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Chhôngkua in damtlang em?

Phek – 2

Kan ram hian nu òa, nau awmtu òa kan mamawh

Phek – 6

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

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Editorial**ATAKA LANTIR**

Kristian Nun Kaihhrainaah chuan "Thil rûk te, hlêp rûk te, duhâm taka mi nêk retheih te, sum lama ðhum vâwr leh pawisa khelh te tih loh tûr a ni" tih kan hmu a (Kristian Nun-Khawtlâng lam (4). Hei hi Kohhran hote nun hruaitu atana hman tûr a ni. Eng chenin nge kan nun a kaihhruai tih erawh ngaihtuah theih tak a ni ang.

Mihringte tâna thil hlu ber pakhat chu sum leh pai hi a ni a. Mihring nun khawih danglam nasa thei ber pawh a ni a, engkim mai hi a hlutna sum leh pai hmangin kan teh tih mai tûrin kan ngai hlu a ni. Hei vang hian kan Bible-ah pawh fimkhur tura zirtîrna kan hmu hnem hle a; duhâm tak leh hlemhle taka khawsak pheih chu Pathian huat zawng sual lian tak a nih thu min hrilh.

Pathian ðih chung a rim tak leh taima taka hnathawk ðhin te hi an hlu a. Rinawm leh dik taka pawl leh sawrkar sum enkawltute hian fak an phu a. Mahni nihna anga lang chhuak ngam chhûngkuate hi an fakawm a. Khawhral mai mai atâna lei ba ve chiam chiam duh lote hian leiba phurrit an pumpelh a; rethei deuh zâwkin lang mah se, an zahawm a ni.

Khawvêl huapa hlemhlêtna lam chîk taka zir Chiangtu pawl 'Transparency International' a an hotu pakhat chuan "Hlemhlêtna do duhna rilru mipuiin an pu tâwk lo hi hlemhlêtna zual zêl nâna remchang siamtu lian ber pakhat a ni" tiin a sawi a. Hei hi Mizote zîngah pawh a dik thui viau maithei a ni. Hêng hlemhlêtna chi hrang hrang - eirûkna te, sum leh paia rinawm lohna te, dik lo taka induhsak bîkna te, mi chanai su hêk zawnga theihna lantîr te, mahni leh laichinte hamðhatna atana thuneihna hman sual te hi Lalpa huat zawng a ni a. Chutiang sual chu a langa kan do ngam a hun a, kan duh lohzia a taka kan lantir a hun a ni.

Kristian Chhôngkua**CHHÔNGKUA IN DAM TLANG EM?****(2 Lalte 4:26)*****-Rev. V.L.Luaia Hranleh
Sr. Executive Secretary*****Thuhmahruai :**

Kristian Chhôngkaw thu hi thenkhat tân ninawm, beng tikhamtu ni thin bawk mahse, **sawi leh sawi hnu, kan sawi leh thin ang, pawimawh nafam chu !** Chhôngkaw tin tâna pawimawh chu kan ram leh hnam mamawh a ni bawk si a. Chhôngkua leh khawtlang ti hrehawma Kohhran nun tichak lotu, ram tan pawha mualphona thlentu sualna leh khawlohna zawng zawng hi Kristian Chhôngkaw hlawhchhamna rah an nih deuh vek avângin, kan ram, khawtlang nun leh kohhran siamthatna tûra hnuk hnai ber chu Kristian Chhôngkaw tha din hi a ni tlat mai.

1. Chhôngkua in dam tlang em? :

Sunam nu hnêna zawhna kha kan tân a la pawimawh reng. **“I dam em le? I pasal a dam em? Naupang kha a dam em? (2 Lalte 4:26).** Kan chhôngkua theuhvah hian Keimahni, kan kawppuite, kan fate leh kan chenpuite kan damtlang vek em? Tisa thilah chuan chhôngkaw member pakhat a dam loh pawhin chhôngkuain kan tuar a, a dam leh theih nan theihtawp kan

chhuah thin a ni lawm ni ? Tunlai hrileng laka dam khawchhuak rih te hi Kristian chhôngkua min tibuitu Eden natna hripui lakah kan him dam tlang chiah em? Inngaihtuah chian a, dam tlang lo kan awm palh hlah chuan a damna tûra theihtawp chhuah nghal a ngai a ni.

Sunem nuin a fapa dam theih nâna a beih dan hi a entawntlak ngawt mai. A thi tawh ruang bulah mangangin a kur reng lo. A tidam theitu

panin amah ngei zualko turin mel 18 laia hla Karmel tlangah zawlnei Elisha (Pathian mi) a va pan a. A manganna thlen tur chu eng mahin a dang zo lo. Elisha chhiahhlawh Gehazia pawhin a dal zo lo va, Pathianmi hnênah a tlu lut thlawp mai a ni. A tidam turin Elisha'n a chhiahhlawh tih mai a tum pawhin a duh tawk lo, a kephah vuanin **“Ka thlah dawn lo che”** tiin amah ngei a kar chhuak tlat mai a, a hlawhtling ta. A fapa chu nungdamin a hmu leh ta a nih chu (2Lalte 4:18-34). Kan tu leh fate, kan kawppuite ngei pawh Eden natna hripui laka fihlim lo, boralpui tur an awm palh hlah chuan Sunem nu anga eng pawh huama, an damna tûra hmalak hi a hun tak zet ta e.

2. Hun tha a liam zêl :

Hripui leng avânga Zirna in hrang hrangte leh kan Biak In te hial pawh khara, Thuhrihtu leh zaipawl zawng zawng an reh thuap lai kha Kristian Chhûngkuaa tan lakna hun remchang hlu tak a ni a. Lockdown tantirh lam kha

chuan chhûngkaw tinten chhûng inkhawm te pawh ngai pawimawhin kan hmang tha viau hlawm a. Mahse, hun a lo rei deuhva kan inthlahdah a, chu hun tha chu hmang tangkai zui peih lovin kan chhûngkaw maichama mei te a mit zui leh ta hlawm a. Hripui lengin hmun hrang hranga awm darh te min um hawngin chhûngkuaah min um lut a. Mi dang nen inlen pawh lova kan inkhung fal theih lai chu chhûngkuaa Pathian biak hona leh thlarau lam inkaihhruaina hun leh hmun hlu ber a nih tehlu nen maw..., Kohhran Hmeichhiate ram pum huap Kristian Chhûngkaw dinhmun tehnaah chuan kan tlak hniam kum a ni ta hlah zâwk te kha a makin a paw hle. Intehna a nih vang lam ai pawhin kan mamawh em avâng zawkin Chhûngkaw tin puithiam, nu leh paten kan chhawm nun that zêl a tul tak zet ta.

3. Kristian Chhûngkaw nihphung pathumte : Chhûngkua chu-

(1) Kohhran hmasa ber a nih angin thlarau lam inzirtîr leh

inkaihhruai nan kan hman̄g tha taw̄k em? Timothea te chhûngkua ang khan Sakhuana lama inzirtîrna hmun hmasa ber chhûngkua aţangin kan ţan fuh a ngai.

(2) **Sikul hmasa ber** a nih angin thil tha inzirma hmun a ni. Nu leh pa, pi leh pute chu **Zirlaibu** kan nih rualin **Zirtirtu** kan ni nghal a. Zirtir tur subject chu **Pathian thu leh nun dan tha** a ni a. **Nun leh ţawngkama zirtîr tur** a ni baw̄k. Chhûngkaw sikul hmasa bera zir chhuak thate chuan an puitlin thlengin an thlah taw̄h ngai lo. (Thuf22:6). Barclay-a chuan, “**Judate chuan an fate chu nausen an nih lai aţangin Pathian thu leh a dante an zirtîr ţhin a. An nute hnute tuiin an lem pawlhtir ţhin. An dan thu an thilunga a ngheh em avângin anmahni hming ai pawhin an hre nghet zâwk**” a lo ti hial reng a ni.

(3) **Damdawi In hmasa ber** a nih ang ngeiin Chhûngkaw member-te kan dam tlan a pawimawh tak zet.

