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Editorial**HUNPUI INCHHERCHHUAN**

February thla hi Bial Kohhran Hmeichhe Inkhâwmpui kan neih thin hun a ni ve leh dawn ta a. Pastor Bial Kohhran Hmeichhiate pawh kan theitawpin kan inbuatsaih ngei ang tih a rinawm. Pathian awmpuinain Bial Inkhâwmpui hlawhtling tak kan neih ngei i beisei ang u.

Kohhran Hmeichhia hi kohhran hnuai hmeichhiaten kan phâk tâwka Pathian rawng kan bâwl ve theihna huang pawimawh tak a ni a. A din tirh aţanga vawiin thlengin kan Pâwl hi kohhrana hmeichhiate tân a hlu êm êm a; kan phâk tâwka rawngbâwl na kan kalpui ve te pawh Lalpan mal a sâwm nasa êm êm tih kan hmu. Hun kal tawhah kohhrana hmeichhiate hian rawngbâwl na kawngah theihna kan nei a ni tih pawh fiah takin a hmuh theih a, hêng zawng zawng hi Pathian khawngaihna kan chan vâng a ni.

Bial Inkhâwmpui kan neih tûrah pawh kan rilruah Pathian rawngbâwl na leh Pathian ram zauna tûr langsâr ber zêl se. Tin, kan Pastor-te leh kan Upate uapna kan mamawh êm êm a ni tih te hre nawn fo ila. Chuvângin, rorêl kawngah te, thurêl ûm zui kawngah te, hruaitu thlan kawngah te kan Pâwl nihna hre thiam tak chung a kan kal thiam a him ber fo dâwn a ni.

Thla leh, March thla Pathianni vawi 2-na hmangin ram pum huapin Inkhâwmpui Lian kan nei zui leh dâwn bawk a. Hmeichhiate puala hêng hunpui inchherchhuan kan hmachhâwn mêk te hi kan rawngbâwl na atân sâwna thlentu, kohhrana hmeichhiate min huikhâwmtu leh tipumkhattu atân hmang ila. Kan thil tumte rilrua vawng reng chungin hma lam i pan zêl ang u.

Kristian Chhôngkua

KRISTIAN CHHÔNGKUA

- Zonunsangi
Khawrihnim

SAM 127:1: ‘Lalpan in a sak loh chuan, A satute chuan an thawk rim thlawn mai a ni.’

‘KRISTIAN CHHÔNGKUA’ tih hi kan hre tam tawhin, sawi a hlawh hle mai a. Mi thiam tak takten an sawiin, Agape-ah pawh hian thla tin chhiar tûr a awm a, a lâwmawm hle. Sawi dân hrang hrang te pawh kan ngai thla tam tawh hle a; chuvâng chuan, insit leh thiam lo chung chungin, mahnia a lan dân ang angin ka rawn ziak ve râwih mai a ni. A hmasain chhôngkaw nuna kan tih fuh loh nia ka hriat kan sawi hmasa ang a.

1. Nun ho dân kan thiam lo

Hmânlai Mizo chhôngkuate kha inkâwma, nuih ho dar dar te kha kan ti ngai meuh lo va. Pa ber pheih chu in chhônga awm tam aiin Zawlbûk leh Lal in/Thenawmte ina hun hmang tam an ni a. In chhônga nupui fanaute bulah nêawm taka awm te kha an tlâwmngai em maw tih mai tûr a ni thîn. Kristian kan nih hnuah pawh kan hlimna te, Pathian thu kan rilrua awm te sawi kan duhna chu kan thian te, thenawmte bulah a ni zêl a, mahni in chhônga sawi

harsa kan ti tlat zêl. Kan inzah vâng nge, sawi tûla kan hriat loh vâng? Chuvâng chuan, pawns lama kan nun dân leh kan in chhônga kan nun dân hi a inpersan nuaih thînin a lang.

2. Kan chênpuite hlutna kan hre tâwk lo

Chhôngkaw tam tak hi chuan kan chênpuite hlutna hi kan hre tâwk lo te hian ka hre ve thîn. Fate kan enkawl kawngah te hian mi dang mitmei te hi kan vêng zâwk mah thîn. Hêng avâng te hian Kristian

chhôngkuaten kan tih tûr pawimawh tak – chhôngkuaa Pathian biak ho te, inpawh taka thil sawi ho te hi harsa kan ti êm êm niin a lang. Tạn lâk tharna tûr han sawi leh ila:-

1. Chhôngkuaa boruak tha siam

Chhôngkuate hi inrem reng leh nuam rengin a awm theih loh a. Pathian mi hriat chhôngkuaa Bible-a kan hmuhte pawh an fel thlip thlep bik lo va. Sualin nasa taka a tihbuai te an ni. Chuvângin, kan chhôngkuaaah سوالين hna a thawk a nih pawhin, nu leh pate hian theihtâwpin boruak tha siam hrâm tumila, fate zîngah phurrit phur emaw, rilru natna nei emaw an awm pawhin, tlang taka an hrih ngam ni tûrin kan fate tân inhawng ila a va tha dâwn êm!

2. Pathian râwn chung zelin

Kohhran leh mipui hmaa thu sawi tûra nasa taka kan inbuatsaih thîn ang hian, kan chhôngkuaa kan fate zîngah hian, a hun leh a hmun azira thu sawi tur te hi Pathian hnêna dîl thîn a tha khawpin ka hria. Keimahni thahnemngaihnaa kan thawh vak hian thatna chen awm mah se, a sâwt mawh thîn. Chuvangin, Lalpan kan in/ chhôngkuaa hi min saksak ngei turin tạn lak thar a ngai hle.

A tâwp berah chuan, kan ram leh khawtlâng, chhôngkuaa te, Pathian duh dâna kan kal zêl theih nân nuhote hian kan in chhông theuhah tawngtâina nêl theihtawp i chhuah zêl ang u. Lalpan malsâwm rawh se.

LALPAN in a sak loh chuan

A satute chuan an thawk rim thlâwn mai a ni;

LALPAN khapui a vawn that loh chuan

A vêngtute chu an meng thlâwn mai a ni.

Sam 127:1

Sermon

ṬAWNGṬAINA – PATHIAN RÂLTHUAM

- Upa Dr. L.N. Tuanga
Mission Veng

Ephesi 6:13 & 18: “*Pathian râlthuum famkim chu la rawh u. ... ṭawngṭaina leh dilna tinrêngin eng hun pawha Thlarauva ṭawngṭain, chumi kawngah chuan mi thianghlim zawng zawng tân ṭahnemngai tak leh dil tlatin ngaihven rawh u.*”

Pathian ralthuum : 1. Kâwng thutaka hrên/Thutak kawnghrên; 2. Felna âwmphaw; 3. Remna Chanchin Ṭha; 4. Rinna phaw; 5. Chhandamna lukhum; 6. Thlarau ngûnhnâm (Pathian Thu chu) & 7. Ṭawngṭaina leh dilna tinrêng.

He laia Tirhkoh Paula'n **Pathian ralthuum famkim** a rawn sawiah hian thil 7 a rawn lam chhuak a ni a; a hnukung ber, a tlangkawmna chu **Ṭawngṭaina leh dilna tinreng** tih a ni. A hmasa 5-te hi invêna/*defensive* lam vek a ni. Hmelmapa min beihna laka invên a pawimawhzia hei hian a entir a. A parukna **Thlarau ngunhnam** hi beihlêtna lam, *offensive* a ni ve ta. **Pathian thu chu** tih a ni a; hei hi Setana hnehna hmanraw ṭha ber a ni tih a Chiang khawp mai. Kan Lal Isua thlêmna tawh (Mt 4:1-11) thua pawh khan **'tih ziak a ni'**

tih kha a chhân lêtna leh Setana a beihlêtna hmanrua ber a ni tih kan hmu. A hnukung ber, a 7-na **Ṭawngṭaina leh dilna tinreng** hi Setana ram lâk nana ralthuum ṭha ber a ni a; hmelmapa hian beih lêt ngaihna a hriat loh a ni, tiin an sawi ṭhîn a ni: chu chu **dîlsak ṭawngṭaina/intercessory prayers** hi!

Chuvangin, ṭawngṭai hi Pathian ralthuum a lo ni tih i hria ang u. Zing ṭawngṭai te, tlai lam ṭawngṭai te leh mi dang tâna kan dîlsakna rêng rêng hi, Pathian ralthuum a lo nih chu – he ralthuum hmang hian Setana kan

bei a, Pathian ram zau nan kan thawk a ni. Lal Biaknaa *“Iram lo thleng rawh se, I duh zawng vana an tih angin leia mi’n ti rawh se”* tia kan chham thin a hlawhtlin nan kan ÷awngtai thin a ni. Mi dangte tana ÷awngtai-sakna, Sapin *intercessory prayers* an tih hi, ‘Thlarau lam rawngbawlna pawimawh leh chak leh thiltithe ber a ni,’ tih hi a pawmawm hle. Kan hriat ve theih china, khawvêl pum puia rawngbawlna hlawhtling leh nghawng nei nasa ber pakhat chu, Billy Graham-a leh a pawlte rawngbawlna kha a ni kan ti thei awm e. Kha rawngbawlnaah khan a ki pui ber chu ÷awngtaina a ni. Thu a sawi lai te pawhin ÷awngtai pawlin thahnemngai takin an lo ÷awngtaisak thin a. Crusade a neihna tûr rêng rêngah pawh, a bul rêt atangin ÷awngtaia lo tang pawl an awm zêl thin a ni. Keiniho pawh hian hetia kan ÷awngtai hian Pathian ralthuam pawimawh tak kan hmang reng a lo ni.

