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Editorial**BIBLE-A INNGHAT**

Thil siam dangte aia mihringte chungnun bikna langsâr tak chu chhia leh tha hriatna thiang tak kan nei hi a ni awm e. Hei hi bawhchhiatna avangin nasa taka tihchhiat ni mah se Krista zârah siam thar a ni a, chu chu mihringte tân thil thlawn pêk hlu ber a ni hial awm e.

Khawvêl inher danglam zêlah hian mihring finna leh ngaihtuah dan hmang hi a inthlâk danglam nasa ta hle mai a. A bikin thangthar kan tih mai - kan tû leh fâte khawvêl phei hi chu a danglam nasa lehzual a, kan hriat thiampui vek phâk loh khawvêl dangah an chêng a ni ta ber a; an nu leh pa, an pi leh pute hian engtin nge kan kaihhruai ang tih hi kan tân chona lian tak a ni mêk.

Dik leh dik lo, tha leh tha lo, mawi leh mawi lo, fel leh fel lo tehna atân kan tû leh fâ tam takte hian Bible ni lo, thil dang an hmang nasa ta hle mai a. Hei hian kan hriat loh hlânin Pathian rinna ațang te, kohhran mi nihna ațang tein a hnûk hla mêk niin a hriat a ni. Kan chênna khawvêl hian mahni chiah inngaihtuahna te, mihring mihrinna chawi sân te, thiangezau rilru te hi min barh lui nasa ta a. Hei hi kan tu leh fate chuan an lem duak duak mai niin a lang a ni.

Dik leh dik lo, tha leh tha lo, fel leh fel lo tehna dik leh him ber chu Bible hi a ni, tih hi tam lua awm lova kan tú leh fate kan hrilh a tul lehzual ta. Chhûngkuaah tan kan lák nasat a ngai a ni.

Ei leh bara hmasawwna te, nunphunga hmasawwna te, zirna leh thiamna lama hmasawwna te hian Bible ațanga min la hrang emaw, Krista rinna ațanga min kal pêntir emaw a nih chuan hmasawwna tiin sawi mah ila kan tân a him lo tihna a ni. Bible-a innghat ngaihtuahna him than lenpui tûrin chhûngkua i inkaihhruai sauh sauh ang u.

Kristian Chhungkua**RINNA KAWNGA FATE KAIHHRUAI**

- Upa Prof. Malsawmliana,
Vaivakawn

Nikumah khan Puitling Sunday School-ah ‘Rinna hum him’ thu kan zir a, kum tin hian Puitling Sunday School-a kan zirlaite hi kan ram mamawh mil zel a ni e kan ti thin a. Nikuma kan zirlai pawh kha kan ramin a mamawh tak leh inhrilh fiah thar kan ngaih lai tak niin kan hria a, a chhan pawh zirlai ziaktuin “Pathian awm leh awm loh hial pawh kan zînga mi thenkhatin an buaipui ta,” tiin a sawi nghe nghe a nih kha.

Kan thalaite zîngah Pathian awm ring tawh lo leh rinna phatsan hial te pawh an awm tawh nia a lan avângin rinna hum him chungchang zir hial a ngai ta niin a lang a, ngaihtuahna sen a ngai awm e. Kristian ram nia kan inchâl lai leh Mizo zawng zawng hi Kristian nia kan insawi thin te, Kristianna hi kan ta bik ni hiala kan inngaih thin laia kan zingah ngei rinna kaw dang a inhreuh thuk zêl te hi ngaihtuahna kan sen a ngai ta.

Kohhran huang pawna sakhaw zirtirna kalpui an pung zêl leh kan Pathian thu lak dan inpersan ta lutuk te hian Mizo Kristiante hmakhua a ti hnawk riau.

Nikuma kan zirlai kha zir liam mai lova a chhut zui zêl dan tur ngaihtuah a tul. Tun aţanga kum 50-ah eng dinhmunah nge kan din ang?

Eng vangin nge kan thalaite zîngah Pathian awm ring lo leh Kristian sakhua rinhlelh chang nei an lo awm tak mai le? Eng nge a bul ni ta ang?

Thalai puitling ni mai lo, kan “Tleirawlte dinhmun zir chianna” Synod Campus Ministry-in kum 2022-a a tihchhuah hi bih let lawk teh ang.

Zir chiannaah hian District hrang hranga tleirawl 1218 te ngaih dan lak a ni a, heng zingah hian kum 14-18 inkar an tam ber a, mi 918(75.4%) an ni. Zawhna chi hrang hrang

- ruihtheih thil, mipat hmeichhiatna, social media hman dan, computer games leh sakhuaana chungchang zawh an ni a. Heng zînga tar lan ka duh chu sakhuaana chungchanga an ngaih dan hi a ni.

Tleirawl an kawm zîngah hian Pathian awm ring an tam ber nain Pathian awm ring lo leh rinhlelh chang nei hi 146 lai an awm. Kristian sakhua ni lo sakhaw dang ring leh rin chang nei thin hi 69 an awm bawk a, Kristian sakhua rinhlelh chang nei hi 421(34.6%) lai an awm bawk. (Tleirawl Dinhmun Zirchianna Booklet, Synod Campus Ministry, Synod Office, Aizawl, 2022)

He zir chianna aţanga lang Chiang tak pakhat chu, kan fate naupang te te hian khawvêl thil leh hmasawna chak tak avâng hian kan Pathian leh sakhua ni lo, sakhaw dang rin chang an neih thinzia leh Pathian awm leh awm loh chungchangah rinhlelhna an neih thu hi a ni. Hengte hi Mizo Kristian rilruah chuan thil awm thei nia lang lo a nih thin laiin tunlaih chuan a lo ni hauh tawh lo mai.

Engtin nge kan tih tak ang ?

1. Nu leh Pate hian kan fate hi Pathianni apiangin tha deuhin Sunday School-ah Pathian thu an zir nia kan ngaih lai hian kan hriat loh hian rinnaah an lo buai ve thei, rin hran an lo nei daih thei tih hi kan chhut ve thin a ngai. Hei hi a hma lama Tleirawlte zir chiannaah Chiang takin a lang. Chuvângin, kan fate rinna hi kan enpui a, tun hma anga Pathian thu kan hrilh tam a, Bible thawnthu te kan inhrilh tam leh zual a ngai niin a lang.

Mi tin hian pawipang hi kan ngah ta deuh va, mahni buai buaiin kan buai a, kan fate Pathian thu hrilhna hun pawh kan nei ta lo. Sunday School zirtirtuteah duh tawh mai lovin in lamah ţan kan lak thar a ţul. “Chung chu in fate in zirtir ang a, in ina in ţhut lai te, kawnga in kal lai te, in mut lai te, in thawh hun tein in sawi thin tur a ni.”(Deuteronomy 11:19)

2. Kan faten Pathian thu leh Bible chungchanga zawhna an neih te namnul mai lova fiah taka an hriat thiam tawka

chhan tum hram hram a tha. Naupan lai chuan “Pathian nge chak Setana?” “Pathian hi tu siam nge? Engtin nge a lo awm?” tih te hi an zawh duh chi a ni a. An ngaihtuahnaa zawhna awm te fiah taka hrilh fiah an nih loh chuan an len hun thlengin zawhna a awm thei. Chu chuan an rinna a su buai thei thin.

3. Chhûngkuua Pathian biak ho tam hi fate rinna kawnga sawh nghehna kawng tha berte zinga mi a ni. In chhung khurah Pathian ngaihsakna boruak kan siam a tul a, Pathian thu titinaa hmang ngai miah lo chhûngkuua hi kan tam viau tawh awm e. Nu leh Pate zingah fate mut dawna Bible thawnthu hrilh thin pawh kan tlem pharh tawh mai thei e. Kan chin thar leh a tha mang e.

4. Kan fate rinna kawnga an than len zel theihna turin Biak In ngainat kan zirtir a ngai. Tunlaiah Inkhawm hlanin TV leh thil dangah hmuhnawm en tur a awm feuh tawh a. Pathianni zan inkhawm lai taka Manchester United leh Arsenal inkhel a awm chuan inkhawm loh mai a awl fu. Kan

tualchungah pawh inkhawm laia programme siam a tam zêl a. Hna tul chhuanlama inkhawm loh mai a awl ta viau bawk. Hengte hi inkhawm min thulhirtu an ni ta zêl mai. Hengte hian an rinna tibuai lo mahse tiñhuanawptu a ni thei.

Heng bakah hian Nu leh pa te rinna leh inpêkna hi fate entawn ber a ni. Nu te Bible chhiar lai an hmuh zin poh leh Bible chhiar ve duhna rilru an pu thei a, Bible chhiar ngai lo nu leh pa chuan a fate Bible chhiar turin a fuih peih meuh lo mai thei.

Ningani zana tu leh fate tâna tawngtâina hun kan hman thin te hi a hlu hle a ni, chhawm nung zêl ang u.

“Rinnaah chuan in awm emaw, nangmahni ngei inchhin thin ula; nangmahni ngei infiah thin rawh u” (II Korinth 13:5) tih kan hmuh angin kan fate hi Pathian rinnaah an awm em tih hi kan fiah fo tur a ni. Kan hriat loh hlanin Kristian sakhua hi an lo ringhlelin Pathian awm pawh an lo ring tawh lo thei a, rin hran dang an lo nei hlauh dah ang e.

