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Phek - 2

Kohhran leh a mawhphurhna

Phek - 6

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Editorial**CHHEL TAKIN AW.....?**

Pathian hruainain Kum Thar 2026 kan thleng ta... a va lawmawm tehlul em! Pathian hnenah lawm thu sawi fo ang u. Mihring kan inchen lo va, rawngbawl hna chelh hnem deuh te, huphurh tak chung a chanvo thar nena kum thar hma chhawn mekte kan awm mai thei e. Chanvo nei lem lote pawhin Kohhran Hmeichhe rawngbawl na kal pangngai rit ti deuh pawh kan awm mai thei bawk.

Tirhkoh Paulan Timothea a fuihna tawngkam ‘*Nang erawh chu engkimah fimkhur la, Chanchin Tha hriltu lam hna thawk la, i rawngbawl na kha hlen rawh*’ (2 Tim 4:5) tih hi hre thar leh teh ang u. Huphurhawm deuhin lang mah se, zo lo deuhin inhre mah ila, kan kova Lalpan tih tur min pek hi chhel takin hlen chhuah i tum hram hram ang u khai. Tirhkoh Paulan a rawngbawl na chhel taka a chhunzawm zel theihna thu ruk chu ‘*felna lallukhum a tan daha a awm*’ tih a hriat tlat vang kha a ni. Kan phak ang tawk leh chhel taka kan rawngbawl hna kan chhunzawm tlat hian felna lallukhum kan la khum dawn a ni!

Kan rawngbawl na peng hrang hrang - Kristian chhungkaw chungchanga kan rawngbawl na te, buhfaithama kan rawngbawl na te, kohhrana mi hla leh dawm zui ngai kan ngaihsak te, chhung inkhawm nei tura thenawm khawveng kan ngenna te hian rah duhawm a chhuah mek asin. Kan rawngbawl na pum pui han thlir hian, Kohhran Hmeichhiate chet velna hi Pathian lawm zawng tak a nih a rinawm, malsawmin a la awm zel chu a nih hi. Kan lamah Pathian a tang zel a, chhel takin i kal zel ang u.

Kristian Chhungkua

CHHUNGKAW KIMIN

II Lalte 4:26; Tirh.10:1,2

- Rev. M.S. Dawngliana
i/c Delhi Pastor Bial

Nu pakhat hian "Fur laiin Lengpui Airport-ah ka fapa lo haw tur ka hmuak a, khua a chhiat nasat avangin lo tum thei lovin an let leh a... Van ram hi chhungkuaah thleng hmasa kan awm ngei ang a, kan chhungte lo thlen ve hun beisei takin kan lo thlir ang a, lo thleng thei ta si lo se lawm a kim dawn lo mang e" a ti a.

Kohhran Hmeichhiate hian Kristian Chhungkaw tha kan neih theihna turin kan bei ngar ngar a. Kristian Chhungkua kan sawi rik ruala kan thinlunga lang thin chu Chhung Inkhawm leh Buhfaitham hi a ni fo. Mahse, Kristian Chhungkua kan buaipui hian chu chauh chu kan subject a ni lo va. Kan thil tum ber chu leia Pathian thitu chhungkua tha tak nih leh van rama chhungkaw kima lawi luh hi a ni.

mal tu emaw vûr nghek aiin an chhungkuaa malsawmna dawntir hi a duh dan a ni fo va. Adama chu amah chauha malsawm bik lovin a nupui nen mal a sawm a (Gen.1:27,28), chan tha chang dun zel se a duh a ni. Khawvel sual tak kara mi fel Nova tan chhandamna a ruahman lai khan Nova chauh ti bik lovin a nupui leh a fate leh a mote thlengin a chhanhim bawk a (Gen.6:18).

Kan thupui hi heti hian i han thlir zui teh ang :

1. Chhungkua malsawm thintu Pathian: "Kan Bible kan en chuan kan Pathian hian mi

Ram tiam chang tura Abrahamah koh chhuahna pawh hi mi mal kohna ang takin chhiar theih ni mah se, a chhungte nena an kal kha Pathianin a remti hle

a ni tih a hriat bawk. Chutiang zelin kan Pathian hi chhungkaw ngaipawimawhtu a ni a. Jakoba fate unau rual zingah Josefa kha mal a sawm bik angin a lang na a, a thiltum chu Jakoba te chhungkua leh an thlahte tãm laka chhandamna buatsaih a duh vang a lo ni leh tho a ni (Gen.45:5-8). Tin, nupa a siam chhan pawh an thlahte thlenga malsawm tlak, chi thlah Pathian ngaihsak (Godly offsprings : NIV) a zawn vang a ni tih kan hmu zel a (Mal.2:15). Kan Pathian hian chhungkuaa mi tlemte malsawm ai chuan kan zavaiin, kan thlahte zawng zawng nen mal min sawm hi a chàk hle zel a ni.

Kan Bible tluan kan en hian chhungkuaa malsawmna dawntir hi kan Pathian duh zawng a ni ngar ngar zel a; Kornelia chauh emaw, Philipi tang vengtu chauh emaw tih that ai chuan an chhungte nena malsawm chu kan Pathian chet dan a ni ta zel a ni (Tirh.10:2; 16:34). Chutiang taka chhungkaw ngaipawimawhtu, chhungkaw kima chhandamna chantir duhtu chuan keini pawh

kan chhungkaw member zawng zawngte nen tunah leh chatuan atan taksa leh thlarau malsawmna chang turin min duh em em a ni.

2. Keinin kan chhawk then em?: Inkhawm a lo hun a, hmanah chuan chhungkuaa thlarau lam malsawmna dawn induhsakin kan in kan kalh hmiah a, chhungkaw kimin Pathian Biak In lam kan pan thin. Tunlaih erawh in lo nghak tur an awma kan thlamuan zawk tlat tawhnate hian ngaih a tiṭha chiah lo!

Zirna kawngah rual kan awt a, thiamna an rawn puak chhuah dawn pawt chuan nu leh pate hmuh phak loh thlengin kan fate chu ram hla takah pawh kan kaltir phal a. India ram khawpui liana zirlai thenkhatte hi nu leh paten "Kohhranah tel vak a ngai lo, i zirlai chauh ngaihtuah rawh" tia thu lo chah tawh pawh kan thahnem viau niin a hriat. Zirlaite zingah, "Lehkha zir turin alawm ka kal, inkhawm turin ka kal lo" ti tawl ngam pawh an awm fo ta mai! Tin, kan faten Pathian mit hmuha tenawm tak

thil hmangin ei an zawng tih te pawh hre ru reng mah ila, sum a lo haw that phawt chuan khap phal lotu nu leh pate pawh kan tam thei ta viau mai. Leia hlawhtlinna chauh thlirpua vana ro khawl khawm lam thlirpui phak meuh tawh lo hi kan tam tawh a ni awm e!

Kan Bible chang târ pakhat II Lalte 4:26-ah hian Zawlni Elisa chuan a thlen in nu, Sunem nu hausa tak hnenah, "I dam em le? I pasal a dam em? Naupang kha a dam em" tiin zawhna a zawhtir a. An chhungkaw dam kim leh dam kim loh kha a ngaipawimawh hle a ni. Sunem nu chuan "Dame" ti chuan a'n chhang ve tak na a, an in chhungah chuan an fapa naupang chu a thi reng si a! "Heti zawng hian thlarau lam zirlai ngaihtuah zui ta ila: "Kan chhungkua kan dam e" kan tih satlah mai hian thu dik lo kan lo sawi reng thei a, kan chhungkuaah thlarau lama thi an lo awm reng thei. Tisaah chuan dam tlang angin lang mah ila, van lam nena inmi hran tawh kan lo awm reng thei bawk. Chuvang chuan kan chhungkua hi tisa leh

thlarauah kan dam kim em tih hi kan inenfiah fona tur pawimawh tak a ni ang.

In chhungkuaah thlarau lama thi tawh, Pathian nena inzawmna nung nei tawh lo in lo kaw l nual tawh em? Kha kha in chhungkaw tan mission field-ah pawm ngam a tul khawp ang. An thlarau boral tur, van rama chhungkua in kim lo tur pawh paw i ti tawh lo, vei peih tawh lo i lo nih phei chuan 'Missionary inthlahdah' takah pawh chhiar tur i ni ve tawh mai thei aw! Chuvangin, Pathian rilru tawm thar leh turin tan la la, chhungkaw kima malsawmna duhsaktu che u Pathian thawhpui turin insangmar thar leh teh le.

