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Lungrual malsâwmna, nupa nunah

Phek - 2

Lal Isua lungawina

Phek - 4

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

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*Editorial***KRAWS RAM REH**

Mihringin hun bi kan chhiar dânah kum chawhnu lam kan chuangkai leh ta reng mai a. Mizoten hun bi kan chhinchhiah danah July thla hi *Vawkhniahzawn* thla kan ti a. Kum pangngaiyah chuan ruah tui a tam a, fûr khaw hnâwm takin min tuam hun lai a ni. Ruah tui tam kumah pheih chuan July thla hian vei vah leh chêt chhuah a phûrawm lovin kut hnathawktute tân pawh hna thulh hial ngaih chang a awm fo thin.

Fûr ruah tui tlâk hun lai hian zân lama inkhawm tûra chhuah te, committee tûra kal te, buhfaitham lak khawm leh tihral te, Kristian Chhengkaw Campaign leh rawngbâwlna pawimawh danga chhuahte a peihawm loh lek lek châng a awm thin. Hetiang hunah hian rawngbâwltu inpêkna leh inhûamna chin pawh a lang fo mai.

A rawng kan bâwlsak Lal Isua khan kraws lêrah tû'ma buaipui loh leh bawihsâwm lohvin kan tân a tuar a. A hnung zuitute chauh pawh ni lo, a Pa ngei pawhin a kalsan, kraws ram reh kha amahin a zawh chhuak a nih kha! Na tuar tui hâla a au khan tui petu a nei lo a; chhandama kan awm theih nân thihna hlim kawr ruam kha khawhar takin a zawh a ni.

Fur khaw chhia, mahni in lum ațanga pên chhuah châkawm loh hun lai tak; a chang pheih chuan thli thaw vûk vûk leh êng mumal awm loh hial hun lai July thlaah hian kan Lal Isua inpêkna thûkzia kha hre nawn fo ila. Tûm dang aiin rawngbâwla pên chhuah a phûrawm loh a nih pawhin kraws ram reha kan tâna tuartu Krista inhlanna ropui kha min tichaktu leh min tur kaltu atân i hmang thin ang u.

Kristian Chhôngkua

LUNGRUAL MALSÂWMNA, NUPA NUNAH

- Rev. Dr. Lalchungnunga
Zarkawt

Amosa 3:3-ah chuan zawhna, “*An inrem chauh loh chuan mi pahnih an kal dôn ang em ni?*” tih zawhna kan hmu. Nula leh tlangval an lo inhmangaih a, innei túrin an inrem a, chhôngte nêan an sawi rem a, an innei ta thîn a ni. Insawi remna a awm hmasak loh chuan inneihna a puitlin theih loh. Lungrualnain insawi remna a hring a, chu chuan inneih a thlen thîn. Mahse innei ta chêng a, inrem leh ta lo hi an awm châwk.

A pawimawh ta chu inthên leh mai lova nupa nun hlim tak hmanga awm zêl theih hi a ni. Nupa nun hlim chu lei-vânram a ni tiin Rev. K. LungMuana chuan lehkhabu a ziak. Nupa inrem lo chu lei-hremhmun a ni kan ti ve thei ang chu. Chênpuì, ni tina khawsakpui, ei bârpui, zan tina mutpuite nêna lungrual loh tlat mai chu thil hrehawm tak a ni ngei ang. Chumi bul lawka kan ban phâk renga awm chu lungrualna, inremna, inngeihna a ni. Chu chu

malsâwmna ropui leh tha ber a ni. In leh lo tha leh, sum leh pai nei lê lû lo mah ila, nupa inrem, inngeih leh lungrual tak kan nih chuan, chu lo liama ro hlu a awm thei lo. “*Duh lohte nêna buhchang rum leh sa ei ai chuan, duh takte nêna bahra laih a nuam zâwk,*” tih a ni. In ropui taka chêng, lirthei tha tak tak nei, sum leh pai pawh ngah tâwk ni mah ila nupa ber kan lungrual lohva, kan inngeih loh chuan chûng thil tha dang chuan nawmna tak tak mi pe chuang lo. Hlim tak

angin lang ve bawk ðhîn mah ila, chhûngril a hlim tak tak thei lo. Pheikhawk tâwt tak emaw, a chhûnga min kamtu awm tlat emaw bun reng ang a ni. Mi dangin min hriatpui lohva hrehawm tuar reng kan ni mai. Nupa lungrual ni tûrin, innei mêk leh la innei tûrte hian kan ngaihtuah a, ðan kan lâk a, insiam rem a ngai fo a ni. Inneih hnua inchhîr leh chu pumpelh a ða. Chumi atâna ðangkai tûr Bible zirtûrna kan hmuh ðhenkhatte chu:

1. 1 Korinth 1:10-ah, *thu thuhmun sawi, rilru leh ngaihtuahna hmun khat neih* a ni. Hêngte hi an pawimawh êm êm a ni. Rilru leh ngaihtuah a thuhmun chuan thu thuhmun sawi a awl ðhîn. Ngaihtuahna a inpersan chuan ðawng chhuah dân a dang daih thei.

2. II Korinth 13:11-ah chuan chutianga kan awm chuan “*Pathian chu in hnênah a awm dân zuk nia*” Paula chuan a ti. Nupa ðhenkhat chu an hnêna awm hi Pathian ni lovin Setana zâwk hi a ni ta a ang ðhîn. Kan hnênah Pathian www.mizoramsynod.org

a awm chuan a mitmei kan vêng ðhîn. A duh zâwnga awm kan tum a, a duh loh zâwng tih kan hlau ðhîn.

3. Ephesi 4:3-ah chuan *Thlarau inpumkhatna vawng tûra bei tûrin* Paula fuihna kan hmu. Hei hian rinna leh Kohhrana tel dân a sawi âwm e. Thlarau lama inlungrualna hi nupa nunah a pawimawh êm êm a. Hetiang kawnga inhrang tlat mai chuan an nupa nun thlengin an buai phah ðhîn.

4. Philippi 1:27-ah chuan, *Chanchin ða rinna thu tâna bei tâng* tûra fuihna kan hmu leh. Pathian thua ðahnemngaihnaa lungrualna hi a pawimawh hle mai. ðahnemngaih dân inanga nupa awm theih a ða êm êm.

5. I Petera 3:8-ah fuihna dang, *inlaint tawn, inhmagaih, khawngaihna neih leh thuhnairawlha awm* tûra fuihna kan hmu leh. Hêngte hi nupa nun hlimna atân an pawimawh êm êm vek a ni. Nupa nun hlim tak in ni dân em? Inneih mêk leh inneih tûrte kan zâwt a che u.

Sermon

LAL ISUA LUNGAWINA**Marka 14 : 3 – 8; Matthaia 25:14 – 15**

- *Upa H. Lalrammawia*
Electric Veng, Aizawl

Mihring hi kan lo pian aṅanga kan thih ni thleng hian thlen chin leh phak tawk chin kan nei theuh va. Naupang kan nih lai leh kan lo puitlin hnu hi a inang lo êm êm a, kan duh zawng leh ngainat zawng pawh a pangngai reng lo. Kan tih theih chin pawh a lo dânglam hle tawh thin. Chutiang bawkin mi chi hrang hrang pawh hi ‘Naupang theuh theuh, puitling theuh theuh’ a tih ngawt theih loh. Kan theih chin leh phak chin a inang vek lo. Chhûngkuaah pawh unau zingah chhûngkaw tana thawh hlawk deuh leh kep ngai deuh a ni thin. Mahse nu leh pa chu an faten an theih ang tawka an thawh theuhah an lungawi thin.

Tichuan kan sawi duh tak chu Lal Isua hnung kan zuina leh a rawng kan bawlna kawngah hian ti mai mai thin ni lo va, theih tawp kan chhuahnaah hian Lal Isua a lungawi tih hi a ni. Kan phak tawk ang zela theih tawp kan chhuah hi keimahni theuha Lal Isuan a beisei leh a phut pawh a ni. Hei hi Talent tehkhin thu aṅang khan a Chiang êm êm a ni. Bawih pu pakhatin a bawih pathumte

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hnena tihpun tûra talent a pek khan “pakhat hnenah talent nga a pe a, bawih dang hnenah talent hnih a pe a; bawih dang hnenah talent khat a pe a; *an tih theih tawk tûr ang zel theuhvin a pe a..*” tih kan hmu a (Mat 25:15). Inzat theuha tipung tûrin a ti lo. An tih theih tawk bak ti tûrin a ti hek lo. An tih theih tawk ang theuh ti tûrin a ti a ni. An pu lo hawn leh hnua an sum chanchin a zawh khan

theih ang tawka thawka, lo tipungtute hnêna an pu lawmzia leh tipung lo va, lo kawl mai maitu chung a thinrimzia kha, an chan inang lo tak a ni. Theih ang tawka lo tipungtute kha chu dinhmun tha takah a dah a nih kha. Eng mah lo ti lotu erawh kha chu pawn lam thimah, tha leh ha thial awmna hmuna paih chhuak tûrin a ti mai a ni.

