

Chhuah ÷an

1986

AGAPE

Vol. XXXVII No. 378

JANUARY 2024



÷anrual a hun e

Phek – 2

Kawng tluanin Isua nen

Phek – 6

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRIAT ZAUNA

Kum 37-na No. 378

January 2024

Lak man : Kum khatah ₹ 100.00
Copy khat ₹ 8.33

EDITORIAL BOARD

Editor : Pi R. Lalrempui
Joint Editors : Pi Lalmuanzuali
Pi Lalbiakthangi
Circulation Manager : Pi Lalnghakliani
Member-te :
1. Pi H. Lalfakmawii 2. Pi Zothansiami
3. Pi Lawnkimi 4. Pi Saithuamluaii
5. Pi Vanlalthlamuani 6. Rev. Lalbiaknia
Publisher : Rev. V.L. Luaia Hranleh

AGAPE MAN THAWNNA

Account hming : Agape MPC Kohhran Hmeichhia
Account No. : 35578510786
Bank : SBI, Mission Veng Branch
IFSC : SBIN0007058

*Account-a pawisa dahtu chuan a dah zat leh Kohhran hming
chiang taka ziakin phone No. 9233437689- ah thawn ngei nise.*

A chungu thu awmte

1. Editorial	1
2. Kristian Chhungkua : Tanrual a hun e!	2
3. Kawng tluanin Isua nen	6
4. Pathian pawm tlak inhlanna	10
5. Mizoram Synod statistics report-2023	13
6. Hriselna Huang : Zun kawnga lung tê awm (Urolithiasis)	15
7. I tawngtai ang u	18
8. Women Centre report-2023	22
9. Eisiam Huang : Hmarchapui pickle	27
10. Hruaitute chanchin : Lalthansangi	28
11. Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui Lian Programme	29
12. Hriat atan	31

*Editorial***LALPA HMUHA THIL DIK TIH**

Agape chhiartute Kum thar chibai vek ule. Kum 2024 chu Pathian Engkimttheia kaihhruainain kan lo thleng ve ta reng mai! Min hruai thlengtu Pathian hnênah lawm thu i sawi ang u.

Kum 2023-a kan hun hman ral tawh zawng zawngte kha hunin a liampui ta a, engti kawng mahin kan ko kir thei tawh lo a, kan siam tha thei tawh hek lo. Kan hun hman ral takah te khan hrehawmna leh harsatna tam tak leh hlimna leh lawmna te pawh chhûngkaw tam takin kan tawng awm e. Thenkhat chuan kan hmangaih ngawih ngawih te chânin kum thar lo thleng tur hi nghakhlel takin kan thlir ngei ang. Lalpa remruatah kan tel ve si lo va, kan hun tawn apiangah lawm taka khawvêl hmachhawn thiam apiang mi nihlawh an ni mai dawn a lo ni.

Kum tharah hian Lalpa tan kan thiamna, kan theihna te a tam thei ang ber hlan turin rilru siam thar ila. Deuteronomy 12:25-ah chuan **“Lalpa mit hmuha thil dik in tih hian nangmahni leh in hmua in fate tân a la tha dawn nia”** tih kan hmu a. Kan chhûngkua theuhah malsawmna a thlen theih nân Lalpa mithmuha thil dik tak ti turin tan i la zêl ang u. Hla siamtuin -

*“Hei erawh min chhang teh,
I hun i hmang tha em?
Thil tha tiin sualna do la,
Nunna kawng dik zawh la,
Tin, chatuan lâwmna i nei ang,
Hun danglam tawh lohnaah chuan”*

a tih angin hun danglam tawh lohna kan thlen hma loh theihtâwpin Lalpa leh a kohhran tâna ban rinawm nih tum ila. Dam taka kum thar kan chuan kai avângte hian lawm thu sawiin Lalpan rawngbâwl hna min pek theuhte lâwm takin thawk zêl ila, kan chhûngkuaah Lalpa malsawmna a lo luang lût ngei ang.

Kristian Chhungkua**ṬANRUAL A HUN E!**

-Rualzamawii
Nursery Venglai

*Kristian chhungkua tluka ramin a mamawh a awm lo.
Chhungkaw Nu ber a ṭawngtai tlat hi chhungkaw tan
lung bang chhe thei lo tluka hlu a ni.
Pain in chhung a vawn him tlat chuan chhûngkua hi
thlipuiin a nuai sawp lo vang.
Nu leh pate kan ram dam nan i ṭangrual ang u!*

Kohhran Hmeichhe hming kan sawi ruala kan rilrual lo lang nghal chu Buhfaitham leh Chhûng Inkhâwm hi a ni ber awm e. Kohhran Hmeichhiaten Kristian Chhûngkua hi kum 50 chuang chu kan buaipui ta a. Kristian chhûngkaw buaipui hi a zuamawm lo va, a huaisenthlak a, thil namai a nih loh tehreng nen, hma kan sawnpui lem lo tia lo rak ve tawk an awm bawk a. Heti tak hian hmeichhiaten buaipui lo phei ila chuan eng ang tak ni ang maw! Kohhrana hmeichhiaten kan mawhah kan la a, kan vei a, hma kan la a, kan rawngbâwlnaah kan pawm thlap hi a va huaisenthlak em!

Chhûngkaw Nu ber hi alawm!

Kristian chhûngkua kan sawi apianga mawhphurtu nia kan bur bun ber chu nute an ni thin. A tir ata vawiin thlengin! Chhûngkaw ṭha din leh pasal fanaute enkawl hi nu tih turah kan dah tlangpui a, Fate ngat phei chu nu kuta awm hi an ni bik hliah hliahin kan hria a. Fate an fel leh nu kan fak a,

fate an sual leh nu bawk kan mawhpuh a. Pa a corrupt leh nute zir loh kan ti a, fate an sual leh ‘a nu saw a lawm!’ kan ti a, kan in chhûnga moten hrehawm an tih leh Nu emaw an farnu nula senior emaw nuthlawi kan mawhpuh leh a. Pa a uire leh an nupuite zir lohah kan puh leh a, Nu a uire

in pa chu kan puh leh hauh si lo. Chhûngkaw nu a sual deuhin Evi aţang renga sual paiah kan puh thul. Buhfaitham pawh Nu kutah kan dah hmak a, chhûng inkhâwm pawh a bul ţantu ni turin kan phût rilru tlat bawk a. Kristian Chhûngkaw campaign pawh Nu ho hian an inhmeb bik riau a, an kutah kan dah deuh tlat bawk a. Ram hmelhmang siam ţa tura kan hmathlir pawh chhûngkuaah ţanin ‘Nuin chhûngkua enkawl ţa se’ tiin a bul ţhut chu Nu bawkah kan bur bun a. Chhûngkaw nu hi an lo pawimawh vet vet em a ni. An ko hi a rit a nia.

Pa ve thung hi!

Chhûngkuaa nu pawimawhna kan sawi rualin Pa dinhmun han en lawk ila. Pa lam ve thung chu (pa zawng zawng an inang lo nain a tlangpuiin) chhûngkaw enkawl kawngah chuan an leh awl thek a. Fate enkawl kawngah mawh kan phurhtir lem lo niin a lang. In chhûngah chuan Paten nu dinhmun ang leh mawhphurhna an lak tak tak chuan Thaibawih kan ti daih a. In

chhûng khurah hian mawhphurhna hi an la mang lo emaw tih mai tur a ni. ‘Pain eizawng se, Nuin chhûngkua enkawl se’ ‘nuin fate lo hui khawm se’ tih hi chhûngkaw inrelbawl danah chuan kan duhthusam a ni ţhin. Mahse, tunlaih chuan nu ber eizawna kawnga pen an tam si, hmeithai chhûngkua kan tam tawh si. Chhûngkaw nu tam zawk chu chhûngkaw eizawngtu an nih a ngai a, fa enkawl ringawtin inah an awm thei tawh lo, eizawngin in chhûngkhur an chhuahsan a ngai a, an haw a, in chhungah pawh a buai leh tho a ngai a, an buai thuahhnih ţhin khawp mai.

Chuvângin, Kristian Chhûngkua hi Pain hma la ve thung tawh se a sawt zâwk mah lo’ng maw! Fa enkawl nu kuta kan dah lutuk hi kan ram hian a tuar ta zawk hial em? Fate an naupan lai chuan nuin a control thei a ni mai thei, mahse an lo tleirawl meuh chuan nuin a thunun zo tawh lo va, pate an chet ve a hun ta. Fate zah kai, chhûngkaw

thunun zo pa, chhûng inkhâwm pawh a rawttu leh bul ãantu ni ngam ngat pa, fate an sual leh ðhata mawhphur ngam pa, fate nungchang zira enzui peih pa, faten an manganna leh an harsatna an thlen theih leh an rin ngam pa, fate nungchang ðha leh ðha lo hriaa ðanpui thei pa, faten an thlamuanpui theih leh an pangchan ngamna pa, chhûngkaw lu ber leh hnarkaitu ber ni ngam pate hi kan ram hian a mamawh ta ber zâwk a ni. Nupui fanaute inkhâwmpui thlap thlap ðhin pa awmna chhûngkua hi sualin a luhchilh tlem ngawtin ka ring ðhin. Chutih a hnekin kohhran tinah Pa tlar lam kan thawl zawk zêl a. Pavalai inkhâwm an tlem a, chhûng inkhâwm rawt ngat ngat pa kan vang si. Pate sakhaw mi loh lutuk hi kan tuar ta zâwk hial a ni. Pa te an chet ve a hun ta e.