Mi tinin mahni in chu chhete pawh ni se mi in tha pui pui aiin kan ngaina vek a, mikhualna ram in tha pui pui leh hmun nuam zawk aţang pawhin kan ngai vawng vawng ţhin. Taksa leh thinlung thlamuanga a chawlhna hmunah kan dam ţhin. Mahni in chhûnga thinlung a dam loh tawh chuan pawn lamah hlimna leh damna tak tak a awm thei si lo. Chhûngkuaa damlo, pawn lama damna zawngte hi kan ram natna lian ber pakhat an ni ta. Chhûngkuaa dam tlangte erawh chuan pawn lam thil hmachhawn dan dik an thiam ţhin zâwk a ni. Chuvângin, chhûngkaw member tinte kan dam tlanna tura Chhûngkaw boruak siam a pawimawh tak zet zet a ni. George Moore-a chuan, “**Mi chu hlimna zawngin chhûngkua chhuahsanin hmun dangah vak vak mah sela, a in chhûnga a let leh hunah chauh hlimna a hmu ang**” a lo ti a. Fapa tlan bo kir leh nun aţang pawh khan a dikzia a lang Chiang ngawt mai. (Lk 15:11-24)

Tlangkawmna :

Vanduai thilah kan chenna inpui kang dawnin mut khu vung vung hmuin hre reng ta ila, mi pangngai chin chuan a thelh turin theih tawp kan chhuah ngei ang. Kan tunlai khawvêlah sualna leh khawlohna meipui chuan min kang tan mêk a, **meipui rapthlak a tlin hmaa thelh mit thuai turin chhôngkua a tang theuhva tan nghal a ngai a ni.** Kristian

Chhôngkua tih leh a hmalakna sawisela iak iak thin hote hian a pawimawhzia kan hre tawk lo va, a mamawh hlei hlei kan ni zawk thin. *A tha alawm, a pawimawh alawm* tih liam satliah mai chi pawh a ni lo, a taka thawh chhuah a hun tak zet ta. Kan nunphung a pangngai chhoh tan leh mêk lai hian tan la thar sauh ila, in chhôngkua lo dam tlang mawlh ang che u.



*Chhanna nemin thinur
a tikiang thin a,
Tawng huatthlala erawh chuan
thinur a hawk tho thin.
Mi fing lei chuan finna thu dik
a chhak chhuak thin a,
Mi a ka erawh chuan thu atthlak
a chhak chhuak thin.
Lalpa mit chu hmun tinah a awm a,
Thil tha leh tha lo a enthla reng thin.*

Thufingte 15:1-3

Sermon**KAN RAM HIAN NU ṬHA, NAU AWMTU ṬHA KAN MAMAWH**

- Rev Lalbiaknia
Editor,
SL&PB

He naute hi kalpui ta la, min awmsak ang che; tichuan, i hlawh ka pe ang che. (Exo. 2:9)

Kan ram kristian nun leh kan khawtlanga سوالنا چي هراڻ هراڻ نڱايتواه هيا, کان مامواه بته زينگا مي چو, Nu ṭha, nau awmtu ṭha hi a ni. Pathian malsawmna fanau enkawl ṭhat pawimawhzia hi chu kan inzirtir tam viau chuan a hriat a, kan zawm lo nge, kan ngai pawimawh lo tih erawh hriat thiam a har hle.

Kan dinhmun thlir hian hlawhchham kan tam tih chu phat rual a ni lo. Rawngbâwltu zingah pawh nau awm ṭha lova thlahthlam, fate nun aia thil danga inham buai hi a awm theih viau dawn niin a lang. Chhûngkaw tam takin Nau awmtu ruaiin, nau awm leh enkawla thiamna bik nei ni lo, mi dang kuta an fate an dah ngawt mai te hi chu a fuh tluan thei lo hrim hrim. Nu hmangaihna dawng lova nilenga awmpuite kuta an awm hian nghawng ṭha lo a nei ngei ang. Naupang khawhar, nute ngai hi an tam viau dawn a ni. Kan awm dan hi ngaihtuah chian a ṭul khawp mai.

Krista Chanchin Ṭha an rawn hril a, 1894 aṭangin Chanchin Ṭha meichher mit lovin kan kawla, kum 50 velah chuan kristian ram kan lo ni ta. Tunah chuan kum 130 zet chu Chanchin Ṭha kan kawla ta a, Pathian malsawmna kan dawng nasa. Kohhran pawhin hma kan sawn a, Biak In kan nei ṭha a, kan changtlung tawh hle, thawhlawm pawh a pung zel, Thlarau Thianghlim tih harhna pawh chawl lovin kan dawng a ni.

Heti chung hian سوالنا a pung a, tisa châkna, hurna kawnga tlan an ṭahnem hle tih a hriat. India rama HIV/AIDS vei percentage sang ber kan ni a, kan

1. **Kan ram hi thlir teh** : Mizoramah Missionary-ten

pakhatna hi a ṭha lo hle. Zu leh drugs ngawl vei an tam êm êm bawk. Zu leh ruihhlo ngaite enkawlna Home-a enkawl sên loh an awm reng a. Eng nge a chhan ni ang?

Baptismaa kan fate kan hlana kan thutiam angin kan fate kan enkawl loh vangte pawh a ni ang, Kohhran kan ṭhan zêl lai hian suauna a hluar tial tial niin a hriat thung a, Kohhran hi tlakchhiat kan hmabak mai ang tih a hlauhawm. Inkhâwm ngaisak lo, Kohhran sawisêl tim miah lova a dik leh dik lo hre lova sawisêl peih tak pawh an awm ta zêl a. Pathian ṭihna nei lo leh ruihhlo ngai an pung tial tial a, a pawh hle a ni. Naupang tê an nih lai aṭanga khawhar, nute ngaia lungleng chung a lo seilian an nih vâng te, anmahni hringtu nu leh pa ngeiin an awm ṭhat loh leh enkawl ṭhat loh vang a ni thui viau maithei a ni.

Kohhran Pathian biak inkhâwmah naupang inkhawm pui ṭhin hi an tlem a, in lamah an awm a, nu leh pa tam tak chuan kan inkhâwmsan daih a. An lehkha zirna leh khawvêl thila an mamawh ngaihtuhsak chu kan

lungkham hle thung. Pathian hmaa dinpui erawh a nachang hre lo hi kan ṭhahnem viauin a lang. Kan fate tel lovin kan rauva, kan fate nun a khawhar thung a. Pathian hian Nau awmtu ṭha lo min ti mai âwm mang e.

2. Mosia awmtu chu amah hringtu, a nu a ni : Mosia a lo pian khan, luiah, phairuang zîngah an thukru, Hebrai mipa lo piang chu tihhlum zêl tûr an nih avângin an thukru a ni. Farawa fanu luia inbualin a chhar ta a, naute chu a khawngaih a, Hebrai naute a nih pawh a hria. Chutih laiin Miriami chuan a nau chu a lo enthla ve reng a. Farawa fanu hnênah chuan, "He naute awmsaktu tur che hi ka zawng ang e" a ti a. Tichuan, a nu chu a va kohsak ta a. Farawa fanu chuan Jokebedi, (Mosia nu) hnênah, "He naute hi kalpui ta la, mi awmsak ang che, tichuan i hlawh ka pe ang che" a ti a. Naute chu tui aṭanga ka lakchhuah tiin a hmingah Mosia a sa ta a.

Mosia chu a nu, Jokebedi hrin ni mahse, Farawa fanu ta a ni. Tichuan, a nu chuan a fa hrin chu hlawh neiin a awm ta a. A

enkawl dan chu Bible-ah a inziak lo naa, hmangaih leh duat takin a enkawl ang, school-ah te pawh a hruai thin ang, Mosia kha Aigupta finna zawng zawng zir zo a ni si a. A fapa chu a ta a ni lo, Farawa fanu ta a ni; mahse, a awm a, a enkawl a ngai. A enkawl that dan azirin hlawh pawh a dawng ngei bawng ang.

Mosia hian Farawa fanu fa ni tawh mahse, Hebrai mi a nih a chiang a, Pathian (Jehova) hriatna leh thinna nghet tak a nei tih a chiang. A nuin a nunah a tuh nghet hle tihna a ni ngei ang. Nau awmtu tha chuan a nau awm thanlen ang zêlin a zirtir a, a kalna chin leh a mamawh a hriatsak a, Pathian hre tur leh thin tlat turin a thinlungah a tuh nghet a. A nau awm chu a chher puitling a ni.