Luka 21:1-4: Tin, a dak chhuak a, mi hausaten thawhlawm bawma an thawhlawm thlak lai a hmu a. Tin, hmeithai rethei tê tu emaw dar tangka dere pahnih rawn thlak a hmu bawk a. Tichuan, “Tih tak zetin ka hrilh a che u. Heng zawng zawng ai hian he hmeithai rethei tê hian a thlak tam zawk; heng zawng zawng hian an neih liama mi thawhlawmah an thlak a ni; ani erawh hi chuan a duh lai tak, a intun nunna tûra a neih chhun tê a thlak vek a ni,” a ti a. Engati nge hmeithai dar tangka dere pahnih chauh thawhtu chu mi hausa tak tak, thawhlawm bawma tam tak tak thlakte aia www.mizoramynod.org

“a thlak tam zawk” Lal Isuan a tih? A chhan chu, a neih chhun a intun nunna tûr a thlak vek a ni. A sum neih zawng zawng a pe phal a ni, a pek zat aiin a pek bang a en zawk a ni. Mi hausate chuan an neih chuang liam an thawh a, eng mah harsat nan leh retheih nan an hman chuang lo. Heta thil lo lang chu Lal Isua khan kha hmeithai thilpek a tehna ber chu a neih atangin a ni. Tlem mah se, a aia tam pek tûr a nei lo. A theih tawk tak meuh a pe a ni. Chu chu Lal Isuan pe tam a tihna chhan a ni. Mi hausate kha chuan tam tak pein lang mah se, an harsat pahna tûr khawpin an pe tam lo. An neih za zela chhutin hmeithai ai khan an pek percentage a chhe zawk tlat. Chuvang chu a ni Lal Isuan mi hausa pui pui aia hmeithaiin a thlak tam zawk a tih tlat.

He hmeithai thawhlawm thawh thua Lal Isua ngaih dân leh tawngkam ka chhiar hian ka rilruah thil lo lang pakhat a awm a. Keima thil tawn ngei a ni a. Chu chu hei hi a ni -

khaw pakhata ka zinnaah chuan Pathian zarah mite duhsakna ka dawng nasa hlein ka inhria a. Kan hawn dawn chuan kan thil neih ngai lo leh kan in lama vang deuh chite, a thente phei chu kan neih ve tho chite pawh a ni e. Min duhsaktute chuan chung an thilrawn kente chu min pe liam liam hlawm a. Chung thil min petute zingah chuan mi pakhat min ngai pawimawh em emtu, eng emaw tal chu min pek ve ngei duh si, zak tak leh thil min hawntir ve a tum chu sit tak chung chuan “eng mah hawntir tur che kan nei ve si lo va” tiin a puan hnuai a thilrawn hum tat tat chu arawn phawrh a, min pe ve ta a. Chu chu thil dang ni lovin, Polythine var te reuh te hian Anthur rep kuttum pawh tiat lova bawh hi arawn phawrh a, chu chu min pe ve ta a nih chu. A thil min pek chu ka va han ngainep lo tehlu em! Ka ngai hlu kher mai! Ka lung te pawh a tichhe rum rum zawk. In ka thlen hnu chuan chu Anthur rep ro tlem te chu ei lohvin a bo ang tih ka hlau

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hle a, uluk takin kan dah a, ei pawh kan ei ngei reng a. Anthur rep ro tlem te pek chu eng ti nge chuti em emka lawma, ka hlut? A chhan chu maw, a aia tha mi pek tur a nei ve tlat lo va, a nei ve chhun te chu min pe tlat alawm. Chu aia tha beisei tur an nei tlat lo va, anmahni pawh tanpui ngai zawk, mi dangte tanpuina dawng thin an ni. Kei mihring mahin min duhsaka, a neihchhun te min petu chung lawm nachang ka hriat chuan a nei chhun, a intun nunna tur pawh zuah lova petu hmeithai chungah chuan Lal Isua a va lawm dawn em!

Marka 14:3-8: Tin, Bethani khuaa phar Simona inah a awm laia chaw a kil laiin, hmeichhe pakhat alabasta bawma spiknard hriak rimpui to tak kengin a lo kal a, a bawm chu a tikeh a, a luah a leih a. Nimahsela, thenkhat chu an thinur ta hlawm a nih kha. Tichuan, a chungah chuan an phunnawi ta a. Isua erawh chuan, “Eng mah tih suh u; engah nge in tihbuai ni? Ka chungah hian

thil tha tak a ti a ni. Mi retheite chu kumkhuaa in hnêna awm an ni a, in duh hun apiangah anni chu in khawngaih thei si a; kei erawh chu kumkhuaa in hnêna awm tûr ka ni lo. *A tih theih tawk a ti a ni; ka taksa hi phum tûrin a lo hnawih lawk a nih hi*” tia lungawi taka a pawm thu kan hmu a. Hetah pawh hian he hmeichhiain Lal Isua chung a thil tih hi têtam viauin lang mah se Lal Isuan a bak a phut lo. A tih theih tawk a tihah hian a lungawi tlat.

Keini Lal Isua zuitu, rawngbâwtute hian eng nge kan tih ve theih? Eng nge kan tih ve ang? Lal Isuan kan tih atan a duh ber chu, hre lote hnena Chanchin Tha puan darh a ni. Kan tih theih chin erawh chu a inang vek lo tih a chiang mai. Eng kawng kawngin nge tan kan lak ve ang? Eng chen nge kan tih ve tûr?

Tirhkoh Paula chuan,
 “Chutichuan, Rom khuaa awmte hnênah pawh Chanchin Tha ka theih tawpa
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hril tûrin ka inpeih reng a ni” (Rom 1:15) a ti. A sawi ang ngeiin theih tawp chhuahin, rinawm takin, hrehawm tam tak tuarin Krista Chanchin Tha hril chu a thih chilh thak a nih kha. Keini hi Krista Chanchin Tha hril tûr hian kan inpeih ve em le? Eng chen nge kan inhuam ve? Theih tawp chhuah kan inhuam em? Hrehawm leh retheih phah huamin kan inpe phal em? Mahni theuh i han inen teh ang u. Kan theih tawk inang lo mah se, tih theih chin chu kan nei theuh mai. Mahni ngei pen chhuaka tha thawh ngaih chang a awm a, sum leh pai sen ngaih chang a awm bawka ni. Heng tithei tûr hian mahni inpekna hi a pawimawh ber a ni. A eng emaw ber chu kan tih theih a awm ang. Fakna Hlaah chuan-

*“Kal chhuak thei lote pawhin, mawhpurhna lian tak kan nei,
 Thilpêka rawngbâwl tûrin Lalpan min ko” tih a ni.*

Hetiang hian tha thawh a t̄ul chuan thawh mai, sum sen a t̄ul chuan sen mai. “Ka theih tawk a tlem em a, eng tham a ni lo va, ka ti lo law law mai” ti lovin. Tirkoh Paula’n “Ka theih tawpa hril t̄urin...” a tih angin, a tlem emaw a tam emaw kan theih tawp kan chhuahnaah hian Krista a lungawi a ni. Talent kawltute-ah pawh khan an tih theih ang zela ti t̄urin an puin a beisei laia, an tih theih ngei t̄ura ngaih pawh ti lotu chung a lungawi lohzia leh, theih tawp chhuahtu chung a lawm si zia kha inthlau tak a ni.

Chutiang bawkin hmeithai thawhlawm thawh leh hmeichhe pakhat Lal Isua hriak thihtu thil tih kha lang ropui lo mah se, an theih tawk an chhuahnaah khan Lal Isua a lungawi tlat a ni. Chuvangin keini pawh Lal Isua hnungzuia, a thu awiha, kan rawngbâwl na kawngah hian theih tawk kan nei t̄heuh a ni tih hriain, kan theihna tlem vanga insita, tlan chhia leh pha mai lova theih tawp kan chhuahnaah Lal Isua a lungawi a ni tih hre rengin a tan i thawk t̄heuh ang u. Lalpan a thu malsawm rawh se.