Pentikos Sermon**PENTIKOS**

(Tirhkohte 2:1-12, Gen.11:1-9)

Dr. Lalrinawmi Ralte

Thuhmahruai

Pentikos Ni hi Zofa ringtute tan kan rinna lungphum pawimawh takte zînga mi a ni a. Pentikos awmzia chu ni 50-na tih a ni a, kan Chhandamtu Lal Isua Krista thihna hneha a Thawhleleh ni aţanga a ni 50-na a ni. Pentikos hian pawimawhna bik a nei a, a chhan chu chu Isua Krista tisain an hnênah awm tawh lo mahse a thlarauin a chenchilh reng a, amah zuitute manganna, rinhlelhna, beidawnna leh hlauhna aţanga ringtu nghet an nih theihna tur kawnga buatsaihpuina a nih vâng a ni. Pentikos lo thleng chuan Isua Krista ringtute a tichaka, a thlamuan a, beiseina nung a tharin a pe a ni. Pentikos lo thlen ni aţang hian Isua hnung zuitute chuan an rinna an sawh nghet lehzual a, chu chu keini thleng pawhin a zar zotute zîngah kan tel ve ta a ni.

Tirhkohte Thiltih 2:1-12 kan chhiar chuan Thlarau Thianghlim lo thlenna atâna inbuatsaihna a lo nasat dan kan hmu thei a. Chungte chu lo zir ho ila-

1. Jerusalem khua kalsan suh u. (TT 1:3)

Lal Isuan a thiha a thawhleleh khan zirtirte leh amah rinawm taka zuitute chu a thlarauin a chenchilh reng a. Tirhkohte 1:3-ah “.....ni sawmli zet an hnênah a inlar a, Pathian ram

thu a sawi ţhin a.” Lal Isua chu a hring a hranin mi tlem zawkte hnênah a inlar a, an zavaia hnênah a thlarau chuan a chenchilh tlat a. Chu chuan an hlauhna ata a thlamuan a, Isua Krista zuitu an nih avâng a an tuar theih awm theite an hlauhna ata a hum him tlat a. Chutiang chuan ni sawmli lai an zingah a cheng a, Jerusalem khua pheih chu chhuahsan lo turin a ti a. ‘Jerusalem khua kalsan suh u’ a tih avângin an Lalpa thu awihin Jerusalem

khua an la chhuahsan lo a ni. Jerusalem khuaa in pakhatah chuan thu awih takin an awm khawm a. Jerusalema hmun khata an awm khawm hian chhan a nei ngei ang. An nun atân pawha hlauhawm a thleng pawh a ni thei e. Isua zuitu an nih avâng an hma lak dan tur an ruahmante pawh a ni thei a, an hmaa hlauhawm awm thei, tihduhdahna leh khenbehna hial thleng theite laka invenna tur ruahmanna te, infuihna te pawh a ni thei ang, chung zawng zawng piahah chuan Chanchin Ṭha puan darhna ruahmanna te pawh niin a lang. Hetia ṭawng hrang hrang hmangtu an nih avâng hian an karah inpawh tawk lohna te pawh a awm thei a. Chutia rilru mangang leh hlauthawnga mi dangten an thawm an hriat hlau taka an awm khawm lai tak chuan thawk leh khatah Thlarau Thianghlim a lo thleng ta a.

Jerusalem chhuahsan lo tura an Chhandamtuin a tih chu thu awih takin an awm zui a. Heng hunah te hian an awm mai mai bik lo ang tih a hriat theih a.

He an awm khawmna hian pawimawhna ringtu nunah a nei a, keini huna kan hriat thiam dan turah chuan ‘Kohhran’ ze bul angin kan ngai mai a. Lal Isuan Petera hnêna a sawi, ‘he lungpui chungah hian ka kohhran ho ka din chho ang a’ a tih kal zêl ni pawhin a lang. Ringtute hi awm khawm tur, ṭang ho tur, thawk ho tur kan nihna a ti Chiang thei awm e. Chutih rualin mi mal nuna Lal Isua ngei a inlarna a awm bawk a -Mari Magdalini hnênah Isua thlanah a inlar a, an inbia a, Zirtir Thoman a nak zenin a tisa ngei a khawih a, Emau khaw kawnga ṭhian dun kalte hnênah a ein a in bawk a. Chhandamtu Isua Krista thihna hneha a Thawhleha tichiang a, keini tân chuan ringhlel lova rin mai tur a ni.

Jerusalema an awm khawm pawh hi hlauhna vangte leh ringtu nun kawng ruahmanna lam te leh Chanchin Ṭha hrihna lam a kawkw thei vekin a lang. An awm khawm hian awm khawm satliah an ni lo va, ringtute kalphung inlungual a,

an zînga inþhen theihna remchang ÷awng ngei te pawh þhiatin a lo awm ta hi a ni. Lal Isuan, ‘Jerusalem chhuahsan suh u’ tia a lo hrilh ang ngeiin thu awih takin an awm ta, an Chhandamtu nghaka dawh thei taka an awm te, beidawna tham a ni tawh, chuti chung a dawh thei taka an nghakte chu a thlawn ta lo. A ni 50-naah chuan an nghak chhuak ta, an zîngah Thlarau Thianghlim a lo thleng a, chu chuan an awm dan tur a rawn rel felsak ta vek a ni.

2. Thlarau Thianghlim chu thlipui angin a lo tleh a, an þhutna a tikhat ta vek a. An vaiin tu mah bang awm lovin Thlarau Thianghlim chu an zain an chang a. Thlarau Thianghlim hnathawh chu mihringte ngaihtuah phak a ni lo tih a Chiang khawp mai. Thlarau Thianghlim thlipui anga lo tleh chu a na hle a ni ngei ang, a natna chuan a ken tel chu thiltihtheihna kha a ni. Kan ni tin nunah pawh thlipui a lo tleh chuan a natzia kan hriat theihna chu a nghawngah a ni þhin a. In te a delh chhiat rem rum

chuan thlipui a na hle kan ti a, tihchhiat a neih loh chuan a na lo kan ti þhin angte pawh hi a ni ngei ang. Thlarau Thianghlim thlen þum hi chuan an þhutna a tikhat vek a. He hunah hian cheng vea inngaih tlatna ka nei þhin a, an tawn ang hi tawng vea inhriatna, tempuina thlarau hian min chenchilh ve tlatna nun hi ka nei ve þhin a, chu chuan min tihlim êm êm a ni. Thlarau Thianghlim a chet chuan nghawng a nei a, thawm a danglam, mita hmuh theih ni lo mahse a thawm leh a hnathawh chu hai rual a ni si lo, a changtute an ngawi mai mai thei lo, an thlarau chan avang chuan an ri chel chul a ni ngei ang, an ÷e teng tung pawh a ni thei a, ÷awng inhre pawh thei lo kha an inhre thei ta.

3. Leite amaha insem darhin, mei angin an hnênah a inlâr a. Lei hi kan rilru zawng zawnga kan ngaihtuah puan chhuahna a ni a, chuvângin, an sawi chhuah leh an kê aþanga aw chhuakte chu Thlarau Thianghlim hnathawh a nih avângin

thilthihtheihna a nei vek a ni. Lei insem darh hian a sawi tum chu ÷awng baw kha a ni. An inñhenna ber ÷awng hrang hrangte kha tunah chuan chhun finin a awm a. ÷awng inhre ngai lo kha Thlarau Thianghlimin hna a thawh tak zet chuan an lei pawh a insem darh dawrh dawrh mai a nih ber chu. Hei hian ÷awng chauh a huam lo va, nun phung te, rawngbâwl na zau zawkte a huam a ni. A ropui ber chu tun hmaa inhre ngai lo, inngaihsak ngai lo, inhmangaih nachang hre lote tunah Thlarau Thianghlim hnathawh avang chuan an lo inpumkhat zo ta. Mi dangte ngaihsak nachang an hriat phah a, mi harsatnaah mawh an la a, an inñanpui tawn a, ringtu nun kawng an zawh ÷anna kawng sialtu pawimawh tak a ni. Hei hi a ni Thlarau Thianghlim faten kan tih tur chu – mahni hmasialna dah ÷aa mi dangte ngaihsak leh hmangaih a, hmangaihna nêna rawngbâwl hi a ni. He khawvêl kan dam chhung rei lo te hi duhamna bawiha lut lova inñanpuitawanna thlarau zawka nung tura koh thar lehna a ni.

