



Chhuah ÷an

1986

# AGAPE

Vol. XXXVI No. 373

AUGUST 2023



I nu leh i pa chawimawi rawh

*Phek – 2*

I hnaihin i vuan tlat ang u

*Phek – 10*

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRIAT ZAUNA

Kum 36-na No. 373

August 2023

Lak man : Kum khatah ₹ 100.00  
Copy khat ₹ 8.33

### EDITORIAL BOARD

*Editor* : Pi R. Lalrempuii  
*Joint Editors* : Pi Lalmuanzuali  
Pi Lalbiakthangi  
*Circulation Manager* : Pi Lalnghakliani  
*Member-te* : 1. Pi H. Lalfakmawii  
2. Pi Zothanstami  
3. Pi Lawmkimi  
4. Pi Saiṭhuamluail  
5. Pi Vanlalthlamuani  
6. Rev. R. Lalbiaknia  
*Publisher* : Rev. V.L. Luaia Hranleh  
*Agape Phone No.* : 9233437 689 (He number-ah hian office hun  
chhungin blak theh a ni e.)  
*email* : agapechanchinbu@gmail.com

### A chhunga thu awmte

- |  |    |
|--|----|
| 1. <b>Editorial</b>  | 1  |
| 2. <b>Kristian Chhungkua</b> : I nu leh i pa chawimawi rawh                    | 2  |
| 3. I hnaihin i vuan tlat ang u   | 10 |
| 4. Isua politics   | 13 |
| 5. Buhfaiṭham sam  | 19 |
| 6. Gout ruh chuktuah natna chi khat  | 21 |
| 7. <b>Eisiam Huang</b> : Ar pum roast  | 24 |
| 8. Aloe Vera sahbawn siamdan   | 26 |
| 9. Kum 2023 chhûng atâna Hmangaihna Ina nau châwmna<br>petute leh an châwm zât | 27 |
| 10. <b>Hruaitu chanchin</b> : Lalthanzauvi                                     | 30 |
| 11. <b>Hriat atan</b>  | 31 |

**Editorial****ENGTIN NGE NI ZÊL ANG?**

Ruihhlo buaipuitu zînga pakhat chuan, "Tûn ang rêng rêng hian Mizoramah ruihhlo a tamin a zalên ngai lo," a ti a. Hriat a hrehawm ngawt mai! A sawi zêlnaah chuan, "A man pawh a tlâwm êm êm mai a, an zawrhnaah a hlâwm lian tak tak tih loh chu ûm zui sên pawh a ni lo hial a ni," a ti. Hei hi tûna kan ram dinhmun pakhat chu a ni a; engtin nge ni zêl ang le?

Ruihhlo bâwiha tâng tam zâwk fê hi thalai mipa an ni a. Zu bawiha tâng mêk tam zâwk daih pawh hi mipa tho an ni. Chhûngkaw inngahna, khawtlâng leh ram lungphûm, kohhran hruaitu mipaten hetiang a harsatna lian êm êm mai an tâwk a nih chuan kan hma lam hun hi engtin nge ni zêl ang le?

Heti taka ruihhlo a hluar hi chuan ruihhlo ti thar pawh nasa takin an pung tih a chiang a. Chuvângin, ruihhlo avânga rûm mêk nu leh pa, chhûngkua kan pung tual tual tihna a ni. Kan ramah hian zu leh ruihhlo avânga rilru hah leh beidawng, tihngaihna rêng rêng hre tawh lova kun tlawk tlawk kan pung zêl a nih chuan kan kohhran nun leh rawngbâwlna te hian a tuar hle lo thei lo a. Kan ram min rûntu he thil tha lo hi tih tak zeta kan do leh kan hmachhawn a ngai tak zet a ni.

Kan zîngah hian he harsatna tâwk mêk hi eng emaw zât kan awm ngeiin a rinawm a. Sual thiltihtheihna lakah hian Isua chakna rinchhanin i tlâwm lo vang u. Kan beidawngin, kan chau ngawih ngawih a nih pawhin beiseina thar min pe thintu Krista hming lam ila. Chaute hnêna chakna pe thintu Krista vuan flat ila. A hrehawmin, a beidawnthlâk tak zet a nih pawhin Lalpa lam i en flat ang u aw. Chutiang bawkin ruihhlovin a la tihmelhem loh tleirâwl/râwltharte vêng him tûrin chhûng tinin tan la sauh sauh ila. Kan tu leh fate Isua ke bula hruai thleng ngei tûrin nasa lehzualin an tân hun pe ila, khawvêl thil kan buaipui tam tak aiin kan tu leh fate hi an hlu a. Kan ram thalai rûntu ruihhlo lakah hian vên him hna i thawk sauh sauh ang u.

*Kristian Chhungkua*

## I NU LEH I PA CHAWIMAWI RAWH

Ex 20:12; Eph 6:1-3; Mk 7:10-13

– Rev. Dr. Lalchawimawia  
i/c Zemabawk Pastor Bial

A hmasa berin he thu chhiartu zawng zawngten mahni dinhmun inen lêta, urhsûn taka inbih chungga chhiar tûrin ka ngên vek a che u.

Mihring nih pawt chuan khawvêlah hian nu leh pa nei lo a awm theih loh a; mahse, nu emaw, pa emaw, an pahnih hniha hmu lo leh hre pha lo a awm theih. Innei pângngai nupa kâra lo piang, nu leh pa an nei tih hre reng mah se kalsan, tlan bosan, thihsan, âtsan, mi dang neihsan eng emaw zat khawhar tak leh baihvai taka awm kan awm mêk bawk.

Tin, nu leh pa kâra piang lo, mahni duh thlan ni miah lo, nu leh pa nunphung khawsak fel tâwk lo leh nun bawlhhlawh avânga lo piang ve ringawt, vâneih thil thua thih hmaa mi dangin an chhar tâk, nu leh pa enkawl miah lohva lo seiliente pawh kan awm nual ta ve ang.

Nu leh pa nei si retheihna avânga fahrah enkawl naa dah, nu leh paten an ngaihsak zui loh te, retheihna avanga nuin emaw, pain emaw mi dang hnêna an hralh tâk te, naupan lai aţanga mi dang hnêna inhlawhfa tura tirh bo tâk te eng emaw zat khawvêlah an

awm. Chu mai a ni lo, kawppui neih leh duh avâng te, thatchhiat avâng te, harsat leh bawrhswâm vâng, sual leh nun râwn avâng leh kawppui chhûng tharte tâna hnawksak thei dâwn anga lan avângtea pi leh pute hnêna hnutchhiah fahrah, eng emaw zât an awm.

Harsatna hian thil a ti danglam nasa. Phuah chawp nî te, phuah chawp nu te, pu te, patea te, “‘pa’ ti rawh, ‘nu’ ti rawh,” tih hian an rilru khawharna leh fahrah rilru a thawi dam tak tak dawn em ni le? Nu leh pate chawimawi tur an duh ve; mahse, an awm ta

si lo. An sual vang leh thiam loh vâng a ni dêr bawk si lo. An tân thisen avângin nu leh pate ni ve bawk mah se, fahrah, mi chuang ui chuanga siamtute hi engtin nge an chawimawi zui ve duh tehlul ang ni? Chawimawi zui an ba lem lo. Chutih ahnekin an rilru hi a na vawng vawng asin, fahrah nih avâng a zahna, hmuhsit hlawnna, thinrimna, khawharna chhumpui hi an tan vai kian zawh rual a ni lo asin, chhah tak a ni.

Mi dangte tluk lo leh fahraha siama, pi leh pute hnêna kawppui duh vanga kalsan hlawn fate hian thinlung takin an nu leh pa an chawimawi thei tak takin i ring rêng rêng em? Raphlak deuh asin. Fate tân chuan, nu ðhenkhat, pa ðhenkhatte hi chu kum khaw anchhia kan ni zawk hial lo maw? Taitesena kha sakeiin a tukkhum thlung a seh chat a, a thih dawn ðep tawhah a nuin a va pan a, “Taite a na em? a ti, ani chuan, “Na lo ve! hei ai chuan pasal min neihsan kha na ka ti zâwk fe asin ka nu” tiin a chhang an ti.

He mite te dinhmun hre reng chung hian vawiinah **nu leh pa** la nei te, la dampui nu leh pa nei te, a pakhat zawk chauh neitute hian kan nu leh pa te, thlamuang taka an ang chhônga khawsa mêkte hian engtin nge kan chawimawi ang? tih hi kan ngaihtuah a ngai. An va hlu em! An va rinawm em! Thlemna an tawk lo bik lo asin, fate tih fahrah hreh avâng a ðulpui ðhak nu emaw pa emaw te hi an va chhuanawm si em!

