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**Naupang leh tleirâwlte nun a buaina
chhan bulpui**

Phek – 2

Thlarau Thianglim hnathawh

Phek – 8

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

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Editorial**I TANG FAN FAN ANG U**

Tunlai hian ruih theih thil te leh sualna chi hrang hrang a hluar hle mai a, ruih theih thil khawih lem lote zingah pawh chhungkua, kohhran leh khawtlang thil ngaihsak lem lo, mahni nuam tih ang zawnga nun hmang tawp kan thalaite zingah an awm ta nual niin a lang a. Tin, tunlai hian thihna a tam em em mai a, a bik takin mipa kan thi nasa hle niin a hriat a. Ruih theih thil an tih avânga thi mai bakah nat lawkna pawh awm lem lo, accident, heart attack, stroke te leh chhan dang dang avang tein an thi nasa hle a, chu mai bakah khuarel chhiatna hrang hrang vang pawhin kan thi thut thut reng mai bawk a. Rilru a hrehawmin ngaihtuahna a ti thui thin khawp mai.

Kan hun tawn mêk aţang te hian Pathian tawh tura inpeih a tul hle tih a lang a, engtik lai pawha kan nunna hi tawp mai thei a ni tih hriaa kan nun kan fimkhurpui a tul hle mai. Hetiang hi kan khawvel a nih avangin chhungkuaa Nu-te pawimawh zia hi a Chiang êm êm a ni. Thihna leh thil tha lo thleng thinte hi kan dang vek thei lo a, mi chung a thleng thin hi kan chungah pawh a thleng ve thei reng a ni tih hriain kan faten lo tawh ve ta se rilru hahdam takin kan thlah liam thei dawn em tih hi nute hian kan inzawh fo a pawimawh. He leiah inthen mah ila, vanah kan inhmu leh dawn a ni tih kan hriat chuan, chu chuan nasa takin min hnem ngei ang.

Hawh u, Nute hian kan fate theih tawpin Pathian lam an hawi theih nan leh nun kawng tha an zawh theihna turin tan i la ang u, kan chhungkua leh kan fate tan tawngtaina nen, thahnemngai takin i tang fan fan ang u.

Kristian

NAUPANG LEH TLEIRÂWLTE NUN A BUAINA CHHAN BULPUI

- Rev Lalsangbera

Mission Veng

Ph.No. 9862672390

Thuziak chhiar peih hi an tlem tawh' tih hre chung'a 'thu pawimawh ziak tura harhna chan ve tlat' si hi a hrehawm asin. Mahse, mi tlem te talin an lo chhiar a, chhûngkaw nun pawimawhzia kan hriat belh takin ka han ziak ve mai a ni.

Tleirawl fel an la tam, mahse...

Naupang, tleirawl leh râwlthar zîngah mi duhawm, fel leh mi chhuanawm tam tak kan nei tih hi ka hmu Chiang. *'Duhthusam fanu fapa' tih mai tur hi hmuh tur an la tam hle.* Chutih laiin an zingah nun buai an tam hle tih hi kan hre Chiang hle awm e. Tu mahin mahni fate hi, 'Wawiin chu sual hle rawh u' ti kan awm ngai lo ang. Mahse sual tak, nun buai tak an tam hle si.

Tleirawl nun buai chu eng ang nge? Nun dan tha lo zawnga khawsa, zu leh ruih theih thil tih chîng, ina awm tha duh lo, lehkha zir tha thei lo, a tha lam tih tum lo, thu awih lo, thunun theih loh, hlawhtling thei lo, thlarau lam leh sakhaw nun