4. Thlarau Thianghlim hnathawh thawm chu thup theih a ni lo.

Thlarau Thianghlimin hna a thawh chuan tu ma thup theih a ni lo, an chan dan pawh a inang vek lo thei e, a dawngtu tân lo chuan hriat thiam phak rual a ni lo; chುವ်ngin, ralkhata lo thlirtute chuan **Uain an rui a nih hi** tiin an thawm hre pha ho, an zînga tel lo pawn lam aṅanga lo thlirtute chuan an ti a. Thlarau Thianghlim a chet chuan ngawi rengin a che lo, thawm a nei hi a ni. An ri ta nuaih nuaih mai a, ÷awng hrang ÷euh kha an inhre thei, inhre thiam ta tlat mai. An thawm a nasa a ni ngei ang an kianga mite chuan an thil chan an hriatpui ve si lo va, ‘uain an rui a nih hi’ an ti ta ringawt mai a. Kan ni tin nun phungah pawh hian mahni chauh emaw chhûngkua chauha chen te pawh a awm thei ang, mi nun a bikin an harsatna nun te hi kan ral thlir fo ÷in a, pawn lam aṅangin kan duh duhin kan lo sawisak a, an chhungril buaina lam te, a hlimawm lamte pawh a ni thei a, eng mah chhutpui

thiam lova lo ral thlir a, a chhe lama ngaih dan lo siam vak vak changte pawh a awm ang. Rala thlirtuten, ‘uain an rui a nih hi’ ti mai lova nun inpawhna thar nei tura kohna thar ni ngeiin a lang.

5. An chungah a chuang ꠘheuh va, an zain Thlarau Thianghlimin an khat ta vek a, chang lo tu mah an awm lo, an chan chu a inang vek a, a rual vekin an chang a ni. Pathian hmangaihna chuan tu mah thlei bik a nei lo a, duhsak bik a nei lo tih a Chiang êm êm a. An zînga tu mahin lo ringhlel leh lo dang an awm lo, an chang vek hian an awm khawmna nun chu a tinuam êm êm a ni. An thawm a ꠘthat êm êmna pawh chu a chhe lam eng mah awm lovin lawmna, hlimna, lungawina leh an hlauhna leh rinhlelhna atân nghehna a pe vek a ni. Keini, vawiina ringtute, Lal Isua Krista hnung zuitute pawh hian kan chang ve vek a ni, chang lo kan awm a nih chuan chang ngei turin hma i la ang u, mi dang chang ve ngei tur pawhin hma i lakpui ang u.

6. Thlarauin a ꠘawngtir ang zêlin ꠘawng dangin an ꠘawng

Thlarau Thianghlimin hna a thawh chuan mahni duh ang ang a sawi ngawt theih loh tih a lang a, ꠘawng hrang avânga inhre pawh lo pawh an inhre pawh ta tlat mai. He inhriat tawn theihna hi ꠘawngkam hrim hrim piah lam a nih hmel a. Mi dinhmun thlenga inhriatna, hriat ngai loh inhriat tawna a ni zâwk ang. Mahni ꠘawng ang maia mi dang ꠘawng hriatna hi Pathian hnathawh a ni e. Pathian hriatna kawngah leh a hnaihna kawnga mi an inhawn chuan chu hriat theihna, inpawh tawna chu a awm thei a ni. Kan nun hi a ni ber mai a, ꠘawng dang hre thei tur chuan i khum laizawl aꠘang chuan a theih loh mai thei, pen chhuak a, ngaihven a, a rethei zawk, ꠘanpui ngai zawkte dinhmun hre chianga an mamawhna zawna Pathian hminga pen chhuahna lamte a kawkw tel a ni. Hei hi a zau khawp mai, hre Chiang tur chuan ringtute inpawl khawmnaa kan tel tam loh chuan kan hre thei lo vang.

7. Babel in sang a chim ta rup mai. (Gen 11: 1-9)

Pentikos lo thlen hi Babel in sang sak nen hian sawi kawp a rem hle awm e. Nova thlah kal zêl kha an lo pung tam tulh tulh a, an ropui ta hle mai a. He punna hi Pathian ruat a ni, chi thlaha lo pung turin a hum tlat a ni. Thlah khat leh tawng khat hmang an nih avâng khan an ropui ta hle a. An chhehvel hnam tlem zâwkte an hnuai chhiah ta te pawh a ni thei ang. Anmahni dintu Pathian an theihngilhna ang hawi her an pu tan a, ropuina atangin ropui leh zualna kawng an zawh mêk a ni. Hetiang hian in thlir zui teh ang: Sinar phaizawl an hmu a, ‘Hawh u, leirawhchan siam ila, in sang i din ang u, a chhipin van tawng turin’ an ti a. Chu chu duh tawk lovin, ‘kan hming i ti thang ang u, lei chung zawng zawngah tihdarhin kan awm dah ang e’ an ti a. Hetia ropuina lam ringawt an ngaihtuah lai hian **Lalpa Pathian chuan van atangin a lo ngaithla reng a.....Babel in sang en turin**

a lo chhuk a. Babel chu in sang tihna a ni mai a, in sang hian awmzia tam tak a keng tel a, chung zingah chuan ropui khelhna, chapona leh mi dangte hnuai chhiahna, pum khat leh tawng khat hmang an nih chu chapopui nân an hmang a. Babel in sang chu leirawhchanin an sa ta a, chu chu a hun laia in sakna hmanrua tha ber a ni a, hausa tân lo chuan neih phak rual a ni lo. Chung ruahmanna zawng zawngte chu ‘Lalpa Pathian chuan van atangin a lo ngaithla reng a’ tih hian Pathian hian kan nunah hriat loh leh inrawlh lohna a nei lo, engkim hretu Pathian a nihzia a chiang êm êm a. Nova thlah kal zêl, Pathian chu Pathian Nung leh enkawltu a nihzia leh Pathian rorêlna hnuai a nung an nihzia te chu ngaihsak lovin anmahni ropuina lam chauh thlirna nun a ni. Pathian chuan a remti lo nasa mai tih a chiang a. Anmahni a din chhan an theihngilhna anmahni ropuina chauh ngaihtuaha mi dangte dawmkanna lam ngaihthaha an awm chu Pathian an chungah

a lungawi ta lo a. Babel in sang chu a lo chim ta a ni.

Babel in sang chim chuan an ropuina zawng zawng a chim hnan ta. Van tawnga sang in sak an tum pawh hi Pathian tluka awm tumna, thiltihtheihna neih leh thil zawng zawng hnuai a rorêltu nih te, lei hausakna te anmahni tâna hui vek tumna, duhamna te a ni. Babel in sang chim hian nghawng a ngah hle mai, an inthen darh ta nuaih mai, ram hrang hrangah an awm darh a, an inbe pawp thei ta lo. An karah hmangaihna a lo dai zo ta. Mahni hmasialna leh ropuina lemin an nung a, an malsawmna te chu a petu pêk let leh aiin mi dangte hnuai chhiah nan an hmang a. An awm dan te chu Pathian huat zawng tak a lo ni ta, an karah khi a siam a, inlungualna an phatsan a, inhmangaihna leh indawm kan tawmna a awm ta lo. Ṭawng an inhre pawh thei ta lo, ṭawngkam bungrua a dang zo ta. Mi rethei zâwkte ngaihsak lo nun, nun pawlawh an nei zo ta. Mi chak lo zawk te,

hnuai chhiah a awmte chuan chhantu an nei ta lo. Duhamnain an khat a, khawvêl hi an ta bik emaw ti ang maiin mi chungah an leng a. Mahse ngai rawh, Pathian duh dan tel lova nun chu Babel in sang sak chim leh ang mai nun a lo ni. Pathian Thlarau Thianghlim hi a hring a hranin kan hmu lo thei, kan hmuhna ber chu kan chenpuite, mihring chungah leh kan chenpui dangte – ramsa, thing leh mau leh leilung chungah kan nun hi a ni. Chuvangin, ‘nun ho’ nun hi kan vawn that loh chuan kan ram hian ei leh bar kan harsa tual tual ang a, thing leh tui kan harsa zel ang a, kan hmabak chu Babel in sang chim hi a ni mai ang. Hawh u, Pathian hmingin he kan ram leilunga cheng zawng zawngten a malsawmna kan dawn vek theih nan i din thar leh ang u.

Babel in sang chim hi hre reng ila, kan nun theuh atangin chimpui tur kan neihte chu Pathian hmingin i chimpui ang u. Chu chuan mahni lam rekna te a thlen rualin mi dangte tân malsawmna a thlen thei a ni.

Mahni pualin Babel in sang hi kan lo sa fur tawh mai lo maw, chhûngkua, kohhran leh khawtlang te inen let a ÷ul hle a ni. Kan ram hian pung tual tual kan ngah tawh hle a, heng pung tual tualte hian Pathian min hnaihtir lam aiin suauna lam a tam ta hle mai. Tun hunah hian Lalpa hian kan in sang sakte en turin lo chhuk ve ta se engtin nge min rawn tih ve ang. Duhamna tenawm, chapona uangthuang, ropuina der kan dam chhung pawh daih lo bakah mi dangte rêk se kei pung ila tihna thinlung put te, kan vel leh ÷henawm khawvengte mamawhna hre duh lova ÷henawmte tilungngaitute kan ni palh ang tih te hi a ni.