Chawimawi an phu ngawih ngawih a ni. Thil neih tam avâng a chawimawi tlak an nih leh nih loh te, an ropui leh ropui loh te, an hausak leh hausak loh te, lehkha an thiam leh thiam loh te, an mi an leh an loh te, Pathian an rin leh rin loh te, ni tin nuna an thinchhiat leh zaidam thuah te, nupa inkhak an chin dan te, fate an enkawl danah duh thu sam lo mahse, kan nu leh pate chu thisena min hringtu an nih tlat avângin, an phu tawk chawimawina, fakna, enkawl let ve na, hmangaih let ve na, ðanpui letna, zah letna an duh zawng tihsak let vena,

an rilru tihhlím leh thlamuanga an awm theihna tura thawh, tih, insen, leh duat let hi an faten kan tih tur liau liau a ni. Mi dangin an rawn ti dawn lo, an tân an hla lutuk, chu bakah chhung te, nu leh pa an nei ve hlawn. Chuvangin, hetiangakan tih let hi Pathian aṅanga kan bat a ni tih i hre thar ang u. Chawimawi let hi an phu ngawih ngawih a ni.

**Nu leh pa chawimawi awmzia:** Nu leh pa chawimawi tih hi eng nge a awmzia Exo. 20:12 a chawimawi tih hi (heb. *kabad*) “buk rit, zahawmna chentîr, an zahawmna leh ropuina nuna lan chhuahtir” sawina a ni. Angial a ngana lehlin dawn chuan, “I nu leh i pa chu mi hmuha an buk a rih theih nâna an zahawmna leh ropuina chu i nunin lan chhuahtir rawh” tihna a ni. Grik ṭawngah chuan “*timao*” tih a ni thung a, chu chu “a man chhiar, a hlutna lan chhuahtir, a hlutna phu tawka lawmman pêk” tihna a ni thung.

Kan nun hian kan nu leh pate hlutna leh ropuina hi a nun

chhuahpui tur tihna a ni a, i nun a ṭhata, i thiltihna, i hlawhtlin chuan mi mithmuhah i nu leh i pa hlutna leh ropuina a buk a rit sawt ang. Chutichuan anmahni i chawimawi tihna a ni ang. Chutiang ti lova, i hlep ruk a, dik lo leh pamham taka i nuna, zu leh ruihhlo nen, inthlahdahna nun pawlawhna nêh, mipat hmeichhiat hman khaw lohna nen i nun i hman mai mai chuan, i nu leh i pa hlutna a nêp sawt ang a, i chawimawi lo tihna a ni. Sawi aiin thil tih hmanga chawimawi a ni mah zawk a nih chu.

**1. Nu leh pate chawimawi chu an thu awih a ni:** Ephesi 6:1-3 kan thlir chuan, “Lalpa ah chuan in nu leh in pate thu zawm rawh u,” tiin nu leh pate thu zawm hlutzia, ṭhatzia leh pawimawhzia a sawi. Hei hi naupang chumchiap tân chauha a sawina a ni hran lo, fate ni tawh leh ni mêk zawng zawng tân, nu leh pate chunga an tih tur sawina a ni. Mahni tâna ṭhatna, khawsak nawmna, hlimna, inremna leh dam reina te a nih mêk laiin thu awih lo chu naupang deuh

deuhin an thi thuai mai a ni. Tichuan, nu leh pate thu awih chu Thuthlung hlui Exodus 20:12-ah leh thuthlung tharah Ephesi 6:1-3 dam reina a ni tih hi a nemnghet tak zet, malsawm dawna pawh a ni nghe nghe a ni.

Nu leh pate chuan fate tân thil tha, thil him, thil hrisêl, thil fel, thil hlawk, dikna te, thianghlimna te, rinawmna te, taimakna te, chhelna leh thil tha tinrenga hma an sawn theih an duh. Chutiang tur chuan an kaihruai thin a, an zirtîr a, an fuih a, an zilh, an fak bawk a, an ʔawngʔaisak bawk a, Pathian hnênah an hlan bawk thin. An fate tân sum sen an hreh ngai lo, an tlei loh an hlau a, rual an pawl loh an hlau. Nu leh pate chuan a ʔha ber, a mawi ber, an phak tawka changkang ber neihsak an duh thin. Chutiang chu nu leh pate rilru put dan chu a ni.

Chutiang a nih si chuan an hmangaihna chhan lêt nan nu leh pate thu zawm/ thu awih hi fate tân a ʔha êm êm a ni. Fa ten thu an awih chuan nu leh pa nun a hlim ru veng veng a,

an ngaih a ʔha a, Pathianah leh an fate chungah an lungawi ngawih ngawih a ni ber mai. Thu awih lohna thung erawh chu sualna, helna, thinurna, lungawi lohna nen a kal kawp tlat avângin a boruak hi a tur nghal khui mai a, a so sa phut thei reng, chu chuan inrunluihna leh inelsenna, inhauna, insualna a thlen thei reng a ni. A sawp chu a nasa duh hle. Nu leh pate chawimawi dan ʔha ber Bible-in a sawi chu an thu zawm hi a ni. Hmangaihtuten an hmangaihte tâna ʔha lo tur thurawn an pe ngai si lo va, an enkawlna, kaihruaina, zirtirna leh thurawn te hi zawm ila, ngai pawimawh ila, chu chu a ʔha ber a ni mai lo a, a Pathian thu êm êm zawk a ni. Nu leh Pate thu zawm hi Pathian thu zawmna a ni.

## **2. A nu emaw a pa emaw sawi chhia chu thi tlak a ni :**

Exo. 21:17-ah chuan “Tu pawh a nu emaw, a pa emaw ânchhia lawh apiang chu tihlum ngei tûr a ni” Lev. 20:9 “A nu emaw a pa emaw ânchhia lawh chu tihlum ngei tûr a ni,

A nu emaw pa emaw ânhche lawh a ni a, a chungah a thisen mawh chu a awm tûr a ni.” Deut 5:16 “Lalpa i Pathianin thu a pêk che angin i nu leh i pa chawimawi rawh; tichuan, Lalpan ram a pêkah che hian i hmuingil ang a, i dam rei dâwn nia.” Mt 15:4 “Tu pawh a nu emaw, a pa emaw sawi chhia apiang chu thi mawlh rawh se” a ti a. Heng Bible changa kan hmuh te hi thupêk an ni, tih mai mai leh kal pah thu a ni lo, hlen chhuah ngei tura thupêk a ni tih zir mite chuan an sawi.

**Nu leh pa sawi chhia,** an dik lohna lai sawi, an mualphona tura thil ti leh hma la, an tlin lohna leh thiam lohna awm miah si lova diriam leh hmuhsit, taksa lama an lo upat deuh avâng leh chak loh vanga hriatna rualbanloh deuh avânga hmuhsitna leh an chungah nunrawn lantima tih lam hawi pawhin a sawi theih awm e. Chu chuan an thurâwn te ngai nepa, pal zamsaka, dah pawimawh loh leh palzutsak lam pawh a keng tel. Chutianga mi chu kan zîngah kan awm em? ‘Lo sawi ve suh,’ ‘Eng mah i hre lo,’ ‘i thing si,’ ‘hman lâi a nih

loh hi,’ ‘eng mah in hre ve tak tak lo,’ ‘lo ngawi la a tawk’ tih te hi tih rêng rêng loh tur a ni. Chutianga mahni nu leh pa tham lo leh hmuhsit taka ti veltu chu thi tlak a ni tiin nu leh pate thlavang a hauh na hle a ni.

**Anchhe lawh** tih awmzia tak chu nu leh pate duat tak leh tha tak leh thlahlel taka enkawl aia ning, hnawk ti, thi rawh, ti ang deuha ngaih theih lohna hi thil pawh tak, Pathian duh loh zawng tak mai a ni. Mo thenkhat hian an pasal nu leh pate tha tak leh zah taka enkawla an rawng bawlsak ahnêkin, do tlat, hnawk ti tlat, ngai thei lo, an zunram thiar duh lo, rimchhia ti tlat an awm zu nia. Thil an lo tih ve leh thiam lo, ze i si lo, thil tikhaw lo anga sawi zui hreh lo an awm. Thil an tih loh leh eng mah tih nachang hre lo, thatchhia, phunchiar tia sawi zui duh an awm tlat nia. Hei hi Pathian duh loh zawng tak mai a ni, chutianga mi chu tihlum ngei tur a ni a ti tawp mai.