3. Chhungkaw member vei hun a ni e: "Isaia 66:24-ah chuan "Tin, an kal chhuak ang a, ka laka bawhchhetute ruang chu an en ang; an lungte chu a thiin, an mei chu tihmihin a awm dawn si lo; mi zawng zawng tan thil tenawm tak an ni ang" tih kan hmu a. He thu hi van thar leh lei thar luahtuten hremhmuna tlate an hmuh theih thin dan tur sawina angin hirhlfiah theih a ni

a. Leia i chhungkaw zinga mi hi hremhmun lung (worm)-in a bawm tur leh meia kang reng tur, van ram aṭanga tenawm thlira i thlir fo tur angin han mitthla chhin teh le! He lei hi inbuatsaihna hmuna ni. Chatuan rorelna chu leia kan thiltih leh kan awm dan azir zela relsak kan nihna tur a ni. Mi hausa pakhat khan a thih hnuah Hremhmun aṭangin leia a chhungte a vei ngang mai a, mahse engmah a vei chhuak zo tawh si lo (Lk.16:28). A tlai lutuk tawh.

In chhungkua kha han en la, tisa lamah chuan in dam kim lai a ni mai thei. Lei piah

lamah hian in dam kim zel dawn em? Lei hi chu kum 100 pawh in luah lo vang a, a piah lamah erawh chatuanin min hmuak a; chutah chuan in chhungkua in dam kim tlang zel ang em le? A hun laia tisa lama mi lian, sipai za hotu ropui tak Kornelia khan amah leh a chhungte zawng zawng chu Pathian ṭih ṭhintuah a chhuah a (Tirh. 10:1,2). Keini pawh hian kan chhungkaw tana chatuan hlu ber min pe thei tur hna pawimawh kan nei ve a ni tih hria ila, chhungkaw kima van rama lut thei ngei turin inbuatsaih theihna hun ṭha hi i hmang ṭangkai hle teh ang u.

Lalpan a thu malsawm rawh se. Amen.



Chhanna nemin thinur a tikiang ṭhin a, ṭawng huatthlala erawh chuan thinur a chawk tho ṭhin. Mifing lei chuan finna thudik a chhak chhuak ṭhina, mi a ka erawh chuan thu atthlak a chhak chhuak ṭhin.

Thufingte 15:1,2

Sermon**KOHRAN LEH A MAWHPHURHNA**

- *Upa R. Dengzikpuia
Maubawk, Aizawl*

Kohhran awmzia

Kohhran tih ṭawngkam lo chhuah dan te, a Grik ṭawng tih lam vel sawi ka tum lem lo. Kohhran hrilhfiyahna tam tak a awm a. Chung zinga tarlan ka'n duh chu *'Kohhran chuan koh chhuah chhan a nei a, chumi ti tura pungkhawm an ni a. An punkhawm chhan khan kohhran nihna a keng tel a ni. Sakramen buatsaih te, ringtute khalh ngilna tura thununna ṭha taka kenkawhte hi kohhran tikohhrantu an ni; hriak thih rawngbawltute leh rawngbawltu dangten rawng an bawlna hmun a ni a. Zalen taka mipuiin Pathian an biakna hmun a ni'*

Kohhran ropui bikna

Kohhran hi a phur phur din a ni lo, Krista thisena din a ni. Bible kan en chuan Kohhran nihna ropui tak tak kan hmu : Pathian beramhote (Jn 10:1-16), Krista taksa (Eph 1:23), Krista mo thianghlim (2Kor 11:2; Eph 5:22), Thlarau Thianghlim In (1Kor 3:16; Eph 2:21,22), Pathian nung biak in (2Kor 6:16), Pathian chhungte (Eph 2:19), Thutak ban leh innghahna (ITim 3:15)..a dang pawh a awm. Chuvangin, kohhran chu pawl dang anga tawp ve mai lo,

van thlenga a ropuina zual zel tur a ni.

Kohhranah chuan tute nge awm tur?

Kohhran hi Political Party ang emaw, Society ang emaw, Association ang emaw a ni lo va. Pathian pakhata mi nung pathum awm ringtu, Isua Krista avanga chhandamna changtute inpawlkhawmna hmun a ni. Kohhran chhungah hian mi chi hrang hrang kan fuan khawm a. Kohhran lianah inang lo an tam a, kohhran te-ah inang lo an tlem deuh a

ni mai. Mi fing tak tak te, lehkha thiam tak tak te, hausa tak tak te an awm laiin mi harsa tak tak te, ziak leh chhiar thiam mang lote awmkhawmna a ni. Chung mi inang lo tak takte chu kohhranah hian kan awm mek a ni. Eng mi pawh ni ila, kan hausa emaw, kan rethei emaw Pathian hmangaihna leh khawngaihna chuan a kohhrana awm tur hian min pawm vek a ni.

Kohhran chuan a huapzo

Kohhran chu Krista thisena a tlante kan ni a. Chuti chung chuan a chhunga kohhran mite chu mi bawhlawh, famkim lo, tihthianglim ngai kan ni lawi si. Kohhran neitu chu Pathian a ni, neitu dang an awm lo. A intineitu thiam apiang hi a neitu an ni mai. Pastor-te leh Upa te, chanvo neite hi neitu deuha ngaihna a awm. Hengte hi mipuiin chanvo kan pek, mipuite kaihhruaia killkawia hmahruai tura kohte an ni mai. Rawngbawltute ringawt hi Kohhran an tling lo va, kan zaa kan pungkhawm leh kan

intelkhawm hi kohhran chu a ni. Kan lo awm tha tawh lo pawh a ni thei, ram leh khawtlang duh loh zawngin kan lo awm tawh pawh a ni thei, sual sima, Krista Lal leh Chhandamtu atana pawm apiangte chu kohhranah hian kan leng vek a ni.

Ringtute mawhphurhna lam sawi ang:

Pathian Biak Inkhawm

A huhova Pathian kan biak hian Kohhranho zingah nasa takin hna a thawk a ni. April ni 27, 2022 Nilai zan thupuaia kan zirah khan Pathian Biak inkhawma kan kal khawm hian :

- 1) Kohhranho min tipumkhat
- 2) Ringtute intihchak tawna a ni
- 3) Inpekna nun min neihtir tih te kan zir a nih kha.

Sam 84:4-10 *'I Ina awmte chu an eng a thawl e. Nang chu an fak fo vang che. I biak in humg chhung kawtlaia ni khat awm hi, ni sangkhat aiin a tha zawk si a. Suahsualna puan intea awm ai chuan, kan Pathian biak ina kawngkhar*

vengtu nih pawh ka duh zawk' tiin Sam ziaktu chuan a sawi a ni. Ziaktu pakhat chuan '*Nu pakhat cancer vei mek chu 'Lo dam tha leh ta la, eng nge tih i chak ber tiin an zawt a. Biak Ina inkhawm tiin a chhang'* tiin a ziak. Pathian biak ina kal tur hian kan infuih thar a ngai khawp mai.

Pathian biak chu thlarau lam chaw dawnna a ni a, hei hian malsawmna a keng tel bawk. Taksa hriselna leh chak nan chaw kan ei thin ang hian a huhova Pathian biak hian thlarau lamah chakna leh malsawmna min pe a ni.

Pathian biak chu kohhranho siam thatna a ni:

Thu leh hlaa chawmna te, tawngtai te leh a dangte hi a dawnna tha ber chu kohhranho inkhawmna hi a ni. Hei hian kohhran pum pui a siam tha a, a tipuitling thin. Chuvangin, chhung tinten Pathian biak inkhawm hi kan uar deuh deuh a tul tak zet a ni.

