



Chhuah ñan

1986

AGAPE

Vol. XXXV No. 364

NOVEMBER 2022



Kristian Chhúngkua leh mo enkawl

Phek – 2

I Pathian tawk turin inpeih rawh

Phek – 6

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRIAT ZAUNA

Lak man : Kum khatah ₹ 100.00
Copy khat ₹ 8.33

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Publisher : Rev. V.L. Luaia Hranleh
Agape Phone No. : 0389-2326372 (Heng number-ah hian
email : 0389-2301824 office hun chhungin
 agapechanchinbu@gmail.com biak theih a ni.)

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Editorial**KAN HUN PUI**

Kohhran Hmeichhiate tâna hun pui kan neih pawimawh ber pakhat chu - **Kohhran Hmeichhe Nî** hi a ni âwm e. Kum hnih lai hripui lêng avanga kan hman mumal theih loh hnuah kumin chuan Pathian hruainain hlim takin kan hmang ve leh thei tawh dâwn niin a lang a, a phûrawm tawh hle a ni.

Kohhran Hmeichhe Nî hi November thla zirtâwpni hnunngunng berah kan hmang thîn a. Kohhranin kan hman dân inang chiah lo mah se member-ten kan ngai hlu hle a, hei hian kan Nî hi a tihlu a; a tinghahhlelawm thîn. A neituten kan hlut thiam poh leh a hlu zual zêl mai dâwn a ni.

Awmni khama hun hmang thîn kohhran eng emaw zât kan awm a. Ruai nena hlim taka hmang thîn thahnem tak kan awm bawk. Kan hun pui denchhena thu tha tak tak kan zir ho thîn leh tanpui ngaite tâna kan luang chhuak fo thînte hi he Nî tihluta a ni a, chhonzawm zêl thei ila, a duhawm khawp mai.

Kan hun pui lo thleng tûrah hian kohhrana hmeichhiaten kan phâk tâwkah kohhran huang chungah Lalpa rawngbâwlna hna kan thawk ve mêk a ni tih tar lanin awm se. Kohhrana hmeichhiate huap kim thei ang ber tûra hman dânte zawng thiam ila. Talent tha tak tak neite pho chhuak ila, langsâr si lova rinawm taka Kohhran Hmeichhe thil tihnaa lang hram hram thînte ngaihsak ila; kan zinga la tel ve rih lote hui khawm dân tûr pawh ngaihtuah ila. Rawngbâwlna kawnga min tiphûrtu leh min ti pumkhattu atâna he Nî hi kan hman theih chuan a va tangkai dawn em!

Kumin hian thupuih - *Nute leh fanau enkawl* tih kan hmang dawn a. Zirlai harsa tak a ni chungin kan sâwtpui ngei beisei ila. Kohhran Hmeichhe Nî lo thleng tûr pualin *Agape* enkawltuten *duhsakna* kan hlân mawlh mawlh a che u.

Kristian Chhôngkua

KRISTIAN CHHONGKUA LEH MO ENKAWL

- Rev. Lalsangbera
Director, FG&CC

Thuhma: Nuam zawka chhôngkaw chênho theih hi Kristian chhôngkaw nun zepui a ni. Chhông tin deuh thaw hi mo nei tawh, nei mêk leh la nei tur kan ni a. Mo vanga chhôngkaw hlim te, hlim lo te kan awm ang bawkin mo enkawl thiam leh thiam lo chhôngkua kan ni nuk hlawm. Hmanlai rilru deuha mo enkawl la tum tlat pawh kan la awm. Mo kawh thiam loh vanga inthen hian fahrah naupang a titam a. An puitlin hnua an nun fuh thei loh vanga chhôngkaw rûm hi sawi peih loh khawpa tam kan ni ta! Chuvangin mo enkawla, chênpuì dan tha hi zir thar a ùl tak zet tawh a ni. Tha zawka mo kan kawh theih nan hengte hi i ngaihtuah ang u.

1. **An nih ang ang lo pawm phawt mai tur:** Kan fapate pawh an chuti vak bik lo thei. Kan mote pawh duhtusam thlira lo thlir ngawt bik loh tur. Zei lo tak, mawl ve tak, hrisel lo tak, sual ve tak, taima lo ve tak, che fel lo ve tak, mut duh tak pawh an lo ni thei. Mahse, kan fapain duh taka a neih a nih ve si chuan hmusit bik suh. An nih ang ang khan lâwm taka lo pawm ve phawt mai tur a ni. A la tha ve telh telh ang tih beisei tur. An nih

ang taka kan pawm loh chuan hrehawm leh hlim lo deuhin in awm ho reng tho dawn. Dawhthei taka zirtir leh kaihhruai an mamawh tam deuh a ni mai.

2. **An inthenin buaina a chhah duh zawk:** Anmahni an induh tho si a, chhôngte vanga inthen chu buaina chin felna a ni chuang lo va, kan fapa nun chu a buai dawn tho tho. Nghawng tha lo zawk zu ruih leh awm sual, thinur leh hmeichhe dang buaipui te an chîn phah thei. Chuvangin,

mo chu a ṭha thei ang bera enkawl hi chhûngkaw tan a hlâwk ber tih pawm a ngai.

3. Moin kawmngiehtu an mamawh: Mo te hian ngawih reng te, biak hlawh ve loh te hrehawm an ti ṭhin. ṭha taka biak seuh seuh te, titipui te, thil tihpui tur dap chawp te, tikhawhar lova kawm tam te, nuih dun te, bazar-pui te leh inkhawmnaa kalpui te thleng an mamawh.

4. Nuam an tih nan hun an mamawh: Pasal chhûngkuuaa awm nghet tur leh nuam ti thama awm turin hun eng emaw chen an mamawh ve tih hriat a ngai. Tihlangnêl leh tih khawhar loh te, neitu rilru puttir te an mamawh.

5. Naute an pâi harin hrehawm an ti: Mo zawng zawngin naupâi an duh laiin pâi thuai lo an awm. An inthlahrungin an inngaihbel awl a, chhûngten lo sawisel leh nawr miah loh tur a ni.

6. Mo puite nena an inkar a nâwi fo: Mo pakhat aia tam an awm a, hlawh nei leh nei ve lo awm khawmnaah hian buaina ho

tê tê a awm phah ṭhin. Inkhaikhin te, in lawmpui theih loh te, chhehchhawh bik leh thu lakna bik neih te a him lo. Ang khata kan enkawl thei lo a nih pawhin thlah thlak bik neih loh a ṭha.

7. Mamawh an neih te zawh ve ṭhin tur: Mo-in tlakchham a neih a, pasal chhungte atanga ngaihtuhsak an nih loh chuan an hlim lo ṭhin. Mo in mamawh an nei ṭhin tih hriaa ngaihsak hle tur a ni. An dil kher loh pawhin mamawh an neih te zawh a, pek fo tur a ni.

8. Lawm thu hrih leh fak te hian an lawm ve a nia: Tute pawh hi fak leh lawm thu hrih kan dawn hian kan hlim ber zel a ni. Kan mo te hi fak leh lawmthu hrih tam lehzual tur a ni. Mahni fate kan fak kher lohnaah pawh mote chu fak tur an ni tlat. Lawm thu inhrih mai te, infak mai te, an hlutna hriat sak mai te khan nuam an ti a, an in ṭhen loh phah daih thei a sin! Tu mah hian sawisel leh dem reng hi chu kan tlin bik miah lo a nia. “I va fel tak em! I hah awm si a, hahdam ve tawh rawh,... I che reng mai... Chawhmeh i va siam tui tak e!

...I lo awm hnu hian kan in hi a fâi sawt mai,” han tih te hian inlaichinna tha a siam a, insûm loh tur a ni.

9. **Chhûngte ãan an mamawh:**

An pasal ni lo, pasal chhûngte zinga mi ãan an mamawh ve reng. A chang chuan pasalte lakah mo thlavâng hauh a, anmahni rin zawk hi a finthlâk teh a nia! Chhûngte zawng zawng pasal lama ãang vek a, amah do vek, mal ãan nia an inhriat hian an rilru a buai duh, ãan luih ve tlat tur a ni.

10. **Chhûngte zah hlawh ve pawh an mamawh:**

Tu pawh hian mi zah loh nih hi kan hlimpui hlei thei lo. Mo te pawh hian mi zahawmte kan biak anga biak ve te, hawihhâwm taka biak te hi an mamawh tih hriat tur. Miin kan chung a an tih loh tura kan duh hi kan mote chungah hian kan ti bik tur a ni lo. Mi hran daihte pawh kan zahin an lakah kan hawihhâwm thei a nih chuan kan mote lakah hian hawihhawm te, that chhuah te hi tih ngei ngei tur a ni. ‘A rilru a nâ ang e, a thin a rim palh ang e, a hua ang e’ tih vengthawng chungin

enkawl ila kan inlaichinna a tha zel ang.

11. **An hlim lo ve thei tih hriat**

pui tur: Keimahni vang ni kher lovin, an taksa dinhmun vang te, pawn lama an thil tawn avang tein an hlim lo thei a, an tûm ve thei. “Mo te te si, min tûm khum bûr reng mai,” tia ngei ringawt loh tur a ni. Eng nge harsatna an neiha, puih an ngai em tih ngaihven zawk tur asin!