Nu leh pate sawisak ching, nu leh pate khing uaih uaih, nu leh pate rel rel mai, nu leh pate



vin khur khur mai, inthlahrung taka siamtu fapa emaw fanu emaw nih loh tur. A tha lo, a thiang lo, a tluang bawk lo. Malsawmna dawn lohna a ni. He khawvêl sual leh tha awm pawlhna, dik leh dik lo, thianghlim leh bawlhhlawh awm pawlhna, rukru leh mi fel chen hona, thlarau tha leh thlarau sual awmna, Pathian thu awih leh setana zuitute awm hona khawvêlah mah Bible-in thi tlak, awm ve tlak lo, dam ve tlak lova a ngaih te chu, nu leh pate anchhe lawhtute hi an ni. Nu leh pate zah lo, hmusittu, hnawk titu, ngai thei lotu leh diriam taka rela, sawisel fotu, kut hial thlaktute phei chu vanram hi an tân a thianghlim lutuk, an lut ngam lo ang a, a hlat hian a hla ngawih ngawih. Vanram luh tum chu thil beidawnthlak tak a ni ngei ang. Pathian thu pawhin leia thi tlak a ni a tih hi a rapthlak hle mai. **Malsawmna dawn duh chuan** nu leh pate thu sawi ngai pawimawhin an thu zawm zêl tur a ni. Tu leh fate tan tu man thil tha lo an ti duh si lo va.

**3. Nu leh pate thu zawm chu dam reina a ni :** Nu leh pate

thu zawm chu dam reina a ni, a ropui ngawt mai, tute nge dam rei thin? Tute nge thi hma thin? Tih hi zawhna chhan harsa tak a nihna lai a awm, mahse a tlangpui chuan mi tinin mi ang pangngai, khawvêla lo piang chhuak tawh phawt chuan dam rei an duh vêk. Amaherawhchu, an thil tawn boruak azira dam rei thlahlel lo an awm thei, chung ho chu tlem tê an ni. Dam an thlakhlelh lohna chhan pawh an damin hlimna, lawmna tak an neih loh vang leh an phur rit lutuk leh mangang tawp khawk, chumi ațanga chhuah dan hre si lo leh chhuak thei si lo te, duh thlan tur dang rêng rêng an hriat tawh loh avâng chauha dam thlahlel lo an ni zawk. Nu leh pate thu zawmtute chanvo ropui bera a sawi chu dam reina a ni a ti tawp mai.

**3.1 Mihring duthusam tawna a ni :** Mi hrisel pangngai, mi an lohna nei lem lo, dam lai rilru pangngai pu tân chuan he khawvêla chhûng leh thiante nêna dam ho dial dial tluka hlu leh chu aia duhthlan tur dang a awm chuang lo. Chu

chuan mihring inpumkhatna te, inngaihna te, inthlakhlehna te, hlim hona nun duhawm tam tak te, tui tih zawng leh chak zawng tak mai ei leh in ho te. Nun inngeih tlanna, inhriat thiamna leh hlimawm tak te, in thlakhlehna leh hlim taka chen ho theih hi thil hlu tawp a ni. chutiang hun chu dam rei na na na chuan an tawng nge nge.

**3.2 Rawngbawlna hun a ngah:** Dam chhung hi Pathian rawng kan bawl theihna hun remchang. A lei taksa kohhranhwa tel vena hun duhawm a ni. chumi piah lamah upa leh chak lo zawkte tân pawh zah hlawnhna leh duat hlawnhna hun ropui leh hlu a ni.

**3.3 Lungawina leh duhtusam a tawng:** Tu leh fa te hmel hmuh tam leh hmuh hnem hi upate ropuina pakhat a ni, dam rei ve lote hlêpna a ni. Chutianga awm thei leh dam leh hrisel hi mi tin nih chak leh duhtusam a ni. Chumi piah lamah an khawsak zêl dan tur rel felna hun remchang leh hlu tak, a thlum a al ei ho tam theihna hun remchang leh hlu a ni.

### **3.4 Thil tiha Pathian chawimawina hun ngah bik:**

Dam rei mi chuan Pathian chawimawina hun a ngah a, fakna hun a ngah bawk a, amah pawlna hun leh a rawngbâwlna hun a ngah nge nge, chuvang chuan a fak rei a, a chawimawi rei, Pathian thatna a tar lang tam leh zual nge nge. Chutiang taka a nun Pathian tâna hlan tam thei chu malsawmna tih loh rual a ni lo.

**Tlangkawmna:** Kan hriat theuh angin Nu leh pa min petu chu Lalpa a ni a, khawvêla thilpêk hlu ber kan dil leh phu reng vanga kan neih ni miah lo chu an ni. Kan thawh chhuah sa leh kan lei an ni lo va, Pathian thilpêk liau liau a ni. Awm lo ata anmahni avangin khawvêlah kan lo piang chhuak a, hmangaihna leh duhsakna tinrengin thlarau, rilru leh taksaah kan than theih nân theih tawp an chhuah a, kan rual pawl loh hlauin hrehawm tinreng an tuar asin. Chuti chung chuan thenkhatte chuan sit deuh ti tihin Pathian hnênah nu leh

pa hetiang hi engati nge min pek? Ti nge min va pe rei lo ve? Min va pe chhe ve? Min va pe tha ve? kan ti ngawt thei lo tih i hria ang u. Ti mah ila awmzia a awm hek lo ang. Nu leh pa chawimawi lo leh an chung a phurrit thlentu chuan nu leh pa petu Pathian a hmusit a, Pathian rorel leh ruahman pawm lo leh engah mah ngai lo, a thilpek hmusittu a nihzia a tar lang a, Pathian laka mi hel a ni tih a tar lang zâwk a ni.

Kan ngaihthlak tak ang khan Lalpa min pêk nu leh pate hi an hmél, pianzia leh talent- te ngaisanga duat taka pawm leh enkawl zêl chungin, pawisa ila, anmahni hi chawimawia, zah a, duat taka kan enkawl hi Pathian zahna, Pathian rawngbâwl na leh a duh zawng tihna a ni tih hre thar ila. An thu zawmin anmahni i chawimawi zêl ang u, nu leh pate chawimawi hi Pathian chawimawina duhawm ber a ni si a.



*Sum tam tak aiin hmingthat hi thlan zawk tur a ni a;  
Tangka leh rangkachak aiin duhsakna a ngainawtawm.*

*Mi hausa leh mi rethei an awm za a,*

*An vaia siamtu chu LALPA a ni.*

*Mi hmanghria chuan thil tha lo chu a hmuhin a biru thin a;*

*Mi mâwl erawh chuan a tâwn mai thin a,  
a tuar phah thin.*

Thufingte 22:1-3

**Sermon****I HNIAIHIN I VUAN TLAT ANG U.**

(1 Korinth :4:1-2, 1 Korinth 3: 16-17)

- H. Lalbiakveli

Central Committee-2023-2025

1. **Kan dinhmun a ropui. Khawngaih rawngbawl hna min pe:-** Lalpa min siamtu hian Ama anpuia a siamte kan ni a. Keimahniah a thlarau a dah bawk a, chu Thlarau Thianghlim chuan min luah reng a ni. A luahtu Thlarau Thianghlim angin keimahni pawh kan invawng thianghlim tur a ni. Hla siamtuin “Miten eng pawh sawi mahsela a nung tih ka hria a, keimahah hian a Nung,” a ti a ni. I ram lo thleng rawh se, tia kan tawngtai pawh hi keimahniah a ram awm sa hi kan thinlunga sualna awm hian hmun a kian theihna tura dilna a ni mah mah zawk. Hmun dang atanga a ram hi lo kal tur ni lovin keimahni hian a thuneihna hi kan pêk phal dan azir a ni zawk.

2. **Ringtu kan ni vek a :** Biak Ina rawn inkhawmte hi chu Ringtu kan ni vek a. Kan rin Pathian hi a ropuizia, a thuzia, a thiltihtheihzia kan hriat a van tul tak em! Sik leh sa inthlak danah te, tui lian leh leimin, thlipui tleh chungchang thleng hian a thuneihna vek a ni e. Khawvêlah hian mihring chi hrang hrang kan tam hle a, sakhaw hrang betu pawh kan tam hle. Mahse, heng sakhaw hrang betute hian Pathian chungnunna (Super Power) hi an hre vek a ni. Chu Super Power chuan mihringte chungah hian thu a nei a ni tih hi kan pha lo vek a ni. Ramhuai be hote phei chuan a tihnat hlahu vangin thilpekte hlanin an hlahu

tlawn a, an inthawi thin a ni.

3. **Kan nun hian Pathian a chawimawi em ?** 2 Timothea 4:2 ah chuan, “Thu chu hril rawh, a hunah te a hun lovah te pawh hril zêl rawh. Dawhthei taka zirfir chungin an thiam lohzia hriattir la, zilh la, fuih rawh” a ti a ni.

Nu hote hi mi tawng duh tak, thahnemngai thei em em mai kan ni a. Kan chhûngkaw tân hian kan inpe pumhlum vek a ni ber a. Chutah chuan kan sawi duh zawngte, kan ei duh zawngte thleng hian kan nun leh chetzia

hian Lalpa a chawimawi em le ? Kan inen fiah fo a ngai thin. Entir nan - Gas lakna hmun, Vawksa leina hmun, Tui haw nghahna hmun thleng hian.