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Pathian hnena thil pek

1 Chronicles 29:11-14 ah chuan '*Aw Lalpa, ropuina te, thiltihtheihna te, chawimawina te, hnehna te, lalna te hi i ta a ni a..... Thil zawng zawng hi i hnen atanga chhuak a ni a, i ta chu kan rawn pe leh mai che a ni si a'* tih kan hmu. He thu Lal Davidan Israel pungkhawmho hmaah, temple sakna tur thawhlawm an thawh chungchanga a lawmthu sawina ni berin a lang. **Kan Lal Isua zirtirna laimu pakhat chu Luka 6:38 'Pe rawh u, tichuan pekin in awm ang' tih hi a ni. Hmangaihna chhan letna a ni.** Sam phuahtu chuan '*Ka chung a thil tih that zawng zawng avang hian Lalpa chu eng nge ka pek ve ang?' a ti (Sam 116:12).*

Nu pakhat chuan, '*Kan chhangchhia a, kan hrisel lo em em mai bawk a. Bangrelah hian damdawi bur hi a intlar dul reng mai a. Sawma pakhat kan pek loh vang ni tlata hriatna ka nei a. Sawma pakhat kan pek hnu chuan kan fate chu an lo hrisel ta em em mai a, pa*

ber lah chuan pek loh mawlh a hlau ta a..’ tiin a sawi an ti. *‘Pe rawh u, ti chuan pekin in awm ang...’*(Lk 6:38).

Tooth-paste chi khat Colgate hi kan hre theuh awm e. A siamchhuaktu chu William Colgate, English mi, January 25, 1783-a piang, kum 74 mi niin March 25, 1857-ah a thi. William Colgate-a chuan a sum dehchhuah hmasak ber atangin sawma pakhat a pe a. Pathianin malsawmna a vur zel a. Pathian tan ui a neih loh avangin heti khawp hian a hming a lo thang ta a. Vawiin thlenga tooth paste tha, Colgate kan hman hi William Colgate sawma pakhat pek malsawmna rah kan dawn a ni daih a ni !

New York-a United Nations Office building ropui tak dintu, John D. Rockefeller-a kha kum 40 a tlin hmam mi hausa tawntaw a ni hman tawh a, mahse, natna mak tak, America doctor-te pawhin an hriat fuh theih lohvin a man ta

tlat mai a, a cher tawlh tawlh tawlh a, a thi dawn ta hial mai a ni awm e. A natna hi a mak hle a, depression tenau leh chaw pai tawih harsatna a nei a. A hnuah **‘alopecia’** an tih, taksa puma sam/hmul tla kawlh natna a vei leh a, a taksa pumah hmul leh sam reng reng pakhat mah a awm ta lo hial a, a hnuah pawh a to leh tawh hek lo. Mahse, mi pakhatin, *‘I neih sumte hi pachhiate hnenah pe la, Pathianin i hun a pawtsei mahna’* a ti a, chu chu pawmin a maktaduai tel chu pachhiate hnenah a’n theh chhuak ta a, kum 40 vela thi mai tura ngaih kha **kum 98** a dam ta ni an ti.

Tlangawmna

Kohhranah hian i tel zel ang u. Pathian biak inkhawm hi i bansan lo ang u, ngai pawimawh zel ila, Pathian ram zauh nan leh kohhran a lo than zel nan thil pek i bansan lo vang u.

Lalpa kan za atan mal min sawmsak rawh se. Amen.

Sermon

LEI (BRIDGE) DAWHTU

(Gen 28:10-15; Jn 1:15)

- Rev. Lalhmuchhuaka
i/c Tuikual Pastor Bial

Thuhma: Inkal pawhna lei (bridge) sei leh tha ber, dawh kai hautak ber leh a dawh kaitu ropui ber, Pathian hnathawhpuitu kan ni tih hi kan hriatchian leh zual nân, sawi chian leh zual kan tum dâwn a ni.

1. Tunlai thil awmzia:

Tlawng luipui kâna lei (bridge) dawhkai a ni ta. A pawimawhin a ropui a. A lâwmawm tak zet a ni. He lei dawhkai thawh khatna chu an hlawhchham a. Tlêma tlêmah, chhiatna zakhua erawh a thleng êm lo a nih kha. Athawh hnihnaah erawh chuan an pathian auva, a malsawmna dila inthawina hlan ngawt chuan a thlamuan zo tawh lo va. A vawikhat nân, Kristiante Pathian hming an lam tel ta hial kha, a lâwmawm tak zet a ni.

2. Puithiam Lalber ÷awngtaina:

“Lei dawhtu ropui ber leh Puithiam lalberin, ÷awngtai thupui bera a neih chu: A mite inpumkhat nân a ni (Jn 17:20-23). A ÷awngtai chhanna kan nih theihna tûrin, Amah thawhpui tûra indai danna pawl ram ÷iat a, ÷awngtai kaichhan sawmtu atâna puithiam (Pastor) a'n hmang leh zêl te hi, Puithiam lal ber nihna nêna inmawi leh zual! Kaichhana thawh rau rauvah, thawh nuam leh manhla ber a va ni em! Lei dawhtu ropui ber leh, Puithiam lalber thawhpui na hun tha kan neih avangin a lâwmawm leh zual a. Keini zawng kan chan bîk hi, kan

vannei tak zet a ni.

3. **Lei ropui leh tha ber chu:**

Lei chu, mual leh mual inkarah, awlsam leh nuamsa taka kal kaina tûra dawh kai a ni a. Lei hnuai kawr thûk takah chuan, tlâk palha insawh hlumna tûr lung chang puipui, khawkrawk tak tak leh tlak hlumna tûr luipui emaw, luite emaw a awm ngei bawk thin. Lei dawhtu ropui berin, lei tha ber leh sei ber, lei leh vâh inkarah, ama thisen sengin, amah leh amah chu lei (bridge) atâna a rawn indawh kai aia mak leh ropui zawk dang reng reng a awm lo! Lalpa chu fakin awm se la. Ropui ber rawh se.

4. **Bible chuan:**

"Tih tak meuhvin, tih tak meuhvin ka hrilh a che u, vâh inhawngah, Pathian vântirhkohte 'Mihring fapa' chungah hian chhuk leh chho in la hmu ang," (Jn 1:51 cf. Gen 28:10-15) tiin,

Puithiam lal ber leh lei dawhtu ropui ber, kan Lalpa Isua Krista ngeiin, Ama chungchang a sawi chu ziak meuhin min hrilh a ni.

5. **A chhan chu:**

Puithiam kan tih hi, sapṭawnga Priest an tih, Latin (Rome Official) ṭawnga pontifex hi thu mal pahnih: pons (pontis) lei (bridge) tih leh, facere (maker/to make) siam/siamtu tih atanga lak chhawn, lei (bridge) dawhtu/siamtu (A pontifex is a bridge builder) tihna a nih vangin, Tlawng lei dawhtu mi thiam (Engineer) rual leh hna thawktute, lei dawh kai a nih theih nâna kan puithiamin ṭawngtai kaichhana a sawmna chhangtu kohhranhote hian, mahni Chhûngkaw bil theuhah, kan chhûngte tân lei leh vâh inkara lei ropui ber dawh kaitu, Puithiam lalber ṭawngtai chhanna ni tûrin, Amah thawhpuitu ni zêl thei ila, a nuam dâwn hle mai.

Sermon**VÂNAH KHIAN MIN LA LÂWM LUT DÂWN A NI**

- Rev. Lalbiaknia
Tlangnuam West

Philipi 3:20 'Keini zawng vâh khua leh tui kan ni si a, vâh atanga min chhandamtu Lal Isua Krista lo kal tûr chu nghâkhlel takin kan thlir a ni.'

Kum 2022, January ni 16, chawhma dar 11:00 khân, Mission vêng Kohhranah rawngbâwlpui chhungkaw dangte nen chhungkaw 10, member 42 chu, pêm dawnsawn/ Kohhrana lawm luh kan ni a. (Covid hrilên lai a nih avângin Pathiannah vawi khat inkhawm hun lai kha a ni a) Mission veng kan awm chhung chu Mission veng Kohhran member kan ni ta a. Ni 8.1.2025-ah, Bungkaw-n-ah Pastor bial vawngin kan chhuahsan leh ta a. Kum khat kan awm hnuin ni 7.1.2026-ah Bungkaw-n chhuahsanin Tlangnuam west-ah kan pem lut leh ta a.

Ni 14.1.2026, Nilai zânah, Tlangnuam West
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Kohhranah, pêm lehkha chhiarin Kohhrana lawm luh kan ni ta a. Chhungkaw dang pahnih nen, kan vaiin chhungkaw 3, member 17 kan ni. Tunah chuan Tlangnuam West Kohhran mi kan ni tawh a, kohhran member chhiarnaah pawh chhiar tel kan ni tawh ang.