Pa ðhenkhat chuan in chhûngah tih tur an nei lo va, khawlai an leng tam a, chhûngkaw pawipang hre mang loten an awm a, an fate hum sual dai pawh hre mang

lovin an awm a. Faten hum sual an dai a, Nute an han mawhpuh hlauh a, chhûngkaw boruak an hre tlem ðhin hi kan tuar ðan a ni mai em? Nupui fanaute enkawl zo pa, Chhûng Inkhâwm ngai pawimawh êm êm pate hi lo ding chhuak se kan ram hi a dam zâwk ang. Chuvângin Kristian chhûngkua hi paten vei ve tawh se, an mawhah la ngam ve se, nu kuta dah ngawt hi a tawh tawh lo a ni! paten han bei ve thung se, chhûngkaw enkawl kawnga mawh la ngam pa lo chhuak zêl se kawng ro a su tam zâwk ngawt ang.

Ðanrual a hun e!

Kristian Chhûngkaw ðha din kawnga nu pawimawh dan leh pa an pawimawh bawh si zia kan sawi aþang hian thil lang Chiang êm êm chu **ðanrual a hun ta e** tih hi a ni. Nu leh pate u, in chhûngkua kha nupa inhmangaihtawwna nen, fate thlamuanpui tham ni turin Pathian thuin hung tlat ula. Nu leh pa an ðan rual tlat chuan kulh bang chhe thei lo ang maiin in chhûngkua kha thliin nuai mahse a chhe lo vang.

Khawvêl thlipuiin a lo nuai ve a nih pawhin a tlu sawpin a keh chhe ve lo vang. In fate, in thlazar hnuaiah an hima an hlim miau chuan, hmun dangah himna leh hlimna an zawng lo vang. Nu leh paten chhûng inkhâwm leh ÷awngñainain chhûngkua hung tlat ila, a kal zêl dan leh a enkawl zêl dan thiamna pawh Pathianah chauh a awm. Chuvângin, nu ngawt a tawk ta lo, pate pawh chhûngkaw ral

hmatawngah ÷an a hun ta e. Nu leh pate thil ÷ha tihna kawnga entawntlak in nih phawt chuan in fate khan sawi sawi lo mah ula, an entawn ang che u. Pathian lama in ÷an tlat chuan Pathian pawh in lamah a ÷ang ang a, chhûngkaw ÷ha a pian tam chuan kan ram hi a dam zêl ang. Kan ram leh kohhran hmakhua hi in kuta awm a ni asin!

÷an rual a hun e!



Sermon**KUM THAR THUCHAH****KAWNG TLUANIN ISUA NEN**

Sam 90:12; Mat 11:28; Rom 12:1-2; Phil 1:21

- Rev. Lalfakzuala
Vaivakawn

Kum hnih kum thum kal ta 2020-2021 kha hripui Covid 19 lêng avângin khawvêl pum pui kan buai a, kan rûm a ni ber a. Hripui leh natna dang avâng pawhin mi tam tak kan thi a ni. Kum chhiat kum tih palh mai awl tak a ni. Kum hlui 2023 pawh kha chhûngkaw ðhenkhat tân chuan chhiatpui kum a ni hial thei ang. Veng tinah mitthi an tam hle a, hmun ðhenkhatah chuan leimin avâng a an in leh lo chân an awm bawk a. Pathian hruaina ropui tak avângin kum thar 2024 kan han chuang chhuak leh thei ta hi a va lawmawm teh reng êm! Chutih rualin he kum thar hian eng thil nge a rawn her chhuahpui dawn tih chu tu mahin kan hre bawk si lo. Hetiang karah chuan he kum tharah hian rilru thara kan dam chhung nite chhiar dan tur kan zir hi a pawimawh tak zet a ni. Tun ðumah hian kum tharah kawng tluanin Isua nen tih sawi kan tum dawn a ni.

Kum tharah rilru thar nen

Kum hlui kha rilru eng pik leh beidawwna nen kan lo hmang palh a nih chuan beiseina thar leh rilru thar nen kum thar hi kan hman a pawimawh dawn hle a ni. Mi tam tak chu Lal Isua ni lovin khawvêl a châkna chawpa boral mêkte kan hmangaih avângin kan dai kai tawh hnuin min hip a, kan nun a tibuai bawk a. Pathianin bul ðan min phalsakin hun ðha min pe a ni tih hria ila kan tan he

kum thar hi kum duhawm tak a va ni dawn em!

Rilru thar tih chuan mahni indah pawimawhna kalsan a, Krista chu nun laipui bera dah hi a ni. Rilru thar tih chu pawn lam lang theia thil thar sawina ni lovin chhung ril nuna danglamna leh siam thar lehna a ni zâwk a (Rom 12:1); kan nuna Pathian nena inrem lote chu tlansan ngam a, a duh loh zawngte duh loh ngam a, Amah nen kan inzawmna ti thara, a duh zawnga

awm tura inpek thar lehna hi a ni ber mai. Chutiang rilru pu chuan he kum thar hi i hmang chho ang u.

Dam chung ni chhiar dan tha chu:

Kan khualzinna khawvêlah hian a thente chu kum za chuang lai an khualzinna kawng an zawh a, mi thenkhat chu rei lote chauh zawh pawh an awm bawk a. Kan khualzin chhông hian kan khualzinna kawng hi kan dai pelh fo a, dai buak loh tur kan dai baw bawk thin. Kan dam chhung nite chhiar thiam tur hian lehkha thiam san leh zir sanin kawngro a su lo va, hausak leh hmingthanin kori a tu bawk hek lo. He khawvêlah hian mi hlawhtling leh hmingthang tak tak pawh dam chhung nite chhiar thiam lo fe fe hi an kat nuk mai a ni.

Lal Isua tel lo chuan dam chhung ni chhiar thiam theih a ni lo va, nun kaihruiatu atâna Lal Isua hmang lo tân khawvêl kawnga fing leh hlawhtling fe fe tan pawh ‘nun dan ka lo thiam ta’ tih hla hi a sak ngawt theih loh. Ernest Hemingway-a kha kum 1950-1960 chhung khan thuziak hlawhtling tak mai a ni.

A lehkhabu ziahte chu khawvêlah lehkhabu hralh tla ber a ni fo bawk. Kum 1953 khan Pulitzer Prize a dawng a, America rama lehkhabu ziaktu ropui bera ngaih a nih hnuah chuan a chenna hmun nuam tak a buatsaih ve ta a ni. Khawih theih leh hmuh theiha mihring mamawh chu a nei tawk hle a; amaherawhchu, a mamawh a la kim lo ni tur a ni. Beidawng leh lungngai takin hun a hmang ta tlat mai a, kum 1961 khan Idaho-a a pindan chhungah silaiin a inkap hlum der mai a ni! Lal Isua tel lo nunah chuan lungawina leh nun tlaina a lo awm tak tak lo ve.

Pathian mi Mosia meuh pawhin ‘Kan dam chhông nite chhiar dan tur min zirtir ang che, finna thinlung kan neih phah hialna turin’ a lo ti. Kawng dangin sawi ta ila, ‘Kan dam chhông ni tawi teah hian nun dan tur min zirtir ang che’ tihna a ni thei ang. Dam chhung ni chhiar thiam, nun dan thiam hi a lo pawimawh em a lo ni. Min siamtu leh dintu Pathian hriatna leh tihna tel lo chuan nun dan hi a lo thiam tak theih loh tih khawvêl hian min hmuhtir tam tawk tawh e. Lal

Isua ngei pawhin, “Nangni thawk rim leh phurrit phur zawng zawngte u, ka hnênah lo kal ula, keiman ka chawlh tir ang che u. Ka nghawngkaw l bat ula, ka hnênah zir rawh u,” (Mat 11:29) tiin a sikula lut turin min sawm a ni. Lal Isua sikulah hian nun dan, dam chhung nite chhiar dan kan zir a ðul a ni. Kan dam chhung nite chhiar dan tur ðha ber chu kan nunna neitu Lal Isua nêna chhiar dun a ni.