12. **Mo zawng zawngin ngaidamtu an mamawh:**

Passal chhungkaw zinga ze mak pui pui bulah an rawn lût a. Mo neitu chhungkaw tan lah an mizia engkim kan la hre fiah bik si lo. Thar ve ve kan in tawng a, chêt fuh sên lah ni suh. Inngaihdam tawn kan ngai. Ngaidam mai ta lova kan ân khum pheih chuan mo tan hrehawm tur tak a ni Chiang. Mo in thiamlohna an neih chuan zahawm leh tha taka hrilh mai tur a ni.

13. **Mo ten tha taka thil**

hrilhtu chhungte hi an ngeih duh khawp mai: Kan mote thil

kan hrilh hian, hrilh dan tha lo deuha hrilh kan ching a, an rilru tina zawng leh mitmeng kawi chung kherin kan hrilh thin a, an rilru a nat phah thin alawm. Boruak a tek chhek tawh pawhin tha deuha thil kan inhrilh tawh chuan tha deuhin kan awm ho leh nghal thei mai a ni. Chhungkaw whatsapp group-a mo awm dan mei nei deuha han sawi zauhte hi tuar zo lo an awm duh thin. Zahawm leh thinrim kher lova inhrilh fiah hi zawm a awl zawk fo reng a ni.

14. Nupa thenkhat chu an chhungte vanga inthen loh phah an awm ve fo: Anmahni chuan inthen an tum zing tawh a ni mai thei. Mahse an boruak sa tidai zawnga chhungte kan chet tlat chuan, an boruak a lo that hun a awm leh nge nge thin. Mo thenkhat phei chuan, Kan chhungte hi an fel em a, kan la inthen lo mai mai a ni, an tih hi ka hre ve fo mai. Pasal emaw nupui zawk emaw an fel loh pawha an chhungte kan lo fel tlat chuan chhungkua hi a lo keh lo

thei dawn a ni. Chhungte zawkin fate nupa inthen kan pawh tih loh ngat phei chuan an inthen chiang ngawt ang.

15. An chhungte chanchin hriat a, biak pawh ve tur:

Kan mo phenah hian chhungkua zahawm tak an awm ve tuai tih hriat tur. An chhungte chu zah taka dawr chin ve an phu a ni. An chanchin hriat chian ve te, biak pawh leh tlawh chhuah pui hun te ruahman a tha.

16. Kan mo hming lama tawngtai sak ve thin tur a ni:

An hrisek nan te, malsawmna an dawn nan te, an harsatna Pathian hnena an hming lama dipui nachang hriat te hi an mamawh a ni.

17. Danglamna lo thleng tur pawm a ngai :

Mo an lo lawi luhin kan chhungkua thlah khat hlang kha thlah dangin min pawlh tawh dawn a, chu chuan ze thar leh nun phung thar eng emaw chen a rawn chhawm lut tel dawn tih hriat sa tur. Mo vanga danglamna lo awm tur chu hriat thiam a, pawm thiam ve tura lo inhawn tur a ni.

Sermon**I PATHIAN TAWK TURIN INPEIH RAWH**
(Amosa 4:12, Hebrai 9:27)

- *Upa R. Lalremchhunga*
Zemabawk West

He thu hi a pawimawh hle mai. Bible kan chhiar pawh hian ringtu hmasate'n Lal Isua Krista lo kal mai tur tâwk tura inpeih tura sawmna te, hun hnuhnung a nihna te. Pathian lo kal a hnai tawh tih te an lo buaipui êm êm tawh a. Chutiang chuan vawiin thlengin kan buaipui a ni.

He kan thupui pawimawh tak hi kan sawi chhuak thiam tawh lo nain, kan rilru-a cham tura kan duh chu kan Bible bu pum pui hi kan chhiar chuan thlahute'n an bawhchhiatna avâng leh chumi tidam tur leh Pathianin a hnêna chatuana bawhchhetute kan chen leh theihna tura min buaipui chhunzawmna, Pathian hna thawh hlir hian a khat a ni. Chutiang taka min hmangaiha min umzuitu hmangaihna hi a tak taka kan chanpui theihna turin vawiinah hian Pathian tâwk tura kan inpeih hi a pawimawh a ni. Kohhran hote Pathian faka kan Inkhawm te, kan thilpêk te, kan thil tih reng rengin a tum ber chu Pathian tâwk tura Kohhran

mipuite kan inbuatsaihna a ni a, mi dangte tan pawha in buatsaihna tura kan thil tih a ni. Kohhran mipuite'n Pathian hma ah zam lo leh huaisen taka kan din theihna tura lawmman hlu tak kan chan theihna tura kan tih a ni tih hi kan hriat a pawimawh hle a ni.

Amosa 4:12 leh Hebrai 9:27 ah te kan hmuh angin Israelte hnêna a inpuanna hmanrua Zawlnei Amosa chanchin tawi têin han sawi ta ila. Amosa hi mi thiam leh ropui a ni lo va, ranrual vengtu, theipui kung leh thing enkawltu te pawh an ti awm e, chutiang mi chu a ni a. Zawlnei tê kan Bible-a mite, chung zinga mi chu a ni a.

Zawlnei Sikul chhuak pawh a ni hranpa lo va, mi pangngai ve tak a ni turah ngai ta ila. Tin, a hming awmzia hi “Phurritphura” emaw “Kengtu” tih tein emaw mi thiam te’n an lo sawi thin a. Pathian mi hman tangkai tak a ni tih chu kan hre thei awm e. A dawt leh ah chuan rawng a bawl hun laia Israel fate dinhmun hi han en ta ila, Israel fate Pathianin ka hmaah in ding dawn a, keimah tâwk turin, ka thianglimna hmaah ding ngam tur hian inpeih rawh u tiin a vaukhan tih kan hmu a. He vaukhanna Zawlnei hmanga a puan hmang hian keini pawh hi Pathian tâwk turin engtin nge kan in peih ang?

Kan hriat angin Pathianin Israel fate Aigupta sal ata a hruai chhuak a, ram an tana a tiam Kanaan-ah a hruai lut a, khawizu leh hnute tui luanna ramah. Thil tha tam tak a tihsak in a thawhsak a, a thawhsak sa hmunah nuam takin, ropui takin, hausa takin an awm a ni tih te kan hmu a, chutiang chu an dinhmun a ni. Amaherawhchu, chutiang a nih mêk lai chuan anmahni hruai chhuak a, buaipui a, kawng harsa leh buaithlak

zawng zawnga anmahni hruaitu leh enkawltu Pathian kha an uire san tlat mai a ni, a pawî em em a ni. Chumi avang chuan a hnêna an hawi kir leh ngei theihna turin Pathianin hremna an chungah a lek a ni. Pathian chhôngkua, Israel fate’n, Pathian malsawmna an dawn, an chan, an neihte anmahni leh Pathian inkarah tla zepin Pathian an hawisan a, an uiresan tlat mai a, a pawî hle a ni. Chuvang chuan Pathianin hripui hmang tein a hrem a, hripui raphlak tak a lêng a, chutiangte chu an tuar a ni. Tin, an thlaite rannungin a ei zawhsak a, a ei hlumsak a, chutiang chuan a hrem a ni. Chu bakah khawkhêng hmangtein a hrem a, chu mai ni lovin hmelma khandaih hmang tein a hrem a ni. Pathian hian a hmangaihte’n kawng dik an zawh theihna tura hremna leh tawrtir hi a pawîti lo hle a ni tih helaiha hian a hriat thei a ni. Chutiang taka kawng dik an zawha Pathian nena inpawla an nun theihna tura Pathianin an chungah hremna a lek zawng zawngte pawh chuan awmzia a nei thei lo va, an harh thei lo va, chuvang chuan Pathianin, “I Pathian tawk turin

inpeih rawh,” a ti a ni. He thu hi sâwmna aw nê̄m a ni lovin mi thiamte chuan an sawi, vauna a ni an ti. Israel mipuite u, ka hmaah in ding dawn, ka hmaa ding turin, keimah min tâwk turin in inpeih em? inbuatsaih rawh u tiin a vau a ni an ti. Chutiang chuan Israel mite leh Pathian inkarah hian thil a thleng a ni. Chutih hun lai chuan Zawlnei Amosa a lo au chhuak ta a, “Aw, Israel, i Pathian tawk turin inpeih rawh,” tiin.

Hetih hun lai hian Israel-te Pathian malsawmna dawngin an hausa ê̄m ê̄m a, he rawngbawlna hmun hi Israel hmar lam an Pathian biakna hmunpui Bethel awmna khua, chumi hmunah chuan Zawlnei Amosa hian rawng a bawl a ni. Jeroboama I-na an lal ropui tak chuan Bawngno lem pathian-a biak tur a kawt tlat mai a ni. Chutih mêk laia thil thleng chu Israel mipui te'n Pathian lakah nasa taka vak bovin sual rawng an bawl a ni rê̄ng rê̄ng lo, an hausa a, malsawmna an dawng a, nuamsa takin an awm a, an sakhaw mi ê̄m ê̄m a ni an ti. Pathian hi an tlan bosan pumhlum rê̄ng rê̄ng lo

tih an sawi thil a ni. An pathian biak inkhawmte an pung zel a, Jerusalema pathian be tura kalte chu an pung zê̄l a, an hmun hmate chuan a dawt zo ta lo te pawh an ti a ni. Chuti khawpa sakhaw lamah an beih runthlak a, uar taka an tih laiin, he vauna hi an chungah a lo thleng ta a ni an ti. An thawhlawm te, pathian hnena an inthawina beramte pawh a pung zel a, biak buka zaipawlte pawh a mawi a, rimawite pawh a changkang zel a, kawng tinrengin sakhaw thilah hma an sawn an ti tlat mai a ni. Hei hian keimahniah inenfiahna tur tam tak a hril telin a hriat a, chutiang chuan Israel fate hi hausa takin, ropui takin, nuamsa takin anmahni hruaitu leh kawng hrang hranga anmahni buaipuia chhan chhuaktu leh enkawltu Pathian an uiresana; amah-erawhchu, leh lamah chuan sakhaw mi tak siin, chutiang chuan an awm a ni. Chutiang chu a ni thei dawn emaw ni le kan lo ti rilru a ni mai thei; amaherawhchu, keimahni theuhvah lo inla lut ta ila, a nih theih leh theih loh dan chu kan hre mai awm e. Chutiang dinhmun duhawm takah sakhaw thilah pawh khawvêl lam khawsakna

thilah pawh an awm mêk laiin, hetiang vaukhanna aw hi an lo dawng ta a ni. Chutiang chu Israel mite chungah a thlen si chuan keini ho thinlungah hian chu nun chu, chu thil chu a lo awm ve reng em tih hi vawiin hian a pawimawh êm êm lai chu a ni ta a ni.