Jokebedi khan nau awmtu mi dang a ruai chhawng hauh lo vang. A fa chu a neitu Farawa fanu mittlun loh hlauvin, ama fa hrin a nih avanga a hmangaihna nen uluk takin a enkawl ngei tih a rin theih. Mosia nun kal zel en hian a hlawhtling em em a, Aigupta ram atanga Israel fate mipui nuai tam tak

chhanchhuaktu, thlalara kum 40 zet hruaia kilkawi thei khawpa Pathian tanpuina dawng, hruaitu ropui a ni si a.

3. Kan fate hi kan awm turin Pathianin min pe:

Pathian malsawmna fanau rochan kan neih hi kan fa hrin ni mahse, Pathian ta an ni tih hi hriat a pawimawh ngawt mai, Pathianin kan awm turin min pe a ni. Kan enkawl that a tul, Pathian tan kan enkawl a ni. Pathian thinna nei tur leh sual kawng zawh lo tura, min petu duh dana kan enkawl puitlin hi kan mawhphurhna a ni. Kan fate chu an pian tirh atanga an puitlin thlenga tha taka kan awm/kan enkawl a nih chuan Pathian an thin ang a, mi rinawm leh hlawhtling niin Pathianin hlawh duhawm tak min pe ngei ang.

Tunah hian kan fate hi Pathian duh dana kan enkawl loh avangin sual an ti a. Zu leh drugs bawihah an tang a, AIDS vei an tam. Pian pun kan inzirtir a, fa nei tam turin kan infuih reng lai hian, thalai tak tak an thi nasa hi a pawl em em a ni. Nau awm that loh rah kan seng a ni thui hle ang. Inkhawm ngai lo an tam

sawt hle a, inkhâwm laia khawlaia vak chhuak leh Kohhran thil tihnaa tel ngai rêng rêng lo hi an thahnem hle, kristian chhungkua a seilian ni si heti taka kan nun a khawvêl ta hi, kan nau awm dan a fuh lo a ni thui khawpin a rinawm.

Pathian chuan, "Ka hming pu ka mite chuan inngaitlawma an tawngtai a, mi zawn a, an awm dân sualte an hawisan chuan, vân ațangin ka lo ngaithla ang a, an sualte ka ngaidam ang a, an ram chu ka tidam leh ang." (2 Chro. 7:14) tiin a sawi. "Min tihdam hi a duh a, a chak êm

êm a ni. Chuvangin, kan fate sual bawih ațanga an chhuah a, kan rama thil th̄a lote hi a reh theih nan, inlamletin, inngaitlawm ila, kan awmdan leh thil tih dik lo hi i bansan ang u. Nau awmtu th̄a ni t̄ura kan harh chhuah a t̄ul tak meuh a ni. Tichuan, beiseina nung hmu tura min hringtu, Pathian hian kan ram hi min tidam leh ngei ngei ang a, kan fate kan enkawl th̄at hlawh kan hmu ngei bawk ang. "Kan ram leh Kohhran hian, nu th̄a, nau awmtu th̄a a mamawh tak zet tih hi i hre reng teh ang u.



INBUATSAIHNA PAWIMAWHZIA

Minute sawm chungin thing kit tura
min tih chuan minute hnih chhung hrei
ka tat ang.
- C.S. Lewis

Sermon

THO LA, ENG RAWH

Isaia 60:1

Dr. C. Lalengkima
Vaivakawn Vengthlang

Tunlai khawvêlah hian rawngbâwl a harsain min tibuaitu leh chim buaitu neuh neuh hi a tam ta hle mai. Hetiang karah hian rawngbâwl na sawt zâwk kan neih theih nân kan awm dan pangngai baka ãan kan lak a, kan thawh chhuah a, kan en leh zual hi a ãul tak zet zet a ni.

Eng tura tih kan ni: Pathian thu chuan Isua ringtute chu kan vela mite tân eng ni turin min duh a. Matthaia Bung 5:14-ah chuan “Khawvêl eng in ni e” tiin min ko a ni. Chu eng chu en chhuahpui tur leh kan en chhuahpui chuan kan rin Pathian chu miin an lo chawimawi tur thu min hrilh a ni. Khawvêl hi Setan’ n a bumna avânga سوالin a tihbuai, سوال avânga thim hnuai a hun hmang tam tak awmna ram a nih avâng hian chung thim hnuai a ãute tân eng ni tur leh en turin Pathianin min duh a ni. Mizote pawh hi Pathian khawngaihna azarah nasa takin kan enna kan lan chhuahtir ãin a, kan rawngbâwl na pawh Pathianin nasa takin mal a sawm a, hei hi duh tawk mai

lo va, nasa leh zuala eng zual tur kan ni tih kan hriat a ãul hle awm e.

Eng vangin nge kan thawh kher ang?: Hna kan thawh emaw thil eng emaw kan tih dawn hian tho kang meuha tih ngai hi chu thil awlsam tak a ni ngai lo va. Ringtute hi eng turin kan infuih fô va. Eng satliah tur ni lovin, nasa leh zuala eng tûra min duh avângin tho kang meuhin, khawvêla eng tûrin min duh a ni. Kan awm ang ang hian eng ãeuh ila a tawk êm êm rual hian, kan eng chu a en leh zual nân leh mi tam zâwkin kan eng an hmuh theih nân tho kanga eng tura ngen kan ni.

Tho a, eng tur hian kan thawh dan tur pawh a inang lo vang. A ãthen chuan kan nawmna te

kan thawhsan a ÷ul ang a. A ÷hen chuan kan hmangaih êm êm te pawh thawhsan a ÷ul ang. A ÷hen chuan kan lo tih dan nghet tak te pawh thawhsan a ngai thei bawk awm e. A ÷hente chu tho tawha inngai; mahse, ÷thu emaw mu emaw ang maia thawk mawh leh thawk sawt lo kan ni thei e. Eng pawh nise, kan awmna ÷heuh a÷anga eng leh zual tur hian kan thawh phawt chu a ngai a nih hi maw.

Khawi hmunah nge kan en ang: Mi tam tak chuan khawi hmunah nge kan en ang tiin kan inzawt a ni thei e. Kan en chhuahna hmasa ber tur chu kan chhûngte, kan chenpuite bulah a ni tûr a ni. Paula chuan mahni chenpui pawh ngaihsak lo chu ring lo mi aiin an sual zâwk a ti (I Tim 5:8). Kan en chhuahna hmasa ber tur chu kan chhûngte bulah ngei a ni tur a ni. Kohhran hmeichhiate hian Kristian chhûngkua kan beihna a rei ta hle mai a. Amaherawhchu, hlawhtling intih a har viau mai.

Heng kawngah pawh hian nute hi chhûngkuaah hian kan eng tawk lo ÷hin em ni dawn le? Mizo mipaten heti tak maia ruih theih thil kan buaipui hi, hmeichhe lam hi kan eng tawk lo emaw ni dawn le? Tun ai hian in chhûng khurah hian kan eng hi kan pasal fanaute hian hmu tam se, tun ai hian kristian chhûngkua din kawngah pawh hian hma kan sawn zâwk thei ang em le? Mahni chhûngkua ÷heuhah hian eng ila, kan chhûngkua ÷heuha kan enna chuan ÷henawm khawveng, kan hnathawhnaah leh kan rawngbâwlina thlengin kan eng chhuak thuai ngei ang.

En loh hi a paw: Tûm khat chu America ramah khuan rel a insu vak mai a. An han chhui Chiang a, signal inhriat sual palh vang a ni awm a. Chutah chuan rel signal khawnvar vengtu chu, “khawnvar i lo keng chhuak em?” tiin an zawt a. Chu signal pu chuan “keng chhuak ngei e” tiin a sawi a. Kha signal pu khan signal khawnvar chu a keng chhuak ngei a, mahse khawnvar kha a lo chhit theihngilh daih chu

niin. Signal chu pe mahse signal-a eng ber a awm loh avângin chhiatna nasa tak a lo thleng ta a ni. Hetiang deuh hian rawngbâwlto chu kan ni ngei na a, kan nunah hian Isua eng hi hmuh tur awm ta lo hi kan awm nual mai awm mang e. Kristian inti, ringtu inti leh rawngbâwlto inti mah ila, kan eng hi hmuh tur a awm loh chuan mi dang tân malsawmna kan ni thei ngai lo ang. Mi dangte tâna malsawmna ni tur chuan kan nunah Isua eng kan tar lan a pawimawh tak zet a ni.