THINLUNGA THIANGHLIMTE

Thinlunga thianghlimte chu an eng a thawl e; Pathian an la hmu dawn si a (Mt 5:8).

Mihringten pawn lam lan dan kan thlir fo t̄hin. Pathian erawh chuan thinlung a en a, a b̄uk t̄hin. Thianghlim chuan fai, thil dangin a pawlh dal loh a entir. Kan rilru a thianghlim tawk lo fo. Kan inkhawm, thawhlawm thawh, rawngbawl naa inhman leh thil t̄ha kan tih te, fak duh vang, mahni rilru nawm leh ngaih t̄hat nana ti mai lovin chapona tel lovin i ti ang u. Thuhrlitute pawh an thu sawi t̄ha tawk nia inhriatah induh tawkna, chapona a awm thei. John Bunyana hnenah pawh “Kha vawiin chu thu i va sawi t̄ha ve,” an ti a. Ani chuan, “Pulpit kailawna ka lo chhuk lai khan Setanan min hrilh daih tawh,” a ti.

*Sermon***COVID-19 TUARNA PHENA LAWMNA**

- *K. Lalrinpuii*
Venghlui

Kum 2020 kum tir lam aţangin Covid-19 in min tibuai a, khawvel ram dangah mi tam tak an thi a. Mizoram erawh chu Pathianin min veng a, hri kai leh thi tlem pawl kan ni reng a. Kum 2021-ah second Wave a lo thleng dawn tih te leh a hlauhawm zawk dawn tih te mi thiamten an sawi reng a, theih tawpin kan fimkhurin kan inveng  ueh awm e.

Vanduaithlak takin keini nupa pawhin kan kai ve ta tlat mai a. Kan pa, Rev. V. Lawmkima hi kum 2018 June thla aţangin Thlarau Bo Zawngtute (TBZ) hnuaiyah Field Director-in Jamshedpur Field-ah a awm ve a. Kum 2021 February thlaah Madhya Pradesh Field Director turin a insawn a. Pempui turin January thlaah Jamshedpur kan thleng thla a, February 2021-ah phur tak leh hlim takin Madhya Pradesh chu kan thleng thla a. Covid-19 second wave a lo thleng  an tih an sawi a, fimkhur takin Missionary-te awmna khaw

hrang hrangte chu NI. Laldinpuii (covid avanga boral ta), Director charge la  hinte nen chuan kan tlawh kual a. Missionary naupang t  t  leh a  then chhangchhe tak takte ka hmuhin ka tluk lohzia leh an inpekna ropuzia ka hmuhin ka rilru an khawih hle a ni.

Thla khat awrh chauh kan awm hman tihah Covid-19 chu kan kai ta tlat mai a, keini nupa bakah missionary pakua lain kan kai ta a. Doctor kan pan a, damdawite min pe a, kan  ha ve mai tura kan inngaih lain chawte kan ei thei lo

va, kan chau sâwt ta viau mai a. Hospitalah kan lut a, ICU hial kan thleng ta a. Ni 21 April, 2021 khan kan pa chu a boral ta mai a. Mi hrisel leh natna benvawn pawh nei lo a nih avangin ka hrilhhaiin a thihpui hi ka ring pha lo hle mai a, kei ka la chau si a, a manganthlak tak zet a ni.

Media-te a ðha tawh a, kan chanchin hi mi tam tak chuan in lo hre tawh thovin ka ring a. Mahni ram ni lova damlohna leh thihna han tawh chu a lo rapthlâk hle mai. Kan chhûngten min rawn be reng a, Kohhranhote leh Mizoram mipuiin min ðawngtaipui nasatziate min tawn hrilh reng a. Kan pa nen pawh “Min ðawngtaipuitu an tam em mai, Pathianin min tidam leh ngei ang” tiin kan thla a muang êm êm a ni. Tin, Mizoram pawna Mizo awmte kan chanchin hria apiangin min lainatin min ðawngtaipui reng tih te kan hria a, a ropui kan tiin lawm thu kan sawi mawlh mawlh a ni.

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Madhya Pradesh-ah hian kan awm thar chauh a, thawktute pawhin min la hre Chiang hman lo hle chungin kan damlo ta si a, hmangaih takin min buaipui nasa êm êm a. Hospitalah min vil reng a. Mahni inah pawh haw lovin damdawi in varanda-ah an riak tawp a, kan mamawh tinrêng an lo lam zel. Kan pa a boral a, an buai sung sung a, kei ka che thei si lo va, a ðhenin min awmpui a, kan tibuai nasa em em a. An inpêkna a ropuiin Pathian khawngaihna kan dawn hi sawi sen a ni lo va, kan lawm tak meuh a ni.

Kohhranhote, kan thiante, ðawngtaina bakah sum leh paia min ðanpuitu an ðhahnem êm êm a, ropui kan tiin kan phu lo hle mai. Mi mal tin hnenah lawm thu kan sawi thei lo va, he Agape kal tlang hian lawm thu ka rawn sawi ve tawp mai a ni.

He kan tuarna ang hi mi tam tak pawhin an tuar

ve a. Lalpa remruat hi mihringten kan ti danglam thei lo tih hi a chiang hlein ka hria a, kan tuarna hi a na hle a, ruang kan hawn thei bawk si lo va. A tirah pheih chuan Pathian hi ka chhuahchhal a, ka vui a, a mite tawngtaina a chhang lo te hian ka hria a. Mahse, in mi tawngtaipuina avangin kei tal ka dam chhuak hi ka lawm a, lawm thu ka sawi bawk a.

Lalpa remruat hi ka lo hre thiam lo hle mai a, khu lai Madhya Pradesh field-ah khuan kan pa taksa hi Lalpan dah a lo duh a, kan pan char char hi niin ka hre ta a. Mi tling lo tak mai hi chawimawia, ropui taka thihtir hi a duh niin ka hria a, lawm thu ka sawi leh thin. Keimahni ang thova lusun leh tuar nasa zawkte an tam ta hle mai. Mihringte hi thi tura piang kan ni miao si a, kan taksa a thih loh chuan Lalpa hnen kan thleng thei si lo va. Thihna hi mihringte tan chuan a na hle mai. Kan hmangaih kal tate ngaiin kan

tap reng mai a, amaherawhchu, ringtute kan vanneihna chu kan taksa hi boral mah sela lungngaihna leh tuarna awm tawh lohnaah vanramah kan awm dawn a ni tih hian min thlamuan thin a ni. Chuvangin, Covid-19 emaw natna dang avanga boralte hi an awhawm zawk ngawt mai.

Pathianin a hun a tihah chuan a hnenah min la hruai ve ang a, kan hmangaih kal tate nen Lalpa kan la fak ho dawn a ni. Chuvangin, tuarna karah Lalpa hmel en tlat hi a pawimawhin Lalpa remruatah hian vui lo phawt ila, kan phurrit hi min chhawk a inpeih reng si a. Kan dam nana min tawngtaipuitu leh sum leh paia min tanpuitu zawng zawng chungah lawm thu kan sawi tak meuh a, in tawngtaina hi a thlawn lo va, a chhanna chu kan duh dan a ni vek lo mai thei, 'Lal thu chu thu tawp' a ni miao si a. Lalpan malsawm vek che u rawh se.

Article

KOHRAN HMEICHHIA LEH LITERATURE

- Vanlalauvi Chawngthu
College Veng

Kum hnih pumhlum a ni ta, hrilêng (Pandemic) in min chamchilhna a rei duh ngar ngar hle mai. Khawvêl a ni miau si a. Mi mal, Kohhran leh Sawrkâr pawh a tibahlahin nun a khawng-khaw-bâi hle mai, Literature Week leh Mental Health te hi zir a châkawm tehlu nêh hian. Mahse, mahni thiam ang tâwk tâwka Kohhran mala kan zir pawh hi a ða rêng rêng e.

