thei pawh tam tak a awm. Chung zingah chuan bawlhhlawh chhuak leh thakte hi han thlur bingila.

A hmasain Dr. Farrell-in hriat tur pawimawh a sawi hi

thenkhat han tarlang ila:

1. Cotton lam chi under wear hak a tha, synthetic fibre (rayon, nylon, polyester, acrylic leh spandex) hman loh a tha.

2. Tight lutuk leh te lutuk hak loh a tha.

3. A huh leh hnawmte a rang thei ang bera thlak thin tur ni a, thlan tichhuak thei chi pawh hman loh a tha.

4. Pad leh panty liner kan hmanin a zing thei anga thlak a tha.

5. Inthiar zawha insilfaian mawng lam aanga nuai lovin serh lam aanga silfai thin tur a ni.

Serh bawr leh a chung hi sahbawn (detergent) hmanga sil fo a tha lemlo. Tuilum nena sil a tawka, a hman tur bika siam rimmtui deuhthe pawh a awm bawka. Serh leh a vel hi taksa peng dang ang a ni lova, a nemin a sensitive em em a, a thak a nih pawhin tina hiah emaw nuai vak emaw hi tih loh hram tur a ni. Serh chung bang hian tuihnang tihchhuah a nei a, chu chuan hnathawh pawimawh tak a neih chu serh chungang natna

hrik, bacteria lo awm tur kha a lo dang/tihlum ve thin. Kan tihfai zel chuan natna hrik an awm duh zawk niin mithiamten an sawi.

Nu thenkhatten kan ngaihthah fo chu serh aanga bawlhhlawh chhuak tam leh rimchhia hi a ni. Chumi chuan a tlangpuiah thak a siam deuh nge nge a. Thenkhat phei chu a lo senin a lo vung bawka thin. Hetiang bawlhhlawh chhuak hi a tlangpuian a khal var emaw, a eng lek lek te a ni thin. Heng serh thak, vung leh sente hi chhan hrang hrang avangin a awm thei tih kan hriat a pawimawh a, mithiamte rawn vat a finthlak hle ang.

Kan sawi tak ang khan heng ang harsatna awm chhan hi tam tak a awm thei. Bawlhhlawh chhuak avang leh kap bawr vel thlan avanga hnawm reng a awm vangte pawh a ni thei a, tin, fungal-te, bacteria leh viral infection vangte, allergy avangte pawhin a awm thei bawka. Natna hrik vang ni kher lo pawhin kan kekawrte hak leh kan sabawn

hman avangte pawhin a awm thei kan tih tawh kha. Kan period laia pad kan hmante pawh kan vunin a ngeihlo ve thei. Hetiang harsatna kan nei a nih chuan mahni pawhin a inzawncchuah ve theih tihte hria ila, doctor thleng kher lo pawhin harsatna thenkhat chu kan tireh ve thei a ni.

Hetianga serh thak, sen vungte hi eng kumah pawh a awm thei, hetiang a awm chuan mahni thiam anga inenkawl hnu pawh a a reh mai loh chuan ngaihthah lova doctorrawn a treatment lak thuai a tha. Hetiang harsatna hi thil nuam lo tak a nia,

mite zinga awm a nuamloin a inthlahrunawm thei, chuang chuan ngaihthah loh a tha.

Bawlhhlawh chhuak awm hi hmeichhe puitlingah chuan thil pangai a ni a, chhul hmawr bang atanga tuihnang lochhuak, natna hrik lo dangtu a ni kan tihtawh kha. Hemi tuihnang chhuak pangai hi chu a rimchhe lova, thak pawh a siam lo a, harsatna a siam a nih chuan a pangai lo a ni tih hriat a pawimawh hle. Hengte hi kan hriat thar leh a, keimahni mai bakah kan fate leh thiantan kan tangkaipui ngei ang ka beisei.

KANUNI TANKAPE (KHB No. 449)

He hla phuahtu FranFrances Ridley Havergal-i hi kum 1839 khan a piang a. Kum 1858 January ni 10 khan German Pastor pakhat inah a thleng a. A thlenin pa pindanah chuan Isua Kraws a an khengbet lai lem hi an tar a. A hnuaiah chuan 'I tan hei hi ka ti ta'. Ka tan enge i tih ve?' tih hi a intar kalh mai bawh a. Chu thuziak chuan Havergal-i rilru a khawih hle a, 'Ka nun itan ka pe, enge min pek ngai le' tih hla hi a lo phuah chhuak ta a ni.