Tunlai khawvêlah pawh hian Isua ringtu, enna neite hi mamawhna a sang chho zêl a. Tun hma lam aiin kan

thlarau leh tisa lamah eng kan mamawhna pawh hi a nasa telh telh a ni. Hetiang kara leng kan nih avâng hian Isua ringtu, Isua tâna eng ngam, eng lan chhuahtir ngam hi an hlu chho zêl dawn a ni. Chuvângin, kan enna chu nasa leh zuala miten an lo hmuh theihna turin kan awm dan leh tih dan phung pangngai piahah hian nasa leh zual zâwka en kan mamawh ta. Chumi tur chuan kan awmhmun theuh aţang hian tho kang a, nasa leh zuala ţan kan lak a, en hi a ţul ta tak meuh meuh a ni. Chutianga kan en phawt chuan kan Pa Pathian hi chawimawiin a awm ang a, a ram a lo zauin keinin a zar kan lo zo dawn zuk nia.



Sermon

FIANRIAL NUN

- Rosangzuali (Mimi-i)

Nisapui

“Tin, zîngah khawvar hma daihin a tho va, a chhuak a, thlaler hmunah a va kal a, chutah chuan a ṭawngṭai a” (Marka 1:35)

“Tin, lung den phak chinah emaw a va kal hrang ta a; tin, a thingthi a, a ṭawngṭai a” (Luka 22:41)

Fianrial kan han tih hian kan rilruah kan chiang sa ṭheuhin a rinawm. A hrangin emaw a falin emaw tih a kaw k ber awm e. Tin, Nun kan han tih pawh hi kan hun leh nun hman dan a ni mai tih kan chiang sa ṭheuh awm e. Tichuan, fianrial nun kan tih mai chuan a hrang emaw a fal emawa hun leh nun hmanna tiin kan sawi thei ang. Amaherawhchu, a hrang/a fala kan duh duh leh ṭha kan tih ang ang nun kan hman dan erawh kan sawi tum hi ni lovin, kan han sawi tum tak zâwk chu fianrial a, mimala Pathian pawlna leh biakna nun hi a ni.

Chutianga a mi mala Pathian pawlna kan tih hi kan Lal Isua ngei pawh khan a tih ṭhin thu leh entawn tur min hnutchhiah aṭang hian, a pawimawh hle ang tih kan hriat a, kan entawn a ṭul hle awm e. Kan Lal Isua khan he khawvêla hun a hman lai khan a pa(Pathian)nêna

inpawlin thlalerah te kal hrangin a ṭawngṭai ṭhin a, tlaivara a ṭawngṭai ṭhin thu nen kan hmu a ni. Lal Isua kha ṭawngṭai mi, ṭawngṭaia a pa hnêna inkawltir a, a duh dan leh hruaina hre mi a ni. Pathian fapa meuh pawhin ṭawngṭaina hmang ṭha a, a pa hnêna a inkawltir ṭhin a nih chuan, keini ringtu(amah zuitute) hian a tih ang kan tih ve a, fianriala kan Pathian nêna inpawlna ṭawngṭaina hman ṭhin hi kan va mamawh nasa dawn em tirawh u. Chuvang a ni ang ziaktu pakhat pawhin “Fianrialah Lalpa nêna inpawlin chakna kan la ang a, Biak In leh hmun dang chu Lalpa tân kan par chhuahna tur a ni” a lo tih ni.

Ṭawngṭaina hi Pathian nêna inpawlna, mi dangte tâna dilsakna te, lawm thu sawina te, fakna leh ngaihdam dilna te leh khawngaih dilna leh chawimawina te a ni a. Tin, kan tih

theih loh leh chin fel theih ni si lo, Pathian nêna kan duhna leh mamawh kan thlenna leh tanpui kan dilna a nih mai bakah, kan duh leh beisei dang anga a lo thleng lo a nih pawha, keimahni lama lo dawngsawng leh hmachhawn thiam tûra min lo buatsaihna kan dawnna a ni bawh.

Tin, tawngtaina hi Pathian kan rinzia te, a ropuizia kan lantirna leh malsawmna kan dawnna hnar a ni. Pathian leh mi dangte kan thawhpui theihna a ni bawh. Mi te ber leh mawl ber Pathian tâna theihna (talent) tam tak hlan tur nei ve lo tân pawh tawngtaina hi kan hmanraw tângkai leh pawimawh tak a ni. Tawngtaina hmangin rethei leh damlote kan puiin, an tan damna kan thlen thei, ramthimah kalin thawktute kan pui thei a; tin, tawngtaina hmangin sual phuar mêkte tân zalenna thlentü kan ni thei bawh a ni. Kan tih theihloh leh thlen phak loh te tawngtaina hmanga kan tih theih thu leh kan thlen phak thu sawi tur tam tak a awm thei awm e. Chuvângin, Lal Isuan, “Keimah lovin eng mah in ti thei si lo,” a tih angin, Amah nêna inzawm tlat nun leh

inpawlin tawngtaina hmanga thawh dun tûrin min duh a ni.

Mc.Lynn chuan, “Pathian hnêna tawngtaia inpawl reng mi chuan, mihringte tih theih loh a ti thei thin a, awm lote a awmtir thin a ni” a ti.

Wesley L Dewel pawhin, “Tawngtaina hian ban sei tak a nei a, Van a khawih phak a ni,” a lo ti bawh a.

Tin, George Shinn pawn, “Thingthia Pathian hruaina diltu tluka thahrui ngah mihring zingah an awm lo” tiin a lo sawi bawh a ni. Chutiang taka pawimawh tawngtaina chu kan ngaihhlut a va tül em ti rawh u.

Ringtute hi a huhua Pathian fak leh chawimawi nuam ti êm êm kan ni a, intisawt tlanga a huhua hun hmang tur pawh kan ni reng a ni. Amaherawhchu, a huhua Pathian faka chawimawi thinte hi mi mala fianriala Pathian nêna lengdun thin leh inpawla, a hnên atanga chakna la thin kan nih hi a pawimawh hmasa êm êm a ni. Chutiang mi ringtu kal khawmte chuan nung tak leh hlim takin Pathian kan chawimawi tlang dawn a lo ni. Fianrial mi mala Pathian pawlna kan ngaih hlut loh leh ngaih pawimawh loh

erawh chuan, a huho angin sualin min thlemin, min bei leh si lo va, kan hun tam zâwk mi mal leh a hranga hun kan hmannaah soal thlemna avânga hneha awmin, hliam leh rum leh chau taka awmin a huhoa Pathian fak leh chawimawi tur pawha che chhuak hlei thei lova min siamtu chu kan fianrial nun bawk hi a ni tih kan hriat a ÷ul tak zet a ni. Chuvângin, fianriala Pathian pawl hi ringtuten kan ngaihhlut deuh deuh a va ngai em.

Amaherawhchu, chutianga fianriala Pathian pawla hun hmanga inpe tur hian, he kan tisa hian thlarau dona a chak tlat avângin a peih dawn lo a ni. ÷ul dang tam tak awma hriatna avânga hman lo leh buaia, Pathian pawlna tûra hun nei lo leh hman lo tura min awmtir tumtu keimahniah hian tisa zia hi a awm reng tih hi kan hriat reng a pawimawh hle. Mahse, chu tisa duh dan zâwk chu zawh lo a, hneha thlarau duh dan zâwk zawha kan hun ÷awngtaia Pathian pawl tûra kan inpêk luih deuh deuh a ngai a ni. Chu chu kan taksa, rilru leh thlarau tân chakna, hlimna, damna leh thlamuanna kawng a nih

avângin. Chutianga inpêkna leh tih zêlnaah chuan peihloh ÷hinna aiin peihna a lo chak zêl tawh ang a, buai leh ÷ul sang tam tak a awm nia hriatna aiin a lo ÷ul ber leh pawimawh berzia a lo lang Chiang zêl bawk ang. Amah ngai leh mamawh êm êm nun, a tel loa eng mah ni lo leh ti thei lo nih inhriatna chuan, amah pawl chak êm êm leh a tân hun leh taksa hlana ÷awngtaia min lo hruai lut zêl dawn a lo ni.

Ringtu, chutianga mi mala fianriala Pathian biak leh pawl pawimawhzia hria, a hnêna tlu lut apiangten Pathian awmpuina leh chenchilhna changin, harsatna, manganna, lungngaihna, natna leh thihna karah pawh Pathian chenchilhna avângin chhel takin hma lam panin an kal zêl ÷hin. Thlarau malsawmna tam tak changin mi dangte tan pawh malsawmna thlentun an lo ni zêl ÷hin. Chuvângin, Pathian mi kan tih te leh Pathian mi hman (rawngbâwltu lar) kan tih te hi fianriala Pathian pawla hun tam tak hmang ÷hinte hi an ni.