lam ti tha duh lo, duh ang anga awma tha lo taka nung te hi an ni. Chutianga an lo awm chuan, 'Naupang sual' tleirawl sual' kan ti ta mai a ni. *A tak takah chuan an sual a ni bik lo, tha thei lovin an nun kan ti dam lo a ni zâwk.* An nun dam lohna chuan an rilru a ti kim lo va, an that theihna te a tihchak loh vang mai a ni. An nunah chi tuhtu tha an awm lo emaw, chi tha lo zâwk tuhtute vânga tuna an awm dana nung ta hi an ni. Tha zâwka nung thei tur kha an tha thei ta lo a, 'fapa/fanu sual' kan lo ti ta mai a ni. 'Nun suala tântirtu' chu Setana kan puh leh si em? *Kan fate nunah Setana aia thawh hlawk zawk chu keini, an nu leh pa te, an pi leh pute leh kan chhûngkaw kalphung dik lo hi a ni fo.* Tunlaia tleirawlte

nun buai chhan langsar zualte lo en thuak ila :

1. Nu leh pa kara seilian loh vang (separation effect)

Chhan hrang hrang vanga nu leh pa kara seilian lo, fahrah hi kan awm reng. Nupa inthen te, an nu leh pa innei lo te, hma taka an nu emaw pain emaw an thihsan vang te, chhûngte dang bula awm lo thei lo fate rilrua buaina awm hi thûk tak a ni. Nun hlim kim lo, nun khawhar, nun ruak, nu leh pa hmangaihna khawp kham lova seilian te nun hi a rûm nasa thin. Khawvêla an hmuh chak ber an nu/pa te an hmu lo hma a, an aw ri bengin an hre lo va, an hmangaihna thil tih a taka an tawng lo hian an nun a ti kim lo va, rilru lamah himna leh thlamuanna an tlachham a, an va khawngaih thlak tak em! An rilru leh thlarau mamawh, an nu leh pate aţang chauha an hmuh tur kha an hmu ve thei lo. Hetiang mite zînga tam tak chu mi puitling leh hlawhtling tak, hruaitu leh mi rin tlak tak, nu leh pa kara seilian te aia puitling zâwk hial an ni. A tam zâwkte erawh chu tlo lo tak, nun buai, ngawl vei, jail tang,

case nei reng, chanchin nei chhe tak an ni. Camping leh home ah te han lut ve fo mahse an nun a nghet thei lo. An tlûkna ngaiah bawk an tlu leh thin.

Nupa inthen vang hian fate rilru chu nasa takin a dam lo a, rilru hrisel loin an ţang lian ta a ni. He dinhmun hrehawm hian mahni inkhawngaihna te, lungawi lohna te, thinurna te, insum theih lohna te, mahni inrin lohna te, thatchhiatna te, vanduai bika inngaihna leh beidawnnaah te a hruai kawi ta thin. An nuna thatna leh chakna rawn insiam tur kha a ti chau a ni ber. Awm dan mawi (good manner) aiin mawi lo, ţa aiin ţa lo, dik aiin dik lo, fel aiin fel lote leh ruih theih thil te chu an lo chîn phah ta thin a ni. Pathian thu ţa hrilh leh khap te, hau leh hrem te, vuak leh hnawh chhuah te eng mah a sawt lo.

2. Fate bula awm tlêm nu leh pa (absent parent) kan tam vang : Chhan hrang hrang vanga mahni fate kianga awm tlem lutuk, fate nena inbe tlem, titi ho lo, infiam ngai lo, taksaa inchûl lo lutuk, an hmuh tura awm lo rei chi (physically absent

kan tam hian tleirawl/rawlthar nun buai a thlen tam hle. Pa tam tak chu pawn lamah hun an hmang nasa a, Pathian thuin, “In lam ngawrh lo..,” (Hab 2:5) a tih kha an nih vângin an fate bulah an awm tlem hle. An awm hman ve châng pawhin fate awm dan an ngaihven lo va, an kawm hlim lo. Inti thu takin an tir kat thin. An ngawihsan a, TV/phone en san an ching. Fate be si lovin hla zâwka mi dang an biaksan thin. Pindanah fate an tawm bosanin an muthilhsan fo. Thu tha hrilh tur an ngaihtuah ngai lo. Chung pate chu mentally absent father an ni. An fate chu kum 17 vel an lo nihin an khirh duh tawh hle. An thlarau lam nun chher leh kaihhruai an tum lo. Pathian rinna lama fate entawn turin an awm lo. Zu ruih ching, inkhâwm ngai lo, Kohhran hlat, Pathian rawngbawl tum lo, Bible ngaina lo an nih vangin 'spiritually absent parent' an ti. Hetiang fate

tam ber hi chu an tleirawl huna nun buai tur sa an ni. An fate tisa thil mamawh te chu tihsak ve zel mahse an puitling hlei thei lo. Ruih theih lamah ngawl vei an awlsam tak zet a ni.

