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KRISTIAN CHHUNGKUA

ARTICLE

HRISELNA HUANG

HRIAT ATAN

*Editorial***DUHTHLANNA DIK**

"Khawvêl hi a châknate chawpin a boral mêk a ni, Pathian duhzâwng titu erawh chu kumkhuain a awm reng ang" (I Jn 2: 17)

Kristian Hlabua naupang hla, **"Khawvêl sum tinrêng leh lunglu, ka dîl lo nawmsakna nêh. Rilru mawi leh thianghlimna chu ka dîl zâwk chûng zawng ai chuan"** tih hla hi ringtute tân a va pawimawh em. He hla phuatu hian he khawvêl ro sum leh pai thil hlu tinrêngte hian kumtluang a daih dâwn chuang lo tih hriain, chûng zawng zawng ai chuan chatuan daih tûr neih theihna rilru mawi leh thianghlim a dîl zâwk a ni.

Keini ringtute pawh hian inelrelna leh a dik lo zawng sum leh pai sânaa kan inumna hi paih boin rilru thianghlim leh mawi nei thei dial dial ila chuan kan Kohhran leh chhûngkua pawh hi tûn aiin kan inhmangaih ngei ang.

Vawi khat chu Sunday School zirtîrtuin a naupangte hnênah "Mi hausa pa kha nge nih in duh Lazara?" tiin a zâwt a, naupang zînga pakhat chu lo ding chhuakin, "Ka damlai chuan mihausa pa nih ka duh a, ka thih hnûah erawh Lalzara nih ka duh e" a rawn ti a. He naupang chhanna hi uluk taka ngaihtuah chuan tûnlai ringtute chhanna ni thei awm tak a ni. Mahse kan Lal Isua min zirtîr dân erawh a ni hauh lo. He khawvêl ropuinate hi châkin kan tlan suau suau a, mahse boralna kawng kan zawh mêk zawk a lo ni si, duhthlanna dik kan neih a va pawimawh em. "Mi hausa Pathian rama luh aiin sanghawngsei, hriau bengaluh tlang a awl zâwk a ni" Lal Isua a tih kha.

Kristian Chhungkua

KRISTIAN CHHUNGKUA

- *Pastor Lalbiaknia*
i/c *Chaltlang Pastor Bial*

Josua 24:15, “Kei leh ka chhûngte erawh hi zawngin LALPA rawng ania kan bâwl dawn ni.”

Kolossa 3:12, “Chutichuan Pathian mi thlan, mi thianghlim leh duh takte angin lainatna thinlung te, ngilneihna te, inngaihtlâwmna te, thuhnuairawlhna te, dawhtheihna te chuan inthuam rawh u.”

Chhûngkua hi kan dam tân (taksa, rilru, thlarauah) a pawimawh a, chhûngkaw damna tûr chu kan thawhchhuah ve tûr leh thawh ve theih chin pawh a awm. Vawiina dam anga lang, a rûka na fê te an awm a, vawiina dam nakina na tûr pawh a awm theih. Pathian kan tîh loh avâng leh Pathian thua naupang kan châwm loh avânga fate puitlin huna na tûr pawh a awm theih ang. Chhûngkua kan dam tân theih nân leh naupangte Krista rinnaah an thanlen theih nân, Pathian thua kaihhruai hi Kristian chhûngkaw tinin kan ngaih pawimawh a tûl khawp mai. Chhûngkua kan dam loh chuan hmun dangah damna tak tak a awm thei lo. Kan

chhûngkua theuhah damna tûr, kan tih theih, kan thawhchhuah tûr, tih tak zeta kan nunpui tûr thil pathum lek han târlang ila.

1. Inngaihsak, inkawmngaih:
Chhûngkua inngaihsak leh inkawmngaih hi a zir theih, a nachâng kan hriat loh leh a hlutzia kan ngaihtuah ngai loh avângin chhûngkua kan inngaihsak lo fo, kan inkawmngaih lo fo. Kolossa bung thum thua kan hmuh ang hian lainatna thinlung, ngilneihna, inngaihtlâwmna, thuhnuairawlhnate hi kan chhûngkua, kan chênpuite hnên aia kan lantîrna tûr hnaivâi leh pawimawh a awm lo. Nupa kârah, nu leh pa leh fate kârah, unau kârah

innghaisak tawn, inkawm-ngaih a hlu. Lâwmna te, lungâwilohna te, nawm-samlloh te, natna te inhriatpuia ințanpui tûr kan ni. Chhûngkua hi Damdâwi In hnai ber a ni tûr a ni.

Lal Isuan, “Nangni thawkrim leh phurrit phur zawng zawngte u, ka hnênah lo kal ula, keiman ka chawlhțir ang che u,” a ti a (Mat 11:28). Kan phurrit min chhâwk tûrin a inpeih reng. Mihring kan ni a, lungngâi thîn, na thîn, rilru hah thîn, țanpuitu mamawh kan ni fo. Lal Isua kan tân a inhawng ang hian kan chhûngkaw tân inhawng ila, inpe ila.

Kan chhûngkuaah - A tho hmasaah țan ve fo tûr, khawsak reltuah țan ve fo tûr, a phiatfâituah, a thawktuah țan ve fo tûr. Tichuan kan chhûngte hlutzia pawh kan hria ang. A thawkchhuaktu nih vânga inti lal mai lovin, ngaihsaktu, ngaihlathu nih ve thinte hi Krista zia a ni thîn. Chhûngkua hi inbiak, titiho luihte pawh mamawh kan awm âwm e. Chhûngkuaah hna leh chanvo

bîk kan nei hrang thliah a, chhûngte theih loh hunah an tih tûr tihsakte hian kan chênpuite hian ngaihsak, lainat an phu tih hi hriat reng tûr a ni.

2. Chhûng inkhâwm (chhûngkuaa Pathian biak):

Chhûngkua Pathian thua inkaihhruaina leh naupangte Krista rinnaa an țhanlenna tûra zirtîrna remchâng, chhûng tin tih theih chu, ni tina chhûngkuaa Pathian biak, chhûng inkhâwm hi a ni. Maichâmah mei a nung reng ang a, a mit tûr a ni lo tih kan hmu a (Lev. 6:13). Chhûngkaw maichâm mei mit lo tûra chhawm nun (chhûng inkhâwm) hi nu leh pate mawhphurhna a ni zual.

Chhûng inkhâwm hi thenkhat chuan kan duh fir lutuk a, kan duhtui lutuk a, harsatna min thlen fo. Chhûngkaw kim kher te, lungâwi tlân kher te kan tum a, a theih reng loh. Inlêng an awmin dâlțuah kan hmang fo bawk. Keimahni lamah duhtui lutuk lo ila. Isua tel loa nung thei lo leh nung tlâk lo kan nih hi hria ila. Mî fel lo kan nih avâng tak hian Pathian

mamawh, chhûngkuaa Pathian be mawlh mawlh tûr kan ni zâwk. Kan kim loh pawhin chhûng inkhâwm nei ila, kan inlêngte pawh kan chhûng inkhâwmah tel ve mai se. Kan thinur leh lungâwi loh deuh pawhin chhûng inkhâwmah Pathian hnênah thlen zêl ila. Engkim titheitu lamah tâng tlat ila, chumi dinhmun aţang chuan ni tin chhûng inkhâwm hi i ngai pawimawh ang u. Tih tak zeta chhûng inkhâwm hi chhûngkaw dam nâna kan tih theih, kan mawhpurhna theuh a ni.

3. Chhûngkuaa Lalpa rawngbâwl: Josua chuan, “Kei leh ka chhûngte erawh hi zawngin Lalpa rawng ania kan bâwl dâwn ni” a ti thlap mai a, a ropui hle mai. Chhûngkuaa Lalpa rawngbâwl tih hian Kohhrana nihna, chanvo chelh, rawngbâwltua ruat nih vek lam a ni lo, a theih hek loh. Chhûngkuaa Lalpa tih, chhûngkuaa Pathian betu, Pathian rawngbâwlnaa inţanpui, inţawiâwm, chhûngkuaa Lal Isua zui, Pathian duhzâwnga nun tih hi a tum chu a ni thei ang.

Nu emaw, Pa emaw rawngbâwltu ni si chhûngkaw member dangin an ţawiâwm loh nih te, Pa ber thusawi zana fate inkhâwm lo leh lo ruih daih te, nu ber Pathian faka lam taima viau fate khawvêl mi hle site hi a fel thei lo. Abrahama Pathian chu Isaka’n Pathianah a nei a, Isaka Pathian chu Jakoba Pathian a ni zui zêl ang khân, nu leh pate Pathian hi faten Pathianah nei se la, tih se la, hmangaih se la, a duhzâwngin awm se la, chu chu chhûngkuaa Lalpa rawngbâwl dân tûr chu a ni ang. Pathian rawng kan bâwlnaah hian, Chhûngkuaah bul tăn zêl ila, Pathian thua chhûngkua dam tlâng phawt mai ila, tichuan pawn lamah leh kohhrana kan rawngbâwlna pawh a nung zâwk ang a, kan nunah miten Krista hmêl an hmu ang.

Taksa, rilru, tharaua chhûngkua kan dam tlanna tûrin kan tih tûr, kan tih theih hi taima takin i thawk ang u. Chu chu kan mawhpurhna theuh a ni e.

