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Chhûngkaw keh chhe tur i veng ang u

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Kraws lén zawng

Phek – 8

SERMON

KRISTIAN CHHUNGKUA

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HRIAT ZAUNA

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A chungu thu awmte

1. Editorial	1
2. Kristian Chhungkua : Chhũngkaw keh chhe tur i veng ang u	2
3. Kraws lén zawng	8
4. Thawhleha	12
5. Kan tawrh phal Pathian	16
6. Mosia tiang kha Pathian tiangah a lo chang	18
7. Siliguri Mission field tlawh report	22
8. Kohhran Hmeichhe sum pek dan tur	26
9. Hriselna Huang : Pre-Anaesthesia Checkup (PAC)	27
10. Eisiam Huang : Dangpuithu chatni	29
11. Hruaitute chanchin : Lalhmingmawii	30
12. Hriat atan	31

Editorial**AGAPE DIK TAK**

Kum a thar chauh emaw tih laiin Good Friday leh Easter Sunday kan thleng leh dawn ta mai a; Pathian hmangaihna *Agape* dik tak dawng thar tûrin i inbuatsaih ang u.

Ring loten an hriat thiam loh leh âwih harsa an tih fo thin nia an sawi chu - engkim siamtu Pathianin a thil siam mihringte chhandam tûra a Fapa meuh a tirh thu leh a Fapa thihna kher hmanga chhandamna a buatsaih chanchin hi a ni. He chanchin hi ringtute tân pawh a mak a; kraws-a Krista thihna chanchin hi 'thu mak sawi nin theih loh' a ni rêng a ni! Chatuana boral tûr khawngaihna avanga chhandam kan ni hi Good Friday a lo thlen hian khawvêl mite hriatah i tar lang ang u.

Easter Sunday hian 'hnehna ropui' min hriat thartir se. Kan chhandamna hi kraws-a thihnaah tâwp mai lovin thihna atâ thawhlehma hian a tifamkim a ni. Chu hnehna chu tho leh Isua zarah kan chang a ni.

Duhâmna te, mahni hmasialna te leh dawngdahna te hian min chim nasa tial tial a. Tisa thil ngaihtuahnain kan rilru a luah tam hle a; nasa takin kan thlarau lam nun a tichau fo thin. Hêng tisa lam thil phurrit kan phurhte hi kraws-ah Krista ruala khenbeh a ni a; Tirhkoh Paula'n '*kan mihring hlui chu a hnênah khenbehin a awm ve ta, sual pu taksa chu tihborala a awm theih nan..*' a tih angin bawih ang maia min siamtu 'sual' lakah Krista thihna avangin tihzalen kan ni. Hei hi Kristiante nihna, khawvêl laka kan danglamna chu a ni.

Sual vanga hliampui tuar, natna avanga lungngai leh retheihna avanga beidawng mêkte tan Tho leh Krista hi *hnehna nun* min petu a ni a. Thlarau Thianghlim zarah mi tam takin hei hi a takin an chang a; Good Friday leh Easter Sunday lo thleng tûrah hian a tharin he *malsawmna* hi dawn i tum ang u.

Kristian Chhungkua**CHHÛNGKAW KEH CHHE TUR I VENGANG U**

- Dr. Mary Lalengkimi

Mizoramin India rama a ber kan kaina pakhat, nupa inñhen tamna ber kan nihna (Census 2011) baw kha i ngaihtuah ho leh teh ang. Kha zir chianna, kan ram dinhmun pho chhuak Chiang Êm Êmtu kha, a zahthlakna mai piah lamah a ram pum huap anga a nghawng dangte hi ngaihtuah ho a va ðha em!

Nupa leh chhûngkaw dintu Pathianin nupa inpumkhatna a ruat dan Bible-a kan hmuh chu: *“Chuvângin, mipain a nu leh a pa a kalsan ang a, a nupui a vuan ang; tichuan, tisa pumkhat an lo ni tawh ang.”* (Genesis 2:24) tih a ni a. Heta “vuan” a tih hi a lo chhuahna bul Hebrai ðawng chuan *“davaq”* a ni a. Chu chu nghet taka inchar, lehkhapuan pahni thil bana char kawp tlat ang khawpa nghet sawi nân an hmang ðhin a ni. Chutiang khawpa thil pahni inchar nghet chu pawh ðhen a nih chuan a lehlam lehlaamin a tuar a, an thler ve ve a, hman tlak lohah a chhuah ðhin a ni. Chutianga nih

si chuan, kan rama nupa inñhenna tam lutuk hian mi keh sawm, tuam dam ngai, thuam chak ngai a va chhuah hnem dawn em! Pawi lehzual chu, an kara fanaute, inñhenna avânga fahrah tate nun nasa taka a khawih pawi ðhin hi a ni. Inñhen kan tam kan tih rualin, chhûngkaw tam tak inñhen si lo, inpumkhat chuang si lo, hmelma ang hiala indona chhûngkua, cheng ho reng si, hriat ka nei ve ta nual mai. Hetianga awm reng hi a rapthlakin naupangah nghawng a nei nasa zâwk tiin an sawi nghe nghe a ni. “An khawngaihthlak mange,” kan tih piah lamah hian nupa inñhenna leh chhûngkaw keh chhiatnain kan ram a

nghawng theih dan thenkhatte lo thlir ho ila:

1. Fanau enkawl na kawnga pachhiatna: Nupa inthenna leh inngeih lohna hian fanau enkawl tura thahrui a ti nep a, fate hamthatna tur ngaihtuah aiin mahni dam khaw chhuahna turin hun leh ngaihtuahna tam tak sen a ngai a, chumi chhung chuan naupangin an taksa, rilru leh thlarau mamawh tam tak an dawn tur ang an dawng ta thin lo a ni. Naupangte, nakin lawka kan ram nu leh pa la ni turte hian bul tanna tha an neih loh chuan kan buaina ngaiha kan buai kan buai mai dawn a ni.

2. Ngawl vei an pung: Inthenna leh nupa nun hrehawm vanga nu beidawng, pa beidawng leh nun ruakte ruih theih thilah kan tlan nasa tih hi zep rual a ni lo. Tin, naupan laia heng harsatna lian tak (*Traumatic childhood*) neite hi an taksa leh thisen zung zamah nghawng tha lo tak neiin, ngawl veina (*addiction*)-a luh awlsam

bik riauna an nei a ni tih zir chianna leh *science* lam thiamna atang pawha hriat a ni.

3. Rilru hrisel lo leh mahni intihhlum duhna a siam: Mahni intihhlum hi kan ramah hian a va hluar ta em! Chu mai bakah, thihna em hmachhawn ngam lo, rilru hrisel lo (*anxiety leh depression*) nei kan pung hle baw a ni. Heng zinga tam zawk hi an nun chhui chiang ila, chhûngkaw keh chhiatna leh inngihmghonain a dente leh mi beidawngte an ni fo baw.

4. Natna tha lo: HIV leh Hepatitis chungchang hi sawi loh rual a ni lo. Ruihhlo ngai tan chauha kan ngaih thin kha tunah chuan mi nawlpuiin kan vei tawh a ni. Damdawi inah ni se, mi pangngai tak tak, a tulna avânga thisen test pal tlangte zingah *positive* an lo awm leh thin. Medical lam thawktute pawh *positive* dam lo sawngbawlna lamah risk sang tak takin an awm a, a khat tawkin tawh sual tawh palh avânga ART ei ngai an awm fo baw a ni.

Chhûngkaw keh chhia hian thalai leh naupangte ruih theih thil mai bakah nun dawngdahna leh mipat hmeichhiat hman khaw lohnaah a hruai lut fo thîn. Chhûngkaw tam tak pawh heng natna lakah hian *risk* sang takah an awm phah thîn.

5. Ram retheihna: Hna tha thawk tur chuan mi viak tha leh ngaihtuahna hrisel tak nei mi nih a ngai thîn. Chhûngkaw inngimghona hian nutling patling rilru a ei hek nasa a, kan thawh chhuahna tur hun tam tak min ei heksak a ni. Fate zirna leh thiamna a nghawng bakah, hriselna thlenga nghawng tha lo tak tak a lo awm tak chinah phei chuan a tuam dam hna leh siam that hna thawk turin hun leh tha, sum leh pai kan seng nasa thîn hle a ni.