Pêm lehkha chhiara kohhran member-a lawmluh hi wavi hnih kan tawna a ni. Bial hrang hrangah kohhran 11 ah kan awm tawh a, Bialtu pastor atân, induction service-a lawm luh kan ni thîn a. Pêm lehkha nena nilai zâna kohhrana lawm luh kan ni ngai lo.

1. Kohhrana lawm luh kan ni hi a hluin a ropui: Kan pêm lehkha chhiara kohhrana

lawm luh kan ni hia lawmawm ka tiin a hlu ka ti riau pek a. Vn kohhran thianghlina lawm luh kan nih hun tnr min ngaihtuatnr nghal a, a ropui turzia min suangtuatnr a ni.

Mission vng leh Tlangnuam West kohhrana min lawm luh tm hian, kan hming leh dinhmun nen, pm lehkha an chhiar a, kan ding zel a. Kan chungkua kan kim thei a, a lawmawm hle. Chhngkaw thenkhat erawh an kim thei lo thung. Hmun dang atanga pm lut kan ni a, kohhrana lawm luh kan ni hi a pawimawhin a lawmawm hle. Chutih rualin, kan tngkai em vng te, kan pawimawh em vng te, kan that vngtea lawm luh kan ni lo va. Rawngbawl naa kan thawh hlawk vng a lawm luh kan ni hek lo. Kohhran member kan nih avng a lawm luh theih chauh kan ni. Kohhran mi kan ni ve hi a lo hlu mang e aw.

2. Vn Kohhran thianghlina lawm luh hmabak

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kan ni: Keini zawng vn khua leh tui kan ni si a (Phil. 3:20). Isua Krista min tlanna avngin, vn khua leh tuia chhiar tel kan ni. Kan khaw hlun tnr, vn Jerusalem thara kan hawn hun, min lawm luh hun hi a la thleng ngei dawn. A ropuiin a lawmawm dawn mang e. Chumi hun lo thleng tnr chu Tlangnuam West kohhrana min lawm luh hian min ngaihtuatnr nasa hle a ni.

Chumi hunah chuan, he lei kohhrana kan pm lehkha tawi te chhiara kan ding ang ngawt hi a ni lo vang. Lalpa hmaah, kan nihna, kan thiltih - a chhia a tha zawng zawng nen engkim fiah takin tarlan a ni tawh ang a. Kohhrana kan nihna leh chanvo chelh te, kan thiltih that vng te, rawngbawltu kan nih avngtea lawm luh kan ni dawn lo. Krista thisena sil fai, Krista khawngaihna avng a sual ngaihdam leh Krista rin avng chauhva lawm luh tnr kan ni . Eng mi pawh ni se, eng thil pawh lo ti tawh mah se, Krista ringa sual sim, Krista thisena sil

faite chauh vân kohhran
thianglimah chuan lawm luh
kan ni ang.

3. Chhungkua kan kim ang em le?: Kan awmna hmasa aṅanga pêm chhuaka kan va luhna khua, kohhrana min lawm luh huna chhungkuaa kim theih hi a lawmawm khawp mai. Kim theih loh pawhin a pawina a awm hran lo, chhungkaw hming kohhranah ziah luh a ni vek tho va. Tuna kim lo pawh an lo hawn hunah an lo tel ve mai ang, kohhran mi an ni tawh tho mai.

Vân Kohhran
Thianglima lawm luh kan nih
hunah erawh chuan,
chhungkuaa luh kim loh a paw
dâwn. Chu aia lungchhiat-
thlak zawk a awm thei tawh
lo, chatuana inṅhen hlenna tûr
a ni tawh ang. Vân Kohhran
thianglima chhungkuaa kan
pêm luh theih nân, Kristian
chhungkua Pathian thua
inkaihhruai hi a pawimawh tak
zet a, kan infuih a, kan
campaign ṭhin rêng hi.
Chhungkuaa vân khawpuia

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thlen kim loh zawng,
ngaihtuah ngam pawh a ni lo.
Kan chhungkua ṭheuh hi kan
lut kim ang em le?

4. Khawvêl hi kan ngai tawh lo vang: Pem sawn ngai lo chuan pêm buaithlak zia te, kohhrana min lo lawm luha a lawmawm leh thlamuanthlak zia te an suangtuah ngai lo viau ang. Keini hi wavi 14 kan pêm kual tawh a. Kan awmna hmasa, kan tlangnêlna hmun leh kan ṭhenrual ṭhate pêm chhuahsan hi a hrehawm duh khawp nia. Kan chhuahsan kohhran leh min duhsaka min ngai ve êm êmtu te, keini pawhin kan ngainat tak takte leh a chhia a ṭha kan hrilha, kan kawmngleih takte kalsan a, mikhual chan chang leh tura pêm hi thil chakawm a ni lem lo.

Vân khawpui, kan chatuan in kan thlen hunah erawh chuan, kan khaw hlun, Krista avânga kan ram hlunah kan luh dawn avângin, min lo hmuaktute pawh hmangaihna famkima min

hmangaihtu leh, kan hre ngai tawh lo vang a.
 hmangaihte an ni tawh ang. Khawvêl (Lei hringnun) hi
 Mikhual ni tawh lovin, a kan ngai tawh lo vang.
 neitu, Krista zara ro luahpuitu
 kan ni tawh dawn a ni.

Keini zawng vân
 khua leh tui kan ni si a.

Damloh, retheih,
 harsat, sualna tin rêng awm
 tawh lohna hmun,
 thawhrimna, chak lohna, tar
 chak loh, tlakchham,
 lungngaih buaina tin rêng kan

*Lei hringnun a ral hun chuan,
 Lalpa ramah kan lêng ang;
 Khawvêl hi kan ngai tawh
 lo'ng, Kir zai rêng kan rêl
 tawh lo'ng.*

Martin Luther-a khan heti hian a sawi a:
 “Ka lu chungsa sava thlâwk tùr chu ka dang thei lo;
 mahse, ka lukhum hnuaia bù an chhep tùr chu ka
 dang thei,” a ti.

“Setana hian kawng tinréngin min thlêm thei.
 Suangtuahna ða lo pui pui min neihtír tumin nasa
 takin min bei ðhìn. Mahse, kan invèn phawt chuan
 chuan keimahniah min hneh ngai lo vang a, a tâ
 kan ni ngai lo vang. “Kan Lalpa ngei pawh kha Setana
 chuan a bei nasa. Mahse a hneh rêng rêng lo tuan
 parh. Amah Lal Isua ngeiin, “In hnenah thu ka
 sawi leh tawh mang lo vang, khawvel lal a lo kal
 dawn si a, ani chuan keimahah eng mah reng a nei
 lo,” (Jn 14:30) a ti hmiah mai.

Sermon

HNEHNA NUN THURUK

- *Labvulliani*
Darlawn

Kohhran Hmeichhia, Nuhote hi kan buai em em hlawm a, Mahni tawkah kan inchhungkhurah buaina tawk kan nei vekin a rinawm. Heng kan khawvel nun kan buai em emna karah hian kan nunah, kan in chhungah, pasal fanau kan enkawl naah hian eng nge kan nunah lal ber le? Hnehna thuruk hi kan nei em le?

Kan in chhungah hian Nu ber kan nih ang hian kan faten min ring zo em? An harsatna tawhte min hrilh ngam em? An rilru hahnate kan hnenah an inpuang ngam em? “Kanu, min tawngtai teh” te an ti thin em? An mamawhna phuhruk tur hian Nu-te hi kan fate hian min ring zo em le? Zawnha ava tam em! Kan pasalte hian engtin nge kan nun tak tak hi min ngaih ang aw? Kan chhungte, kan pasala chhungten engtin nge min sawi? Min ring zo em le?

Mahni nun han infiah tak tak chuan kan tling lo a ni ti ru? Kan tu leh fate, kan pasalte leh kan chhungte mai ni lo, kan rawngbawlpuite leh kan thenawm khawvengte min hmuh dan lam hi chu dah tha

rih ta ila. Kan inchhungkhur kan enkawl dan leh kan nun dan te han in en ila, tlin lohna kan va ngah em! Chutih lai erawh chuan Nu thenkhat fak phu tak tak erawh an awm. Mahse a nawlpui nun han in en hian, tlin lohna hi kan va ngah em! Kan nunah hian, Nuhote hian Hnehna Nun kan neih hi a ngai a ni.