Kan inkhawm te, Pathian tana kan thilpêk te, Kohhrana kan rawngbâwlina te, kan thil tih hrang hrangte a ngai reng a, Pathian betu kan pun chhoh mêk lai te, kan Biak In te pawh zauh zel a ngaih lai te, kawng hrang hranga sakhaw thila hma kan sawn a, kan lawm êm êm lai hian, chutianga titute thinlungah hian Pathian hian lalna a chang em? Thu a nei ber em? Chutiangte chuan thinlung leh thlarau leh tih tak zetin Pathian chu chibai an la buk tak zet em? Chu chu a ni pawimawh êm êm chu. Israel fate pawh kan sawi thin khatiang taka an tih dan phung pangngaia hma an sawn zel a, ngaih tha taka Pathian hmaah an thil tihte an pho lana an din mêk lai khan, an thinlung zawng zawng hmu tlangtu an ngaihtuahna an thil tih zawng zawng hmu vektu Pathian an

chungah a lungawi thei si lo a ni. Eng vang nge kan tih chuan Pathianin a beisei Israel fate thinlung leh nunah hmun a chang lo va, hmun a nei lo va, a aia biak dang, a aia ngaih pawimawh dang, a aia buaipui dang an neih kha Pathianin a ngaithei lo a ni, a duh lo a ni, a hua a ni. Rawngbawlna thila kan thil tihte chu Pathian khawngaihna azarah heng kan thil tih zawng zawng thawhlawm kan pek te, kan hnatlante zaipawla kan telte kan inkhawmte kan thil tih zawng zawng hi hnualsuat chi a ni lo va, kan ti zel ang. Pathian Kohhran a din chhûng, khawvel awm chhûng chuan kan ti zel ang. Amaherawhchu, a tak tak, a pawimawh ber Lal Isua Krista nei si lova heng hi kan lo tiha, ngaih tha taka kan lo nung a nih erawh chuan kan tan a pawi dawn a ni. Chuvangin, kan inen fiahna atana pawimawh ber mai - i nunah, ka nunah hian tu nge lal ber? tu nge hruai thin che? Pathian Thlarauvin nge hruai thin che nangma duh dan dan in i nun leh i hunte i hmang mai? biak buka amah i pawl reng lai

hian i thlarau hi pawn lamah nge a awm? khang zawng zawng kha thinlung en chhuak vektu Pathian chuan min tehna leh min beiseina lam a ni si.

Chanchin Ṭha Matthaia ziak bung 25 thuah khan nula thianghlim sawm tehkhin thu kan hmu a, khang nula sawmte kha nula thianghlim an ni vek a, khawnvâr an keng vek, mo an hmuak vek a. Chu mai ni lovin moneitu a lo thlen har avangin an muthlu vek a ni tih Bible-ah kan hmu a ni. An thil tih eng emaw zatah inanna an neih lai khan, moneitu a lo thlen a, thawm an hriata an khawnvarte an han buatsaih a, a â pangate chuan khawnvar ṭha tak an neih lai khan a tiengtu tur khawnvartui an lo keng tel lo/an lo nei tlat lo, a van pawî teh rêng êm. Amaherawhchu, a fîng pangate erawh chuan khawnvar an ken rualin a tiengtu tur khawnvartui an keng tel a ni. He thu ka ngaihtuah lai hian ka rilruah Rawngbawl thintu, zai pawla tel thin, mahni phak tawka theih tawpa ti ṭhin ṭheuhthe kan ni; amaherawhchu, kan tih leh kan

rawngbawl na a inan chhoh mêk lai hian a tak tak khawnvartui Lal Isua Krista nei si lova lo ti ve eng emaw zât hi a awm theih dawn a ni tih hi a lo lang a ni. Chuvang chuan kan thupui hmang hian mahni ṭheuh kan inen fiah a pawimawh hle a ni. KṬP, Pavalai, Kohhran Hmeichhe rawngbawl naa tel ṭheuh ṭheuh khawnvartui Lal Isua Krista nei lova theih tawpa rawngbawl naa ke lo pên pawh hi a awm theih dawn a ni tih hi a Chiang a ni. A dawt leh kan chhiar zêl chuan moneitu chuan kawng a'n khâr ta a, a â pangate chuan an hmuak ve tho va, kha kawngkharah khan kha mo lawmnaah khan luh vê tho mai âwm tak, zanlai thlenga lo nghak a, lo inbuatsaih ve te chu mo lawmnaah khan an lut ve ta lo, pawn khaw thimah ṭah leh ha ṭhialna hmunah chuan an awm ta a ni, a va pawî êm! Kan thupui hian keimahni ṭheuhvah Lal Isua Krista i nei tawh em? chu baka inpeihna leh pawimawh chu a awm lo tih hi kan rilruah min hirih nawn leh se.

Tin, i Pathian tâwk turin inpeih rawh tih kan sawi ruala

pawimawh êm êm chu mihring tan vawi khat thih ruat a ni, chumi hnuah rorelna a awm ang, chu chu kan hmabâk a awm, kan thlen tur a ni. Kan Kohhran Upa senior, Pathian tâna mi ãangkai tak chu rin loh tak leh beisei loh takin, chhan hman lohvin a boral thut mai, chung ka ngaihtuah chuan kan thupui pawimawhzia te hi a lo lang a ni. Ani erawhchu inring renga Pathian rawngbawltu rinawm, mi ãangkai a ni a, a kalna hmun tur a Chiang a, a ngaihtuahawm lo a ni.

Keini ho nakina la kal ve tur te hi kan kalna hmun tur hi kan Chiang em? mihring tan vawi khat thih ruat a ni, nung dama piang tawh rêng rêng chu kan la thi vek dawn a ni. Kan thihna ah hian a tawp mai dawn lo va, rorelna kan la hmachhawn dawn a ni, chu rorêlna chu rorelna hnuhning a ni dawn a, tu mah insawipui theih lohna hmun, mahni chanchin leh thil tih, mahni kê ngêiin a sawina tur hmun a ni. Nu leh pate'n emaw kan upa te'n emaw insawipuina, inkalpuina chi a ni dawn lo, mahni theuhvin kan la kal dawn a ni. Chumi rorêlna kan

hmachhawn hunah chuan thiam changa, a hmaa kan din theihna turin Pathian tawk tura kan inpeih hi a pawimawh êm êm a ni.

He khawvêla kan dam chung tawi têah hian Pathian tâwk tura inbuatsaih leh Lal Isua Krista neih aia buaipui leh duh leh zawn hi kan ngah hle mai, han inngaihtuah ta ila, sum leh paite kan zawng a, a pawimawh, ei leh bar, silh leh fen kan mamawhte kan zawng tur a ni. Thiamna leh finna kan zawng a, a pawimawh a, a ãul, mihring tâna ãha a ni; amaherawhchu, chung zawng zawng ai pawha hlu Lal Isua Krista hi Amah theihngihl nan he khawvela thil chi hrang hrang hi amah pawl hman loh nan te amah biak hman loh nan te, amah aia thlanah te kan lo hmang a nih erawh chuan kan tisual hle dawn a ni.

Heng dam chung khawsak ngaihtuahna thil ãul leh pawimawh tam tak hi kan zawng anga kan buaipui ang, Pathian khawngaihna a zarah nung dama hrisela kan awm a nih chuan theih tawpin kan thawk zel ang.

Amaherawhchu, eng mahin kan Lal Isua Krista hi kan hralh phal tur a ni lo, thil pawimawh tak a ni. Tam tak chuan hengte hi Lal Isua Krista aiin kan dah pawimawh a, kan tâna ðha tur a nih chuan thil ðha chauh lo pawh han tih mai te; tin, dam chhung ropuina lem te, hming ðhat te, chawimawina te nasa takin kan zawng a, hausakna te nawmsaknate hi kan zawng nasa êm êm a, mutmu tuah loh tein kan zawng mêk a ni. Chung khawvela kan awm mêk lai hian kan thupui hian **“Pathian tawkturin inpeih rawh”** tiin min chah a ni. Kan thi dawn a, Pathian hmaah kan khup ngei hi a la ðhingðhi dawn a, kan lei kan kê ngei hi a hmaah a la inpuang dawn a ni. Chu chu mi tin hian kan hmaa thil awm, kan tawn ngei ngei tur a ni. Chumi atan chuan inpeih rawh, inbuatsaih rawh. I inbuatsaih ang u. Lal Isua Krista aia dah lal leh dah pawimawh eng mah nei lovin i inbuatsaih ang u. Chutiang titute chu nakinah chuan nula thianghlim sawm, nula fing panga, khawnvartui nei, hlim taka mo lawmna ruai kiltute ang khan kan awm thei dawn a ni.