3.Fate chawm hneh lutuk (over feed) kan tam vang :

Tun hma khan Ministry of Health and Family Welfare khan, “I chawm zawh tawk chauh fa nei rawh,” tih kha nau pai tam lo tura campaign au hla a ni thin. An au hlawhtling hle a ni ang, chawm zawh tawk nia ngaih fa 2/3 bak nei lo kan tam a nih hi. Nu leh pa tam tak chuan kan fate hi vawkpui vulhin kan vulh a, an mamawh kan pe hneh ngang mai. China thufing chuan, “I fapa chu vawk angin chawm la, fapa sual tak leh luhlul tak a lo ni mai ang,” an ti. Tleirawl/rawlthar nun buai tam tak hi chu nu leh paten kan chawm hneh a, an duh apiang kan pêk a,

chhûngkuaa eng mah kan tihtir lo a, tih ngai engkim kan tihsak vek a, kan duat sual vang te an ni. Lehkha zir bak chu mawhphurhna kan pe lo va, an lo tleirawl meuh chuan, nun chen bâk chu thiam an nei lo emaw tih tur a ni. An puitling hlei thei ta lo. Dam pangngai si kum 40 an nih thlenga chhûngte chawmhlawm ngai an tam hle. Harsatna tlemte an neihin, ‘Ka stress nasa, ka rilru a nâ lutuk, ka depress phah vek’ an ti ta sup sup a nih hi ! An chhel thei lo va, an rilru a no êm êm a, thil ho te pawh an tlin loh vangin zu/ drugs an ruih phah ta mai a ni. Rûi mi ni tur meuh chuan rilru hrisel loh hi a kipui a ni.

4. Chhungkuaa ruih chîng (alcoholic effect) an awm vangin:

Mizo paho zingah zu duh tak, eng emaw hleka zu in tum mai hi duh aiin kan ngah ta. Rui an awm tawh chuan rui ve lote rilru a tawt a, in chhûng chu hremhmun ang

mai a ni thîn. A rui mi chu an rilru put hmang a dik thei mai tawh lo va, dawt sawi, dik lova mi dang puh, phunchiar, thinrim, mawl leh buluk, chimawm, pawisak nei lovin an awm thîn. An fate an zakin an hlauthawng dêk a, fate nuna mahni inrin tawkna a ti chhe thîn. Rilru ipikin an awm fo va, chu chuan nun beidawnna a siam a, a tawpah ruih chîng an lo ni ve leh thîn. Fanu fapa puitling tak nei duh nupa tân zu in hi duh chi a ni ngai lo. Tleirawl nun buai ka kawm tam ber chu an nu emaw pa emaw zu ruih ching an ni. Piang vanduai an inti a, mi pate fel tak an enin an beidawng a, mahni intihhlum te hi an châk et et thîn.

5. Nu leh pa ti kher kher, duhtui lutuk, strick lutuk (perfect parent) an nih vangin:

Fate nuna beisei nei sang lutuk, duh tui lutuk, intilal tûk mai, fate hnêna ‘ti rawh u, ti suh u’ ti reng te bula

awm hi naupangten an ning lutuk. An fel loh hlek an pai dam thei lo va, an nun peng engkima thu neih an tum kher kher thin. Hei hian an laka vuina leh lungawi lohna, hel duhna leh pawn lama zalên taka awm châkna a pe nasa tial tial. A tawpah zalêna awm an thiam leh si lo va, drug/zuah te an tâng ta thin a ni. I fate chu nun phung dik hrilh fo la, ring ngam la, zalentir ve la, inah nuam ti deuhin awmtir phal rawh.