Harsatna kan han tawk a, natna te kan tawk a, sum leh paiah harsatna ten min tlakbuak a, thihna hial te pawh kan tawh chang a awm a. Pasal sunte pawh kan awm nual ang a, chhungte nen inrem loh intih buai changa rilru hrehawm ngawih ngawiha awm chang te pawh kan nei thin a ni. Chutih lain

chhungkuaa kan mawh-phurhna, fanau enkawl, eizawn leh buaina dang kan tih tur kan tih tho angai thin bawk si a. A va har thin em! A va manganthlak thin em ti ru? Heng zawng zawngah hian eng ber hi nge Hnehna Nun thuruk chu ni ang le? Hmelmapa Setana hian thil chi hrang hrang hman hian Nu berte hi min tihhual a, min tihlungngaih a, min tihbeidawn hi a tum thin a ni.

Hawh u, eng harsatna pawh kan hmaah lo awm se, Lalpan min fiahna a ni tih i hria ang u. Setana'n min tih beidawn a tum a ni tih hriain he fiahna paltlang tur hian Lalpa lam Nuhote hian i hawi tlat ang u. Beidawn lungngaih hrehawm lai ber pawhin, tap-a indawm kun mai lovin harsa mahse tawngtai lui ila, Bible te chhiar lui tlat ila. Kan tlin lohna leh fel lohna avangin, kan tu leh faten kan nunah hmuh tur leh inngahna tur an lo hre lo pawh a ni thei, kan finnain a daih loh chin pawh a awm ang. Engpawhnise, Nu, Lalpaa tlu lut tlat nun neitu kan nih chuan

Chungnungbera Thiltihtheihna-in min hliah khuh ngei ngei dawn a ni. Chu nun chu a ni Hnehna Nun Thuruk chu.

Ni tin thingthin, kan pindan chhungrilah hnehna puangin Lalpa i han au ang u hmiang. Kan Bible-te dah tha mai lovin chhiar mai theih turin dah chhuak ila. Ni tin tlem tal rilru tawngtaina nen i chhiar ziah ang u hmiang. Hetiang hian ni tin tan kan la a nih ngat chuan, thil hrang hrangah kan tu leh fa, kan pasalte leh chhungten kan nunah hmuh tur an nei dawn a ni. Kan nunah hahchawlhna an hmu dawn a ni. A va hlawk dawn em! Hei ngei hi a ni Hnehna Nun Thuruk chu. Kan lo ti ngai lo a nih chuan tan ila thar ang u, bul i tan ang u. Kan lo ti thin a nih pawhin i chhonzawm zel ang u.

He Hnehna Nun Thuruk, Nuhoten kan chakna tur thuruk, Lalpa avanga hnehna kan chan ngeina tur nun thuruk nei tur hian tan i la thar sauh sauh ang u. Hnehna chu Lalpa ta a ni! Amen!

Article

TAWNGKAM

- Sapvengi
Mission Veng

Thufingte 25:11 “A awm tak thu sawi hi tangkaraw bawm a rangkachak apple ang a ni.”

Tunlai huna kan mamawh ber chu tawngkam mawi, hahdamthlak, thlamuanawm hi a ni. Kan tawngkam, thu hman leh aw ki, kan tih rik leh hman duh zawngte hi inchhut Chiang Ila . Sawi tum inang rau rauah a dawngtu tan dawnsawn nuam leh hriat nuam zawk te ngaihtuah thiam a pawimawh.

Tunlai kan khawvel leh khawtlang nunah te hian kan tawngkam hman duh dante leh hman thin te hi kan fimkhur lovin kan duhtui lo sawt em em a. Social media-ah te mahni hming leh nihna pawh tarlang tha duh lo apiangte hian tawngkam te hi an duh tui lovin, mite rilru hliam tura thu ziah vak vak te hi an pawisa lo deuh ni te hian a lang a ni.

Ringtu dik tak tan entia awm tur nge ni ta ang le? Eng angin nge kan danglam theih ang? tih te hi mahni inzawh fo a pawimawh hle ang. Tunlaia kan mamawh leh tui ber zinga lang chu

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tawngkam tha mai bakah tawngkam hlimawm, mi dangte rilru tizangkhai thei tur kan ngaihtuah a ngai a ni. Thufingte 17: 22-ah chuan “Thinlung hlim hi damdawi tha tak a ni, thinlung lungchhia erawh chuan ruh a tiro thin,” tih kan hmu. Chuvang chuan engtin nge kan tih tak ang? Kawng liin han sawi ila.

1. Hlimna thu : Kan khawvel hi lungaihna in a khat ni ta ber mai hian a lang a. Ni tina kan thu thar dawn te hian min ti lungngai a. Thu hlimawm dawn tur a vang hle mai. Mite reng reng hi rilru hahna leh

thawpiknaa khat te hi kan ang zo ta. Amaherawhchu he tih hunah hian a infuih zawng leh a inti phur leh hlim thei zawnga thu inhrilh dan te sawi chhuah dan tur te hi kan mamawh a lo ni ta. Thufingte 15:13-ah chuan “Thinlung hlimin hmel hlim a siana, thinlung lungngaihna erawh chuan rilru a tilungchhe thin,” tih kan hmu a. Chuvang chuan kan kamchhuak hian thil a tithei tih hriain mite tihlimtu leh tilawmtu nih kan tum fo a pawimawh. He tih rual hian mite hnena thu dik lo hrilh a, tihlawm lam erawh kan sawi tum a ni lo thung. Dawt hi chu a lanchhuah hunah thin tirimtu a ni thei.

2. Thlamuanna thu: 2Korinth 1:4 ah “Pathianin keimahni min thlamuanna ngeiin, hrehawm eng anga awmte pawh chu kan thlamuan ve theihna turin, A ni chuan kan hrehawmna zawng zawngah min thlamuan thin” tih kan hmu. Tirhkoh Paula chuan Pathian thlamuanna kan neih ang khan mi dangte pawh thlamuan ve thin turin min duh a, ringtute min fuih a ni. Inthlamuanna thu hian mi a hnem thei hle tih kan hriat a

pawimawh. Tunlaiin thu thar kan hriatte hi indona thu leh ram leh ram in vauna thu a tam ber hial awm e. A chan chhe zawk rama chengte tuarna a nasa em em a, lusun, retheih, tam leh ril tam bakah natna thlengin an tuar tih kan hmu a ni. Heng bakah hian mi sang tam tak in leh lo nei lo, nun him lo leh tlanchhiatna tur nei si lo, beidawng leh hlau reng renga hun hmang tam tak an awm bawk. He tiang chanchin hriat te hian rilru a tihrehawm thei hle.

Chu tih mek laiin kan ramah leh kan bulhnai maiah, kan thenawm khawvengah harsatna, lusunna leh hrehawmna hrang hrangin a tihbuai, thlamuan ngai kan tam em em a ni. Heng mite zingah hian thlamuanna thu kan sawi ve thei a ni. Naupang hla a kan sak thin “Thinlung ngui leh chau tak, lungngaia rumte hnenah chuan ni eng mawi tak angin thu ngilnei tak an sawi thei” tih ang hian mite hnenah thu ngilnei kan sawi ve thei a ni.

Tuarnate pawh hi in tuarpuina thute hian mi a chhawk

thei hle mai, kan bullhnaia mite mai bakah hmun hla zawka mite pawh kan theih ang anga thlamuan ve thin hi tum zel ila. Ni tin hian tu emaw hnenah thlamuanna thu sawi tum ta ila, chu chuan keimahni ngei pawh min thlamuan thin dawn a ni. Bible-in kan tawngkam tha lote kan chungah a lo let leh thin a ti a, kan tawngkam thlamuanna pawh mi chungah kan tih mah nis e keimahni chungah a lo let leh thin tih hre reng ang u.

3. Khawngaih leh Lainatna thu: 1 Petera 3:8-ah chuan inkhawngaih a, inlainat a, anau anga in hmangaih tawn turin min fuih a ni. Lal Isua pawhin mi sualte tawrhna nasa tak chu a khawngaihin a lainat a, an mamawh a tihsak zel thin. A hniakhnung zuitute kan nih angin kan theih ang anga khawngaihna leh lainatna, a mamawhtute hnena kan lantir ve hi kan tih makmawh a ni. Mite ngaihven hlawh nih duh hle siin, mi dangte harsatna hriatpui peih lo nih hi ringtu nih dan tur a ni lo. Tin, 'Khawngaihna' tawngkam kan hman chu a lang a mawi mai a nih chuan awmzia a nei lovin a daih rei lo. Thinlung atanga chhuak

a nih angai, chhungril atanga takna nena a chhuah chuan mi dangte damna a thlen thin.