Nia, kan thu zir tûrte hi an thlang thiamin kan mamawh lai tak (need of the hour) pawh a ni a, Covid-19 hian kan taksa chauh hi min rûn lo va, kan rilru leh thlarau nun hi a tisawngnâwi zo vek a. Kan eizawna kawnga kan hma lâk dân phung te, kan Pathian biak dân thleng hian min sâwi danglam a, hetiang kan nih tak nuaih avâng hian Mental Health - Rilru hrisêlthe hi kan mamawh leh zual phah ta hle a nih hi maw.

Kan thu zir tûr ziaktute sawi ang hian - Taksa hrisêl
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leh rilru hrisêl hi a lo inzawm nghet êm êm a. Taksa nâ zaa sawmli (40 %) hi rilru a dam chuan a dam ve thei a. Hei vâng tak hian hrilêng kâra kan rilru put hmang tihdam hi a tûl rêng a lo ni. Rawngbâwl na kawngah te hian rilru hrisêl hi a lo pawimawh hle mai.

Kan thu zir tûr pakhat Literature week nêh pawh hian a inkungkaih ða hle mai. Literature ða hian nun a kaihuai ða a, Literature ða lo lahin mihring hi min tichhe vek thei a. Kan tûnlai

hun tawngah pawh hian rilru hrisêl nei tûr chuan Literature ða kan hman ðangkai hi a lo ngai khawp mai. ‘Literature chu eng nge ni’ tihah chuan hrilhñiah dân a tam mai a. ‘Literature chu mihring rilru leh ngaihtuahna, lunglên zâwng leh vei zâwng thu eng pawh, hringnun nêna inlaichîna nei, awmze kumhlun nei tûra mawi taka thu ziak hi a ni’ a tih theih ang chu. Hetiang a nih avâng hian rilru hrisêl nei mi chuan Literature ða chu a ngaina nghal lo thei lo va, a rawngbâwlna thlengin a hmang ðangkai thei.

Sawi tûr a tam dân viau mai a, Literature huang chhûngah tho hian ðawngkam dik hman hi a lo pawimawh khawp mai a, a bîk takin Kohhran leh rawngbâwlnaah hian uluk a lo ðûl khawp mai. Tin, kan ðawng - Mizo ðawng hi humhalh pawh a ngai ta hle mai bawk. UNESCO chuan, khawvêl ðawng tam tak a thi tawh a, tûnah hian kan ðawng pawh hi thih www.mizoramynod.org

hlahuhthâwnawm zîngah a dah a. Chuvâng chuan a hmangtute hian kan humhalh a, kan vawn nun zêl loh chuan ‘Ðawng thi’ a nih ve mai a hlahuhawm khawp mai.

Pu R. Lalrawna’n, “Ðawng hi nunna nei ni lo mah se, a hmangtute hi mi nung kan nih avângin nung ve reng, eng emaw kawng zâwng chuan danglam ve reng ðhîn a ni” a ti a. Chuvâng tak chuan a ðhangin a pungin a thi thei reng a ni. Hetiang a nih vâng hian a hmangtute kan pawimawh êm êm a, a bîkin Kohhran leh rawngbâwlna lamah hian ðan kan lâk a ðûl hle. Hei hi a chhan pawh Kohhran hi ngaithlatu Platform ngah ber kan ni a. Mi ðhenkhat chuan ðawng tichhetuah te pawh an lo puh ve mêk bawk a. A tichhia emaw a tichhe lo emaw, a dikna chen a awm a. Kohhran hi mipui/ngaithlatu ngah ber a ni a, an ðawngkam hi mipui hian an hmang zui ve zêl niin a lang. An duh emaw duh lo

emaw, hriat ngun/zin na na na chu an lo la chhawng mai a ni. Chuvânga uluk ngai a ni rêng a. Tin, khawlai ÷awng tuallêng nazawng pawh hi Biak Inah chuan hman loh tûr. Upa C. Sangzuala hian ‘Kohhran ÷awngkam’ tih thupuia hmangin lehkhabu ÷a tak a siam a. A duh ulukin ÷ahnem a ngai bawk a, a ÷angkai khawp mai. He Article tâwi têah hian sawi sên a ni dâwn lo va, chhiartu zawng zawng hian chu lehkhabu chu neih ngei a duhawm khawp.

Kohhran chuan ÷awngkam bik a nei rêng em ni a tih theih a, ‘nei e’ ti pawn a chhân theih ang chu. Entîrna tlêm han sawi ila - Turu, bawnra, thlâwt, khep khep. Hêngte hi tuallai ÷awng, a hmanna hmunah chuan a fuh viau thei, mahse Pathian Biak Ina seng luh chi chu a ni lêm lo. Kohhran ÷awng, Pathian biakna hmuna hman atân chuan a mawi ve lo. Biak Ina ÷awngkam hi a zahawm tûr a ni.

A sei lutuk hmain titâwp mai dâwn ila. Kan sawi tawh angin, kan ÷awng hi keimahni’n kan humhalh loh chuan tu man min humhalhpui dâwn lo va. Chumi kawngah chuan Kohhran hi a hmanraw pawimawh chu kan ni a. Chairman inkhâwm hruai dânah te, Secretary thu puan ÷awngkamah te hian kan hriat loh hian member-te hian kan la chhâwng duh khawp mai a. ÷antu Bible chhiar leh ÷awngtâi thu hmanah te pawh hian uluk a ngai khawp mai. Committee-a kan ÷awngkam hman dân te, Committee meeting Secretary record dânah te pawh hian duhtui hle a lo ngai a ni.

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Article

ZAWN HMASAK TÛR

- Pi P.C Laltlani
Bawngkawn East Kohhran

A ram leh a felna chu zawng hmasa zâwk rawh u, tichuan chûng zawng zawng chu a pèk belhchhah dâwn che u nia (Mt 6: 33). Helai Bible thu hi kan hre lar hle a; mahse, zawm kan harsat hle thung a. Isua thu sawi a ni a, kan zâwm ngei tûr a ni. Kan zâwm lo a nih chuan kan thawk rim thlâwn fo ang. LALPAN in a sak loh chuan, a satute chuan an thawk rim thlâwn mai a ni (Sam 127:1) tih ang khân.

Pathian ram leh a felna kan zawn hmasak dân tûr chu kan thil tih tinrêngah a ni a. Pathian râwn hmasa lova mahni ngaih dân leh duh dân anga thil tih chin loh tûr a ni.

chu maichâm chungah a ni a, chutah chuan mei tinung reng tûrin Pathianin a hrilh a.

1. Chhûngkuaah

A tûrin Pathianin inneihna a siam a. Inneihna chu chhûngkaw dinna a ni a, Pathian hriatpui a ni. Pathian biakah chhûngkaw Pathian tih a ni thîn. Abrahama Pathian, Isaaka Pathian, Jakoba Pathian chu an thlahte thlenga an Pathian a ni a. Pathian hnênah chuan inthâwina an hlân thîn a. Pathian hnêna thil hlanna

Kristian chhûngkuate chuan kan inah Pathian kan be reng tûr a ni. A hnêna tawngtâiin kan bia ang a, malsawmna tam tak min pek avanga lawm thu sawina leh dil kan duhte a hnenah kan thlen ang a, a âw hre turin Bible kan chhiar ang. Chhûngkuaa Bible chhiar leh tawngtâi chu Pathian nen kan inzawmna a ni a, thlahthlam loh tur a ni. “Maichâm chungah mei chu tihnun reng a ni ang a, a mit

tur a ni lo” tih angin chhôngkuaa Pathian biak chu tihnun reng tur a ni a, bansan tur a ni lo (Lev 6:12).

Kohhran Hmeichhiaten Kristian Chhungkaw tehna kan siamah ni tina chûng inkhawm nei kan zawt chhuak ðhin a. Nei thei lo kan tam ðhin hle a, khawpuiah pheï chuan hruaitute tan a luhaithlak hle ðhin. Ni tin chhung inkhawm neih theih loh chhan lar tak chu chhungkua kan kim thei lo tih a ni a. Hei hi chhuanlam tling tawk niah kan ngai a, mahse a dik lo a ni. Kohhran inkhawmah hian inkhawm apiangin kohhran member-te kan inkhawm kim vek lo va, Kohhran upate pawh an kim vek theih loh chang a awm a. Mahse inkhawm hun pangngaiah chuan inkhawm a awm reng a, a thei apiang kan inkhawm mai a ni a. Chutiang bawkin chhông inkhawmah pawh tel hman lo emaw tel duh lo an awm a nih pawhin chhung inkhawm ðhulh nan hman loh tur a ni. Chhung inkhawm nei ngai lo

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chhungkuaah Lalpa a chen a rinawm loh va, Lalpa chenna ni lo chhungkaw tan malsawmna, ei leh bar, silh leh fen, venhimna leh enkawlna hmuh beisei a har duh.