Khawvêla kan dam rei leh rei loh hi a pawimawh ber chu a ni lo. Nunna bulpui Krista nen kan inzawm leh zawm loh hi a hnuk lai, a pawimawh ber lai chu a ni zawk. Kan zui Lal Isua hi kum 30 chuang deuh awrh chauh khawvêlah a lo khawsa a, a nun leh a zirtirna chuan kum sanghnih dawn lai hnuah pawh nasa takin mi tam tak hnênah nungin thu a la sawi chhunzawm zêl a ni. Kan dam chhung ni te, kan nun hi amah nen kan chhiar duna, kan hman dun hi a hlu ber a, a pawimawh ber a, a ðha ber a ni. Sam phuahtu pawhin ‘Keia tân erawh zawng Pathian hnaih hi a ðha a ni’ (Sam 73:28) a lo ti reng a.

Kawng tluanin Isua nen

Lal Isua nen he kum thar hi zawh kan duh tak zet chuan min zawh pui ngei ngei dawn. Kum tir a tanga kum tawp thlengin a mit fukna ber kan ni dawn a ni (Deut. 11:12). Ani chu mangan laia ðanpui vartu hnai ber, a ngaiha hlu tak kan ni a; min ngaihsak ðhin avangin kan manganna zawng zawng pawh min phurhsak dawn a ni (Sam 46:1; I Peter 5:7). Ani chuan kumkhua in, khawvêl tawp thleng pawha kan hnêna awm zêl min tiam a, min tithlawn dawn lo (Mat 28:20). A va thlamuanthlak tehlul em! Amaherawhchu, Lal Isua kan hnêna awm reng tur chuan a hnêna kan awm reng a ngai (Joh 15: 4) a, tih tur kan nei ve a, kawng harsa, kham leh suar pawh ni se, Kraws kawng chu kan zawh ve ngei a ðul thung a ni.

Lal Isua hi kan dam lai nun kawng tluana zui tlak a ni. Nun zirtirtu ropui ber a ni. Khawvêl mi fing Socrates-a chuan kum 40 chhung a zirtîr a, Plato chuan kum 50 chhông zet a zirtîr a, Aristotle chuan kum 40 a zirtîr a, Isua Krista chuan kum thum chauh a zirtîr hman a. Nimahsela, kum thum chhông

chauh nun dan a zirtîrna chuan heng mi fing ropuite zirtîrna hi a khum daih a. Isuan eng lem mah a ziah kan hre lo; nimahsela, lem ziak hmingthang Raphael, Michelangelo leh Leonardo da Vinci te chuan Amah hriat rengna tur lem mawi tak an ziahsak thung a. Eng thu mah a ziah kan hre lo, hmeichhe uire lai an mana amah fiah nan den hlum tuma a hnêna an lo kal khan a kut zungin leiah a ziak tih chauh lo chu. Amaherawhchu, khawvêla piang tawh zinga mi mal chanchin ziah tam ber chu Amah bawk hi a ni si. Hla pakhat mah a phuah lo chungin hla phuah thiam tak takte rilru a chawh nunsak a; eng rimawi mah hnutchhiah a nei lo na chungin Handel, Beethoven leh rimawi thiam tam takin Amah chawimawina an siam chhuak bawk si a. Mihring nuna thiamna leh theihna tun thlenga chawh nunsaktu chu Nazaret tlangval hi a ni.

He Nazaret tlangval Lal Isua hi nunpui tlak a ni a, thih chhan tlak a ni a. Chumi hre Chiangtu Tirkoh Paula chuan ‘Keia tân zawng nun hi Krista a ni si a, thih pawh hlawkna a ni’ (Phil. 1:21) a lo ti thei a. Kan nun chuan Lalpa tân kan nung a; kan thih

pawhin Lalpa tân kan thi a ni si a’ a la ti leh ta zêl bawk a (Rom. 14:8). Krista chu a nun pum pui phuartu, a dam chhan leh a thih chhan tur a ni. Engkim mai hi Krista ropuina turin a ti thin bawk a. A ni, kan dam lai kawng tluanna zui tlak a ni e. Lal Isua nêna kan dam lai ni kan chhiara, kawng kan zawh dun chuan thil engkim a ropui thin a lo ni. Hla phuahtu pakhat chuan

*Kan zin kawng khawhar
takah hian*

Harsatna tawh mah ila,

*Lalpa nen chuan vanram a
chang thin,*

A mite min veng reng thin.

Lal Isua nen engkim a ropui,

Lungngaih tuifawn karah

pawh;

Lallukhum kan chang ngei

ang,

Lal Isua kan zui tlat chuan.

He kum tharah hian rilru thar nen, kan dam chhung nite hi Lal Isua nen chhiar dun ila, kan dam lai nun kawng kan zawh hi Amah nen i zawh dun zêl ang u. Ani chu Immanuela - Pathian kan hnêna awma, kumkhuaa min awmpui zêl tiamtu Pathian kha a ni si a. Lalpan kan za atân malsawm rawh se. Amen.

Sermon**PATHIAN PAWM TLAK INHLANNA**

Bible chhiar: Rom 12: 1-2

- Rev. Dr. C. Lalhlira

Gen. 22:2, “I fapa, i fapa neih chhun, i hmangaih tak, Isaaka ngei kha...hàlral thil hlanah hlàn rawh.”

Pathian tâna rinawm taka nun hi kan duh theuhvin a rinawm a. Mahse, mihring chak lohna leh hriatna tâwi tak hian tlin loh hun te, peih loh châng te a nei thîn a. Chutiang mite tâna fuihna thuchah chu i lo ngaihtuah ho leh dâwn teh ang u hmiang.

1. **Abrahama laka Pathian thil phût:** Bible chhiar thangte tâna sawi nawn ngai lova lâ, Pathianin Abrahama hnênah a fapa Isaaka hlàn tâna a phût thu hi lo en hmasa ila. Abrahama leh a nupui Sari te chuan fâ neih an beisei tawh loh hnuah fapa Pathianin a pe a. Chu a fapa pêk chu Pathianin mihringte chhandamna tâna a kawng sialna pawimawh tak, chi tam tak thlaha lo la pung tûr bul ðanna a ni. Mahse, Pathianin Abrahama rinna a fiah a, Isaaka hlàn tûr chuan a phût ta tlat a nih kha. Abrahama thu âwih dân kha keini tûnlaia mi fîng deuh te hi chuan, “êm êm a,” kan tih tûr chi a ni àwm e. Mahse, amah betu leh kotu chuan a mamawh a ni tih a ring a ni ngei ang, ngawi

rengin, thu âwih takin, kal tâna a tirhna lam panin a fapa hruai chuan a kal ta a nih kha. A pa in leh a khua aţanga a koh chhuah nî ang tho khân, a fapa, mipa naupang fel ve tawh tak, a mit la êm êm tu, miin lo khawih sela, thih huama a chhan ngam tûr chu ran an hlan anga hlàn tûr nia ngaiin ram hnuai lam a panpui ta ngat ngat a nih kha!

2. **Inhlanna pawmtlâk:** Pathianin Abrahama inhlanna chu a tak taka a fapa a tihlum hmain a pawm dêr ta mai. Chu chu eng vàng nge? E le, a thinlung zawng zawngin Pathian a ring a, a duhna zawng zawngin Pathian a thlang a; a kotu leh a tîrtu Pathian chu hnial rual loh a nih hriain a thu a âwih a ni. Chu

chang a la ni lo. Pathian chuan a fapa hlàn tûra a tih chuan, a thatna a hriain a ring a ni ngat ang; a fapa neih chhun, a hmangaih tak mah ni se, hlàn tûra titu chuan tûl a ti a nih a ring tlat a ni ang.

Pathian thu neih berna hi tûnlai mite thinlungah hian a Chiang thei lo fo va, pawm harsa kan ti tîn. Pathian rinna te, amah hmangaihna te, a thu âwihna te hi a thuneihna hi pawm phawt a nih loh chuan thil theih a ni lo. Abrahama kha chuan chûng zawng zawngah chuan teh a tling a ni. Ama tlin lamah a inngat lo va, Pathian tlinna lam a en hmasak avàngin, “Rinna pa,” tih te, “A rinna chu felnaah ruat a ni,” tih te a lo hlawh a nih chu.