Source: Kristian encyclopedia

Article**KAN THUSAWIAN HRETHIAM EM?**

- Upa Lalnunsiam Khalthang

Eng emaw hun lai khan Health Department nita in ka hria, “tui chhuan so no khat tal nitin in thin ang che” tih ang deuh, hriselna atan a tha, thuziak inzirtirna hi mipui ten kan chhiar theih turin hmun remchang leh mipui pun khawmna hmunah te an tar fur anih kha. Mizote hi thuawih thei tak kan ni bawk a, kei pawh a zawm tute zingah ka tel ve a, tun thlenga ka thil chin ka la thlah phal loh zingah a la tel chhunzawm reng a ni. Amaherawhchu, chu thuziak chuan mi tam tak a tibuai reng hi a lo ni a. Kan Dawktawr thiam rualte rilruah khan khua leh tui tha, mi tam zawkin kan hrisel pui theih tura anngaihtuah chhuah ni mahsela, kan hriatthiam dan a lo inchen lo hle hi a lo ni a. Ka la hriat reng chu, kan thenawm pa titi thiam tak pakhat hian, kei chu vawikhat ka in a ka sim hmak, hmui leh ka a durh chhe zo vek dawn a lawm a ti roh a. Ka ngaihtuah chian chuan a ni ang deuh chiah chuan kei pawhin sa ti chung chungin hmui kawh vu a chhem daih paha ka in thin dan te min ngaihtuah chhuah tir a. Kan thusawi an hrethiam em? tih hi thil pawimawh tak leh a lo ngaihtlatute tana phurrit ni lo tura kan sawi thiam a pawimawh hle dawn tih chu chuan a ti chiang viau awm e.

Ka hriat sual loh chuan chu thuziak chu mipui ten kan hriatthiam theih turin, ‘Tui chhuan so dah daih nitin no khat in thin ang che’ an ti nita in ka hria. Sawi zuina thenkhatah pawh thingtlang lama kan unau ten kan Dawktawr rualte thuchhuah chu zawm tha tiin an lo buai hle hi a

lo ni awm a. Kan hriselna tura duan leh ruahman ni mahsela, kan hriatthiam dan a inchen loh em avangin chhungkaw tam tak tan buaina a ni thei a lo ni reng. A pawi thui lutuk hmaa a buaipuituten hma an la thuai kha thil lawmawm tak a niin ka hria. A sawitu lam chiang viau mah

ila, a ngaithla tu leh kan thu thlen tumna ten an hriatthiam miau si loh chuan buaina a chhuak chu a ni ber mai lawm ni? Tawngkam thiam leh sawitu lam fiahah a inngat lova, ngaithlatu beng leh thinlung lamah a fiah em tih lam zawk kha a pawimawh lai leh a kaikuang tak chu a ni.

Vawikhat chu ka fapa kum sarhi mi lek nen hian thil lei turin Scooty-in kan inkhalh chhuak a. Kal kawnga kan tlan lai chuan kawng sirah chawhmeh zuar nutling pui tawh pahnih hi thinrim awr phiarin an lo in hau pek a. Ka fapa chuan hmu lo se ka duh viau laiin kan tlan pelhna tur kawng sirah tak mai hian an lo in au dun piap piap mai si a. An lungawi lo dun bawka tawngkam an duhtui lovin an awki a sang hle mai a. Nutling pui tawhin theih tawp tak meuha an duh an han sawi tak tak chu motor tlan lai an ding thuap mai a. An bul vela awm te chuan eng nge an inhauh chhan hriat tumin kan thlir thap mai a. Ka fapa in hmu lo se ka tih pawh chu tlan sawn theih ni tawh bik hek suh, hmuhnawm ti lo fahran hian eng nge an inhniai chhan leh tu nge thiam lo zawk ang tih chu kan

thlir ber a ni ta reng mai.