Chhûngkaw tha nei tura kan tih theihhte:

1. Zirtirna inpek hma: Kristian chhûngkaw *campaign*-te neih a ni thîn a. Kohhranin chhûngkua kan ngai pawimawh te hi a tha

hle a ni. Amaherawhchu, chhûngkaw thenkhat tan chuan thu tha hriat tam poh leh beidawna a zual emaw tih turin chhûngkaw tha nei leh tura harsa tawh lutuk, a pawl tur ang pawl zo tawh, inrem hlei thei tawh lo, siam that hleih theih tawh loh kan tam êm êm a ni. Natna chungchangah pawh “Tih dam aiin inven a tha zâwk,” an lo tih thîn angin chhûngkaw tha nei tur pawh hian thil a kal sual rem rum hma hian chhûngkua la din lo thalaite hnênah Pathian tih zirtir chung zêla nupui pasal zawn kawnga inkaihhruaina tha zawk te, nupa tuak tharte hnênah te nupa nun chungchanga zirtirna leh inbuatsaihna tha zâwk leh mumal zâwk pek te uar ta zawk ila a va tha dawn em!

Thalaite pawhin tlawmah leh zahah la loin heng thil thate hi kan ban phakah a inhhawp a nih chuan ngaihven a, bawh hum hum a va hun tawh em! Nupa nun leh chhûngkaw din tura thil hrang hrang zir tur leh hriat tur

tamzia ngaihtuah chuan inneih ni leh inneih hma hun rei lo tea thu tha inhrillhte hi duh tawk mai loin, a bul tannaah chauh ngaiin nasa zâwka inzirtîrna hi kalpui chhonzawm zêl ila.

2. **Pa tling tura tan lak:** Kan unaupa pakhat chuan “Chhûngkuaa Pa mawhphurhna” tih hmanga a thu sawiah hei hi a sawi tel thin a: *Patling* leh *pa tling* hi thil hran daih a lo ni a. Kumin a chal delh vang te, nupui fanau neih ve hrim hrim vang te hian “patling” anga inngaih tawpna hi a lo awm thei dawn khawp a. ‘Pa’ nih tling tak tak tur erawh hi chuan hun leh tha, ngaihtuahna sen hle a ngai a ni.

“Chhûngkua hi zirna in hmasa ber a ni e” tiin an sawi thin a. Zirna (*institution*) dang ang bawkin, chhûngkua hian hrulaitu tha a mamawh a, chu mawhphurhna chu Pathianin Pate kutah a ngat a ni. A bikin mipa fa enkawl na kawngah hma kan sawn theih nân, pa leh

fapaten inzawmna tha an neih tlat a, an entawn tura nun a pawimawh êm êm a ni.

Pathianin mipa a siam dan chungnung tak hum tur leh dinhmun sang tak a pek luah zo tur hian kan mipaten tan kan lak a ngai tak zet. Chutih rualin tun laiah pa tha tak tak, chhûngkaw ngaihsak leh fate tâna theih tawp chhuah thin hmuh tur kan awm ta nual a, a lawmawm hle. Amaherawhchu, tun hmaa kan khawtlang (*society*) kal phung a lo nih vak loh vang nge ni, tun hnu thleng pawh hian heng chhûngkaw ngaihsak tak tak pa te hian chhaih nawmnah leh sawisel an la hlawh fo mai! Harsatna, sawiselna, leh diriamna karah Pa nih tling turin mihring aiin Pathian tih lawm tum tlatin, Nehemia kam chhuak hian i infuih zêl ang u. “*Anmahniho chu hlau hauh suh ula, Lalpa ropui tak leh hlauhawm tak mai chu hre reengin in unaute, in fapate, in fanute, in nupuite, in inte hum tûrin bei rawh u,*” ka ti a (Nehemia 4:14).

3. Kan ramin nu tha a mamawh: Pate pawimawhna leh an mawhphurhna sanzia kan sawina phena chhûngkua ti chhûngkuatu chu hmeichhiate kan nihna chen a lo awm ve leh thin. Nute chu pawn lama hna thawk mi kan ni emaw, ina awm kan ni emaw, Pathian min siam dan rengah hian pasalte tanpuitu tur, an famkim lohna zawna ti famkimtu, an zawn hmuh zawh loh pawh hmuhsaktu kan ni tlat. Tin, fate pawh kan hnute tui ngeia kan chawm len, lai hrui hmanga thlun zawm, thisen inzawm kan nih mai bakah, naupang an lo len deuh thleng pawhin pa aia an ngen tam zâwk kan ni tlangpui a. Chuvangin, kan thiam emaw thiam lo emaw, kan duh emaw duh lo emaw, kan fate nunah mawhphurhna lian tak kan nei a ni. Nu nihna leh chhûngkaw enkawl hna hi hna zahawm, lang lo lama ram thatna tur inphum rukna bulpui a nihzia hi hriat a va pawimawh em!

Chutih rualin, nu mawhphurhna hlen chhuak tur hian, a hranpaa inzirna leh *training* kan nei lo tlangpui a. Mahni hmuh phak leh chhiar phak chinah, thahnem ngai tak leh Pathian tihna nêna inzir thinte hi “nu tha” kan tihte chu an lo ni fo. Ram thatna tur kan vei a nih tak zet chuan, nunaute hian ngaih pawimawh an hlawh a va tul em! An chhangchhiat ang ang te, an inkaih hnaw ang ang tea pawm an nihna hmun siamsak a, zalen tak leh rilru bet taka an awm theihna hun leh hmun te siamsak a, fa tha chhuah tura nute thuam chaka an awm a, zirtirna leh kaihhruaina tha zawk pe tûra pawl, kohhran leh khawtlangten tan kan lak phawt chuan, kum 10-20 a ral meuh hunah chuan patling rual zan lama duty ngai a tih tlem ngei a beiseiawm.

4. Chhûngkaw tan rual: Pu Lalnunpuia Hrahsel-in a lehkhabu, “Mi ropui i ni” tihah chuan heti hian a zia a: “Chhûngkua hi *team work*:

Chhûngkaw tha hi a huhua tih hlawhtlin a ni. Pa mawhphurhna, nu tih tur, fa chanvo a awm theuh. Pawl ang chiahin chhûngkua hian thlen tum leh nih tum a nei tur a ni a, chumi ti hlawhtling tur chuan tan rual tur a ni. Pa-in theihtawp chhuah mah se faten an zawm si loh chuan a hlawhtling thei lo. Nu-in thahnem ngai viau mah se pa-in a thurualpui loh chuan tum ram thlen a harsa. Chhûngkaw hlawhtlin nân tum mumal neia nun a tha. Chhûngkua chu hlimna in ni sela, inhmangaih tawwna hmun, inngaihdam tawwna, hun bi neia

khawsakna ni thei se a tha. Thawhhona a that loh chuan chhûngkaw hmasawn a nih theih loh. Inpawhna leh inlungualna hmangin chhûngkaw duhawm siam a pawimawh,” tiin.

Chhûngkua hi a keh darh lohna turin tu pawh hian mawhphurhna kan nei vek a. *“Pathianin a zawm tawh chu mihringin then suh se,”* tih thu an tiam laia hriatpuitu leh dinpuitute thleng hian a mawhphurtuah kan bang lo a ni tih hria ila. A vaw darhtu ni loa, a rem khawmtu leh tinghettuah tan i tum zêl ang u.

Good Friday Pual**KRAWS LÉN ZAWNG**

-Rev. Dr. L.H. Rawsea
Melriat Pastor Bial

“Pathian famkimna tinrêng tluka tihkhaha in awm theih nân, nangni hmangaihnaa zung kai leh nghahchhan neia awmin, mi thianghlim zawng zawng nêen chuan a zauzia te, a seizia te, a sânzia te, a thûkzia te hriat chian theihna leh, Krista hmangaihna hriat phâk loh hriat theihna in nei thei ang” (Eph 3: 14-19).

Mizoram Kraws Lian din tum a nih thu puan chhuah a nih hlima miten hriat chaka zawhna an zawh fo chu, “Mizoram Kraws Lian chu eng tiata lian nge?” tih hi a ni a. Thenkhatin an zawh ve ngei bawk thin chu, “Sum eng zat senga sak tur nge?” tih hi a ni. A sân zawng te, a ban thui zawng tur te kan han sawi a, India ram mai ni lo, Asia khawmualpuiah pawh a lian ber dawn tih kan sawi chuan ngaihnaawm an ti a. A senso ngai tur zat kan sawi erawh chuan tlêmin an phâwk deuh thung a!