**A hun leh hun lova thuhiril :**

Kan hun tawng mil ang zêlin a hun leh hun lo a awm vek a, Tirhkoh Paula hian a nau Timothea hnênah hian a hun leh hun lo pawh thliar lova thuhiril turin a chah hi keini tân pawh a lo ni. Ngawih a ÷ul huna ngawih tlat te hi thuhirilna pawimawh tak a ni fo. Thiam kan intih viau hunah pawh ÷awng chhuah a ÷at loh zawk hun a awm thin. Nupa inkarah te, fate nena kan inkarah te, thenawmte nena kan inkarah te a dawhtheitua ÷an tlat hian Pathian thu hriltu ÷a tak kan lo ni thei alawm maw le. Hemi ep chiah hian a hun taka ÷awng chhuah pawh hian a huna thuhiril a kawbaw a ni. Chhông Inkhâwmnaah te, kan tu leh fate zirtir an ngaih hunah te. “In êng chu mi mit hmuhin êng rawh se.” Kan êng hi khova khuh bo mai lovin kan chenpuite, kan ÷ h e n a w m t e , k a n rawngbâwlpuite hnênah êng chhuak ngei rawh se.

4. **Engkima fimkhur tur :** 2 Timothea 4:5 “Nang erawh chu engkimah fimkhur la, hrehawm tuar la, Chanchin ÷a hriltu lam hna thawk la, i rawngbâwlna kha hlen rawh.” tih kan hmu. Engkim tih hian a fun kim hle, kan sawi tawh ang khan kan chetzia zawng zawng hi fimkhur tura hrilh kan ni.

**Hrehawm tuar :** Hrehawm tuar hi a peihawm loh hle. Mahse, a ÷ul hunah chuan hrehawm tuar tûrin min fuih tlat si. Kan phûr vang pawh ni lo, a ÷ul avânga thawh a ÷ul hun a tam mai. Phurrit anga kan lak phei chuan a hahthlak êm êm a ni. Mahse, kan Lalpa tân a ni tih han ngaihtuah chuan kan duty a lo ni tlat si thin. Entir nan : Zan khaw chhe hnuaiia vah chhuah ngai tlatte, Campaign / Camping ngai te, Min lo welcome miah lo ina len luh ngai tlat mai ÷hinte. etc. Hetah tak hian kan Lal Isua tawrhna kha kan hriat chhuah fo a ÷ul thin. Kan Missionary te tawrhna te pawh kan hriatpui reng a ÷ul a ni.

5. **Chanchin ÷a hriltu hnathawh:** Kan Lalpa hian a Chanchin ÷a hi hril turin min tir

a, a la hre ve lote hnêna hril turin min tir a ni. Keini kal chhuak ve thei lote hi chuan kan nungchang te, ṭawngṭai te, thilpêk tein kan hril thei a ni. Thinlung leh tih tak zet hi a duh a, kan tih theih tawk kan tih erawh a pawm êm êm a ni.

**6. Theipui kung aṭanga zir tur:** Luka 13:6-9 Theipui kung kum 3 chhung rah lawh tur awm lo kha a neitupain kih mai turin thu a pe a ni. Mahse, a enkawltuin leiṭhaa la chawm leh

rih tura a ngen avângin kih a ni ta rih lo a ni. Chuvângin, Lal Isua tâna rah chhuah lo hian hmun luah ve run si hian kan lo awm hnawk ve reng thei tih hi kan hriat fo a ngai. Lal Isua hian kih thu hi min pe ve mai ang tih a hlauhawm.

**Chuvângin, khawngaih rawngbâwl hna kan chan chhung hian kan theihtawp chhuah ila, rah chhuah thei turin Lalpa hi i hnaihin i vuan tlat ang u.** Lalpan a thu malsawm rawh se. Amen

## Article

## ISUA POLITICS

-*Lalchungnunga,*  
*Zarkawt*

Politics thu leh hla leh thil tihten kan ram a luah tam lai hian Isua politics hi sawi ve a ÷ûl hle. Amah ringtu leh zuitu kan nih hlawm avângin kan hruaitu leh Lal berin politics chungchanga a thu sawi leh politics a kalpui dan tawi têin i han thlir thuak teh ang. Isua zirtirnain politics lama awmzia a neih dan sawina Sap ÷awnga lehkhabu ziah a tam tawh a. Mahse, chungte chu a ziaktuin politics a ngaih dan ziahna an nihna lai a tam zawk mah. Siam ÷hat Kohhran, Catholic, Protestant rilru zau leh Evangelical thlir dan dang danga thlirna te an awm. Heta kan han sawi tum ber chu Bible-a kan hmuh Isuan Pathian lalna ram a sawi dan leh duh dan a ni ber.

1. **Lalram politics:** Isua politics chu lalram politics a ni. Thuthlung Thar Professor Scot Mc Knight-a chuan, “Isua thu sawi zawng zawng hi politics, lalram politics vek an ni,” a lo ti tawp mai a ni (*Christian Political Witness: Authentic 2014*). Chu chu Pathian Lal ber a nihna, Isua hmanga tlanna hnathawh ringtute chung a rorêlna tiin a sawi theih ang. Chu Lalram chu lo thleng ÷an tawh, thleng mêk leh lo la thleng zêl tûr (eschatological), kohhran tak (ecclesial), Kristaa innghat (christological) leh nun dan ÷ha (ethical) ram a ni. A lo inñanna a hlain a ril hle, “khawvêl siam tirh ata...ram buatsaih,” a ni daih mai (Mt. 25:34). Israel hnam hmangin Pathianin a buatsaih a, chu chu lo thleng tawh a nihna chu a ni. Chu ram chu Isua Kristaah a lo thleng mêk a, a thlen famkimna tur lam panin a ÷hang zêl a, a famkim hun chu lo la thleng tur a ni. A

kohhran êm êm dan chu Israel hnamah inṭanin Thuthlung Tharah Isua Krista rinna leh amaha nung kohhranteah a lo thleng mêk a ni. Chu chu Isuan a rawn tih lan, a din, ro a rel sakte an ni a. A hnêna inpe apiangte chu chu lalram mite chu an ni. Krista chu inngahna lungphum a ni. Nun ṭha ram, Krista zirtirna awih leh zuia nunna ram a ni. Chu lalram politics-ah chuan Kohhran hi a laipui ber a. Isua hi a inngahna a ni a, Isua pawnah kohhran a awm thei lo. Kohhran hi Isua tlante awm khawm an ni a, Isua lalna ram chu an ni. A nun dan phungte chu khawvêl nun dan phung nêna lak pawlh chi a ni lo. Isua lalna hnuai inpawl hona leh a zirtir nih hona a ni.

**2. Lalram zepui:** Chu lalram zepui ber, Isua politics kalphung chu *hmangaihna* a ni. Juda lehkhaziaktu pakhatin a zawhna a chhannaah khan Isuan thupêk ropui ber, a

lalram dan hnukpui a sawi chhuak a. Chu chu, *Lalpa i Pathian chu i thlung zawng zawngin, i thlarau zawng zawngin, i rilru zawng zawngin, i chakna zawng zawngin i hmangaih tur a ni*. A dawttu a sawi leh a, *Nangmah i inhmangaih angin i vengte (mihringpuite) pawh i hmangaih tur a ni*, tiin (Mk.12:28-31 a *paraphrase hi keima tih*). Heng thupêk pahnihte hian dan leh zawlneite thu zawng zawng a khai khawm vek a ni (Mt.7:12). Chu chu Isua politics kalphung kawngpui chu a ni. Hmangaihna awmzia chu Isuan a nun, hna thawh leh thihnain a tar lang a. Pathian chu hmangaihna a nihzia a rawn tilang. Hmangaihna hre thiam tur chuan Pathianin a thil siam leh a mite a hmangaih a, an hnênah a cheng a, an tân a awm a, a mite chu amah ang turin a siam thar zel tih hriat thiam hmasak a ngai a ni. Hmangaihna avângin a mite tân thuthlung a siam a,



thianglimnaah te, felnaah te, hmangaihnaah te, finnaah te leh diknaah te thang lian zel turin a siam thar zêl thin. Chu chu Isua politics kal dan chu a ni. Chu Pathian hmangaihna avâng chuan he khawvêl lalram nêna tehkhin chuan *lalram linglet* a ni a, hmelmate hneha lak dan tur chu hmangaihna a ni ta daih zawk a ni. Chutianga mihringpuite enna chuan zalenna, dikna leh muanna te a rah chhuak thin a ni.