Thu inchuh an ni bawka insawi chhawk tum hek suh, a rik hian an ri dun bian bian a ni ber mai! Ngun taka ngaithlatu tan pawh eng nge an sawi a, eng thilah nge an inhniai buai tih chu hriatthiam mai chi a ni hauh lo mai. A tawp atawpah chuan Traffic pakhat hi a rawn kal hlauh mai a, zai dawh tak leh aw zai dam tak hian, ‘pite u i duh tawk tawh ang u, hei motor tlan thei lo khawpin harsatna in siam a, in la duh tawk lova in inhniai buai zel dawn chuan Pulit ka ko ang a, Thana lamah in duh leh insawi fel mai dawn nia’ a han tih chuan ngawih zai an rel ta a. Ka rilru te te chuan thinrim avanga awki kan tih san avang hian mi hian kan thusawi an hriat phah dawn hauh lo a nih hi ka ti rilru a. Nu tling pahnih hmai insi lo chauhva inhniai buai khan thu tam tak an sawi ngei mai a, mahse an beng arawngah a luh loh ve ve avangin thu awmze nei lo, tul lovah chil an ti per thlawn mai mai a lo ni reng.

Khawvel huapa thusawi thiamte intihsiakna Toastmaster-a lawmman pakhatna dawng tu Mahammed Qatani thusawi ka

la hriat reng chu. Vawikhat chu ka fapa hian bangah hian thil a lo ziak rang lai hi ka va hmu a, Thinrim tak hian, ‘i thil ziah lai kha dah rawh’ tiin ka han vin thuai mai a. Ka fapa chuan a thil tih lai chu a dah mai dawn emaw ka ti a, min rawn en pah chuan a thil ziah lai chu a bansan ta hauh lo mai a. Ka thusawi chuan amahah awmzia a nei lo tih ka hriat chuan, a bul hnaiah ka va pan vat a, aw zaidam tak hian, ‘bawiha, i lian tawh a, banga ziak rang rual i ni tawh lo a nia’ ka han ti chu. A thil ziahna ken lai chu min pe a, a hmelah khan ka thusawi awmzia a hria a, lian tawh nih kha a tan thil hlu tak anih avangin a ziak leh tawh ngai lo a ti. Kan inbiakna ṭawngkam hi a lo dawng sawng tute tana hriat nuam leh hriatthiam zawng tak a nih hian, thu tam tak leh ṭawngkam bungrua mak danglam tak hman aiin a hlawk zawk fo. Thusawitu tam takin kan hriat sual fo chu, au vak vak te, awr phiar ṭawng ṭawng te, putpit/dawhkan chum deuh bur te hian kan thusawi a tifiyah in, ngaithlatuten an hrethiam tura ngaihna kan nei fo ṭhin. Lal Isuan, ‘Lei chi in ni e’, ‘Khawvel

eng in ni e’, tia mahni in ngaihbel theih tur ṭawngkam mawl te te ang kha a taww fo dawn a lo ni. ““

Vawikhat pawh Youtube lamah hian Rev. Lalthankhuma (Pa khum tia kan koh ngat) thusawi ka en fuh a, Pulpit tlangah ṭahnem ngai em em mai hian, ‘Pathian Thlarau hruaia awm apiangte chu Pathian fate an ni si a’ a han ti zo chiah chu, tlar hnung lama nu pakhat hian ‘Amen’ tiin ring deuh mai hian a rawn chhawn a. Pa khuma pek chuan, ‘Amen, lo ti vak vak su a hnawk’ tiin a chhunzawm pek a. Ka en lai la la chuan ka insum zo lo chu ka nui chhuak huk nghe nghe a ni. A hnua ka han ngaihtuah chian leh hian, ‘Amen’ lo pe tu khan a thusawi tum a hriat fiah hma hma in a lo ‘Amen’ mai a ni thei em? A sawitu Pa Khuma pawh khan hnawk a hlau tlat a ni!!!! A sawitu leh a ngaithlatu kha Thlarau hmunkhatah an awm lo palh ang tih kha Pastor berin a hlauh niin a lang. Ngaithlatu lam pawh kan inbih chian ve tho a ngai tihna a nih hmeh. ““