Heng zawhna rik ruala thinlunga zawhna rawn ri zawm ve zat thin a awm. Kalvari tlanga Krista Kraws hi eng tiat nge maw a lo nih le? Pathian Fapa

thihna kraws ngei mai kha eng zât man nge maw a lo nih chiah le? tih hi a ni. Pa Pathian hian a Fapa krawsa khi beh man kha chhiar ta se, eng zat tak chhiar ang maw!

Hla phuahtu ropui Isaac Watts-a kha kraws len zawng hriat fiah a duh a. “When I survey the wondrous cross,” a ti. ‘Survey’ tih hi a ṭawngkam hman pawimawh lai tak chu niin a lang a. Watts-a kha chuan ‘survey’ meuh beiin Isua kraws len zawng kha hriat tum a lo teh vel thin a ni ang. “Isua kraws mak tak chungah kha,” tia lehlina nih avangin ‘survey’ tih hi kan nei ve lo va. A pawimawh lai tak hi Mizo Kristiante chuan kan nghei tlat mai a. Isua kraws

len zawng hriat tuma bei kan tlem phah a ni thei ang. Isua kraws len zawng hriat tumi i han bei dawn teh ang u.

A bân thui zawng

Kraws hi Pathian hmangaihna puan chhuahna a ni a. Kraws ban thui zawng kan hriat duh chuan Pathian hmangaihna hmanga teh tur a ni. Pathian hmangaihna chuan mi tu pawh a huam vek a.

Krista kraws chuan mi tu pawh a ban pha vek tihna a ni. Khawi rama mi pawh kraws chuan a ban pha a. Krista hmangaihna chuan Asia, Africa, America, Europe, Australia khawmualpuia cheng mi zawng zawng a thleng pha vek a ni. Nang pawh a ban pha che asin.

Paulan, “Nimahsela, Pathian chuan a mi hmangaihna chu fak tlâkin a lanfir a, mi sualte kan la nih laia Krista kan aia a thih avâng khan,” a ti a (Rom 5: 8). Krista thih chhan hi mi sual thiam loh chang hnu, chatuan hremhmun hmabakte kan ni a. Thuhrlitu ropui Billy Graham-a khan Krista kraws hi Pathianin min hmangaihzia a puan

chhuahna a nih hi a lo hre fiah mang e. “Pathian min a hmangaihna nasatzia kraws-ah khan a tar lang a. Krista khai kan a niha, a thisen a far a, a thih khan, khawvêl hnêna Pathianin, ‘Ka hmangaih che,’ a tihna a ni,” tiin a sawi.

Eng mi pawh ni la, Pathianin a hmangaih che a ni. Kraws aţang ngei chuan, “Ka hmangaih che,” tiin a ko che a,rawn ko nawn leh chein a larawn zawng zêl a che.

A sân zawng

Kraws san zawng ve thung hi eng chen nge ni ang le? Kraws san zawng chu tuna i dinna aţang khan Pathian lalţutthleng thleng a ni mai. Vanram chu khawiah pawh awm se, a lalţutthleng chu khawiah pawh lo ni se, kraws hmangaihna chuan a hawl pha a ni. Tunlai hlain,

*Lei anchhedawng leh
van Jerusalem,
Krista thisenah chuan
zawma awmin;
Chatuan boralna chang tur,
hringfate
Thiamchanna kraws,
aw a ropui e,
a ti a.*

Kraws chuan lei anchhedawng leh van Jerusalem a zawm a nih chuan, Pathian lalthuthleng a ban phak tihna a ni. Krista thihna kraws chuan Pathian thinlung a khawih pha a, “Lalthuthleng hmaah thiam min chantir ta,” kan ti thei a ni. Krawsin thiam min chantirna hmun hi a va sang em!

A thûk zawng

Kraws inphum thûk zawng hi eng chena thuk nge ni ve thung ang le? Hei hi mi tam berin kan ngaihtuah loh lam a ni fo. Pathian hmangaihna thuk zawng hre lo chuan an ringhlel fo mai thei. Hei pawh hi kraws atang bawkin a Chiang a ni.

Pathian hmangaihna

ropuizia,

Thu leh hlain a hril sêng lo;

Van aia sâng, aw a zauzia,

Sual hmun thim ber pawh a

thleng zo.

Sual bâwiha tâng, lungngai,

mangang,

A Fapa a pe a;

Boral fate muanna a pe,

An sual a ngaidam ta.

He hlaah hian kraws inphum thuk zawk chu a lang fiah a ni. “Sual hmun thim ber pawh a thleng zo,” a ti a ni. Kraws hi a inphun thûk êm a, ngheh pawh a nget reng a. Sual khurah, khur thûk takah tlain a i tang pawh a ni thei; mahse, kraws hmangaihna chuan i awmna hmuna luhchilhin a chhan chhuak che a ni. Tualthattu mualpho tawh, mite thinhrik uire, pawngsualtu tenawm, eiruk ching mi bawlhhlawh pawh ni la, a thleng zo che a ni.

Vanram khi mi thianghlime khawpui a ni a. Mahni felnaa luh tur chu ni se, lut tlak kan awm lo. Engtin tin emaw han lut ve hlawl pawh lo ni teh reng ila, nuam kan ti chuang lo vang. Kan sualna kan hre reng ang a, mahni kan inthiam lo ru ang a, “van pawh ka tahn ram tur” tih ang mai khan nuam kan ti dawn lo. Nimahsela, kan sual zawng zawng hi kraws thisenin min sil fai vek a ni.

Pathian chuan a Fapa thihna hmangin min ko va, “Hawh teh u, i ngaihtuah tlâng teh ang u! In sualte chu sen lâ angin awm

tawh mah sela, vûr angin a vûr ang; sen duk angin sen tawh mah sela, berâm hmul angin a awm ang,” (Isaia 1: 18). Kan sualnate sen lar anga lar tawh, ral aţang pawha miten an kawh rawn tawh khawpa sual kan ni thei, kraws thisen chuan vur anga varin min tleng fai thei a. Sen duk

anga sen khuih tawh, sil fai huphurhawm tak pawh ni se, beram hmul anga thianghlimin min tifai leh thei a ni.

Heti khawpa zau leh sang leh thuka Pathian hmangaih tar lanna kraws hi i hlut ang u. Amen!

Easter pual Sermon**THAWHLEHNA**

- Rev. C. Lalsangliana

Kei hi thawhlehna leh Nunna chu ka ni. Tu pawh mi ring chu thi mah sela a nung reng ang. Joh 11:25

Kan thupui hi a zau hle a. Thurin lam te Tho leh Lal Isua lam te, taksa thawhlehna lamte ringtu nun lam; sual thihsana nun thar neia thawhlehna lam hawi tein kawng tam taka chhui zau theih a ni awm e.

Lazara a dam lo va. Ngenngawl leh pangchang takin, ‘I hmangaih kha a dam lo ve; tiin Isua hnênah mi an tir a. He na hi thihna tur a ni lo ve, Pathian mawi nân a ni zâwk e, Pathian fapa chu he mi avâng hian a la mawina tûrin,” a ti a. Jn. 11:3. A farnuten beiseiin an nghak a, a lo thleng si lo. A awmna ngaiyah ni hnih a la awm ta cheu va. Lazara a thi a. Ni li lai a liam hnuah Isua a lo thleng a. Lalpa, heta awm ni la chu ka nuṭa a thi lo tur...tiin dem leh mawhchhiat rilru chungin Isua an lo chhawn a. I nuṭa a tho leh ang a tih pawhin beidawng takin, “Ni kin nia thawhlehnaah chuan a tho leh ang tih ka hria e,” tiin Marthi chuan a chhang a. Beisei bo, beidawng heh hil takin a chhang niin a lang.

1. **“Kei hi thawhlehna leh Nunna chu ka ni”** tiin Isuan a nihna mak leh ropui, an rin thiam phak ngai loh a puang chhuak ta a. A thua sawi mai duh tawkw lovin a tak ngeiin a puang chhuak a, a lantir a. Kei hi Thawhlehna leh Nunna chu ka ni tiin. Sakhaw dang hruaitu ropui tak tak pawh an awm a. An lo piang a, thil tam tak sawiin an zirtîr a. An sawi ang ngeia inlantir thei erawh an awm kan hre lo. Ni 4 lai thlana awm kai tho theitu chu Isua chauh hi a ni. Mitthi, ni 4 lai thlana awm tawh kai tho thei dang an awm lo.