Mite hmuh loh leh hriatpui loha fianriala Pathian pawla hun tam tak hmang ÷hinte hi he tehkhin thu nen hian a inhme

hle. Chinese mau (Bamboo) an tih mai hi, a chi tereuhte hi leiah phumin an ching thin a. Mahse, chu chi chu lo tiak mai loin, rei tak chung kum nga(5) lai hial pawh inphumin a tiak hmuh tur a awm lo thin a ni. Chutianga, lei hnuaiia tui leh mamawh tur kum nga(5) chhung lai a dawn hnuah chuan lo tiakin, a thla ruk (6) chhûngin a tiah hnuah chuan 90ft laia sangin a lo thang lian ta thin a ni. A than chak dan pawh darkar 24 chhungin 39 inches laiin a thang chak a ni. Kum nga chhung khan lei hnuaiiah zung a lo kaih a, a lo inphuar nghet a, chung lama chak taka a than len nân khan hna a lo thawk a ni. He a zung hian hna lo thawk loin, lo inphuar nghet lo se, a kung thang chak leh sang tak khan a zo dawn loin, a dawl dawn lo a ni. Thenkhat chuan thla ruk chhung leka 90 ft a nih hi thanlen hun chhung emaw tiin thang chak lo kan lo ti a ni thei. Mahse, kum nga chhung lei hnuaiia lang lo lama a zung lo kaih leh inphuar nghehna leh thla ruk chhung lang lama a thanlenna kha a thanlen hun chu a lo ni. Kum nga leh thla ruk tihna a ni.

Hetiang hian ringtute hi lang

lo lam leh mite hmuh loh leh hriatpui si loh a, mi mala fianriala Pathian pawlna hi kan chakna, nghehna leh than lenna, hmuh theih leh lang lamah pawh kan par chhuahna, a huho ang pawha Pathian kan fak leh chawimawi theihna a lo ni. Tin, harsatna thlipui hrang hrangin min nuai pawha kan din nghehna tur awn chhun chu lungpui nghet Lal Isua nghing ve ngai lo kan belh tlata, amaha kan inphuar ngheh tlatna hi a ni.

Chuvângin, hun tha leh lawmawm kan neih lai hian, amah mamawh êm êmtute, a tel lova eng mah ni lo leh ti thei lote, sual avânga hliama, chau leh ruma hneha awm thin kan nih zia hriain, kan chakna leh hneha Lal Isua Kristaah tawngtaina hmangin i inphuar nghet sauh sauh ang u. Nghing ve ngai lo chatuan lungpui Lal Isua kan nei hi a va hlu em! Lalpa chu fakin awm rawh se.

*“I hun ti thianghlim la, Lalpa
pawl fo rawh,
Amah chu kumkhuain
ring tlat zêl ang che;
Pathian fate thian la,
chak lo tanpuiin,
Ama malsawmna chu
I lo chan theih nân”*

Article**HNAM ZAHAWM KAN NIH THEIH NANA THIL
PAWIMAWHTE**

-Rev. Dr. Lalchungnunga
Zarkawt

Kan thupui hi kawng hrang hrangin a sawi theih ang. Hnam han tih pawh hi level hrang hrangin a sawi theih, Nation, Race, Tribe ti zawng pawhin a sawi theih ang chu. Kan han tinzawn hmasak ber atân chuan kan India hnam, nation hi ni sela. Hnam hrang hrang, ãawng hrang hrang, ze hrang hrang awm khawm kan ni a. He kan India hnam pum zahawm nan hian eng nge ãul le?

Pakhatna, kan ziarang hrang hrang humhalh hi han sawi hmasa ber ila. Hei hi British sawrkar awpna hnuai aãanga Independence kan lo neih hma aãanga India ram hruaitu hmasate hmathlir thil ropui tak a ni. India hnam pa tih mai Pu Gandhi phei kha chuan hei hi a tuipui êm êm a ni. Pangpar huan angin India ram hi a hmu a. Pangpar huana pangpar rawng chi hrang hrang a par vul chuk maina anga India hi mawi a nihzia a sawi ãhin. Kan ãawng leh zia a hrang êm êm ãheuh mai a. State ramri kan pelh chuan mi state hman tlanglawn hawrawp leh ziate chu kan chhiar thei lo a, lekhathiam lo ang mai kan ni

nghal zêl mai a ni. Sap ãawng ziah a la tam te hian chumi kawngah chuan kan harsat lutukna tur min tihkiansak a. Heng kan danglam nuai maina te hi a chhe zawngin a hman theih a, inhuat nan, mahni hnam ãawng leh zia ngaihhlut luattuk avãnga mi dangte ãawng leh ziarang hmuhsit emaw huat emaw kan chin loh a ããa. Mahni hnam ãawng leh zia mi dangte barh luih ãalh tum loh pawh a ããa. Chutianga kan tih loh a, kan ãawng leh ze hrang hrangte kan inngaihhlutsak a, kan inzahsak chuan India hnam hi a zahawm zel ang. Tam zawk hnamten a te zãwkte an rah beh a, an chim ral loh nãna venna dan ããa tak kan neih te

hi chawi nun zêl a pawimawh. Hnam tenau te te a lian zawkte karah him leh lung muang taka kan awm theihna hi India ram ti nuam leh ti zahawmtu a ni.

Pahnihnaah chuan, kan sakhaw hrang hrang hi India ti hausatu a ni leh a. Mi thenkhatten India ram sakhaw bik awm anga an ngaihna leh ram dang sakhua India rama lak luh chawp awm anga an ngaihna aṅanga India sakhaw bik nia an ngaih chawisan bik tumna lian tak an nei hi India ram leh hnam tan hian thil ṭha lo leh hlauhawm tak a ni thei. Kan ram danpui chuan hetia sakhaw hrang hrang biaten zalen taka mahni sakhua ṭheuh kan kalpui theih nân zalenna zau leh sang tak min pe a. Hei hi kan ram leh hnam ti zahawmtu ber pakhat a ni. Ram thenkhat chu sakhaw pakhat, ram sakhaw pawm bik neiin an awm a, chu sakhaw mil chuan ram rorêlna leh kalphung pawh hruai an tum a, sakhaw dang betute an nek chep hle ṭhin. Chutiang hnam chu hnam zahawm an ni lo. Chumi chungchangah chuan

India hnam (nation) hi hnam zahawm tak kan ni kan ti thei ang. Khawilai hmun thenkhatah emaw mi firfiak thenkhatten sakhaw hrang betu tlem zâwkte han tihduhdah mai an lo ching erawh hi chuan India hnam hi khawvêl hnam dangte ngaihah a tizahawm lo a ni.

Pathumna atân chuan ram insawrkarna hian hnam a ti zahawmin a tihzahawm loh theih avângin ram rorêlna ṭha hi hnam tizahawmtu a ni. Mi mal zalenna inzahsak te, hmeichhiate leh naupangte hlamchhiah leh rah beha an awmna ram chu hnam zahawm an ni thei lo. Chu chu kan ram danpui bawkin a sawi a, inrah behna awm lo tûrin dan a awm vek a ni. Chu chu a taka kan hman ṭhat chuan hnam tih zahawmna ṭha tak a ni thei a ni. Mihring, Pathianin amah anga a siam ṭheuh ṭheuh sang bik leh hnuaihning bik awm anga ngaih tlatna te hian hnam pum zahawmna a tichhia. Chuvang chuan heng chi chi tia inthliarna, Casteism an tih ang chite hi hnam tizahawm lotu an ni a. Chi sang anga inngaiten

chi hniam anga an ngaihte tawh pawh an tawh thiang lo anga thil kalpui thinna, untouchability an tih te pawh ram danpui chuan a khap tlat a ni. Hei hi khap ni mah se a takin a nih tur ang a la ni lo cheu mai hi a pawh hle a, India hnam pum tizahawm lotu a ni.