8. Thlarau Thianghlim hnathawh chu – thiltihtheihna nun a ni

Thlarau Thianghlim hnathawh chuan thiltihtheihna a nei a ni, a awm hle hle ngai lo a. ÷awng an inhre tawn thei-inbe pawp thei, inngaihsak, inñanpui tawn, inhmangaih tawn, harsatna inhriatpui

thiam, inngaihven tawwna leh inhlut thiam tawwna. Thlarau Thianghlim hnathawh chu tho leh nun ÷awmpuina a ni. Chu tho leh nun chu thiltihtheihna a ni. Chuvângin, Pentikos a lo thlen añang chuan ringtute hi thiltihtheihna neia koh nawn kan ni. Babel in sang sak leh a chim thuah hian Nova thlahte kal zêl an lo lang hian a zirtîr pawimawh tak chu Pathianin thlah kal zêlte a ngaihsakzia a ni a. Bible-ah hian Pathian hian mi mal a koh rual hian an thlah kal zêl hi a ngaihven a, ven him a duh a. Chuvângin, Nova thlah kal zêl pawh hi an kal suauna chapona, ropui an khelhna leh mi dangte ngaihsak lova mahni hmasialna kawng an kal hi a remti lo nasa a; chuvângin, van añangin a en reng a, a lo chhuk ta hial a, Babel in sang sak chu a rawn tichim a ni. Chutiangin, keini pawhin mahni tawkin Babel in sang hi kan lo sa uaih uaih tawh lo maw. Babel in sang sak zia hi kan lo nei nasa a ni tawh mai lo maw? Kan Zoram, Zofate nun han en hian, duhamna tinrengin min luah a,

neih belh duhna leh mi dangte ta chhuhsak duhna te, an neih laksak duhna hial te kan lo nei tawh reng a nih chuan Pathianin a remti lo, a tichim dawn tia lo hre sa rana Pathian duh zawnga kan ni tin nun kan hman a va pawimawh em.

Pun tual tualna, Nova thlahte an pung tual tual a, an ropui tawlh a, anmahnia inkulhin ropuina an pan zêl hi babel in sang sak a ni a, chu chu Pathian duh loh zawnga ni a, pentikos ni khan a tichim tawh a. Chu chu lo din thar leh ðalh kan tum a nih chuan kan hlawhtling dawn chuang lo va, chuvângin, keini ringtute chuan fîng takin Pathian duh dan ngaihsaka kan nun zêl hi Thlarau Thianghlim changtu leh a hnathawh chhunzawmtu kan nihna a ni.

Pentikos chuan thiltihtheihna min hnutchhiah hi kohhran ang te, mi mal nun ang tein seng ila, thatchhiaa awm mai mai a remti lo va, Pathian ram zau zêlna atâna thawk reng tur kan ni tih hriain kan zavaiin Pathian chakna hmangin hma lam i pan zel ang u. Amen.

Note : Dr. Lalrinawmi Ralte hi Bangalore Mizo Presbyterian Kohhranah term 2 (2026-2021) Tual Upa a ni a, tunah hian Tlangnuam Kohhranah member a ni. Zakapa Award 2023 dawngtu a ni a, Kan ngenna ngai pawimawha Pentikos sermon ðha tak min ziahsak avângin a chungah lawm thu kan sawi e.

*I fa chu kum 7 a tlin hma ngeiin
Vanram kawng zirtir ang che.
A nunah thutak chu ðhantir ang che
Kum 5 a nih laia a hriat chian chuan
I malchungah hre hman ngei se a ðha ber,
Kum 3 a nih khan a zir ðan daih tawh a nia*

- Alliance Weekly

Sermon**KOHRAN HLUTNA - KOHRAN ROPUINA
(Pathian Kohhran ho-Kohhran Pathian khawpui)****- Upa C.Lalmuanthanga**

Kohhran chungchang sermon hi Kohhran hrang hranga Pastor, Upa leh Revival Speakers eng emaw zatin an sawi thin, Revival leh Inkhawmpui Thupui atân pawha an hman rim tak a ni. Kohhran chungchang hi huphurh ang reng tak, mahse kum thar 2024 kan hman mêkah tangkaina leh sawtna a neih ka rin ve avângin Kohhran hlutna hi i lo chhiar nawn leh teh ang u.

Kan sawi tum ber pakhat chu kan Bible-in Kohhran chanchin kawng hrang hranga min hrih dan leh chu Kohhrana nang leh kei kan han tel vea, phu loh chanvo te hial kan han nei ve ngawt ta mai thin te, hmasang atanga Kohhran tihduhdahna waviin thlenga kan hriat karah Kohhran a ding zêl mai te, a darh zêl mai te, chu kohhranah chuan tu nge pawimawh ber ni ang? Pathian Kohhran ho, Pathian chhungte, thisena a lei te tihah hian nang leh kei hi kan lo ni ve ringawt alawm le ! Amah kan biak hona Biak In lo hlutzia te hi hre thar leh ila tihna rilru a ni ber mai.

1. Kohhran awmzia : Greek tawng Ecclesia(koh chhuah) Hebrai tawng Qahal-Eddah tih tawngkam awmze tawi ber atân chuan pungkawmho sawina, Israel mipui pungkawm, Thuthlung Tharah inkhawmna Ina inkhawm ho tiin a sawi fiah theih an ti. Zirtuten Thuthlung hluih kohhran tawngkam tak hi a awm lo ve an ti a. Thuthlung Tharah erawh wavi 112, wavi 90 vel Paula lehkha thawn leh Thupuanah a inziak tih a ni a. Chanchin tha bu 4-ah wavi hnih a inziak a. Kohhran nihna sawi nan a tlukpui tawngkam kan hmuh leh hriat thinte chu - **Pathian Beram hote** (John 10:1-16) **Krista Taksa** (Eph 1:23), **Krista Mo** (II Kor 11:2, Eph

5:22ff), **Pathian nung Biak In** (2Kor 6:16), **Pathian mite - Lal Puithiam - Hnam thlan** (1Pet 2:9), **Pathian chungte**(Eph 2:19,I Tim 3:15),**Israel thar** (Gal 6:16, Eph 2:12,19) A mal te te hian sawi vek a chakawm hle rualin kan chhiarin kan ngaithla fo tawhin a rinawm.

Kohhran nihna sawina 3 - **Pakhat** - Thurin hrang hrang awm mahse, Kohhran chu Pakhat, **Thianghlim** - Thianghlim tura koh chhuah. **Huapzo** - Hnam chi hrang-tawng hrang -Van lal nau ang a tahna Kalvari-ah kan dang lo. Sawrkar deptt hrang hrangin sawrkar tân a thawk ang deuhin Pawl hrang hrangah awm mah ila, Kohhran zepui pathum hmang hian Zoram Kohhran ngei pawh kan awmna hmun theuh aţangin kan kal mek a ni.

John Calvin chuan “Kohhran chu Krista taksa, Pathian thu dik taka puanga, sakrament dik taka theh a, Kohhran inthununna dik taka hmang hi a ni” a ti a. A fun kim hle. Vatican Council II chuan “Kohhran

chu Pathian mi van lam pana zin / kal mêkte hi an ni e” tiin a sawi a. Biak Ina kan inkhâwm lai aţangin vanram kai a chakawm. Paula'n Kohhran hi mihring dîn a nih lohzia, Krista thisen avânga lo awm a nihna sawi nân Pathian Kohhran tih hi Korinth leh Ephesi kohhran sawi nan a hmang nasa hle. A tawi zawngin Kohhran hi eng nge a nih tih sawi fiahna aţawngkam hlu ber chu *Pathian thisena lei a ni tih emaw Isua Krista thisena a lei* tih hi a ni. Kan Lal Isuan a nunna senga a lei a ni tih hi. Saula-Paula nunah a Chiang êm êm a ni. Kohhran tiduhdah chuan Isua a tiduhdah, Kohhran hmusit chuan Isua a hmusit, Kohhran sawisêl chuan Isua a sawisêl tihna a ni ang. Hetiang thu hmang hian Kohhran hlutna leh ropuina hi lo chhui hlek ila.

1. Krista Mo kan nihna hi (Thup.21:2,19:7-9): Hmeichhia in pasal in neih ni aţangin Mo in ni nghal, Mo chuan a pasal rilru tihnat a duh lo, a duh zawng a ngaihtuah a, a invawng thianghlim thin. Thlarau mit aţang chuan a hmei

a pa hi Mo kan lo ni vek mai !
 Krista Mo kan ni vek zu nia !
 “A mo thianglelim ni turin van
 an arawn zawng a”. Van
 aṭangin min lam leh dawn, a va
 nghahlelhawm em.

**2. Pathian Beram hote
 (John 10:1-16) :** Beram -
 Beram vengtu – Berampu -
 Beram huang, Beram leh a pu,
 a vengtu eng ang pawhin
 inhnaih mahse a lawina/a huang
 a awm loh chuan Beram chu
 seh theih a ni ang. Berampu
 chuan Beramte a hre Chiang
 thin, a huang, a lawina a awm
 loh chuan Beram bo a ni thin.
 Kohhran chhuahsante hi Rev
 Vanlalbela chuan ‘Kohhrana
 an chaw ei kha an Baffet san
 mai a ni, chawṭani eng eng
 emaw an siam belh a,
 Kohhran chhuahsan tak tak
 chu Meidil kalna a ni’ a ti a,
 a va dik em ! Mi mal leh Pathian
 inkar fel mah se, Kohhhran hi
 kan rinna puan chhuahna hmun
 a ni si a. Khawvêl Theologian
 ropui Cyprian-a chuan
 “Kohhran pawnah
 chhandamna a awm lo. Nu
 atâna Kohhran nei lotu chuan
 Pa atân pawh Kohhran a nei
 thei lo vang” a ti hmiah mai a

ni. Kohhran hlutna thuk taka
 sawi fiahna a ni. Kohhran
 ropuina ber chu mitthi khaw
 kulh kawngkhar ngam loh, van
 ram chabi kawltu, lei phuar
 apiang vana phuar, a hnapui
 ber chanchin ṭha hril, Lal Isua
 Kohhran neitu thupek a ni.
 “Kohhran hian Chanchin ṭha a
 hril chiah hian Kohhran tia
 vuah tlak a ni” tih a ni.

