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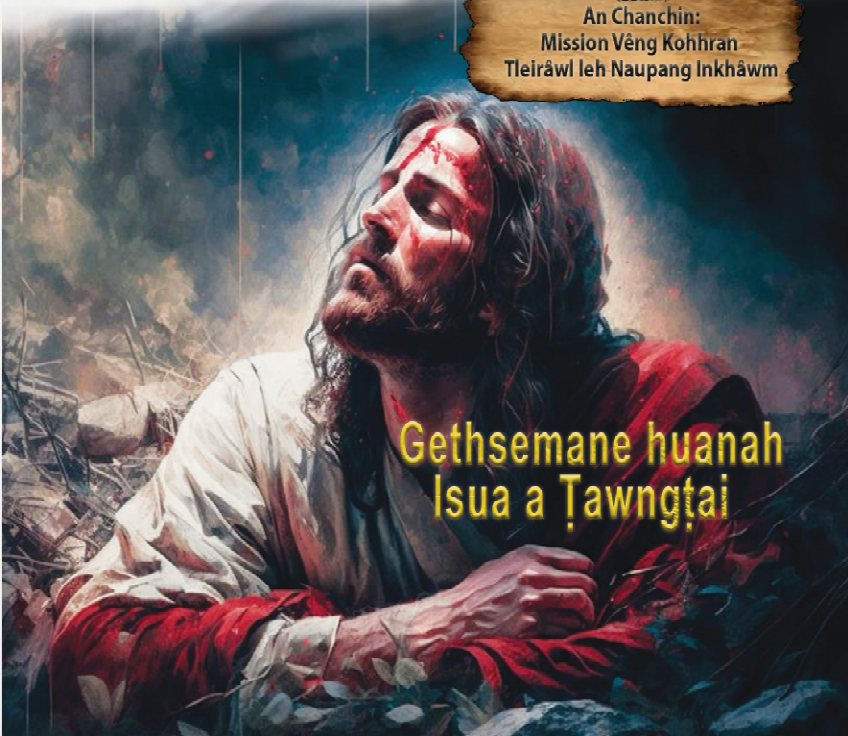
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Gethsemane huanah
Isua a Ṭawngṭai

• KA HLAHWTLING DĀWN • TUM NEIH
• SĀWMZUALI LEH LEKHABU • I HLU BER ASIN!
• KRISTIAN NUN

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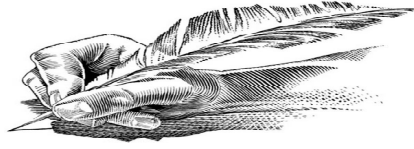
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Kristian Naupanga thu chhuahte hi Editor ngaib dân a ni vek kber lo.

A chhûnga thu awmte

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Editorial

NU LEH PATE LEH FATE INLAICHÎNNA

‘Nu leh pate leh fate inlaichînna’ tih hi chhûngkaw inlaichînna ti pawha sawi mai theih a ni. Inlaichînna ða awmzia chu nun hona nuam leh duhawm, inhmangaih tawna, inpawh tawna leh inngaihsak tawna awmna hi a ni. Chutianga chhûngkaw inlaichînna ða chu mi puitling chher chhuahna ða ber a ni a, chu chu naupang leh tleirâwlten kan mamawh êm êm a ni.

Kristian naupang leh tleirâwlte chuan kan nu leh pate nêñ inlaichînna ða kan nei tûr a ni. Harsatna leh buaina kan nei a nih pawhin mi dang bula sawi hmasa lovin, kan nu leh pate hnênah kan thlen ðhîn tûr a ni. Nu leh pate hrilh lova mi dang puihnaa tih fel kan tum chuan kan buaina kan ching fel thei tak tak ngai lo vang.

Nu leh pate thu âwiha, zah thiam, ngaihsak hi kan inlaichînna tiðhatu a ni a. Kan nu leh pate chu eng mi pawh ni se, kan ngaihsakin kan zah thiam tûr a ni. Nu leh pa zah nachâng hre lo leh ngaihsak lo chu mi hlawhtling leh mi ropui an awm ngai lo. Kan nu leh pate nêña kan inlaichînna a ðat phawt chuan mi chhuanawm leh mi hlawhtling tak kan la ni ngei ngei ang.

KA HLAHWTLING DÂWN

*Vanlalmuanthara
Senior Department
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Pathian zârah tuang takin kan exam vekin a rinawm a. Kan thawh rah kan seng vek dâwn a ni. A then kan pass ang a, a then kan fail bawk ang. Pass zîngah pawh ti chhe deuh leh ti tha deuhthe kan awm leh ngei dâwn a. Kan zir rah theuh kan seng dâwn a ni.

Aw le, ka han sawi tum tak zâwk chu hei hi a ni. Zirlai kan ni emaw, ni lo emaw; infiammi kan ni emaw, ni lo emaw, eng emaw tuina leh chem kalna chu kan nei theuh mai. Eng pawh lo ti ila chûngahte chuan hlawhtlinna a awm a ni. Kan result a lo chhuahin (zirlai bîkah) kan pass tha vak lo a ni mai thei, kan fail hial pawh a ni mai thei; mahse, chumi avâng chuan ka chhe ta duai e tihna a ni lo. Tûnah che tha tâwk lo mah ila kan la hlawhtling thei a ni tih kan hriat a pawimawh hle.

Exam-a pass that hi hlawhtlinna pawimawh tak a ni a, thawh rim rah sengna pakhat a ni. Mahse, chutiang dinhmun chu kan luah pha ve rih lo a nih pawhin, ka hma hun zêlah ka la hlawhtling dâwn a ni tih rilru kan put reng a pawimawh hle.