Vawikhat chu Evangelist leh a ṭhuihhruaite hian lui an

kan dawn a, lui bul an thlen chuan chhungkaw pahnih hi luihnar zawka insukna hmun tha chan tum hian an lo inhnia buai a. Chhungkaw pa ber ve ve chu chal insi reng hian theih tawp a ring hian an lo inhau va. Thuihruai zinga pakhat chuan, ka pu, eng vangin nge khutia patling hmai insi renga an in auh tak vak vak mai tiin a han zawh chuan, 'an inkarah hmangaihna in hmun a chang lo a nih khu' ti chauh hian a chhang a. A thuihruaiin zawhna zawh belh leh a tum lai tak chuan, 'hmangaihna a awm chuan thusawi mai ni lo chet zia ringawt pawhin thu tam tak a sawi theih a ni' a tih chhonzawm leh nghal a. Ani ti rawh u, Pulpit tlang atang te hian kan thinrimna hrikthlak tum ang hrim

hian ngaihtlatute kan rum thaih a, kan thusawi hi an hrethiam thei ngang lo a ni.

Lal Isua zui duh mihausa pakhat kha i lo ngaihtuah tawh ngai em, Lal Isuan a hnena thu a sawi hma hauh khan a hmangaih hmasak phawt nia maw le!!! Kan thusawi miin a hriatthiam theihna tura hmanraw tha ber chu hmangaihna hi a lo ni reng. Hmangaihna nena Petera thusawi chuan mi 3000 baptisma a chan tir thei nia maw le!!! Kan thusawi an hrethiam em? tih zawhna chhanna hnai ber chu hmangaihna nen a sawiin an hrethiam ber tih hi a lo ni.



Mihring tawngte leh Vantirhkoh tawngtein thu sawi mah ila, hmangaihna ka neih si loh chuan dar, ri mai mai emaw, dar benthek ri mai mai emaw ka lo ni ang, Tin, thu hrih theihna neiin thuruk zawng zawng leh hriatna zawng zawng hre vek mah ila, tlang sawn theihna khawp hial rinna famkim nei mah ila, hmangaihna ka neih si loh chuan engmah ka ni lovang.

(1Korinth 13:1-2)

Hruaitute Chanchin**LALBIAKNUNGI SAILO**

Pi Lalbiaknungi Sailo hi Pu Lalluia Sailo leh Pi Lalbiakvelite fa 5 zinga a naupang ber a ni. An unau hi mipa 2 leh hmeichhia 3 an ni. Aizawlah High School a zir zawh hnuah phai lamah a zir zawm. Kum 1984 ah sawrkar hna Civil Secretariat-ah a thawk tan a, Department hrang hrang a a thawh kual hnuah kum 2021 ah Principal Private Secretary-in a pension a ni.

Kum 1985 ah Pu C. Lalkailiana nen innein fa, mipa 1 leh hmeichhia 2 an nei. A pasal hian December 5, 2001ah vanduaiothlak takin a boral san a. A fapate 2 nen Thakthing Vengah an khawsa mek a ni.

RAWNGBAWLNA LAM:

Kum 2025- 2027 atan Central Committee member a ni mek.

Bialah: Kum 2021 atangin Mission Veng Bial Committee member a a awm tan a, tunah hian Finace Secretary a ni mek.

Kohhranah: Thakthing Kohhran Hmeichhe Committee Member-ah kum 2019 ah lutin OB post hrang hrang a chelh a, tunah hian Chairman hna a chelh mek a ni. Thakthing veng Kohhranah Kristian Chhungkaw Committee member-te, Ramthar Committee leh Building Committee member a ni mek bawk.

Bible chang leh Hla duhzawng:

Matthaia 22:37 ‘Lalpa i Pathian chu i thilung zawng zawngin, i thlarau zawng zawngin, i rilru zawng zawngin i hmangaih tur a ni’ tih hi. KHB No 150-na ‘Khawvel hi bo mahse, Isua ka neitih leh No 363-na Nangma thil ropuite an sawi’ tihte hi a duh em em a ni.

Thuchah: He leia rosum kan khawlkhawm hi mitkharah a boral thei. Chatuana kan awmna tur vana ro khawlkhawm a pawimawh zia kan tu leh fate kan zirtir a pawimawh.