Palina atân chuan, ram ei leh bar zawwna leh sum leh pai hausakna chungchang hi a ni leh a. Chu chu economy an tih hi a ni. Economy lama ram a intodelh a, a hausak tawh chuan hnam a lo zahawm thin. Tunah hian kan India ram hi kan thawh chhuah leh ram danga thil kan thawh chhuahte hi a that ve fu chang han awm thin mah se, a la tha tawh lo. Ram hausakna a la kai rual tawh lo hle. Mi rethei kan la tam lutuk te hi hnam tizahawm lotu a ni. Hnam zahawm tak ni tur chuan kan economy hi a chakin a sang tur a ni. India hi ram hausa tak, a mi chengte rethei taka awm si angin ram dangten min hmu thinin keimahni pawh kan insawi fo dan a ni. A pawh deuh a ni. Kan mi hausate chu khawvêl mi

hausa zingah an tel pha ve nual mai. Mahse, a hnam pum angin thil neihah leh sum leh paiah kan inrual lo êm êm mai hi India hnam zahawm lohna kawng khat a la ni reng. Corruption an tihte hi a bo tak tak thei lo hi hnam zahawmna tichhetu a ni.

Pangana atân chuan Zirna lam han sawi leh ila. India mi mi thiam tak tak an tam ve tawh hle. Mahse, ziak leh chhiar thiam lo kan la tam êm êm mai erawh hi chu kan zahawmna tihniamtu a ni. Mahni jawng a ziak leh chhiar thiam kan tam chuan kan India hnam pum pui hi a lo zahawm sawt dawn a ni. Nuclear bomb te kan siamin kan nei ve tawh a, ralthuam thenkhatte pawh kan han siam thei ve tawh a, kan scientist ropui tak takten hnam an tizahawm hle. Mahse, mipui nawlpui zirna lamah kan la hniam hian hnam zahawmna a tihniamtu tlat a ni. Education policy te kan nei thar fo va, mahse a hman dan leh thawh zui danin a zir tawh thin loh avângin kan nih tur ang kan ni phak lo fo mai.

Parukna atân chuan, sport lama khawvêl ram leh hnam dangte nêna kan inelna leh tlansiaknaah hian, tih thatna tak games thenkhat nei mah ila, mipui kan tam ang hui, sport lam thei mi khawvêl hriat tham kan la chher chhuak tam taw lo. Hemi kawngah hian sang ve hle ila chuan kan hnam hi khawvêl hmuhah kan zahawm ve sawt ngei ang. A thiam leh a thei apiang, chi chi inthliarna awm lova kan inchawimawi tawn zêl thiam chuan sport lamah India hnam hi zahawm zawkin kan siam dawn a ni.

A pasarihna leh a tawp ber atân chuan, heti hian han sawi zui ila. Kan India ram chungchanga kan han sawi tak te khi kan Mizo hnam bik atân pawh thui takin a dikna kan hmu. Keini Mizote hi kan tawng hrang hret hrette awm mah se, tawng khat mizo tawngin kan inbe thei vek a, hnam ze hlang tha tak kan nei a, hnam nunphung, tlawmngaihna kan nei baw a. Sakhaw lamah kan phirsi lutuk lo baw a. Kan ei leh bar zawna leh kan inrelbawl

danah hian hnam zahawm taka awm thei chu kan ni. India rama kan state nih puite min en dan pawh kan tlawmngaihna leh khawtlang nun dan thate hi chuan min tizahawm khawp mai. Kohhran chak tak leh Civil society leh tlawmngai pawl chak tak te avâng pawhin hnam zahawm tak kan nihna lai a awm e. Mahse, economy lamah hian kan hniam em avângin sawrkar laipui tanpuina lo chuan kan khawsa thei der lo erawh hi chu zahawmna kan neih theih lohna a ni. Kan thawh ve theih reng pawh kan thawk tha duh tlat lo reng a nih chuan hnam zahawmna tihniamtu kan ni. Tunlaiin Mizo thalaite mahni kea din tum an lo awm ve ta deuh te hi Mizo hnam ti zahawmtu an ni. Taima taka thawkin, hnam dangte chawkluh ngai miah lovin han awm thei phei ila chuan Mizo hnam hi a zahawm sawt sawt ang. Sumdawnna lamah mahni hming chauh ni lovin a takin keimahni ngei thawk ila, zirna lamah All India leh Central Civil service-ah te lut tam ila,

kan zahawmna kan ti sang ngei ang le. HIV/AIDS leh Cancer vei tamna state leh hnam kan lo ni ta te hi kan insiam that leh theih a, hriselna kawngah hma kan sawn chuan kan zahawmna a sang leh sawt sawt ang. Khawtlang nun kan ngaih

pawimawh angin mi mala intodelh hi ngai pawimawh ila, rinawmna, taimakna, themthiamna, thlir thuina leh lehkha thiamna dik tak nei ila, economy lamah pawh kan sang ang a, kan Mizo hnam chu a lo zahawm sawt ngei ang le.



PATHIAN MAMAWH TAK TAK

Pathian tana inserh hrang puithiam pakhat chu dil kamah awmhmun khuarin a khawsa a. Ni khat chu tlangval pakhat hi a lo kal a. Puithiam hnenah chuan, “Pathian hmuh ka duh a ni. Pathian hi ka mamawh tak zet a ni,” tiin tanpui a rawn dil a. Chu veleh Puithiam chuan tlangval chu dilah a kai thla a. Thawklekhatah dil chhungah chuan a hnim ta thut mai a. A thawk a chham dawn tepah a la chhuak leh thin a. Chutianga tum hnih tum thum a hnim hnu chuan an inkai chhuak leh ta a.

Puithiam chuan, “Tui chhungah thawchham lek leka i awm lai khan eng nge mamawh ber nia i inhriat?” a han ti a. Tlangval chuan, “Boruak hip tur,” tiin a chhang a. Puithiam chuan, “Boruak hip tur mamawh nia i inhriat ang tluka Pathian mamawha i inhriat hunah i lo kal leh dawn nia,” a ti ta a.

Pathian hi mamawh tak takin kan inhria em?

**MIZORAM PRESBYTERIAN KOHHRAN
HMEICHHE INKHAWMPUI LIAN VAWI 51-NA
@THENZAWL**

Mikhual Thlen Dân tûr Ruahmanna

(Bial hming zêla tarlan a ni)

Counter No. 1		
Khuavangkawn (Venghlun)		
1	Durtlang	7 Jugicherra
2	Vaivakawn	8 Pukzing
3	Kolasib Diakkawn	9 Rabung
4	Darlung	10 Zokhawthar
5	Kawnpui	11 Darlak
6	Khawhai 'N'	

Counter No. 2		
Vety Dispensary Kawt (Venghlun)		
1	Dawrpui Vengthar	7 Khawzawl Vengthar
2	Tuikual	8 Reiek
3	Champhai Vengthlang	9 Rengdil
4	Damparengpui	10 Tuipuibari
5	Kawlkulh	11 Vaphai
6	Kanmun	

Counter No. 3		
Chhipphir Peng (Field Veng)		
1	Zonuam	7 Khawlailung Dinthar
2	Venghlui	8 Sairang Dinthar
3	Kolasib Hmar Veng	9 Saitual Chhimveng
4	E. Phaileng	10 Zawlpu
5	Kawnpui Chhimveng	11 Kolasib Tumpui
6	Khawhai 'S'	12 Khawlailung

Counter No. 4			
Presbyterian English School Kawt (Field Veng)			
1	Electric	7	Khawruhlian
2	Venghnuai	8	Rengtekawn
3	Kolasib Venglai	9	Sihfa
4	Hliappui	10	Vathuampui
5	Keifang	11	West Phaileng
6	Sairang	12	Zaite

Counter No. 5			
Pu Lalzuizela Sailo In bul (Field Veng)			
1	Bawngkawn	7	Mumbai Kohhran
2	Khatla	8	Lungdai
3	Zemabawk	9	Lunglei Bazar
4	Bilkhawthlir	10	Phuldungsei
5	Bungtlang	11	Phullen
6	Kolkatta Kohhran		

Counter No. 6			
Ayush Hospital Peng (Vachadil Veng)			
1	Armed Veng	7	Bengaluru Kohhran
2	ITI Veng	8	Lawngtlai Chanmari
3	Sihphir	9	Lengpui
4	Aibawk	10	Pangbalkawn
5	Biate	11	Phainuam
6	Delhi		

Counter No. 7			
Thenzawl Park peng (Hermon Veng)			
1	Airfield Vengthar	7	Zawlnuam
2	Hunthar	8	Lallen
3	Tanhril	9	New Serchhip
4	Bairabi		
5	Baktawng		
6	Zamuang		