6. Thlarau nun, kohhran leh sakhaw lama entawn tur nu/pa neih loh (model/hero parents) vang :

Mahni tâla tâl mai mai, kohhran hnaih lo, Pathian hmangaih tum lo, inkhawm tum lo, tawngtai ngai lo, Bible chhiar ngai lo, in leh lo, sum, silhfen, fate zirna leh ei in chiah ngaihtuah chi nu leh pa zingah kan tam hle. Chung fate chuan thlarau lama enkawl na mumal chhângkuaa an dawn ve ngai

loh vangin an tleirawl hnuah takna nei lovin, nun ho takin an nun phah thin. Nun thlifimtu ber sakhaw nun neih loh chuan mihring nun hi a kal fuh thei ngai lo a ni.

7. Nupa inlaichinna tha lo (conflict parent) rah a ni :

Fate hmuh leh hriat laia nupa inkar tha lo, inhau vak vak te, ngaihzawng neih te, kut inthlak te, inmawhpuh te, inzah loh te, inbe tha duh lo te, invau te, inthen fo te, inngaihthah te, inthural lo te, mu dûn thei lote hian fate nunah sawi sen loh hrehawmna, thlaphânna leh thinurna a pe thin. In chhâng nuam an ti lo telh telh a. A tawpah chung rilru natna chuan nun tihhahdamna tur nia an hriat, thil tha loah a keuh lut thin. An duh lo chung chungin nupa inkar tha lo chuan drugs addict turin fate chu a nawr lui a ni ber mai.

8. T i h h r e h a w m , sawisak, anchhe lawh

(Abused) an tawn vangin : Beiseina nei rawh:

Naupang tam tak chu an chhûngkua leh pawn lamah dim lo taka sawisak, diriam leh hmuhsit an tuar fo. Tawngkam chhe taka tawng khum leh ânhche lawh an tawng fo. Zahawm leh hawih hâwm taka biak an hlawh pha ve ngai lo. Vau leh dem, tihthaih leh dawta puh leh thiam loh chantir an ni fo. *Chutianga tikhawloh tuar naupangte chu an lo tleirawl meuh chuan an rilru a hrisel mai thei tawh lo.* Nun dan mak leh chhe takin an khawsa ta thin a ni. An va lainatawm ve aw! Chak lo tih Chiang sa naupangte chu nu leh paten an rikirâp a, an nun phung a lo chhe ta thin a ni. Hau vaka tha thuai thei ni se an sual ngai tawh lo vang. Zirnaah rilru an pe thei tawh lo. Zu leh drugs ruih te, sex hman sual te, ruk ruk leh pawl khawih te chu an zeina lam a lo ni ta. Hrin loh fate laka hlei len te pawh hi i bansan tawh ang u,

Kan chhûngkuaa tleirawl nun buaite tân hian beisei tur a la tam mai. Zâm suh la, lo beidawng suh. Hau vak vak la, vua la, home-ah dah la, hnawt chhuak ta la an tha sawt ang em? Teuh lo mai, a zual zawk ang. Chu ai chuan i chênpu i dan rilru kha thlâk hret rawh. Mi sual enin en lo la, amah i huatna kha hmangaih nain thlak rawh. Mi pangngai biakin be rawh, a bulah awmin kawm hlim seuh seuh la, tihlim la, fuih la, tanpu i rawh. A harsatna sawitir fo la, a thu sawi ngaithla chungin kawm seuh seuh rawh. A dinhmunah indah ve thin la, a laka i awm dan tur chu i Chiang telh telh ang. Chhan nei lovin hmangaih la, a rilru ti hrisel turin hmachhawn rawh. Tawngtai sak fo la, beisei sang lutuk lo la, rei deuh mahse, nghak rawh; an tâna i dil a lo thlen ngei dâwn avângin a tlai chuang lo vang (Hab 2:3).