A khua leh tui tlawha Lersia leh a khawnbâwl Upate an zin ṭum khan an ina thleng tura sawmtu a nei ve lo. Kangṭhai leh thakpuiin a invaw vual tup a. A lan dan mai chuan a tlawmin a

hniam lutuk a ni. Inthlahrung taka sawmtu Liandova te unau tân malsawmna bulpui a lo ni ta.

Lazara a thi a. Ni li hnuah Isua a lo lang ve ta hlawl a. Marthi ang bawkin Mari pawh chuan a hmaa bawkhupin, beidawng takin “Lalpa, heta awm ni la chu ka nuṭa a thi lo tur,” tiin a lo ṭah khum a. Ṭum dang a ang ta lo. A lo thleng har lutuk a, a tlai lutuk a ni. Thil engkim a nih tur ang a ni zo tawh a. A tlai lutuk a ni. Ava beidawnthlak em! Isua meuh pawh a rilruin a rum a, a lungngai a. Athlan awmna a zawt a. A ṭap ta hial a. En teh u, Lazara hi a va lo hmangaih em ve le an ti a. Thlan kawngkaa lung chawi sawn turin a hrihl a. A ruang dai tal pawh hmuh a chak niin an ring a ni ang e. A chi loh. “Lalpa tunah zawng a uih tawh ang. A thihna ni li a ni tawh si a,” Marthi chuan a ti a. Nimahsela ngai teh Thawhlehna thu neitu Lal Isuan aw ring tak leh thu nei takin, “Lazar, lo chhuak rawh; a han tih meuh chuan thlanin a chelh zui ngam tawh lo. Ka angchhunga mi, ka khua leh tui a ni tawh a, ka thu hnuaia mi a ni a ti thei hek lo. A

lo chhuak ringawt mai a ni. Eng vang nge? Thawhlehna leh Nunna neitu a ni miau a lawm. A va ropui em. Engkimin a thupêk an awih ṭhin reng a ni. Thlipui leh tuifawn, ramhuai man leh natna tinreng pawhin a thupêk an awih a nih kha maw.

2. Khawvela thil tinrengin

A chanchin thu an puang a..... tih hla phuahtu sawi angin he Thawhlehna bulpui Isua chanchin hi thil siamten an puang a. Kan ngaihtuah ngai em le? Favang leh ṭhalah hnah hlui te an lo ṭil a. Thlasik khaw vawtin a hmet a. Hnah nem leh hlo zam te an lo ro zo va. An kung a lo ro rim rem a. An thi bo zo va, an rawpin an thi ral zo ta. Mahse, ṭhal ruah tui leh Van daifimin Pathianin a chawm a. Leiah pangparte an lo lang a, Sirva zai vawr hun a lo thleng a. Theipui kungin rah a chhuah a, Grep hruite an lo par vul te, an rimtuinate leng chhuakin “Tho la ka hmangaih ka enchim loh, lo kal ta che. Hla 2:11-13 tih thu ang khan:

*Pangpar mawite chu lo
ṭovin*

Aw thawhlehna ni

*lawmawmah
An zik note kuai nghiu
nghiauvin*

Thawhlehma niah chuan.

tih hlate hian mawi takin an lo puang chhuak a. Milem betu leh Sakhaw dang zuitute pawhin hetiang zul zui hian an pathian leh pathian-nu, chi-thatna thlentu pathian inneihna avângin leilunga thil siam tinrengte hian nun thar neiin, par fung chawiin nun bul an tan thar a. Rah an chhuah leh thin niin an ring a. Thawhlehma Lalpa vang a ni tih an hre si lo. A zia in an chang a, Thawhlehma Lalpa ropuizia an puang thin a lo ni.

3. Nunna petu chu an ti thi a

Thawhlehma ropui chu an phum Jerusalem Tempul kawngkaa kebai, kut dawh Petera te rawngbâwlnaa tihdam kha, mi zawng zawngin mak an ti êm êm a. Chu chu sawiin Petera'n, "Keimahni thiltihtheihna leh Pathian kan ngaihsak avânga kan kaltir ang em chuan enga ti nge min en reng? Pathianin a chhiahhlawh Isua a chawimawi ta a nih hi...a ni chu a in mantir a, in duh lo va, Nunna siamtu chu a inthat a; nimahsela

Pathianin ani chu mitthi zing ata a kai tho leh a; chu thu chu a hretute kan ni e" tiin a hrilh fiah a. T.T 3:12-15.

An thata, kan hneh ta, kan ti boral ta tia hnehna hla do an chham khum kha. Tihhlum a, phum bova, tihboral theih mi a lo ni lo tawp mai. Eng vang nge? Thawhlehma hlawm, Nunna petu, nunna siamtu a ni miao a lawm.

A ropuiin a mak mange. Isua chu thawhlehma a nih mai piah lamah a hming avânga tihdamna a lo thleng tlat mai thin a. A mi hmante lah hi a duhtui lo laileng khawp a, "Sangha man mi, hnam chawm lehkhathiam lo mi mawl te, Khawvêl thil chhia leh hmuhsitawm te pawh a hmang mai a. Leiah chil a chhak a, hlum a siam a, a mitah a hnawih a...mit del mit tihvar nân a hmang mai a. Jn 9:6 hmanrua pawh a duhtui lovin, a va ngah lawi si em!

Unaute u, Thawhlehma hlawm, chhandamna mak hi kan hrethiam pha lo va, kan hre seng lo mai mai a ni. A thu mai ni lo, a taka a tawn hriat ngei Johanan a sawi a, 'amah chu ka hmuh ve leh thi ang derin a ke bulah ka

tlu ta a. Tin, ani chuan a kut ding
lam chu ka chungah ngatin ka
hnenah; Hlau suh ang che; Kei
Hmasabera leh Hnuhnungbera
leh Mi Nunga chu ka ni, ka lo
thi a, nimahsela ngai teh,
Kumkhua atân ka nung leh ta a
ni. Thihna leh mitthi khaw chabi
te chu ka nei baw a,” tiin. Thup
1:17-18. A thlamuanthlak teh e.

Joba (19:23-27) pawhin

*Aw, ka thute chu zia ni teh
sela!*

*Lehkhabuah te chuang teh
sela aw!*

*Ziakna thir leh suanin,
Lungpuiah Kumkhua atan
zia ni teh sela aw*

*Ka tlantu chu a nung tih ka
hre si a*

*Nakinah chuan leiah hian
a lo la ding ang*

*Ka vun hi tihchhiata a
awm hnuin
Ka tisain Pathian ka la
hmu ang
Keima tan ngei ka la hmu
ang a,
Ka mitin a la thlir ang, mi
dang ni lovin” a lo ti a.*

Ani chuan a thawhin, engkim
pawh ama thu thuin a awmtir
thei, chu mi thawhzia ang zêlin
kan tlawm lai taksa hi ama taksa
ropui anga awm turin a siam tha
leh ang. Phil 3:21.

Lungngaihna, Natna, thihna
kan tawh hun a thleng fo va, tuar
lai mêk pawh kan lo ni thei e.
He thuchah tawi te hi i ngaihtuah
nawn leh thin ang u.

Lalpan a thu malsawm rawh
se.

Sermon**KAN TAWRH PHAL PATHIAN**

-Runremsangi Ralte.

Nursery Veng Aizawl.

Pathianin mihringte hi hmasawna thang zel turin min siam a. Hmasawn tumna nei lo. Mahni awmhmunah lungawi tlat nih hi thil hlauhawm tak a ni.

Hmasawn tura kan than theih nan, kawng harsa kan zawh a phal a, chu harsatna hmunah chuan min thlahthlam lo a, min awmpui reng a, ruam thuk leh hmun ral̄tia kan kal lai pawhin ani chuan min pawmin min lo paw thin a. Kan theihna ni lovin a theihnain rahbi thar kan kai thin.