Counter No. 8			
Pu Chhandama Dawr Kawt (Vengthlang)			
1	Dawrpui	7	Khawzawl Venglai
2	Republic Veng	8	North Vanlaiphai DD Veng
3	Champhai Vengsang	9	North Hlimen
4	Damdep	10	Tuithumhnar
5	Kawrthah	11	Vanzau
6	Phullen Vengthar	12	West Phaileng Dinthar

Counter No. 9			
Vengthlang Presbyterian Biak In Kawt (Vengthlang)			
1	Chhinga Veng	7	Khawzawl Dinthar
2	Ramthar Veng	8	Marpara 'N'
3	Champhai Kanan	9	NE. Khawdungsei
4	Phuaibuang	10	Vairengte Chhimveng
5	Saitual	11	Tualcheng
6	Khawbung	12	Sangau

Counter No. 10			
Pi Chawngthanpari te In Kawt (Model Veng)			
1	Chawlhmun	7	Kawlkulh 'N'
2	Mission Vengthlang	8	Ngopa
3	Maubawk	9	Nisapui
4	Bungtlang 'S'	10	Tawipui North II
5	E. Lungdar	11	Thingdawl
6	Hnahlan	12	Buhchangphai

Counter No. 11			
Upa Saizawna (L) In kawt (Model Veng)			
1	Chawnpui	7	Hnahthial
2	Nursery	8	Muallungthu
3	Champhai Bethel	9	N. Vanlaiphai
4	Cherhlun	10	Teikhang
5	Hmuntha	11	Tlungvel Vengthar
6	Kawrtethawveng	12	Bawrai

Counter No. 12			
Pu C. Lalhunthara te In Kawt (Venglai)			
1	Chanmari West	7	Kelkang
2	Ramhlun North	8	Melriat
3	Champhai Kahrawt	9	Mualpheng
4	E. Lungdar Venghlun	10	Tipa
5	Farkawn	11	Vairengte
6	Keitum	12	Sakawrdai

Counter No. 13			
Joint YMA Hall kawt (Bazar Veng)			
1	Chanmari	7	Kohima
2	Mission Veng	8	Mamit Hmunsam
3	Sakawrtuichhun	9	Manikbond
4	Chawngte 'P'	10	Suarhliap
5	Darlawn Venghlun	11	Tlungvel
6	Guwahati	12	Lawngtlai

Counter No. 14			
Pu Zarthanga In Kawt (Bazar Veng)			
1	Chaltlang	7	Shillong
2	Thuampui	8	Madanriting
3	Zemabawk North	9	Mamit
4	Chawngte 'L'	10	Ruantlang
5	Darlawn	11	Suangpuilawn
6	Silchar mizo	12	Zote

Counter No. 15			
Upa B. Malsawma In Kawt (Bazar Veng)			
1	Ramhlun	7	Goa
2	Ramhlun Vengthar	8	Lungsen
3	Luangmual	9	Chhingchhip
4	Haulawng	10	Khawbung Vengpui
5	Thaidawr	11	Siaha
6	Pune	12	Saipum

Counter No. 16			
Ropaiachangkawn (Vengchhak)			
1	Bungkawn	7	Hortoki
2	Sihphir Vengthar	8	Kanghmun
3	Tlangnuam	9	Lungpho
4	Cachar Kahrawt	10	Thingsulthliah
5	Chhingchhip Mualpui	11	Tabung Chawnpui
6	Hmawngbu		

Counter No. 17			
Pu R. Vanbuka (L) kawt (Vengchhak)			
1	Bethlehem Venglai	7	Sesawng
2	Leitan	8	Lunglei Venglai
3	Kolasib Vengthar	9	Kainasary
4	Buarpui	10	Tabung Zodin
5	Chawngtlai	11	Tuidam
6	Serchhip Vengchung		

Counter No. 18			
Kanan Peng (Vengthar)			
1	Hlimen	5	Khuangleng
2	Lungleng I	6	Serchhip
3	Zuangtui	7	Sialsuk
4	Chhiahtlang Kawn Veng	8	Ratu

Counter No. 19			
Vengthar Peng (Kanan Veng)			
1	Bawngkawn Bethel	5	Khuangleng 'S'
2	Kulikawn	6	Lunglei Chanmari
3	Bilkhawthlir Hmar Veng	7	Sateek
4	Bukpui	8	Sialhawk

Counter No. 20			
Police Training School			
1	Bethlehem	5	Zobawk
2	Himali	6	Zohmun
3	Chalrang	7	Rawpuichhip
4	Chhiahtlang	8	Sumsuih

Hriselna Huang

DIABETES (Zunthlum)

- Dr PC Lalramenga MD (Medicine)
Physician, Civil Hospital, Aizawl

Zunthlum hrilhfhahna:

Kan taksa organ pakhat Pancrease-in Insulin a siam chhuah tlem vang emaw kan taksa peng hrang hrangin insulin an dawn that theih loh avângin, kan ei leh in atanga kan lak luh glucose (thlum) chu taksa peng hrang hrangah an lut thei lo va, thisenah thlum a lo tam ta êm êm a, chu thlum glucose chu zunah a lo lang ta hial a, chu chu zunthlum kan tih hi a ni.

Zunthlum lo lan chhuah dan:

- | | |
|----------------------------|---|
| 1. Tuihal | · Taksa chau |
| 2. Zun a tam | · Rihna tlahniam |
| 3. Rihna tlahniam | · Mit fiah lo |
| 4. Serh leh vun thak a tam | · Serh-ah bawhlawh a tam, thip leh kak |
| 5. Mit fiah lo | · Vun natna, vun ro , thak, kut leh keah khir leh khawn |
| 6. Riltam, tamchhawl hma | · Kut leh ke chawmawlh |
| 7. Pem, khawihli etc | |

Zunthlum finfhahna (diagnosis):

- Sugar Fasting: 126 mg/dl. aia tam
- Sugar postprandial: 200 mg/dl. aia tam
- Sugar Random: 200 mg/dl. aia tam
- HbA1C: 6.5 aia tam

Zunthlum rei tak, inenkawl tha lote harsatna thenkhat:

Zunthlum kaihhnawih natnate:

1. Mit tha lo (Diabetic Retinopathy): Zunthlumin mit chhunga thisenzam te tak te a tihchhiat vang a ni.
2. Kal tha lo (Diabetic Nephropathy): Zunthlumin kala thisenzam leh kal

chhihri (filter) a tihchhiat vang a ni.

3. Thazam natna (Diabetic Neuropathy): Zunthlumin taksa pawnlang leh chhungri hriatna thazamte a khawih chhiat vang a ni.

4. Stroke: Thluaka thisenzam puak keh leh thisenzam hnawh.

5. Heart attack: Lunga thisenzamte khawin a hnawh, zunthlumah hian khawn (atherosclerosis) a tam bik thin.

6. Diabetic foot leh vun natnate

7. Sex lama chak lohna, serh ro leh thak

Zunthlum enkawlina:

1. Damdawi hmang lova enkawlina:

a) Ei leh in (Diet): Carbohydrate 50 – 60 % of total calories; Protein 15 – 20%; Fat 30 % (Sat -10) aia tlem; Cholesterol 300 mg aia tlem; Fibre 25 – 40gm; Sodium (chi) 2gm aia tlem; Alcohol 5 % total calories aia tlem; Vitamins & minerals mi pangngai angin.

b) Exercise, kea kal leh chet tam: Zing emaw zan emawa kea kal, in chhûnga chet tam, kut hnathawh, infiamna uar, etc... Kan tihrawl (skeletal muscle) hi insulin leh glucose mamawh bertu, chet tam loh chuan insulin lo hnartu (insulin resistance) a ni thin. Taksaah thau tam hi insulin resistance siamtu a ni bawk. Taksaah thau a tam chuan sugar control a har a, stroke leh lung natna a awm hma thin.

2. Damdawi hmanga enkawlina:

a) Damdawi mum, kaa ei chi: metfomin, Glipizide, gliclazide, glimepiride, Acarbose, voglibose, Exenatide, dulaglutide, Vildagliptin, linagliptin, teneligliptin, gemigliptin, Canagliflozin, danagliflozin

b) Injection insulin hmanga enkawlina: Rapid and short (thawk rang leh rei lo), Human Regular, Lispro, Aspart, Glulisine, Long and intermediate (thawk rei), Human NPH, Glargine, Detemir, Degludec.