Han sawi pên lawk duh chu, tânlaiah chuan exam-a pass that ri ngawt hi lehkha thiam an ni lo, zir sânge ringawt hi an fing chuang lo tih hi a ni. Pass that leh zir sân ka sawi chhia a ni lo. Mahse, lehkha thiam leh fing kan tehna hi an pass that leh that lohah te, an zir sân leh sân lohah ringawt te teh tûr a ni lo. A zirlai a hre thiam em? A note chhiar thiam hi a awmzia a hre thiam em? A zir sân milin a rawn tlâk em? A zir sân milin a thiam tâwk em tihah te hian i teh zâwk teh ang u.

Chûnge chu eng vângin nge kan sawi chiam mai le? A chhan chu, hlawhtlinna (zirna kawngah) chu pass that leh lohah leh zir sân leh sân lohah ni lovin, thiamna ka nei tel em tihah a inngat zâwk a ni. Zirnain a tum ber chu zirlaite thiamna leh finna pêk leh nungchang (nun dân phung) zirtûr hi a ni. Zirnain lehkha zir kawnga min pêk a tum ber thiamna chu ka neih si chuan, kan pass tha lo emaw, kan fail emaw pawh lo ni se, kan hlawhtling tho tihna a lo ni.

Ka hlawhtlina leh ka hlawhtlin dân hi Pathian hriatpui tlâk a ni em? Exam-ah tha taka pass tûrin eng nge ka tih? Kan tumpuite hneh tûrin eng nge kan tih? Hlawhtlina chang tûr hian eng thil chiah nge ka lo tih ve le? Hêng zawhnate hi kan chhâng thei vek âwm e. Zirlai ka ni emaw, infiammi kan ni emaw, hna kan zawng emaw, ka kalna kawngah chuan rinawm takin, kan nihna ang taka lan mai

hi Kristian ka nih ang ngeia ka tih tûr a ni. Taima takin ka bei zêl ang a, Pathian hriatpui tlâk hlawhtlinna chan ka tum tlat ang tih rilru kan put a pawimawh a ni.

Kei chu zirlai ka ni a, pass that pawh ka duh; mahse, thiamna leh finna ka duh zâwk. Chuvângin, ka lo pass that vak emaw, ka lo failed hlauh emaw pawhin kei chu ka lunghnûr lo. Theih tâwp chhuahin ka zir a, ka zirlai ka hre thiam a, finna min kawhhmuh lah ka hai lo. Exam-ah tha taka ka pass ve theih nân theih tâwp ka chhuah ve a, chuti chung pawha ka la pass tha lo a nih pawhin kei chu ka lungngai lo ve. Lehkha ka zir chhan, thiamna leh finna chu ka nei belh zêl a ni. Chu chu ka hlawhtlinna a ni. Chu ka hlawhtlinna chan chu pên khat tê têa hmasâwnpui ka tum a, tûn aia tha zâwk leh ropui zâwk chu ka pên thleng ngei ang. Chutah chuan Lalpa hriatpui tlâk hlawhtlinna chu ka chang dâwn a ni.

Hlawhtling tûrin hmasa ber nih a ngai kher lo, hmêl that a pawimawh lo, sum ngah lah a tangkai ber hek lo. I thil tih leh tûrah Chiang la, chumi nei thei tûr chuan tan la la, hlawhtlin inbeisei la, tum ruhna nei la, insûm theihna nei la, taima la, thawk rim bawk rawh. I thlen chinah hmasâwn tum la, i tlûk palh pawhin tho leh rawh. Chûng zawng zawng dawtah chuan hlawhtlinna chu a awm a ni.

GETHSEMANE HUANAH ISUA A ṬAWNGṬAI

Isua leh a zirtîrte chuan zanriah hnuhnung an kîl a. Chumi zawhah chuan Olive tânga huan pakhat ‘Gethsemane huan’ an tihah chuan an kal a ni. Gethsemane tih chu ‘Hriak sâwr khur’ tihna a ni a. Isua hi miten an bâwr nasa thei êm êm a, a chau ve hle ṭhîn. Chutiang hunah chuan he hmunah hian an kal a, an ṭawngṭai ṭhîn a ni.



Isua chuan a chungah thleng tûr a hre lâwk vek thei a. Mi sualin an man ang a, krawsah an khêng bet dâwn tih a hre vek a. A hrehawm duh viau ang. Keini pawhin naktûkah kan thi dâwn tih hre ve ta ila chuan hrehawm kan ti ngawt ang. Chuvângin, ṭawngṭai a duh avângin he hmun hi an pan a ni.

Huan an thlen chuan Isuan chuan a zirtîr zînga pathum, Petera, Jakoba leh Johana te a hruai hrang a. Mi dangte hnênah chuan, “Sawta ka va ṭawngṭai

chhûng zawng hetah hian lo awm rawh u,” a ti a. A ðhiante pathum hnênah chuan, “Ka rilru a lungngai êm êm a, thihna khawp hial a ni; hetah hian awm ula, mi vênpuì rawh u,” a ti a, ðawngðai tûrin a kal hrang ta a.

Tichuan, a bawkkhup a, “Aw ka Pa, a theih chuan he no hian mi pêl lul rawh se; nimahsela, keima thu ni lovin, nangma thu thu ni zâwk rawh se,” tiin a ðawngðai a. Isua ðawngðaina hi a ropui in ti em? A chung a thil thleng tûr zawng zawng a hre vek a, a huphurh ngawih ngawih a. Luka chuan, “A thlan chu thi far lian tak angin a far,” a ti hial a ni. Chuti khawp chuan lungngai mah se, “Keima thu ni lovin, nangma thu thu ni zâwk rawh se,” a la ti thei a ni. Vawi khat mai ni lovin, vawi thum lai chutiang chuan a ðawngðai a ni.

Ðawngðai tûra Isua a kal dâwn khân, “Hetah hian awm ula, mi vênpuì rawh u,” a ti kha a ni a. Vawi khat a ðawngðai zawha a ðhiante bula Isua a va phei chuan, an lo muhîl vek mai a nih chu! Mak in ti em? Isua pawhin mak a ti ve a



ni ngei ang, Petera hnênah chuan, “E khai! Nangnin dârkâr khat pawh mi vênpuì thei lo a ni maw? Thlêmnaa in luh loh nân inring rengin ÷awngtai rawh u; thlarau zawngin a peih a, tisa erawh chu a chak lo a ni,” a ti a.