(Isaia 63:9)

***An manganna zawng
zawngah chuan ani chu a
mangang ve thin a,
vantirhkoh, a hmaa awm
chuan, anni chu a
chhanhim bawk thin a, a
hmangaihna leh a
khawngaihna a tlan ta
hlawm a; hmasang ni zawng
zawngah chuan anmahni a
puain anmahni a pawm thin.***

A chakna kan rin thiam theih nân, kan rin leh inngahna min pheh chimsak a, amah chauh rin

tlak a nihzia kan hriat theih nan, amah ni loa kan beiseinate min tihthlawnsak thin. Kan mi rin, kan bula awmte, an sual vang ni lova, kan tân an inhawn loh hun a lo thleng thin a, chung mite chu kan beisei tihthlawna hmanruaah a lo hman mai thin zâwk a ni.

He leiah hian hmangaih tur mi tam tak min pe a, chung mite chu kan nunah chawl se, thlamuang se, kan ngaihsakna dawng se tih hi kan duh ber tur a ni a, an dawn tur keimahnin dawn kan duh hian kan lo na zâwk thin.

Isua Krista khan hrehawm tam tak natna, zahna, mualphona leh khawharna thil hrehawm sawi sen loh a tuar a. Kha tawrhna kha kan tân damna a lo ni ta ang bawkin, keini pawh kan nunah mite chawl se tih hi an nuna chawlh aiin kan thlang

fo tur a ni.

Mahni insensona aṭang lo chuan mi dang nunah hna kan thawk thuk thei lo. Harsatna tuar pawh ni la, kha harsatna kha mi dangte harsatna kan puihna tûr a lo ni zâwk a. Tawrh loh kan duh laia kan tawrhna hian rah duhawm tak a lo chhuah zâwk ṭhin a ni.

Ziaktu pakhat chuan Ringtu nun leh thingpuiṭe a tehkhin a. Thingpuiṭe chu tui so sa na tak a paltlang hnua a inthlak ṭhin angin, keini pawh tawrhna nasa tak kan paltlang hnua mi dangte tân malsawmna kan lo ni ṭhin.

Rangkachak chher nan mei an hmang angin Kan nun chher puitlin nan hrehawmna leh mittui a lo hmang ṭhin a. Chu mittui chu malsawmna tuihnaah a lo chantir ṭhin.

(Sam 84:6)

Ṭahna ruam chu an zawhin tuihna awmnate an siam ṭhin a, A ni, ruahtui tla hmasa chuan malsawmnain a khuh ṭhin.

Mahni tan chauhva nung lo va, mi dang tam tak tâna malsawmna kan nih theih nân. Kan tawrh LALPAN a phal tih hi i hre nawn fo ang u.

Sermon**MOSIA TIANG KHA PATHIAN TIANGAH
A LO CHANG**

-Rev. Dr. Lalchungnunga,
Zarkawt

Ex.4:2 Lalpa chuan a (Mosia) hnênah, “I kuta mi kha eng nge ni?” a ti a. Ani chuan “Tiang” a ti a.

Pathian a hmachhawn laia Mosia tiang ken kha, a beram ven tiang ni ngei tur a ni. Thlalera phul hmun leh tui awmnaa beramte tâna a zawnga an kal vel khan kha tiang kha a hawl thin ngei ang a. Beram kal darh tur han hawl khawm nan te pawh a hmang thin ngei ang. Beramten tui an han in dawnin an innawk buai loh nan a tiang hian a hawl hrang thin ngei bawh ang. Chutiang bakah tangkaina dang êm êm a nei lem lo. Chu tiang chu Pathianin leia han paih târa a han hrilha Mosian leia a han paih khan rulah a chang ta mai. Mosia ngei pawh chuan a tiang chu a hlau ta. Pathian thu anga a meia mana a han lak kan chuan tiangah a chang leh mai. Tiang mai kha “tiang mak, tiang rula chang thei” a ni ta. Pathian chuan,

“he tiang hi i keng ang a, chu chuan thil makte chu i ti ang,” a ti ta a ni (Ex. 4:17). Tiang mai mai, tiang rula chang thei, thil makte ti thei tur tiang a lo ni ta. A chhan chu Mosia tiang kha “Pathian Tiang” a lo ni ta tlat a ni (Ex. 4:20; 17:9). Chuti mai pawh a ni lo, “Arona Tiang” tih pawh a lo ni ta (Ex. 7:10, 12, 19; 8:16). Mosia leh Pathian tiang mai pawh ni tawh lovin Arona tiang a lo ni tel ta hi eng nge a chhan? Ex. 7:1-a sawi angin Arona chu Mosia zawlnei a nih tak vang a ni ang. Hetiang pawimawhzia leh tangkaizia hi Ex. 9:23; 10:13; 14:16 leh 17:5 leh a hnu zêlah pawh kan hmu chho ta zêl a ni. Heng hian eng nge min ngaihtuhtir?

**Thil mawl te Pathianin hna
ropui tak thawh nan a**

hmang thei a, a hmang thin: Mosia khan a beram ven tiang mai kha khati tak khan Pathianin a hmang ang tih a ngaihtuah ngai lo vang. A puzawn hnêna a inhlawhna, sum leh pai leh ei tur a hlawh chhuahna hmanrua a ni. Chu ngei mai chu Pathianin a mite chhanchhuahna hmanruaah a hmang duh ta tlat mai a nih kha. Pathian thil tih dan hi hetiang hian a ni fo mai. Kawngka bianga beram thisen lo tah sen mai kha Israel mite fa upa himna atân a hmang (Ex. 12:23). Tukverha la sen khai mai chu Rahabi leh a chhûngte himna hmanrua a lo ni (Jos. 2:18,21: 6:22-23). A chhûnga meichher thuhruk a, bellei vuak keh a, tawtawrâwt ham rik leh han au rual kha Jeriko kulh tihchim nân a hmang (Jos. 6:20). Hmeithai rethei tein, chhangphut a neih chhun vei khat lek, zawlnei Elija ei tur siam nân a hman phal avâng khan, “belte phai thei lo” ah Pathianin a siamsak tlat mai (1 Lalte 17:8-16). Tiaulung mum te chu hmelma mi lian Goliatha tihlum nân a

hmang (1 Samuela 17:49). Mipa naupang chhangper 5 leh sangha 2 lek chu mipui tam tak hrai puar nan a hmang (Jn. 6:9). Sawi tur dang tam tak a awm.

Kan thil neih, kan ta emaw kan tih hi Pathian kuta kan hlan chuan a lo hmang thei hle:

Lehkha thiamna, taksa leh rilru chakna, sum, zai thiamna, tawng thiamna, kan thil neih hrang hrangte, Lalpa kuta kan hlan chuan a hmang tângkaiin a tipung thei vek. Chanchin Tha Bawm zawn Burma rama kan unaute tâna thawn chhoh a nih lai chanchina an sawi ve thin chu, thil tha tak pek tûr nei lote pawhin Primary Sikul zirilaibu hlui bawma an han dah ve ngawt te kha Thlarau Thianghlimin mal a sawm a, “Arpui sen te chuan, buh hum a chhar a” tih an han chhiar te khan Isua tuarna an ngaihtuah chhuak a, an tap zawih zawih mai a ni tih te a ni. Heng vang te hi a ni ang a, kan Lalpa Isuan, “tu pawh heng mi te tak te zînga pakhat hnênah hian, zirtîr a nih avâng a tui vawt no khat chauh pawh pe apiang

chuan, tih tak meuhvin ka hrilh a che u, an lawmman chu an chan tawp lo vang,” a lo tih te (Mt. 10:42). Pharisa Simona ina zanriah an kil tuma hmeichhe pakhatin Isua lu/ke a arawn leih te kha. Hriak man to tak phei chu a ni. Thenkhat phei chuan khatiang hriak hlu kha India ram atanga sumdawnngten an rawn lak a ni an ti. “A tih theih tawk a ti a ni,” a ti mai a (Mk. 14:8). Kan neih, kan kaw l thil te hi an tlawm emaw, an hlu emaw, Isua tân kan pek chuan hnuhma tha tak a nei zêl dawn. He nu thil tih pawh hi, “khawvêl zawng zawngah, khawiah pawh he Chanchin Tha hi an hrilna apiangah, he hmeichhe thil tih pawh hi amah hriat rengna turin an sawi ve zêl ang,” a ti mai a ni (Mt. 26:13). Kha hmeichhe bawlhhlawh tak nia ngaih khan khatiang certificate kha Isua hnên atanga hmuh a beisei miah lo ang. Vawiin thlengin an/kan la sawi zel si chu a nih hi.