**3. Thiltihtheihna (power) politics:** Isuan leia rawng a bawl tantirha a rawngbawl dan tur Isaia 61:1-2 thu a lak chhuah chu, *Riangvaite hnêna Chanchin Tha hril, salte hnêna chhuahna thu leh mitdelte hnêna mitvar lehna thu sawi te, tihduhdah tuarte chhuahtirna leh Lalpa lungawi kum thu sawi te* a ni. Chu hna thawh chu a politics a ni a, chumi ti tur chuan *Lalpa Thlarau chu a chung a awm thu a sawi* (Lk.4:18-19). Hei hi Isua politics a a *manifesto* chu a ni. Chu chu Lalpa Thlarau

thiltihtheihna chuan a han thawk ta tak tak a. Ramhuaite a hnawt chhuak a, damlote a tidam a, mitdel mitte a tivar a, kebai leh zengte kein a kaltir a, mitthite a kai tho a. Chu thiltihtheihna chu Isua lalram thiltihtheihna a ni a, chu ram chu a lo thleng ta tih entirna a ni (Mt. 12:28; Lk. 11 : 20) . Ch u t i a n g a thiltihtheihna ropui chuan amah ngei pawh mitthi zing ata a kai tho leh a ni. Hetianga Pathian thiltih theihna mihringte tih that nana hman hi Isua lalram awm dan tur dik tak a ni. Sual phuar phelh te, dik lohna avanga tuar chhan chhuah te, Setana awp beh tihzalen te chu Isua lalram zia, Isua politics kalphung a ni. Hetianga lalram thawhna hmanruaa a rawn hman te chu *ranthleng* tlawm tak leh *thing anchhedawng* an ni. Isua politics chu mahni inphat, khenbeh nih leh mi dangte tâna inhlan zawh vêkna avânga Pathian hnên ațanga chawimawina dawn a ni (Philp.2:5-11).

4. **Isuan a politics a kalpui dan:** Pa Pathian duh dan leh Pain a hun a tih hun nghakin a kal. Setanan amah chibai a buk chuan khawvêl ram zawng zawng pek a tiam a, mahse Isuan a hnawl thak. Pa Pathian thu ang chauha awm leh Anin hun a tih hunah lo chuan Setana hnên ațanga lalram lo hmuh mai kha a duh lo (Mt. 4:8-10; Lk. 4:5-8). Pilata hmaa a dina a ram chu he khawvêla mi a nih lohzia a sawi khan tharum thawha mihring chakna mai hmanna ram a ni lo tih a sawina niin a lang (Jn 18:36). A lalram chu hotuin chhiahhlawh anga a hote rawng a bawlsakna a nihzia tihlan nan a zirtirte ke a sil. Rawngbâwlsaka awmna ni lovin mite rawngbâwlsaktu nihna ram, intih lalna ni lovin mi chhiahhlawha țan peihna ram a ni (Mk. 10:42-45; Mt. 23:8-12). Isua politics-a thil lang pakhat leh chu roreltu sual ngaih theih lohna a ni. Herod Antipas-a chuan Isua a lo lar khan a

lo huphurh hle ni tur a ni (Jn.6:15), a unaupa nupui chhuhsaktu a ni a, kha kha Baptistu Johanan a sawisel khan a lu a tansak a, chutiang bawk chuan Isua khan a thil tih dik lo tak kha a haw hlê niin a ring pawh a ni thei, Isua kha tihhlum a duh ta êm êm a. Chumi thu Pharisaiten Isua an han hrilh chuan, *Chu sihal hnênah chuan he thu hi va sawi rawh u...* a ti (Lk. 13:31-32). Roreltu dik lo tlawn lungawi a tum lo. Huai takin a dodalin a sawisel. Chu chuan a thihna a thlentir ta tiin a sawi theih. Temple chhiah leh Kaisara hnêna chhiah pek thua Juda hotuten a awhna tura thang an kam khan fîng takin a chhang. Pathian thil leh Kaisara thil chu thliar fel thiam mai tur tih a zirtîr (Mk. 12:13-17). Pathian Biak In thianghlim hman dan dik lo leh sakhuana mahni sumdawn nân leh intih hausak nâna hman dik lohzia chu tha thawh meuhin a *protest*. Temple vela Puithiam Lalber

*super-market* an lo din chu a haw hle. Englo zuartute leh leitute a hnawt chhuak, tangka thlengtu ho dawhkan te, thuro zuar ho thutphahte a nam thlu, bungrua ken tlang a phal lo, hruihruala vuain an ran zawrh laite chu a hnawt chhuak, an tangkate a leih bua, an dawhkante a nam thluksak (Mt.21:12-13; Mk.11:15-17; Lk.19:45-46; Jn.2:13-16). Helai thute hian Isua politics *khelh* dan a tar lang. Sakhuana kâwra hmanga mahni hlawkna tur zawn leh Pathian biakna hmun thianghlim mi retheite rah beh nâna hman te chu tha thawh meuhin a dodal. Hei hi tharum thawh Isuan a phal tihna lam aiin, Pathian duh loh zawng laka thinrimna thianghlim (holy anger) ni zawkin a lang. Sual do kawngah hian tharum ni lovin tha thawh a ngaih chang a awm tih zirtirna a ni thei.

Tlangkawmna : Kan Mizoram, Pathianin min pêk, India ram state pakhat ni veah hian engtin nge politics

hi kan kalpui zel dawn? Lal Isua politics ngaihtuah dan leh tih dan entawn tur tha tak kan nei a, chumi aia tute emaw tih dan tha lo leh Kristian lo tak takte kan la lut hnem ta lutuk em? *Kan ram Krista kan pe* tih te, *Kan ram kan hnam min hruaian, Nang chauh kan thlang a che* tihte kan sak fo lai hian kan thinlung leh politics-a kan kal danah te hian hengte hi kan ti tak tak em? *I ram lo thleng rawh* se tih thawnghaina pheih hi chu kan sawi zing hle mai. Kan political party-te leh sawrkar kal danah te hian Lal Isua politics zia hi tam deuh deuh se a va duhawm dawn ve. India ram danpui chhunga sakhaw zalenna kan neih chhungah hian Lal Isua leh Pathian hming hi thawnghaa kan lam tam ang ngei hian kan rorelna leh politics kan kalpuinaah hian a duh dan angin kal nasa ila. Chu chuan Mizoram nuam, muanna leh hlimna ram, Pathian ram chu a thlentir

ngei ang. Chutiang kan lo nih zel chuan India rama state dangte tan entawntlak kan ni ang a, ram development thil leh a dangte chuan an rawn zui mai ang. A theih chin chinah kan rama roreltu apiangte hian Isua politics kalphung ang hi zui fo sela, Thuthlung Thar, Isua leh a zuituten min zirtirna kawngpui hi pensan lo sela a va tha dawn em!

Miten min lo sawi dan *hlaphuah thiam leh thu sawitute, mi fing leh zawlneiten, danin a phut avang mai ni lova hmangaihain a chawh thawh avânga mi tinin thil dik leh tha an tih thinna ram nuam chu an lo suangtuah thin a, chumi ram nuam thleng teuh ber chu Lushai ho hi an ni an lo tih ang kha kan tawng leh thei mah na.* (Lorrain of the Lushais, by Rev. David Kyles, 1944).



### THUPEK ROPUI

Isua vana a lawn hnu khan Angelte'n, "I hna i rawn zo thei maw?" an lo ti a. Isua chuan, "Aw, a vaiin ka zo," a ti a. Angel-te chuan, "Khawvel zawng zawngin an hre hman che em?" an ti leh a. Isua chuan, "Hre hman lo," a ti a. Angel-te chuan, "Engtia tih nge i tum?" an ti a. Isua chuan, "Zirtir 12 te leh min zuitute hnenah khawvel zawng zawnga puang turin ka hnutchhiah ta a ni," a ti a.

## BUHFAITHAM SAM

- H.C.Lalmuanpuii  
Chawngtlai

Zofa leng rualte u, ngaihven ula, ngai rawh u,  
Hmasangah kha chuan maw!  
Lung an mawl lua e zaleng zawngte,  
Rauthla leh Ramhuai, thing bul leh lung bulte,  
Malsawm thlentu leh phuba latuah ngaiin,  
An hlan e, an thinlung leh an neih hlu zawng nen,  
Han dawn Chiang teh, Pi leh Pute nun,  
Pawla sai hlahv vang leh Pialral luh loh hlauin,  
Mi hrang sa hrang an lo inchan zawh tak kha  
Anmahni siamtu leh hmangaihtu,  
Chung Pathian thinlung a na ngei e  
Aw! Chhuhthangval i dawn Chiang lo a ni,  
Lei chawimawina duh vangin maw!  
Nunaute thinlung tirûma tiţapa i lo chan  
Lei lallukhum duh vangin maw!  
Mi lu la hnama chhâl a lo nih le,  
Karei! a pawî mang tak e.  
Mahse maw Zoram, lungphang lo la,  
Nangmah chhan turin mi huaisen ka rawn tîr dawn,  
Tuipuiral aţanga lo kalin,  
Mi lu la hnam tih ramah ngei chuan,  
Chanchin Ţha meichher an rawn chhi ta !