A wawî hnihnaa a lo kîr leh pawhin an lo muhîl leh a, eng mah sawi lovin ÷awngtai tûrin a kal leh a. Wawî thum a ÷awngtai zawha a lo kîr leh chuan, “Tûnah zawng muhîl ula, châwl tawh rawh u,” a ti a. Chu thu a sawi chuan zirtîrte mutchhuak chu a reh vek ngei ang. Inkhâwm lai te, ÷awngtai lai te, thil pawimawh tak ngaihthlâk a ÷ûl lai te hian kan mut a chhuak tlat ÷hîn a. Hei hi sual hnathawh a ni ÷hîn a ni. Chuvângin, sual hnathawh hneh tûrin theih tâwp kan chhuah tûr a ni.

Zawhna

1. Gethsemane tih kha eng tihna nge?
2. A zirtîrte zînga pathum, Isuan a hruai hran kha tute nge?
3. Isua kha wawî eng zât nge a ÷awngtai?
4. Isua thlan kha eng angin nge a far?
5. Isua a ÷awngtai laiin zirtîrte kha engtin nge an lo awm?

SÂWMZUALI LEH LEHKHABU

Hmeichhe naupang fel tak mai Sâwmzuali hi a awm a, ðhian tam tak a nei lo va; mahse, lehkhabu ðhahnem tak a nei thung. A châng chuan chûng lehkhabute chu ðhian aiin an ðha zâwk fê a; an thinrim ve ngai lo va, mi an hnial ngai lo. Rei deuh inkawm loh pawhin lehkhabute chu an thinrimin an titau ve ngai lo tlat a ni.

Sâwmzuali chuan naupang thawnthu bu leh suangtuahna ziahna lehkhabute chu a ngaina êm êm a. An khawvêl siam chawpah chuan awm ve

ang maiin a inhre ðhîn. A châng chuan lal fanuahte a inchan a, a châng chuan hmun nuam êm êm ram mawi tak takahte a



ngaihtuahna chuan a zin ve ðhîn a. Hmun maksak tak tak leh mihring leh ramsa danglam tak takte pawh a lehkhabua mi ang chuan a suangtuahnaah a hmu ðhîn bawk. Thil harsa sut kian tûr leh chin fel ngaite a ching fel fo ðhîn a, indonahte hial a lehkhabu kal tlang chuan a tel ðhîn. Chutiang

suangtuahna bu ang chi chhiar leh kawm chu nuam a ti êm êm a ni.

A châng chuan Sâwmzuali chuan hmânlai nun hlui ziahna bute a chhiar bawk thîn a. Hmânlaia mihring lo khawsak dân te a hriat pah a. Thil tângkai tak tak hmuh chhuah a nih hmaa nun harsat dân tûr te, thil thar hmuh chhuahin



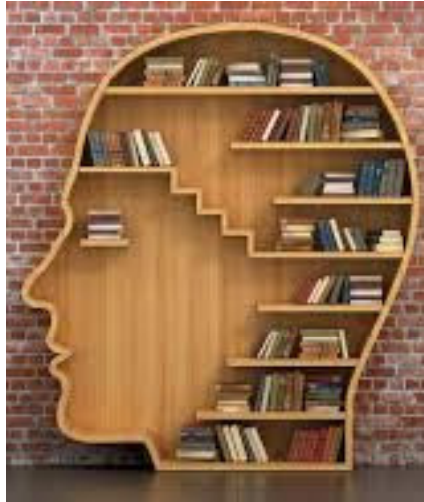
kan nun a sâwi danglam nasatzia te, chûng thil thar hmu chhuaktute tângkaizia leh an thil hmuh chhuahin khawvêla hmasâwnna a thlen dân te chu Chiang takin lehkhabu hmang te chuan a hre bawk a.

Lehkha chhiar chu nuam a ti êm êm thîn a. Science lam ziahna lehkhabutepawh Sâwmzuali chuan a nei a, nungcha hrang hrang chanchin leh hmun danglam tak tak chanchin, a tak ngei ni site chu ngaihnaawm a ti thei êm êm a ni.

Nungcha tinrêng, an pian zia leh len zâwng inang lo tak tak mai te, rawng leh nun phung inpersan tak takte chu a chhiar a, ngaihnaawm a ti êm êm a. Ramsa leh nungcha tam tak, sa huana awm miah si lote an awm tih te a hriat pah zêl a.

Nungcha chanchin zir mi niha, khawvêl hmun hrang hranga nungchâte chanchin zir a châk phah hle ðîn.

Lehkhabu awmze nei leh hriatna tizau theite chu Sâwmzuali lehkhabu ngainatte an ni a, a chhiar fo ðîn. Mahse, mipat hmeichhiatna lam ziahna te, thawnthu dukdak lo leh thil ðangkai lo inziahna lehkhabute chu a duh lo va, a chhiar ngai lo.



A tâna ðangkai leh a hriatna tizau tûr thilte inziahna lehkhabute chauh a chhiar ðîn.

A châng chuan lehkhabu ða tak taka thu bengvârlhak tak tak a chhiarte chu a ðiante a hrilh ve ðîn a, anni pawhin an hriat angte an hrilh ve ðîn bawk a. Nuam ti takin lehkhabu chungchâng te an sawi ho ðîn. Ngaih dân thar ðangkai tak takte chu lehkhabu kal tlangin an ðianho chuan an nei ðîn a. Lehkhabu ða chhiar tam tûrin an ðianho chuan an infuih reng ðîn a ni.

(Thu lâkna: Dr Lalþhakima, *Mut Hmun Thawnthu Sawmnga*.
Aizâwl: SL&PB, 2025)

I HLU BER ASIN!