2. Fa enkawlah

Isuan zawn hmasak tur a tih zawng hmasa lo va, fate enkawl kan awm ðhin. Pathian ram leh a felna aia fate zirna leh thiamna, an hna thawh tur zawn hmasak kan ching hi a ðha lo hle. Fanaute chu Lalpa laka kan rochan an ni a, ðha taka enkawl tur a ni a (Sam 127:3). Nunna petu a nih avangin a duh dana kan enkawl loh chuan min laksak daih thei a. Chuvangin, zawn hmasak tur chu zawng hmasa lova kan enkawl chuan kan tifuh lo vang. Thiamna duh vanga kan beihna lamah Pathian duh dan kan pensan daih thei a, fimkhur hle a ðul a ni.

Þhenkhat chuan ka fate han lian deuh se ka inkhawm ang a, an ðhan len hunah kohhranah ka inhmang ve ang an ti a. An fate an lo

thang lian a, an duh angin an hlawhtling lo va. Thenkhat phei chu sualna kawng zawhin nu leh pa duh loh zawngin an awm a. Fa sual neih vangin inkhawm an peih lo va, Pathian an hlat tial tial a, an thlarau nun a chau thin. Isuan “Zawng hmasa rawh u,” a tih an zawm loh vang a ni. Fate sualna vanga zak ngawih ngawih nu tan chuan rual kawm a nuam lo va, kohhrana inhman lek phei chu ngamawm loh tak a ni. Isuan “Zawng hmasa zawk rawh u” a tih zawm loh hi a pawih hle a ni.

Nu thenkhat an fate naupan lai atanga Biak In ngainattir tum tlat an awm a. Naupang Sunday School-ah an hruai a, kohhran inkhawmah an hruai baw a. Naupang chuan beng a an hriat leh mita an hmuh chu an thanlenpui a. An lo puitlin hunah pawh an rilruah a cham reng a. Anmahni duh thlanna ngeiin Pathian duh dan zawma, kohhran belh tlat an duh avangin an peng bo lo va, lawmawm tak a ni. “Naupang chu a kalna awm www.mizoramynod.org

kawngah chuan zirtir ula, A upat hun pawhin a thlah lo vang” (Thuf 22:6) tih angin naupang chu a upat huna ni tura kan duh angin an tet lai atanga enkawl tur a ni. Inkhawm mi, kohhrana inhman ni tura duh chuan Biak Inah hruai tur a ni a, khawlai mi ni tura duh chuan thlahthlam mai tur a ni.

3. Ei zawnnaah

Pathianin kan hmaah nunna leh thihna, malsawmnna leh anchhia a dah a (Deut 30:19). Thu kan zawm chuan malsawmnna a ni ang a, a thu kan zawm loh chuan anchhia a ni ang. Isuan ‘Pathian ram leh a felna zawng hmasa zawk rawh u’ a tih hi kan tana tha tur min kawhhmuhna a ni a. Pathian engkim hretu chuan kan mamawh engkim a hria a, a ram leh a felna kan zawn hmasak chuan kan mamawh min pe mai dawn a ni. Isuan “Chung zawng zawng chu in mamawh tih in Pa vana mi’n a hre reng a ni” a tih ang khan (Mt 6:32). Chung zawng zawng tih hian ei leh

bar, silh leh fen bakah kan mamawh dang venhimna, thlamuanna leh, nun kawng dika hruai a huam a. Pathian ram leh a felna zawng hmasatu chuan heng zawng zawng hi a dil ang a, pekin a awm ang. Sam ziaktu chuan, “Naupang ka lo ni tawh a, tunah tar ka lo ni ta a, Nimahsela mi fel chu kalsana a awm ka hmu ngai lo va, A thlahte chaw khawn pawh ka hmu ngai hek lo” a ti a ni (Sam 37:25).

Israela thlahte Pathian chung a an phun nawi fo chhan chu ei tur leh in tur an duh vang a ni a. Pathianin ei tur manna leh sa ei tur vahmim a pe a, lungpui atangin in tur tui a pe a. Thlalera an kal chung zawng an silhfen a hlui lo va, tlakchham an nei lo va. Kawnga an kalin

meialh leh chhumdingin a hruai baw k a. Israela thlahte chung a tih ang khan keini chungah pawh a ti thei a. Pathian ram leh a felna zawng hmasatute chu an mamawh tinreng a pe mai dawn a ni.

Tlangkawmna

Isuan taksa leh nunna atana lungkham luat a sawt lo tih a sawi a. A chhan chu lungkham luat avangin tih theih kan nei lo a ni. In leh lo neih duh vanga chetsual te, fate thiamna duh vanga sual kawng zawhtir te, sum leh pai it vanga vanduainate thlang thei a ni a. Chung zawng zawng laka min veng theitu chu amah Pathian chauh hi a ni a. Chuvangin, Isuan ti tura min duh a ram leh a felna zawn hmasak hi i ngai pawimawh theuh ang u.

SIMNA

Simna hi kan thil tih sual tawh avanga lungngaihna ringawt a ni lo, tih tawh lohnain a zui tur a ni.

~ *Hans L. Martensen*

Hriselna Huang

CHHUL HMAWR CANCER

- *Dr. K. Lalfakzuala*
Tuikhuahtlang

Chhul hmawr cancer (Cervical cancer) hian khawvêl puma hmeichhe cancer tam dân indawtah 4-na a hauh phak a, ram thang lai India ram angah te pheh chuan pahnihna a ni pha hial a ni. Mizoramah pawh hian hnute cancer nen pakhatna an innih chhawk zar zar reng a, kum 2020-ah erawh kha chuan hmeichhiaah chuap cancer a rawn sang ber ve ta thung mai pawh a! (courtesy: PBCR, Mizoram)

Khawvêl ram hausawkah te chuan hmawr cancer avanga natna leh thihna hi tlem sawt viau tawh mah se, ram rethei zualah te erawh chuan hmeichhe cancer veite zingah thihna thlentu tam ber pawl a la ni reng a ni.

A natna thlentu bera ngaih chu virus chi khat Human Papilloma virus (HPV) type 16 & 18 ni-a ngaih a ni a, hei hi sexually transmitted disease (Mipa leh hmeichhe inpawlna aṅanga kai) zinga mi a ni. HPV hrim hrim hi chu a common hle a, mi tam berah chuan HPV hi www.mizoramynod.org

amahin natna eng mah pawh thlen hran lovin a reh ve mai a, mahse mi thenkhat chuan reh ve mai lovin rei tak a awm hnuah zawi zawiin chul hmawr cancer a lo thlen thei ta thin a ni. Mi pangngai (Natna dotu chak tha pangngai) ah chuan HPV hian chhul hmawr cancer thlen tûr hian kum 15 aṅanga kum 20 hial te a duh thei a; amaherawhchu, taksaa natna dotu chak lo deuh zingah chuan kum 5 aṅanga kum 10 chauh te pawh a ni thei a ni. A awmzia chu cancer tak tak a nih hma khan pre-invasive/ precancerous lesion (cancer a la chang mai tûr) angin a

awm rei avangin screening tih that chuan inven leh hmuh chhuah hma a; enkawl dam mai theih a ni. World Health Organization (WHO) chuan kum 2020 aţang khan khawvêlah chhul hmawr cancer tih reh (public health problem tling lo tûrin) tumin hma a la mêk a ni.

Risk factors lar zualte:

- 1) Multiple sexual partners- Mi chi tin chi tang mutpui thinte zingah HPV an kaina chance a sang.
- 2) Early sexual activity- Hmeichhia kum naupangtea mipa mutpui zingah HPV kaina chance a sang.
- 3) Other sexually transmitted infections - Sex hman aţanga natna kai theih chi hrang hrang chlamydia, gonorrhoea, syphilis leh HIV-ah te HPV kaina chance a sang.
- 4) A weakened immune system - Taksa natna dotu chak lovah.
- 5) Long-term use of oral contraceptives-Indanna mum ei chi hman uar lutuk.

- 6) Smoking-Hmeichhia mei zu thin te zingah a chance a sang bik.