SANGHA TE BAI

- Mamawhte:
1. Sangha kutpah chen lek lek
pa 6 pa 7 vel,
 2. Khanghu tel chanve vel
 3. Spring onion zung 3 vel
 4. Chi a al tur tawk
 5. Soda leh ajino hmeh khat vel
 6. Hmarchapui tai

A Siam dan:

1. Sangha hi a ril zawng zawng then fai vek tur a ni a. A baina tur tui chhuan so a, a so hunah thlak tur a ni. Chi, soda, ajino etc hi telh tur.
2. Khanghu sin lutuk lova chan, bahkhawr leh spring onion leh hmarchapui chan sawm te nen thlak leh tur.
3. A sangha sawm lo tawk vela chawh tur. A hmin har vak lo va, minit 10 vel chhuan chuan a tawk mai. Sangha thâng rim leh khanghu rim na tak kha a inthat tawn a, a thak deuh hlar pawh hi a tui khawp mai.



Hrvaitute Chanchin**LALRINAWMI**

Pi Lalrinawmi hi R. Sanghluna (L) leh R. Lalchhawni (L) te fa Pasarih zinga a te ber niin Aizawl Chhinga Vengah a lo pianga, Upa V. Lalrinzuala nen 9th June 1983 khan inneiin fapa 3 leh tu 5 a nei tawh a, tunah hian Chhinga Vengah awmin, Chhinga Vengthlang kohhranah an lawi mek a ni.

EIZAWNNA LAM: Govt KVM High School-ah rei tak thawkin kum 2022 khan Headmistress-in Superranuatiun pension-in a chhuak a ni.

RAWNGBAWLNA LAM: Kum 1999-ah Kohhran Hmeichhe Committee-ah lutin Office Bearer hna, Secretary, Asst. Secretary, Chairman te ni thinin tunah hian Asst Secy a ni mek.

BIALAH : Bial Buhfaitham Ziaktu leh Bial Office Bearer nihna chelh kim vek tawhin tunah hian Bial treasurer a ni mek a ni.

CENTRAL-AH : Tuna term kal mek kum 2023-2025 hian Committee tang lai mek a ni.

HLA/BIBLE CHANG DUH: Kristian Hlabu No.43 'Pathian hmangaihna ropuizia' leh No.154 'Lungngaih ni leh lawmlaini ah' tih te a ngaina a, Bible chang a ngainat chu Sam 23-na thu leh Chanchin tha Johana 3:16 'Pathianin Khawvel a hmangaih em em a, chutichuan a fapa neih chhun Isua a pe' tih thu te a ni.

THUCHAH : Kristian chhûngkuate hian kan tlakchham pui ber nia a hriat chu Thununna leh Mumalna, fate thunun kan tan tlaiin kan tim lutuk hian chhûngkaw tam tak rumna a thlen hian a hre thin a, Ni tin chhûng inkhawm hi Chhûngkaw min vawng mumaltu hmanraw pawimawh ber niin a hre bawk, Kristian chhungkaw tha din kawngah tan lakna tur a la tam hlein a hre bawk.

Hriat atan

1. **INKAIHHRUAINA 2024 PEIH THU:** Synod Executive Committee vawi 308:86 of 12-15 November, 2024 chuan Kohhran Hmeichhe Inkaihhruaina 2024 chu hman nghal turin a pawm fel a, a bu pawh tihchhuah niin bial tinah thawn chhuah nghal a ni.

Inkaihhruaina hi tihdanglam zeuh zeuh a awm avangin chiang taka zir chian a pawimawh hle a ni. Mamawh leh duhte tan copy 1 Rs.10/- in Synod Office, Kohhran Hmeichhia Department-ah lei theih a ni.

2. **FEHCHHUAHNA**

(1) December 11, 2024 khan Thenzawlah Inkhawmpui Lian Vawi 51-na Organising Committee-te nen Inkawm hona neih a ni a, an hma lak tawh dan leh an inbuatsaih dan te ngaihthlak a ni. He inhmuh khawmnaah hian Rev. VL Luaia Hranleh Executive Secretary; Dr. Lalthansangi Fanai, Vice Chairman; Pi Lalmuanzuali, Asst. Secretary leh Pi H. Lalfakmawii, General Secretary-te an kal.

(2) November 29, 2024 khan Dulte Kohhran Hmeichhe Golden Jubili hmanpuiin Pi H. Lalfakmawii, Gen Secretary leh Pi Lalnghakliani, Asst. Co-Ordinator te an kal a, Pathian hruainain tluang takin hun an hman.

(3) January 13, 2025 Thawhtanni khan Saikhamakawn Kohhran Hmeichhe Golden Jubili hmanpui turin OB te an rawn sawm a, an sawm angin OB te zing atangin a thei thei an kal.

3. **EXECUTIVE SECRETARY INTHLAK THU**

Synod Executive Secretary thar thlan hun a lo ni leh ta a. Synod Inkhawmpui chuan kumin 2025 atanga Executive Secretary, Kohhran Hmeichhia min changtu atan Rev. Dr. K. Lallawmzuala a ruat.

4. **SYNOD INKHAWMPUIA PALAI THU**

December 5-10, 2024 chhunga Synod Inkhawmpui vawi 101-na Mission Vengthlang Kohhran Biak Ina neihah Hmeichhia Palai 17

5. WOMEN CENTRE :

(1) Women Centre Managing Committee chuan kum 2025 chungga Women Centre-a thawk turin heng mite hi a la (WCM 54:III & IV of 22.11.2024)

(a) Puanṭhui zirtirtu-ah

(i) Nl.R. Vanlaltlani d/o R. Lalṭhavunga Lallen.

(ii) Nl. P.C. Lalhriatzeli d/o Lalramzauva Pachuau, Zonuam

(b) Security Guard-ah

Tv. Lalvulmawia s/o Sanlianmawia, Saizawh'W' (Chawngte 'P' Pastor Bial) lak a ni.

Puanṭhui zitirtute leh Security Guard atana lakte hian Synod Office Kohhran Hmeichhe Department-ah Joining report an pe a. Security Guard atana lak hian Z.S. Security hnuaiah Training a nei nghal. Thawktu lak tharte hi January 10,2025 chawhnu dar 1:00 khan Committee Room-I ah Office Bearer-te nêh hnathawh dan tur inhriattir a ni.

(2) Puanṭhui zirtirtu laknaah Expert atân Pi Lalrinpuii, Vakiria, Zarkawt leh Pi Zoramchhani, Achhani Innovative Dresses, Sikulpuikawn te sawm an ni.

(3) December 3, 2024 khan 2024-a Puanṭhui zir chhuakte thlahna hun hman a ni a. Kum 2024 Rorel Inkhawmin Puanṭhui zir chhuakte khawl pek a lo rel angin zir chhuakte khawl pek an ni a, he hunah hian Inkhawmpui Lian Chairman lo ni tawh zawng zawngte, Pastor Bial tin aṅanga aiawh pahnih ṭheuh te, Phunchawng Kohhran leh khawtlang hruaitu te, Puanṭhui khawl (ke khawl) pathum min petu Dawrpui Kohhran Hmeichhe Committee aiawh te, Ke Khawl pali, Jenome Khawl leh zirlai daih Sakawrbakcheh min petu USHA Enterprise, Millenium Centre, Women Centre tana Scooty min petu Amawii Hero te sawm an ni a. Khuallian atân Pu Lalnghinglova Hmar, Minister, LESDE sawm a ni bawk.

(4) Kum 2025 atana Puanṭhui zir tur mi zirlai 50 an awm tawh dawn avangin puanṭhui khawl 5 lei belh a ni.

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. Lahlunpuii |
| 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 Lalthmingmawii | 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 Vanlalhlamuani | 36. Pi Zohmingliani |
| 37. Pi Lalnghakliani, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. R.C. Lalnghakliana, Synod Moderator
2. Upa Vanlalsawma Siakeng, Synod Secretary (Sr.)
3. Rev. Dr. K. Lallawmzuala, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlha tihlawhtling tura thawh ho.
 2. Kristian chhungkaw ṭha din tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
 4. Chanchin Ṭha puan darh.



Postal Regn. No. MZR/ 53/ 2024 – 2026 RNI Regn. 40876/ 88



Dulte Kohhran Hmeichhia Golden Jubilee



2025 Women Centre puan thui zirna hawn ni



2023 - 2025 Women Centre Managing Committee

To

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