3. Pawmtlâk inhlanna chu: Paulan Rom 12 bul tannaah he thu hi a sawi a. A thu hma lam, bung 4-11 thleng khân rinna avànga khawngaihnaa chhandam an nih thu te, chu rinna chu Pathianin Isua Kristaa chhandamna a pêk an pawm mai avànga mi fel, chhandam an nih thute a sawi tawh a. Chu chang a la ni lo, anmahni theihna

leh chakna pawh ni lo, Pathian Thlarau Thianglim tanpuinain ni tina tihchak thar zêl an nih thu te a hrih a nih kha. Chutianga sawi zawh hnuah, anmahni lam Pathian hman theih ni tûrin a tâna inhlàn ve tûrin a fuih zui ta a ni. Krista zâra Pathian khawngaihna dawnga, chhandamna changtu niha lâwm mai leh ngaih tihthat mai a tâwk lo va, anmahni ngei chu Pathian hman theih ni tûra an inpêk a phût ta ani. Thuthlung Hlui lamah chuan Pathian thu âwihin an ran hmêlhem lote an hlàn a, a thisenin puithiamten an tithianglim tîn a. Tûnah erawh chuan chu inhlanna chu Isuan a tihsak tawh thung a. Mahse, anmahni ngei chu an la nung si a. Rana inthawi chuan ran tihhlum a ngai a. Isua inthawina chuan mihring hlui a tihlum a, mihring thar erawh amah anga nunna thar neiin a tholeh tawh a. Chuvàng chuan, an nihna zawng zawngte, an chêtvel dân zawng zawngte chu Pathian lawm tlâkin an hmang tawh tûr a ni, a ti a ni.

Hei hi a ni keini, tûna Isua Krista ringtute laka Pathian phût

inhlanna pawm tlâk chu. Abrahaman Pathian a rinna te, a hmangaihna te, a thu a âwihna te entawnin, kan engkim hi a tâna pe phalin, a hnênah kan inhlàn phal ve em le? Chu chu amah ringtuten kan tih tûr, inhlanna pawm tlâk chu a ni.

Tlipna : Kristiante hi sakhaw dang betute ang kan ni lo va, kan Pathian hian kan lakah phût a nei. Khawvêl hi siam thata,

chhandam a duh a. Chu hna chu thawk tûrin keini hi min mamawh a ni. Chu chu tihlawhtling tûrin, ran thia inthâwina an hlàn ang mai ni lo vin, keimahni ngei hi a hman tlâka a hnêna inpe tûr kan nih hre thar lehin, a chakna te, a thiltihtheihna te, a rin tlâkziate hre rengin, a pawm tlâkin i inhlàn ang u.

Lalpan malsawm rawh se.

KOHHRAN HMEICHHE BUDGET PEK THEIHNA ACCOUNT NUMBER

Kohhran Hmeichhe Budget/thawhlawm Central-a pekna tur Account thar MRB, Khatla Branch-ah hawn a ni a, a hnuaia tar lan ang hian Budget-te Bank hmanga pe duh tan pek theih a ni.

1. **CENTRAL** Budget leh central-a lut tur zawng dahna

Account hming : MPC Kohhran Hmeichhia
Account No. : 0000097015036270
Bank : MRB., Khatla Branch
IFSC : SBINORRMIGB

2. **WOMEN CENTRE** Budget/Donation thawwna

Account hming : MPC Kohhran Hmeichhia Women Centre
Account No. : **35576785404**
Bank : SBI, Mission Veng Branch
IFSC : SBIN0007058

Account-a pawisa dahtu chuan a dah zat, eng tur nge tih leh dahtu Bial hming chiang taka ziakin **phone No. 9233437689-** ah thawn ngei ni se.

MIZORAM SYNOD STATISTICS REPORT-2023

<u>Sl. Chhiar dan</u> <u>No.</u>	-	<u>2022-2023</u>
1. Presbytery zat	-	47
2. Pastor Bial zât	-	298
3. Kohhran zât	-	1140
4. Branch Church zât	-	76
5. Preaching Station	-	710
6. Minister bial vawng zât	-	298
7. Minister bial vawng lo	-	105
8. Masahi Sangati Pastor	-	9
9. Minister chhiartu dang nei lo	-	44
10. Minister pension zât	-	132
11. Minister zawng zawng	-	588
12. Minister zir leh mêk	-	22
13. Probationary Pastor	-	49
14. Kohhran Upa zât	-	5523
15. Pêm upa zât	-	293
16. Kohhran Upa zawng zawng	-	5816
17. Tual Upa zât	-	2352
18. Dan zawh kim zât	-	456197
19. Thunun mêk	-	12094
20. Kohhran member	-	628719
Mipa	-	304304
Hmeichhia	-	324415
21. Kohhran Chhungkua	-	139974
Awm hlangna	-	128169

Inawm pawlhna	-	11805
22. Pâwl dang aṭanga lo pakai	-	4875
23. Pâwl danga pakai	-	1404
24. Kohhran chhuahsan	-	134
25. Ring lo hming pe thar	-	3264
26. Nau piang zât	-	8399
Mipa	-	4345
Hmeichhia	-	4054
27. Mitthi zât	-	4343
Mipa	-	2774
Hmeichhia	-	1569
28. Sunday School zât	-	1582
29. Sunday School zirlai zât	-	444059
30. Sunday School zirtirtu	-	56815
31. Zirna In zat		
(1) College	-	4
(2) Higher Secondary School-		1
(3) High School zât	-	60
(4) Middle School	-	174
(5) Primary School zât	-	237
(6) Zirna dang zât	-	87
32. Zirlai zât	-	54356
33. Zirtirtu zât	-	3265
34. Damdawi in zât	-	2
35. Dispensary zât	-	94
36. Doctor zât	-	43
37. Nurse/Health worker zât	-	284

Hriselna Huang

ZUN KAWNGA LUNG TÊ AWM (UROLITHIASIS)

- R.C. Lalrengpuii
Assistant Proffessor
College of Nursing,
Synod Hospital

Zun kawng khawi laiah pawh hian lung tê a awm thei a, zun kawng kan tihin a huamte chu kal, zun kawng (kal leh phing inkara mi), phing, zun kawng (phing aṭanga zun lo chhuahna) te a ni a, lung tê hi a awmna azirin a hming kan sawi hrang ṭhin a, kala lung tê awm (Nephrolithiasis/Kidney stone), Zun kawnga lung tê awm (Ureteral stone) tih leh phinga lung tê awm (Bladder stone) ti tein a hming kan sawi hrang ṭhin a, a vaia sawi khawm nan zun kawnga lung tê awm kan ti mai dawn nia.

Zun kawnga lung tê awm hi te reuh tê tê, lung nawi aṭanga serthlum tiat lai a ni thei.

Zun kawnga lung tê awm ṭhinte hi calcium oxalatete, calcium phosphate leh uric acid-te a ni tlangpui.

Zun kawnga lung tê lo insiamna chhante

1. Miin zun kawng na lo nei fo ta se, a zun te a lo alin a zunah gas chi khat ammonia te a lo tam a, chu chuan lung tê a siam thei.

2. Eng emaw avangin, mi a lo zung ṭha thei lo va, a zun rei tak a lo tling khawm ṭhin a, rei tak zun lo tling khawm hian lung tê a lo siam thei.

3. Rei tak mi a lo chet ṭhat theih loh hian kalin zun a lo siam muang a, kan thil eia calcium te, a thawh tur angin a lo hawk thei lo bawk a, hei vang hian zun kawngah lung tê a lo insiam duh a ni.

4. Thisen leh zunah calcium a tam lutukin lung tê hi a insiam duh a, heng thisen leh zuna calcium titam duhtute chu : Ṭhalbe chi khat Parathyroid an tih mai hnathawh nasat lutuk avângin, Kal ṭhat tawk loh vangin, Cancer ṭhenkhat avângin, Vitamin D ei tam

lutukin, Bawnghnute leh thil al ei nasat lutukin, Thisen cancer vangin.

5. Ruhchuktuah natna (Arthritis) chi khat Gout an tih mai natna veiah thisenah Uric acid a lo sang a, chu chuan lung tê a siam thei bawk.

6. Ril lam natna chi hrang hrang, rilpui na ben vawnte, ril paih thentenan nei duh.

7. Damdawi thenkhat pumpui chakna kan tih mai antacid te, Zun tamna (diamox)te, Vitamin D te, ek nemna leh Aspirin ei nasat hian lung tê a siam duh bawk.

A nei duhte

* Tui in tlem, He natna hi kum 30 – 50 in karah a awm duh a, Hmeichhia aiin mipain an nei duh zawk a, a nei tawh hian an nei nawn duh bawk, A tlangpuiin heng lung tê hi calcium leh magnesium lamte a tam ber a ni.

A natna lan chhuah dan

Lung tê awmna azirin a natna lan chhuah dan a dang thei a,

1. *Lung tê chu kal, zun kawng hnaih lam(renal pelvis)-a a awm chuan*

- Nak chhung ril takah a na em

em a, zun thi leh zuna hnai awm, a na chu kal zawnah na tanin hmeichhiaah chuan phingah a na thla a, mipaah chuan an til(testes)ah te a na thin, A na a chhuah chuan a na thut a, nak velte chu khawih zawngin a na em em a, luak leh luak chhuak a awm thei bawk, Kawthalo leh pum nuam lote a awm thei bawk.

2. *Zun kawng, kal leh phing inkarah a awm chuan*

- Vawi leh khatah nak a rawn na thut a, mal leh serh velah te a na chhuak thin, Zun a chhuak em em a; mahse, tlem tê chauh a zung thei a, zun chu thisen te pawhin a pawlh thei.