Buhfaitham hi Lalpan a buhfaiah a chantir.
Buhfaitham chanchin hi a

ngaihnawm thlawt a ni. A tira an tham zat chu tlem te. Tunah chuan cheng vaibelchhe tam Pathian ram tâna a luhna kawng pakhat a lo chang ta. I fairela buhfai, zing leh tlaia i chhum tur zînga mi Lalpa tâna i dah hran ve hlek hlek kha, mi dangin an lo tham vete nen khan an tang khawm a, Pathian ram tihnghehna leh tih zauna hmanraw ropui a lo chang ta thin a ni. Mosia tiang Pathian tianga a chang ta ang mai khan, Kohhran hmeichhe hovin an khawn khawm kha Pathian buhfaiah a chang tlat alawm. India ram leh Sap ram thleng thlengin buhfaitham chanchin hian ngaihsan leh mak tih a hlawh. Serampore-Johnagar Bengali kohhran chau ang reng tak pawhin an hruaitute Aizawlah rawn tirin an rawn zir a, an tih ve tak kha. La ti zui zel tak maw?

Kan Pathian hian van atangin ropui leh rapthlak taka hna rawn thawh buan buan hi a tum a ni lem lo. “I kuta mi kha eng nge?” tia min zawtin kan kuta kan kaw l lai mêk hi Ama tiangah a chantir mai thin

zâwk a lo ni e. Kan “tiang”
neih chhun A kutah kan hlan
phal em? tih chiah hi kan
inzawhna chu a ni mai. He
mathematical formula mawl te hi
lo zir ve teh: $M+T=MT$,

$M+T+P=PT$. Mosia+Tiang=
Mosia Tiang, Mosia
+Tiang+Pathian=Pathian Tiang.
I tiang kawl lai kha Pathian Tiang
a lo nih theih nân Pathian hnênah
i hlan phal dawn em?

Article**SILIGURI MISSION FIELD TLAWH REPORT**

**-R. Sangthuami,
Secretary,**

Thenzawl Kohhran

Thenzawl Field Veng Presbyterian Kohhran Hmeichhia ten kum 2020 atanga Ramthar Field tlawh Project-a kan lo neih tawh chu, kan theih ang tawkin a kalna tur sum leh pai te khawl bek bekin, committee chuan Field tlawh turte ngaihtuahin, tlawh tur hmun atan Siliguri Mission Field chhunga Pastor Bial 6 zinga Belakoba Pastor Bial chu tlawh turin Kohhran Hmeichhe Committee chuan a thlang a. A hun atan October 2023 Pathianni hnuhnung ber 29.10.2023 hmanga kal nise tiin a rel a ni.

October Ni 26, 2023-ah Thenzawl chu zing lam dar 5:30-ah chhuahsanin, Member 27 leh Bialtu Pastor Rev. Lalrammawia leh Kohhran Hmeichhe Representative Upa R. Sangthuama hoin mi 29 ten tluang takin Lengpui kan thleng a. Lengpui atangin tluang takin Guwahati thleng lehin, zan lamah Rel (Train) in Guwahati chhuahsanin New Jalpaiguri zing lam dar 9 velah thleng thlain, Belakoba Biala thawktuten

min lo hmuak a, tluang takin Belakoba Bial Station kan thleng a, thawktuten tukthuan min lo buatsaihsak te kan kil ho a, hemi ni October ni 27 (Zirtawp zan) hian Bialtu Pastor Zoremliana Pachuau leh thawktute nen Inkawmhona leh Rawngbâwl ho dan tûrte sawi hona leh tawngtai hona te kan nei a ni.

A tuk (Inrinni) October ni 28 ah Group 4-ah inthenin Preaching Station 4 heng - Topline PS, Diphuline PS, Gulgulia PS leh Pakaline PS-

ah te Inkhawmna neihpuiin, zan lamah Belakoba Pastor Bial Station-ah kan zavaiin Inkhawmna kan nei ho leh a ni.

Pathianni October ni 29-ah a hma ni ang bawkin Preaching Station 4 heng - Mantadari PS, Sanuasipara PS, Jhajhani PS leh Gujimari PS-ah te Inkhawmna hun kan hman leh a, tlai lam dar 3-ah Pastor Bial Station-ah Inkhawm ho lehin, Lalpa zanriah Sakramen kil ho a ni a, zanriah ei khamah Siliguri Mission Field Headquarters panin zan dar 8 velah kan thleng leh a ni.

A tuk October ni 30 (Thawhtanni) ah remchanna leiin, Darjelling tlawhna hun kan nei a, October ni 31 (Thawhlelni) chhun lam chu hahchawlh nân leh Bazar nân hmangin, hemi ni vek zan lamah New Jalpaiguri Rel (Train) Station kan pan leh a, zing lam dar 3 velah New Jalpaiguri Train Station

chhuahsanin Guwahati tluang takin November ni 1, 2023-ah kan thleng a ni. Guwahati-ah zan khat riakin a tuk November ni 2 (Ningani) ah Guwahati atanga lengpui panin zing lam dar 10:25-ah Lengpui kan thleng leh a, hemi ni vek hian Lengpui atangin Thenzawl panin tluang takin tlai lam dar 5-ah Thenzawl kan thleng leh ta a ni.

Siliguri Mission Field kan tlawh chungchangah lawm thu sawina tur tam tak kan nei a, A hmasa berin, kan programme duante tluang taka hman zo thei leh zin kawng thui tak kan zawh a min veng a min hruaitu leh hualhimtu Pathian hnênah lawm thu kan sawi a.

Belakoba Bial chhunga thawktu te, min lo buaipui a, kan mamawh ang angte min lo ngaihtuah a, ei relna tur, riahna tur leh kawng tam taka min lo buaipui avângin kan lawm a, Siliguri Mission

Field-a thawktu zawng
zawngte chungah lawm thu
kan sawi a, Guwahati
Mission Compound-a
thawktu zawng zawngte
chungah lawm thu kan sawi
tak meuh baw a, Lengpui
Pastor, Rev.
Lalchhuanthanga leh
Kohhran Upa leh Kohhran
Hmeichhiate min lo

buaipuina zawng zawngah te
lawm thu kan sawi tak meuh
meuh a ni.

Kan zin chhunga min
ṭawngṭaipuitu Kohhran hote
chungah lawm thu kan sawi
tak meuh meuh a, kan zin
chhung zawnga harsatna taw
lova, chakna min petu Lalpa
hnênah lawm thu kan sawi
mawlh mawlh a ni.

**MIZORAM PRESBYTERIAN KOHHRAN
HMEICHHE INKHAWMPUI LIAN**

ROREL INKHAWMPUI VAWI-12

SAWMNA

Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui Lian Rorel Inkhawm vawi 12-na chu March 8-10, 2024 chhungin Dawrpui Pastor Bialah nghah a ni a. Dawrpui Kohhranah neih tur a ni dawn a. Hemi pual hian a thlengtu kohhran hian Organising Committee te indinin he Rorel Inkhawm hi hlawhtling taka neih a nih theih nan Organising Committee-ten ruahmanna kan siam te min zawmsak turin kan ngen a che u.

- Rorel Palai zawng zawngte Bial chhungah thleng vek turin kan beisei che u a, kan sawm tak meuh che u a ni.
- Palai lo kal turte Dawrpui Kohhran Biak in lamah in-report tur a ni a, palai riak lut turte a hma lamin heng No. tar lanah te hian in-report tur a ni e.

☎9436140152/9774396065

- Bial chhung kohhran - Dawrpui, Saron veng, Zarkawt leh Assam Rifles te theihtawp chhuahin kan lo inbuatsaih a. Inkhawmpui tluang tak leh hlim taka hmang turin duhsakna kan hlan a che u.

Sd/- Upa Lalbiakdika
Organising Secretary,
Ph : 9436152446

KOHHRAN HMEICHHE SUM PEK DAN TUR

1. Kum 2024 chhunga Central-a Budget leh thawhlawm chi hrang hrang bakah Agape chanchinbu man te a pawisa faia pe lote tan Bank transfer/Online payment apps (YONO, Gpay, Paytm etc) hmangin a hnuaia account hrang hrang tar lanah hian pek theih a ni.