Thla khat daih thupui siam sa, Zing ÷awngtai pual bik atana siam kan nei a; hei hi a tha êm êm a; a hawl kim bawk a. Kan

thupuite hi kan zavaia thahnemngai taka kan ÷awngtai theih nana sawi fiah leh sawi belh thin ni thei se tih hi ka ngaihtuah fo thin. Mission Veng phehi hi chu kan vannei a, thupui han sawi Chiang thei tûr hi kan ngah khawp mai – kan hotute hian anmahni chêtna leh thawhna lam thupuia a rawn lan tûk phehi hi chuan rawn tuihnhin rawn sawi belh thin se tih hi ka rilruah a awm nasa hle thin a ni. Tin, hun hmangtu pawh hian lo en lâwka, sawi belh tûr lo dap lâwk te, a hre zawk lo râwn/zawh lâwkte pawh a pawimawhin a tha khawp mai.

Zing ÷awngtai hmang tûra kan lo kal hian, kan lo vak chhuak satliah a ni lo va, Pathian ralthuam pawimawh tak hmanga, thupui bik fel tak neia, ÷awngtai tûr kan ni. Hei hi kan hriat reng a pawimawh khawp mai – thupui fawm chawp hmanga ÷awngtai ringawt tûra kal khawm kan ni lo. Kohran rawngbawlna pêng pawimawh tak kan hmang a ni; chuingin, ÷awngtai thupui bu kan neih hi ngaih pawimawh êm êm tûr

niin ka hria – chhiar chhuah hmasak ngei ni thîn se. A belhchhahna/thawh belhte hi chu a ve chauh a ni zâwk – an pawimawh em em tho chungin. Tin, thawh belhah pawh hian, a theih chuan rawngbâwlina lam hawi hi thawh uar hram hram ni se a thain ka hre bawk. Damlo tawngtaisak tûr thawh hi a tha em em a; tih zêl tûr pawh a ni a. Kawng khat ngaihtuah chuan hêng hi taksa thil a ni a – Lal Isuan “in taksa chu lungkham suh u” (Mt 6:25) a ti mai si a. Thlarau lam thil leh Pathian ralthuam hman chungchâng hi i dah pawimawh thiam ang u. Sual leh Setana ral dova tawngtai kan ni tih hi i hre reng ang u.

Tawngtai chungchânga Lal Isua entawn tlâkzia hi sawi tûr a tam khawp mai. Marka 1:35-ah “Tin, zîngah khawvâr hma daihin a tho va, a chhuak a, thlalêr hmunah a va kal a, chutah chuan a tawngtai a,” tih kan hmu a. “Tin, chûng lai chuan heti hi a ni a, a chhuak a, tawngtai tûrin tlângah a kal a, Pathian hnênah a tawngtai zankhua a,” (Lk 6:12) tih kan

hmu bawk. ‘Lalpa Isua ang tûrin, tawngtaina hmang thain’ (KHB 452) tih hla nen.

Tawngtai tûr chuan tha leh tui sen a ngai a, hun pêk a ngai a, rilru pêk a ngai a ni – tih mai mai theih a ni lo. Zawlnei Isaia chuan, “**Nangni Lalpa hriatpuitua awmte u, awm hle hle hlek suh ula, amah pawh chu awm hle hletir hlek suh u**” (Is 62:7) a ti mai. Tirhkoh Paula pawhin, “**tawngtai fan fan ula, chumiah chuan lawm thu hril chungin ngaihven rawh u**” (Kol 4:2) a ti bawk. Kan Lal Isua ngei pawhin tha thlah lova tawngtai tûra a zirtirte a duh thu a sawi: “**Tin, beidawng lovin an tawngtai fo tûr a ni tih hriattîrna tûrin, an hnênah tehkhin thu a sawi a**” (Lk 18:1) tih kan hmu a; a khârna thu chu “An chungah zai dawh rih mah sela, **a mi thlan, a chhûn a zâna amah kotute phuba chu Pathianin a laksak lo vang em ni?**” (ch. 7) “Pathian mi thlan, a chhûn a zâna Amah kotute dîlna chu Pathianin a chhang lo thei dawn em ni?” tihna a ni.

Hman ni deuhva ka thu chhiar, ka rilru khawih riau hi han sawi lawk ila. He lai Luka 18:1-8 sawi zuina hi a ni a.

Pa pakhat chuan hetiang hian a sawi: “Kan fanu, a têt laia piangthar chu, a nulât hnuah nasa takin a hnung-tawlh leh avângin kan nupain kan vei êm êm a; kum tam tak Lalpa hnêna a lo kir leh theih nân kan ÷awng÷aisak reng tawh a. Pathianni tûk khat inkhawm tûra kan kal chu, tlangvâl pakhat hian, mittui parawl deuh kuang chung hian, kan nu hnênah lehkha them a rawn pe ringawt a. Chutah chuan a nuin amah a hmangaih thu leh a tâna a ÷awng÷ai reng thu a chuang a ni. Chu tlangval chuan, hetiang hian a hrilh fiah ta a: ‘He lehkha hi ka roh em em a; ka Bible-ah hian ka zep reng a ni. A chhan chu ka nu hian ka pianthar nân kum 35 chhung a ÷awng÷ai a ni – rei tak soal kawng ka zawh tawh a; tûnah chuan ka lo piangthar ve ta. Nangni pawh in fanu tâna in ÷awng÷ai hi –

eng anga rei pawh ni se, bansan rêng rêng suh u’ min ti a. Chu tlangval thu sawi chuan min fuih nasa em em a ni,” a ti (May 2, 2021 OUR DAILY BREAD). Dîl hlawhtlin loh kan nei em? Tûnlai hian **Thlarau Thianghlima soal sim harhna dik tak** a thlen nan ni tin kan dîl reng a; **soal sim leh nun thianghlim nghawr chhuak harhna**, kum thum chuang zên zâwn, kan dîl tawh bawk – kan beisei leh kan tin zâwn ang chuan a la thleng si lo; a sawt lo a nih hi, kan ti tawh mai dawn em ni? Kan Lalpan beidawng mai lo tûrin min duh a ni. He Pathian ralthuam hi i hluihlâwn lo vang u; kan Lalpa chuan “**÷awng÷aina leh dîlna tinrengin eng hun pawha Thlarauva ÷awng-÷aiin, chumi kawngah chuan mi thianghlim zawng zawng tan ÷ahnemngai tak leh dîl tlatin ngaihvên rawh u,**” min ti a nih hi. Lalpân a thu malsawm rawh se. Amen.

Article

RING LO MI AWMPUI KAN NEI

- Dr. K. Zirnunsanga
Khatla

Kan chhûngkua hi awmpui nei lo chuan kan awm thei meuh lo va, mi hrang hrang kan awmpui fo tawh thin. Tun tum chu Assam lam pang, Sakechep (sakechhep) hnam kan awmpui a, anni hnam hi Zo hnahthlak hnam chi khatah kei chuan ka dah...

Zohnahthlak hnam hi chu Kristian vek tûrah ka lo ngai a, mahse, Hindu an ni tlat. A mak ka tiin kan bul hnai maia mi, Zo hnahthlak zingah Hindu sakhaw vuantu an lo awm nual a nih chuan tih tur kan ngah hle mai tih ngai tuahna ka neih phah hial a ni. Amah chuan, “Kan naupan lai chuan Kristian kan ni a, ka pain Kristian nih a phal tawh lo va, tûnah chuan Hindu kan ni” a ti awlsam thên mai si a, a pa chu Sakechep tho a ni bawk si. A hmaa Kristian ni si, Hindu ni leh ta daih chuan Kristian thatna bik a hre tlat lo. A pa khan Kristian aiin Hindu kha a hmu tha zawk tlat.

Tunah hian kan zingah a lo awm a, Kristian lo chu Kristian chhûngkuaah a rawn cheng ve ta.