3. *Phingah lung te chu a awm chuan*

- Zun thi leh zun kawng na (UTI) a awm fo thin, Lung tê chuan zun lo chhuahna a dal chuan zung thei lovin a awm thin.

A natna hriat chhuah nan

* Kal, zun kawng leh phing (KUB)X-ray, Ultrasonography, Intravenous urography(IVU) emaw retrograde pyelograph Thisen leh zun exam, CT scan

A enkawl dan

* Kan sawi tak zun kawnga lung te awm natna lan chhuah dan ang harsatna kan nei a nih chuan mahni thua damdawi ei mai tur a ni lo va, mi thiamte rawna finfiah hnuah, damdawi pawh mi thiamte chawh anga ei tur a ni.

* A enkawl nâna mahni tawka kan lo tih ve theihthe chu:

* A na chhawk nân na chhawkna chak deuh ei a tha.

* Luak leh luak chhuak a awm chuan luak danna injection a lak theih

* Tuiluma inbual emaw, deh emawin a ti ziaawm thei

* Tui in tam tûr a ni a, hei hian lung te kha hnuai lamah a nek chhuk ve thei, tum khatah in teuh lovin, in deuh reng tur a ni a, ni khatah litre hnih tal in a tha.

* Lung te hi tih chhuah dan hrang hrang a awm a, cheh

chhuah te, chhut keh te, verh te leh zai tein a tih theih a, lung te awmna azir leh damlo dinhmun azirin a tihchhuah dan a danglam thei.

***Ei tlem turte**

- Chi al leh thil al lutuk lam chi
- Bawnghnute leh bawnghnute aţanga thil siam

- Sa thluak, lung, thin, kal, sangha leh sanghate

- Be lam chi, spinach, bekaŋ, aţam bulbawk.

- Theihmu lam chi, grape, theipui.

- Thingpui, cocoa, carbonated tam lam chi.

- Thei pil sak chi mim, khawkherh, badam, kuhva, chocolate, soup bawnghnute aţanga siam leh creams lam chi te hi ei tlem tur a ni

- Tui, coffee leh thingpui in tam a tha.



Article**I ṬAWNGṬAI ANG U**

II Chro. 7:14

- Vanlalchhuani
Ramhlun North

II Chro 7:14-ah chuan Pathianin Solomona hnênah, “Ka hming pu ka mite chuan inngaitlawma an ṭawngṭai a, mi zawn a, an awm dân sualte an hawisan chuan, vân aṭangin ka lo ngaithla anga, an sualte ka ngaidam anga, an ram chu ka tidam leh ang,” a ti.

He laia Pathian thu chhuakah hian Lalpan a hnêna ṭawngṭai tûra duh a nei a. Chu chu ‘A hming pu, a mite’ an ni. Thuthlung Hluiah chuan Pathian hming pu, a mite chu Israel-te an ni a, tûnah erawh chuan Isua Kristaa mi piangthar, ringtu zawng zawngte hi a hming putute kan ni thung. A hming pu, a mite kan nih avângin Lalpan a hnêna ṭawngṭai tûrin min beisei a; tin, kan ṭawngṭaina chhang tûrin a inpeih reng bawk a ni.

Kan Lal Isua chu kan hming a put avângin mi sual nung tlak lo tiin kraws-ah khenbeh a ni a. Tûnah keinin a hming kan pu ve a, tisa leh thlaruah malsâwmna tinrenga

vur kan ni thung a. Chûng malsâwmnate avang chuan kan nunphung leh kan khawsak te, silhfen leh ei leh in thlengin a tlangpuiin kan changkang ta hle a. Pathian zahngaihna avângin boruak ṭha tak hnuaiiah sik leh sa nuam tak neiin zalen takin kan la khawsa thei zêl a, a lâwmawm tak meuh a ni. Chutih mêk lai chuan kan chanchin ṭha lo tak tak leh hriat hrehawm tak tak hriat tûr a awm ve reng mai. Ram chhûng State hrang hranga a ṭha lo lam tehnaa ‘ber’ nihna kan hauhna ṭhenkhatte leh ruihtheih thil hman sual avânga thi kan tam zia te, thih thut thutna thleng fo te

leh nau piang kan tlem si ziate ngaihtuah hi chuan thawveng taka awm a har a ni ti rawh u.

Hetiang a nih avang hian ringtuten nasa taka ÷awngtaia ÷an kan lâk a ÷ûl tak meuh a ni. Kan ramin kan ÷awngtaina a mamawh êm avângin Central Kohhran Hmeichhia pawhin kum tin ram leh hnam tâna ÷awngtaia hun vawi eng emaw zat an siam ÷hîn a, a lâwmawm hle. Hêng hi inthlahdah hauh lova kan chhonzawm zêl a ngai a ni. Kan ÷awngtaina hi Lalpa tân rimitui niin vân lamah a chho zêl ÷hîn a nia (Thup 5:8, 8:4).

Ezekiela 9:4-ah Lalpan Ezekiela hnênah Jerusalem fang chhuaka a chhûnga thil tenawm tihte avânga thaw pika ÷ap ÷hînte chu an chala chhinchhiah tûrin thu a pe a. Vawiina kan ram khawlohna leh سوالنا chi hrang hrang avânga lungngaia ÷apa Lalpa au ÷hîn te pawh hi vân khian a chhinchhiah ngei ang. Lalber sipai, ral do mi kan ni a, ÷awngtaiin سوال ral kan bei

ang. Kan ram, chhûngkua leh mi mal tân ÷awngtaiin سوال dai kan theu anga, Thlarau Thianghlimin min ÷awngtaipui dâwn a ni.

Kan thu chhiarin ÷awngtaia hlawhtlin dân tûr min hrilh chu inngaitlawma ÷awngtaia tûrin a ni. A thu kan awih tâwk loh avang te, amah kan chawimawi tâwk loh avangtein inngaitlawm leh thuhnuairawlhin thupha kan chawi anga kan aw min ngaihthlaksak dâwn a ni.

A dawt lehah chuan, “Awm dân سوالte kalsan” a ngai. Lalpa chhân tlaka kan ÷awngtaia theih nân kan awm dân سوالte kalsan tûr kan nei vek ang ti rawh u. A langah sawi tûr kan nei lo a nih pawhin kan rilru put hmanng te pawh endik ta ila. Tu ma hmuhpui ve loh Lalpa hmaa lang tlang si, سوال inthup kan kawl te a hmaah i phawrh ang u. Huatna, elrelna, itsikna, mahni hmasialna, mahni chauh ÷ha inthina te hian min sal bet ÷hin em? Hêng سوال zung zam hian

Lalpa nêñ kan inkar a hliah thei a, kan aw a lo dang thei. Chuvângin, a lo chin ral vek tûrin Lalpa hmaah phawrh ila; tichuan, kan au ang a, chiang takin kan aw a hria ang a, kan lamah a mit lenin a beng a chhi ang a, kan sualte min ngaidam ang a, kan dilna a ngaithla dâwn a ni.

Kan ram leh hnam dam nâna vawiin nia Lalpa min phut hi thil harsa lutuk a ni lo ti rawh u, kan vâñnei hle a ni. Jeremia 29:11-13-ah chuan, “Nangni lama ka rilru putzia chu in hre si a, in hun hnuhnung tawpah hian beiseina pe tûr che uin, thil tha lo ni lovin, thatna ka ngaihtuah asin. Tin, min lam ang a, ka hnênah in rawn tawngtai ang a, ka ngaithla ang che u. Nangmahni hmuhin ka awm ang,” Lalpa thu chhuakin a ti a. Hei hi sual sipai ral nêñ kan indona hmanrua tûr a ni. Kan ralthuam chu tawngtaina a ni. Hnehna thu min tiam sa nghe nghe a ni.

Bible-a tawngtai hlawh tlingte tawngtai dân tlem kan sawi leh lawk anga -

1. **Nehemia** : A mite chan chhe tak leh sawi chhiatin an awm a. Jerusalem kulhte chu a chim rem rum a, a kawngkharte a kang tih a hriatin a thu hnawk a, a tap a. Ni eng emaw zat lungngai leh chaw ngheiin a ram leh hnam, a khawpui tân Lalpa hmaah a tawngtai a ni. An Jerusalem kulh tung ding leh tûr hian mi dang kuta dah mai lovin amah ngheiin bul a tan a, a tawp a thleng a ni.

2. **Mosia** : A mi Israel-te sual avânga boral tûr nun khul chhuah nân vâñ lehkhua a hming ziah tawh pawh thai chhiat a ngam. A mite sualzia leh thu awih lohzia a hre chung pawhin a mite tel lovin vâñram kai a duh bik lo. A chang leh ni 40 leh zan 40 chaw leh tui ngheiin a mite tân a tawngtai. An ram leh hnam an hmangaihna hi a lo rilin a lo thuk em a, Lalpa tân chhan loh chi an ni lo.