4. Kristian Hmangaihna thu/ Tawngkam mawi: Ephesi 4:32 ah chuan "Tin, inkhawngaih tawna lainatna neiin awm u la, Pathianin Kristaa a ngaidam che u ang bawkin, in ngaidam tawn rawh u," tih kan hmu. Tunlaiin inhnehsawhna leh indiriamna tawngkam hi a hluar em em tawh a, chu chuan kan khawvel hi a ti damlo a ni. He tih hunah hian kristian inhmangaih tawna tawngkam, Lal Isua zirtirna mil, induhsakna tawngkam, thlamuanthlak kan mamawh a ni.

Rom 12:10-a kan hmuh angin Kristian nun inlaichinna thinlung dik tak hmanga kan indawr tawn hi a tul tak zet tawh a ni. Chu chu kan Bible pawhin a sawi tam ber a ni. Inlainat tawnin, inchawimawi tul huna inchawimawi tawn kan tih tur a ni. He tiang taka inzah tawn leh inlainat tawn a, tawngkam leh chetziaa kan inthlamuan tawn chuan kan khawtlang nun a lo hlimin a hahdamthlak dawn a lo ni.

AW! KHAWNGAIHTU PATHIANIN

Phuahtu : Chawngkhupa
Thluk siamtu : Chawngkhupa

Aw! Khawngaihtu Pathianin,
Kan thinlung chhungah hian.

He hla phuahtu Pu Chawngkhupa hi Zoram pumah a hming hi an hre vek ang ti ila a sual awm lo ve. Mihring pianphungah chuan mi naran aia hnuai a ni naa, Lalpa thlaraubin nasa takin a hmang tlat mai hi a hre chiang apiangin mak an ti. Vawi khat a tawngtainaah chuan, “Kei hi chuan tu mah ka ang lo va, tu ma’n min ang hek lo” tiin a sawi.

Kum 1936 khan Zoram Bawrhsapin mi hlim ruiho a

man a, lung inah a khung a; a chhan bul ber chu Kelkang hlimna buru tak mai vang a ni ber awm e. Amah hi chu Kelkang hlimna thlen hma kum 1936 khan lung inah hian an Lalin a dah a ni awm e. He hla hi kum 1936 Good Friday ni takin Aizawl lung inah a phuah a ni.

He hla hi 1980 hma lam kha chuan Kohhran Biak in chhung a la fan lo rih lo a ni . Mahse a hnua Kohhran harhnaah khan a lar ta em em a ni ber mai. A hma chuan mi hlim zaikhawmin an sa thin

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a; an duh hle reng bawk. Mi thil chhut deuh chuan “Mi anga chhiar theih meuh loh Chawngkhupa’n he tiang hla a phuah hi a mak mang e” an ti thin.

*Thlarau min pek lawmna hi,
Khawvel finin a zo lo ve; tih te,*

*Mifing mihrinna hianin,
A ngaihtuah chhuak zo lo a
che; tih te*

*A thukin a va sang em!
Khawvel fin zawng aiin;
Pathian hmangaihna thu hi,
Van leh khawvela’n a khat e.*

tih te hi Pu Chawngkhupa hmel han thlir vang vang hian hetiang mi nun leh rilruah engtin nge he tiang Pathian thu ropui leh dik leh hlu hi a chhuah theih? tia ngaihtuah vang vang theih a ni awm e. Lal Isua hnathawh a ni tia awih mai hi a tha mai awm e.

Pu Chawngkhupa hian chanchin a ngah hle mai, a chanchin ziahna buah pawh a chet dan maksak tak tak tam tak a awm a ni. Mi aiâwt chiaha chakai tla a lo chhuah sak te, savawm hliamah dettol hnawih te, Sakei no hruaite nena an awm dun thu te leh thil dang tam tak a

awm âwm e.

Pu Chawngkhupa hian Lal ban a nih dawn thu te, District council awm tur thu te a lo sawi lawk a. Tum khat chu an Lalpa Pu Lalthawvenga thin a tirim a, a letlingin a khai a nih âwm chu. Hrehawm a ti hle a ni âwm e. Mahse, chung lam thiltihtheihna Lalpa tanpuina a dawng hlauh a, nuam takin a tuar thei ta a ni. A mah tiretheitute zawk an inchhir fo niin a lang.

Pu Chawngkhupa'n Pathian a hriat chianna hi a zahawmin a hlu ngawt mai.

Source: Kristian hla larte leh an chanchin



***I lei chu sual lakah veng tha la,
i hmui chu tihderna thu sawi
lo turin veng tha rawh.***

Sam 34:13

Article

SAP NUHO KOHHRAN LEH KHAWTLANGA AN HMALAKNA

- C. Lalrintluangi
Cardiff, Wales, U.K.

“Sap nuho han tih chuan a huam zau thei hle ang, hei hian a tum chu kan awmna ram Wales nuho kohhran leh khawtlanga ka tel vena leh tawn hriat atangin ka’n ziak ang e.

“Thawhtanni chhun apianga ka tel vena International Sewing Class-a kan hotunu ber chuan chhun thingpui in chawlh laiin “Engtikah nge puanthui i zir tan?” min ti a, kei lah chuan phur zetin naupan laia sikul atanga zir ka nih thu ka hrih ta chiam a. Remchanna lain kan rama kum 100 chuang zet kal tawhah Wales ram atanga missionary lo kalte chanchin leh an sikul din atanga zir ka nih leh handwork, puanthui, laphiar, thumawi leh puantah (puantah hi chu kan Mizo pi leh puten an thiamsa tih chu ka hre tho a nia) thlengin Welsh missionary-ten min zirtir thu ka sawi chu mak an tiin an bengverh hle mai.

Puantah mawi tak tak leh a chi dangte pawh an hmuh chak avangin a chawlhkar lehah chuan mizo puan tah chi hrang hrang, ipte chei, tote bag, stall, hand bag te ka entir ta a, mawi an tiin an ngaisang khawp mai. Chu mai ni lovin ram kilkhawr leh ramthim takah Pathianin missionary-te rawn tirin Lal Isua chhandamna thu min hrih avanga kristian ram kan lo nih dan sawina hun remchang tak a ni chu ka lawm hle mai.

He group hi International Sewing Class vuah a nih angin a tam zawk hi Muslim nuho an ni a, a then European mi ngo, a then

Hongkong lam mi te an ni. Heng hnam chi tin inchawhpawlhthe hian kan puan te chu mawi an tiin Mizo nu kuttah ngei chu an ngaisangin zonu te themthiamzia sawi chu nuam ka ti hle. He tiang hi tun hma lam pawhin kan kohhran nuho zingah ka ti zeuh zeuh tawh thin a ni.

Awle, khi khi chu a sawi hawna chauh lo ni ta se, he puanthui group-a ka telna hi kohhran nung tak pakhata Kohhran hmeichhe hma lakna a ni a, mi dangte an hip theih nan hnam dang kristian leh kristian ni lo tan English zirna leh puanthui zirna te an siam a, puanthuinaah chuan tu mah inthliar hranna awm miah lo vin volunteer-ten uluk takin min vil a, chhun thingpui in dawnah Bible chhiara thu tlem (thought for the day) sawina leh tawngtaina an hmang thin a. Engkim fimkhur takin an kalpui a, health and safety leh hygiene hi an ngai pawimawh a, kangmei chhuak palh se tlan chhuahna tur (fire exit door) leh tlan khawmna hmun sawi

hi compulsory ni tawp mai. An hma lakna hi a ropuiin an ngaihsanawm khawpin ka hria.

Hetiang lam hawi hi sap ram kohhran hrang hrangte hma lakna chu a ni tlangpui. Cardiff kan pem tirh 2013 atang khan Presbyterian kohhran pakhatath thawhlehi apiangin vestry-ah puanthui/ la phiar group kan nei a, Bible chhiar leh tawngtainain bul kan tan phawt a, chumi hnuah hna kan tan chauh thin a, kan thil thui leh phiarte hi a chang chuan table top sale neiin fund raise kan nei a, damlo tanpui nan leh Pakistan kristian harsatna tawkte tan kan thawn a, nuam ve tak a ni. Lockdown hnuah kan chhunzawm thei ta lo a, kohhran dang hma laknaah ka tel ve ta a ni.