Pentikos**THLARAU THIANGHLIM HNATHAWH**

-Rev. PB. Zosapthara
Editor, SL&PB

Ph.No. 8210377892

Nimahsela, thu dik tak ka hrilh a che u; ka kal in tân a ̣ha e; ka kal loh chuan Thlamuantu chu in hnênah a lo kal dâwn si lo; ka kal erawh chuan in hnênah ka rawn tîr ang. Ani chu a lo thlen chuan sual thúah te, fel thúah te, rorêl thúah te khawvêl an thiam loh a hriattîr ang; sual thúah te thiam loh an chang ang; kei mi rin loh avâng hian; fel thúah te thiam loh an chang ang, Pa hnênah ka kal dâwn a, nangnin mi hmuh leh dâwn tawh loh avâng hian; rorêl thúah te thiam loh an chang ang, he khawvêl lal hi thiam lohva a tlûk tawh avâng hian. (Johana 16:7-11)

Pentikos Ni kan lo thleng leh ta. **Pentikos** tih hi ‘sawm ngâna’ tihna a ni a. Kalhlên Kût ațanga chhiara ni 50-naah Pentikos Kût an hmanġ thîn (Lev 23:16-22; Num 28:26-31). Pentikos Kût hi Judate kût pawimawh tak a ni a, Kârte Kût/Pâwl Kût tia sawi a ni bawk. Buh seng zawha Pathian hnêna lâwm thu an sawina kût a ni. Lal Isua kha Kalhlen Kût laia khen beh a ni a, ni 40 hnûah vânah a lâwn chho va. A zirtîrte (leh ringtute) hnêna rawn tîr a tiam ang chiahin, khen beh a nih ațanga ni 50-naah Thlarau Thianghlim a lo thleng ta a ni.

Thlarau Thianghlim hnathawh hi ringtu leh kohhran tân a pawimawh tak zet a ni. Mihring chu boruak tel lovin rei a nung thei lo va, sangha pawh tuiah lo chuan a nung rei thei lo angin, Thlarau Thianghlim tel lovin ringtu leh kohhran hi a nung thei lo va, a kal rei thei lo. Chutiang chiah chuan ringtu, Thlarau Thianghlimin a chên chilh loh chu a ro thîn a ni. Hei hi fakna hla siamtuin a lo hmu Chiang êm êm a, “Thlarau Thianghlim Nunna ber, Awm dân danglamtîrtu,” a lo ti hial a ni.

1. Thlarau Thianghlim chuan kan sualzia leh chungpikzia min hriattîr

Kohhran Thurin VI-ah chuan, “Thlarau Thianghlim, nunna petu, Pa leh Fapa ata lo chhuak chuan mihringte chu chhandamna changtuah a siam a, an sualzia leh chungpikzia a hriat chiantîr a. Krista hriatna kawngah an rilru a tivâr a, an duhthlanna te chawh thovin, Isua Krista chu an Lalpa leh Chhandamtua pawm tûra ngênin, pawm thei tûrin a pui a, anmahniah felna rah chi tinrêng a thawk chhuak thîn,” tiin Thlarau Thianghlim pawimawhzia kan hmu a.

Thurinin a sawi ang hian Thlarau Thianghlim chuan kan dinhmun chiang takin min hmuhtîr a; boral mai tûr, thiam chang zo lo kan nihzia te, kan dinhmun chhiatzia leh chumi aṭanga chhan chhuah kan ngaihzia min hriattîr a; min hriattîr maiah tâwp lovin, chuta ṭanga kan chhuah theihna tûr kawng min kawhhamuh nghâl a, chhuak thei tûrin min pui bawh a ni. Chatuan boralna kawng zawh tawhte kha Thlarau Thianghlim

hnathawh avângin thiam changin Pa hmaah kan ding leh thei a, Pathian faa vuah kan ni leh thei ta a ni.