2. **Central Budget, Inkhawmpui Lian (IKPL), WDP, PWF, Rahbi Tleu Tanpuina** te a hnuaia State Bank of India account-a transfer-na tur -

Account No : 35918210644

Customer Name : MPC Kohhran Hmeichhia

IFSC : SBIN0007058

3. **Women Centre Budget, Women Centre Donation** te a hnuaia State Bank of India account-a transfer-na tur -

Account No : 35576785404

Customer Name : MPC Kohhran Hmeichhia Women Centre

IFSC : SBIN0007058

3. **Hospital Pual, Kohhran Hmeichhe Ni Thawhlawm leh thil dangte** a hnuaia Rural Bank, Khatlaa transfer-na tur -

Account No : 9701503627

Customer Name : MPC Kohhran Hmeichhia

IFSC : SBINORMIGB

4. **Agape man** theh luhna tur - State Bank of India, Mission Veng-

Account No : 35578510786

Customer Name : Agape-MPC Kohhran Hmeichhia

IFSC : SBIN0007058

Note : Pastor Bial hrang hrang atanga bank transfer-a pawisa lo peten kan pek zat, petu bial leh eng pawisa nge tih Kohhran Hmeichhe Department phone **9233437689**-ah hriattir nghal zel thin turin kan inngen e.

Hriselna Huang**PRE-ANAESTHESIA CHECKUP (PAC)**

-Dr. Saidingpuui Sailo

Tun tum hriselna huangah hian damlo zai tura ruahmanten an paltlang thin Pre-Anaesthesia Checkup (PAC) chungchang kan sawi dawn a ni.

A hmasain 'Anaesthesia' kan tih hian a huam zau hle a. Tun hma atang tawhin Anaesthesia tih hi 'Hnimhlum' tiin Mizoten kan sawi mai thin a, hei hi a fuh chiah lo a. Anaesthesia tih awmzia chu damlote zai an nih laia na hre lo/tuar lo tura damdawi hmanga enkawl hi a ni.

PAC-in a tum ber chu damlo inzai turten rilru hahdam leh zangkhai taka inzai an hmachhawn theihna tura an rilru leh taksa lo buatsaih hi a ni.

Anaesthesia hi chi hrang hrang a awm a:

1. General anaesthesia (damdawi hmanga hnimhlum/ nikhaw hre loa zai)
2. Regional anaesthesia (taksa peng hlawn lian deuh te na hre lo tura siam. Eg: Nau zai chhuah turte tana kawng achin hnuai lam na hre lo tura siam)
3. Local anaesthesia (zai tur hmun bik te na hre lo tura siam)
4. Sedation (chiu mut)

Pre-anaesthesia Checkup (PAC) chu eng nge ni? Natna hrang hrang avanga damlo zai ngai leh zai tura ruahmante hian PAC Checkup an tih ngei ngei a tul a ni.

Surgeon-ten damlo zai mamawhte Surgery OPD/Clinic-a an lo en thin ang hian Anaesthesiologist (Anaesthesia specialist) ten PAC check-up hi PAC Clinic/OPD-ah an lo nei thin a. Damlote hnimhlum damdawi an pek tur chu an taksain a zo ngei em tih ngun takin an lo endik thin a ni.

PAC Clinic-ah chuan eng nge an lo tih thin? Damlote tan Anaesthesia technique tha ber, him ber leh nghawng tha lo (side effects) nei tlem ber tur an lo ruahman thin a ni.

Damloten natna an lo neih tawh leh natna benvawn (zunthlum, BP sang, lung tha lo, thawhah etc.) an neih leh neih loh te an lo zir Chiang hmaza thin bawh .

Investigation/test chi hrang hrang (thisen test/ ECG/ Chest Xray etc.) results te an enfiah a, chung result ahang chuan damlo chu inzai hmachhawn nghal thei a nih leh nih loh a hriat theih.

Eg: Damlo thisen test result-a Hemoglobin (Hb) level a hniam chuan inzai hi thulh/ sawn hlat phah theih a ni.

Damlote chu natna benvawn nei an nih chuan, an damdawi ei lai leh ei thin te, allergy/ huat an nei em tihte hriat a tul a. Damdawi an ei lai mekte chu chhinchhiah thlapin, inzai hmaa damdawi thenkhat chawhsan lailawh ngai te, damdawi dang ei belh turte an lo hrilh thin.

Damlo inzai turte chu zuk leh hmuam, zu leh ruih theih thil dangte sim/nghei a ngaih thute an lo hrilh fiah (counselling) thin a. Heng thilte hian inzai lai leh inzai zawha taksa lama harsatna lian tham a thlen thei a ni.

Inzai hma zan ahang thil eng mah ei loh (nil per oral/NPO) pawimawhna te an lo hrilh a, heng kan thil eite hi inzai laia kan thawhna dawta hip luh palh a hlauhawm vang a ni.

Zaipui (Eg: cancer surgery) hmachhawn turte chu inzai zawha ICU-a dah luh/ventilator mamawh nghal thei an nih thu an lo hrilhfiah lawk (aware) thin bawh.

Khawvel hmasawhna lo sang zelah Medical lam pawhin nasa takin hma kan sawn a. Inzai hmaa PAC tangkaina pawh tun hma aiin kan lo hrethiam ta viau a. Operation theatre changtlung tak leh khawh (machine) changkang tak tak kan hman thei tawh a. Hei bakah a bik taka thiamna neiten uluk tak leh fimkhur takin kan damlo zai turte kan vil reng a. Damlo chhungten rin thua an sawi fo thin, inzai laia hnimhlum pek dan dik lo avanga damlo a harh chhuak zo ta lo an ti ang te hi a dik hlel deuh a ni.

Heng kan sawi tak hrang hrang ahangte hian PAC Clinic/OPD pawimawhna leh damlo inzai turte tana a tangkaina kan hriat belh phah ngei ka beisei.

EisiamHuang**DANGPUITHU CHATNI**

Mamawhte :

- | | | |
|-----------------|---|------------------|
| 1. Purun Var | - | pum 2 |
| 2. Sawhthing | - | kutzingpui tiat |
| 3. Purun sen | - | pum 4 |
| 4. Dangpuithu | - | mahni duh tawkin |
| 5. Tel tlem | | |
| 6. Sa chan sawm | | |
| 7. Tomato | | |
| 8. Hmarchapui | | |

A siam dan:

1. Purun var leh sawhthing chu sin deuhin chan la. Purun sen pum chan leh la, a hran theuhin dah la, tel tlem sa tawkin chhuang la, purun sen thlak la, a ut lo tawkin kang la, crispy turin thur chhuak la.
2. Purun sen thlak leh la, ût lo tawk velin thur leh la, chutiang bawkin sawhthing thlak la, thur leh la plate-ah paper phah la, dah darh la, oil drain nan. Telah i sa neih eng pawh chan nawi la, kang ro rawh. Thur chhuak leh la, a hmasa ang khian dah dai leh rawh.
3. I tel hman banah khan tomato leh hmarcha duh zât zât kan kawi tur. Chumi hnuah dangpuithu i thlak ang a, i duh tawkin chhuang hmin la, suan la, dah dai thak la. A tawp berah i dah daih ho zawng zawng hi chawhpawlh vek la, uluk takin chi i duh tawka al telh la, dhania emaw bahkhawr emaw chan sawm telh la, i ei thei tawh ang

Hruaitute**LALHMINGMAWII**

Lalhmingmawii hi Pu H.Than̄thuama(L) leh Pi Lalrotlingi te fa paruk zinga upa ber dawttu a ni a. Upa H.Lalrinawma nen November 7,1991-ah inneiin fa pathum-mipa 2 leh hmeichhia 1 an nei a, Ramhlun North-ah an cheng a ni. **EIZAWNNA LAM:** Kum 1984 khan Gov't Endala Middle School, Ramhlun North-ah zirtirtuah lutin kum 2022 December thla khan Govt.Vaivakawn Middle School aṭangan Headmaster-in a pension a ni.

RAWNGBAWLNA LAM: Ramhlun North Kohhran Hmeichhe Committee-ah kum 2006-ah lutin Chairman, Vice-Chairman, Secretary, Assistant Secretary, Finance Secretary nihna chelh tawhin tunah hian Treasurer nihna a chelh mēk a ni. Presbyterian Kohhran Ramhlun North-ah Puitling Sunday School zirtirtu niin Inrinni zan leh Pathianni chawhnu Thuhrltu a ni bawk.