A dawt lehah chuan Thupuan 22:12-ah chuan, “Ngai teh ka lo kal thuai dawn e, mi tin an thil tih ang zêla pek turin ka lawmman ka hnenah a awm,” tiin Pathianin thu arawn puang a ni. Kan boral tur thu kan sawi tawh a. Hei bakah hian Pathian tâwk tura kan inpeih kan inbuatsaih a ðulna êm êm chu kan Lalpa ngei hi au thawm nen, vantirhkoh chungnung ber aw nen, Pathian tawtawrawt ri nen van aþangin a lo chhuk anga, mitin an thil tih ang zela lawmman pek tur min rawn kensak dawn a ni. Chuvang chuan Pathian tâwk tura kan inpeih a pawimawh a ni. He thu hi tu ma pumpeloh loh tur thihna kan sawi ang khan thlana mu tawhte pawhin Pathian fapa au thawm an hria ang a, tawtawrawt ri an hria ang a, an lo tho leh ang. Tu man Pathian hmaa ðhingðhit, kan chanchin sawi hi kan pumpeloh dawn lo tih hi a Chiang êm êm a ni. Chutiang tak hmabak kan nih avang chuan Pathian tawktura kan inbuatsaih hi a pawimawh hle a ni.

Tin, a tawpna berah chuan Pathianin Israel fate a malsawmna changa, hmuingil taka he khawvêla a koh chhan

leh a ruat ang taka nung tura a beisei a, a zilhauva, a kaihruai ang khan, keini pawh hi Pathianin chutiang tur chuan min sawm a, min duh a, min ko a ni tih hi. Hun hnuhnung thute Lal Isua lo kal lehna thu sawite hian ring lotute tan chuan hlauhawm leh thil rapthlak a ni a, khurhna tham a ni. Amaherawhchu, kan fakna hla, “Ring lote hlauvin an khur ang, kan lawmna niah chuan,” tiin kan sa thin. Heng hun hnuhnung leh Lal Isua Krista lo kal thu kan sawi te hi a tak tak a lo thlen hunah chuan ring lote hlauvin an khur ang a, amah ringtu, amah tawk tura inbuatsaih a, Lal Isua chauh Lal leh Chhandamtua pawma, thlarau leh tih tak zeta amah chibai buktute chuan, kan lawmna ni, kan hlimna ni tiin an puang ve thung dawn a ni. A va ropui dawn em! Chutih hunah chuan he khawvel thil tam tak kalsana, amah tawk tura inring renga awma, a chhun a zana amah biao, amah pawla ama tan chauhva inserh thianghlimte chu Pathianin a sawi ang ngeiin Lal Lukhum ropui ber, Hnehtu Lal Lukhum ngei chu Pathianin a pe ang a, chatuanin hlim tawp

lohna an chang thung dawn a ni. Amaherawhchu, sawmna hmanga, kohna hmanga a koh hnu pawha engah mah ngai lo va, mahni tisa chakna leh duh dan zela tlante erawh chu he lungngaihna, he hun tawpah hian “tlanga min delh rawh, lungpui min delh rawh,” tiin, thihna tur, tlan bona tur zawng mahsela, an hmu lo vang, lungngai tawpin Lal Krista chu an hmu dawn thung a ni. Chutiang chu khawvela mihring zawng zawng hmaah hian thil chi hnih a inchhawp a ni.

Fak hla siamtu chuan “Chhandamtua aw mawi tak chu kan hria ang, Ngai ru moneitu aw chu,” chu aw ngei chu kan hre dawn a ni. Ahun leh ni erawh kan hre lo. Zing nge, chhun nge, zan nge tu man kan sawi thei lo. Amaherawhchu, zing pawh ni rawh se, chhun pawh ni rawh se, zan pawh ni rawh se, chutih hunah chuan, “Amen, Lalpa Isu lo kal ta che,” tia lawm taka Amah hmuaktu, Amah chibai buktu kan nih theuh theih nan inbuatsaih ila, i inpeih ang u. Pathianin a thu malsawm rawh se.

Sermon**TESTIMONY**

- R. Saichhungi
Chanmari, Aizawl

Pathian khawngaihna ropui tak leh malsawmna ka dawnte puan chhuhahna hun tha min siamsaktu Pathian chungah lâwm thu ka sawi a ni. Mi pakhat talin hlâwkpuina an chan ngei pawh ka beisei.

Kristian chhûngkuaah ka lo piangin ka lo seilian a, Kohhranah phâk tâwkin rawng ka lo bâwl chho ve a, hlim takin thiante ho nêh khawlaiah te chhandamna thu sawiin kan kal chhuak thin. Kum te a lo ral a, thla leh ni te a lo liam zêl a, kan thatlai huna rawng kan lo bâwl ve thinna te chuan ka nunah thlamuanna tak tak min lo pe hauh lo mai. Khatih lai khân chhandamna thu hi an sawi nasa thin a, Counselling class-ah te ka tel ve fo thin. Inhlân tur hian min sâwm thin a, ka inhlân ve mai thin a, ka nunah erawh danglamna a thleng lêm lo. Nu leh pate min lo kaihhraina zârah Pathian thu hi ka ngaihtuah nasa ve thin a, keimah pawh ka infiah fo thin. I John 5:10-ah chuan Pathian fapa ringtu chuan

mahniah hriatna a nei thin tih kan hmu a, Rom 8:9-ah Krista thlarau nei lo chu amaha mi a ni lo tih kan hmu bawka, chutiang hriatna chiang tak chu ka nei si lo, ka rilru hi a buai hle thin a ni. Chhandam nih loh hi ka hlau si a, zak chung chung hian Counselling Class-ah te ka thu fo thin. A lo kal lehna thu ka ngaihtlakte hian ka hlauh a zual a, thlamuan lohna ruk hi ka nei tlat a ni. Ka mumangah Lal Isua, a mite lam tura a lo kal ka hmuh te hian lo kal ve hi ka tum nasa thin a, ka kal ve thei ngai lo, ka mangang êm êm thin a ni.

Kum 1990 a lo inher chhuak a, ni khat chu Thlarau thianghlim hian 'Boral tur' ka nih min hriattir ta tlat mai a, chumi ni chu October 11, 1990 (zirtawpni) a ni. Ka lungngaiin ka mangang

êm êm mai a, nilengin eng mah ka eiin ka in lo, zan a lo ni a, ka muhil thei bawk si lo, a hrehawm tak zet a ni. A tuk Oct 11, 1990 (Inrinni) a lo thlen chuan Pathian thutaka rilțamna leh tuihalna nasa tak mai ka lo nei ta a, ka u (tunah chuan min boralsan tawh) ka pan a, Pathian thu min hrilh a, (ani pawhin ka pianthar loh a ring lo) rilțamin chaw a ei duak duak ang mai hian ka ei duak duak ni ber hian ka inhria. Lal Isuan khawvel sual tlan nana a nun a hlan dawn a, Getsemani huana a Pa hnêna a țawngțaina thu Matthaia 26:38-39 a kan hmuh, “Ka rilru a lungngai êm êm a, thihna khawp hial a ni., “Aw, ka Pa, a theih chuan he no hian min pel lul rawh se, nimahsela, keima thu ni lovin, nangma thu thu ni zawk rawh se,”tiin a thu sawi ngai sawiin vawi thum a țawngțai a nih kha Kha thu kha ka hnênah a lo thleng a, “Saii, he no hi i tân ka in lovang em ni? Mak ka ti lutuk a, ka lawm bawk si, kei mi sual, bawlhhlawh, tlinna reng nei lo tana Lal Isua, mi thianghlim famkim, sualna nei lo mai ni lovin a hriat pawh hre lovin, thihnaah pawh, hmuhsitawm, rapthlâk

ber tuarin chhandam ka nih theih nana Kraws a lo thlang hi a mak a ni. A inpêkna leh thuawihna hi a rilin a ropui lutuk a, ngaihtuah thiam phak rual a ni lo. Min chhandamtu, Lalpa hnênah lawm thu awm rawh se. Chatuan nun ka neih theih nana a fapa neih chhun pawh ui lova min petu kan Pathian chu fakim awm rawh se. Ka lawm lutuk hi ‘Lalpa chu ka hmu ta’ tia khawlaia au au mai hi ka châk a, zing ațang hian ka zai a, hla pakhat hi vawi sarit te ka nawn thin. Hlima, lawm, zai lo thei ka ni lo. Ka thinlung leh ka ngaihtuahna hi Thlarau Thianghlimin a luah khat vek a, hun eng emaw ti chung chu leiah hian ka cheng lo. Tirhkoh Paulan, ‘kan khawsakna chu van a ni’ tia a sawi ang khân ka awm a ni. Thlarau Thianghlim pawlna leh awmpuina hi thu leh hlain a lo thleng reng a, khawvêl thil hi a tla fai vek a ni.

Ka lawm lutuk hian chhandam ka nih loh chuan tu mah chhandam an ni lo vang, khawvelah hian keimah chauh pawhin awm ila, min chhandam turin Lal Isua hi a lo kal tho vang

ka ti ðhin. Keimah leh keimah hi ka inzawt ðhin a, engtin nge i hriat min zawt maw? A nung ka thinlungah (a nung vet vet) ka ti ðhin a ni.