2. Thlarau Thianghlim chuan nun a tidanglam thîn:

Thlarau Thianghlimin a khawihte chu an nun a danglam thîn. Fakna hla siamtu chuan, “*Ka tih ngai loh ka tih a tûl zâwk a,*” a lo ti a. Thlarau Thianghlimin a khawih tawhte chuan hla siamtuin a sawi ang hian an zawh ngai loh kawng an zawh tawh zâwk thîn a, tûn hmaa an tân pawha pawî tûr, loh theih loha an lo tih fô thîn kha an kalsan ta thîn a ni.

Lal Saula kha sabengtung bo zawngin ram hla takah a kal a, chuta a kal lai chuan a chungah Lalpa thlarau nasa takin a lo thleng a (1 Sam 10:10). Lalpa thlarau chuan a nun a tidanglam a, zâwlneiho thu sawi dual dualnaah chuan a tel ve nghâl a. A awm dân danglam ta chu mite pawhin an lo hria a, mak an tiin, infiam nân tak an hmang ta hial a ni. Sabengtung bo lam kha a rilrua lian ber a ni tawh hauh lo va, amah tidanglamtu fakin a hun a hmang ta zâwk a ni. Pathian

thlarauin Saula a khawih danglam dân hi a ropui ngawt mai. A sabengtung zawn chu mi dangin an lo hmu daih tawh tih Bible-in a sawi nghe nghe. Lal Isua kan zuina kawngah pawh hian dah hmasak tûr, ngaih pawimawh hmasak tûr hi a awm thîn a. Dah hmasak tûr kan dah hmasak chuan Lalpan min tanpui a, kan tâna tha tûr zâwkin thil a lo awm thîn a ni.

Paula nun kha Thlarau Thianghlimin a khawih hnu kha chuan a danglam nasa hle. A ei zawnna, Kristiante man khâwm lam kha a lang thei tawh lo. Man khâwm tuma a veh thînte bula a khawsak a ngai tawh zâwk a ni. A ei zawnna pawh thlâk vekin, a lo chhuan ve thîn pawh thlâk danglamin, “Kei erawh chuan kan Lalpa Isua Krista kraws lo chu ka chhuan loh tûrzia mai chu...’ a ti hial a ni.

Luka 19:8-ah chuan, “Tin, Zakaia chu a ding a, Lalpa hnênah chuan, “Ngai teh, Lalpa, ka sum zâtve pachhiate hnênah ka pe ang a; tin, tu lakah pawh thil eng pawh lo hlêpru ila, a leh liin ka rûl leh ang,” tiin Zakaia nuna danglamna thleng kan hmu

a. Zakaia hi Lal Isua vânga nun danglam neitu a ni a, a ngaihtuahna engkim kha thlâk danglam a ni. Sum duha hlêp dân ngaihtuah ngar ngar thîn khân, a sum zâtve pachhiate hnênah pêka, a lo tihsual tawh zawng zawng pawh rulh leh vek a tum a ni.

3. Thlarau Thianghlim chu min tihuaisentu a ni:

Tirhkohte awm khâwmnaah Lal Isua a inlâr a, Thlarau Thianghlim lo thlen tûr thu a hrilh a: “Jerusalem khua kalsan suh u, Pa thil tiam ka sawi in hriat kha lo nghâk rawh u,” a ti tlat a. Johana khân tuiin a baptis thîn a; nimahsela, ni rei lo tâen Thlarau Thianghlimin baptisma in chang ang,” a ti a... Thlarau Thianghlim chu in chung a lo thlen hunah thiltihtheihna in la nei ang; tichuan, Jerusalem khuah te, Judai leh Samari ram khaw tinah te, kâwlkil thleng pawhin ka thuhretute in ni ang,” a ti a,” tiin (Tirh 1:4-5, 8).

Thlarau Thianghlim chuan ringtu hmasa, Isua an khen beh tâk avânga lungngai leh an ei zawnna hlui lama kîr

leh duh hialte nun chu
thiltihtheihna leh
huaisennain a thuam a,
hmachhawn ngam lova an
bihrûksan châwih châwih
thinte pawh huaisen takin an
hmachhawn theih phah ta a ni.