3. **Hani** : Elkana nupui fa nei thei lo, fa dila a'n ɽawngɽai tak tak mai chu puithiam Elia chuan zu rui emaw a lo ti hial mai. Lalpa thiltihtheihna an va ring  m!

Sawi t r tam tak a awm awm e, keini pawh rinna nghet tak neiin kan ɽawngɽai t r a ni. Tuifinriat thli chhem len leh vawrh anga kan ɽawngɽaina te boruaka a tham ral mai mai loh n n v n thleng

ngei t rin ringhlel hauh lovin kan ɽawngɽai d wn nia.

Lal Isua ngeiin a thih d wn hnaihah a zirt rte ɽawngɽai t ra a kai tho ang kh n keini pawh Isuan, “Zoram nute u, tho ula, in ram, in chh ngkua, in tu leh fate leh nangmahni t n ɽawngɽai rawh u, t n hi ɽawngɽai hun a ni,” min rawn ti a ni e.

Lalpan a thu kan sawi mals wm rawh se. Amen.



AGAPE MAN CHUNGCHANG

Central Committee chuan kum 2024 atan Agape lak man tur chungchang a ngaihtuah a. Tuna kum khata lak man Rs. 100/- hi a  a rih a. Kum 2024-ah pawh a ngai kum 1-a Rs. 100/- ni se tiin a rel (C.C. 555:VI of 11.10.2023) Agape man la pe lote a man pek ngai pawimawh turin kan inngen e.

AGAPE MAN THAWNNA

Account hming : Agape MPC Kohhran Hmeichhia
 Account No. : 35578510786
 Bank : SBI, Mission Veng Branch
 IFSC : SBIN0007058

Account-a pawisa dahtu chuan a dah zat leh Kohhran hming Chiang taka ziakin **phone No. 9233437689-** ah thawn ngei ni se.

WOMEN CENTRE REPORT-2023

- R. Lalrinpuii,
Superintendent

Kum 2023 batch-a puanthui zirlaiten tuang taka an zirlai an zo thei leh anmahni thlahna hun kan hmang thei hi Pathian khawngaihna vang chauh a ni tih kan hria a, Pathian hnenah lawm thu kan sawi e.

Women Centre-a training course hi August 2016 atanga bul tan niin kum 8 lai kalpui a lo ni ta a, hemi chhung hian puan thui zirna batch 8 leh puan tah zirna batch 7 kalpui ni tawhin, batch 9-naa puan thui zir chhuak 40-te nen Women Centre atanga puan thui zir chhuak hi mi 314 an ni a, puan tah hi mi 29-in an zir chhuak tawh bawk.

Women Centre atanga zir chhuak kan naute hi mahni kea dinga chhûngkaw chawmtu eng emaw zât an awm tawh a, dawr hawnga zirlai nei thei leh sawrkar hriatpui certificate pe chhuak thei hial te awm tawhin, Aizawl-a puan thuiina dawr hrang hrang leh puan tahna hmuna thawk eng emaw zât an awm mêk te hi Women centre-a kan rawngbawl hona hlawhtlinna leh kan lawmna a ni.

Jan 13, 2023 (Zirtawpni) khan 2023 Batch-a puan thui zir tur 42 leh puan tah zir tur 1-te admission tihfel a ni a, January 16, 2023 chawhnu 12:30pm-ah zirlai lut tharte pualin hun hman

a ni a, zirlai tharte lawmna hun hi Pi Sailuti, Chairman, IKPL-in kaihruaiin Pi H. Lalfakmawii, General Secretary-in thu puan leh inhmelhriattima hun a hmang a, Superintendent-in Hostel Rules inhriattima neiin Rev. C.S. Rila, WCMC member-in inlawmna hun hmangin a hnên atang hian zirlai tharte fuihna thu tha tak ngaihthlak a ni. Zirlai tharte lawmna hun hi Women Centre Managing Committee member-te nen hlim takin kan hmang.

Feb 9-10, 2023 chhung khan Women Centre-a thawktu leh zirlai tharte pualin Retreat neih

a ni a, Pu Lalthlengkima Pachuau (Doulos Revival Team) Synod Revival Speaker rawih a ni a, zirlai leh thawktuten kan hlawkpui hle.

March 3, 2023 khan Mizoram University hnuaiia Technology Enabling Centre-tenen One Day Workshop on *Social Media Marketing and Mobile Photography* neih a ni a, a bengvarthlak in kan hlawkpui hle.

PHE Department-in Phunchawng veng a tui Connection an pek thar chu dil ve niin Women Centre-in tui connection kan nei ve ta a. Tin, main building chhawng hnuai mihring luh chhuah theihna laite steel bar hmanga hung niin building leh compound chhung hmun hrang hrangah CCTV fit a ni baw k a, centre-in hmasaw nna hmel a hmu zêl a, a lawmawm hle a ni.

March 10-12, 2023 chhunga Kohhran Hmeichhe Inkhawmpui Lian, Darlawn-a neih ah centre kut chhuakte zawrh a ni a, kan ken zawng zawng hralh

zawh a ni a, inkhawmpui palaiten centre kut chhuakte min hlutsak a, a lawmawm hle.

Zirlai harsa zualte mess fee tumsakna kan hmuh dan hetiang hi a ni: Ramhlun North Pastor Bial Kohhran hmeichhia - zirlai 5, Dr. K. Ropari (Ramhlun North) - zirlai 2, Pi Tlangruali (Ramhlun North) - zirlai 1 leh Pi Lalawmawii (Luangmual) - zirlai 1, a vaiin zirlai 9 te tan mess fee tumsaktu kan nei a, kan lawm hle.

Ramhlun Venglai Kohhran Hmeichhiate hnên ațangin 2022 Batch-a zir chhuak, puan țhui khawl la nei thei lo zing ațangin mi 2 - Lallawmpuii d/o C. Lalramhluna, Ramlaitui leh Lalramdinmawii d/o Lalremtluanga (L), Bairabi Rel Station-ten ke khawl leh Overlock an dawng a, a lawmawm hle. Khawl hlanna hun hi April 12, 2023 Ramhlun Venglai Kohhran Hall-ah neih a ni.

Women Centre-a *zirlaite Aizawl khawpui chhung kohhran tlawhpui ni se tia*

committee thurel bawhzui nân kumin chhungin Bungkawn, Khatla, Mission Veng leh Ramhlun Vengthar Kohhran Hmeichhe Inkhawm chhim a ni a, inhawng taka min dawngsawngin zirlaite leh thawktuten hun kan hmang thin a, refreshment tuihnai tak min buatsaihsak bakah chibai bukna thilpek te min hlan a, hetiang hun kan hmang hi kan hlawkpuiin kan lawm hle a ni.

April 28, 2023 khan puan tah 7th batch (Jan – April) closing function neih a ni a, he hun hi Pi Zothanpari, Chairman, IKPL-in kaihruaiin Pi H. Lalfakmawii, General Secretary-in thu inhriattir ngaite hriattirin zirlaite hnen aţangin zaipawl ngaihthlak a ni. Puan tah zir chhuak hnênah certificate leh ngaihhraina memento hlan niin chairman hnên aţangin fuihna thu tha leh pawimawh tak ngaihthlak a ni.

June 21, 2023 (Nilaini) zan khan Hunthar Pastor Bial vawngtu Rev. C.S. Rila leh Pro Pastor Lalhmunsanga ten centre inkhawm min hmanpui a, Pro. Pastor Lalhmunsanga'n Nilai thupui hawngin thuchah tawi a

sawi a, thupui sawi hona hun hlawk takin an hmang.

November 3, 2023 (Zirtawpni) khan zirlaite outing neihpui an ni a, Synod hmun pawimawh hrang hrangte tlawhin hun hlimawm tak kan hmang a, nuam kan tiin zirlaiten an hlawkpui hle a ni. Outing nia chhun thingpui leh a hmeh tuihnai tak Bungkawn Kohhranin min tumsak a, a lawmawm hle.

November 9, 2023 (Ningani) khan Usha Enterprise, Millenium Centre-ten puan thui khawl hrang hrang discount cum training an neihnaah Women Centre min sawm angin zirlaite kalpui an ni a, zirlaiten an hlawkpui hle. Tin, bus hire-na leh ei leh inte min tumsak vek a, a lawmawm hle.

Women Centre - ah hian kut themthiamna mai bakah nun dan kawng hrang hrang kan zir thin a. Zirlaiten nungchang tha, tisa leh thlarau nun tak an neih kan duhsakin kan ngai pawimawh a, eizawna tling khawpa thiamna an neiha, chhûngkua, kohhran leh khawtlang tâna ţangkai ni turin Pathian thu leh ţawngţaina nen kan phak tawka zirtir leh kaihhrui an ni. 2023 Batch-ah

hian Holy Bible chhiar chhuak zirlai 20 zet an awm a, an zinga 5 te hian vawi 2 an chhiar chhuak thei a, kan lawm hle a ni.