Pathian khawngaihna, thlarau malsawmna hi ka dawng nasa a, chhandam hlimna hi a chang nasa ber pawl niin ka inring hial a ni. Khawlaia ka hmuh apiang hi ‘I piangthar tawh em? tih vek mai hi ka duh a, chhandamna thu hrih zel mai hi ka chak a ni. Petera leh Johanan, “Keini zawng kan hmuh leh hriatte hi sawi lovin kan awm thei lo,” an tih ang khan (Tirh 4:20). Thlarau malsawmna tam tak min petu Lalpa chu fakin awm rawh se. Vawiin thleng hian Thlarau Thianghlim awmpuina leh hruaina dawngin chauh chang ni te awm bawk mah se, hma lam panin Lalpan min hruai zel a ni. Lalpan ropuina chang rawh se.

Aw le, ka nuna chiang taka ka hmuh leh hriat chu piangthar lo hi ngaih ðha takin a lo awm theih a ni. Lal Isuan, Nikodema hnenah “Tih tak meuhvin, tih tak meuhvin ka hrih a che, mi tu pawh tuiah leh thlarauva an pian

loh chuan Pathian ramah an lut thei lo vang” tia a lo sawi ang khan piangthar lova piangthar anga awm te, ngaih tihðhat ve maite hi a hlauhawm êm êm a ni. Mahni inbum mai kan ni dawn si a, i inen fiah fo ang u. Joban, “Benga hriatna mai zawngin ka hre tawh chia; mahse, tunah zawng ka hmu ta che, vut leh vaivuta ðhain ka sim ta e,” a tih ang khan, beng a hriatna ni lovin, thlarauva kan hriat fiah a, kan hmuh fiah hi a va pawimawh em! kan lo tidik tawh lo a nih pawhin Pathian khawngaihna avanga hun ðha kan neih lai hian ngaihdam dila, ðawngtaïin a hnênah i kir leh ang u. Min ngaidam duhin a bul ðan min phalsak si a. Lalpa hi a va ðha em!

Hriat chianna hlu ber, Isua ka ta,

Van nun ropui tem lawkna hlu tak chu;

Pathianin min lei, chhandam kan ni,

Thlarauva piang, thisen silfai chu.

Lalpan a ropui nan malsawm rawh se. AMEN.

*Article***LEHKHA ZIR**

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I. Lehkha thiam hi a hlu:

Tunlai khawvelah hian lehkha thiam a hlutzia hi hai rual a ni lo. Nu leh pa zawng zawngte hian kan fate hi lehkha thiam turin kan duhsak theuh awm e. Lehkha thiam lo tan din chhuah a harsain eizawna kawng dap a buaithlak ţan ta. Amaherawhchu, lehkha thiam tan chuan eizawn a lungngaihthlak lo va, ei hmuh a harsa hek lo.

Fate lehkha zirna kawngah nu leh pate mawhphurhna a lian hle. Sikul an luh ţan phat aţangin thil tam tak an mamawh a, an zirna mai bakah hriselna te, faina te, ei leh bar, an zirna kawng aţanpui theitu chi hrang hrangte ngaihtuahsak thiam an mamawh hle. Tin, a khat tawka zirtirtute hnen aţanga fate hmasawn dan te leh an nungchang ngaihven ţhin hian nasa takin nu leh pate a pui thei a ni.

2. I fate chemkalna zawng i hria em ?:

Naupangte hi inang renga enkawlna hnuaia seilian mah ni se an tui zawng te, an ngainat zawng te leh an thiam zawng te a inang lo thei hle. Naupang ţhenkhat chu an tet te lai aţang pawha kutthemthiam tak an awm a, a ţhente lah kutthemthiam lam tithei thlawt lote an ni thung a. Ţhenkhat chu

ran vulh lam tuipui em em mai te, ţhenkhat khawl thil lam ngaihsak riau mai te, ţhenkhat thu leh hla lam tuipui mi tak te, ţhenkhat lemziak thiam tak te, ţhenkhat erawh rimawi leh zai lam ngaina mi tak an ni thei thung a. Nute hian kan fate hi an tet lai chuan kan kawh hnemin kan hre Chiang ber a. Chuvangin, nute chuan an fate chu eng lam nge an tui zawng leh an thiam zawng,

eng kawng hi nge eizawn nan zawh dawn sela an thatpui ber ang tih hre turin kan fate nun belhchian leh chik hi thil pawimawh tak a ni.

3. Lehkha zir chauh hi eizawna kawng a ni lo:

Lehkha thiam hlutzia hi hai rual a ni lova, amaherawhchu lehkha zir chauh hi eizawna kawng a ni lo tih hriat erawh chu a tul. Mi tam takin kan fate chemkalna lam ngaihtuah lek lovin thei lo chung chungin lehkha kan inzir luihtir vak thin hi thil athlak tak a ni. Naupang thenkhat lehkha mi ngang lo an awm thei a, a chhan erawh chu chi hrang hrang a awm thei ang. Lehkha zir thei thlawt lo, zir luihtir talh hian a tawpah hlawhchhamna leh beidawna a thlen tho tho thin. Chuvangin kan faten lehkha zir an mi lova, an ti thei ngang lo a nih pawhin, thil dang an tui zawng leh an thiam zawng lamah phur taka kaihhruai leh enkawl chhoh hi nu leh pa mawhphurhna a ni.

Eizawna hi chi hrang hrang a awm, lehkha zir kher lo pawhin eizawna kawng tha tak

an zawh thei tih hriat fo a tul. Hmeichhe tan kutthemthiamna lam – puantah, puantui leh la phiar te hi eizawna tha tak a ni a. Mipa tan khawl thil siam te, mistiri hna te, thiamhnang tah leh huan siam te hi eizawna tha leh hlawk a tling bawk a ni.

Lehkha zir kawngah hian rilru leh pianphunga rualbanlote hian harsatna an ngah bik a, chuvangin hnam changkang zawkah te chuan rualbanlote hi an thiam zawng leh theih zawng te zirtirin an kaihruai a, eizawna kawngah pawh mi hlawhtling ber berte an ni thei tho a ni.

4. Duhsak luatah hum soal dai palh a awl:

Nu leh pate hian kan fate kan duhsak lutukna lamah hum soal kan dai palh fo thin. Kan fate zima lamah mahni in chhung dinhmun leh khawsak dan ang phu tawka kaihhruai a pawimawh hle. Thla tin fee kan pe thei e tih vanga in chhung lamin a phak ngang loh pawha sap sikula intirih ve talh tum te hi thil athlak tak a ni a. Hlawhtlin chu sawi loh, nu leh pate phurrit

siamsak belhchhahtu a ni thin. Sap sikulah chuan inenkawlina Uniform, chaw pai (tiffin) zirlaibu leh zimaa tul dangte uluk leh man to zawk te lei a lo tul a, chu a chhapah in lamah nasa lehzuala tanpui an lo ngai a. Mahni tawnga zir a nih loh avangin, nu leh pa thiamna nei lo tan phei chuan in lamah tanpui hleih theih a lo ni lo va; chuvangin, naupang tan pawh hmasawn a harsain nu leh pate hmuhsitah a lo tlak a. Nu leh paten a mik-a-mak hre ta lo chu kaihhruai ngaihna a lo awm bik si lo va. Tichuan, a tawpah chuan naupang hlwhchhamah kan chhuah a. Nu leh pa phurrit a inbelhchhah deuh deuh thin. Chuvangin, sap sikul te pawh hi thain lang mah se, kan in chhung dinhmun leh khawsak danin a phak em tih kan ngaihtuah fo a pawimawh.

Kan fate sikul pangngaiyah kal se hlwhhtling tur, kan phak loh sikula kan dah avanga hlwhchham leh beidawnga siam te hi thil awm thei a ni. Chuvangin, nu leh pa tam takin mizo tawng chhiar thiam lo, sap tawng pawh chhiar thiam chuang si lo – mi ang lo, mi chanveah

kan chhuah ta phung mai hi naupang thiam loh ni lovin; nu leh pa thiam loh a ni zawk.

Tin, mi thenkhatte lahin sap tawng thiam hi hlwhhtlinna ber emaw tiin mahni in chhung dinhmun ngaihtuah lek lovin phai lama fate thawn kan intihhmuh a. Hostel lama an khawsak dan te leh kan in leh lova an khawsak dan nasa takin a inthlau si a. An nu leh pa a chawmtute chu hmuhsitah tlakin an nu leh pa bula an awm tlêm avangin an ngainatna pawh a lo tlem tual tual a. A tawpah an nu leh pate chu mamawh petu an nihna chauh an hria a, anmahni hmangaihtu leh hringtu an nihna lam an lo theihnghilh thei hial thin a ni. Chuvangin, kan mi thiamten an ti mathlawn lovin, in leh chhungkua (home & family) hi lehkha thiamna (education) atâna thil pawimawh ber a ni tih hi kan hriat reng fo a tul.

Kan fate hian an lehkhahu chhunga thil inziak hriat ngawr ngawr hi an mamawh ber leh lehkha thiamna a ni lo va, chumi piah lam nungchang, ni tin khawsak nana mihring nih

phunga thil mamawh tam tak kan neihna puitlinna leh hlawhtlinna hi lehkhia thiamna (education) chu a ni zawk.