*Sermon***ENKIM IN TA A NI VEK***- Rev. Challianngura*

“Chuvângin mihringte chhuang suh se, engkim hi in ta a ni vek si a; Paula emaw, Apolova emaw, Kiphaa emaw, khawvêl emaw, nunna emaw, thihna emaw, thil awmsa emaw, thil lo la awm tûr emaw, a zavâiin in ta vek a ni; nangni pawh Krista ta in ni a; Krista pawh chu Pathian ta a ni.” (I Kor 3:21-23).

Kum liamtaah khân AGAPE Editor-in sermon ziak tûra duhsakna lâwmawm tak min hlân a. Thu hi kan han sawi ve mai thîn, ziaka dah tûr leh copy 40,000 zet darh tûr meuh chuan ka insit a, ka ziak mai ngam lo. August 2019 a lo nih chuan Cancer natna hi ka tâ a lo ni ve ta a, lehkha ziak thei dinhmunah ka ding ta lo. Kohhran hote min ÷awngtâisakna Pathianin a chhâng a, dam chhûng hun min pêk belh avângin hei hi ka han ziak ta vat a ni.

Mi ÷henkhatin, “Cancer nih i inhmeh lo,”an ti. Cancer vei dam leh ten, “Kan pâwl i ni ve tawh,”an tih te chu hnial chi rual a ni hek lo. Pathian thuin, “Engkim hi in

ta a ni vek” a tih hi zirlai thar, ka thiam tûr leh ka pawm hmak tûr a ni tlat. Engkim tih hian engkim a huap, a ÷then ni lovin. Kan thupui inngahna Bible text khi i han bih chiang teh ang.

1. Paula, Apolova, Kiphaa

Mithiam chungchuan, Missionary hlawhtling, kumkhat leh thla ruk chauh Korinth-a châma, Kohhran nung tak dintu (TT. 18:11), Paula hi a ngaihsânawm hle. Thusawi leh ÷awngkam thiam tak, Kohhran chawmtu ÷a Apolova a ÷angkâi. Lehkha thiam sang lo, Galili mi Kiphaa (Petera), Apostolte zînga hmahruaitu, mi nghet hi a chhuanawm a ni. Mahse hêng mite hi Pathian hmanrua mai an ni vek. Tuman mihringte

chhûang suh se a ti. Thatna lai leh tlinlohna lai nei vek an ni ang.

Kohhrana harsatna awm fo chu rawngbâwltu ngaihsân inanglo, an nun leh an rawngbâwlina ei leh ei lo mipui inthen hi a ni fo. Pulpit supply nung tak, Kohhran rorêlnaa thawhlhâwk tak, Kohhran mite tlawhchhuak peih hle, chaklote dawmkâng thiam tak nihte hi rawngbâwltu mimalah kawp vek a harsa fo thîn. Ngun taka ngaithlatu tân chuan thusawi thiam lo ber aţang pawhin chaw tha an hmu fo thîn. Thuhritlu ropui, a pa leh a pu pawh independent Pastor ni hial, C.H. Spurgeon (1834-1892) piantharna kha thuhritlu mâwl tak, lehkha chhiar thiam chauh a ni. Kum 15 a nihin 1894-ah thli leh ruah vângin an Biak In thleng lovin a hnâi zâwk Methodist Chapel, Cholchester-ah a inkhâwm a. Mâwl taka thuhritluin Isaia 45:22-a sawi aţangin Isua a en a, nun thar a nei hlauh a ni. Kan Kohhrana Pathian min pêk

rawngbâwltu zawng zawngah i lungâwi ang u.

2. Khawvêl

Bible-in kan tâ min tihsak chu khawvêl hi a ni tlat. Lei leh vîn leh a chhûnga thil awm zawng zawng hi Lalpa ta a ni a, a mite hnênah thuneihna a hlân a ni (Sam 24:1; Gen. 1:28). Vênghima, siamthaa, hmanţangkâi tûrin min duh. Lei chi leh khawvêl êng in ni e, a ti (Mt. 5:13-16). Pathian hre lo leh dodâltu ten khawvêl an sawpchhiat hi a phal hek lo. Leilung leh a chhûnga awmte himna leh khawvêl tih hmasâwn hi Pathian duhzâwng tak a ni. World Greatest Scientists & Inventor by Wonder House 2019-a mi 25-te hi Kristian deuh vek an ni. An thil hmuh chhuahte hi khawvêl tân a va ţangkâi tehlu êm! An hming leh an thil hmuhchhuah tal i han târlang teh ang:

1. Alexander Graham Bell (1847-1922) Telephone – Thirhruai hmanga inbiakna
2. Alexander Flaming (1881-

- 1955) Penicillin – Damdâwi
tangkâi tak
3. Benjamin Franklin (1706-1790) Stove, Biofocal Glasses – Thuk, tarmit
4. Eli Whitney (1765-1825) Cotton gin & Technology – La her khâwl, etc.
5. Geogre Stevenson (1871-1848) Railway Line – Bungraw phurh leh zinna
6. Guglielmo Marconi (1874-1937) Wireless Telegraph – Thirhrui tel lo inbiakna
7. James Watt (1736-1819) Steam Engine, Power Watt – khâwl chak
8. Johannes Gotenberg (1398-1468) Printing Press – Lehkha chhutna
9. Joseph Priesley (1733-1804) Oxygen – Boruak ƣa
10. Lee De Forest (1873-1961) Radio, Television
11. Louis Braile (1809-1852) Braile – Mitdel hawrawp
12. Roentgen (1845-1923) X-Ray – Eng zungzâm, thil enchianna
13. Marie Curie (1867-1934) Strong Ray – Radium – êng chak lehzual
14. Nikola Tesla (1856-1943) Electric light – Alternating Current (AC)
15. Thomas Edison (1847-1931) Electric bulb – Direct current (DC)
16. Rudolf ChristianKarl Diesel (1858-1913) Diesel Engine – khâwl chikhat
17. Wright Brothers – Wilbur Wright (1867-1912) Orville Wrigth (1871-1948) Aeroplane –Thlawhtheihna
18. Tim Berrers Lee (1955-) Computer & Cell Phone tih changtlunna – W3c (World Wide Web Concoertium)
- Hêng bākah hian mi tam tak, khawvêl ti changkângtu an awm. An thil hmuhchhuahte hi tûnlaiah a tel lova ni khat pawh kan awm theih lohna a ni hlawm. ‘You can be a world c h a n g e r ’ (K h a w v ê l

tidanglamtu i ni thei) tih lehkhabu letlingtu Rev. Lalngaihawma pawhin mi 100 zet chanchin a zia k a, an vaiin Kristian vek an ni baw k. Thil ropui hmuchhuaktute hi an chapo lova, finna petu Pathian an fak zâwk. Hnimhlum (Chloroform) hmuchhuaktu Sir James Y Simson-a hnênah, “I thil hmuhchhuah hi mak i ti em?”tiin an zâwt a. Ani chuan, “Lal Isuan kei misual min chhandam hi mak ka ti zâwk,”tiin a chhâng. Khawvêl hi kan ta a ni. Kan siamthat a, kan vênhim a, hlâwk taka kan hman tûra Pathian min pêk a ni si a.

3. Nunna

Kan tâ dang leh chu nunna a ni. Grik ho hian nunna sawina chi thum an nei. Tisa nunna, thil nung dang pawhin an neih hi ‘bios’ an ti a, he lam chhuina hi ‘Biology’ kan ti. Chatuana nunna sawi nân ‘aionion’ an hmang a, hei hi thlarau nunna lam a ni. Taksa nunna sawi nan ‘joe’ an hmang a, taksa hrisêlna, damna, nun tam leh nun duhawm a kâwk.

Pathianin mihring taksa hi ropui takin a siam a. Khawvêla khâwl ropui ber aiin a ropui zâwk a ni. Physicist turu tak Prof. Freeman Dyson chuan, mihring tisa mûr zia râng chetvêl dân leh DNA Molecule a zir Chiang hle a, “Nunna hi engati nge heti taka khirrhkân a nih le?”a ti thlâwt. Mihringin hriatna a neih bulpui leh khaikhâwmtu thluak hi thil mak tâwpkhâwk a ti hial. Mihring thluakah hian Neuron tluklehdingâwn sawm chuang a awm a. Mihring dam chhûng zawngin hêng Neuron te hi châwl lovin an inhmang tawn mup mup reng a, an mamawh tâwk chiahin current a invawrh de chuai chuai reng baw k a ni a ti.

Kum 1970-80 vêl lai khân Biophysicist Harold Morowitz, Yale University-a thaw k chuan, mihring taksa bung hrang hrang hi siam dâwn ta ila, \$ 6 Quadrillion a ngai ang. Lo siam thei pawh ni ila, zawmkhâwm nân khawvêla pawisa awm zawng zawng hian a daih lovang a

ti. Billion (Tluklehdingâwn) za hi Trillion khat a ni a, Trillion za hi Quadrillion khat a ni. India pawisa phei chuan a va tam dâwn êm!