Keini nupa hi inhau ve fo kan ni a, kan fate lah thu awih loh chang leh luhlul chang an nei fo bawk. Ka nu, kum upa lam tawh lah hi phunchiar chang a ngah angreng bawk si, kan chhûngkua aţang hian Kristian nih châkna a nei ang em? Chhûng inkhâwm kan nei thin a, hemi avâng hian Kristian nih châkna a neih phah ang em? Hindu sakhaw vuantu chhûngkua nen eng nge kan danglamna? ‘Chhûng inkhâwm kan nei thin’, tih chu a danglamna awm chhun a ni mai lo maw? Amah han en ila, mi ina awm tih takah hnathawh hreh a nei lo va, tih a hnial lo. Eng lai tak nge Kristian nih châkna a neih theih ang? Bawngsa a ei lo va, keini’n kan ei. An sa serh ber

kan hmev avângin a sawisêl lo va, a sawisêl ngam lo pawh a ni thei. Kristian inpêkna chhan tur a nih phah ka ring lêm lo. Pathian thu hrilh ila, Kristian thatzia hrilh ta hrep ila awih chin chu a nei mai thei, Kristianah inpe turin ti ta ila, a duh kher lo vang, ti lui ta ila, kan ina awm a la duh vangin Kristianah chuan a inpe mai thei. A rilru kan hmin ang em? An khuaah haw ta se, Kristian a nih thu a chhûngte hnênah a sawi ngam ang em?

Kan ramah hian Kristian kan ni tih hriatna eng nge awm? Inkhawm kan nei ngun hle a, Biak In panin kan kal dûl dûl chauh hi em ni Kristian kan ni tih hriatna? Kan hnathawh dan te, kan ni tin nun dan te, Kristian pawl hrang tam dan te, kan khawtlang nun hrim hrim hi Kristian nih châkna tur eng nge awm? Eng vangin nge kan bul hnai leh kan chenpui ring lo mite

hian Kristianah an inpêk duh miah loh? Kan bul hnai vela mite leh kan chenpui ngeite Kristianah kan siam lêm lo va, min hre chiang lotute erawh kan missionary-ten thahnemngai taka hna thawkin Kristianah an siam thung, hei hi kan kalphung tur a ni em?

Kristian sakhua leh kan Lalpa Isua Krista zirtirna hi chu a tha thlawt, a chanchin hre chiang chuan Kristian nih an hreh lem lo, mahse, Lal Isua zuitute hi min chenpui tâkah hian kan nunah Lal Isua zui châkna an nei lo a ang tlat. Kan zui leh kan rin, kan Pathian hi a rin tlak a, a zuitute hi kan rin tlak loh mai a ni lo maw? Kristiante hi Kristian ang takin awm ila, kan bul vela hnam dang leh ring lotu awmte pawh hian Kristiana inleh an châkna tur khawp hiala kan nun phawt chuan kan Lalpa ram hi kan tizau ngei ang.

HMANGAIHNA

Hmeichhe naupang kum 4 mi hian a naute lem rem tlar pahin, “Ka naute lem te hi ka hmangaih em em a, mahse, min hmangaih let ve lo,” a ti a. Hetiang hi ringtu tam tak kan ni fo thîn.

Article

ENGTIN NGE NI ZEL ANG?**(Kum za atana Kohhran hmahlir)***- Rev. Dr. Lalchungnunga, Zarkawt
(Former Kohhran Upa, Dawrpui)*

Dawrpui Kohhranin kum za a lo tling ta der mai hian ngaihtuahna a ti thar nasa hle mai. A kum za thlen hun nang ve theia kan la dam ve te hi a vanneithlak ka ti hle mai. Dawrpui Kohhran hi kan chungkaw bik tana a pawimawhna te pawh min ngaihtuahir hle. Kan nupa (ka nupui Lalhliri, Zarkawt nen) KṚP leh Sunday School leh rawngbawlna kawng hrang hranga kan that lai hun tam tak (1970's-1980's) kan lo inhman vena kohhran a ni a, kan intineitu ve hle a ni. Chung hun lai chuan Dawrpui Pastor bial pawh a la zau. Kan inneihna (1977) kohhran, Tual Upa (1986) leh Presbytery Upa (1987)-a Kohhran leh Pathianin min buatsaihna kohhran a ni. Kum 1991-a Missionary tura Synod Mission Board-in min thlahna kohhran a ni bawka.

Mizorama kohhran hlun berte zinga mi Dawrpui Kohhran hian Lalpa rawngbawlna kawngah a thawk nasa ve khawp mai. Sawi sen a ni lo vang a. Ka hriat ve chhun tlem te han sawi nual ila. Tuna MSSU hnuaiia Sacrament Pawl kan neih ngheh tak hi a bul tantu kan ni. Kohhran dangin an tih hma khan mahnia zirlaibute buatsaih chawpin Sacrament

department hi kum khat atan zel kan nei thin a ni. Thil thar a nih avangin hriat thiam loh pawh kan hlawh lek lek thin. Tunah MSSU pum puiin kan han nei ta hi a lawmawm hle a ni. Vacation Bible School hi a ti hmasa ber kan nih loh pawhin a ti hmasa pawl chu kan ni ang. A nuam kan tiin kan phur thei hle thin. VBS sawi apianga ka theihngilh theih loh chu, Pu

Zamawia leh Pi Riliani te fapa neih chhun Bawihltluanga chu tleirawl tē a nih laiin cancer a vei tlat mai a. A nuin a thlarau nun kawng lam a han zawh chuan, thi tur pawh ni se a thlamuanzia thu a sawinaah, “VBS-ah khan ka piangthar tawh alawm,” a ti.

Ramthar rawngbawlina chet nasat kawngah hian a che hmasa pawl kan nih lo pawhin, a che ber pawl kan ni hma viau. Kum 1986 aṅang khan Kohhran Ramthar Committee ruahmannain group hrang hranga inṅhenin Ramthar field hrang hrangah kan zin chhuak ṅhin a. August 31, Synod Ramthar Ni hma ngeiin kan lo haw khawm leh a, report kan han theh khawm meuh chuan chet chhuahna tur cheng nuaih ruk vel hu te kan thawh khawm a, chung thil ṅul kan hriatte chu SMB lamah thlenin an remtihna thlapin kan thawk zui ṅhin. Kohhran hlun berte zinga mi tih takah Dawrpui Kohhran aṅanga kohhran indang hi an tam tawh hle mai.

Tuna ka awmna Zarkawt Kohhran kan indan (1992) dan www.mizoramsynod.org

te kha a va ropuiin a va ngaihsanawm tak em! Kan awm ho vek laiin indan thu kan rel fel vek a, a hmun leh inkhawm theihna tur kan sa fel vek a, boruak ṅha leh zangkhai takin kan indang a ni.

Aw le, hnung lam ringawt sawi zui vak lovin hma lam i han thlir teh ang. Kum za dang lo kal leh zel turah hian eng nge kan an ang? Engtin nge ni zel ang le? Dawrpui Kohhran hi tunah chuan Biak In ṅha leh man tam ber nei kan ni awm e. Kan kawngkhar pui ringawt pawh a man a tam. Hetiang ti thei tura tuna member ni mekte in ṅan leh thawh nasatzia hi a ropui ngei mai. Lalpa chu fakin awm mawlh mawlh se. Kohhrana mi ṅhahnemngai leh ngai zual bikte thawh hi a ropui. Kum za hi kohhran chanchinah a rei thawkhat ve hle. A chhe zawnga kal chuan chhiat fē theihna hun, a ṅha zawnga kal chuan ṅhat fē theihna hun a ni.

Thuthlung Hlui hunah Pathian kohhran, Israel hnamte awm dan aṅanga kan hmuh chu a tam khawp mai. An lal leh

puithiamte Pathian tihna dika an kal chung chuan an hnam nun (kohhran nun) a tluang a, an hlim a, an ralmuang thin. An vela hnam dangte pawisak leh zah an hlawh thin. Mahse, an sual chuan anmahni zilh tur leh warning pe turin Pathianin a zawlneite a tir thin a. Zawlnei thu an zâwm lo tlangpui thin. Chutianga a lo nih chuan an tuar a, hnam dangte hnehin an awm a, salah hial te pawh an tâng thin. Chutianga an awm hnua an sualte sima Lalpa lam an hawi leh chuan Pathian, lainatna leh khawngaihna ngah, a thuthlung tihhlawhtlin tum tlat thin chuan a tungding leh thin.

Thuthlung Thar Kohhran, Pentikos ni ațanga lo arh chho ta chu a darh zau zel a, a țhang chho zel a, khawvel a rawn dâp chhuak ta tih mai tur a ni. Mahse, hun a lo kal zel chuan khawvelnain a rûn a, kohhran ropui hmasate chu an lo chauvin an lo rawih thin. Oswald J. Smith-an, “Kohhran chu a lo khawvel tial tial a, khawvel lah a lo kohhran tial tial a, thliar hnan har khawpin an lo awm ta a,” a tih te kha a lo thleng thei a ni. Thupuan bung hmasa lama

kohhran chanchin leh tuna heng kohhran awmna thin hmun hlui thing ta țhep țhuap te hian a lantir chian em em chu, kohhrante hi eng eng emaw avangin an lo chuai thei tih hi a ni.