*R. Nelsona
Mission Vêng*

I hlu a ni tih hi hre reng rawh

Mi pângngaia piang chu pian tirhin kan hlut lam a inang vek a, keini aia ropui tâte hian kawng dik an zawh vângin an hlutna an peipung bîk a; peipun nachâng hre lovin kan tlûk loh phah ta chauh thîn a ni.

Nangmah siamtu che Pathianin a duh taka a siam, mi dang ang bawka ða a tih in ni a, nangmahah khân siamtu chu a lungawi asin. A lungawina ti hmêlhem zâwnga i nun palh a hlau hliah hliah a, i hmuh lohvah khân a zuiin a vêng reng che a nia. I rilrua thil ða lam lo lût thîn kha kawng a kawhmuha che a nih kha; tihlawhtling rawh. A ða lo lam pawh a lo lût ve bawng ang; Setana aw a ni thung, i hlutna lâk bosak chea, hremhmuna hruai che a tum a nih kha, fîmkhur rawh.

Nunna neia siam i ni

Nunna hlutzia hi ngaihtuah tûr a ni. Khawvêl mi thiam, kawng hrang hranga thiam ber ber te; daktawr, mihring taksa pêng pawimawh tak tak thlâk thiam te; taksa bung tinrêng leh thluak nêl lama hre êm êm te; paih ngai paih thiam te pawhin

nunna hi an siam thei hauh lo asin. Chu chu a thlâwna pêk i ni a; hei ngawt pawh hi i hlutzia hril Chiangtu a ni.

I nu leh pa, nangmah hringtu che tân chuan nang aia hlu an awm lo. An duh angin an ngaihsak thei lo che a ni thei; ngaihsak theih loh khawpin suahsual i bâwl a ni thei bawk; mahse, an rilru i luah reng tih hria la, an lakah inla hrang ngai suh, thiam loh chantîr ngai hek suh; an ngaihsak theih loh che vângin hrehawm an ti ve thîn asin.



Nu leh pate rilruah chuan, fâte zînga sual bîk te, harsa leh pianṭo dik lo palh te, rual ban pha zân lote thleng hian an rilru luahtu an ni vek tih chu fa i neih ve hma chuan i hre thiam lo vang. Mahse, a dik êm êm asin. Khawngaih ngai apiang khawngaih hi nu leh pate zia a ni a, kan duh ang leh i duh ang diak diak erawh an tlin kher lo vang; hre thiam rawh. An tâna i hlutzia chu, lo thi palh la a Chiang ber ang. Mahse, i hre tawh dâwn si lo!

Nu leh pate tân keini aia hlu leh pawimawh hi an awm loh avângin an thu âwih leh zah hi kan tih ve tûr a ni. Nu leh pate chawimawi nachâng hriat i tum tlat ang u.

TUM NEIH

*H. Malsawmkima
Intermediate Department
ITI Vêngchhak Kohhran*

Hlua sikul bâng chu a mi ngaih sân ber leh amah anga lehkha thiam nih a duh, Jeje-a a hmu hlauh mai a. Jeje-a chu a ngaih sânzia leh amah anga lehkha thiam nih a duh thu te a hrilh a. A lehkha zir dân leh a dinhmun thleng tûra a beih dân te chu a zâwt bawk a. Jeje-a chuan, “Hetiang dinhmun thleng tûr hian thawh rimna leh tum ruhna nêna beih a ngai a ni,” tiin a hrilh a.

Tum neih hrim hrim hi a ða a, tum mumal nei lova thil tih ngawt chu a hlâwk tak tak thei ngai lo. Rilru ringawta tum, a taka tih



leh si loh chuan awmzia a awm lo. Rilru leh tih tak zeta kan thil tum hlen ngei thei tûra kan beih a ngai a ni. Tum kan neih hian kan hma hun thui tak a hril a, mi dangin kan tum neih min sawisak dân loh avângin kan thil tum chu kan thinlungin

KRISTIAN NUN

*R. Lalchhanchhuaha
Intermediate Department
Vaivakâwn Vêngthlang*

Kristian naupang leh tleirâwlte hian zir tûr leh hriat tûr pawimawh tak tak kan nei a. Bible chuan he khawvêl dân ang hian awm suh ula a ti a. Pathian duh zâwnng te, a lawm zâwnng te leh ðha taka awm tûr tein min ti a ni. Pathian hian tu mah inngai hlu bîk awm lovin, mi tin hnêna rinna a pêk ang zêlin, fel taka ngaihtuah zâwk tûrin min duh a. Taksa pumkhatah pêng tam tak kan nei a, pêng zawng zawng thil tih erawh a inang lo. Kristaah chuan pumkhat leh ang khat reng kan ni a, a mal malin inpêng tawn ðeuh kan ni. In mamawh tawn vek kan ni a, tu mah en hniam leh hmuhsit loh tûr a ni.

Ringtu kan nih chuan ringtute nun dân tûr a kan awm a ngai a ni. Rom 12:9-ah chuan hmangaihna chu vervêkna tel lovin ni rawh se. Sual lam chu hua ula, ðha lam chu pawm tlat rawh u tih a ni. Unaute inhmangaihna kawngah te ðan la thar zêl ila, inchawimawina kawngah te induhsak tawn zual zêl ila. Unaute hmangaih leh duhsak taka kan awm hian kan tân a ðha ber a ni. Mi ðhenkhat chuan unaute leh ðhianta a ðha lo zâwnngin a el ðhîn a, unau sawisêl leh sawi chhiat mai mai te hi chîng an awm ðhîn. Hei hi thil ðha lo tak a ni.

Bible-a zirtîrna kan hmuh angin kan taima tûr a ni. Thatchhiat hi kan tâna thil tha lo a ni a. Kan thil tih kawng engkim hi taima takin kan ti thîn tûr a ni. Phuba latu ni lovin, ngaidamtu zâwk nih tum zêl bawk ila, mahni inti fing lovin, tu mah huat nei lovin, inrem takin kan awm tûr a ni.