Tin, nu leh pa tam takin kan ngaih thelh fo thin chu kan fate kan thunun zawh tawh loh hnuin phai lam sikula kal turin tirh bo kan ching thin a. Nu leh pa mahina kan thunun theih tawh loh chu tu tehlulin nge lo thunun se kan beisei? Tu nge fate hmangaih ber tia kan zawh chuan nu leh pa tiin kan chhang vek ang. Chuti a nih si chuan naupang thununna thua nu leh pa an tha ber fo. Nungchang leh inthununna chungchang phei chuan nu leh pa sikul hi sikul tangkai ber a ni tih theihngih loh a tha.

Shillong sikul pakhata an hotunu chuan, “Mizoho hi in fate in thunun zawh tawh loh hnuin kan hnênah in rawn dah thin a. Nangni nu leh pa mahin in thunun theih tawh loh chu tu tehlulin nge thunun se in tih? In fate zinga in thunun theih zawkte min enkawltir ni ula, zirna lamah pawh an nikhua zawk tur” a lo ti e, an ti hial a ni.

Duhsak luatah nu leh pa tam tak chuan kan fate mawhphurhna pe lêk lovin an harsatna apiang keimahnin tihsak vek kan tum thin hi thil atthlak tak a ni. Harsatna te, mawhphurhna lak te hi hlawhtlinna bul a ni tih hriat fo a tul. Entir nan, naupangin homework an neih chuan nu leh pa thenkhat chuan anmahnin tihsak vek mai te an ching a. Naupang chuan kawhhmuh leh kaihhruai an mamawh chang a tam ang; amaherawhchu, an homework te ang ngat phei chu anmahnia tih kan zirtir ngei ngei tur a ni.

Nu leh pain mawhphurhna pek kan thiam loh chuan an lo puitlin hunah mi hlawhchham, mahni mawhphurhna la thei reng reng lovah kan chhuah ngei ang. Tin, kan fate an naupan têt lai atangin an tih theih tawk tihtir fo chin than hi kan phurrit tikiangtu leh anmahni tana tanpuitu tha tak a ni. Anmahni thawmhnaw enkawl kawngah te, an lehkhabu rem fel leh enkawl kawngah te, an time-table thlak chungchang te an chaw pai (tiffin) siam dan zawng zawngah

te naupang mawhphurhna pek ve tlatte hi thil ÷ul tak a ni bawk.

Tin, nu leh paten kan fate an zirlaiah kan duh anga kan ÷anpui theih lohvin zirtirtu hran lâk kan ching ÷hin a. Fimkhur a ÷ul hle. Nu tam tak chuan, “Ka zirtir peih lo” te tih mai mai an ching ÷hin. A theih chhung chuan keimahni chhûngkaw zinga mi nu emaw pa emaw, ûten emaw zirtir a ÷ha ber fo. Naupang lehkha zir kawngah nu mawhphurhna a nasatzia hriat a ÷ul. Nute hian kan fate nun kan chik tur a ni kan tih tawh kha. Kan thatchhiat leh peih loh avanga zirtirtu hran kan fate kan laksak a nih ngat chuan nu mawhphurhna la peih lo kan ni tihna a ni. Hetianga a hrana zirtirtu lak hian inthlahdahna a thlen a, hun lo kal leh zelah hmabak sutsak turin mi dang an beisei a. Naupan tet a÷anga zirtir hran (tuition) lak ching chuan a kum lehah pawh lak leh zel a chawh duh hle.

Kan faten an zirlaiah nu leh pa ÷anpui theih baka harsatna an tawk a, zirtirtu lak a ngai a nih pawhin chik taka tih ÷hin a tha. Tin, a fala inzirtirna a÷ang hian

sualna chi hrang hrang - pawngsual, sawn thlak leh mipat hmeichhiatna kawnga buaina chi tinreng a chhuak fo ÷hin a ni. A bikin a zirlai kha tleirawl a niha, zirtirtu mipa a nih ngat phei chuan fimkhur a ÷ul êm êm a ni. I fate nungchang hlutzia i chhut em?

5. **Lehkha thiam dan atthlak:**

Nu leh paten kan fate lehkha thiam turin kan duh ÷euh a; amaherawhchu, lehkha thiam avânga hna dang thawh thiam loh phah erawh chu kan phal tur a ni lo. Naupangte hi an têtlai a÷angin an thawh theih ang tawk tawk a hmei a pain thawhtir ÷hin a ÷ha. Ni tin sikul kal mah se zing leh tlai hun awlah nuin an thawh thiam ang tawk khawhmmuh a, kaihhruai a pawimawh hle. Naupang âwl lutuka siam hian سوال a hruai a.

Nu fîng chuan a fate chu ei leh barah a theih tawkin a duhsak a, hna thawh kawngah erawh chuan an theih tawp an chhuah a phut ÷hin. Naupang an tet lai a÷angin hna chi tinreng thawk thiam tura buatsaih hi nu mawhphurhna a ni.

A bikin hmeichhe tan in chhûng khurah sekrek leh kutthemthiam thil khawih tur tam tak a awm a. Hetiang hna hi lehkha zir chung leh office leh sikul lama hna thawk chung pawha thawh tel theih ve a nih avangin hmeichhe naupang tê nih lai aţanga in chhûngkhura inzirtir hi thil tih mâkmawh a ni.

Lehkha zir chhuanlama mizo hmeichhia ni ve si, mizo

hna pangngai buh thlei, puantah, bungbel tihfai, eirawngbawl thiam loh hi thil zahthlak a ni a. Hetiang thiam ngei tur hian nu chuan kan fate an naupan lai aţangin kan zirtir tûr a ni. I fanu kha engah nge lehkhathiam leh nihna sang dinhmunah pawh ding se eirawngbawl, sekrek khawih leh kutthemthiam thil thiam a neih si loh chuan nu a lo nih ve hunah nu azawnga nu tlak tlai lo ber a ni dawn a ni.

NGAIHTHLÂK

Kum 8 mi lek Nick-a hian, “Pa, vawiin chu ka tân ni ropui tak a ni. Tlâng mawi tak lem Art class-ah ka ziak a. Ball ka pêtin ka pê goal baw. Tin, pizza kan ei baw mawle,” a ti a. A pa chuan chanchinbu a bih reng a.

“Pa, min ngaithla lo a”

“Bawiha, ka ngaithla che alâwm. Tlâng mawi tak i ziak a. Ball i pê goal baw. Pizza in ei baw”

“Mahse, i mitin min ngaithla hlei nem!”

Thlarau mi chuan a mitin mi a ngaithla tşîn a. Pathian pawhin a mit, hnar, bengin a fate min ngaithla tşîn.

Sam 34:15-Lalpa mit chuan mi felte lam a en tşîn a, a beng chuan an au hre tşirin a ngaithla reng tşîn. Amen.

*Article***HRIPUI LENG LEH KEIMAH****Numbers 1 4: 9 – 10, Matthaia 24 : 4 – 14***- Lalbiakliani
Chhiahtlang*

Hripui lengin kum hnih lai mai min tibuai ta a, kan tih thinte tih theih loh tam tak a awm a; kan tih ngai loh te tih tur tam tak a awm bawk a. Hrileng hi kan hlau hle mai a, a hlauhawm reng bawk a; chuvangin, kan nunphung a tibuai hle bawk a ni. Hetiang hi a nih avangin mahni theuh kan inenfiah a pawimawhin a tha zawnga chhawrtu nge kan nih a, a tha lo zawnga tuartu kan nih hi.

Ruah a lo sur a, kan thlai chin chuan a lo that phah a, thing mawih tawh sa ruahin a nan chuan a mawih zual phah thin a ni. Chutiangan hripui leng hian rinna kawngah min thantir nge, min tiawngrawp zawka, kan chhiat phah zawk? Israel fate atang hian kan inenfiah a pawimawh hlein ka hria. Ram enthla tura kalte a tam zawk an beidawng a, “Kan hneh lo vang, lian pui pui an ni a, an lakah chuan khau ang lek kan ni,” an ti a. Hripui leng avang hian kohhranhote mi tam tak chu kan inthlahdah hle mai a, kum hnih lai inkhawm mumal lovin kan awm ta a. Inkhawm chak mang

lo leh tum lo kan tam viau niin ka hria. Kan phunchiar hle a, sawisel tur lah kan hre tam, tam tak chuan kohhran hruiatute kan hmu dawzipe a: mahniin tan la a, Pathian hnaih nana hman lovin kan inthlahdah phah zawk niin a lang.

Kohhran hmeichhiain kan rawngbawlna “Kristian Chhungkua” ni tina Lalpa pawl tura inzirtirin theihtawpin hma kan la a; mahse, duh angin hma a sawn chak lo hle a ni. Hri avangin pawn chhuak thei lovin hun eng emaw chen kan awm a, chhungkuaa Pathian biak ho a remchan tehlu nen, Pathian

pawl na nei ho mang lovin chhungkaw tam zawkin hun kan hmang niin a lang a. Achhan chu Pastor bial chhung dinhmun kan hriatin ni tin chhung inkhawm nei thin kan tlahniam zawk tlat mai a, a pawl hle a ni.

Pathian hian harsatna hmangin a mite hi min be fo thin a, “Hripui leng leh keimah” tih ka sawi lai hian kei leh ka chhungte chuan hripui (Covid – 19) chu kan la kai lo va, Pathian malsawmna kan dawn avangin Pathian hnenah lawm thu ka sawi a ni. Hrileng avanga kan ramin harsatna chi hrang hrang a tawhte hi ringtute chuan Pathian min hnaihtirtu ni tura mit var kan neih hi Pathian thil tum a ni ngei ang tih i ring tlat ang u.