A makin a ropui e!  
Krista pasalṭhate chuan thu lawmawm an rawn thlen e  
Mi hnuaihngung leh chungnung ber,  
Mi zawng zawng tân a nun a hlan a;  
Chatuana hlim taka an awm theih nân,  
Krawsah thihna chu a hneh ta!  
Haleluiah! Haleluiah!  
Fam chang tawh hnu Chunnemiten,  
Krista leh Kohhran tâna Faiṭhama an rawngbâwl na rah chu,  
Synod hmanrua ṭangkai tak a lo ni ta,  
A tawp berah chuan hei hi ka ngen a che  
Chanchin Ṭha hre loin mi sang tam tak an boral mêk  
I tapchhak zawl aṭangin chhan chhuak rawh le,  
Rilṭamte hnênah ei tur pe chung zêlin  
I Lal rawngbâwl hna hi ngaihthah lul suh,  
Buhfaiṭham, Buhfaiṭham Lalpa chanpual.  
I pek hian nang leh i chhûngte,  
In thinlungah hmun chang mawlh teh se.  
Kan lawm e, Lalpa kan lawm e.  
Hmeichhiate khawngaih rawngbâwl min phalsak hi  
Ram thim ram roah feh chhuak thei lo mah ila,  
Faiṭhamin Lal rawng kan bawl zêl nang e.

*Hriselna Huang*

GOUT(ruh chuktuah natna chi khat)

-RC Lalrengpuii,

Assistant Professor

College of Nursing,

Synod Hospital, Durtlang

Gout kan sawi hmain kan sawi tum a fiah theih nân damdawi lam ÷awngkam tawi tein sawi fiah phawt ila, kan sawi zêlnaah a mizo ÷awnga sawi duah lovin, a damdawi lam ÷awngin kan sawi zui mai dawn nia.

**Metabolism** – Thil kan ei a, kan pai ÷awih a, kan thisenah a lo lut, kan taksa tan hman ÷angkai a lo ni ta a, kan thil eite taksain hman ÷angkai theih tura a insiam dan hi metabolism chu a ni mai e.

**Purine** – chakna leh timûr ÷han nana thil pawimawh tak pakhat a ni.

Kan thupui ah lut tak tak tawh ang aw-

**Gout-** Gout chu ruh chuktuah natna chi khat a ni a, purine metabolism ÷at tawk loh avângin taksaah uric acid a lo tling khawm ÷hin a, chu chuan harsatna a thlen ta ÷hin a ni. Chi hniha ÷hen niin primary leh secondary-in an then a.

**Primary gout:** Inthlah chhawn avânga awm niin, uric acid insiam tam lutuk emaw, kalin a paih chhuah tlem avângin emaw a awm ÷hin. He natna nei 85% lai hi primary gout niin heng zînga 95% lai chu mipa an ni bawk, kum 30, 40 velah a na hi a lang chhuak ÷hin.

**Secondary gout:** Inthlah chhawn vang ni lo, thil dang avânga thleng a ni ve thung a, a thlen duhtute chu thisen natna ÷henkhat multiple myeloma(thisen var cancer chi khat), polycythemia vera (red blood cell tam lutuk), leukemia (thisen var cancer chi khat), kal na chemotherapy leh radiation therapy la te, damdawi aspirine,

thiazide, TB damdawi thenkhat, zu, ril̄tama awm, zun tamna rei tak la, damdawi thenkhat levodopa, nicotinic acid leh salicylate.

### **A natna lo insiam dan:**

Taksaa uric acid lo awmna chhan chu kan taksain a siam ve reng avang leh kan thil eia a tel vang a ni a, a lo tam viauna chhan chu taksa aṅaṅa a inpaih chhuah ṭhat loh vang leh a insiam chak lutuk vang a ni, thisenah uric acid chu lo sangin thisen mai bakah ruhchuktuah kara tui (synovial fluid), lung tihrawl (myocardium), kal leh bengah te pawh a awm ṭhin. Uric acid lo tam zel chu taksa pawimawh lai phuar khawmtu (connective tissue) e.g, ruhnoah te lo awm khawmin chu chuan ruh chuktuah na (arthritis) a siam ṭhin a ni.

### **A lan chhuah dan:**

Thisenah uric acid 7mg/dl aia sang ruh kara tuiah pawh uric acid a awm ṭhin bawk.

A tirah Ruh chuktuah na, sen, vung, khawih leh tih chet zawnga na a awm a, hmun

khat chauhah a na ṭhin a, kezungpuiah a na duh ber a, hmun dang - ke ṭang, kut ṭang, banrek, ngalrek, khup leh ruh chuktuah dangah te a awm thei. A nat hmasak ber hian vawi leh khatah a lo na thut a, khawsik, lungphu rang, awm nuam lo leh chaw ei tui lote a awm tel thei a, kar khat velah chuan a ziaawm ve leh mai ṭhin. A vung a ziaawm hnu hian thak a awm duh bawk.

A nasat deuh hnu chuan ruh chuktuah hrang hrangte nain chet a harsa ṭhin a, beng, kut, kiu, ke leh khupah bâwk a awm ṭhin, kal leh lung ṭha lo, kala lungte awm leh thisen sangte a thlen thei bawk.

### **A enkawl dan:**

He natna hi neih tawh chuan dam hmakna awm lo mahse, damdawi leh mahni inenkawl uluk chuan buai lovin a awm theih a ni.

A enkawlnaah hian thil pahnih, a na chhawkna leh a natna enkawl a ngai a. Gout damdawite hi doctor chawh ngeia ei tur a ni.



A na chhawk nân colchicine leh NSAIDs a ei theih a, colchicine ei tan luak chhuak, luak leh kawthalo a awm chuan taksa zawh bak ei vang a ni thei a, fimkhur tur a ni. NSAIDs-ah chuan ibuprofen, indome-thacin leh naproxen te pawh a ei theih. Hengte eia a ziaawm loh chuan adrenocar - ticotrophic hormone emaw, steroids emaw a hman theih bawh a, thil vawta dehin a ziaawm thei bawh.

A natna enkawl nan allopurinol leh probenecid te an hman bawh a, damdawi te hi mahni thua ei mai loh tur kan tih tawh kha.

### **Thil dang hriat tur pawimawhte**

Doctor thenkhat chuan red meat ei tlem tur an ti a, thenkhat chuan tul an ti lo bawh a, red meat mizovin

kan ei larte chu bawngsa, vawksa, kelsa leh beramsate a ni a; tin, sa thin, lung leh kalte ei tlem a tha bawh.

Ni khatah tui ml 2000-3000 (liter 2-3) tal in tur a ni a, hei hian uric acid a paih chhuak tha dawn a ni.

**Zu in loh tur.** Ni tin kea kal leh exercise lak that a pawimawh a, ruh chuktuah tihnat loh a tha hle bawh.

Thau tan zawi zawia intih cher tur a ni a, intih cher hian nasa takin a na chhuak tur a veng a ni. Intih cher thut chuan a na a chhuak duh thung.

A na a chhuah chung chuan mut hahdam a tha a, kal theih hnuah pawh a tir lamah chuan tiang hman a ngai thei bawh. He natna hi kan nei a nih chuan doctorrawn fo a tha bawh.



*Eisiam Huang*

## AR PUM ROAST



Mamawhte:

Ar	-	Kg 1
Purun sen	-	pum 3
Purun var	-	mal 6
Sawhthing	-	tlem
Tel/Giu	-	2 tablespoon
Chi	-	a al tawk
Thingmarcha dip(a duh tan)		
Tui	-	no ½

A siam dan:

1. Ar chu fai takin puah la, a lu leh a kete tan chhum la, a ke chu a mawng lamah bilh lut la, a kawchhông phawrh vek rawh.
2. Chumi hnuah a chhung lam zawng leh pawn lam zawng zawng kha purun var, purun sen leh sawhthing densawmte kha a tui sawr la, chi leh thingmarcha dip leh tel chawhpawlh khan chulh vek ang che.
3. Thirbelah i roast dawn chuan têla kan hunah a sen rual thap thlengin let la, a sen ut lam lek leka a lan hunah tui tlem tlem leih la, a hmin thlengin i leih dawn nia.
4. Oven-a roast tur tan i roast-na tur bel emaw tray emaw kha tel khan chulh kual leh vek rawh.

5. Oven-a i ur chuan temperature kha 175-190 C-ah darkar 1 emaw darkar 1½ chanve ur rawh.
6. A kawchhungte hi a hranin telah khan kan tel mai emaw, oven-ah khan a sa dang sawngbawl anga sawngbawlin ur ve mai tur a ni.
7. A hmin leh hmin loh en nan ar malpui ti lai takah thirkutin zu vit la, a la rawn tui chhuah chuan a la hmin lo tihna a ni.
8. A hmin hunah a sa chu chan la, a gravy (tuihnang) leih kual la, purun sen leh tomato a bial zawnga chan te nen i chhawp dawn nia. Duh chuan sauce te pawh a telh theih a ni.