Zoram mipuiten kan hriat dan tlangpui chu kohhran khar leh Biak In hralh tih vel hi a ni ber a, a dik pawh a dik reng a, mahse he tih rual hian kohhran la ding mekte hi an tang em em vek a, a tira sawi hawna ang khian craft group, la phiar,

puanthui leh coffee “Morning te an mahni remchan dan ang angin an kalpui a, kei pawh heng hi nuam ka tiin mi dangte nena inhmelhriatna hun leh hmun remchang tak a ni a, ka theih ang angin ka tel ve thin a ni. Hmeichhe inkhawm leh Bible study pawh kohhranho remchan dan angin an la kalpui zel thei a, hmeichhe inkhawm hi chawhnu lam a ni tlangpui ta e, zan lam chhuah hi kuma upa lam tan a harsain a him tawh lo a ni ber mai.

Kohhran bik pawh ka sawi chuang lo vin Wales ram kohhran chanchin leh hma lakna tlangpui chu khi tiang deuh vek khi a ni a, a la chak deuhin naupang lam activity an ngai pawimawhin kar tawp hun awlah Messy church an kal pui a, hei hi Bible thawnthu ațanga inzirtirna lam, painting, lam leh games te nen an kalpui a, heng ațanga sanday sikul kal ve chak te pawh an awm nual a, outreach tha ve tak chu a ni.

Tunlaia thil thar pakhat an uar thar tak em em chu Food

Bank a ni. U.K. hi ram ropui tak leh hausa tak ni thin mah se, tun chho kum 20 vel kal ta ațang kha chuan Credit crunch avangte leh Brexit β(European union ațanga chhuahna) avang tein economic lamah hniam lam a panin thalai graduate hna nei lo an tam a, ni tin khawsakna ei leh bar lam hi a man a sang ta em em a. Chhungkaw tam takin harsatna an tawk a, hei vang hian mi harsa zawkte tanpui nan Food Bank hi a lo piang ta ni ber mai. Kohhranin hma an la nasa a, member-ten theih ang angin tin - food leh fruit can-te, bawngnhute carton leh squash lam te kan keng khawm thin a, hemi sem ni hi kohhranten an mahni remchan dan milin an area-a mi harsate hnenah an sem chhuak thin a ni. A sem chhuah dan erawh lo kal nazawng hnenah ni lovin khawtlang hruaitute, local council leh credit union ațanga recommend-na lehkha nei leh an hriatpui a ngai a ni. Hei hi kohhran bakah community leh super market lam pawhin theih ang angin an buaipui bawk.

Tun krismas kalta aţang khan kohhran la phiar group hrang hrangin kan phiar Angel lem, Bible c ang leh chibai bukna 500 (za nga) zet kohhran leh khawtlangah leh tar chawmna inah sem chhuah a ni. Sem chhuah hmains a order-tu Methodist kohhranah  awngtaia hlanna an nei phawt a, a dawngtute an lawm hle tih hriat let chu a nuam ve khawp mai. “Ram vawt an ni a, nuho hian kumtluanin la an phiar a, PCW nuho pawh hian Africa ram hmun  enkhatah slipper lum te phiarin an thawn chhuak  in a.

Kan Community group-in Ukraine naupang tan scraf kan phiarsak a, an indo tirh aţang khan  anpuina chi hrang hrang khawn a, mahni motor-a ramri  hleng phura pe hi an awm reng a, an ngaihsanawm khawp mai. Kohhran leh

khawtlangah Sap hmeichhiate hi an felin an taimain an awm mai mai lo, kut themthiamna lam hi an uarin ram dangte  anpuina rilru an pu reng mai hi an entawn tlak tak zet a ni.

Thil kalhmang a dangin economy dinhmun lo dang hret hret vang te hian  alalai lam pawh hian zu an in tlem a, Pathian thu lam an hawi  an tlat. Tun kum tharah hian Cardiff khaw laili taka zu dawr pawh an khar ta tlat mai. Kohhran biak in hralh tawh kristian pawl dangin an lei let leh sawi tur a awm bawk. Chu bakah covid hnu aţang khan U.K.-ah Bible hi lehkhahu hralh kal ber a sawi a ni tlat mai. Wales ram hian  awng aisaktu leh veitu a ngah a, zoram kohhrante pawh beidawng lovin  awng ai zel ila Lalpan a la chhang ngei ang tih kan beisei tlat a ni.



DAWHTHEIHNA CHUAN... Rinna nghet a pe a, malsawmna dawng tura inbuatsaihna hun a siam  in. Malsawmna chuan hlimna a thlen a, Pathianin a hun leh  ul a tih ang zelin ro a rel tih min hriattir  in.

~ Dr Thomas Vaughan

Hriselna huang

HMEICHHIATE HRIAT ATANA PAWIMAWH

- C. Thankhumi
Leitan

Menopause

Menopause kan tih mai hi thla tin thi neih (Menstrual Period) lo tawp ta hi a ni. Greek ἄνωγειν ἄνωγειν lak a ni a, Mens chu “thla tin” tihna a nia, Pausin tih chu ‘tawp’ tihna a ni. Hmeichhiaten thla tina thi kan neih hi kum a lo upat hnu hian a lo tawp ἄνωγειν a. Hetia thi neih a lo tawp hian chi bawmin hormone a tih chhuah chu a lo tawp a, nau an pai thei tawh lo a ni.

Menopause (Thi hul) hi a tlangpuiin kum 45 ἄνωγειν kum 55 inkarah a ni tlangpui a, chawhrualin kum 50 vel a ni deuh ber. Nu hriselna azirin leh kan hnathawh azirin a inṭan kum hi a danglam bawh. Tin, kum 40 emaw, a aia naupangah pawh menopause an awm tho. He mi chungchangah hian sawi tur tam tak awm mah se, kan hriat atana ἄνωγειν tur chauh sawi tum ila a ἄνωγειν e.

Menopause hi vawi-lehkhata thleng thut a ni lo a, zawi zawiin a lo inṭan a, kum khat lai pawh a awm thei.

Mihring kan inang lo ang bawkin menopause kan tuar dan pawh a inang lo thei hle. ἄνωγειν nau an awl a, ἄνωγειν an har em em ang bawh hian, thi hul tur kan tuar dan a inang lo. Chi bawmin a hnathawh pawimawh tak hormone a tihchhuah tak loh khan taksaah nghawng nasa leh kalpui a neih kha a lo lang chhuak a, chu chu menopausal syndrome an ti a. Chi hrang hrangin a lang chhuak ἄνωγειν. ἄνωγειν chuan thi neih zing em em, a changa khât leh ἄνωγειν te, a changa tam hluai a, a changa tlem leh si te, mumal lo takin

thi neih kha a awm thei ṭhin. Chutianga hun bi mumal awm lo chuan hmeichhiate min tibuai thei hle ṭhin. Ṭhenkhat tan pheih chuan ngaiṭhat lohna tur leh inngaihbelna tur a titam thei hle ṭhin. Heng lo pawh harsatna dang sawi thiam loh a thlen nasa hle thei, ât phah hial pawh a awm theih a ni.

Menopausal syndrome - thi hul inṭan avanga hmeichhiate chung a harsatna lo thleng ṭhin hi ngaihnep a, ngaihthah mai mai chi a nih loh avangin hmeichhiate hian he mi chungchang hi kan hriat chian a pawimawh em em a ni. Hei hi natna ni lovin, kan dam chung huna thil thleng ngei ngei tur a ni tih kan hriat chian a, hlauthawng lova ngaiṭtha taka kan tuar theih a pawimawh hle.

Thi hulin taksaa nghawng a neih te lan chhuah dan:

1) Cholesterol leh lipid (taksa a thau awm) level thisenah a sang thei. Hei hian heart attack leh stroke a awmtir thei.

2) Thi hul aṭanga kum 5 chung hian Calcium leh

vitamin D tlakchham a awm theih avangin ruh a lo ram a, ruh tliak neih a awl bik.

3) Thi neih tawp hnu hian chaw pai ṭawih zung zung theihna a tlahniam a, ril che vel thlengin a lo hniam a, chu chuan kawpuar leh pum nuam lo a siam duh bawk.

4) Chi bawmin hormone a tihchhuah a lo tawp tâk avangin zunkawng leh phing a lo pan (thin) a, an hnathawh theihna a lo tlakhniam avangin zun an ip ṭha thei lova, an zun zin phah ṭhin. Zun kawng harsatna pawh an nei awlsam bik.