Zing fianrial, devotion leh zan lam inkhawm (thawhtan-zirtawp) tuang takin kan nei thei a, zan lamah hnehna puan leh tawngtai rualna hun kan hmang thin bawk. Zan lam inkhawmah hian thil chi hrang hrang kan zir a, awm dan mawi (manners & etiquette) te kan zir bakah Kohhran Hmeichhia leh Synod-in booklet an tihchhuah hrang hrangte zirin sawi hona hun leh Bethel hun te kan hmang thin. Thawktute bakah zirlaiten testimony, sharing leh sermon tawi sawina hun an hmang bawk.

Tin, Nilai leh Beihrial thupui hi kan zir nasa a, sawi hona hun tha tak kan hmang thin a, tawngtai rualna hun kan hmang thin bawk. A tul dan angin hla kan zir a, Kristian Hla bua kan hla thiam loh eng emaw zat kan thiam belh bawk. Summer sport leh Night hrang hrang kan hmang thei a, zirlaite talent tha tak tak hai lan niin hun hlimawm tak kan hmang thin bawk.

Inrinni zan leh Pathianni nileng leh zan hi Phunchawng Kohhranah kan inkhawm thin a. Kohhran hruaituten min ngaihtuah em em a, Puan thui Khawl leh Dal bag min pek bakah zirlaite thawhlawm turte thlengin min pe a, nu leh pa chan an chang thiam a, kan thla a muang tak zet a ni. December 3 (Pathianni) zan inkhawm banah khan zirlai chhuak turte pualin thlahna program min siamsak a, hun hlimawm tak kan hman ho bakah sawhchiar tuihna tak min buatsaihsak a, kan lawm tak zet a ni.

Mi mal leh kohhran atangtein Centre-in sum leh pai leh thilpek chi hrang hrang-pawisa fai, bungrua, thawmhnaw leh chawhmeh te kan dawng thin a, thilpek hlu tak tak min petute chungah kan lawm em em a, a let tam taka Pathian malsawmna an dawn kan beisei tlat a ni.

December 4, 2023 chhun dar 12 khan 2023 Batch thlahna inkhawm neih a ni a, Central Kohhran Hmeichhe Committee member-te, Phunchawng Kohhran Committee-te, Phunchawng kohhran

Hmeichhia, KTP, Pavalai hruaitute bakah Phunchawng khawtlang hruaituten min hmanpuuin, zirlai chhuak tur thlahna inkhawm hi Dr. Lalthansangi Fanai, Vice Chairman, IKPL-in kaihruaiin Pi H. Lalfakmawii, General Secretary-in inhmelhriattina hun a hmang a, Superintendent-in report pein, Pi Zothanpari, Chairman, IKPL hnên ațangin zirlaite fuihna thu ța tak ngaihthlak a ni. Zirlai chhuak turte aiawhin Nl. V. Lalrammuani'n thu a sawi a, zirlaiten fak lam entirin an hnên ațang hian quartette, zaipawl leh group recitation ngaihthlak a ni bawk. Pi R. Lalrempuii, Finance Secretary leh Pi Sailuti, Ex-Chairman ten certificate leh ngaihhuina memento zirlaite hnênah an hlan a, Pi Zothansiami, Treasurer-in thawktute krismas present a hlan bawk. A duh apiang thu sawina hun hawn a ni a, thu ța tak tak kan ngaihthla a,

Pi Lalmuanzuali, Asst. Secy.-in lawm thu sawina hun hmangin Upa K. Lalrova, Hunthar Pastor Bial Chairman-in malsawm țawnțainain inkhawm min țin.

2023 batch-a puan ținui zirlaite zingah hrisei lohna leh rokhawlhna avânga zir chhunzawm thei lo mi 2 kan neih te tih loh zirlai 40-ten tuang takin an zir zo thei a, puan ținui thiamna nen mahni in lam an pan tur hi kan lawm êm êm a, puan ținui piah lamah thil tam tak zir chhuakin, tisa leh thlaraua hmasawna tam tak nen Women Centre an chhuahsan thei dawn niin kan hria a, kan lawm hle a ni. Centre an chhuahsan hnuah pawh an kut themthiamna hi eizawna atâna an hman ngei kan beisei a – an chhûngkaw tân te, khawtlang leh kohhran tân mi țaŋkai, Pathian bel tlat mi an nih a, Women Centre-a thil ța an zir zawng zawngte an nun kaihruaitu a nih zui zêl kan duhsak hle a ni.

Eisiam Huang

HMARCHAPUI PICKLE

Mamawhte:

Hmarchapui	-	250 grams
Purun Var	-	bul 4
Sawhthing	-	inches 1 bial
Chhawhchhi (Chhibung var)	-	no chanve
Tel	-	pava 1
Chi	-	a al tawk
Aieng	-	1 tablespoon
Pickle masala	-	1 tablespoon
Vinegar	-	1 tablespoon
Ajinomoto(a duh tan tlemte)		

A siam dan:

1. Hmarchapui chu a lai takah zai phel la.
2. Chhawhchhi chu kang hmui la, deng dip rawh.
3. Purun var leh sawhthing chu rawt dip hlarh la,
4. Tel chhuang hmui la, purun var leh sawhthing her sawm chu thlak la, minute 1 vel kang la, aieng, pickle masala leh chhawhchhi chu thlak la, hmarchapui chu thlak zui la, chi al ang che. Mei hniam tē-ah ur la, thirbel chu chhin phui la, hmarchapui chu a zawr zan thlengin kang la, chawk zeuh zeuh la, a hmin dawnah ajinomoto leh vinegar chu pawlh ang che.
5. Heti hian a ei theih nghal mai a, bur phuiah dah la, rei tak chhung a awm thei.

Hruaitute Chanchin**LALTHANSANGI**

Pi Lalthansangi hi Pu Zasata(L) leh Pi Thangkimi(L) te fa pariat zinga naupang ber dawttu niin Sihfa kuaah a lo piang a. Upa Zarzosanga nen September 29,1989-ah inneiin fa pathum - mipa-2 leh hmeichhia-1 neiin Chanmari West-ah an cheng mêk a ni.

Eizawna Lam: Kum 1988-ah Ramhlun Middle School-ah zirtirtu hna thawkin kumin May thla khan Chanmari West Middle School-ah insawnin tunah a la thawk mêk a ni.

Rawngbâwlina lam: Chanmari West Kohhran Hmeichhe Committee-ah Kum 2009-ah lutin Asst.Secretary hna a chelh a, Kum 2014-ah Chanmari West Kohhran ațanga Chanmari West Hmar veng indangin Chairman, Secretary, Asst.Secretary nihna

te a chelh tawh a. Tunah Vice-Chairman nihna a chelh mêk a ni. Kohhranah Puitling Sande Sikul zirtirtu, Pathianni Chawhnu Thuhrlitu leh Masihi Sangati-ah Committee member a ni bawk.

Bialah: Kum 2011-ah Chanmari Bial Hmeichhe Committee-ah lut tanin kum 2013-ah Chanmari Bial ațanga indangin Chairman, Secretary, Asst. Secretary leh Finance Secretary nihna te a lo chelh tawh a. Tunah hian Vice Chairman a ni mêk a ni.

Bible chang/hla duh zawng:

A Bible chang duh zawng hi Sam 116-na pum pui a ni a. A hla duh êm êm chu KHB No. 150-na Khawvêl hi bo mahse Isua ka nei” tih leh KHB No. 308-na “Aw Thlarau Thianghlim lo kal la, kan tha tichak ang che” tih te an ni.

Thuchah: Rawngbâwlina chi hrang hrang kan kova tla te hi Pathian khawngaihna vang liau liau a ni a; chuvangin, rawngbâwlina te hi phur tak leh hlim takin Pathian chakna rinchhanin hlen i tum theuh ang u.