Gravy siam dan:

*Arsa kanna telah khan purun leh sawhthing i sawrna hnu kha tlem thlak la (a bang hi chawhmeh dang kan danga thlak atan fridge-ah dah tha rawh), cornflour thirfian lian 2 kha tuisikah chawk diak la, chu chu zuk leih la, hnang tui deuh a nih thlengin kang rawh. Soya Sauce tlem i telh bawk dawn nia.*

---

#### Eisiam dawna hriat chi

- # Buhfai leh dal te hi kan sil hmasakna berah hian tui sa hmang thei ila, hei hian damdawi eng emaw hmanga lo sawngbawl a awm a nih pawhin a tlengfai tha bik a ni.
- # Chhawhchhi te pawh hi sil theih vek a ni. I chhawhchhi lei kha tuiah han chiah la, a tha zawng chu a chungah a lang anga, a lang zawng kha thingpui fe thlitnain suak la, thirbelah i kang nghal mai dawn nia. A bawlhhlawh kha a mawngah a tla vek thung.
- # Tawkte erawh chu chhawhchhi kan sawi tak letling chiahin a hnun i mal thlak kha tuiah chiah la, a thalo zawng chu tuiah alo lang chhuak ang a, a lang zawng chu paih vek thung tur a ni.

## ALOE VERA SAHBAWN SIAMDAN:

Mamawhte :

1. Aloe Vera hnah - 1kg
  2. Coustic soda - 200 gram
  3. Tel(a khal chi) - 1 litre
- Best Choice eng chi



A siam dan :

1. Aloe Vera kha fai takin sil la, a sir chang zum lai te kha paih la, zai te la, grinder-ah herdip vek la, a la sawm lo lai te a awm em tih zuk dap la, a sawm tha lote chu her sawm nawn leh rawh.
3. Aloe vera her sawm sa kha plastic bucket emaw plastic chawhtawlhah emaw dah la, Coustic soda kha chhung lut la, tel telh leh bawk la, chawk nghal char char la, a chawh nan thing suih hmang ang che.
4. Darkar khat dawn i chawh hunah a lo khal chu i dahna tur, a shape siam thei turah i bun ruak ang a, a chung i chul mam dawn nia.
5. I sahbawn siam chu a lo tak deuh talh hunah i duh ang tiatin i zai anga, thla khat chhung ni sa-ah i pho ang a, a tul angin i let kual thin dawn nia.

Note : Hei hi Aloe Vera Sahbawn siam dan awlsam thei ang ber a ni a, a rimtuina te, a rawng mawina te chu duh angin internet atang te pawhin a chah theih a. Heti ringawt pawh hian inbual nân, insuk nân, bel nawh tlet nân a tha em em a, a tawp thlengin a chang reng a ni. Aloe Vera hi kan in bul bawmah te kan nei nual bawk a, lo siam ve chhin ula, mahni chhûngkaw hman atân a tangkai em em a ni. A siamna damdawi hi Aizawl damdawi dawrah te lei tur a awm a ni. Siam tam duh chuan a mamawh khi belh mai tur a ni- Editor.

**KUM 2023 CHHÛNG ATÂNA HMANGAIHNA INA  
NAU CHÂWMNA PETUTE LEH AN CHÂWM ZÂT  
(OFFICE LAMA DAWN) chhonzawmna)**

<b>Sl.no.</b>	<b>Bial/Kohhran/Mimal hming</b>	<b>Chawm zât</b>
93.	Republic Veng Bial Kohhran Hmeichha	4
94.	Thingdawl Vengthar Kohhran Hmeichhia	2
95.	Ṭhuampui Bial Kohhran Hmeichhia	4
96.	Falkland Kohhran Hmeichhia	2
97.	Thingsulthliah Bial Kohhran Hmeichhia	3
98.	Vaivakawn Bial Kohhran Hmeichhia	4
99.	Kawkulh North Bial Kohhran Hmeichhia	1
100.	Rengdil Bial Kohhran Hmeichhia	2
101.	Hunthar Bial Kohhran Hmeichhia	3
102.	Hunthar Kohhran Hmeichhia	2
103.	Tlungvel Bial Kohhran Hmeichhia	1
104.	Ramthar Veng Kohhran Hmeichhia	1
105.	Bungkawn Bial Kohhran Hmeichhia	2
106.	Phullen Bial Kohhran Hmeichhia	1
107.	Baktawng Bial Kohhran Hmeichhia	1
108.	Mission Vengthlang Kohhran Hmeichhia	15
109.	Bairabi Chhimveng Kohhran Hmeichhia	1
110.	Zemabawk Bial Kohhran Hmeichhia	5
111.	Vaivakawn Vengthlang Kohhran Hmeichhia	4
112.	Bawngkawn Chhimveng Kohhran Hmeichhia	9
113.	Venghnuai Bial Kohhran Hmeichhia	5
114.	Rengtekawn Bial Kohhran Hmeichhia	1
115.	Chawnpui Bial Kohhran Hmeichhia	5
116.	Tuithiang Kohhran Hmeichhia	3

117.	Bungkawn Kohhran Hmeichhia	1
118.	Sateek Kohhran Hmeichhia	1
119.	Maubawk Sikul Veng Kohhran Hmeichhia	3
120.	Chanmari W Hmarveng Kohhran Hmeichhia	2
121.	Chalrang Bial Kohhran Hmeichhia	2
122.	Tlangnuam Bial Kohhran Hmeichhia	8
123.	Rangvamual Kohhran Hmeichhia	2
124.	Sateek Bial Kohhran Hmeichhia	3
125.	Tualbung Kohhran Hmeichhia	1
126.	I.T.I. Vengchhak Kohhran Hmeichhia	1
127.	I.T.I. Veng Bial Kohhran Hmeichhia	1
128.	Nursery Veng Bial Kohhran Hmeichhia	1
129.	Lallen Bial Kohhran Hmeichhia	2
130.	Zonuam East Kohhran Hmeichhia	5

## HMANGAIHNA IN, DURTLANGA DAWN

### Sl.no. Bial/Kohhran/Mi mal hming

#### Chawm zât

1.	Damparengpui Bial Kohhran Hmeichhia	1
2.	Kawrtethawveng Bial Kohhran Hmeichhia	3
3.	Kawlkulh Bial Kohhran Hmeichhia	1
4.	Dimapur Kohhran Hmeichhia	1
5.	Leitan Kohhran Hmeichhia	1
6.	Ramthar Tlangveng Kohhran Hmeichhia	1
7.	Hmunṭha Kohhran Hmeichhia	1
8.	Kanhmun Bial Kohhran Hmeichhia	2
9.	Thenzawl Bial Kohhran Hmeichhia	2

10.	N. Hlimen Bial Kohhran Hmeichhia	2
11.	Chawlhmun Bial Kohhran Hmeichhia	2
12.	E. Lungdar Bial Kohhran Hmeichhia	3
13.	Hliappui Bial Kohhran Hmeichhia	2
14.	Pi Tlangmawii, Baby Sitter	1
15.	N. Serzawl Kohhran Hmeichhia	1
16.	Thenzawl Kohhran Hmeichhia	2
17.	Zonuam Bial Kohhran Hmeichhia	4
18.	N. Vanlaiphai Kohhran Hmeichhia	1
19.	Leitan South Kohhran Hmeichhia	3
20.	Lawngtlai Bazar Kohhran Hmeichhia	2
21.	Champhai Zion Veng Kohhran Hmeichhia	4
22.	Darlawn Venghlun Bial Kohhran Hmeichhia	4
23.	Rawpuichhip Bial Kohhran Hmeichhia	1
24.	N. Hlimen Kohhran Hmeichhia	1
25.	Zaite Bial Kohhran Hmeichhia	1
26.	Suangpuilawn Bial Kohhran Hmeichhia	1
27.	Sairang Dintar Bial Kohhran Hmeichhia	1
28.	Champhai Bethel Kohhran Hmeichhia	1
29.	Kolasib Diakkawn Bial Kohhran Hmeichhia	3
30.	Bawngkawn Shalom Kohhran Hmeichhia	2
31.	Tlabung Kohhran Hmeichhia	1
32.	Vanzau Bial Kohhran Hmeichhia	2
33.	Delhi Mizo Presbyterian Kohhran Hmeichhia	5
34.	Chhingchhip Bial Kohhran Hmeichhia	2
35.	Thingdawl Bial Kohhran Hmeichhia	3
36.	Leitan Bial Kohhran Hmeichhia	2
37.	Vairengte Chhimveng Kohhran Hmeichhia	3

Chhonzawm tur

**LALTHANZAUVI**

Pi Lalthanzauvi hi Pu Khelkunga (L) leh Pi Lalhliri te fa paruk zînga pahnihna niin March 19, 1962 khân Jairampur, West Bengal-ah a piang a. Upa Lalthlengliana nen inneiin fa pathum- mipa pahnih leh hmeichhia pakhat an nei a. Tunah hian Ramhlun Vengtharah an cheng mêk a. Ramhlun Vengthar Kohhran-ah an lawi a ni.