Tunlai hunah pawh tunhmaa kohhran nung tak tak leh Chanchin Tha hril kohhrante chu, a bikin Europe leh khawthlang ram hmun thenkhat, USA te pawh telin, an lo chauvin an lo ngui zo ta. Chutih rualin, *Hetah lo țhiat mah se, hmun dangah a din thar*, tih hlaa kan sak ang khan hmun dangah kohhran a ding thar zel. Ram țhang mek lai leh tihduhdahna a nasatna hmun apiangah kohhran hi a țhang duang emaw tih tur a ni. Kum 2007 khan China rama Wuhan khawpuaia an Central Normal University-a chawlhkar khat special lecture pea ka han cham ve chhunga ka thil hmuh chuan ngaihtuahna min siam hle. Subject tam tak zirtina, mi sang tam tak zirlai an awmna hmunah khan, History of Christianity department an lo nei ve tlat mai. Enga ti nge he department hi in neih ka han tih chuan, “Kristianna hi kan ram history-

ah a tel ve tlat alawm” an ti mai. China ramah Kristian eng zat nge awm, tia ka han zawh chuan, “Official figure chu maktaduai ruk, Un-official chuan maktaduai sawmruk,” an ti mai. Ka han sawi duh chu ram tinah hian Kristian, kohhran lang Sara awm lem lo hi mi tam tak an awm thei a ni tih hi a ni.

Keini Mizoram kohhrante hi engtin tak awm zel ang i maw? Kan zalenna kan hman thiam chuan kohhran nung tak kan ni zel ang a, kan hman thiam loh erawh chuan kan chhiatpui thei. Tuna India ram danpuia kan zalenna neih hi kan neih zui zel pawh a pawimawh hle a ni.

Kan ramah Kristiannain hmun a khuar nghet tawh a, politics lamah pawh kohhran huhang hi a la chak viau a ni. Hetiang reng hian kan awm ang em, tih erawh chu zawhna lian tak a lo tling ta. Kan danpui tihdanglama, sakhaw zalenna kan neih hlu tak te pawh hi tihchingpen chàk an lo lian ta hle. Kohhran sum leh pai chet vel dan te pawh hian an mit a la hle mai tih hriat a ni. Chanchin

Ṭha kan hrilhna kawngah pawh hian nekchep kan hlawh chho tial tial dawn niin a thlir theih. Hun inher danglam zelah kohhran mi tak leh tak lo a hriat chian zel dawn niin a lang. Ram thenkhatah chuan martara thih ngam lupu nih a ngai ta. Khawvela khawsakna kawnga changkan zel hi a ṭhain a ṭul bawk si a, chumi ang zela kohhrante hi kan inher rem thiam chuan kan nghet zui ang a. Khawvelna hi kan ineitîr a, kan inhnehtîr chuan kohhran pawh kan chau telh telh ang.

Sport lamah kan ṭhang nasa hle. Hengte pawh hi kan hman thiam a ṭul hle zel dawn a ni. Pathiannia sport event uar tak lutuk hian Europe-ah Biak In lam ngaihthahna a hring nasa hle. Kan vela hnamte leh thil kan tihpui berte hian Pathiannia event hrang hrang buatsaih an chingin anni tan chuan hun remchang ṭha a ni. Engtin nge keini hi kan awm zel ang? Heng te hi ti-Kristianin, kan inkhawm aiah te kan nei mai dawn nge ni ang, kan inkhawm hun te kan tidanglam ang? Nge kan tih ngaiin kan ti zel ang a, khawvel chu a

kal kalin lo kal mai teh se tiin kan thlahthlam mai ang?

Chhungkaw nun tibuaite te hi an va tam ta em! Kristian chhungkua kan nih dan te pawh a danglam deuh chu a ngai ta. Tunlai thalaite khawsa zia han en hian tih dan thar ngaihtuah chhuah thiam a tul hlein a lang. Thalaite hian zingkara hnatlang neih ai chuan zanlai thleng thlenga hnatlan an thiam tawh zawk. Zing tho har, zan men peih an ni deuh vek tawh mai. Chhungkuua Kristianna chawinung tak kan nih zel loh chuan kohhran awm dan tur hi ngaihtuah thiam a har.

Chanchin Tha hril, ramthar rawngbawl na kawngah hian kan thalaite inpe tak tak an la awm zel hi thil lawmawm a ni. Keini kohhran theihna ringawt chuan kan thlen theih chin a zau taw lo. Ram danga kohhrante leh Chanchin Tha hril pawl dangte nen thawh ho dan kan ngaihtuah chhuah thiam a pawimawh. Kan thalaite inpekna chhang hneh tur chuan kan khaw hawi kan tihzau deuh deuh a ngai.

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Kohhran pawl (denomination) hrang hrang kan thawh hona tur kawng ngaihtuah chhuah thiam a pawimawh baw. Thangtharte hian kohhran pawl intihbing lutukna leh pawl ram inlaksak tuma inbeih vak vak hi an tuipui ber lo.

Tunlaiin kan Synod level-ah pawh kohhrante inpumkhatna lam kan sawi nasa tan ta hle. Mizoram zim te, mihring pawh la tam lo tea kohhran pawl tam lutuk kan awm te hi Kohhran Lu Krista tanngtaina nen chuan a inmil lo khawp mai. Kum za lo kal leh chung hian kan inbeihna kan ti nasa sauh sauh dawn nge, inhriatthiam tawwna lamah ke kan pen dawn tih hi kohhrana thangthar lo kal zelten in ngaihtuah chik a ngai. Tul lek lova Pathian ram thil ni lo pawl ram thila hun, tha leh sum kan seng vak vak mai te hi kohhran insen thlawwna mai a ni.

Kum za lo kal leh tura kohhran awm dan tur chu kohhran miten hun inher zela Pathian hna thawh dan hrethiam taka kan kal zel leh kal zel loha thu a ni ang.

Article

NU HLOTNA LEH MAWHPHURHNA

- Zirkungi
Tuikhuahtlang

Pathian thilsiam zîngah hian nute hi a hlu ber an nih loh pawh in, an aia hlu chu an tam bik hauh lo vang. Nute duat taka an chawi seilente hi kan vannei êm êm a, lawm nachang kan hriat a ÷ul hle. Chutih rualin nu tel lova seiliente dinhmun harsatzia leh hrehawmzia kan hriatthiampui thei kher lo va. Heti taka nute an hlotna chhan chu an mawhphurhna a pawimawh êm êm vang a ni. Nu mawhphurhna ÷henkhat chauh han sawi ila.

1. **Fate zirna-ah:** Nu tam takin an faten an zirlaiah thiam leh thiam loh ngaihtuah lovin, an mark hmuh zât leh result ÷ha an ngai pawimawh a. An fate lahin an nute tihlawmnan thiam tak tak si lovin an by-heart vak vak a. Mark hmu ÷euh mah se, thiamna tak tak an zir chhuah loh avangin an pawl a sang tawlh tawlh a, an buai tawlh tawlh ÷hin. An zir zawh hnuah pawh mi hman tlak tak an ni thei lo ÷hin a ni. In chhûngah thlamuang taka lehkha an zir theihna tûrin nuin zirna boruak ÷ha siam a ÷angkai hle. Thinur insum a, inhauh pumpelh hram tum a finthlak. An zirtirtute leh kohhran hrutute sawisêl

chin hauh loh tûr a ni. Mi dangte nêh khaikhina, an tluk lohna sawi hian a siam ÷ha mawh hle. Chu ai chuan fuiha, tiphur zawnga titipuia, zirna hun bi mumal tak siampui a ÷angkai zawk ngei ang.

Naupangten an naupan lai a÷anga an nun kaihruai thei leh an hriatna tizautu tur lehkhabu ÷ha chhiar tûra fate buatsaih hi nu mawhphurhna pawimawh tak a ni. An naupan lai a÷anga lehkha chhiar tih÷hana an neih theih nâna pui turin nuin a ngaihtuahna a sen a, fate a puih chuan an puitlin thlengin lehkha chhiar an uar tawh a, an tân a ÷angkai hle ÷hin.

2. **Hriselnaah:** Mihring dam rei zawng (Life expectancy) hi India ramah chawhrualin kum 68.7 (2019) a ni a. Australia ramah kum 83, Japan-ah kum 85. Mizoramah erawh chuan kum 65 chauh a ni. Mihring lo piang chhuak za zel-ah 8 (8%) chauh hi kum 65 aia rei an dam nia sawi a ni.

Kan hriselna leh dam rei zawng hi kan thu a ni lo, Pathian thu thu a ni kan tih mêk lai hian, a then hi chu Pathian hian kan kutah a dah niin a lang. Mizote, Pathian zawn chhuah intite hi dam rei lo tura siam kan nih bik a rinawm loh hle. Nute hi chhûngkaw eireltu ber kan nih avângin ei leh in tha leh tha lo kan ngaihven a, kan ngaih pawimawh a tul.

Tunlaiin B.Psang, zunthlum, cancer, etc. te a tam a. Hetiang natna thlen thei laka kan inthiarfilhlim a pawimawh. Hriselna atâna tul - Zan mut that, insawizawi, thei leh thlai ei tam, tui in tam te ngai pawimawh ila. Chutih rualin chi leh hriak/mawm ei tlem, bai leh bawl ei zin loh, zuk leh hmuam-a insum te hi

hriselna atâna thil pawimawh tak a ni. Naupangte pawh kam-ram dawra ei mai theiha pack eitir ai chuan, chaw, thlai leh thei eitir a pawimawh hle.