Khing kan han sawi te avang khian kan kawppuite kan lo ringhlel rum rum mai ang tih te pawh a hlauhawm a, chutiang tûr ni lovin HPV hi a common êm êm a, tu te pawhin chhul hmawr cancer hi an vei thei vek a, khing kan han sawi hoah te khian a chance a sang deuh tihna mai a ni tih hre reng ila.

A lan chhuah dân tlangpui:

- 1) Serh aţanga thi chhuak (ni dânga awm ngai lo nupa nun hman zawha thi tlem tlem chhuak te, thi hul tawh hnu daiha thi chhuak awm leh ang te, etc.)
- 2) Serh aţanga bawlhhlawh chhuak (a thenah chuan a rim chhe thei baw)
- 3) Tai bawr vel nâ, hnungzang vel nâ.
- 4) Rihna hloh (weight loss)
- 5) Ke vung, etc.

A enkawlina lam:

Type chi hrang hrang awm baw mah se chhul

hmawr cancer hi hmuh chhuah har loh chuan a damna chance a tha hle a. A tlangpuiin a tir teah chuan zai emaw inhem emaw a tul a, a hnu lamah chuan inhem a ni tlangpui a; tin, a puitu atan chemo pek tel thin a ni baw (chemoradiation). A lo nasat viau tawh chuan chemo chauh pek ngai te pawh a ni thei baw.

Invenna lam:

Cancer zawng zawng te hi inven theih ni lo mah se, chhul hmawr cancer hi chu inven theih, hmuh chhuah hma theih leh enkawl dam theih zinga mi a ni hlah mai a. Chuvangin a invenna leh hmuh chhuah hmana lam hi kan uar tur leh kan ngaih pawimawh ber tur zinga mi a ni. Khawvel ram Hausa ho zingah chhul hmawr cancer avanga thi an tlem tawh viau laia khawvela ram rethei ho zinga thihna chhan tam ber pawl a la nih tlatna chhan bulpui ber chu a invenna leh hmuh chhuah hmana lamah an pachhiat vang leh a nachang an hriat tawh loh vang a ni ber.

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Inven leh hmuh chhuah hma dân:

1) **Vaccination**-Human papilloma virus laka inven nan hian HPV vaccine a awm tawh a. America leh khawvel hmun thenkhatah te chuan an hmang nasa tawh hle. Invenna tih takah miin chhul hmawr cancer a vei hma, HPV exposure a neih hma daih atanga vaccine hi lak tur a ni a. WHO in a recommend dân chuan hmeichhe naupangin mipat hmeichhiatna a la hman hma naupang kum 9 atanga kum 14 in karah vaccine hi pek tur a ni. Vaccine te hi chi hrang hrang a awm ve a, mahse an vai hian HPV type 16 leh type 18 lakah an hman tlak veka ngaih a ni a. Tin, vaccine te hi clinical trials (an enchhinna) atanga an hmuh dân chuan a him (safe) in; chhul hmawr cancer ven nan hian an effective hlein an hria a ni. Kum 14 hnu lamah pawh vaccine hi lak chu a lak theih a; amaherawhchu, kum a upat poh leh a effective dân a nep ve tial tiala ngaih a ni.

India ramah chuan HPV vaccine hi kum 2008-ah khan introduce a ni tawh na a, India ram Universal Immunization Programme-ah hian telh a la ni lo a ni. Tichuan, a wawi khatna atan New Delhi-ah National Cancer Awareness day ni tak November ni 7, 2016 khan sikul naupang mi 1200 dawnah HPV Vaccination Programme hi hman ÷an a ni ta a. Tichuan, Punjab sawrkar-in a rawn hmang ve leh a. India ram ang ram hausa vak lo leh population sang bawh siah chuan mi nawlpui hman tûr anga han ruahman hi chu kan la tlin lo deuh a nih hmel a, a man a lo tlawm vak bawh si lo nen. Mi mal anga he HPV vaccine la duh tân erawh chuan lak theih tho chu a ni.

2) **Screening**- Screening chu miin a taksaah eng emaw insawiselna a neih hma hauha a taksaah thil fel lo entir nan a ruka cancer lo inñan tûr emaw lo inñan tir emaw a awm leh awm loh eng hmanraw hmang emaw-a test hi a ni. Screening-na atan hian www.mizoramynod.org

chi 3 pawimawh deuh deuh a awm a:

a) **VIA/VILI (Visual inspection with acetic acid or Lugol's iodine)** - Trained doctor-in chhul hmawrah acetic acid a zu hnawih ang a, minute khat hnuah emaw han en leh khan cancer-a lo chang tûr emaw cancer ÷an tir lai kha a rawng a lo inthlak dânglam bik mai dawn a ni. He procedure hi hmanrua a ngai tlem a, a awlsamin a rang a, a tlawm bawh. Chuvangin, kum 2016 khan Ministry of Health & Family Welfare of India chuan hmeichhia kum 30 añanga kum 65 inkarte tan kum 5 dân zela screening procedure atân a hman ber tûrin a thlang ta a ni.

b) **PAP Test/ PAP Smear**- Hei hi ram changkang hoah te an hman tam deuh ber a ni. Trained doctor-in chhul hmawr kha hmanraw chi khatin an zu hru zeuh a, chu chu microscope-ah Doctor thiamten an lo en ta a, cancer a lo la chang tûr leh cancer ÷an tir lai a awm chuan a hriat theih ta ÷hin a ni. VIA/VILI

ai khian a awlsam lo deuh zawk a; tin, a to deuh zawk bawk. India ramah hian Centers for Disease Control and Prevention (CDC) in a recommend dân chuan hmeichhia kum 21 ațanga kum 65 inkarten kum 3 dân zela test tûr a ni.

c) HPV DNA test - Hei hi PAP test nen a kal hmang a inang deuh a, chuvangin PAP test tih rual pawhin a test ve nghal theih a ni. Kan sawi tak ang khan Human Papilloma Virus (HPV) hi type hran hran awm zingah chhul hmawr cancer thlen theitu bik type ang chi kha miin a pai leh pai loh enna a ni ber. He mi test hi WHO chuan chhul hmawr cancer screening-a hman tûrin tun hnaiah a recommend a, to lutuk lo, ța ve bawk si, khawi lai ram leh hmunah pawh hman theih a ni a; amaherawhchu, ram rethei deuh hoah chuan mi nawlpui anga hman atân chuan a to ve deuh hlek si a ni. WHO-in a duh dân chuan hmeichhia kum 30 a tlinin test ța tûr a ni a, kum 5 ațanga kum 10 dân www.mizoramynod.org

zelah test tûr a ni. HIV positive tan chuan kum 25-ah test ța nin kum 3 ațanga kum 5 dân zelah test tûr a ni.

Aw le, kan sawi tak ang khan cancer zawng zawng hi hma taka hmuh chhuah vek duh mah ila a theih vek lo va; mahse, chhul hmawr cancer erawh hi chu a tir têah cancer a la nih tak tak hma pawha hmuh chhuah theih leh enkawl dam awlsam tak a ni a. Amaherawhchu, kan inthlahdah avang te, a nachang hriat loh avang te, kan ngaihsam lutuk avang te leh inentir kan hlauh tlat avang tein doctor kan pan duh lo va, a loh theih loh tawpah mahnia kan tawrh theih ngang tawh loh hnuah te chauh kan inentir țin avangin phengphehlepa khua kan tlai zo ta țin a ni. Chuvangin, a chung a kan sawi te khi hre rengin, inrinhlelhna deuh kan neih chuan doctor thiam te pan vat ila, chhul hmawr cancer lakah kan invengin thihpui pawh nasa takin kan tlak hniam phah thei ngei ang.

MIZORAM PRESBYTERIAN KOHHRAN HMEICHHE ROREL INKHAWM VAWI 11-NA REPORT

*Report petu - Dr. Lalthansangi Fanai
Asst. Secretary
Central Kohhran Hmeichhia*

Kum tin March thla Pathianni vawi hnihna hmangin Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui Lian/Rorel Inkhawm neih thin a ni a. Rorel Inkhawm Vawi 11-na erawh COVID-19 hripui leng vanga a hun sawnin Mission Veng Kohhran Biak In, Aizawl-ah May 26, 2022 (Ningani) ah neih a ni a, palai 332 an kal thei a ni. Rorel Inkhawm thupuiah “*Sim ula, hawi kir leh rawh u*” (Tirh. 3:19) tih hman a ni a, Rev. Dr. C. Lalhlira ziaik thuchah hi Rorel Inkhawm Vawi 11-na Minute Buah dah a ni.