**3. Kohhran - Pathian
 khawpui :** Aw Pathian
 khawpui i chungchang thu
 ropui takin an sawi thin a
 ni(Sam 87:3) I chanchin an
 sawi ropui hle a ni (Llt-ah)
 Jerusalem chawimawina, an
 phuah hun hi sal tan hnu lama
 (537-515 BC) phuah nia rin a
 ni, “Nangma thil ropuite an
 sawi, Zion kan Pathian
 khawpui” tih Kohhran hla pui
 (KHB 363) pawh hi Pu John
 Newton-an a lo phuah phah a
 ni a, Juda-ho tan Jerusalem
 Khawpui a hlu. Jerusalem an
 theihngihl ai chuan, an kut
 thiam theihngihl an paw ti lo,
 an lei danga beh reng (tawng
 theih loh) an huam hial
 mai.(Sam 137: 5-6) Kan Biak
 In lawina ṭheuh hi Pathian
 Khawpui a lo ni reng mai.

4. A lungphum chu tlang thianghlimah te chuan a awm : Abrahaman a fapa Isaka a hlanna Moria tlang, mahni ral vekna, thu awihna, Pathian rinna a puan chhuahna hmun tih kan hria. Ingeihna tlang thianghlimah intihchhiat leh intihnat awm tawh lohna (Isaia 11:9). Isaia tlang thianghlim hi Kohhran tin hian neih a va nghahhlelhawm em. Covid 19 hripui len lai khan kan tem chhin thinin a hriat. Pathian hmangaihna tawp a fapa Isua Krista tuarna Kalvari Tlang chu keini Thuthlung Thar fate tân kan Jerusalem - Pathian Khawpui chu a ni ta zâwk a. Kohhran din chhan leh tobol hi a va rilin a va thuk em.

Nang leh kei kan awmna Kohhran hi a va lo hlu em. Hmun dang zawng zawng aiin Lalpa Biak In hi a va lo hlu zual em. Lalpa mite awmna aia khawvêla hmun him leh nuam a awm lo a ni. Ni 6 chhunga Pathian thil siama tel lo, Krista Thisena din Kohhrana heti maia kan han awm hi a va lo hlu em. Sam 84 : 4-5 “Nangmahah chakna nei mi chu a eng a thawl e. A

thinlunga Zion panna lamliante awma chu. I hnên ata chakna dawng thinte chu an nihlawh e, Zion lamlian zawk chak thinte chu (Llt-tharah). Pathian biak inkhawm kan han ngai pawimawh êm êm thin te hi Pathianin chakna min lo pek thin vang a lo ni. He Biak In hi Pathianin ka mit ka len ang a, ka beng ka chhi ang (II Chro7:16f) a tih tlat avângin tahna ruam, taksaah leh rilruah harsatna tawk thin mah ila. Pulpit, Lecturn, Chairman, Tantu thu hla a tang te, Hla sak ho a tangtein TUI HNA kan hmu leh nge nge thin. Hetah hian Nunna tui a luang tlat thin.

5. Kan nihna hi a va lo ropui em ve aw : Van khua leh tui, lal puithiam ho, thawhlehna avânga thil tihtheihna neitu. Kan pian chhuahin min lawm a, khawngaihna thuthlunga mi thutiam rochungtute kan nih chhinchhiah nan Baptisma min chantir a, Sunday School kal turin min hual a, Kohhran mi nghet ni turin kum 16 chhung zet NPSS hnuai kaihhruai kan ni. Danzawhkim turin min

buatsaih a, inneihna min buatsaihsak a, kan dam lohvin ṭawngṭai leh thilpekin min umzui fo, kan hnuk chah dawnin kan kiangah an awm, kan kuang chungah min thlah a, thlamuanna thuchahin kan chhungte an hnem a, thlan khur thlengin min thlah liam hnuah, kan hriat rengna lungphunnaah kan chanchin ṭha zawng zawngte mi dangte hnênah min la puanzarsak a ni. Kohhran sawisel leh duh khawp lohna ṭawngkam chehtute hian Kohhran hlutna hi an ngaihtuah tawk lo a ni ang, sawisêl ngam loh chu a ni loh rualin ral aṭanga tawn tawn erawh a him lo a ni.

6. Kohhranah rinawm zêl ang u: Rinawm tih hian Kohhran rawngbâwl na keimahni ṭheuha a dah hi ngaih pawimawh a kaw. Kohhran a kan hming zia a nih hian tih tur a keng tel, Kohhran inkhawm a rinawm, Kohhran Pathian ram

Ip dah pawimawh, Tui bill, Mobile top up, school fee, chhiah te a pek hunah kan pe lo ngai lo angin, Pathian ram Ip kan han theihngihl thei hi, chik taka ngaihtuah chuan, Kohhran ngaihsak lohna, Pathian hnêna lawmthu sawina kan tih makmawh a ni. Kohhran sum mamawhna lam a ni lo, keimahni chhûngkaw tan a ṭhat vang leh induhsakna avang a ni zâwk. Hreh tak emaw, peih lo deuha rawngbâwl hi Pathian a zahawm, inpekna kimah lawm a kim ṭhin tih a nih kha.

Kan damchhunga kan chhûngkaw lawina tur he lei Kohhrana kan awm hi a va lawmawm em. Lalpa chenna ber, amah kan biak hona Biak In hlutzia, Pathian Khawpui, Krista taksa, Vanram kan kal hmaa kan awmkhawmna tur a nih hi hre nawn fo ang u. Pathian Thlarauvin Kohhran ropuina leh hlutna min hriat thar tir mawlh rawh se.



Article**JAPAN RAMAH KAZIN VE A**

- *Upa Dr. Lalhmingliana Dawrpui*

Kum 2019 January 10-12-ah Japan ram khawpui pakhat Sapporo Hokaido thliarkara International Conference on Education and Global Studies (ICON EGS 2019) hmang turin ka thawhpui pakhat nen Mizoram aʔangin kan kal ve a. Hokaido thliarkar hi Japan ram hmar lam thliarkar leh an ramah chuan thliarkar (Province) lian ber a ni a. Paper te kan present ve a, nuam kan ti dun hle a. He thliarkar hi hmun vawt tak, eng lai pawha vurin a khuh rengna hmun (-15°c to -20-°c) ni reng ʔhin a ni a. Kan kal lai hian (-17°c) a ni a, hawina lam apiangah vur hli a ni mai. Zingah vur a sur ʔhin a, a hmuhnawm ʔhin hle a. In te, kalkawng te hi vur khawn hian a khuh luk reng a, kalkawngte hi zingah JCB-in a nawr kaw chawp ʔhin.

Japan ramah chawlhkar khat chiah kan cham a, haw lamah Tokyo-ah ni 3 kan cham a, hmun pawimawhte kan tlawh a, chuta manhla ka tih ber chu Mt. Fuji Japan rama tlang sang ber leh khawvela tlang mawi ber an tih ʔhin chu a ni. Kan kal lai hian thlasik a nih avangin a tlang chhip te vurin a khuh avangin kan lawn chhuak thei lo va. Bus-a kal theih chin a him chin thleng kan kal a. A tlang hi a mawi dangdai em em a, buh chhûn angin a lai takah a chhip a awm a, a vel chu kuta zut ang maiin a mam zur mai a, hnuhnawm tak a ni. Tlang kang aʔanga insiam a nih avangin

a dum huam vek a, tlang sang lam erawh chu vurin a khuh vek thung. He tlang hian chanchin a ngah viau niin an sawi a. Chuvangin puitling tawh phawt chuan April – June thla vur awm loh lai chuan lawn chhuah an tum ʔhin a ni awm e. Hmun 7 aʔangin lawn theihna tur step leh vawn chhan an siam a, a tlang chhipah chuan ruam thuk tak a awm an ti.

Chawlhkar khat chauh chama zin chanchin ziah chu a inthlahrunawm viau mai a; mahsela, thil ʔhenkhat ka chhinchhiah ve an nun leh khawsak dana entawntlak ʔhenkhat te ziak ve dawn ila.