Pathianin hrisêl taka kan nun theih nân taksa ropui min pe. Duat leh enkawl erawh chu keimahni theuh mawhphurhna a ni. Kan ngaihsak loh vânga kan thi hma leh kan bawrhsâwm hi a paw hle. Healing Ministry USA lehkhabu ‘Jesus wants you well’ (Isuan i dam a duh) tih hian ngaihnawm takin a ziak. Nunna, damna hi kan ta ni tûrin min pe. Pathianin khawvêl dam theihna tûrin a Fapa Isua a rawn tîr a ni si a (Joh.3:17).

4. Thihna

Pathian thuin kan ta min tihsak zînga kan duh loh ber chu thihna hi a ni. Chhiat tâwk kan ti a, kan ÷ap hawm hawm ÷hîn. Min hmangaihtu Pathianin kan tâna ÷a min pêk a ni tlat tih kan ngaihtuah lo fo. English thu thiam John Milton (1608-1674) chuan, “Thihna hi rangkachak chabi chatuan lal in hawna a ni,” a

ti. Thuhritu ropui Billy Graham (1918-2018) pawhin, “Thihna hi tâwpna ni lovin bul ÷anna a ni. Pathian hnên kan panna zin kawng a ni si,” a ti bawk. Thihna hi Vîn ram luhna chabi tihna erawh a ni lo. Vîn ram chabi chu Lal Isua rin, a tân inpêk a ni (Mt.16:19). Thihna chu Vîn ram kalkawng a paltlang ngai kawngkhâr a ni a, hremhmun pan tûr pawhin an paltlang tho tûr a ni bawk.

Thihna hi khawvêlah awmlo ta se hremhmun rapthlâk tak a ni nghal ang. Kan pipute, Adama thleng khân buaipui tûr an awm nghûk dâwn a ni. Thil siam dang thi thei lo chuan mihring nunna a tibuai vek ang. Thil ei tûr kan chhûm hmin thei lo ang a, chhumna tûr thingro a awm hek lovang. Kan hmanrua leh bungruate a nung reng ang a, zung te a kaih hial dâwn a ni.

Thihna hlutzia chu Vîn lam min thlirtîrtu, min ngaihtîrtu, Vîn lama lunglêna min petu a ni. Duhtakte ruang bulah kan mittui a tla a, kan ÷ap hawm

hawm thîn. Krista nei lotu chu khawvêl mittui, beidawnnain an tâwp a. Krista mite chu tap tho mahse an mittui chu Vân nê a inzawm tlat a ni. Billy Graham a nupui Ruth Bell-i pa Dr. Nelson Bell-a hi China ram Missionary a ni a. An fapa sùn pawh China-ah an phûm. A thlân en tûra an kal thu Billy Grahama'n a sawi a. Thlânah an ding kual a, “Kan mitah mittui a luang a, kan thinlung erawh chu hlimnain a khat,” a ti. Pathianin kan ta ni tûra thihna min pe hi a va hlu tak êm!

5. Thil awmsa leh lo la awm tûr

Pathianin hmân leh tûn leh nakin hi kan ta atân min pe vek a ni. A hlutna ang theuhva kan hman thiam erawh a ngai a, kan mawhphurhna a ni. Hrânghlu leh thangthar inmil lo (generation gap) hian ralmuanna a ti derthâwng thei. Chhûngkuuah tar leh naupang ngaihsak loh hian Tar Châwmna leh Fahrah Enkawlna hmun a hring thei bawk. Kohhran pawh mihlui leh naupangte inep hian a tikhi thei a ni.

Thil awm tawh, awm mêk leh lo la awm tûrte hi an inzawm vek a, hman thangkâi a tha. Kum upa leh mihlui ten sahuai thingvawn ang maia “Chutin kan ti ngai lo/kan ti thîn” an tih tlat pawh huat tûr a ni lo. Thangthar naupang ten thil pangngâi an ning a, a thar an dap zung zung pawh hi dem tûr a ni hek lo. A tha zawng vektu kan ni. Thil kal tawh hian tûna awm mêk a hring a, awm mêk hian lo la awm tûr a buatsaih bawk a ni.

Sir Winston Churchill (1874-1965), British Prime Minister (1940-45, 1951-55) khân, “Politics chu naktukah, kâr lehah, thla lehah, nakumah eng nge lo thleng dâwn tih sawi lâwk theih hi a ni. A hnuah engati nge a lo thlen loh tih sawifiah theih hi a ni. Hnung lam i thlîr thui theih poh leh hmalam i hmu thui thei ang,” a ti. Thil awm tawh hian awm mêk a hring a, awm mek hian lo la awm tûr a buatsaih a, thiam taka kan zira kan hman thangkâi a ngai. A zavaiin kan ta a ni si a.

CHANCHIN NGAIHNAWMTE

- Rev. R. Lalrinmawia
i/c Hyderabad Pastor Bial

Buhfaithâm lo chhuah dante leh Pathianin a hman dân ngaihnawm leh bengvarthlâk tak tak ziaak a lo ni tawh thîn a. Tûn tumah hian thil danglam deuh nia lang tâwi tê têin kan chhui ve dâwn a ni. Buhfaithâm hi chumi tihchhuah chu tia han sawi fak a har hle a, han chhui deuh chuan 'chutah chuan an lo ti tawh' tih tûr hi a awm thei mai âwm mang e! Rawngbâwlna bîkah erawh chuan Khasi-ho chin aţanga kan lâk tih hi Mizoten kan pawm tlan chu a ni mai a. Khawi hi nge an chin chhuahna tih hi hriat har tak a ni tawh a, Kaina leh Abela inthâwina thlengin a chhui theih mahna! Eng pawh nise an hmanna hmun apiangah chanchin ngaihnawm tak a hnutchhiah zêl avângin chhiar a nuam êm êm thîn a ni.

1. India Kristiante zînga hman a nih dân: Daniel Sundararaj, Agricultural University Coimbatore-a Dean ni thîn chuan kum 1829 khân Pathian thu thehdarhtu pâwl pakhat Tract Distribution Society (TDS) in Tamil Nadu-a Satthankulam kohhran, Church Missionary Society (CMS) Biak Inpuia kût (festival) an hman tumah an chîn thu ngaihnawm takin a ziaak a. A tichhuaktute chu rawngbâwltu Mutthiah leh a nupui Thayarammal niin a sawi.

Pi Thayarammal-i chuan chaw a chhum apiangin a theih tâwk tiin Pathian rawngbâwl nân buhfaithâm a thâm ziah thîn. Tichuan kût a lo thleng a, hmun hrang hrang aţangin ringtute chu kût hmang tûr leh Pathian hnêna thilpêk tûr kengin an lo kalkhâwm a. Buhfai, thei, thlai leh anhnah bâkah kel, beram leh arâwn thawh pawh an awm bawk. Mi tam vak lo chuan thiamhnâng hmanga siam êm leh sahmul puante an rawn thawh tel nghe nghe. Inkhâwm bânah chuan TDS

rawngbâwlna ÷anpui nân an thawhlâwm te chu an lilâm ta a. Pi Thayarammal-i pawh chuan kumtluana tēm tē tē a lo thām ve ÷hin 'buhfaithām' chu a thawh ve a. Thawhlâwm an han lilâm meuh chuan thil dang zawng zawng aiin Pi Thayarammal-i buhfaithām aṅanga pawisa an hmuh chu a ÷ahnem ber a, 1.50 lai an hmuchhuak a, lilâmtute pawhin mak an ti hle mai.

He thil thleng a hriat chuan Rev. Charles Theophilus Ewald Rhenius, Missionary hotu ber chu a lâwm hle a. CMS hnuaia kohhrante chu buhfaithām ÷am ve ÷hin tûrin a fuih nghe nghe a. Pi Thayarammal-i'n sâwma pakhat a pēk dân chu a lo lâr chho zêl a, chuta ÷ang chuan Pathianni apiangin nuhoten Lalpa rawngbâwl nân buhfaithām hi an ÷hām ta ÷hin a ni.

He thu hi chanchin ziak dangah hmuh tûr a vâng hle a, a thawnthu deuh hlek nâa, thil thlen kum leh hmunte ziahlan a nih avâng erawh chuan a âwihawm hle.

2. Khasi ho zînga an hman ÷an dân : Khasi hills ah hian kum 1813 ah Hindu aṅanga Kristiana inlet Rev. K. C. Pal-a, Serampore Baptist

Mission a thawk chu missionary hmasa ber niin an sawi a. Baptist Mission hi a hlawhtling lutuk lo niin an sawi. An chhuahsan hnua 22 June 1841 khân Welsh Missionary hmasaber Rev. Thomas Jones leh a nupui chu an lût veleh ta a. India chhim lam kohhrante nêh a hnu zêlah pawh inkungkaihna an nei loh avângin CMS rawngbâwlna chanchin hi an hriat a rinawm loh a ni.

Kum 1906 Harhnain a hrin chhuah pawimawh tak chu Khasi ÷awng 'Khaw-kham' (Buhfaithām) an tih, kum 1908 aṅanga kohhran tina an khawnkhâwm tak hi niin an sawi. Hei hi a tîrah tak chuan Khasi hills vêla zirna bul ÷anna (elementary education fund) atân a tih a ni âwm e. Joel Gatphoh, Inspector of School retired chu evangelist atân rawih a ni a, Khawkham hi a buaipui nasat êm avângin 'father of the fund' tiin hriat zui a ni nghe nghe. November, 1908 kuma Shillong-a Presbytery an neih ÷umin Mission School atân kohhran tinin 'Khawkham'

thawh vek tûrin a fuih nasa a. "Hetiang kan tih chuan Kohhran kan nung zêl ang a, mihring thinlungah sualin hmun a chang lo ang a, Setana chuan khawvêlah a lal ram a chên bawk ang, kan ramah Isua chu lal angin a ðu thei ang" tiin a sawi ðîn a ni âwm e. Khasi Synod huam chhûnga kohhran hmeichhiate chuan a khawn hna hi an thawk zui ta nghe nghe a ni.