Kum 2021 chhunga rawngbawlna chanchin Bial 210 leh Kohhran mal 5 (Kolkata, Delhi, Bengalaru, Mumbai, Pune) atanga lut kimin Kohhran 974-a chhungkaw 1,15,572-ah Kohhran Hmeichhe member 1,88,060 an awm a. Bial 178-in Kohhran Hmeichhe Inkhawm neiin inkhawm thei lo Bial 37-a Kohhran 73 an awm. Ni tin Chhung Inkhawm nei chhungkua 75,876 (65.65%) niin buhfaitham tham ziah chhungkua 1,13,644 (98.33%) an awm a, buhfaitham hmuh zat belhkhawm chu Kg 1,12,51,818.100 gm a ni.

Kristian Chhungkaw Dinmun tehnaah (January – December 2021) lawmman pakhatna dawngtu pahnih an awm a, chungte chu N.E Khawdungsei Pastor Bial leh Phainuam Pastor Bial niin, Rev. Dr. Vanlalnghaka Ralte, Synod Moderator-in No Mawi a hlan a ni.

Kum 2021-2022 chhunga sum hmuh zawng zawng ‘32,97,343.80 niin kum 2022-2023 Inkhawmpui Lian Budget chu ‘42,00,000.00 a ni. Kum 2021 chhunga Women Centre-a puanthui zir chhuak mi 24 thlah an ni a, Hmangaihna Ina naupang 14 awmte pual tawngtaipui leh nau chawmna pek niin Agape chanchinbu copy 42,800 chhut a ni.

Rorel Inkhawmin rawngbawlna tur hmachhawp ruahmanin Synod Hospital, Durtlang leh John Williams Hospital, Lunglei puala inkhawm tum khat thawhlawm pek, Awmni khama tawngtai, Fa nei tam tura inzirtir, Social media a tha zawnga hman tangkai dan inzirtir, *Khawtlang nun siam thatna kawnga hmeichhiate mawhpurhna* booklet siam leh zir, a theih chin china Kohhran Hmeichhe Ni-a thu zir tawi fel deuha buatsaih, Chaw nghei tawngtai kan hman mekah *sual thupha chawi* thupui telh, thla thar tawngtai rual thupui pariat neih leh Synod Executive Committee-a thlen tur ‘Kohhran Hmeichhe Committee-a awm turin a theih chin chinah kum 70 aia upa lo ni rawh se’ tih rel a ni.

Inkhawmpui Lian leh Rorel Inkhawm neihna tur hmun leh hun tur hengte hi an ni:

Inkhawmpui Lian

Kum 2023

A hmun: Darlawn

A hun : Ni 10-12 March 2023

Rorel Inkhawm

Kum 2024

A hmun: Dawrpui Kohhran, Aizawl

A hun : Ni 8-10 March 2024

Kum 2025

A hmun: Thenzawl

A hun : Ni 7-9 March 2025

Kum 2026

A hmun: Champhai Vengthlang

A hun : Ni 6-8 March 2026

Kum 2027

A hmun: North Vanlaiphai

A hun : Ni 5-7 March 2027

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Rorel Inkhawm thlengtu, kum 124-a upa, Mission Veng Kohhran inbuatsaihna a entawn tlak hle a ni. Rorel Inkhawm tan hmains Inkhawmpui Thlen Committee tum riat an thu khawm a, a tul apiang bawh zui tura sub-committee 11 din ten mahni zawn theuhah palaite an vil hneh em em a, an inpekna a ngaihhlutawm hle mai.

A tawp berah chuan Kohhran Hmeichhiate rawngbawlina kawng hrang hranga min hruaitu Pathian hnenah lawm thu awm rawh se.

KUM 2022 CHHÛNG ATÂNA HMANGAIHNA INA NAU CHÂWMNA PETUTE LEH AN CHÂWM ZÂT

SN. Bial/Kohhran/Mimal hming	Chawm zât
53. Khatla Bial Kohhran Hmeichhia	8
54. Tuithiang Vengchhak Kohhran Hmeichhia	4
55. E. Lungdar Venghlun Bial Kohhran Hmeichhia	1
56. Aizawl Kohhran Hmeichhia	4
57. Bethlehem Venglai Bial Kohhran Hmeichhia	5
58. W. Phaileng Dinthar Bial Kohhran Hmeichhia	2
59. Champhai Bethel Bial Kohhran Hmeichhia	1
60. Zemabawk Bial Kohhran Hmeichhia	5
61. Bairabi Kohhran Hmeichhia	1
62. Aibawk Bial Kohhran Hmeichhia	1
63. Rangvamual Kohhran Hmeichhia	2
64. Zonuam Bial Kohhran Hmeichhia	4
65. Zonuam East Kohhran Hmeichhia	4

66.	Falkland Kohhran Hmeichhia	2
67.	Lawngtlai Bazar Veng Kohhran Hmeichhia	2
68.	Kawlkulh Bial Kohhran Hmeichhia	1
69.	Sialhawk Bial Kohhran Hmeichhia	1
70.	Chhiahtlang Bial Kohhran Hmeichhia	4
71.	Shillong Mizo Presbyterian Kohhran Hmeichhia	6
72.	Chalrang Bial Kohhran Hmeichhia	1
73.	Baktawng Venglai Kohhran Hmeichhia	1
74.	Serchhip Bazar Kohhran Hmeichhia	2
75.	Kawrthah South Kohhran Hmeichhia	2
76.	Zawlnuam Bial Kohhran Hmeichhia	2
77.	Kawnpui Chhim Veng Kohhran Hmeichhia	3
78.	Thingdawl Bial Kohhran Hmeichhia	3
79.	Madanrting Bial Kohhran Hmeichhia	2
80.	Khawbung Vengpui Bial Kohhran Hmeichhia	1
81.	Khawbung Bial Kohhran Hmeichhia	2
82.	Darlawn Bial Kohhran Hmeichhia	4
83.	Khawzawl Dinthar Bial Kohhran Hmeichhia	3
84.	Champhai Kahrawt Bial Kohhran Hmeichhia	4
85.	Tlungvel Bial Kohhran Hmeichhia	1
86.	Suangpuilawn Bial Kohhran Hmeichhia	1
87.	Siaha Kohhran Hmeichhia	2
88.	Thenzawl Bial Kohhran Hmeichhia	2
89.	Zohmun Bial Kohhran Hmeichhia	2
90.	Keitum Bial Kohhran Hmeichhia	1
91.	Bilkhawthlir Bial Kohhran Hmeichhia	1

*Ei siam dan***CHILLI PORK****Mamawhte:**

Vawksa	-	½ Kg
Artui (a var lai)	-	2
Cornflour/maida	-	thirfian lian 4
Fanghma	-	pum 1(lian vak lo)
Tomato	-	pum 4
Purun sen	-	pum 1
Hmarchapui	-	2
Sawhthing	-	inch 1 vel
Purun var	-	fang 5 vel
Vinegar	-	thirfiante khat
Soya Bean sauce	-	thirfian 4
Tel	-	thirfian lian 4

A siam dan:

1. Vawksa chu chhum hmin la, a ruh tel loin sin te tein chan la, artui pawn var leh cornflour/maida i chawhpawlhah chuan i vawksa zai kha thlak la, chawhpawlh rawh.
2. Tel chhuang la, i vawksa chawhpawlh kha kang la, thur lehngal zel la.
3. I vawksa kann tel ngaiah khan Purun sen chan sawm thlak la, tlema i kan uai deuhah purun var, sawhthing leh hmarcha te chu thlak la, minute 2 vel kang rawh.
4. Tomato te khi chhum la, thingpuife thlitnain rawt thla ang che.
5. Tomato tui, vinegar, soyabean sauce leh chite chawhpawlh la, hmarchapui leh fanghma zai lep telh leh rawh.
6. Vawksa kan te nen khan chawhpawlh la, rei lo te kang leh la, a sat laia ei tur a ni.

(Hetianga vawksa kan hi a hlawkin a daihzai a, vawksa thau deuh pawh ei a awlsam khawp mai).

MISSIONARY TANA AGAPE CHANCHINBU LÂKSAKTUTE

Bial, Kohhran leh mi mal eng emaw zâtin Missionary te tân AGAPE Chanchinbu in lâksak thin avângin kan lâwm hle a. Kum 2022 chhûng atâna lâksaktute rawn tihchhuah a ni e.