1. **An taima** : Ka vanneih a siamin Bangkok, Thailand khawpui aṅanga Tokyo 8 a.m. – 3 p.m. darkar 7 chawl lova kan thlawh laiin Japan pa, Company Manager ṅang lai, sap ṅawng thiam nen kan ṅhu dun hlauh a. Japan-ho hi a mi na zawngin sap ṅawng an thiam lo va, a chhan nia an sawi chu sap ho khu an hmusit an ti a. Anmahni aiin an changkan zawk daih vang a ni an ti. Thil chhinchhiah ka duh ṅhin avangin ram danga kan zin reng rengin Note bu te leh pen te ka ak reng ṅhin a. Hemi ṅum pawh hian vannei ka inti hle mai a, ka ṅhutpui pa chu ka titipui char char a, an ṅawng pawimawh zual inbiakna turte ka ziak a; tin, thil dang an hnathawh dan te, an zirna te, an dam rei chhan te, an sakhuate leh thil dangte pawh ka zawt nasa mai a. Chuta ka rilru khawih leh entawntlak em em ka tih chu an hnathawh dan a hun leh darkar te chu a ni a. An ramah chuan zing dar 6 - tlai dar 6 hi hnathawh hun a ni a, a duh tan zan lama thawh tur a la awm a ti. Tin, a hunah Monday – Sunday a ni tawp a, chawlh a

awm ve lo. Kan rama Inrinni leh Sunday kan chawlh ang hi an nei ve lo a nih chu. Tin, an thawh danah kan rama Department hrang hrang ang hi a awm ve lo va. Zirna School te, Hospital te hi sawrkar-in dan a siam zul zuiin mi mal leh pawlin an din mai ṅhin a nih chu. Sawrkar ta tih a awm chuang lo va. Tin, thil thar hmuh chhuah an tum nasa a, chuvangin electronic lamah phei chuan khawvela ber an kai reng a ni.

Hming chher an tum nasa awm e. Azinomoto (hmehhan) pawh a hmuchhuaktu Professor pakhat hming a ni a, Suzuki car pawh a design siam chhuaktu hming a ni an ti. An nun pum pui hi hnathawh (work culture) a ni tawp mai.

2. **Kea kal an uar** : Kea kal an uar em em a, duh hun hunah taxi hman mai tur a awm ve lo. Hmun hla kal nan chauh an hmang ṅhin. Tuk khat pawh metro station km 3 vela hla zing karah kal ka duh a, taxi ka zawng a, ka hmu lo, hnai te km 3-5 vel te chu an tlan ngai lo a lo ni. Mi reng reng ke vekin an kal suau suau a lo ni, chak deuh deuhin an kal a, keini pawh

chuan kan um ve dawr dawr a, kan thleng thuai mai. Station kan thleng chu an lo intlar thap a, inchuh pawh a awm ve lo. Tin, kalkawnga kan kalin a tlarin kan kal ve lo a, in-line-in kan inzui diah diah a, kawngsir leh lamah mi dang kan lam hawia lo kal awm lo mah se kan zuah awl mai a; tin, an kalin ban an vai ve lo mi dang tihbuai an hlau a, an kut hma lamah an dah deuh zel thin. Kum upa lam te pawh kein chak deuh deuhin an kal ve dawr dawr mai. Kan rama tawi te te pawh taxi leh motor lo chuan kan kal duh lo chu min hmu se la, mak an ti ngawt ang.

3. **An hawihhawm** : Ralkhat aṅanga kan hriat dan chuan Japan-ho chu hnam sual ni turin kan ngai mai thei e. Indopui laia an nunrawnzia te kan hre thin a, sual tura ngaihna kan nei mai thei. Mahsela, an ram kan thlen chiah chuan an hawihhawm zia chu mak kan ti. Tokyo International Airport (Narita) aṅanga (Anida) Domestic airport pana kan kal dawnin kan kalna tur Bus Station No. 5 kan hre mai lo va, hmeichhe tleirawl uniform hring ha kan zawt chawt

a, ani chuan sawi ta mai lo chuan kein Aizawl Bara Bazar aṅanga Chandmari kawm thleng tur chu min hruai ta a, kan kalna tur Bus Station No.5 kan thlen chuan haw ta mai lo chuan Bus lo thlen hun te, chuan dan tur te, ticket thlengin tih dan tur min hrih thlap a, chutah kûnin chibai min buk a, pute u, khawngaih takin ka haw thei tawh ang em? a ti a nih chu. Mak kan ti chu kan inen ringawt a, pawisa pek kan tum lahin a duh der bawk si lo va, India ram nen chuan a va inthlau em aw kan ti ringawt a nih chu. Thil hriat loh zawh te a inthlahrunawm zawk. Rel-ah leh Bus-ah te mi dang tihbuai an duh lova an ngawi thuap mai. A ṅawnga te pawh zawi te tein an phun sep sep thin. Kan rama bus leh Rel-ah te ring tak taka ṅawng ri ang hi hriat tur a awm lova a hahdamthlak hle. Metro train ah te bus-ah te kum upa lam seat ken an uar a, a inthlahrunawm zawk thin. Airport-ah te, Bus-ah te aia upa an lo kal chuan a naupang zawk chu lo thu tawh zawk mah sela rang takin an tho mai thin.

4. **An thianghlim** : A mi chengte leh an khawlai a fel fai em em vek a, bawlhhlawh hmuh tur a awm ve lo. Kan rama kuhva chhakna te, meizial bung te, cigarette kawr angte khawlai khawiah mah hmuh tur a awm ve lo. Hnathawk tura kalte pawh nalh takin an inchei thlap vek a, mipain suit leh necktie an awrh vek a, hmeichhia-in coat fual leh pheikhawk pum an bun tlangpui vek. Tawp deuha inchei, zu rui ni awmte pawh hmuh tur an awm ve lo. Mei zu leh kuhva thial te, sahdah hmuam awm hmuh tur pawh an awm lo. An bula awm a hahdamthlak em em a. Rel chak chi Bullet Train (Shin Kansan) chuan phei chu thlawhnaa chuan nen a danglam lo.

5. **An zirna** : An lehkha zir dan (education) chu kan rama pawl sang lam zir kan uar ang hi an ni ve lo. Primary School, Middle School leh High School te hi uluk takin an zir a, Class XII thleng an zir chuan hna zawn nan a tawk an ti a, an zir zawm duh tawh lo a, an rama zirlai 80% te chu pawl 12-ah an tawp a, a chhan chu an kum mil zelin pawl

an sawn thìn a. Pawl 12-ah chuan kum 18 an ni chiah ang a, chu chu mi puitling an ni tawh tihna a ni a. A dang 20% vel chauhin zir zelna College leh University an kal a nih chu. A chhan chu a zir a hautak a, thiam fal bik leh tui fal bik te an nih loh chuan zirna sanga kal zel an ti mang lo a nih chu. Pawl 12 an pass a, kum 18 an nih chuan an in aṭangin an chhuak a, anmahniin ei an zawng nghal thìn a nih chu. Hei vang hi a ni ang Bus Station, Rel Station leh dawrah te, Restaurant-ah te tleirawl te te phûr tak taka hnathawk biak nuam em em hmuh tur an awm deuh vek thìn. An phûrin an hawihhawm em em vek hlawm niin ka hria. Tin, zirna sanga kalte chu thil thar hmuh chhuah tumin an bei nasa thìn an ti. Meihawl tui ringawt pawh in theih tur chi tam tak an siam chhuak a. Pangbal aṭang ringawt pawhin ei theih turin chi 12 an siam chhuak thei a nih chu. Keini kan chhum a, kan ei ringawt ang hi a ni ve lo a nih chu.

Kan ziaak vek seng lo va, heng thil panga aṭang ringawt pawh hian an nunah entawn tur tha tak tak kan hmu thei awm e.

**MIZORAM PRESBYTERIAN HMEICHHE
INKHAWMPUI LIAN**

**MARCH 2023-FEBRUARY 2024 CHHUNGA BIAL/KOHRAN MAL
RAHBILEUTANPUINA PETE**

<u>Sl.No.</u>	<u>BIAL/KOHRAN</u>	<u>PEK ZAT</u>
1.	Champhai Vengsang	- ₹ 5,000.00
2.	Serchhip Bazar Kohhran	- ₹ 6,000.00
3.	Bangla Veng Kohhran	- ₹ 3,000.00
4.	Zote Bial	- ₹ 3,000.00
5.	Ngur	- ₹ 2,000.00
6.	Darlung	- ₹ 2,000.00
7.	Darlawn Bial	- ₹ 10,000.00
8.	Biate	- ₹ 5,000.00
9.	Zonuam	- ₹ 6,000.00
10.	Aibawk	- ₹ 3,000.00
11.	Bairabi	- ₹ 3,000.00
12.	Kawlkulh	- ₹ 3,000.00
13.	Bungkawm	- ₹ 10,000.00
14.	Phullen	- ₹ 2,000.00
15.	Bairabi	- ₹ 1,000.00
16.	W.Phaileng Dinthar	- ₹ 5,000.00
17.	Lawngtlai Bazar	- ₹ 5,000.00
18.	Electric(Aizawl)	- ₹ 10,000.00
19.	Zemabawk	- ₹ 10,000.00
20.	Suarhliap	- ₹ 1,000.00
21.	Zobawk	- ₹ 10,000.00
22.	Kolkata	- ₹ 1,500.00
23.	Luangmual Vengthlang Kohhran	- ₹ 7,000.00
24.	Himali	- ₹ 3,000.00
25.	Bawngkawm Chhimveng	- ₹ 5,000.00
26.	Phullen	- ₹ 5,000.00
27.	Bairabi Kohhran	- ₹ 5,000.00
	TOTAL	- ₹ 1,31,500.00