5) Chhul a lo sâwng tê a, bawlhhlawh chhuak pawh a lo tlem tawlh tawlh ṭhin. Serh chung tuamtu râng a lo pan a, a lo sâwngin a lo tê a, serh bangin tuihnâng (secreation) a tihchhuah pawh a lo tlem a, hei hian inpawl laiin nâ leh nuam lo a awmtir thei.

6) Vun a lo panin a lo vuai a, a sâwng, vun chuar a lo awm

thin. He tih hunah hian ei leh ina insum loh chuan thau vak theihna a sang bik thin.

7) Hmul leh sam te a tla nasain a tlem duh hle bawk. Aw bawm a lo chhahin, âw pawh a thûm deuhin a clear lo thei bawk.

Hot flashes: Heng a chungakan sawi bakah hian harsatna thlen nasa ber chu hot flashes hi a ni. Taksa a lum pup pup a, hmai aţanga inţanin a lo darh zau a, taksa pum pui a lum huam huam a, thlan tuiin a leih zawih zawih avangin tuar hrehawm an ti thei hle. Tam tak chu thlanin a tihbuai em avangin mipui zinga awm te hrehawm an ti a, an inkiltawih phah fo thin a, ngaihtuahna fîm pawh an hmang thei thin lo.

Psychological changes: Taksa lama harsatna a lo thlen khan rilru a nghawng lo thei thin lo. Lu nâ te, awmngaihna hriat lohna te, chaw ei tui lo leh muthilh theih loh te an lo nei a, chu chuan rilru lam a nghawng thin a, depression-te an neih phah thei. Mipat

hmeichhiatna lamah an lo chak tawk loh avangin an pasalte laka inthlahrunna pawh an nei thei thin. Thinchhiat te a awl em em a, insum loh pheih chuan an/mi hauh vak mai pawh a awm thei.

A enkawl dan:

A enkawl danah hian doctor râwn ngei ngei ţul a awm rualin mahnia inenkawl theih tam tak a awm.

1. Damdawi tel lova inenkawl theih tam tak a awm a, hei hi hmeichhia kum 40 chung lam zawng zawngin kan tuar vek a nih avangin damdawi leh mi thiamte râwn kher lova tuar chhuak hi a tam zawk an ni ngei ang. Hot flash (lum pup pup) leh thlan tuiin a leih vak vak-ho tan chuan thawmhnaw lum uap lo chi cotton pan leh deh nuam chi hak a nuam duh.

2. Ei leh in lamah chuan zu lam chi te, coffee-te, spicy food (thak) te insum a ţha. Hengte hian taksaah lumna a pe chhuak tam bik. Thau lam pawh insum a ţha a. Exercise

regular taka lak a thain a pawimawh.

4. Chi bawmin tuihnang a tih chhuah khan ruh chakna a pui ve thin a, chu chu a lo tawp tak avangin calcium leh mineral-te, vitamin D te ei thin a tha. Chutih rualin vun leh sam tana tha thil dang pawh ei fo a pawimawh. Tui in tam a pawimawh hle. A bik takin thlan chhuak nasa pheii chuan tui an mamawh tam a, tin, zun kawng infection a awm loh nan te leh lungtê insiam tur pawh a tleng fai a, ek khal tur a veng bawk.

5. Personal hygiene vawn that a pawimawh em em a ni. Ni tin kan inbual lo a nih pawhin serh bawr vel hi fai taka sil fo tur a ni. Zun zawha insil hi a pawimawh a, zun al-in serh vel a chiah khan lâwng te a siam thei bawk. Serh bawr vel hi a rimchhe hma bik a, kekawrtê te pawh ni tin thlak a pawimawh.

Hormone Replacement Therapy (HRT):

HRT hi Hormone lo tawp tak hnua nuin hormone

deficiency avanga harsatna lo awm tur ang chi tihnep emaw, tihziaawm emaw nana treatment pakhat a ni. HRT hi ei chi te, a dah chi te, injection-te a awm. Heng hian hormone tawp avanga harsatna (symptoms) awm kha a vêngin a tiziaawm a, thi hul tak tak hma leh hul tak tak hnua pawh lak theih a ni.

HRT hi doctor-te chawh a nih loh chuan ei mai mai loh tur a ni. A dose leh a ei chin tur te, an harsatna azira pek chi leh pek loh chi te a awm avangin, a la duh leh mamawh chuan hmeichhe lam doctor râwn a him ber.

Aw le, kan sawi tâk ang khan thi hul avanga harsatna kan tawk a nih chuan mahni chauha tuar mai lovin, pasal te, fate pawh hrilh ila, chhungkuain an hriatpui chuan harsatna pawh a zângkhai phah sawt dawn a ni. Hei hi natna a ni lo kan ti chung hian, nâ eng eng emaw, lu nâ te, kâwng nâ te pawh a awm thei tih hria ila, nachhawknâ ei a ngai a nih chuan ei a pawl lo tih pawh hria ila.

Hrvaitute Chanchin**HRANGHMINGTHANGI**

Pi Hranghmingthangi hi Upa H. Thangchina (L) leh (C. Rosiami) te fa pa nga zinga upa ber dawttu ni turin ni 17.6.1960-ah a lo piang a. Upa Ralliankima (L) nen inneiin fa pathum, mipa 1 leh hmeichhia 2 an nei a, an fapa hi a nausen laiin a thi a, tu 4 a nei bawk.

Rawngbawlina

Kohhranah: Ramhlun South kohhranah 2008 ațangin Kohhran Hmeichhe Committee ni tanin, Ramhlun Vengchung kohhranah Assistant Secretary, Secretary, Treasurer, Chairman chanvo te lo chelh tawhin, kohhranah Pathianni chhun thuhritu a ni bawk a, tunah kohhran hmeichhiaah Secretary a ni mek bawk.

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Bialah: Kum 2011 ațangin Ramhlun Pastor Bialah hruaitu Assistant Secretary-te, Chairman nihna te lo chelh tawhin tunah Committee Member a ni mek.

Bible chang duh:

Philippi 4: 6-7 "Engah mah mangang suh u; engkimah țawngțai leh dilin, lawmthu hril tel zelin, in duhnate chu Pathian hnenah hriattirin awm zawk rawh se. Tichuan, Pathian thlamuanna, rilru reng renga hriat sen loh khan, in thinlung leh in ngaihtuahnate chu Krista Isuaah chuan a vensak ang che u.

Hla duh zawng:

KHB 34 na, 'Thil țha kan hmuh ang hi' tih leh KHB 435 ' Hlau suh ka awmpui che' tih hla te a ni.

Thuchah:

Hun țha kan neih lai leh Lalpan a rawngbawl tura min duh lai hian theih tawp chhuahin Lalpa tan i thawk ang u, hun khirh tak kan hmachhawn hma hian thahnemngai takin i thawk zel ang u.

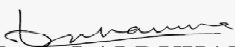
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Presbyterian Bible School, Mission Vengah Certificate in Theology (C.Th.) zir tur lak a ni leh dawn a, dil duh tana hriat tur te:

1. Admission Form hi Office hun chhungin PBS Office-ah Rs. 10/- a lei tur a ni a, Synfo website-ah download theihin dah a ni bawk.
2. Dil hun chhung - March ni 2, 2026 - April ni 21, 2026 (Thawhlehi) tlai dar 3:00 thleng.
3. Dil thei chin - Class VII/Middle School exam pass, kum 16 aia naupang lo, Kohhran dan chhunga awm.
4. Interview hun April ni 28, 2026 (Thawhlehi) zing dar 10:00; PBS Lecture Hall-ah neih a ni ang.
5. Class tan hun May ni 6, 2026 (Nilaini). Zir hun chhung thla li (May - August, 2026).
6. Zir chhunga class neih hun - Dar 9:30 am - 3:00 pm.
7. Zir hun chhungin zirlaite hnenah thla tin Stipend pek an ni ang.

Hrechiang duh tan Phone No. 9612163042/8794157618-ah zawhfiah theih a ni. Hostel a awm lo va, zir turte chu awmna tur inngaihven mai tura ngaih an ni.


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Presbyterian Bible School

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Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte : 1. Kohhran rawngbawlna tihlawhting tura thawh ho.
2. Kristian chhungkaw ṭha din tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
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