Mi dang sawisêl loh tûr a ni. Bible-ah sawisêl suh, sawisêla i awm loh nân tih a nih kha, mi dangte kan sawisêlin kan hmusit tûr a ni lo va. Kan nun chuan Lalpa tân kan nung tûr a ni. Kan thih pawhin Lalpa tân kan thi dâwn si a. Chuvângin, kan nun pawhin, kan thih pawhin Lalpa ta kan ni a, amah hre reng chungin kan nung tûr a ni. Thil eng pawh ti ila, mi dang tichhe thei zâwng leh an tlâkranna thlen thei zâwnga awm loh tûr a ni. Pathian ram chu ei leh in lam a ni lo va, felna te, remna te thlarau thianghlim lâwmman te a ni zâwk. Tu pawhin, eng pawh rinna tel lova thil a tih chuan chu chu sual a ni.

Mahni lâwm zâwng ngawt ni lovin, mi dangte lâwm zâwng zawn zâwk tûr a ni. Isua Krista chuan Pathian tih ropui nân min lâwm ang bawkin, keini pawh kan inlâwm tawn tûr a ni. Mahni lâwmna tûr chauh zawng lovin, mi chak lote chu dâwm kân kan tum zâwk tûr a ni. Mahni chhûngkua leh vêngte hmangaihlin chhawmdâwl thîn ila, an lâwmna te tihsak zêl tûr a ni. Kristian tleirâwl chu mi dang tâna malsâwmna thlentu a ni tûr a ni.

TÛNLAI KHAWVÊL LEH A KAIHHNAWIH

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Senior Department
Mission Compound, Silchar*

Tûnlai khawvêl ðhang zêlah naupang leh tleirâwlte nun a danglam nasa tawh hle a. Tûnlai changkâanna hian kan nunah nghawng a nei thui hle. Hêng mobile phone, tablet leh gadget hrang hrangte hi a tam zâwk chuan kan nei deuh fur tawh a. Hêng hi a ðha lam aiin a ðha lo lama hman a awl êm êm a ni. Changkâanna kan tih hian hêng thil neih ringawt hi a ni lo va. Hêngte aţanga mahni ðha taka inchher chhuah theih hi a ni zâwk. Tûnlai khawvêlah chuan naupang têa thite an tam ta hle a, a chhan ber chu tûnlai khawvêl changkâanna hman sual vâng a ni thei ang.

Tûnlai khawvêl changkâanna kan tih chuan thil tam takah technology te, economicy te leh thil danga hmasâwnna thleng zêl hi a ni. Hêng technology lama kan sân chhohna hi a ðha leh a ðha lo lama kal theihna vek a ni. Technology hian naupang leh tleirâwlte min chiahpiah nasa hle a, hêng hian kan nunah nghawng ðha lam leh ðha lo lam a nei a. Hêng hian nasa takin kan nun a khawih a, kan nun a khawih dân hian kan hun kal dân tûr a hruai ni berin a lang.

Mobile phone hi kan nei deuh vek tawh a, heta ̄ang hian han inchhui ila. Phone khawih hi a ̄at chu a ̄a a, thil ̄a tam tak a thlen thei a ni. Thil ̄a tak pawh ni se ̄at tâwk lohna lai tam tak a awm tih erawh kan hriat a ̄a âwm e.

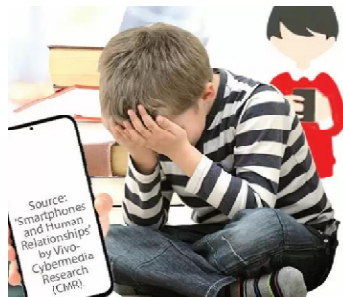
Mobile phone avânga thil pawh thleng theite:

1. Lehkha zirna lamah nasa takin min tibuai a; chuvângin, thatchhiat phah a awl.

2. Hrisêlna lamah pawh kan tuar phah thei. Pâwnah kan chhuah peih loh phah a, taksa kan sawizawi tlêm phah ̄hîn.

3. Rilru lamah buaina hrang hrang min thlen thei a, mi dang bula awm thiam lohna leh mi kawm lamah te harsatna min siam ̄hîn.

4. Rinawm lohna kawngah min hruai thei a, kan nun a tichhe thei bawk.



Hêng a ̄at lohna laite hi sawi tûr awm mah sela a ̄atna tam tak sawi tûr a awm bawk:

1. Thil hriat zâuna kawngah leh zirnaa min puitu ̄angkai tak a ni. Kan zirlaia kan hriat thiam loh zir nân bâkah zir zauna atân ̄angkai taka hman theih a ni bawk.

2. Ṭhian leh chhûngte, hla deuha awmte biak nân ṭangkai taka hman theih a ni. A taka inhmu kher lo pawhin, hmun hla taka awm kan chhûngte nen inpawhna ṭha min siam ṭhîn.



3. Document leh thil pawimawh dang dah ṭhat nân a ṭangkai hle.

Hêng bâkah hian tûnlai khawvêla kan buaipui êm êm; drugs, zû leh ruitheih thil hrang hrang avâng hian kan nunah buaina a thleng nasa hle a. Mizoramah pawh hêng avâng naupang leh tleirâwl têa thi kan an ta hle. Hêngte hi kan ram tihrehawmtu leh harsatna tam tak min siamtu a nih avângin kan nun kan uluk hle tûr a ni.

Tûnlai khawvêla hmasâwnna hrang hrang awmte hian a ṭha zâwng leh a ṭha lo zâwngin nghawng a neih theih vek avângin keini Kristian naupang te chu kan fîmkhur hle tûr a ni a. Kan hma hun tichhe vek thei thil tam tak kan kawh vek tawh avângin kan nun pawh kan uluk a ngai a. Keini aia tawn hriat nei tam kan nu leh pate bâkah kan zirtîrtute thu râwn lâk zêl ṭhin hi a ṭha ber a ni.