Buhfaithâm enkawl dân pawh ruahman niin ni tin zingkârah leh tlaiah an khawn ðîn. Chutia an khawn khâwm chu thla tâwp apiangin an hralh ðîn, a nih loh vêk leh mi thilphal ten man man takin an lei sak ðîn. Hetiang tih dân hi 1908 chho aţang kha chuan Khasiho zîngah a lâk hle tawh a, Kristian pâwl dangte pawhin an chîng zui ve a ni.

3. Mizo ten kan hman ðan dân: Pu Llyod-a ziah dân chuan Pi Zosaphluid lehkhathawn March 1911-ah chuan Khasi hovin buhfaithâm an lo tih ðin dân a lo hriat ve thu a sawi a.

Mission veng Biak In thar (Chapel tih a ni) sak tûr ruahman mêk a lo ni bawk a, chumi puala sum tuak nân buhfaithâm hi khawn ðan niin sawi a ni a. Pi Zosaphluid hi bul tumtu niin Pu Lloyd-a chuan a ziak. Ziak dang lehah chuan kum 1910-ah Pi Zosaphluid leh Pi Siniboni te bul ðanin biak in thar sak nân Buhfaithâm hi an lo nei ðan tawh niin ziak a ni thung. Mizo kohhran leh buhfaithâm chungchâng lehkhabu hial siam a nih tawh avâng leh ziak a tam tawh avângin duh tâwk mai ila.

4. Secular lama an hman dân : Kum zabi 20-na tîr lama India in independent a sual chhoh tîr, 1903 vêl khân Bengal Swadeshi movement a rawn chhuak a. Swadeshi tih awmzia chu 'India thil chauh lei' (buy India products only) tih a ni âwm e. India ram economy a ðan theih nân leh ram dang awpna laka a tâl chhuah theih nân hmalâkna pawimawh tak a ni a. 'India thil chauh lei' tih bâkah ram dang thil siam

an hnâwl a, an hâlral nual bawk a ni. Hetia India in zalênna a sual lai khân hmeichhiate pawhin an thawh hlâwk hle a, man tâwk pawh an awm nual. Zalênna sual a ram chhuak ve thei lo middle class hmeichhiate pawhin an pasal leh India mipate tawiâwm nân rangkachak thi, zungbun, pawisa leh buhfai an thawhkhâwm a. Thingtlâng hmun tam takah chuan zalênna sualtute tanpui nân ni tin buhfai an remchân ang an thawhkhâwm a, suma chantîr tûrin an dah hrang thîn a ni.

5. Thil langsâr tak chhinchhiah tûr a awm:

(i) Buhfaithâm hi hmeichhiate

chauh ni lovin mipate rawngbâwlina leh tha-hnemngaihna a hrin chhuah a ni.

(ii) Pathian ram tâna thahnemngaihna avânga thinlung khat liam aţanga lo chhuak tawp niin a lang. A lo chhuahna rilru pawh a thianghlim a, mi dangte tân inpêk duhna aţanga lo chhuak a ni.

(iii) Bul tantute chu tupawh ni se, Pathianin mal a sâwm zêl a. Khawi hmunah pawh rawngbâwlina pawimawh tak a lo ni zêl a ni.

(iv) Buhfaithâm hi Lalpa chanpual ngêi a lo ni e.

PRESBYTERIAN HMEICHHE HOSTEL HRIATTÎRNA

Pâwl 11 leh 12 zir tûr, kum 2020 - 2021 chhûnga Presbyterian Hmeichhe Hostel, Kulikâwna awm duh tân dt. 20.5.2020 (Nilaini) thleng dîl theih a ni.

Interview hun : Dt. 22.5.2020 dar 11:00 a.m.
A hmun : Synod Committee Room I
Dîlna form hi Synod Office-ah leh Warden, Presbyterian Hmeichhe Hostel, Kulikâwnah lâk theih a ni.

Sd/- (REV. B. SANGTHANGA)
Executive Secretary
i/c Presbyterian Hmeichhe Hostel

*Pentecost Sermon***PENTECOST, THLARAU THIANGHLIM
LEH HARHNA (TIRH. 2:4)**

- Rev. K. Lalrinmawia
Executive Secretary

Tun tumah hian thupui lian tling thiau pathum - Pentecost, Thlarau Thianghlim, Harhna tihte hi tum khata sawi vek kan tum a. Kimchanga sawina hun leh hmun a awm thei lotih min hriatpui theuh ka beisei. Heng pathumte hian inzawmna an neih vek avangin han sawi den den theuh ka tum a ni.

1. Pentecost

"Grik ɣawnga 'sawmngana' tihna chu 'pentecost' a ni," ti zawngin sawi ila a fiah zâwk âwm e. Tichuan, "Pentecost" tih chu Grik ɣawnga 'sawmngana' tihna a nih chu! Pentecost Kût kan hriatfiah theih nân Kalhlen Kût i han sawi hmasa teh ang.

Pathianin Mosia hmanga Israel fate Aigupta ram ata a chhan -chhuah dâwn zan chuan Hebrai chhûngkaw tinin an kawngka biangah beram thisen an tât a, vântirkohvin a kalkân/kalhlen nghauh nghauh va. A kalhlen loh Aigupta mite inah chuan an fa upa ber zel a tihlum a. Chuti taka manganna nasain Aigupta chhûngkaw tin a chimbuai lai

tak chuan (Corona virus hluarna ram nen a eng nge rapthlâk zâwk ang tih rin thiam a har hle). Hebrai ho chu a zan a zanin an chhuak ta a ni. Hemi zana vântirkohvin Hebrai mite in a kalhlen hi an hnam history-a thil thleng pawimawh tak, hriat reng tlâk a ni a, Pathian fak nân leh chhanchhuaha an awm hriat reng nân Kalhlen Kût hi an serh zui ta ɣhîn a ni.

Kalhlen Kût ɣan tir, Barli Chhangphut hlan ni aɣanga chhiara ni 'sawmngana'-ah Pentecost Kût chu an hmang ɣhîn. Chhangphut hlan ni aɣanga chawlhkâr sarih (7x7=49+1) anih avângin 'Chawlhkar kût' an ti bawk. He Pentecost kût ni hian hna

thawh a thiang lova, Israel mipa tawh phawt chu Biak inah an inkhâwm ngei tûr a ni. An thlai thar malsâwmna dawn avânga lawmthu sawi nân an hmang a, hlimna kût a ni e.

Thuthlung Hlui leh Thar inkâr eng hun emaw aţang khân Pentecost ni chu sinai tlanga Mosia hnêna Pathianin Dân a pêk ni champha kha a ni e an ti leh zel a nghe nghe. Isua thih leh a thawhleh kuma Pentecost ni-a zirtîrteho pindan chungnunga an awm khâwm pawh kha Juda sakhaw mi dinhmun atân a mak lo ve. Khami kum kha Concise Church History ziaktu John Hunt-a chuan AD 33 niin a ngai a; New Bible Dictionary thung chuan 'AD 30 vêl' ti maiin a dah thung. A thlen kum dik hre lo mah ila kan chhandamna a bo chuang lo ve.

2. Thlarau Thianghlim

Thlarau Thianghlim hi mihringin kan hrefiah sêng lo. Hebrai ţawngin ruach (ch hi 'Khua' tiha kh anga ri chang, ruakh anga lam tûr) an

ti a; a ngialngana lehlin chuan'thli' tih emaw 'thâw' tihna emaw a ni. Thli hi hmuh theih loh va a thâwm leh a hnathawh lang fiah si a ni ang bawkin; Pathian Thlarau Thianghlim chu mihring mita hmuh theih a ni lo va, a hnathawh erawh chu kan hmuin kan hre si tîn. Thlarau Thianghlim chu Pathiana Mi Nung pakhat a ni a, Pathian anih avângin mihring tân Amah leh a hnathawh hriat kim theih rual a ni lo.

Thuthlung Hluiah 'Thlarau Thianghlim' tih hman a ni mang lo. Sam 51:11 leh Isaia 63:10,11-ahte a ţawngkam ang ngau ngau hi chuan 'thlarau thianghlim' tih a lang a. Mahse, hêngte hi Pathian Thlarau Thianghlim, Pathian pakhata Mi Nung sawina ni lovin a lang. 'Pathian Thlarau,' emaw 'Lalpa Thlarau,' tiin emaw hi Thuthlung Hluia kan hmuh dân tam ber a ni.

Thuthlung Tharah hian kan Lalpa Isuan Thlarau Thianghlim chu khawvêlah tih a la ni dâwn tih a

sawichiang thîn. Thuthlung Thar ṭawngkamah 'Thlarau Thianghlim' tih a ni vek kher lo va; 'Pathian Thlarau,' 'Krista Thlarau,' 'Kût' 'Thla-muantu' ti tein a lang fo. 'Tinungtu' ti pawhin hriat a ni baw k thîn.