3. **Ngaihhlut zawng:** ‘Sial rangin sial rang a hring’ an tih ang deuhin, kan ngaihhlut zâwng hian kan fate-ah nghawng a nei nasa hle thin. Pathian rin tlat te, rinawm , thu awih, Chawlhni serh te kan ngaih pawimawh a, tu leh fatea kan tuh a tul khawp mai. Ram leh in leh pawisa neih teuh te hi hlu hle mah se, a pawimawh ber an ni lo. Kan thlahte zêlah tawrhchhel, taimak, dikna, aia upa zah, tar duat, mi dang tanpuite hi zirtir ila, kan veng leh ram hi a nuam zâwk ngei ang.

4. **Kohhran-ah:** Kohhran hi Krista din, a taksa kan tih mêk lai hian, a chhûnga awmte hi mi sual chhandam ngai, pianthar hnu pawha thi anghlimna kawng zawha sim tur nei reng, fel lohna chi hrang hrang nei kan ni hlawm a. Mahni indah tha mi dang that lohna kan han en kual chuan tui lohna tur a tam hle mai. Thangthar zêlah kohhran ngainatna a tlahniam a,

sawiselte pawh kan hreh ta lo. Chuvangin kohhran hian humhalhtu a mamawh êm êm a ni. Kan tu leh fate-ah kohhran belh tlata, Kohhrana rinawm tlát hlutna kan tuh a pawimawh hle mai. Inkhâwm te, sawma pakhat kohhran-a pêk pawimawhna te kan fate i zirtir zel ang u.

Tu mah hi thil thiam sa leh hre saa piang kan awm lo va.

Nute pawh hian kan hlutna leh pawimawhna kan hriat a, hmasawn zêl kan tum a pawimawh hle mai. Thiante nêh kan inkawmnaah pawh thil holam deuh sawi ai chuan, fate leh chhûngkaw enkawl chungchang te, kohhran belh hlutna te sawi thín ila, hma kan sawn phah ngei ang. Hetiang kawnga min kaihruai thei lehkhaw chhiarah te tan i la sauh sauh ang u.

*Phuahtu - R. Lalfakzuali
Saitual Chhim Veng*

1. A sakhming Kohhran Hmeichhia
Mi hrang mual liam tawh sual chhuah, Pawl Ropui,
Harsatna kawngtûm zawhin,
An hlu e nghilh zai reng kan rel thei lo.
Thuhretu atana koh kan ni e, thlarau silhfen mawi belin,
Chhungkua leh Kohhranahte, hnehna thu puangin i au zel ang.
2. Maicham nung din thar turin,
Mari nun tlawm chhul chhuak khawvel entu;
A iangin, 'I thu ni se'
Tin, ka sawm vel e, chûn nu zawng te.
3. An nui hiau nu âng chhûngah,
An dam zo ngei e, zua leh hrai zawng te;
Duhthlan tur lamtluang hrilin i bei zel ang.
4. Awhna sual min chîm mêktu,
Lal thuthlung lain, tanjin i do zel ang;
Krawsa hmanraw kim lain,
Hnehna ropui puanzar i zar ang u.

Article

KHAWVELA HMEICHHE ṬANGKAI BER MIZO HMEICHHIATE

- *Isaak Zoliana*
Kawltheihuan

Khawvela hnam tin hmeichhiate hi an ṭangkai dan a inchen lo hle awm e. Mizo upate chuan, “Hmeichhe finin tuikhur ral a kai lo,” an ti a. He thufing hi hmeichhe âtzia sawina emaw kan ti a. Mizo hmeichhe tih tur chu rawngbawl te, fanau enkawl te, in chhung bungrua fai taka enkawl te, buh den leh vawk chaw tur lak khawm leh vawk chaw chhum te, ui leh ar, chhungkaw silh leh fen tur ngaihtuah te, ei rawngbawl te nen, tui chawi te a kutah a awm a. Tuikhur ral chu a kai har hle ang, hmeichhe chan chu tuikhur in lam tihna a ni.

Mipa chan erawh chu ram lama hnathawh a ni a. Tuikhur piah rama hnathawk tur a ni. Tuikhur hi an hna insemna ramri a ni. Mipa chuan lo a vât ang a, a hunah lo a hâl ang a. Mang a khawh ang a, thlam a sa ang a. Ram hnaa buaina zawng zawng chu mipa chan a ni.

Tunlai hi chuan Mizo mipa tam takin Mizoram chhûng leh a pawnah pawh sawrkar hna leh company-ah te hna thawkin, lo neih an bansan a. An nupui fanaute pawh

awlsam zâwkin an chawm a. Mahnia hna insiam chawpin, thil siamchhuahna chi hrang hrang pawhin Mizo mipaten ei an zawng ta. Mizo lo neih dan pangngai (slash and burn) la chhunzawm zêl pawh Mizoram khaw tinah an la awm bawk.

Mizo hmeichhiate hi khawvêl hmeichhiaah chuan an ṭangkai ber ang. Lamlian kawng sirah mi duh loh parcel hlui an khaikhup a, chutah chuan kuhva khawr leh vaihlo zial te, sikret leh sweet tlem te te bur ruakah an dah bawk a. Parcel

sirah chuan nihliap ngul nghet taka thun luhna tur an pasalte emaw, ngamlak deuhte an siamtir a. Tichuan, ni tin nilêngin an ðhu a, a ni telin an thil zawrh pawh a pung ve hret hret a, chutiang chuan chungpui an châwm thei a ni.

Aizawl leh Mizoram hmun hrang hranga dawr nghaktu hi en chhuak ta ila, mipa aiin dawr nghaktu hmeichhia an tam zawk daih a ni. ðhahnem an ngai êm êm a. Mipain kan zir chuan hmeichhia chuan sum an khawl hnem thuai a ni.

India ram khawpui hrang hrangah kal ila, vai nu dawr nghak kan hmu ngai lo. Khawvêl hmun hrang hrangah pawh kal ila Mizo hmeichhia anga ðangkai, daihzai tu mah an awm lo. Pasal zu ruih ching neite pawh hi fel tak an ni. An pasalte zu man âwm tawk hi an pe ve fo a nia.

Nu ðhenkhat erawh chu an pasalte leh an pasala unau leh farnute nen lovah hlo an thlo dual dual a. Thingtlangah chuan lo an nei a, an feh ve a. In lamah

an fate an pi leh puten an lo kikawi thei chuan, hlo thlovin an feh ve ðhin. Khawpui nun leh thingtlang nun erawh a inang lo deuh. Tun hma thingtlang nunah chuan Mizo hmeichhia chuan in leh a vêl enkawl te, buh den leh thing phurh te an hna a ni a. Tui umin tui an chawi bawk a, buh den leh tui chawi chu tukðhuan ei hmaa an tih ngei ngei a ni. Tunah erawh chuan khawlin buh an deng a, tui chawi vak ngai lovin, fur laiin tui zemah tui an khawl khawm a. Motor-in tuite an chawi a, an hralh bawk.

Ei rawngbawl hi an chan a ni a, zing takah an tho va, a ðul apiang an thawk. Tun hma deuh pheih chuan nu-in buh den pahin chaw chhum lai a vil bawk a. A bulah pa ber ðhu reng mah se, “Nu-i, i chaw chhum a liam dawn, ngaihven rawh,” an ti ang a. Nu chuan belthlengah chaw tui liam a la ang a, a tui tlem deuvah a tui lak chu a leih leh ang a. Pa chu a bulah a ðhu ang a, vaibel a zu ang a, a awm mai mai ang.

Nu-in a buh den sa chu a thlei sawk sawk ang a, a thlei

zawh chu fairel belah a dah ang a, chaw ei a siam ang a. Ei khamah thleng a sil ang a, hnathawk turin pa nen an chhuak ang. Nilengin hna an thawk a, tlaiah an haw a. Nu-in chawhmeh leh ṭul dang a lak khawm chu êm-in a phur a, pa chu ipte ruakah chempui a ak a, a nupui hnungah a kal. Tunah chuan hetiang tak hi a vang tawh a. Mihring nun a lo changkang tawh a, Mizo hmeichhiate pawh an hahdam ve ta hle.

Tunlai chuan hmeichhe tam tak chuan ran an talh ve a. Bawng leh vawk te, sial leh lawi te, ar te pawh an talh. Anmahni ngeiin sa hi an sât ve a, mipa ang thovin an thiam ve. Khawvêl hmun dangah hmeichhiate sa satin an zawrh ve kan hre lo.

A ṭhen chuan ar nung an zuar a. Ar-âwtah ar chu an khung a. Nilengin ni tin an ṭhutpui ziah peih. Ṭhut pawh hi an lo peih hle mai, mipa aiin an ṭhu peih zawk.