MISSION VÊNG KOHRAN TLEIRÂWL LEH NAUPANG CHAWHNU INKHÂWM

Tleirawl Inkhâwm

Mission Vêng Kohhran Tleirâwl Inkhâwm hi February 9, 1997 khân Upa Chawngzîkan Kohhran Hall-ah a hawng a, a hawwna inkhâwmah hian mi 300 chuang zet an inkhâwm a ni. Kum 1997 aţanga tûn thlengin Mission Vêng Kohhran Tleirâwl Inkhâwm hi a la kal zêl a, December 29, 2022-ah a kum 25-na (Silver Jubilee) lawm a ni tawh a ni.

Tleirâwl Inkhâwm thupui hi *Living for Christ* (Krista tâna Nun, *Philippi 1:21*) a ni a. Kumin 2026-ah hian member 345 an awm.

Tleirâwl Inkhâwm hi group-ah te inţhen ţhin a ni a, kuminah pawh hian Group 4, Martin Luther, John Calvin, John Knox leh Justin Martyr Group-ah te ţhen a ni a. Group tinah hian tleirâwl aţangin Group Leader leh Secretary te ruat an ni bawk.

Tleirâwl Inkhâwmah hian programme nuam leh hlâwk tak tak an hmang ţhin a, thusawi inkhâwm, praise and worship, awareness campaign, joint service, group day te leh programme dang nuam tak tak hman ţhin a ni. Sports te, fak lâm te, beat contest te, debate te, quiz te, solo te leh intihsiakna dang tam tak te an nei ţhin.

Kohhran inkhâwmah zai pâwl te neih ðhin a ni a, hêng bâkah hian kohhran hun pawimawhah theih tâwpin tleirâwlte an che chhuak ðhin a ni. Camping te leh outing te neih ðhin a ni a, kum tâwpah luan chhuahna hun te hmangin, Tleirâwl Inkhâwm Nite te hman ðhin a ni a. Kum tin tleirâwlten an tleirâwlpuite aţangin ‘Tleirâwl leh Râwlthar Fel Ber’ an thlang chhuak ðhin a, an ngai hlu hle. Tleirâwl inkhâwm member-te hi kohhran tâna mi ţangkai leh hlu tak an ni chhunzawm zel ðhin a ni.

Naupang Inkhâwm

Kohhran din aţanga rei vak lovah Mission Vêng Kohhran Naupang Inkhâwm hi din ve nghâl a ni. Mizoram Kohhran Rorêlna hmasa ber, Aijal Kohhran Thuremna, Bu khatna-a an târlan dânin April 29, 1912-a Upa Inkhâwmah Pu Zosaphluia, Daktawr Sâp, Sohon Roy, Dâla leh Dârçhînga te an tel a.

Heta an thurem pahnihnaah chuan hetiang hian târlan a ni: *“Sande Skul leh chawhnu inkhâwm naupang hovin hmeichhe skula puitlingte inkhâwm rualin an nei ve ang a, Fehtea an hotu ang a, a duh apiang ama ţanpui tûrin a shawm thei a, Kohhran Upa ho an duh hun apiangin an tel thei ang,”* tiin.

He thuremna hi ziaka chiang taka Naupang Inkhâwm chungchâng hmuh theih hlui ber a ni a, hemi behchhan hian kum 1912 hi Mission Vêng Kohhran Naupang Inkhâwm din ţan kum atân

pawm a ni ta a. Mizorama Naupang Inkhâwm/Naupang Fellowship hmasa ber niin kum 2012 khân kum za tlin lawmna an lo hmang tawh nghe nghe a ni.

Kohhran Committee chuan Naupang Inkhâwm hi ngai pawimawhin Kohhran Committee pêng hrang hrang zîngah Naupang Inkhâwm Committee pawh hi a siam a. Naupang Inkhâwm Committee-ah hian Kohhran Upa zîng aţangin Chairman tûr ruat an ni tşin a, Sunday School zirtirtu aţangin Vice Chairman, Secretary leh Assistant Secretary bâkah committee member tûr ruat an ni a, Beginner Department aţanga Intermediate Department Leader-te chu Ex-Officio-ah an tel nghâl bawk.

Anni hian naupang lama rawngbâwlna chi hrang hrang an kalpui a, an programme tlangpuite chu: inlawmna inkhâwm, praise & worship, games, thu ngaihnaawm sawi leh awareness chi hrang hrang, department day, hla zir leh slide show, VBS, Film show, quiz, art competition, variety programme, musical day, naupang biangbiakna, joint service leh Krismas carol service te a ni.

Naupang Inkhâwmah hian Beginner Department aţanga Intermediate Department an tel a, kuminah hian an vaiin naupang 520 bâwr vêl an tel. Pathianni chawhnuah Kohhran Hall-ah an inkhâwm tşin. 1 Petera 3:10-12 thu hi Bible châng vawn atân an hmang a, Naupang Inkhâwm thupui chu ‘Hlim takin Isua nêl’ tih a ni.

Naupangte hian zai nuam an ti ðhîn hle a. Zosâp Pi Zaii-te hun lai aţang khân chorus hla ðha tak tak an lo sa uar tawh hle a. Kum 1980 chho aţang khân Naupang Inkhâwma hman tûrin *Naupang Hla Bu* siam a ni a, zai hi naupang inkhâwm tinuamtu ber pakhat a ni. A hranpain naupang inkhâwm hian budget an nei lo va, sum hmanna tûr an neih chuan kohhran committee remtihna-in Sunday School pawisa aţangin an hmang mai ðhîn.

Kum 2018 aţang khân naupangten hun âwl an hman ðhatna tûr atâna an siam, Art Competition chu an nei chho ðan a. Art Competition hawnaah hian art lama mi thiam leh tawn hriat neite an sâwm ðhîn. He intihsiakna hian thla khat chhûng vêl a awh tângpui a, intihsiakna chi hrang hrang: pencil drawing, colouring, painting, crafting, thu mawi inphuahsiak, thawnthu inphuahsiak leh comic insiamsiakah te inelna an buatsaih tângpui a. Memento bâkah lâwmman ðha tak an siam ðhîn a, a tel zawng zawngte hnênah participation prize an pe vek ðhîn bawk.