**Eizawna lam :**

Kum 1989 khan E.E, P.W.D. Saitual Divisionah hnuaiyah L.D.C. hna thawkin tunah hian S.D.O, P.W.D hnuaiyah H.A. hna a thawk mêk a ni.

**Rawngbawlina lam:**

1. **Kohhran Malah** : Kum 1985 aţang khan Sakawrdai Kohhran Hmeichhe Committee-ah thlan a ni a. Saitualah pemin Kohhran

Hmeichhe Committee-ah thlan a ni leh a. Saitual Kohhranah hian naupang lamah zirtirtuah ţangin kum 2001-ah Ramhlun Vengthar Kohhran Hmeichhe Committee-ah thlan a ni leh a, Chairman, Vice Chairman, Secretary, Asst.Secretary leh Treasurer hna te a lo chelh tawh a ni. Tunah hian Kohhranah Puitling Sunday School zirtirtu, Inrinni zan leh Pathianni chawhnu thusawitu a ni bawk.

2. **Bialah** : Ramhlun ‘S’ Bial-ah Treasurer leh Finance Secretary post te a chelh tawh a, Ramhlun Vengthar Pastor Bial-ah hian Finance Secretary post tih loh chu a chelh kim vek tawh.

**Bible chang/hla duh zawng :**

A Bible chang duh zawng hi Phillipi 4:4-7, Habakuka 3:18 niin KHB No 417-na hi a hla duh ber a ni.

**Thuchah :**

Kan rawngbâwlina kawng hrang hrangah hian lawm chungah rawngbâwl tur kan ni tih hriain, kan thlen chin aţang hian hma i sawn zêl ang u.



**HRIAT ATAN:**

1. April 28-30 chhûng khan Presbyterian Women's Fellowship headquarters aiawhin PYF 24th Biennial Conference, Champhai Vengthlang Biak Ina neihah Pi R. Lalrempuii, Finance Secretary leh Pi Vanlalthlamuani te an tel.
2. May 26-29,2023 chhûng khân North East India Christian Council Women Assembly (NEICCW) Biennial Assembly, Lunglei Venglai Baptist Kohhranah neih a ni a. Kan Kohhran Hmeichhe aiawhin Central Committee member 16 leh Lunglei leh a chhevel Bial aţangin mi 21 an kal thei.
2. Hruaitute hêng hmuna te hian an feh chhuak a, Pathian hruainain hun tha tak an hmang-

**A hun****Kalna hmun****Fehchhuakte**

- |            |  |  |
|------------|--|--|
| 27.5.23    | Aibawk Pastor Bial<br><i>(Leadership Training)</i>                       | 1)Pi Zothanpari, Chiarman<br>2) Pi Lalrinmawi, C/M                                       |
| 2-5.6.23   | Khawzawl Vengthar Bial<br><i>(Kristian Chhungkaw Seminar)</i>            | 1) Dr. Lalthansangi Fanai, V.C<br>2) Pi Lalthangmawii, C/M<br>3) Pi C. Thanthiangi, C/M  |
| 2-5.6.23   | Khawzawl Venglai Bial<br><i>(L/Training &amp; KT Chhungkaw Campaign)</i> | 1) Pi R. Lalrempuii, Fin.Secy<br>2) Pi Lalthanzauvi, C/M<br>3) Pi J.H. Lalpekthangi, C/M |
| 9-12.6.23  | Reiek Pastor Bial<br><i>(L/Training &amp; KT Chhungkaw Campaign)</i>     | 1) Pi Zothansiami, Treasurer<br>2) Pi Lalbiakthangi, C/M<br>3) Pi J.C. Ronghaki, C/M     |
| 15.6.23    | Armed Veng 'N' Kohhran<br><i>(Leadership Training)</i>                   | 1) Pi H. Lalfakmawi, G/S<br>2) Pi Lalhmingmawii, C/M                                     |
| 24-26.6.23 | Chawngte 'L' Bial<br><i>(Kristian Chhungkaw Campaign)</i>                | 1) Pi R. Lalnuntluangi, C/M<br>2) Pi Pi Tlangthanpari, C/M<br>3) Pi Laltlanthangi, C/M   |

3. WOMEN CENTRE : January - June 9 inkar khan hengte hi Women centre-in thilpek a dawng-

- (1) Pi Zothanpari, Chairman, IKPL- Lassi 50 nos
- (2) Serchhip Chhimveng - ₹ 2000 leh hmunphiah 10 nos  
Kohhran Hmeichhia
- (3) Kanan Kohhran Hmeichhia - Sewing Machine  
Foot set-2, Sanitary  
Napkins 4 parcels
- (4) Edentharr Kohhran Hmeichhia - Frooti 2 cases.
- (5) Buarpuui Bial Kohhran Hmeichhia- Hmunphiah 30 nos.
- (6) Khawkawn Kohhran Hmeichhia - ₹ 3000.00
- (7) Hunthar Pastor Bial                    - Sewing Machine  
Kohhran Hmeichhia                    - Complete Set, Wall  
Clock-1, bakcheh-1
- (8) Pu L.H.Thanga, Ramhlun 'N' -Bakery chhang,  
Thei leh sa.
- (9) Rev.K.H.Thangdailova, Pune - ₹ 1,000.00
- (10) Presbyterian Kohhran                    - ₹ 72,000.00  
Hmeichhia, Maryland, U.S.A

April 12, 2023 khân Ramhlun venglai Kohhran Hmeichhiate hnên ațangin kum 2022 Batch-a zir chhuak khawl la nei thei lo zîng ațangin mi pahnih - Lallawmpuii d/o Lalramhluna, Ramlaitui leh Lalramdinmawii d/o Lalremtluanga(L), Bairabi Rel Station ten ke khawl leh overlock an dawng a, a hlanna hun hi Ramhlun Venglai Kohhran Hall-ah neih niin Centre lam ațangin Pi R. Lalrinpuui leh Pu H.Lalmuanawma ten an telpui bakah zirlai chhûngte an tel thei bawk.

## **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        |
| 3. Pi H. Lalbiakveli                     | 4. Pi H. Lalhlunpuii     |
| 5. Pi C. Thanthiangi                     | 6. Pi JH. Lalpekthangi   |
| 7. Pi K. Rinthianghlimi                  | 8. Pi K. Rosiamliani     |
| 9. Pi Lalbiakthangi                      | 10. Pi Lalchhingpuii     |
| 11. Pi Lalengzami                        | 12. Pi Lalrinawmi        |
| 13. Pi Lalhmingmawii                     | 14. Pi Lalmalsawmi Sailo |
| 15. Pi Lalnunhlimi                       | 16. Pi Lalrammawii       |
| 17. Pi Lalramthangi                      | 18. Pi Lalthangmawii     |
| 19. Pi Lalthansangi                      | 20. Pi Lalthanzami       |
| 21. Pi Lalthanzauvi                      | 22. Pi Lalthawmmawii     |
| 23. Pi Laltlanthangi                     | 24. Pi Lamchhingi        |
| 25. Pi Lawmkimi                          | 26. Pi R. Lalnunluangi   |
| 27. Pi R. Tlanghmingthangi               | 28. Pi Rengramthangi     |
| 29. Pi Rohmingthangi                     | 30. Pi Saiṭhuamluaii     |
| 31. Pi J.C. Ronghaki                     | 32. Pi Tlangthanpari     |
| 33. Pi V. Siamhnuni                      | 34. Pi Vanlalhluni       |
| 35. Pi Vanlalthlamuani                   | 36. Pi Zohmingliani      |
| 37. Pi Lalnghakliani, Asst. Co-ordinator |                          |

### **Ex-Officio Member-te**

1. Rev. Dr. C. Chawngmingliana, Synod Moderator
2. Upa B. Lalhmunliana, Synod Secretary (Sr.)
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 tihlawhtling tura thawh ho.
  2. Kristian chhungkua din nghehtir tura ṭan lak.
  3. Ṭanpui ngaite Krista hminga ṭanpui.
  4. Chanchin Ṭa puan darh.



Postal Regn. No. MZR/ 53/ 2021 – 2023 RNI Regn. 40876/ 88



Armed Veng North Kohhran Hmeichhia  
Leadership Training



Aibawk Pastor Bial Kohhran Hmeichhia - Leadership Training



Tanhril Pastor Bial Kohhran Hmeichhia - Leadership Training

16

Published by Rev. V.L. Luaia Hranleh, Aizawl, Mizoram on behalf of Agape Association.  
Printed at Synod Press, Mission Veng, Aizawl - 796001. Copies – 44,000

[www.MIZORAMSYNOD.org](http://www.MIZORAMSYNOD.org)