Sl. No. Bial/Kohhran/Mimal hming	Lak sak zat
134. Champhai Vengthlang Kohhran Hmeichhia	20
135. Phuaibuang Bial Kohhran Hmeichhia	20
136. Tlangnuam 'S' Kohhran Hmeichhia	36
137. Lunglei Chanmari Kohhran Hmeichhia	20
138. Luangmual Bial Kohhran Hmeichhia	30
139. Bethlehem Venglai Bial Kohhran Hmeichhia	20
140. North Vanlaiphai Kohhran Hmeichhia	10
141. Sakawrtuichhun Bial Kohhran Hmeichhia	10
142. Zemabawk Kohhran Hmeichhia	10
143. Armed Veng East Kohhran Hmeichhia	20
144. Chhinga Veng East Kohhran Hmeichhia	10
145. Aibawk Bial Kohhran Hmeichhia	12
146. Zonuam Kohhran Hmeichhia	80
147. Pi C. Lalnunmawii, Khatla 'S'	10
148. Sialsuk Kohhran Hmeichhia	30
149. Sialhawk Bial Kohhran Hmeichhia	20
150. Hliappui Bial Kohhran Hmeichhia	20
151. Chhiahtlang Bial Kohhran Hmeichhia	20
152. Shillong Mizo Presbyterian Church	15
153. Baktawng Venglai Kohhran Hmeichhia	10

154. New Serchhip Bial Kohhran Hmeichhia	10
155. Madanrting Kohhran Hmeichhia	30
156. Thingdawl Bial Kohhran Hmeichhia	20
157. Darlawn Bial Kohhran Hmeichhia	20
158. Khawbung Vengpui Kohhran Hmeichhia	5
159. Biate Bial Kohhran Hmeichhia	20
160. Thenzawl Bial Kohhran Hmeichhia	20
161. Zohmun Bial Kohhran Hmeichhia	25
162. Bilkhawthlir Bial Kohhran Hmeichhia	40
163. Phullen Bial Kohhran Hmeichhia	10
164. Phullen Vengthar Bial Kohhran Hmeichhia	10
165. Tlangnuam Kohhran Hmeichhia	20
166. Armed Veng Kohhran Hmeichhia	51
167. Maubawk Kohhran Hmeichhia	10
168. Zote 'S' Kohhran Hmeichhia	20
169. Ramhlun 'N' Bial Kohhran Hmeichhia	100
170. Teikhang Bial Kohhran Hmeichhia	10
171. Durtlang Venghlun Kohhran Hmeichhia	10
172. Kawkulh 'N' Bial Kohhran Hmeichhia	30

Chhunzawm tûr....

THILPEK

Thilpek chi 3 a awm - tihluh vanga pekna, tih tur a nih avanga pekna leh lawm vanga pekna te hi.

~ Robert N. Rodenmayer

Hriat atân

Rorel Inkhawm Vawi 11-naa rorel palaiten an pass angin Bial tin budget kan lo hre ta a. Kohhran Hmeichhe Office, Synod Office-a lo kal remchang thei lo tan Bank Transfer hmangin pek theih a ni ang.

Budget/thawhlawm/Agape chanchinbu man thawntu apiangten phone number 9862306787-ah hian pawisa thawna receipt thlalak thawnin, in-report thin tur a ni e.

1) Women Centre Budget/Donation, Hospital pual (Inkhawm thawhlawm), Kohhran Hmeichhe Ni thawhlawm dahna:

Account No 355 767 854 04

Account neitu hming : MPC KOHHRAN HMEICHHIA
WOMEN CENTRE

IFSC : SBIN0007058

Branch : MISSION VENG BRANCH

2) Agape man dahna:

Account No 355 785 107 86

Account neitu hming : AGAPE- MPC KOHHRAN
HMEICHHIA

IFSC : SBIN0007058

Branch : MISSION VENG BRANCH

(3) Central budget, IKPL member fee, WDP thawhlawm, PWF thawhlawm, Rahbi tleu tanpuina dahna:

Account No 359 182 106 44

Account neitu hming : MPC KOHHRAN HMEICHHIA
IFSC : SBIN0007058

Branch : MISSION VENG BRANCH

(4) Hmangaihna Ina nau chawmna emaw tanpuina BANK TRANSFER hmanga pe tur tan Superintendent phone no. 9862068537/9366864010-ah biak hmasak ni se.

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Hruaitute chanchin**LALNUNHLIMI**

Pi Lalnunhlimi hi Upa Dengthansiam (L) leh Pi Lalrinawmi (L) te fa pasarih zînga a parukna niin North Lunglengah a piang a. Kum 1993-ah Upa Lallunghnema nèn inneini fa pathum - mipa pahnih leh hmeichhia pakhat an nei a. Tûnah Tlangnuam Vengtharah khawsain Tlangnuam South Kohhranah an lâwi a ni.

Eizawna:

Kum 1993-ah BA zovin, kum 1998 aţangin Primary School zirtîrtu hna a thawk a ni.

Rawngbawlina:

Kum 2012 aţangin Kohhran Hmeichhe Commit-
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tee-ah tel ţanin Asst. Secretary, Secretary, Chairman te lo ni tawhin tûnah Secretary a ni mêk.

Kum 2015 aţangin Tlangnuam Pastor Bial Kohhran Hmeichhe Committee-ah tel ţanin Asst. Secretary leh Treasurer lo ni tawhin, tûnah Secretary a ni mêk a ni.

Tualchhûng Kohhranah Puitling Sunday School zirtîrtu leh Pathianni chawhnu thuhrlitu a ni.

Bible chang duh zawng:

A Bible châng inngahna ţhin chu Matthaia 11:28-na
“Nangni thawkrim leh phurrit phur zawng zawngte u, ka hnênah lo kal ula, keiman ka chawlhîr ang che u” tih hi a ni.

Thuchah:

Covid-19 hripui lêng avânga hun harsa leh hun khirh tak kan tawh mêk kârah hian Kristian Chhûngkuua hma kan sâwn theih nân Nute hian theih tâwpin, Pathian chakna ringin ţan i la ang u.

KUM 2021-2023 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	: Pi Sailuti
Vice Chairman	: Pi Vanlalhruaii
Gen. Secretary	: Pi H. Lalfakmawii
Asst. Secretary	: Dr. Lalthansangi Fanai
Treasurer	: Pi Lalrinliani
Finance Secretary	: Pi Lalhmingliani

COMMITTEE MEMBER-TE

- | | |
|---|--------------------------|
| 1. Pi Zothansiami | 2. Pi C. Thanpari |
| 3. Pi Lalthakimi | 4. Pi R. Lalengmawii |
| 5. Pi Lalchhingpuii | 6. Pi Sailothangi |
| 7. Pi Lalengzami | 8. Pi A. Nazi |
| 9. Pi Siampuii Pautu | 10. Pi R. Lalnuntluangi |
| 11. Pi Lamchhingi | 12. Pi R. Lalroliani |
| 13. Pi R. Lalrempuii | 14. Pi Zochungnungi |
| 15. Pi H. Zachhingpuii | 16. Pi Laldingliani |
| 17. Pi Zothanpari | 18. Pi H. Lalrintluangi |
| 19. Pi Lalhlimpuii | 20. Pi Hmangaihzauvi |
| 21. Pi C. Lalbiaktluangi | 22. Pi Lalramzaui |
| 23. Pi Lallungmuani | 24. Pi Lawmkimi |
| 25. Pi K. Lalthakimi | 26. Pi Lalnunhlimi |
| 27. Pi Lianzampuii | 28. Pi K. Rosiamliani |
| 29. Pi Lallawmkimi | 30. Pi Sawithangi |
| 31. Pi Lalrotluangi Sailo | 32. Pi Lalhmachhuani |
| 33. Pi Vanrammawii | 34. Pi F. Lalmangaihzuai |
| 35. Pi H. Lalhlunpuii | 36. Pi C. Lalchungnungi |
| 37. Ni. Ruth Lalhmangaihi, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. Dr. Vanlalngbaka Ralte, Synod Moderator
2. Rev. Z.D. Lalhmachhuana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Lalrinkimi, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlna tihlawhtling tura thawh ho.
 2. Kristian chhungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



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



Laitan Pastor Bial Leadership Training & Kristian Chhungkaw Campaign



Bungtlang Bial Leadership Training & Kristian Chhungkaw Campaign

To _____

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