**MIZORAM PRESBYTERIAN KOHHRAN HMEICHHE
INKHAWMPUI LIAN
ROREL INKHAWM VAWI 12-NA**

PROGRAMME

A hun : March 8-10, 2024
A hmun : Dawrpui Kohhran Biak In
Thupui : Thih thlenga rinawm (Thup 2:10)
Speaker : Rev. C. Zorammawia,
 Senior Executive Secretary

Ni 8.3.2024 (Zirtawpni) : Palai thlen kim

Zan dar 7:00 - Inlawmna leh Report
Hruaitu : Pi Zothanpari, Chairman
Ṭantu : Pi V. Zodansiami, Sesawng Bial
Reports : (1) General Secretary
 (2) Bial Report Khaikhawmna
Thuchah : Rev. V.L. Luaia Hranleh
 E/S i/c Kohhran Hmeichhia
Zaipawl : (1) Electric Veng Pastor Bial
 (2) Mizoram Synod Choir

Ni 9.3.2024 (Inrinni) 9:30 am - 4:00 pm Rorel

Zan dar 7:00 - Pathian Biak Inkhawm
Hruaitu : Dr. Lalthansangi Fanai, Vice Chairman
Ṭantu : Pi Lalchhanhimi
 Cachar Kahrawt Pastor Bial
Thuhriltu : Rev. R. Vanlalnghaka,
 Moderator, Mizoram Synod
Zaipawl : (1) Bawngkawn Bethel Pastor Bial
 (2) Zonuam Pastor Bial

Ni 10.3.2024 (Pathianni) - Pathian Biak Inkhawm

Pathianni chawhma dar 10:00

- Hruaitu : Pi Zothanpari, Chairman
Ṭantu : Pi Lorita Lalnunsangi, Zawlpuoi Pastor Bial
Thupui : Thih thlenga rinawm
Sawitu : Rev. C. Zorammawia
Zaipawl : (1) Tanhril Pastor Bial
(2) Women Centre Zaipawl
Kristian Chhungkaw Dinmun tehna No Mawi hlan
Hlantu : Rev. V.L. Luaia Hranleh,
E/S i/c Kohhran Hmeichhia

Chawhnu dar 1:30 Pathian Biak Inkhawm

- Hruaitu : Pi Zothanpari, Chairman
Ṭantu : Pi R. Lalthianghlimi, Pangbalkawn Pastor Bial
Thupui : Thih thlenga rinawm
Sawitu : Rev. C. Zorammawia
Zaipawl : (1) Sateek Pastor Bial
(2) Sairang Dinthar Pastor Bial

Inpawl hona - Dar 3:00 pm

- Hruaitu : Pi Lalchhingpuii, Committee Member

Zan dar 7:00 Pathian Biak Inkhawm

- Hruaitu : Pi Zothanpari, Chairman
Thupui : Thih thlenga rinawm
Sawitu : Rev. C. Zorammawia
Zaipawl : (1) Mizoram Synod Choir
(2) Maubawk Pastor Bial
(3) Dawrpui Kohhran Zaipawlpuoi

HRIAT ATAN

1. Kohhran Hmeichhe Account thar Mizoram Rural Bank, Khatlah hawn thar a ni a, Account No 0000097015036270 a ni.
2. October 27-29, 2023 chhûng khan PWF 18th Biennial Conference Mawpat, Shillong-ah neih a ni a. Palai kal zawng zawng hi 553 an ni. Mizoram Presbyterian Kohhran Hmeichhe aiawh mi 142 te chu Bus 5 hmangin an kal. Pathianni zanah Unit aṅanga Palaiten KHB No. 52 “Lal Isua hming i fak ang u” tih hla an rem.
3. November 28, 2023 khan Hmangaihna In tlawh a ni a. Hmangaihna Ina thawktute nen Programme ṭha tak an hmang thei a, naupangte pawhin Recitation, Zai leh Fak lam te an entir a. Krismas thilpek atân naupang chuan theihna motor 15 an hlan a, thawktute Krismas thilpek te pein hun an hmang.
4. December 4, 2023 khan Women Centre-a kum 2023 chhûnga Puan ṭhui zirlai mi 40 te thlahna neih a ni. He hunah hian Central Committee te, Hunthar Bial Chairman leh Phunchawng veng chhunga Kohhran, MHIP, YMA, Local Council aiawhte nen hun an hmang. Center-a zirlaite pawhin item ṭha tak tak an nei.
5. Synod Inkhawmpui wawi 100-na, Mission Veng Kohhrana December 5-10, 2023 chhûnga neihah Hmeichhia aṅangin Palai 18 an tel ve.
6. Manipur-a zo hnahthlak, kan ringtupuite ṭanpuina tur ram pumin kan thawh khawm tling khawm ₹ 42,06,442/-a ni a. Heta ṭang hian ₹20,00,000/- chu Relief and Rehabilitation(ITLF) hnênah pêk a ni a, a bang zawng ₹ 22,06,442/- chu Tangphai Provisional Synod hnênah pêk a ni. ṭanpuina sum hi Rev. P.B. Zosaphara, Consultant, Tangphai Provisional Synod hnênah Ni 11.12.2023-ah hlan a ni.

Feh chhuahna te:

Heng hmunah te hian kan hruaitute an feh chhuak a, Pathian hruainain hun tha tak an hmang thei.

- (1) October 20-23, 2023 chhûng khân Lungpho Pastor Bialah Kristian Chhungkaw Campaign leh Leadership Training neiin Pi Lalchhingpuii, Pi Zohmingliani leh Pi Rohmingthangi te an kal.
- (2) October 21-23, 2023 chhûng khan Darlawn Venghlun Bialah Kristian Chhûngkaw Campaign neiin Pi Zothanpari, Chairman, Pi R. Lalnuntluangi leh Pi Lalthansangi te an kal.
- (3) October 20-23 chhûng khan Khawlailung Kohhran Centenary lawmna hmanpuiin Pi R. Lalrempuii, Fin Secretary, Pi Lalhmingmawii leh Pi Lalrammawii te an kal.
- (4) October 29-31, 2023 chhûng khan Shillong Pastor Bialah Kristian Chhûngkaw Campaign leh Leadership Training neiin Pi Sailuti, Ex-Chairman, Pi Lamchhingi leh Pi Vanlalhluni te an kal.
- (5) October 27, 2023 khân Mizoram State Commission for Women buatsaih Awareness on Prevention of HIV/AIDS among Women in Mizoram-ah Pi K. Rosiamliani, Pi H. Lalbiakveli leh Pi Lalbiakthangi te an kal.
- (6) November 14, 2023 khân Hualngohmun Kohhranah Leadership Training leh Leadership leh Kristian Chhungkaw Campaign neih a ni a. Pi Lalengzami, Pi Lalthanzauvi leh Pi Saiṭhuamluaiti te an kal.
- (7) November 17-20, 2023 chhûng khan Vaphai Pastor Bialah Leadership Training leh Kristian Chhûngkaw Campaign neiin Pi Lalmuanzuali , Asst.Secretary, Pi Lalthanzami leh Pi K. Rinthianghlimi te an kal.
- (8) November 17-20, 2023 chhûng vek khan Suarhliap Pastor Bialah Leadership Training leh Kriatian Chhûngkaw Campaign neiin Pi C. Thanpari, Pi Lawmkimi leh Pi A. Nazi te an kal.
- (9) November 17, 2023 khân Aizawl Theological College Day vawi 8-na lawmnaah Kohhran Hmeichhe aiawh tel ve tûra min sawm angin kan aiawhin Pi Tlanghminghmingi leh Pi Lalmalsawmi Sailo te an kal.

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

COMMITTEE MEMBER-TE

- | | |
|--|--------------------------|
| 1. Pi A. Nazi | 2. Pi C. Thanpari |
| 3. Pi H. Lalbiakveli | 4. Pi H. Lalhlunpuii |
| 5. Pi C. Thanþiangi | 6. Pi JH. Lalpekthangi |
| 7. Pi K. Rinthianghlimi | 8. Pi K. Rosiamliani |
| 9. Pi Lalbiakthangi | 10. Pi Lalchhingpuii |
| 11. Pi Lalengzami | 12. Pi Lalrinawmi |
| 13. Pi Lalhmingmawii | 14. Pi Lalmalsawmi Sailo |
| 15. Pi Lalnunhlimi | 16. Pi Lalrammawii |
| 17. Pi Lalramthangi | 18. Pi Lalthangmawii |
| 19. Pi Lalthansangi | 20. Pi Lalthanzami |
| 21. Pi Lalthanzaui | 22. Pi Lalthawmmawii |
| 23. Pi Laltlanthangi | 24. Pi Lamchhingi |
| 25. Pi Lawmkimi | 26. Pi R. Lalnuntluangi |
| 27. Pi R. Tlanghmingthangi | 28. Pi Rengramthangi |
| 29. Pi Rohmingthangi | 30. Pi Saiþhuamluaii |
| 31. Pi J.C. Ronghaki | 32. Pi Tlangthanpari |
| 33. Pi V. Siamhnuni | 34. Pi Vanlahluni |
| 35. Pi Vanlalhlamuani | 36. Pi Zohmingliani |
| 37. Pi Lalnghakliani, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. R. Vanlalnghaka, Synod Moderator
2. Rev. P.B. Mankima, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Lungpho Pastor Bial - Leadership Training & Kristian Chhungkaw Campaign



Vaphai Pastor Bial - Kristian Chhungkaw Seminar



Kum 2023 Women Centre-a puan thui zirte

To

Published by Rev. V.L. Luaia Hranleh, Aizawl, Mizoram on behalf of Agape Association.
Printed at Synod Press, Mission Veng, Aizawl - 796001. Copies - 44,500

www.MIZORAMSYNOD.org