Tisa leh thlaraua naupang ðhan lenna leh hmasâwnna an ngai pawimawh hle a, a khât tâwkin naupang pualin Lâng Camp an buatsaih ðhîn. Hêng bâkah hian Krismas leh Kum Thar ruai ðheh ni hian Synod Conference Centre tualah Naupang intihlimna an buatsaih ðhîn a, infiamna hlimawm tak tak hmangin naupangte a inel a, lâwmman ðha tak tak an siam ðhîn a ni.



Hriat Zauna Huang

WORLD BOOK AND COPYRIGHT DAY

World Book Day, World Book and Copyright Day tia hriat bawk hi UNESCO-in a puan a ni a, kum tin April 23-ah hman ðhin a ni. Kum 1995-a Paris-a UNESCO General Conference neih ðumin palaite chuan kum tin lehkhabu leh a ziaktute chawimawina hun hman chungchâng an rêl a. Chumi hman hun atâna an thlan chu April 23 a ni a. April 23 hi thuziak thiam hmingthang William Shakespeare-a thih ni a nih avângin amah chawimawi nân an thlang a ni. World Book Day hmasa ber chu kum 1995-ah hian hman a ni ta a ni.

UNESCO hian khawvêl hmun hrang hranga lehkha chhiar uar lehzual a niha, naupangten lehkha chhiar lama hmasâwnna an neih hi a duh ber chu a ni a. World Book Day hi lehkhabu chhiar uar lehzual a nih theihna tûra inzirtîrna hun atân hman ðhin a ni a. Lehkhabu tihlârna hun te hman ðhin a ni bawk a. Lehkhabu pawimawhzia inzitîrin, lehkhabu chhiar taima tûra infuih thar ðhin a ni.

Naupang leh ðhalaiten lehkhabu chhiar nachâng an hriata, hma an sâwn theih nân an rilruah lehkhabu ngainatna tuh an tum ðhîn a ni. World Book Day-ah hian lehkhabu siam tûra

thawktu zawng zawng: a ziaktu te, a chhutu te, a chhuahtu te, a zuartu te leh a buaipuitu dang zawng zawngte chawimawina hun hman thîn a ni bawk.

Lehkhabu chhiar hi naupangte leh tleirâwlte tân a pawimawh hle a. Lehkha chhiar taihmâk hi kawng tam takin kan hlâwkpuî thîn. Nun dân tha hriatna hnâr a ni a, rilru a tichak a, ÷awng zirna a ni a, hriat zauna a ni a, rilru tihhadamna tha tak a ni bawk. Lehkhabu tha chhiar hian ngaihtuah thiamna a tipung a, kawng hrang hrangah kan mit a tivâr thîn bawk.

World Book Day website-in a târ lan dânin, nuam ti taka lehkha chhiar thîn hian naupang hma lam hun atân nghawng tha tak a nei thîn a. Ni khata minute 10 chhông chauh tal lehkha chhiar emaw pawh hian naupang nun leh hma lam hun atân nghawng tha tak a nei thei a. An sei len dânah te, an ei zawna leh sum lâk luh chungchângah te thlengin, nu leh pate zirtîrna leh sikula zirna nêñ tang hovin nghawng tha tak a nei thîn a ni.

Kristian naupang leh tleirâwlte fel tak takte hian lehkhabu chhiar nachâng kan hria em aw? Lehkha chhiar taihmâk hi kan tân a pawimawh êm êm a. Lehkha chhiar thînten lehkhabu chhiar taima lehzual tûrin ÷an la sauh sauh ila, lehkha chhiar ngai lote pawhin World Book Day pual hian lehkhabu pakhat tal chhiar i tum ang u. Tûn aţanga lehkhabu kan chhiar taihmâk phawt chuan nakinah kan la lâwm dân a ni.



Tûnlai hian vêng hrang hranga tleirâwlte zîngah inkhâwm ngai pawimawh lo leh inkhâwm peih lo tak tak mai hi ka hmu leh ðhîn. Inkhâwm peih loh chhuanlama lehkha zir ngai ti te, inkhâwm aia khawi lai lai emawa lêng ðhînte ka hmu fo bawk. Tleirâwlte hian inkhâwm hi tih ðhanah (habit) kan neih a ngai a, inkhâwm chungchâng i han ngaihtuah teh ang u.

Inkhâwm hi chîn ðhana neih theih a ni a. Chîn ðhan chi hrang hrang kan nei ang. Mi ðhenkhat chuan ke hlâng kâng chungachaw ei te hi tih ðhanah an nei a, hrehawm an ti lêm lo va; mi ðhenkhat tân erawh chuan thil hrehawm tak a ni thung ang, a chhan chu tih ðhana an neih ve loh vâng a ni.

Chîn ðhan thil chu thil eng emaw kan tih nawn fo avânga ngaia kan neih, kan taksa leh rilruin thil nih phung emaw, awm dân tûr ve rênga a ngaih tawh emaw hi a ni. Kohhran Upa pakhat chuan, “Inkhâwm hi hmân aţangin tih ðhanah ka neih tawh a, ka tân chuan inkhâwm ðhulh mai hi a harsa tawh zâwk,” a ti.

Thil rêng rêng hi a tîrah ninawm leh hrehawm deuhin lang ðhîn mah se, kan tih hrâm hrâm chuan taksa leh rilruin ngaia neih chin a nei a, a tûr ve rêng emaw tiin harsa ti lêm lo takin kan ti zui ve tawh mai ðhîn. Hetiang chiah hian Pathian biak inkhâwm pawh hi chîn ðhana neih thei tûr khawpin

chhonzawm ṭha ıla, a tîr lamah chuan inkhâwm ṭhulhna tîr chhuanlam ṭha tak tak pawh kan hmu ngei ang; mahse, kan taksa leh rilruin a pawm hunah chuan inkhâwm ṭhulhna chhan tîr chhuanlam tam tak hre mah ıla, inkhâwmna chhan tîr pakhat chauh pawh kha kan inkhâwm pui êm êm ang.