**MIZORAM PRESBYTERIAN HMEICHHE
INKHAWMPUI LIAN**

**MARCH 2023-FEBRUARY 2024 CHHUNGA BIAL/KOHRAN MAL
WOMEN CENTRE-ADONATION PETE**

<u>Sl.No</u>	<u>BIAL/KOHRAN</u>	<u>PEK ZAT</u>
1.	Tlangnuam	- ₹ 30,000.00
2.	U.S.A Kohhran Hmeichhia	- ₹ 72,000.00
3.	Khawkawn Kohhran	- ₹ 3,000.00
4.	Serchhip Chhimveng	- ₹ 2,000.00
5.	Rev.Thangdailova, Pune	- ₹ 1,000.00
6.	Mission Veng	- ₹ 10,000.00
7.	Chanmari	- ₹ 10,000.00
8.	Khatla Kohhran	- ₹ 15,000.00
9.	Laiquitlang Kohhran	- ₹ 20,000.00
10.	Ramhlun Vengthar	- ₹ 10,000.00
11.	Serchhip Vengchung	- ₹ 2,000.00
12.	Serchhip Dinthar	- ₹ 2,000.00
13.	N.E.Khawdungsei	- ₹ 4,000.00
14.	Luangmual Vengthlang	- ₹ 7,000.00
15.	Mission Veng Kohhran	- ₹ 30,000.00
16.	Thakthing Veng Kohhran	- ₹ 30,000.00
17.	Zoremwawii, Kanan	- ₹ 3,000.00
18.	Tuikhuahtlang Kohhran	- ₹ 10,000.00
	TOTAL	₹ 2,61,000.00

LAWM THU SAWINA: Kum 2023 chungin Pastor Bial 216 ten Central Budget leh Women Centre-a kan budget te kan tlak thei vek a, thilpek chi hrang hrang-WDP, P.W.F, Manipur Tanpuina, Hospital pual leh Hmeichhe Ni thawhlawm te lak khawm a ni bawk a. Heng bakah kan budget pawn lama rawngbâwlna atâna tanpuina kan la pe leh zelte hi a ropuiin Kohhran Hmeichhe rawngbâwlna atâna thilpêk petute chungah lawm thu kan sawi a, Kohhran Hmeichhiate thilpeka kan rawngbawlina a ropui tak zet a ni.

Hriselna Huang**NCD NATNATE**

- Zothankimi Sailo,
Principal Nursing Officer,
H/W Training School

Tunlaia natna leh thihna thlentu, natna inkaichhawn theih lohte hi NCD an ti a. A lam pum chu **Non-Communicable Diseases** tihna a ni a. Chungte chu Cancer, Zunthlum (Diabetis, BP sâng, Hypertension), Lung leh Thisen zam natna (Cardiovascular diseases) Stroke leh Khuh benvawn (COPD) te hi a ni a. Heng natnate hi kan nunphung leh kan thil chin ðhanin a zir loh avânga lo awm an ni deuh ber a. Rei tak enkawl ngai, natna benvawn an ni bawk.

NCD AWM CHHAN

NCD hi natna hrang hrang ni mahse a thlentu hi a inang tlangpui a, a thlentu pawimawh zual 4 te chu-

1. Vaihlo
2. Awm awl lutuk
3. Ei leh in - Chi al, thil thlum, thau mawm leh sa ei nasat lutuk, thlai hring leh thei ei tlêm lutuk.
4. Zu in nasat lutuk.

NCD Hmuh chhuah dan:

1. **Blood Pressure** : Kum 30 chin chunglam tan BP kum khatah wawi khat tal check tur a ni a, BP chu 120/80 aiin a sang tur a ni lo. BP chu 140/90 emaw aia sang a nih chuan chawlh hahdam vang vang a, darkar 4

hnûah a enna khawl ngaia en leh a, 140/90 emaw aia a sang nih chuan damdawi lam thiam rawna inenkawl vat a ða.

2. Blood sugar level test:

Kum 30 chung lam chuan kum tin blood sugar check tur. Zing thawh hlimah eng mah ei lovin check phawt a, chaw ei aþanga darkar 2-na chiaha check leh tur. Zing kaw ruaka test hi Fasting Blood Sugar a ni a, chaw ei khama mi hi Post Pandrial (PP) a ni. Fasting hi mg⁰% a nih chuan INOMg% aiin a tlem tur a ni. Hei aia a sân chuan zunthlum natna i lo vei reng thei a, doctor rawn vat a ða.

3. Blood Cholesterol leh Blood Profile test

Blood cholesterol test hi thisena thau tam zawng tehna a ni a, Blood Lipid Profile test hi thisena thau chi hrang hrang sân zawng tehna a ni. Zingah eng mah ti lova thisen test tur chu lâktîr a ngai a. Kum tin vawi khat test a ðha.

Cholesterol level (mg%)

200 hnuai lam = duhthusam
200-239 = Sâng hret
240 aia sang = Sâng chiang.

LDL Cholesterol level (mg%)

100 hnuai = Lungna/
zunthlum nei tân duhthusam.
130 hnuai = Duhthusam
130-159 = Sâng hret
(Border line)
160 aia sang = Sâng chiang.

Triglycerides Cholesterol level (mg%)

150 hnuai = Duhthusam
150-199 = Sâng hret
200-499 = Sâng chiang
500 chunglam = Sâng lutuk

HDL Cholesterol level (mg%)

40 aia sang = Duhthusam
40 hnuai = ðha lo (a sâng tur)

CANCER HMUH CHHUAH HMA DAN

(1) MAHNIA HNUTE ENDIK: Hmeichhiate'n thla tin mahni hnute an dapin an endik tur a ni a, bawk a awm a nih chuan doctor rawn vat tur..

(2) MAHNIA CHHUNG ENDIK: Ka chung leh kamsir vel uluk takin thla tin mahnia endik tur. Zau taka ângin ka chung chu torch light-a chhun a, darthlalanga en tur a ni a, a sen, vâ emaw pân a awm chuan a rang thei ang bera doctor rawn vat tur.

(3) ENDOSCOPY

Kum 40 tling tawh tân chuan kum 2/3 danah pumpui chhûng enfiâh, endoscopy tih ðhin hi a pawimawh hle.

(4) CHHUL HMAWR TEST: Chhul hmawr (cervix) cancer hriat chhuah vat nan pasal nei tawh chuan kum tin Pap smear emaw VIA (Visual Inspection with Acetic acid) tih tur.

(5) Bawk, nih dan phung lova thi chhuak, pumna leh chaw helh fo, dawldang, khuh reh har, rihna tlahniam emaw chau ngawih ngawiha eng emaw ber

i neih chuan cancer a nih palh theih avângin doctor rawn vat ang che.

NCD LAKA INVEN DAN

1. Vaihlo leh vaihlo aţanga thil siam lakah inthiar fihlim rawh.

2. Taksa insawizawi uar la, ni tin minute 30 tal kein kal ang che. Inah, dawrah leh Office-ah thu reng lovin a khât tawkin kên vei kual thîng ang che.

3. Ei leh inah fimkhur ang che. Thlai leh thei rah lam ei uar la, sa ei tlem rawh, Sa thau, savun, sa thin, sa kawchhûng, a

sa ti sen (red meat) ei tlem tur. Chi leh thil al, chini leh thil thlum, pickle leh saum, bai leh bawl thak-al ei tlem ang che.

4. Irih zawng vawng uluk la, thau lo turin inveng ang che.

5. Zu in lo la, in lo thei lo i nih pawhin a têm thei ang berin ang che.

6. Rilru hrisel put tum tlat ang che. Mahni inngaihtuah hah ching lo la, rilru chawlh hahdam zir la, zaidam leh dawh theih zir ang che.

KOHRAN HMEICHHE NI **PAWIMAWH - 2024**

1. **WORLD DAY OF PRAYER - 21.5.2024**
2. **RAM PUM HUAP CHAW NGHEI TAWNGTAI - June Chawlhkar hnihna Thawhleleh zan - 11.6.2024**
3. **SYNOD HOSPITAL PUAL THAWHLAWM LAK KHAWM - 4.6.2024**
4. **J.W. HOSPITAL PUAL THAWHLAWM LAK KHAWM - 2.7.2024**
5. **PWF PRAYER - 20.8.2024**
6. **TAWNGTAI ZAN - November Thawhlehni hmasa ber - (5.11.2024)**
7. **KOHRAN HMEICHHE NI - November Zirtawpni Hnukung ber - 29.11.2024**

MISSIONARY TANA AGAPE CHANCHINBU LÂKSAKTUTE

Bial, Kohhran leh mi mal eng emaw zâtin Missionary te tân AGAPE Chanchinbu in lâksak ðhin avângin kan lâwm hle a. Kum 2024 chhûng atâna lâksaktute rawn tihchhuah a ni e.