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BIALAH : Kum 2008-ah Ramhlun North Pastor Bial Kohhran Hmeichhe Committee-ah lutin Secretary, Assistant Secretary leh Treasurer nihna a chelh tawh a. Tunah Committee member a ni mēk a ni.

BIBLE CHANG/HLA DUH ZAWNG: Johana 3:16&17 hi a Bible chang duh a ni a, ‘Eng pawh ni sela in awm dan chu Krista Chanchin ṭha nen inmawi phawt rawh se’(Phil 12:27) hi a naupan lai aṭanga a nuin vawng reng tūra a chah a nih avângin a duhin a vawng reng ṭhin. A hla duh ber chu KHB No 261- ‘Isua neih ka duh zawk’ tih leh KHB No.40- ‘Kan Pathian hmangaihna thuk zia’ tih te a ni.

THUCHAH : Nu zawng zawngte hian kan chhûngkua theuh hi kan ngaih pawimawh ber ni vek sela, kan tu leh fate hi Lal Isua hnên hruai thleng tûrin theihtawp chhuah ila. Khawngaih rawngbâwl hna kan kova a nghah hi lawm chung a thawkin, rinawm tak leh ṭhahnemngai tak chungin Lalpa rawng i bawl zel ang u.

Hriat

1. November 30, 2023 khan Pi Lalrinkimi'n a lehkhabu ziah "Zui tlak Pathian ngei a lo ni" tih a ziah chu Pi Zothanpari, Chairman-in a release.

2. Buhfaitham Documentary Film buatsaih tura lo kal Generosity Path, Chattanooga, Tennessee, United State atanga mi 3 lo kalten January 15-22, 2024 chhungin Mizoram Presbyterian Kohhran an rawn tlawh a, mawhphur tura ruat-Dr.Lalthansangi Fanai, Convener, Pi Lalmuanzuali Asst.Secretary leh Pi R.Lalrempuii Fin, Secretary leh OB dangten an lo buaipui a. Kan kohhran aiawhin Rev.V.L.Luaia Hranleh, Executive Secretary leh Dr.Lalthansangi Fanai, Vice Chairman ten interview hi an lo hmachhawn a ni.

3. January 24, 2024 khan John Williams Hospital, Lunglei tanpuina tur ₹4,00,000/-(Cheng nuaih li)chu Rev. V.L.Luaia Hranleh, Executive Secretary i/c Kohhran Hmeichhiain a hlan.

4. Kum 2024 Kohhran Hmeichhe Ni zir tur atân Sister Lianchhungi chanchin thlan a ni a, a ziaak turin Pi Sailuti, Ex Chairman ruat a ni.

5. February 2, 2024 khan Rorel Inkhawmpui thlengtu tanpuina ₹2,50,000/-(Nuai hnih singnga) chu Office Bearer-ten Rorêl Inkhawm Organising Committee kutah an hlan a, hemi rual hian Rorel Inkhawm thlen tur chungchanga thu pawimawhte an sawi ho.

FEH CHHUAHNATE:

1. November 24, 2023 khan Pi Zothanpari, Chairman, Pi Lalchhingpuii leh Pi Lalbiakthangi te Kohhran Hmeichhe Ni hmanpuiin Leitan South Kohhranah an kal.

2. Family Guidance & Counselling Centre-in Kristian Chhungkaw Film intihsiakna lawmman sem huna tel ve tura min sawm angin kan tel ve.

3. January 12, 2024 khan Thakthing Veng Kohhran Diamond Jubilee hmanng tura sawmna bawh zuiin Pi Zothanpari, Chairman, Pi H.Lalfakmawii General Secretary, Pi Zothansiami Treasurer leh Pi Saiṭhuamluaai te an tel.

4. February 8-11, 2024 chhungin Sangau II Biak Inah Lairam Isua Krista Baptist Kohhran Hmeichhe Pawl Inkhawmpui Lianah kan inpalai tawn thin angin Pi H.Lalfakmawii, General Secretary leh Pi Lalnghakliani, Asst.Co.Ordinator & C/M te an palai.

5. February 9-11, 2024 chhung khan Pastor Bial hrang hrang Inkhawmpuiah hetiang hian kal a ni-

(a) Teikhang Pastor Bial, Mimbung Kohhran Biak Ina neihah-Pi Zothanpari, Chairman, Pi J.H.Lalpekthangi leh Pi Lalthangmawii Committee member te an kal

(b) Chawngte 'P' Pastor Bial, Hmunlai Kohhran Biak Ina neihah Pi Lalmuanzuali, Asst. Secretary, Pi Lalhmingmawii, Pi C.Thanthingi, Committee member te an kal.

(c) Shillong Pastor Bial, Shillong Police Kohhran-a neihah Pi R. Lalrempuii, Finance Secretary, Pi Lalnunhlimi, Pi Tlangthanpari, Committee Member-te an kal.

(d) Phullen Vengthar Pastor Bial, Phullen Vengthar Biak Ina neihah Pi Lalengzami, Pi Laltlanthangi leh Pi Lalthansangi C/M te an kal.

(e) Chalrang Pastor Bial, Rianglei Kohhran Biak Ina neihah- Pi R. Lalnuntluangi leh Pi C.Thanpari C/M te an kal.

(f) Zaite Pastor Bial, Zailian Kohhran Biak Ina neihah - Pi Lalchhingpuii leh Pi K. Rosiamliani C/M te an kal.

(g) Hmawngbu Pastor Bial, Zochachhuah Kohhran Biak Ina neihah Pi A. Nazi, Pi K. Rinthianghlimi leh Pi Lalbiakthangi C/M te an kal.

WOMEN CENTRE:

1. December 4, 2023 khan kum 2023-a Women Centre-a zir chhuakte Batch kharna hun hman a ni a, Central Committee Member mi 30-in an hmanpui a, thawktute Krismas chibai bukna pek an ni.

2. January 15, 2024 khan kum 2024-a Women Centre-a puanthui zir tur Batch hawnna neih a ni a, Women Centre Managing Committee, Phunchawng Kohhran, KTP, Kohhran Hmeichhia, KPP leh Hunthar Bial Hmeichhe Committee atangin aiawh 2 theuh an lo tel a, Puanthui zir tur mi 42 an ni.

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

COMMITTEE MEMBER-TE

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

Ex-Officio Member-te

1. Rev. 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

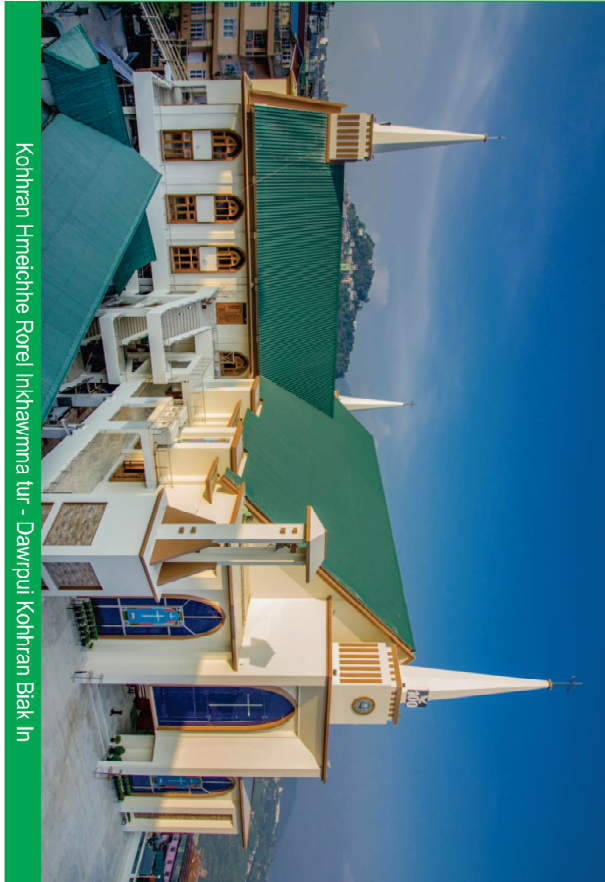
KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Kohran Hmeichhe Rorel Inkhawma tur - Dawrpu Kohran Biak In

To

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