Ṭhenkhat chuan thingpui dâwr an siam a, an che peih

hle. An hmeichhiatpuite an chhawr nghal bawk. Vai hmeichhiate hetiang hian an ti ve ngai em?

Kan ramah mi ngohovin ro an rêl hnu khan sikulte an hawng a. Primary sikul an hawng ṭan a, ni tin naupangin sikul an kal a. Puitling ziak leh chhiar thiam duhte chu Pathianni-ah Sunday school an hawng a, chutah chuan puitling leh a duh apiangin A AW aṭanga zir ṭanin, ziak leh chhiar an thiam phah a. Ziak leh chhiar an thiam chu an lawm hle a ni. Mizo hmeichhe tleirawl leh mipa rawlthar te, nula leh tlangvalte nen lehkha an zir ho ṭhin.

Tun hma Mizo mipate ngaih dan chuan hmeichhe lehkhathiam hi a ṭul an ti lo. Ziak leh chhiar an thiam hi an duh tawk sang ber a ni. Tunah erawh chuan Mizo hmeichhia lehkhathiam an tam ta hle, mipate nen an inang reng. Lehkhathiam sang tak tak an tam ta hle. Office-ah pheih chuan mipa aiin hmeichhia an tam zawk hial âwm e. Hna lian

tak tak an chelh fur ta, zirna leh thiamna kawng hrang hrangah khan an awh kim hle.

Politics-ah erawh hi chuan Mizo hmeichhiate hi an la lut thuk vak lo. Eizawna chi hrang hrang an thawh zingah puan taha ei an zawna hi a ropui hle. Thenkhat chuan chhang chi hrang hrang – cake te, chhangthawp leh a dangte, vai siam kan ring ta lo.

Ram ven him nân sipai leh police hna-ah te pawh Mizo hmeichhia an tam ta. Officer fel tak tak an awm. Daktawr leh nurse-ah an lut hnem ta hle. Mizo nurse phehi hi chu an tha hle, vai nurse ai chuan ze tak an ni. India ram hmun hrang hrangah an thawk a, an hmingtha hle bawh.

Infiamna lamah pawh an thleng sâng sawt hle. Mizo hmeichhiate chawi kang tura hma laa, a bul tantu Welsh Missionary Zosaphluia nupui Katherine Jones, Zosaphluia a ni. Mizorama arawn awm tirh ațangin Mizo nu chu nausen bual dân te, a enkawl

zui zêl dan te a takin a zirtir a, kawng hrang hranga fai a zirtîr a. Mizo hmeichhe inkhawm chu kum 1904-ah a bul a țan bawh a. Pathian thu a zirtir a, ringtu pawh an pung ve zel. Kum 1913-ah phehi chuan Chhingteii chu Mission Vengah Bible Woman a ni bawh.

Kum 1917 ațangin Bible Woman te Mizoram hmun hrang hrangah Presbytery Inkhawmpui chuan a tir chhuak țan ta. Pastor-te nen bial an ințawm a, bial an fang dun țhin. An bial fanna piangah Kohhran Hmeichhe Inkhâwm an dinpui zêl. Hetianga hma an sâwn zêl avang hian Kohhran Hmeichhe Inkhâwpui a lo piang a, an rawngbâwl dân hi Mizoram kohhran hian a țangkaipui hle a ni.

Mizo Hmeichhe Insuih-khawm Pawl an din bawh a. He pawl hian Mizo hmeichhiate kawng hrang hranga hmasâwn turin hma a la nasa hlê a. An la țangkaipui deuh deuh dawn a ni.

Hmeichhiate hi pasal nei tur an ni a, mahse, mahni hnam ni lo, Vai leh Sapte pasala nei an tam ta hle. Hnam dang pasala nei inchhir lo hi an tlem hle ang. ‘Piang nawn leh la hnam dang bawp pasalaha i nei leh ang em?’ tih zawhna hi, “Hnam dang chu ka nei leh lo vang, kan zia a lo inang lo em a ni,” tiin an chhang zêl. An fate nen hnam dangah an inlet tihna a ni a, Mizo an ni tawh lo. YMA-ah pawh an tel thiang lo va, MHIP-ah pawh an tel thei tawh lo.

Mizo hmeichhiate hian hnam dang, vaiho hmeichhiate incheina an ha nasa hle. Punjabi kawr fual ha an tam hle. Eng vangin nge hnam dang incheina an inbel ve mai? Hetah tak hian Vaiho hmeichhiate hian Mizo hmeichhiate hi an nuhzat. Vai hmeichheho titi chu, “Engati nge Mizo hmeichhiate hian Vai hmeichhiate, Vai hnam incheinaa an inthuum mai le?” tiin a chhan an zawt a ni.

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Mizo mipa hnam dang hmeichhia nupui nei an tlem hle. Hnam tih dan leh duh dân hrang nei kan ni a. Kan chawhmeh siam duh dan a inang lo va. Khum laizawl titi a inang lo. Kan rilru sukthlek a inang lo. Kan pianzia a inang lo. Kan sakhua a inang lo. An fate Mizo an ni lo. Vai pasal nei fate chu Mizo naupangten, “Vai fa, Vai fa” tia an chhah chuan an nute hian an ãhpui tlawk tlawk zel a nih hi maw.

Vai nula chuan Mizo tlangval pasalaha an duh lo. Vai nupuia nei chu pahnih khat an awm ve, an inchhir hle a ni. Vai chuan Sa-um an ten a, Mizo chuan kan duh hle si. Vawksa leh bawngsa phei chu an ei duh lo va, bawng phei chu Vaiho pathian a ni.

Hindu leh Mosolman pasala neih hi hremhmun kawngah a awm. Mizo nula, ngaihtuah Chiang rawh. Hindu tlangval emaw, Mosolman tlangval emaw nena in fate nêch chatuan hremhmuna in awm tur chu pumpelh hram rawh.

ZORAM HMEICHHE INKHAWMPUI LIAN - 2023 HMANG TURA SAWMNA

Ni 10 - 12, March, 2023 hmanga Zoram Hmeichhe Inkhawmpui Lian 2023, Darlawna hman turah hian palai a tam thei ang ber kal turin Kohhran Hmeichhe member tinte kan sâwm a che u. He Inkhawmpui thleng tur hian Darlaw Bial leh Darlaw Venghlun Bial Kohhrante, Darlaw khaw chungga Kohhran hrang hrang te, Darlaw khawtlang NGO hrang hrang leh khawtlang

hruaitu V/C te, Darlaw khaw chungga Sawrkar lam Department hrang hrangte, Darlaw khaw chungga chhungkaw tinte mikhual a tam thei ang ber thleng thei turin kan thei ang kawng kawngin kan inbuatsaih a ni a. Mikhual thleng tura kan inbuatsaihna zawng zawngte tih thlawn loh nan a tam thei ang ber palai lo kal turin kan ngen a ni. Inkhawmpui hmanna tur Pandal hi Darlaw GSA Playground, Venghlunah niin, Rorelna hmun tur hi Darlaw Kohhran, Vengpuiah a ni ang.

Darlawna i lo kal dawn chuan:

(1) Aizawl leh a piah lam khuate bakah Aizawl lut hmasaa kal turte tan - Aizawl aṅga lo kalin Lunglei road (Tuirial lamah) Seling khua thlen hmain

Zero point aṅga penguin hmar lam Seling to Tipaimukh Road NH 150 zelah kalin Darlaw i lo thleng ang. Km 123 chauh a ni. Zero point aṅga khua i kaltlang turte: Sesawng (CTI & Mualmam), Tuirini i kán ang. Chuta ṅangin Hmunghak, East Phaileng, Kepran, Sawleng-Darlaw (Kawng hluiin a paltlang ṅin - Khawruhlian, Khanpui, Pehlawn khaw chung chu kawngpui tharah chuan kaltlang tawh lovin khaw daiah a kal tawh a ni).

(2) Seling leh a piah lam Lunglei Road-a lo kalte tan-Seling tlan pelh maiah Zero Point aṅgan hmar lama penguin Seling to Tipaimukh Road NH 150-a kalin Darlaw thlen hmaa khaw kal tlang turte: No. 1-a mi ang khian.

(3) Saitual, Khawzawl leh Champhai District-te tan-Saitual atangin Phullen road-ah kalin kawng hnih a awm a. Vanzau Resort tlawh duh tan N.Lungpher-Buhban-Vanzau Resort-Khanpui, Tualbung lama kal duh tán Dilkhan-Lailak-Khanpui. Khanpui atanga khaw kaltlang turte-Pehlawn, East Phaileng, Kepran, Sawleng - Darlawn

Tun tum Inkhawmpui Lian hi a wawi 50-na a nih avângin a hlu zual a. Chuvângin, Thlarau Thianghlim uain peng rawn ti khat sâ ula, inpêkna thinlung tlâwm nen hlim takin Lalpa i fak zà ang u.