Thlarau Thianghlim chu kan Lal Isua ngei pawhin 'Thlamuantu' tiin a sawi mai baw k thîn, hemi thu-ah hian hei hi chhinchhiah ila - harhna chang leh harhna changa inngai ṭhenkhat chu 'thlamuantu' ni lovin 'tihṭhaihtu,' 'tithlabârtu' thlarau chang emaw tih tûr kan awm. Kan Thurin chuan (No. 6) 'mi te an sualzia inhriattîrtu, chhanchhuah leh chhandam ngai an nih inhriattîra Isua Krista pan duhna neihṭirtu leh pan thei tûra puitu' niin min hrilh a. Hlauva khûr der dera awmṭirtu lam a hawi vak lo.

3. Harhna

'Harhna' kan tih hi Latin ṭawngkam 'Revivere' aṭanga sap hovin anmahni ṭawnga 'Revival' tia an chher leh chhâwn sawina a ni a. Latin ṭawng Revivere awmzia chu

'hriatnaa lêt leh' tihna te, 'ni khaw hriat lohna aṭanga harh chhuak leh,' 'thi thâw thâng, boral dâwn ruai hnûa nun thar leh chakna thar nei leh,' 'beidawna thûk tak aṭanga dam chhuak leh,' 'harhvâng leh, tho thâng ṭha thar leh,' tihna te a ni hlawm. Chu chuan tûnhmaa chak thîn, chak lohna thûk takin a awpbeh hnûa lo chak thar leh tih a kâwk a.

Sakhaw thûah chuan 'tui thar lehna,' 'phûr thar lehna' a ni. Rev. Dr. Lalsawma (RIP) chuan 'tihharhtharna' tih zâwk tûr niin a ngai. Tûnlai Mizo Kristiante zîngah chuan kohhranho nun kal tuang pangngâi aṭanga phûrna thar, tuina thar, chak thar lehna angin kan ngai ber kan ti thei ang. Ṭhenkhat chuan hlimna nêen kan ngaih pawlh baw k ang, a kalkawp fo baw k reng a ni.

4. Thil pathum inzawm dân

Hêng kan sawi tak pathumte hi a mal pawha thupui lian tak tling ṭhiau an ni a, an inzawm chiat baw k si. Hmasânga Aigupta ram aṭanga Pathianin a hrui-

chhuahna ropui lawmna Kût - Kalhlen Kût - hmâwr bâwkna lama Juda hovin kût hming hran pea an lawm thin Pentecost ni takah kum AD 30 emaw 33 emaw vêl khân Lal Isua zirtîrte pindan chungnungah an awm khâwm a. An zirtîrtu, an Lalpa ber kha Juda hruaituten Rom sawrkâr thuneitute chaknain Kraws-ah an khenbehtîr a, thlânah an phûm kha a ni a. Chu chu Kalhlen Kût tantîr lamah khân a ni.

Chumi ațanga chawlhkâr sarih vêlah chuan Pentikost Ni a lo thleng a. Hemi ni hian Juda mipa puitling zawng zawng chu hnathawk lovin Temple/Synagogue-ah an inkhâwm vek a. Petera te thianzaho pawh hi an kal ve ngei ang, Juda an la ni tlat! Mahse, inkhâwm bân chuan rin thuhmun, lo inkawp khâwm thang sa, vantlângin an thinhrik deuh leh en hran deuh niho ta chu Marka nu in-ah, chhâwng khatna emaw-ah an thu khâwm a; mipui laka an ngampat loh avângin kawngka pawh an khâr phui deuh ta ve ang. An zirtîrtu thawhleh thu leh a dam laia an thil tawn tlante an sawi ang a; a

zirtîrna te chu an sawi ho tel tel a rinawm. An tawngtâi hova; chutah le, an vaia hriat rual thawt khawpa thâwm danglam a lo ri ta phut mai. Thlipui tleh hum hum ang main a ri hum hum mai a, chung lam ațanga ri chhuak a ni tlat.

A lo hnai zêl a lo hnai zêl a, an awmna inah ngei chuan a rawn thleng ta, mei alh ni si lei (tongue) pianhmang angin a insem darh seng seng a, an zaa chungah a chuang ta theuh va. Petera sawi avâng ni hauh lovin an Lalpa chuan an mit hmuh theih lohvah a awmpui ngei tih an hrechiang theuh ta. Chei, mite hlauva kimki dêk thinte chuan sawi tûr an ngah, tumah an vengthâwng ta lo. Anmahni-a awm Thlarau Thianghlim chuan huaisennain a thum a, pindana biru bo rual an ni ta awzâwng lo ve. Juda mipui tleh dûl dûlho hriatah chuan an zuang chhuak a, an ri teng tung mai a. Mu leh mal an neih theih chinah an khâpa ber Peter-a a ding a. Anmahnai makti taka en thauptu mipui hnênah chuan Isua Krista, chawlhkâr tam

liam hmaa kraws-a an khenbehtîr ngei kha hmasâng atanga an lo beisei ber Messia kha a nih chianzia a aupui ta piap piap mai!

An Juda sakhaw zirtîrna chhui chhovin, an pi leh pu chena an thurochhiah leh lehkhabu thianghlim (kan Thuthlung Hlui Bu) behchhan zar zarin Lal Isua chanchin zâwlneite lo sawilâwk chu Isua kha anihzia a puang fiah ta hle. Pathian Thlarau Thianghlimin a thum a, a thusawî pawh a nung hle. Chumi ni chuan mi sangthum zetin an rawn zawm ve ta! Pathian ram a zau va, Chanchin Tha a darh ta chuai chuai mai. Chu chu Penticost Harhna chu a ni.

Peter-a te thianho, nun ngui leh chau tawh takte chuan Pentecost ni-ah Thlarau Thianghlima Harhna an chang ta. He harhna chang tûr hian thlana phûma kha a tholeh tih an hmu a, an ring tlat a. Tholeh Lalpa lakah rinawmin an awm a; mipui vantlângin en hrangin hnuchhawn mah se kîr leh an tum tawh lo. Khawvêlin mi â-

ah ngai mah se, khawvêlah hian chan chhe zâwk changin lang mah se an hnu lama lêh leh an tum tawh lo. Rethei hle mah se, sangha mantu mi tlâwm te te mah ni se khawvêl ropuina îta eirûkna kawng zawh an tum eih lo. Chutiang mite ngei chuan a ni Thlarau Thianghlima harhna chang thîn. Khawvêl nawmna leh in ropui aia mite hmusit kawng zawha Tholeh Lalpa lama tang tlatte hian Thlamuantu Thlarau Thianghlim awmpuina an chang a. Mi dangte hnênah an hlan chhâwng a, an ni an kiam chuang si lo.

Hawh u, keini Mizo Kristiante pawh hian kan Lalpa, thihna hnehtu zuiin kawng hmusitawm, retheihna kawng lamah pawh ni se hma lam i pan zêl ang u. Amah hi a ni Chhandamtu kan beisei bera chu tiin a Chanchin Tha puang zêl ila. Mahni leh mahni inseha in-mu-leh-âr mai lovin mi dang hnênah Chanchin Tha hi i aupui zêl ang u. Tichuan, Pentecost, Thlarau Thianghlim leh Harhna chu kan nunah a thleng khâwm ve dâwn nia.

LOCKDOWN LEH KEI

- *K. Lalliantluangi*

Ex- Chairman

Awi Ka rei, a râpthlâk ber mai awm e. Kan thil tawn hi kan ngaihtuahna ram pawha la thleng ngai lo, khawvêla hrilêng Corona virus (Covid-19) chuan ram tam tak a timangang a. News-ah te leh ti ti lêng vâk hre mah ila, heti êm êmin min rawn nângching ang tih pawh ngaihtuah thiam lova kan tlan nawk nawk. A takin kan hmachhawn ang tih pawh ngaihtuah thiam lovin mahni hmabâka tih tûr hmabâk ngaihtuahin tûl taka kan tlan bawrh bawrh lain ram pumah Curfew puan a lo ni ta rup mai.

Lockdown (inkhârkip) puan chhun-zawm niin a thawhkhathna zovin pawh sei a lo ni leh ta zêl. Kan hun tawng hi a va mak êm! Curfew, Lock-down, Task Force, Quarantine tih tawngkam te chu kan hnam tawng hman ang maiin kan thiam ta hle mai. He lam kawngah chuan hma kan sâwn, tawng kan thiam belh sawt. Harsatna leh buai manganna kan tawh mêk lai erawh chuan tângkai taka hman anih theih nân, kan sâwtpui nân, kan chhûngkuain awm dân thar kan zir theih nân, khawtlâng leh ramin engti kawng zâwn emaw tala a chhe lam zâwn

ringawt ni lova thil tha zir chhuah theih nâna hmanrua lo ni ngei se tih te chu ka tawngtâina a lo ni ve.