Mi pakhat chuan, “Ka inkhâwm loh chhan hi thil dang teh chiam a ni lo, ka inkhâwm lo laklawh mai mai a ni,” a ti a. A dik ang. Inkhâwm loh laklawh a awm chuan inkhâwm laklawh pawh a awm thei ngei bawh ang. Chuvângin, Pathian biao inkhâwm hi chîn ṭhana nei tîr khawpin taihmâk i chhuah ang u. Kristian naupang/tleirâwl tih leh inkhâwm taima tih hi a inhmeh ber a nia.

HRIATTÎRNA

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kristiannaupang@gmail.com-ah emaw, whatsapp
hmangin phone number 8974581885-ah emaw
theh luh theih reng a ni.

Editor, Kristian Naupang

THAWNTHU INPHUAHSIAK

Synod Literature & Publication Board chuan thawnthu inphuahsiak a buatsaih a. He thawnthu inphuahsiaka tel tûrte kaihhraina hetiang hian siam a ni:

1. Naupang/teirâwl pual thawnthu inphuahsiak tûr a ni.
2. A phuahtu tûr kum bithliah a awm lo va, Mizoram Presbyterian Kohhran mi, a duh apiangin phuah theih a ni.
3. Mahni irâwm chhuak ngei a ni tûr a ni a. Thawnthu awm tawh sa behchhana phuah emaw, ÷awng dang aţanga lehlin emaw phal a ni lo.
4. Kristian inzirtîrna leh kohhran inzirtîrna lam hawi a ni tûr a ni.
5. Mi pakhatin thawnthu pakhat aia tam theh luh loh tûr a ni.
6. Mahni hming te, kum te, kohhran hming te leh contact number te Chiang taka ziah tûr a ni.
7. Thumal 10,000–15,000 ziah tûr a ni.
8. Print chhuah sa (hard copy) emaw, a soft copy-in emaw theh luh tûr a ni.
9. A hard copy chu SL&PB Office-ah mahni kalin emaw, dâk hmangin emaw theh luh tûr a ni. A soft copy-a theh lut duh chuan kristiantlangau1911@gmail.com emaw, Whatsapp hmangin phone number 6909132893-ah emaw theh luh tûr a ni a. Thawnthu inphuahsiaknaa tel an ni tih an ziak lang tûr a ni.
10. Kum 2026 May 29 thleng a theh luh theih a ni ang.

Lâwmman

1. Hetiang hian lâwmman pêk a ni ang:

Pakhatna	: ₹30,000
Pahnihna	: ₹20,000
Pathumna	: ₹10,000
Consolation prize	: ₹5,000 (mi 7 hnênah pêk a ni ang)

2. Lâwmman pakhatna aţanga pathumna dawngtute hi pawisa fai bâkah thuziak hun mawi (plaque) pêk a ni ang.

3. Lâwmman dawngtute thuziak hi a bua chhuah a ni ang a. A bu a chhuah hunah royalty pêk thin ang rate-in royalty pêk a ni ang.



Bible (Thufingte 1-5) ațangin zawnha siam a ni
a. Eng zât nge kan chhân dik theih i han en chhin
teh ang u aw:

1. Isuan sabengtung no la tûrin a zirtîrte mi eng zât nge a
tirh?

Chhânna:

2. Jerusalem-a lal anga a luh hmain Isua leh a zirtîrte kha tu
inah nge an riah?

Chhânna:

3. Jerusalem-ah lal anga Isua a luh tûr thu hrilh lâwktu zâwlnei
kha tu nge a nih?

Chhânna:

4. Jeriko khuaa Isua mitdel a tihdam kha tu nge?

Chhânna:

5. Kalhlên Kût kha eng thlaah nge an hman thîn?

Chhânna:

6. Bethphage khua kha eng tlâng bulah nge a awm?

Chhânna:

7. Isua ruang phum tûra diltu Josefa kha khawi khuaa mi nge
a nih?

Chhânna:

8. Isua kha a thawh leh hnu khan tu hnênah nge a inlâr
hmasak ber?

Chhânna:

9. Golgotha tih awmzia eng nge ni?

Chhânna:

10. Isua rual khân mi eng zât nge an khen beh?

Chhânna:

Note: May thlaah a chhânna târ lan a ni ang.

March thla Quiz chhânna:

- | | | | |
|---------------|-------------------|----------------|--------------|
| 1. Chang 33 | 2. Finna hlâwkzia | 3. Kawthlêrah | 4. Thatna |
| 5. Zîng takah | 6. A hmangaihte | 7. Thil tha lo | 8. Mualphona |
| 9. Vânte | 10. Tenawm | | |



CHEI RAWH LE!



GOOD FRIDAY

About Good Friday

- Jesus was crucified on a cross.
- Observed during Holy Week before Easter.
- A day of prayer for Christians.

FORGIVENESS **SACRIFICE** **SALVATION**

KA HMUH ANG HMU THEI RAWH



A chung a lemziak chi hnih khi ngun takin en la, a inan lohna chi ruk hmu thei rawh.

1.
2.
3.
4.
5.
6.



Ramhlun Sport Complex Kohhran Primary Department 2026



Khawzawl Vèngsàng Kohhran Sacrament Department 2026



Rawpuichhîp Kohhran VBS 2026

HRIATTÎRNA

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phone number 8974581885-ah emaw theh luh theih reng a ni
Editor, Kristian Naupang

To _____



MISSION VÊNG KOHHRAN TLEIRÂWL LEH NAUPANG INKHÂWM



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