Inkhawmpui Liana thupui -
"Pathian nêna lên dun,"
 (Mika 6:8)

*Information & Publicity
 Committee: Zoram Hmeichhe
 Inkhawmpui Lian - 2023*

BÂN DANG A NEI LO

France rama kawng peng thum lun lai tak pakhatah Isua lim lian pui mai, ban phar lai hi a ding luah thin a. Ngilnei hmél takin kawnga kalte chu a ban phar chungin ***'Nangni thawkrim leh phurrit phurte u ka hnenah lo kal ula, keiman ka chawltir ang che u'*** ti ni awm tak hian ban pharin a ding a.

Indopui pakhatna lai khan Isua lim bul lawkah chuan inbeihna a awm a, laipui kah siper chuan Isua ban phar leh kutte chu a tibung a, ban nei lovin a ding ta a. Mi pakhat hian Isua lim bulthutah ah chuan he thu hi a ker a ***'Isuan ban a nei ta lo, i ban lo chu'*** tih hi.

He khawvelah hian a hna chhonzawm turin Lal Isuan nang leh kei hi min dah a, i ban lo chu ban dang a nei lo.



Hriselna Huang

KUM UPATE LEH DAMDAWI

Medical lam thiamna aṅanga tehmaah chuan kum upa tih hian kum 65 chin chung lam an kawhtir ber a. Mahse, hei hi dam lo leh mihring azirin, kum 60 chin thleng pawhin a huam teltir theih tho aṅm e. Mizoram chhiarpui hnuhnung ber, Census of India 2011-in a tar lan danin Mizoram mipui zînga 6.29% chu kum 60 chin chung lam an ni a, chu chu kum 8 kal taa kan dinhmun a ni. Tunah chuan hei ai hian a sang tawh mai thei a ni. Hêng kum upate tân hian damdawi a ngai fo ṭhin a, an taksaa damdawi hna thawh a danglam theih dan kan zir ho dawn a ni. Ram changkang zâwk te chuan an ngai pawimawh hle a. Hemi chungchang zirna hi ‘*geriatric medicine*’ an ti a, hetiang lam thiam bik ni tur hian mi tam takin zir bingna an kalpui ṭhin a ni.

USA-ah chuan damdawi nghawng ṭha lo (adverse drug events) avânga damdawi in pan ṭhalai aiin kum upa lam hi a let hnih zeta tam (2.5 times) an ni a. Kum a lo tam rual hian natna pakhat aia tam neih/vei a awl zual a. Chumiin a ken tel ṭhin chu damdawi pakhat aia tam hman/ei a ngaih phah ṭhin hi a ni. Damdawi chi hrang kan ei tam poh leh heng damdawi nghawng ṭha lo a lo thlen theihna hun remchang a tam ting mai a ni. Kum a lo tam hian kan taksa peng hrang hrangte hnathawh a

lo tla hniam hret hret a. Chu chu a sapṭawng chuan ‘*aging*’ an ti a, taksa lo chak lo chho zêlin natna hrang hrangin a tlak buak awlsam ta ṭhin a ni. Kum upate zînga damlo ṭhenkhat chu natna benvawn nei, hun rei tak chhûng damdawi ei ngai, a ṭhen pheih chu an damchhûnga damdawi ei ngai tawh turte an ni a. Entirna atân zunthlum, thisen sang leh lûng lam ṭha lo, ‘Stroke’ tia kan hriat tlanglawn leh ruhseh nei kawpte an awm nuk ṭhin. Hetiang hi chuan dam chhûng emaw, hun rei tak chhûng emaw damdawi

chi hrang tam tak an ei a ngai a, damdawi nghawng tha lo an taksaa a thlen theihna a sang bik êm êm a ni. Chu chu dam lo azirin a pawl thei hle. Kan tar lan mai bakah hian asthma natna te, meizuk nasat avânga chuap lam natna benvawn nei te, ruh chak tawk lo avânga harsatna te, pum leh ril tha lo te hi kum upa hian an nei duh bik êm êm bawk.

Kum a lo upat chuan taksa a lo chak tawh lo deuh bawk a, natna an lo vei awl bik a. Chhûngkua vang emaw, natna leh thil dang kaihhnawih avang emawa rilru lam natna an lo nei hma lehzel nen, tar lan mai sen a ni lo. Heng zawng zawngin a hrin chu, damdawi pakhat aia tam ei a lo tul ta hi a ni. Kan ram hian statistics kan la neih that tawk loh avângin ram changkang zawkte dinhmun hi tar lan a tul fo thin a. USA-ah pheh chuan kum 65 aia upate zînga zaa sawmhnih leh panga (25%) zet chu ni tin damdawi chi 5 aia tam ei ngai an ni tia tar lan a ni. Kum upate taksaa damdawi hnathawh a danglam bik vang pawh ni kher lo, damdawi ei lai

an ngah avang leh an lo haihawt chhoh zêl avânga buaina hi a bulpui ber pakhat a ni a. Fimkhur taka damdawi chawh a nih a, a enkawltu leh chhûng tena an ngaihvenpui a nih phawt chuan heng buaina tam tak hi chu pumpelh theih niin a lang. Kan kum a lo tama, damdawi hnathawh tichak emaw, tichak lo emaw thei tur kan taksaa danglam (pharmacokinetic changes) lo awm thei te hi chi 4 in a then theih a. Hetiangin:

1. **Absorption** (Thisen zama hip luh kawngah): Kum a lo tam hian kan pumpuia acid hi a lo tlem/dal chho zêl nia hriat a ni a. A tehna, pH-ah chuan a lo sang chho hret thung. Tin, kan pumpuian kan thil ei a lo thial chhûng a lo rei hret a, kan ril (intestine) chet vêl dan (motility) leh thisen supply (blood flow) a lo muang/tlem hret bawk. Amaherawhchu, heng hian damdawi tam zâwkah chuan thisen zama hip luh a tidanglam nasa lo nia hriat a ni a. Damdawi thenkhat, entir nan, calcium leh iron te absorption erawh a timuang tih hriat a ni thung.

2. **Distribution** (Taksa penghrang hranga damdawi insem darh dan): Mihring taksa damdawi insem darh kawnga kawngro sutu pawimawh te chukan thisena protein awm te lehkan taksa thau (fats) awm te hian ni a.

Mi thiam thenkhatte zirchiannaah chuan kum a lo upathian thisena protein chi khat 'albumin' an tih chu a tlahniam hret nia tar lan a ni a. Hei hian damdawi thenkhat, entir nan, warfarin leh furosemide te hnathawh a tidanglam thei niahriat a ni. Tin, kum a lo tam hian taksaah thau a lo inkhawla. Taksa thau (fats) ni lo zawng, entir nan, tihrawl (muscle), vun (skin), ruh (bones) etc. rihna belh khawm, lean body mass (Lean body mass= Total body weight-Body fat weight) an tih chu a lo tlahniam hret hret thung. Hei hian damdawi insem darh dan (volume of distribution) a tidanglam thei a, chu chu damdawi thenkhat, entir nan, diazepam, digoxin te hnathawh a tirei (prolong) thei a ni.

Tin, mipa leh hmeichhia inkarah (all ages) lean body mass

an nei tlem (taksa rih zawng milin thau, fats, mipa aiin an pai hnem) zâwk a ni.

3. **Metabolism** (Taksa ațanga damdawi paih chhuah tura sawngbawlna): Kan sawi tawh angin, thin (liver) hi kan taksa ațanga damdawi paih chhuahna tûr atâna damdawite lo sawngbawlna hmunpui ber a ni a. Hêng atâna pawimawh êm êm, enzymes an tih tam tak pe chhuaktu a ni. Kum a lo tam hian kan thin hi a lo sâwng te (reduction in liver mass) zêl tih hriat a ni a. Hetianga kan thin a lo sawng tet (shrink) zêlin a kawh chu thisen a lo tla chham hret hret tih hi a ni.

Kum 65 aia upate thin (liver) a thisen luang (blood flow) hi kum 25 mi aiin 40-45% thlengin a hniam/tem zâwk thei a ni. Tin, damdawi te mebolize-na atâna chemical (enzymes) mamawhte pêk chhuahna kawngah pawh a tla hniam hret hret a. Hei hian a nghawng chu damdawi thenkhat (diazepam, paracetamol, theophylline, nifedipine etc) taksa ațanga paih chhuah hun chhûng

(metabolism) a tirei a, chu chuan an thawh tur pangngai aia rei a thawhtir emaw, taksaa chambang emaw a thlen thei a ni. Tin, chhandang dang, meizuk, zu, ei leh in leh a dangten kan thin hnathawh hi an tidanglam thei bawk a ni.

4. Renal excretion (Kal (kidney) aṅanga damdawi paihchhuahna kawng): Kan kal (kidney) hi kan taksain damdawi a paih chhuah tak takna hmun a ni a. Metabolism hmanga kan damdawi ei te kan taksain a lo sawngbawl tawh chu kan Kal aṅangin kan zun (urine)-ah paih chhuah a ni. Kum a lo tam hian kan kal hnathawh hi a lo tlahniam ve hret hret a lo ni a.