Han ngaihtuah vang vang hian lâwmna riau awm bawkin ka hria. Central KÏP General Conference, KÏP Member tam tak fuan khâwmna Pathian hmanraw ropui tak tluang taka hman zawh a lo ni a. Kohhran Hmeichhe rawngbâwlina Rorêlna Inkhâwm pawh hlim tak leh hlâwk takin kan lo hmang zo thei te kha Pathian min hruaina ropui tak a ni. Kristiante hunpui leh pawimawh Tûm Kau Ni, Isua Thih Ni leh Isua Thawhlehni te erawh Kohhranhoten a

huhoin kan hmang thei lo erawh chu a pawî hlê. Chutih rualin Kristian ten hêng hun kan ngaihpawimawhzia te kawng hrang hrangin kan lantîr a. Khâng hunpuiah pawh dân leh thupêk kan ngaihpawimawhzia te pawh khawvêl hmun dângah te pho chhuah niin Video Clip te pawh kan hmu hlawmin ka ring.

Nu, pawîhai ngah, buai inti, thil ða tih sawi fak tûr nei mang si lo hian ka intibuai ve êm êmin hun hi ka hmanhlel ve hlê. Chutihrual chuan khawvêla hriêng mak tak chuan India ramrawn lûtin ram pum puiah Lockdown hnuaiyah mahni inchhûngah kan inkhung ta hmiah mai. Kan thil tawn zet chu a va mak êm! Hêng hun khirh tak kârah mi ðahnêm ngaite rêmhriatna leh ruahmanna a zârah TV kaltlângin TV HOME CRUSADE buatsaih niin Pathian mi hman Thuhritute kaltlângin Pathian thuchah kan ngaithla a. Pathian thuin min khawih a, thilmak a thlêng, mamawhtu tam takin damna an chang, a

ropui mang e. LPS leh ZONET neitute pawh an fakawm, an chûngah lâwmthu ka sawi e. Zofaten Live-in hmun hrangah kan lo thlîr mai bâkah Youtube lamah thlîr theiha lo awm te, a hnu lamah ngaihlhâk zui tûr lo awm reng te hian min va âwi tlei lawi si êm. Pathian thu ropui tak tak, thinlunga lo riak ve reng ðîn, kan sawi thiam loh, fiahfai tak maia rawngbâwltu kaltlanga dawn hi a va lâwmawm êm. Kan va hlâwk lawi si êm ti r'u. Lockdown hi awm lo se, khatiang Pathian thuchah ropui kha Zofaten a huhoin kan dawng kher lovâng.

Lockdown hun chhûng hun khirh tak kan hmachhawn mêk, hun kan hman mêk laia ka rilrua thil Chiang tak lo thlêng ve ðhenkhatte han târlang ve ila. Damkhawchhuah nâna ei leh bâr pawimawhzia, silh leh fênin awmzia a neih lohzia te kan hun tawn hian min zirtîr. Incheina ringawt ngaihtuahin rual kan el a, ðhalaite ai mahin nuho hian inchei kan uar a, thawmhnaw kan engto zâwk

mah. Kan cupboard, wardrobe leh almirah-ah te chuan kawr mawi tak tak a inkhâi têt tuar a. Kan hun tawn mêkah hi hlutna a va nei tlêm êm! Kan ei leh in ai pawh hian kan ngai pawimawh zâwk emaw ni tih mai tûr hian thawmhnaw mawi ngaihtuahin kan intlânsiak a. A tam ber hi chuan kan damchhông daih hi thawmhnaw incheina hi kan nei maw le. Chawlhni a lo thleng emaw khawi iloah programme a awm châng a thar zêl kan duh. Mahse, eng programme mah neih theih loh lai hian silhfen incheinain awmzia a neih lohzia a lang Chiang hle.

Ei leh in tuihnâi, taksa tâna tha chhôngkuain hlim taka kan han eiho tluka hlu hi a awm lo. Chutianga hman tûr sum leh pai tam tak silh leh fên incheina rualawh luat avâng a kan hmanral, kan thawmhnaw wardrobe-a inkhai tuar ten hlutna a neih lohzia hi kan hun tawn hian min va hriattîr teh rêng em. Silh leh fên aiin ei leh bâr dam khawchhuahna atâna inbuatsaih

a tûl zâwkzia kan hun tawn hian min hriattîr hle a ni.

Lockdown kan hman hian hun hlutzia min hriattîr. Pâwn chhuak thei lo, phungthlu thei lovin kan awm a. Aw.... chutah khatah dam lo kan, mitthi râl leh thil dang dang tih kan duh a lo lang uar uar mai. Mahse, khârkip kan ni, chûng thil kan tih duh zawnz zawnz chu kan ti thei ta lo. Khârkip hma khân chutah khatah khân chutianga thil chu lo ti ila tha tûr kan ti vawng vawng. Mahse, hunin a liampui tlat tawh. Kan kal thei tawh lo. Hun hlutzia min hriattîr - "Hun lâwmawmah ka ngaihtla che a, Chhandamna nî-ah ka tanpui che," a ti si a. Ngaiteh u, tûn hi hun lâwmawm chu a ni a; ngai teh u, tûn hi chhandamna ni chu a ni" (II Kor. 6:2) Paula'n a lo sawi hi kan hun tawn hian a va ti Chiang êm !! Hun zalên kan neih laia a tha bera hun lo hman tûlzia, inthlahdah hauh lova ni tin hun hman tangkâi tûlzia Pathianin hun hlutzia min hriattîr nasa. Fak hla kan sak

thin - "Thawk thuai la, nite an kiam mêk e, an êng a reh thuai ang; hun khirh tak chu a lo thlêng mêk e, kan thawk thei tawh lovang" (KHB No.355) tih hun hi kan thleng ta mêk niin ka hria.

Pathianin hun tha leh lâwmawm min pe, khawngaihna avângin kan dam chhông hunte min pawhsei sak. Pathian mi, nu tha leh pasal tha inserh thianghlim tam takin mual min liamsan tawh laia kei, misual, bawhchhe thin, Pathian rawngbâwlto inti ve, mahse, Krista rilru - inngaihtlâwmna, thuhnuairawlhna nunpui thei si lo. Ephesi 4:31-a 'Khâkna te, thinurna te, tauhna te, ânna te, sawichhiatnate zawng zawng chu bânsanin awm rawh se, sualna zawng zawng nêh' tia ringtu min fuihna pawh zâwm thei lo hian hun hlutzia he kan hun tawn mêk Lockdown-ah hian min va hriatîr teh rêng êm. Naktukah chuan eng nge lo thlêng dawn tih ka hriat loh lain hun tha leh zalên Lalpa'n min pêk hlutzia, hman tangkaia Lalpa tâna inpêk a

tulzia I hre mawlh ang u.

Lockdown hian Kristian chhôngkua- Chhôngkaw maichâm neih hlutzia min hriatîr. Chhôngkaw tam tak chuan ni tin chhôngkaw maichâm kan hman theih lohna chhan kan sawi fo thin chu, "Kan chhôngkaw mêmber kan kim thei lo" kan ti fo thin, khâkhip hun kan hman mêkah erawh chuan chhôngkaw member kim loh chhuanlam a awm ta lo. Chhôngkuain kokim takin chhôngkaw maichâm hunte siam thei tûrin hun rêmhchang tak Lalpa'n min pe hi a va ropui êm. Chhôngkuaah harsatna tam tak nei chung a harsa tak kâra chhôngkaw maichâm siam chhôngkaw dam khawchhuah nâna kawng tinrênga tan lo lâk vena kârah kan zâm thin, kan hnual thin. Mahse, Pathian mi ruat, chhôngkaw khâiding tûrah Lalpa'n chhôngkuaah min lo dah reng mai tih min hriatîr. Gideona hnênah Lalpa'n, "Nâng mi chak huaisen, LALPA chu I hnênah a awm e," a tih ang khân, tûnah beisei ang thil

thleng nghâl hmuh tûr awm rih lo mahse, chhûngkua kan dam khawchhuah a, suala phuarte Lalpa'n a la phelh ngêi ang tih hriaa Lalpa tâna mi châk huaisente beidawng hauh lova min kohna hmun chhûngkuaah Missionary hna thawk tûrin rilru min pe. He Lockdown phêna Pathian thurûk inphûm hei hi ni ngêiin ka hria.

Kumin Kristian chhûngkaw Golden Jubilee kum puan 'Chhûngkaw tin ni tin chhûng inkhâwm zâ-a za neih kum' atâna kan lo tihte hi he Lockdown hian bul min ãan sak niin ka hria. Lalpa'n min va thawhsak nasa êm. Boruak pangngâi kan beisei mêk, Pathian hruainain kan hmuh ngêi beisei ila, chhunzawm erawh kan bat a ni.

Lockdown-ah nun inkhâr-khîpa kan awm mêk lai hian inrenchem leh intodelh pawimawhzia min va zirtûr tehrêng êm. Sum kutah awm mahse, lei tûr a awm lo. Thlai hring kan châk zâwng mai ni lo, hrisêlna atâna pawimawh ngawih ngawih pawh lei tûr an awm loh meuh chuan,

chuktuah huan neih, inchung leh mahni kawtkâi remchâng apiangah chawhmeh tûr thlai-ãntam, zikhâm, broccoli, lettuce, dhania, bahkhâwr leh a dangte lo intodelh ve tûlzia leh hlutzia min hriattîr. Hawh u, chuktuah huan uar ila. Chhûngtinte intodelh zâwngin ãhangharh ila, kei mahni chhûngkaw bil tân mai ni lo, ãhenawm khawvêng sem ve thei tûr pawhin ãan ila thar ang u. Kan kawtkâi, chuktuah huan, kan ram leilung pangngaiyah ngei hian Lalpa malsâwmna dawng tûrin a dawhthlêng lo buatsaih ila, chhûngtinte intodelh deuh deuh ang u.