SNo.	Bial/Kohhran/Mi mal hming	Laksak zat
1.	Khawruhlian Vengthar Kohhran Hmeichhia	10
2.	Khatla East Kohhran Hmeichhia	69
3.	Dawrpui Vengthar E Kohhran Hmeichhia	30
4.	Champhai Venglai Kohhran Hmeichhia	10
5.	Melthum Kohhran Hmeichhia	21
6.	Tuikual North Kohhran Hmeichhia	20
7.	Bawngkawn Brigade Kohhran Hmeichhia	20
8.	Pi Lallianmawii, Khatla S Vengthar	5
9.	Pi Dengrikhumi, Khatla S Vengthar	5
10.	Pi Lalpianmawii, Khatla S Vengthar	3
11.	Bawngkawn Shalom Kohhran Hmeichhia	10
12.	Mission Veng Kohhran Hmeichhia	25
13.	Dawrpui Vengthar Kohhran Hmeichhia	100
14.	Dawrpui Vengthar K.H. (Mi mal)	90
15.	I.T.I. Vengchhak Kohhran Hmeichhia	50
16.	Tuikual Kohhran Hmeichhia	67
17.	Khatla North Kohhran Hmeichhia	50
18.	Chanmari (Aizawl) Kohhran Hmeichhia	72
19.	Thakthing Veng Kohhran Hmeichhia	10
20.	Champhai Vengsang Kohhran Hmeichhia	22
21.	Saikhamakawn Kohhran Hmeichhia	30
22.	Hlimen Kohhran Hmeichhia	30

**KUM 2024 CHHÛNG ATÂNA HMANGAIHNA INA
NAU CHÂWMNA PETUTE LEHAN CHÂWM ZÂT
(OFFICE LAMA DAWN)**

Sl.no.	Bial/Kohhran/Mi mal hming	Chawm zât
1.	Mission Veng Kohhran Hmeichhia	25
2.	Thakthing Veng Kohhran Hmeichhia	6
3.	Saikhamakawn Kohhran Hmeichhia	1
4.	Dawrpui Vengthar Bial Kohhran Hmeichhia	6
5.	Zarkawt Kohhran Hmeichhia	8
6.	Kulikawn Kohhran Hmeichhia	10
7.	Pi Neihthangi, Zarkawt	10
8.	Tuikual Bial Kohhran Hmeichhia	3
9.	Bethlehem Venglai Kohhran Hmeichhia	8
10.	Chhingaveng Kohhran Hmeichhia	6
11.	Khatla Bial Kohhran Hmeichhia	8
12.	Saron Veng Kohhran Hmeichhia	2
13.	Tuikhuahtlang Kohhran Hmeichhia	10
14.	Tuikual Kohhran Hmeichhia	2
15.	Sihhmui Kohhran Hmeichhia	3
16.	Electric Veng Kohhran Hmeichhia	11
17.	Kanan (Aizawl) Kohhran Hmeichhia	3
18.	Chhingaveng South Kohhran Hmeichhia	2
19.	Dawrpui Kohhran Hmeichhia	10
20.	Zotlang (Aizawl) Kohhran Hmeichhia	6
21.	Tlangnuam South Kohhran Hmeichhia	2
22.	Venghlui Kohhran Hmeichhia	3
23.	Rengdil Kohhran Hmeichhia	2
24.	Sialhawk Bial Kohhran Hmeichhia	1

Eisiam Huang

SANGHAREP LEH CHAKAWK KAN PAWLH

Mamawhte:

1. Chakawk tel khat
2. Sangha rêp tam lutuk lo(Sangha size a zir)
3. Tel no/cup chanve
4. Purun sen laihawl chan sawm
5. Soyabean Sauce tlem.
6. Chi a al tawk.

A siam dan:

1. Sangha rêp chu tui lumah chiahin hmet nawk nawk la, a tui thli fai ang che.
2. Chakawk hnah mal la, a zik lam nen fai takin sil bawk ang che.
3. Tel chhuang sa la, purunsen chu thlak rawh. A sen t̄ep tihah sangha chu kang ang che. Chi i telh ang a, mei na lutuk lovah chhuang la, a ram deuh thlengin kang ang che.
4. Chakawk chu thlak la, soya sauce tlem i telh bawk ang a, mei sa deulah chawk let chawk let ang che. Chakawk a vuai ta tihah a suan theih. Ajinomoto ngaina mi tân a tel theih. Lui lam sa leh chakawk hi a inrem hle a, sangha rêp aiah kaikwang rêp pawh a tui duh phian.

Hruaitute Chanchin**PI ROHMINGTHANGI**

Pi Rohmingthangi hi Pu Ṭhuamkunga (L) leh Pi Lamtluangi (L)-te fa pariat zinga pangana niin 25.5.1959-ah Maite khuaah a piang a, kum 1968-ah Aizawlah an chhuk a, Pu C. Rodingliana nen inneiin fa 5, mipa 1 leh hmeichhe 4 neiin tu 7 a nei a, Bethlehem Vengthlangah an cheng mek a ni.

Eizawna : Kum 1983-ah zirtirtu-ah lutin hrawk lam leh aw bawm that lohna avangin 2013-ah Chawngtlai M/S atangin VRS in a pension a ni.

Rawngbawlina lam :

Chawngtlai Kohhran Hmeichhe Committee-ah kum 1999-ah lutin Chairman, Secretary, Asst. Secretary leh Fin. Secy hna te a chelh a. Kum

2015-ah Bethlehem Venglai North Kohhran Hmeichhe Committee-ah lutin Asst. Secretary leh Secretary hna a chelh a. Tunah hian Secretary a ni mek a ni. **Kohhranah :** Puitling S.S. zirtirtu leh Thuhrlitu a ni.

Bialah : Khawzawl Vengthar Bialah Chairman, Vice Chairman, Secretary leh Asst. Secretary nihna te a chelh tawh a. Chawngtlai Bial a lo indanin Chairman leh Secretary hna a chelh a. Tunah hian Bethlehem Venglai Bialah Asst. Secretary hna a chelh mek a ni.

Bible chang leh hla duh zawng: Ṭahhla 3:22
'Tihborala ka awm lo hi LALPA zahngaihna a lo ni.

A lainatnate chu a kang ngai loh avangin' tih hi a duh hle a. Hla-ah chuan KHB No. 57 leh No. 400 te a duh hle .

Thuchah : Mi tling lo leh fel lote Lalpan a rawngbawl turin min iai lo va, harsa chung pawhin kan tu leh fate tan ke pen zel turin Pathian chakna ringin i thawk zel ang u.

HRIAT ATAN**1. ROREL INKHAWM TLUANG TAKA NEIH A NI:**

Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm vawi 12-na chu March 8-10, 2024 chhung khan Dawrpui Kohhran Biak Inah tluang taka neih a ni. Rorel palai 937 an kal. Inkhawmpui chhungin Rev. V.L. Luaia Hranleh, E/S Kohhran Hmeichhia, Rev. Vanlalngbaka, Moderator leh Speaker Rev. C. Zorammawia, Senior Executive Secretary te hnên aṅangin Pathian thuchah nung tak kan ngaithla a. Zaipawl zai zawng zawngte an zai nungin an zai thiam hle a, Inkhawmpui thlengtuten min thleng zoin Pathian khawngaihna zarah Rorel Inkhawm tluang takin kan nei thei a ni.

2. Rorel Inkhawm thurel bawhzuina:-

(i) Synod Hospital, Durtlang leh John Williams Hospital Lunglei puala thawhlawm thawh hun atan- Synod Hospital pualin June 4, 2024-ah leh John Williams Hospital Lunglei pualin July 2, 2024(Thawhlejni) ah lak khawm tur a ni.

(ii) Women Centre-a zir chhuakte puanṅhwei khawl pek tawh ni se tia Rorel Inkhawmin a rel chu kumin atân chuan khawpui chhung Pastor Bial hrang hrangte hnênah ngenna siamin October thla ral hmain a pe tur chuan pek ni se tih a ni.

3. Kohhran Hmeichhe Hruaitute Leadership Training leh Kristian Chhungkaw Campaign neiin hmun hrang hrangah an zin chhuak.

4. Mizoram Baptist Kohhran Hmeichhe Pawl Inkhawmpui lawmpui nan ₹ 10,000/- leh KṪP General Conference vawi 60-na lawmpuina ₹10,000/- thilpek hlan a ni.

5. Dawrpui Kohhran Hmeichhiaten an Centenary lawmna April ni 5, 2024-a an neihah an sawm angin Office Bearer-ten an telpui a, lawmpuina pawh an hlan.

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Zothanpari
Vice Chairman	:	Dr. Lalthansangi Fanai
Gen. Secretary	:	Pi H. Lalfakmawii
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Zothansiami
Finance Secretary	:	Pi R. Lalrempuii

COMMITTEE MEMBER-TE

- | | |
|------------------------------------------|--------------------------|
| 1. Pi A. Nazi | 2. Pi C. Thanpari |
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| 5. Pi C. Thanthiangi | 6. Pi JH. Lalpekthangi |
| 7. Pi K. Rinthianghlimi | 8. Pi K. Rosiamliani |
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3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlna tihlawhling tura ṭhawh ho.
 2. Kristian chungkua din nghehtir tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
 4. Chanchin Ṭha puan darh.



Kum 2024 Women Centre puant'hu zir'e

To

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