Kum upat vang ni lo, chhandang vang pawhin ṭhalai tak zingah kal hnathawh ṭha lo hi a awm ve theih hle bawk. Kal ṭha lo te hi an taksaa damdawi pèk kawngah fimkhur a ngai hle a. Damdawi pèk tur dose pawh hi kal hnathawh azirin an siam rem fo ṭhin a ni. Taksaa tui tlakchham (dehydration) avâng leh zun kawnga hnai awm te hian kal ṭha lo nei sa te taksaa damdawi

hnathawh a tidanglam zual thei bawk.

A chungka kan tar lan takte avâng khian kum upa zâwkte taksaa damdawi hnathawh a lo danglam thei a. Damdawi zawng zawngah ni lo mah se, damdawi ṭhenkhatah chuan heng danglam lo awm thei te hi ngaih pawimawh ngai tak tak te an lo ni a. Tin, kum a lo tam hian damdawi a nih dan tur ang ṭhlapa hman loh hi a tam duh hle a, hei hi a chhan tam tak chu ei theihngihl palh te, mahni ngaih dan neih ve tlat avâng damdawi chawh ei duh lo tlat te (hei hi Mizo zingah chuan a hluar zual hle), damdawi ei/hman tur tam lutuk, haihawt vang emaw hriat chian loh avâng a hun ni lo a damdawi hman, retheihna avâng damdawi hman tur ang neih zawh loh te leh damdawi hman dan tur dam lo emaw, dam lo enkawltu te hnêna emaw mumal taka hrilh fiah loh vang te hi a ni ṭhin.

Kum upa zâwkte enkawl na atâna damdawi hman tur damdawi zingah fimkhur ngai zual tlem tê han tar lang ila:

- | | |
|---|--|
| 1. Nachhawkna kan tih ho reng reng, opiod/morphine leh a kaihhnawih. | 5 Parkinsonism damdawi-Amantadine, Levodopa leh a dangte. |
| 2. Antibiotics zingah-Aminoglycosides (Gentamicin, Amikacin leh a dangte) Fucloxacillin, N i r o f u r a n t o i n , Cotrimoxazole. | 6. Lung kaihhnawih enkawlna damdawi chi hrang hrang. |
| 3. Zunthlum damdawi zingah-Metformin, Glimepiride, Glibenclamide. | 7. Zun tamna damdawi. |
| 4. Gout damdawi-Colchicine, Allopurinol. | 8. Hriatna, ngaihtuahna nghawng thei leh rilru lam kaihhnawih damdawi. |
| | 9. Allergy damdawi, steroids leh a dangte. |
- Source:** Damdawi leh a kaihhnawihte.

Darthlalang

Pa upa lam tawh, mit fiah tawh vak lo, lemziak lam hre tak nia inngai hi lemziak pho lanna hmunah an kal a. A tarmita theihngihl avangin lemziakte chu a hmu th̄a thei vak lo va.

Nakinah chuan lemziak lian tak, mihring tiata an ziak nia a hriat hmaah a ding a, intihre takin a sawisel a. “A frame hi a lemziak nen hian a inmil lo va, a hmel hi a nguaiin a incheinat hi a t̄awp baw si a, he lemziak hi chu a nalh lo vel vek a ni.” tiin a sawisel nasa hle mai a. Chutia a sawisel bawrh bawrh lai chuan a nupui chu a lo kal a, pawh sawn pahin a beng bulah, “Duh tak, lo kal mai teh, darthalang a nih kha i en,” a rawn ti a. Ama thla, darthlalanga lo lang kha amah a ni tih hre miah lovin a sawisel char char a lo ni a.

Mahni dik lohna hi chu hmuh a har th̄in khawp mai a, amaherawhchu, mi dangte dik lohna hi chu kan hmu thei hle th̄in reng a ni.

KOHRAN HMEICHHE SAM

*Ziaktu - R. Lalfakzuali
Saitual Chhim Veng*

A sakhming Kohhran Hmeichhia,
Ami zamual liam tawhten an sual chhuah Pâwl ropui;
A sur a sa, zuapa hmaisen tâwng a,
Lalpa mit mentîrten an hlawh chhuah.
Kohhran tha tichak tûra lo duang chhuakin,
Châkkhâi tinrêng vân nun zawma lo chhêk khâwmin;
A va hlu êm nghilh zai rêng kan rêl thei lo.

An sial sa kawng mâm kan zawh thang leh thar zawngten;
Kan mawi, kan ropui Lal sûtui kan vuan.
Kan thupui ber ***‘Thu hretu atâna koh’*** lo niin,
Chhîng zo awm lo hring mi ruat pâwl ropuiten;
Hei zawng Lalpa ruat rêng lo ni e.

Nu tel lovin kal siam rêl thei lo khuavêlin;
An nui hiau e, nu ângchhûngah zua leh hrai zawngte.
An dam zo ngei e, nu hmangaih pâr tlânin.

Hei erawh Lalpan min zâwt, “In dam tlâng em,” tiin.
Hripui lo hrângin, khuarêl chhياتna leh sualnaten,
Do râi iangin min rûn e.
Kan hriat, kan sawi, kan hmuhten min ei ral hma ngei hian
Hawh u, Lal sûtui vuana Thlarau Thianghlina
Kan maichâm kulh bangte châr phuiin,
Lalpa tân rimtui chhuah tûrin pheii lai i vâwr ang u.
Takna duhtu, Endiktu hmaa tling zovin;
Chutin Lalpa tân ram i la ang u.

Hringfa intlânsiakna khuavêl,
 A ropuiin a hlu, kan neih ro sum, thiam leh fin zawng te.
 Kan hmanhlel, tu leh fate ban phâktîr tumin,
 Hei erawh kan dâwn em le?
 Thihna hlimkawr ruam an zawh hunin an thlamuang ang em?
 Lal Isua ka duh ber thil dang zawng aiin,
 Tia kan khawvêl theuhten au râwl an chhuah a,
 Vânin lâwm dâr an vuak hi,
 A hlu ber ngei ang Lalpa tân.

Mari nun tlâwm chhûlchhuak khawvêl thim êntu,
 A iangin **“I thu ni se,”** tia inngaitlâwmin.
 Ka sâwm vêl e, chûn nu zawngte,
 Leilung chhe mêk din thar leh tûrin,
 Kalvaria hmanraw kim lain,
 Hnehna puan i zâr ang u.

SAM 125:1 ‘Lalpa ringtute chu Zion tlâng tihngîn rual loh, kumkhuaa awm reng tûr ang chu a ni.’

HRIATTIRNA PAWIMAWH

Kohhran Hmeichhe Office be duh tan Mobile
 No. 9233437689-ah hian Office hun chhungin
 biak theih a ni.

*Hruaitute chanchin***H. LALHLUNPUII**

Pi H. Lalhlunpuii hi Pu H. Ngaihzuala leh Pi Rohmingthangi fa 8 zînga a upa ber dawttu a ni a. Pu N.K. Johana nê inneiin, fanu 2, fapa 1 leh tupa 3 an nei a, Laipuitlangah an chêng mêk.

Kohhranah: Tûnah hian Himali Kohhran, Chanmari-ah Puitling Sunday School Zîrfîrtu niin, Inrinni zân thuhritu a ni mêk.

Kohhran Hmeichhe rawngbâwlna lam: Chanmari Pastor Biala an awm laiin Bial Kohhran Hmeichhe Committee-ah awmin, Bial Buhfaïtham Secretary te pawh a lo ni tawh a ni. Himali Kohhran Hmeichhe rawngbâwlnaah hian

OB post chelh kimin tûnah hian Kohhran Hmeichhe Vice Chairman a ni mêk.

Himali Pastor Bial thar a dinin Bial Buhfaïtham Ziaktu (Assist) a ni a, tûnah Bial Committee Member a ni.

Hla duh zâwnng: Kristian Hla Bu No. 377-na ‘Mi sual ka ni Lalpa, min ngaidam rawh’ tih hi a duh êm êm a, “Lalpa ngaihdamna tel lo chuan nung thei rêng ka ni lo a ni,” a ti.

Bible châng duh zâwnng: Johana 3:16–17 ‘Pathianin khawvêl a hmangaih êm êm a; chutichuan, a Fapa mal neih chhun a pe a, amah chu tu pawh a ring apiang an boral lohva, chatuana nunna an neih zâwk nân.’ ‘Tu pawh’ tih hian a thinlung a khawih êm êm a, tu pawh zîngah chhiarin a awm a, a chhandamnaah hian a tel a ni tih hi a pawm nghet tlat a, a lâwm êm êm a ni. Tûn thleng hian mahni inrinhlelhna hi chu sual hnathawh a ni tih a hre thiam a, ‘Min chhandamtu tân chuan theihtâwp ka chhuah ve tûr a ni’ tih hi a thupui a ni.

KUM 2021-2023 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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4. Pi Lalrinkimi, Ex-Chairman

KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chhungkua din nghehtir tura ñan lak.
 3. Tanpui ngaite Krista hminga ñanpui.
 4. Chanchin Ñha puan darh.



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2023-a Women Centre-a puantihui leh puantah zir turte

To

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