Lockdown chhûng hian Kristian nun zêmawi tak tak impumkhatna, ãhenawm khawvêng inngaihsakna, Kohhranho zîngah a lo lang hi hmuh a nuam ka ti. Kohhran pâwl ram ãhiahin a awm, neih ang ang ãhenawm khawvêng ten chang ve se kan ti. A Zo a Vaiin hnamdangte pawh rîn lût vekin Local Task Force/Village Level Task Force, Kohhran leh chhûngkaw mala

hmalâkna han hmuh hian 'Sem sem dam dam, ei bil thi thi' tih te, rilruah a lo lang Chiang hle. 'Nangmah i in hmangaih angin i vêngte i hmangaih tûr a ni' tih Lal Isua zirtîrna chu a takin kan hmu mêk a ni.

Hripuiin kan ram a rawn luh loh nâna ramri vênhim hna thawkin ṭhalaite an rammû a, Mizote tlawm-ngaihna a taka lo langin, 'Thih leh mual khatah, dam leh tlâng khatah' tih Mizo upa ten an lo sawi hi a lo va dik em! Kei engmah tithei lo, thâ leh zung leh finna pawh nei lo hi ṭawngṭâinain mahni pindân lairilah ka lo tuiral ve êm êm ringawt. Hmuh theih leh hmuh theih lohvah hian kan va ṭangrual tak êm. Lalpa chu fakin awm rawh se.

Lockdown chhûnga ka thinlung khawihthu pakhat chu kohhran lo ropuizia hi a ni. Ringtute kan inpâwl khâwmna Biak In dâr a lo reh ṭhuap mai te, rawngbâwlhona Chanchin Ṭha hrilhna tûra kan hma lâk hona ti thei miah lova awm chu a va

khawharthlâk tak êm. Sam ziaktuin a lo ziah pawh hi ka ṭâwmpui leh zual ta. "Ka nunna hian LALPA Biak In hung chhûng kawtlâite chu a ngai êm êm a, a ni; a chauh phah hial a; Ka thinlung leh ka tisa hi Pathian nung hnênah chuan a au chhuak a" (Sam 84:2). "Kohhranin hmalâkna a ngah lutuk, Kohhran Hmeichhia, KṬP leh Pavalai inti, in chhuak reng mai" tih ri kan hriat ṭhin te chu a lo reh tak duk mai. Engmah tithei lova khârkip han nih meuh chuan miten kamchhe tleuh nân min lo hman ṭhinte kha han hre leh mah ila, rawngbâwl nâna kut kê, a fatua lo ṭan hlutzia min hriat chhuahtîr, rilru tihhnual duh tûr awzâwng a lo ni lo ve, a lo hlu em mai. Hawh u, Kohhranah hian phunnâwi miah lovin, ṭing lo inti chung chung pawhin Kohhran kaltlang khawngaih rawngbâwl hna Lalpa'n min pête hi i hlut deuh deuh ang u.

Khuahkhirhna hun khawhar thlâk takah hian kan hnêna Pathian awm hi lusûn, khawhar hnênah hian a va

inpuang nasa êm! Ka nun khawhar tak lusûnna avânga nun ruak mal ngawih ngawih nia inhriaa, mahni inkhawngaihna avânga mittui nêna hun hmang thîn hnênah hian Emmanuela-kan hnêna Pathian Awma chu Pathian thu, fak hla, sermon te hmangin a inpuang. Hlau suh ka awmpui che. Malin I awm lo'ng tiin ka thinlungah Pathianin thu a rawn sawi.

Kum 1974 khaw-chhak Presbytery huapa Shield inchuh laia malzaia lâwmmann ka lo dawna hla chu ka thinlungah Lalpa'n a rawn ti nung leh ta. Mi tam tak hnêna Lalpa inpuanna hla (KHB. No. 435) pawh ni vein a hriat.

*Malin ka awm lâwng,
Ka hnênah a awm,
Aman min awmpui a tiam si,
Mahriakin ka awm ngai
lâwng.*

Lusûn khawharna hmunah then leh rual, rawngbâwlpui ten min thlamuan, Pathian hmanrua, a vântirhkohte an ni. Chûng mite kaltlanga Lalpa thatzia hmutu leh

dawngtute zîng ami ka ni. Hun kal tawh lusûnna mai ni lo, khârkip hun chhûnga hmangaih ten min kalsanna ni leh hunah hian Lalpa Vântirhkohte kha khawng an awm tâk, an bo tâk vek, an awm ta lo em ni kan ti rum rum êwm e. Awm ê a, khuahkhirhna hnuaiyah dân leh thupêk âwih avâng zâwkin an tawmim vek laiin thawnghâiin Lalpa hnênah min lo dinpui a lo ni zâwk, chu thawnghâi thiltihtheihna chu a takin lusûn faten khawharna hmunah Pathian thlamuanna leh malsâwmna kan lo dawng a ni zâwk. A va ropui êm!

Mizoram mai ni lo, India ram mai pawh ni lo, khawvêlin he hrilêng thibâiawm tak kan buaipui mêk lai, khârkipa kan awm mêk lai hian kan mimal nunah leh chhûngkuaah Pathian inpuanna kan chang theuhin ka ring. Chutiang chang miah lova ni 40 zet mai hun I lo hmang anih chuan ngaihtuah Chiang rawh. Lalpa lam I hawi lo a ni mai lo maw? Ram inrêlbâwlnain harsatna

pawh a lo tâwk chho zêl thei,
ei leh bârah kan tlachhia pawh
a lo ni thei. Hun lo kal zêl
tûrah hian mipui khawsak-
phung a lo danglam ngei ang.
Kristianten eng hun pawh
tawng ila, tu leh fa te
thlamuantu, harsatna kârah pawh
Lalpa lam hawia HNEHTU
zîngah I tel zêl ang u.

Damchhûng mi hmuak
apiang I tîrh nise,
A nuam nge a hrehawm
eng pawh nise,
Hei ngawt hi ka dîl ang
I lam lo hnaih zêl hi,
I lamah min hip rawh,
Lalpa Parthian... tih hi kan
tawngtâi hla lo ni zêl rawh
se.

Hriselna huang

NU NAUPAI LEH A KAIHNAWIH

- Laldinpuii Sailo

*M. Sc. (Obstetric & Gynecology Nursing),
Tutor, RIPANS*

Nu nau pai theih chhûng hi kum 13 aţanga kum 45
ngaih a ni a. Ram hrang hrangah/mi hran hranah a danglam
thei. Mihringin nau kan pai hun chhûng hi kâr 40, ni 280,
thla kua titea sawi a ni. Thi neih hnuhnung ber, ni hmasaber
aţanga chhûta thla kua leh ni sarîh belh hi nau neih hun tûr
chhût dân a ni.

Nau pai hun chhûng
hi hmun thuma then a ni a.
Thla khat aţanga thla thum (1-
3months) hi First Trimester,
thla li aţanga thla ruk (4-6
months) hi Second Trimester
leh thla sarîh aţanga thla kua
(7-9 months) hi Third Tri-
mester tia vuah a ni.

Naupai lan chhuah
dân

First Trimester (thla 1- thla 3)

1. Thi hul
2. Luak chhuak
3. Zun in
4. Hnute danglam
5. Chauh ngawih ngawih

Second Trimester (thla 4-thla 6)

1. Nau che: Thla 4 naah nuin
nau che a hre thîn.
2. Chloasma: Chal leh biang
a lo duk thîn.

3. Hnute a lo lian a, hnute veins te a lang Chiang a. Hnute hmûr bul rawng a tak zual a. Hnutetui a lo pût thei.

4. Dul a lo thang lian telh telh a, lâi aţanga tâi thleng dul inrîn a hmuh theih thîn.

5. Naute chu thla 5 aţangin a che pangngai tawh thîn. Stethoscope hmangin naute lungphu a ngaihthlâk theih tawh. Naute lungphu hi minute khatah vawi 110 aţanga 160 a phu tlangpui.

Third Trimester (thla 7-thla 9)

1. Dul a lo thang lian telh telh a, hna hahthlâk a thawhin an hah hma a.

2. A lo zung zing a.

3. Nau awm dân (position) a hriat theih tawh.

NAU PAI LAIA VACCINE LAK TUR TE

Tetanus injection (Sakawr êk hrik danna) wawi hnih lâk tûr a ni, second trimester (thla 4 ah), thla khat kêr dana lâk tûr a ni.

Naupai lai leh nau neih hnuah folic acid, iron leh calcium a ei ngei ngei tûr a ni. Nuin nau a pai laiin thisen hi a tuiril zual a. Hei hian taksaa

thisen kal a ti tha a, nautein thisen a dawn that phah a ni. Hei vâng hian iron ei ngei ngei a ngai a ni.

RIH ZAWNG

Nu nau paiin a rai tih aţanga a neih dawn thlengin kg 10-11 a rih belh tûr a ni. Rihna tlahniam leh rih belh nasa lutuk hi natna tha lo vâng a ni.