Nikum 2021-a kan chhungkaw chung a thil thleng hi Pathian hna thawh a nih avangin ka rawngbawlpuite hriatah han puan chhuah ka duh a, ngaihtuahzui peihthe kan awm takin ka han sawi ang e.

Khua atanga hla vak loah lo tin khat hmun kan nei a, chutah chuan Buhban thar rang, August thla tawpa thar chi, tin

khat kan tuh a. Buh chu a to thain a tha duh em em mai a. Kan hriat angin nikum kha ruahtui a tam vak loh avangin hlo thlawh a nuamin a awl em em bawk a, vawi hnih chauh thloin buh chu a vui ta mai bawk a, buh a thain kan lawm em em a, kei pawh Pathian malsawmna dawngin kum 71 mi niin ni tin ka feh ve thin a ni.

Chutia buh a lo vuih takah chuan Sava (Pit rual) chuan an rawn tlan ta a. Kan pain Mau khawngbek siamin, sava hlauh tur tam tak kan siam bawk a. Ni tin buh vengin kan feh chhuak thin a. Ni khat chu kan buh vui chu ka en chiang a, a pum awm lovin a si var vek hian a lo vui ta mai a; Sava rual lah chuan an tlan reng bawk si a. Buhvui a si var veka lo vui ta chu kan hrilh a haiin mak kan ti em em mai a, kan beidawng rum rum mai bawk a. A hma lamin kan buh neih that thu leh kan lawm thu chu thiante hnenah pawh ka sawi thin a. A vui pum awm lova a si var veka lo vui ta chu ka zak leh ta em em mai bawk a. Pathian hnenah “A va mak ve, Lalpa hetiang hi thil

awm ngai leh thil ni thei em ni,” ti tein ka tawngtai a. Mak ka tiin dik tak chuan ka vui a, rawngbawlpuite lakah pawh ka sawi ngam ta lo a ni.

Ni khat chu kan pa nen sava veng turin kan feh dun leh a, thlam kan thlenin a hmaa kan tih dan angin kan tawngtai dun leh a. Kan tawngtai zo chu ka rilrua lo lang chu kan pa hnenah heti hian ka zawt ta a. “Buh kan tuh hun kha eng nge ni?” tiin ka zawt a. Ani chuan April thla tawp lam a ni (April 28 a ni a) ang tiin min chhang a. Chuta kan feh dun ni chu August 29 ni a ni a. Chuti a nih chuan kan buh tuh atanga vawiin hi thla li vel chiah a ni a, kan buh avang hian thla li chhung hlim takin kan feh a, kan buh chu seng tur awm lo mah sela, Pathianin hlim takin thla li chhung hun min hmantir a ni tih ka thinlungah a lo thleng ta mai chu ropui ka tiin ka lawmin ka hlim ta em em zawk a nih chu !

“Pathian hian kan tan thil tha hi a van ui lo tak em” ka ti a. Kan buhah kan hlawhchhamna sawi ka zahna te, mi buh thar tur ka awh rukna te leh ka thik

lek lekna te chu Pathianin min lak bosak a; chuvangin, ka zak ta lo va, Pathian ropuina ka hmuhna tur niin ka hria a, kan lawm ta em em a nih chu! Pathian chu fakin awm rawh se.

Buha kan hlawhchhamna te kha ka chhuang ta zawk a. Harsatna te leh hlawhchhamna te hi hmangaihna avang hian Pathianin min lo pe thin a ni tih ka hriat phah ta a. Chuvangin, Lalpa chungah hel lo phawt mai ila, heng harsatna te leh hrilengte hi kan chaw tur, amah min hnaihtirtu a lo ni zawk a ni. Hri lengte leh harsatna chi hrang hrangte hi rinna kawngah kan that phah dawn nge, kan chhiat phah dawn? Kan chaw tur a ni a, i hai lo hram teh ang u, eng chen nge hun kan neih dawn tih kan hre si lo, hun harsa a lo thleng a nih pawhin Lalpa lakah vui lovin amah i fak zel phawt mai teh ang u.

Matthaia 24:4-ah chuan Lal Isuan a lo sawi lawk vek tawh a. Zirtirna mak tak te, hri len tur thu te, indo tur thu te, lirnghin tur thu te, zawlnei der lo chhuah tur thu te a lo sawi lawk vek

tawh a ni. Chuvangin, kan inralrin theihna turin lo ngaihven tur pawhin min ti a ni, sual lo punlun tur thu te thlengin kan hre lawk vek a ni. Heng harsatna lo thleng tur Lal Isuan a lo sawi lawk te hi a lo la thleng vek dawn si a. Engtin nge kan hmachhawn ang le?

Kumin 2022-ah hian a hmaa kan rama la thleng ngai lo chhiatna a va thleng tam ta em! Eng nge lo thleng zel dawn kan hre bawk si lo va. “A lama in tan chhung zawng Lalpa chu in lam ah a tang ang a, amah in zawn chuan in hmu ang a, amah in hawisan chuan ani pawhin a hawisan ang che u,” a ti si a (II Chro 15 : 2). Lalpa lama kan tan hi kan tih tur pawimawh tak, harsatna lo thleng tur kan hmachhawn thiam dan tur a ni.

Thil reng reng hi a eng lam zawnga thlir thin leh lungawina nena hun hmang thin te chuan harsatna te, tawrhna te hi lungawina nen an hmang thin. Chutiang chu kan nih theih nan Lalpa hna tul ber ‘Chanchin tha hril’ hi buaipui ila, a lama kan tan phawt chuan Lalpa chu a thu tiamah a rinawm a, kan lamah a

tang dawn a ni. Chanchin tha buaipuitute Lalpan a ensan ngai lo, lungawina nen harsatna pawh an hmang thin a; mi lungawite hi setana pawhin a thlem thluk theih loh te an ni. Chuvangin, a ram leh a felna zawng hmasa ila, kan mamawh chu pek belhin kan awm mai dawn a ni, engkim neitu Lalpa lamah i tang tlat ang u.

Khawvela kan awm chhung hian harsatna leh vanduaiana kan chungah a lo thlen chang a awm thin a, kan chungah thil lo thleng, a tha lam emaw, a chhe lam emaw kan thlir dan a pawimawh ber a ni. Harsatna kan tawh hmangin Pathianin a mite a be thin a, min tawngtai tamtirtu pawh harsatna lo thleng thinte hi a ni thin.

Khawvela hripui leng leh kan rama chhiatna chi hrang hrang min chim mektute hian Lal sut pui min vawntir sela, Lalpa hnenah min len lut sela, a va tha dawn em! Mizo Lalte pawhin, an khua leh tui te, mangang leh tanpui ngaite, an in chhungah tlan lutin an Lal chu belin Lal Sutpui an vawn phawt chuan an lo hum thin a, Chutianga lal sutpui vuan

chu tu man an khawih thiang tawh lo a ni. Amaherawhchu, Lal sutpui miin an vawn tawh chuan Lal thu hnuaiiah awm tawhin Lalin a duh duhin a chhawrin a thu hnuaiiah a awm tawh a ni. Lal bawihah a awm tawh tihna a ni. Chutiang chuan keini pawh hi min hum him theitu Lalpa hi i bel tlat ang u, Lal sutpui vawn chu himna a ni si a. Kan Lalpa in atangin kan rama chhiatna chi hrang hrang min chim mektute thlir ila, kan chaw tur tih kan hmu thiam mai ang. Zawlnei Elisa chuan a chhiahhlawh hnenah, “Hlau mah ta che, an lama tang ai chuan kan lama tang an tam zawk alawm” a ti a (II Lalte 6:16). A lama kan tan chhung chuan Lalpa chu kan lamah a tang dawn a ni tih i hre thar leh ang u. Chuvangin, khawvela hripui leng, nunphung min sawi danglam dawrhtu leh kan rama chhiatna chi hrang hrang lo thleng mekte hian, fur ruahtui tla ang hian min thantir nge, thing mawih angin kan chhiatpui dawn le?

“Kan thatna turin hna min thawhsak thin” tih hi pawm harsa ka ti thin a, tunah hian Pathian khawngaihna

avangin pawm theihna ka lo nei ve ta a, Lalpa chu fakin awm rawh se.

Ka rawngbawlpuite u, he ka chung a thil lo thleng leh Pathian khawngaihna kan chan hi tam tak tan chuan a ho hle ang tih ka ring a; mahse, ka mit a ti var miau si a ni. Kan buha kan hlawhchham aiin thlarau lama kan thil hmuh kha a ropui ka ti zawk a ni. Chuvangin, buha kan hlawhchhamna chu lawm em em in ka chhuang ta zawk a nih chu. Pathian thlarau thianghlim pawl tharna ka channa a ni si a. Chhungkaw tina nute u, kan duh ang vekin thil thleng lo mah sela, thil reng reng hi a eng zawngin thlir zel ila, hripui lengte hi hlawk taka kan chhawr theuh theih nan mahni chhungkua theuhah, Lal Isua hmun sang ber i chantir theuh ang u.

“Lal Isua nen engkim a ropui,

Lungngaih tuifawn karah pawh;

Lal lukhum chu kan chang ngei ang,

Lal Isua kan zui tlat chuan” (KHB No 513)

Kan thu ziak hi Lalpan malsawm rawh se.

Hriselna Huang

DIABETIS (ZUNTHLUM)

- H. Lalchhingpui
Nursing Superintendent (Rtd.)