Hruaitute Chanchin**K. LALRINPUII**

Pi K.Lalrinpuii hi Pu K.Thanghleia (L) leh Pi Rosailovi Sailo te fa 8 (pariat)zingah a naupang berniin November 6, 1963-ah Tuikual Veng, Aizawlah a lo piang a, July 29, 1983 - U p a K.Lalhmachhuana nen innein fa 3 (pathum) Hmeichhia 2 (pahnih)leh mipa 1 (pakhat) an nei a, tunah hian tu 2 (pahnih) neiin Aizawl, Tuikual ‘C’ mualahan khawsa meka ni Eizawna lam: Kum 1986-ah Directorate of Economics & Statistics Department-ah LDC-in a lut a, February, 2024-ah UDC-in a pension a ni.

Rawngbawlina lam:

Bialah: Kum 2010-ah Tukual Bial Kohhran Hmeichhe

Committee member-ah alut a, OB post hrang hrang a chelh a, tunah hian Committee Member a ni mek a ni.

Kohhranah: Tuikual Kohhran Hmeichhe Committee Member-ah Kum 2007-ah a lut a, kum 2010 atangin OB post hrang hrang: chairman, Secretary, Asst.secretary, treasurer post kum 15 chhung chawl loivin a chelh a, tunah hian Vice-Chairman a ni mek.Tuikual Kohhran Puitling Sunday School Zirtirtu, Inrinni zan thuhritu leh School Managing Board member a ni mek bawk.

Bible chang leh hla duh zawng: Thufingte 22:4 “Inngaihtlawmna leh Lalpa tih man chu sum te, chawimawina te, nunna te a ni” tih hi a duh hle a, KHB No. 254-na “Min hruainaah chuan ka kal ang” tih hi a hla duh em em a ni.

Thuchah : Kan tu leh fate tana zirna kawngah hmasawn tura theihtawpa tan kan lak aianasa zawkin Nun tak Krista an neih ngei theih nan thahnemngai takin i tang zel ang u.

Eisiam Huang**BANANA (Balhla) Cutlets**- Zothansangi
Dawrpui

Mamawhte:

- | | | |
|-------------------------------|---|-------------------|
| 1. Raw banana (Balhla hel) | - | Pum 3 |
| 2. Purunsen | - | Pum 1 |
| 3. Purun var rawtsawm | - | Thirfiante chanve |
| 4. Garam masala powder | - | Thirfiante chanve |
| 5. Chi | - | A al tawk |
| 6. Besan | - | Thirfiante 2 |
| 7. Sesame seed (chhibung) | - | Thirfiante 2 |
| 8. Dhanial/ bahkhawr/ lengser | - | A rimnam tawk tur |

A siam dan:

- Balhla hel kha a kawr kheh lovin minute 10 vel steam/ur tur, chumi hnuah kheh la, fianin emaw thirkutin emaw tihsawm tur
- Purun sen chansawm kha frying pan ah min 1 vel chhuang la, balhla tihsawm sa ah chuan pawlh tur. Purun var rawtsawmte, dhanial, bahkhawr leh lengser chansawm chu pawlh a chawhfin vek tur
- Besan chu telh leh la, uluk taka i chawhpawlh hnuah i duh ang tiatin a shape siam tur.
- A chungah chhibung kha phul leh la
- Baking tray hnawihmawm hnuah cutlet chu rem la
- Oven tihsat lawkah cutlet chu 150-180 degree in a hmin thlenga ur tur (10 mins vel).
Hetiang hian lo tichhin ve la, a tui ve viau a nia.

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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Vice Chairman	:	Pi Vanlalhlamuani
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Asst. Secretary	:	Pi Lalthansangi
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5. Dr. Lalthansangi Fanai, PWF Chairperson

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohran rawngbawlna tihlawhtling tura thawh ho.
 2. Kristian chhungkaw ʔha din tura ʔan lak.
 3. ʔanpui ngaite Krista hminga ʔanpui.
 4. Chanchin ʔha puan darh.



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



Bilkhawthlir Bial Leadership Training leh Kristian Chhungkaw Campaign



HIV/AIDS Trainers' Training - Khawzawl District

To

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