NAU PAI LAIA TIH LEH TIH LOH TUR TE

Nuin nau a pai veleh Sub Center-ah in report ang a. Health worker ten a tûl angin an chhinchhiahin an tlawh zui thîn a ni. Nuin Sub Center/Hospital-ah nau a pai laiin wavi 4 tal a in check-up tûr a ni. Inentûr hun hi bawhpelh loh hrâm tûr a ni. Rih zawng te, BP check te hi a pawimawh êm êm a ni.

Naupai laiin thlai leh thei, bawnghnute ei tam tûr a ni. Nu chaw ei chu huat awl chi a ni tûr a ni lova, bête, dailuah lampang ei tam a tha.

Kawrfai, thâwl lam hâu ni se, pheikhawk sân, tûk awlsam bun loh ni se.

A theih chuan rai laiin ni tin inbual ni se, hmun nâl, tawlh thlûk theihna lakah invên tûr a ni. Ha leh ka chhông enkawl fai tûr a ni.

Naupai ãan tîrh leh nau neih dâwn hnaiah hna hahthlâk thawh loh tûr a ni. Nu naupai chu darkar riat (8) leh chhôn lamah darkâr hnih (2) a châwl hahdam tûr a ni. Nau neih dâwn hnaiah vei lam delha mut tûr a ni. Hei hi an nauteah thisen a tîkal ãa a ni.

Motor chuan chung-châng ah naupai tîrh leh neih dâwn hnâiah motor kawng chhe deuha zin loh tûr a ni.

Meizial leh zute in loh tawp tûr a ni. Meizial zûk leh zuin hian naupiangtê (small baby), nau chhiat (abortion, a hun hmaa nau piang (preterm), nau pian sualnate a thlen thei.

Nu in hêng a hnuai a mite hi a neih chuan a rang lamin damdâwi inah kal tûr a ni.

1. Pumna
2. Tui bua leh thi pût
3. Nau che ãa lo
4. Kaih

5. Luhai

6. Khaw hmuh fiah lo

NAU PAI LAIA HARSATNA AWMTHEI LEH ENKAWL DAN

Naupai lai hian tak saa danglamna nasa tak a lo awm a, hei hian kan tak saah harsatna nasa neuh neuh, nau neih zawhah reh leh mai tûr a thlen ve ãhîn.

Luakchhuak: Luak chhuak tih ziaawm nân zingah biscuit ro al ei tûr a ni, thil mawm ei loh tûr a ni. Vawi khatah thil ei ãeuh lova ei zin deuh tûr.

Ek khal: Ek khal hi naupaiin a ken tel a ni a. Tuisik leh thlai ei tam hian ek khal a ti ziaawm thei, a nasat chuan mut dâwna ek nêrna ei a pawî lo.

Pumna/thin thîp: Mut dâwn hnaiah chaw ei loh tûr a ni a, puar lutuka chaw ei loh tûr a ni. Antacid (Mucain/ulgel) ei hian a chhâwk.

Kutmû: Nau neih zawhah a reh ve mai

Luhai: Rei tak ãin hian luhai thlûk a awm ve thei. Rei tak ãin loh tûr.

Kevûng: Zîng thawh hlîma ke vûng chu entîr a ngai a, chhûn lam vei hah vâng a tlai lamah ke a vûn a, ðhut hahchawlhîn a ziaawm a nih chuan entîr a ngai lo.

NAU NEIH DAWNA INRIN DAN TUR

Nuin nau vei ta se, khawi damdâwiinah nge kan neih ang? Engin nge kan kal ang? Tu nge kal pui ang? tih te kan in ruahman lâwk tûr a ni. Nau nei tûra damdâwiin kalna leh hawna sênso hi sawrkârin a pe vek a. Damdâwiinah nuin nau a neihîn lawmman sum fai an dawng a, a thlâwnin damdâwi an dawng a. Zai ngai, thisen pêk ngai an nih palh chuan a thlâwn vekin an dawng a ni.

NAUSEN PIANGHLIM ENKAWL DAN

1. Naute hi kawchhûng taksa lum aţanga lo chhuak an ni a, an taksa a la tea, pangtilum an nei tlêm êm êm a. Tuam lum ðhat an ngai. Nau puan pangti dep atân cotton hi duhthusâm a ni. Rizai kâwrte, khum puan hlui

sukfâi ðhata chilh khâwmte hi a hmantlâk viau a ni.

2. Naute hi taksa chhûng hmun fai êm êm aţanga lo chhuak an nih avângin, an taksa natna hrik dotu an la nei tlêm a, hrlêng an kaihma. An mutna khum, naute thawmhnaw leh puan a fai ðha tûr a ni. Naute enkawltu leh mi dangte pawn naute kan khawih dâwnin thawmhnaw fai kan ha ang a, kan kutte fai takin kan sil ang a. Tin sei leh bâl te nêna naute sawngbâwl hi tih loh tûr a ni. Naute thawmhnaw sûk leh phorona hmun pawh kan duh tui tûr a ni. Nisa ðha, hmunfâi, vaivut leh thingnah in a bawm lohnaah kan pho ang a. Naupang leh puitling, hritlâng leh damlote naute bulhnâiah kal lo thei se.

NU HNUTE TUI

Nau hnute pêk dâwnin nu chu hahdam taka ðhut/mut tûr a ni. Naute chu hnute a hne duh lova a ðah chuan pawm tlei phawt tûr a ni. Nau a pian aţanga darkâr khat chhûngin nu hnute

hnêktîr tûr a ni. Hnute pakhat a hnêk zawhah a lehlam kan pe leh ang. Naute a ÷ah/ ril÷âm/tuihâl apiangin pêk tûr a ni. Thla ruk chhông nu hnute chauh a ring tûr a ni. Thla ruk a÷angin chaw dang kan pe ang a, naute chu kum hnih thleng nu hnute pêk tûr a ni. Hnute tui hi naute tâna duan a ni a, hnute nei lo leh harsatna neuh neuh awm mahse nau leh nu tâna ÷ha ber a nih avângin pêk tum hrâm hrâm tûr a ni.

NAUTE HNUTE PEK DAN

Nuin a bân puamah naute lu a dah ang a. Nautein nu lam a hawi ang a, naute dul leh nu dul a insi tûr a ni. Naute chuan a ka-in nu hnute hmûr dum zawng a hmuam ang a. Naute khabein nu hnute a si ang. Hetianga kan pêk hian hnute hmûr kak leh hnute hring rawl a vêng ang.

NU HNUTE THAT BIKNA

Nu hnute hi Pathianin naute tân a duan a nih angin, a lum lam hi naute taksa tân

a tâwk chiaha lum a ni. Natna hrik laka vêngtu a awm a. A chak lam hi naute piang hlim leh a ÷han len dân a zir zêlin, naute mamawh tâwk zêlin a chakin a chak lo a ni. Nu taksa a÷angin naute puma kal direct a nih avângin a thianghlim a, senso a awm lova. Nu tân chhûl leh taksa dang, rai laia lo danglam kha rai hma ami anga a insiam lehna kawngah a pui a ni. Hnute a hnêk zawhin a sir zâwngin mut tûr tûr a ni.

NAUIN NU HNUTE A KHAM TIH HRIAT DAN

1. Hnute hnêk laiin nautein thâwm a nei ÷hîn
2. Hnute hnêk zawhin hnute a lo thêp a
3. Ni khatah vawi 6 aia tam a zung
4. Naute vawi 6 aia tam a lo e a
5. Naute a rit tial tial a
6. A ti a lo khat ÷ha

Nu leh nau hrisêl hi ram changkânna tehfung a ni a. Sawrkâr pawhin heti lam kawngah hian theihtâwp a chhuah a ni.

Hruaitute chanchin**SAWITHANGI**

Thangzuala leh Lalmawii (L) te fa paruk zînga a upa ber niin Dt. 15.2.1956-ah a piang a. Kum 1992-ah Upa Lalthangmawia nênninein Zemabawk North-ah an chêng a, fa paruk an nei.

Eizawna

Kum 1979 aţangin Middle School zirtîrtu hna thawkin kum 2016 khân Govt. Ramhlun Middle School Headmaster niin a pension.

Rawngbâwlna

K h a w n g a i h rawngbâwlna Kohhran Hmeichhiaah kum 2005 aţanga Committee Member niin kum 2007 aţanga tûn thlengin Office Bearer a la ni a, Treasurer post hi a la chelh loh a ni.

Pastor Bialah kum 2010 - 2018 chhûng Office Bearer niin tûnah Committee Member a ni.

Kohhranah puitling Sunday School zirtîrtu leh Inrinni Zan thuhritu a ni mêk.

Bible châng ngainat

I Timothea 2:4 - “ani chuan mi zawng zawng chhandama awmah leh thutak hriaah a duh a ni.”

Hla ngainat

KHB No. 9-na- ‘Aw Lalpa, Davida leh a thlah Arsi’.

Tûmah iai lova Amah hnaihtu hmang zêl thîn kan Pathian tân hmeichhiate hian kan phak tâwk rawngbâwlinaah insit lova theihtâwp chhuah zêl tûr leh min nêktu harsatna chi hrang hrang kârah nghet taka; tihchêt rual lohva Lalpa hna thahnemngâi taka thawkin a hman phâk tûrin Amah i hnaih zêl ang u.