Tunlaia kan buaipui ber a lo ni ta a , eng nge a nih kan hre theuh va, a inven dan tur sawi nghal mai ila. A inven dan tur hi chi hnih (hmun hnih) in lo then ila.

1. Zunthlum tichhuak thei thil rêng rêng laka inven - chung te chu:

- (a) Thlahtu ațanga vei tawh nei te
- (b) Thau luat vang
- (c) Mei zuk
- (d) Thisen sang
- (e) Zun

Heng hian zunthlum an nei duh bik.

2. Zunthlum natna vei leh vei loh zawn chhuah

- (a) Mi kum 30 leh kum 70 inkarah
- (b) Insawiselna nei lem lo pawh an nu leh pate zunthlum neite
- (c) Naute pai lian lutuk te

Heng ang mite tân hian regular check-up neih a ța a ni:
Exercise lak hi a ẵangkai êm êm a, sawi vek sen a ni lo vang a, zunthlum veite tâna a ẵulna leh ẵangkaina bik te han sawi ila, Diet leh Exercise leh Damdawi te an ni.

EXERCISE:

- (1) Zunthlum control a tița a, kan tihrawlten an mamawh glucose kha thisen ațangin tam lehzual an la lut a, chu chuan blood sugar a tihnam thei a ni.
- (2) Kan thisen leh taksaa insulin hna thawh daltu a bik takin thau te a tiral thei a, insulin hna thawh a tichak a ni.

- (3) Diet control leh exercise hmang hian zunthlum a enkawl theih.
- (4) BP sang leh zunthlum hi an inkawpin, an inkaihhnawih ve a, Exercise lak hian a tihnam thei a. Kan thisena thau chhiate a titlem thei.
- (5) Thau tha a titam thung a ni.

Mi zawng zawng kan inang lo va, zunthlum vei theuh theuh pawh kan inang lo va. Kan damdawi ei pawh ngeih zawng a inang lo va, heng avang hian exercise hi mihring leh natna mila chawh thin a ngai a ni.

Hengah te hian fimkhur a ngai zual a ni:

- (1) Sugar control a tha tur a ni a; amaherawhchu, exercise hahthlak lutuk ang chi chu fimkhur tur a ni. Blood sugar control loh lutuk emaw control lutuk emaw a hlauhawm thei.
- (2) Zunthlum lo vei rei tawhte zingah lung na kan tih ho ang hi zunthlum vei lote angin a na ve hran lo va, a ruka a awm thin avangin fimkhur a ngai hle a ni.
- (3) Mit tha lo te, kal lam tha lo te, hriatna thazam chak tawk lovah te hian exercise lak hi fimkhur tur a ni.
- (4) Over exercise hian tamchhawl a thlen thei a; chuvangin, fimkhur a tha.

Heng thilte hi tamchhawl pumpelh nan hriat tur a ni:

- (a) Insulin-a inchiu tan inchiu hnu darkar thum leh 7 bawr velah Exercise lak loh tur a ni.
- (b) Insulin inchiuna hmun tha ber chu dulah a ni, vun leh tihrawl inkarah chiu tur a ni. Malpui leh ban te chu second choice a ni.

Exercise lak dan hi chi tam tak a awm a, zunthlum vei tan chuan hun leh hmun thawl deuhvah remchan hun apiangah kea chak lutuk lo; muang lutuk lova kal hi a him ber a ni.

*Ei siam dan***TANDOORI SANGHA**

Bawlhlo:

- 2x500 gms Pomfret sangha
- 1 tsp Hmarchasen powder
- 1 tsp garam masala
- Tandoori colour(duh chuan)
- 200 ml Dahi(thlumlo)
- 1 tsp sertui
- Chat masala
- Oil tah tur
- 2 tsp Sawhthing paste
- 2 tsp Purun var paste
- 2tsp Besan
- Chi



A siam dân:

1. Sangha ti fai la, a sir tawn tawnah hmun 4 velah chem hriam takin han thai kak la. Chi, hmarchasen powder, garam masala, sertui, tandoori colour kha tat la, minute 30 vel dah hrang ang che.
2. Sawhthing leh purunvar paste leh besan kha dahi (curd) ah khan zuk mix la, sanghaah zuk chulh ang che. Chutah fridge-ah darkar 2 vel dah ang tha ang che.
3. Hemi zawh hian Griller-ah a grill (hem hmin) theih a ni mai. Sangha chu oven rack sang chi-ah khan nghtat la. Micro-ah Grill combo-ah minute 3 vel dah ang che. A karah oil kha brush-in zuk tat zauh zauh ang che. Tin, wawi khat tal chu leh ngei ngei tûr a ni. Minute 12-15 vel grill combo-ah hem la, Tandoori fish chu a ei theih a ni mai.

Micro/Oven nei lo tan kawila (coal) vâm tha tak chungah (tandoori thuk a ni mai) thîr lên phah la, han hem hmin la, a tui duh zawk hlei hlei.

Source: Mizo Pot Cook Book by Lalramthanga Tochwawng

Hruaitute chanchin**LAMCHHINGI**

Pi Lamchhingi hi Pu R. Sangliana leh Pi Kapzawni (L) te fa upa ber dawttu niin, Khawhai khuaah a piang a. Upa Lalmanliana nen inneiin fa 3 leh tu 1 nen College Vengah an cheng mek a ni.

Kum 1982-ah sawrkar hnaah (PHE Dept.) lutin 2022, February thlaah a pension.

Rawngbawlna

Kum 2001 atangin Kohhran Hmeichhe Comt.-ah telin, Asst. Secretary leh Secretary te a lo ni tawh a, tunah Chairman a ni mek a ni.

Venghlu Bialan awm laiin Bial Comt.-ah 2008-ah lutin, Asst. Secy a ni tawh a. Kum

2014-ah Republic Veng Bialan awm leh hnuin Asst. Secy, Secretary leh Fin. Secy te lo ni tawhin, tunah Secretary a ni mek.

Kohhranah naupang lam Sunday school department hrang hrangah zirtirtu lo ni tawhin, Beginner leh Sacrament Dept.-ah te leader a ni tawh a, tunah Puitling Sunday School Zirtirtu, Thuhritu, Ramthar Committee, Kristian Chhungkaw Committee-ah te a tel mek a ni.

Bible chang duh zawng

Pathian thu Sam 73:28-a mi, **‘Keia tan erawh zawng Pathian hnaih hi a tha a ni’** tih hi a duh hle a.

Hla duh zawng

KHB No. 251-na **‘Mala vâkvaiin ka lo haw’** tih hla hi a hla duh berte zinga mi a ni.

Thuchah

Kohhran Hmeichhiate hian kan ram hmel kan tidanglam thei a ni tih hre renga, dikna leh rinawmna vawng leh zual turin min chah a ni.

Hriat atan

1. August 9-12, 2022 chhung khan PWF Working Committee neiin Pi Sailuti, Inkhawmpui Lian Chairman chu Shillong-ah a kal.
2. August 12-15, 2022 chhung khan Leadership Training leh Kristian Chhungkaw Campaign neiin Pi Lalthakimi, Pi Lalhmachhuani, Pi H. Zachhingpuii leh Pi Lalnunhlimi committee member-te Muallcheng leh Muallcheng Venghlun Kohhranah an kal.
3. Bethlehem Venglai Kohhran Golden Jubilee lawmna ni 1.10.2022-a neihah Central Committee aiawh mi 9 an kal thei a, lawmpuina Citation pek an ni.
4. India ram puma paper man a san chhoh zel avangin Tangka kum thar (2023-2024) ah Agape chanchinbu bu khat chhut man `7.50 ni thin chu `10.10p-a tihpun a nih tur thu Upa H. Ronghaka, Secretary, Presbyterian Communications Board hnen atanga dawn a ni a. Rate thar anga chhut a nih chuan kum khat chhunga bu khat lakna man pawh `121.2 tur a ni a. Hemi chungchang hi Kohhran Hmeichhia, Central Committee chuan ngun takin a ngaihtuah a, chhut man tihsan ni dawn mah se, kum 2023 atan chuan a man ngai - kum khata `100/- a lak chhonzawm ni se tiin a rel.

Agape chanchinbu hi amah leh amah intum tura tih a nih avangin chhutna lamah khaihlak te a awm loh theih nan a lakna man (subscription fee) la pe remchang lote pawhin kumin chhunga pek ni se, a lawmawm hle ang.

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 Lalṭhakimi | 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 Hmangaihzauii |
| 21. Pi C. Lalbiaktluangi | 22. Pi Lalramzauii |
| 23. Pi Lallungmuani | 24. Pi Lawmkimi |
| 25. Pi K. Lalṭhakimi | 26. Pi Lalnunhlmi |
| 27. Pi Lianzampuii | 28. Pi K. Rosiamliani |
| 29. Pi Lallawmkimi | 30. Pi Sawithangi |
| 31. Pi Lalrotluangi Sailo | 32. Pi Lalmachhuani |
| 33. Pi Vanrammawii | 34. Pi F. Lalmangaihzuaii |
| 35. Pi H. Lalhlunpuii | 36. Pi C. Lalchungnungi |
| 37. Ni. Ruth Lalmangaihi, Asst. Co-ordinator | |

Ex-Officio Member-te

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

KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Kum 2022-chhunga Women Centre-a zirlaite leh thawktute

To

Published by Rev. V.L. Luaia Hranleh, Aizawl, Mizoram on behalf of Agape Association.
Printed at Synod Press, Mission Veng, Aizawl - 796001. Copies – 43,000

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