Petera leh Johana kha
Thlarau Thianghlina thuam
an nih hnuin thiltihtheihna
leh huaisenna an nei a. Biak
In kawngkhâr ‘Mawi’ an tih
bulah kebai an tidam a.
Chumi hnuah chuan thu an
hril laiin Isua an khen beh lai
vêla hmuh an hreh êm êm
Upa te, lekhkhaziaktu te,
Puithiam lalber Ana te leh
Kaiapha te an lo thleng thut
a, an hual thup mai a, Isua
hminga thu sawi miah lo
tûrin an vau ta a. Petera leh

Johana chuan huai takin,
“Pathian mit hmuhin Pathian
thu zawm aiin nangni thu
zawm a dik zâwk emaw chu,
ngaihtuah rawh u. Keini
zawngin thil kan hmuh leh
kan hriatte kha sawi lovin kan
awm thei lo,” tiin anmahni
vautu, an hlahh êm êm thinte
chu an chhâng a ni.

Thlarau Thianghlina
hnathawh hi a ropui thîn.
Sual kan nih min hriattîr a,
sual ata chhuaka a fa ni thei
tûrin min pui a, kan nun min
tihdanglamsaka, khawhar
leh lungngaia kan awmin
min tichaka, puih kan ngaih
hunah min puiin huaisenna
min pe a, amah kan an
theihna tûrin min kaihrui
thîn a ni. Amen.



Ser-

TIHDAM I DUH EM?

Johana 5.1-9

-Rev. P.C. Nghàklianmâwia

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Bethesda dila damlo Isuan a tihdam hi Judate kût lai a ni tih Johana hian a sawi a, Judate hian kut pui pathum an nei a - Kalhlen Kût, Penticost Kût leh Tabernacle Kût an nei a. Johana hian eng kût ber nge tih helaiah hian a sawi lang lo va. Hêng kût te hi Judate tân chuan a pawimawh êm êm a, Juda mipa puitling tawh phawt chu Jerusalem ațanga mêl 15 bial chhûnga mi chu Jerusalem-ah hian kût hmanga kal ngei tura beisei an ni țin. Johana 6:1-71 (Kalhlên kût a hnai tawh a) thu hi kan en chuan Kalhlên Kût an la hmang lo ni awm tak a ni a; chuvângin, heta Johana kût sawi hi Penticost kût a ni mai thei a, Kalhlên kût hi April thla laihawlah an hmang țin a, chumi zawh ațanga chawlhkar sarihnaah Penticost kût hi an hmang țin. Johana hian a sawi lan pakhat chu hêng an kût te hi Isua hian a ngai pawimawh a, Judate kût lian thamah chuan Isua hi a tel deuh zel a ni.

Jerusalemah hian Isua hi amah chauhvîn a chho niin a lang a, a zirtirte awm ve thu sawi lan a ni lo. Jerusalemah chuan Beram kawngkhar an tih mai (Jerusalem kulh hian kawngka tam tak a nei a) ah chuan dil a awm a, chu chu Hebrai țingin 'Bethesda' an ti a, chumi awmzia chu 'Khawngaihna In' (House of Mercy) tihna a ni. Hemi tho hi hming dangin 'Bethzatha' an ti bawk a, chumi awmzia chu 'Olive In' (House of Olive) tihna a

ni. Juda historian Josephus-a thu zia k ațangin Jerusalem țin hmun hmun li a ținena hmun khat hi 'Bethzatha' tiin a hming an vuah a; chuvângin, mi thiam ținkhat chuan helaia dil hming pawh hi 'Bethesda' ai mahin 'Bethzatha' tih hi a dik zawk an ring nghe nghe. He Bethesda awmna hmun hi tunlai archeologist-te chuan an hmu chhuak tawh a, tuna Jerusalem-a St Stephen's Gate an tih hmun khu a ni. He dil len zawng hi feet

150x300 vel a ni awm e. He dil hi dil thûk tak, han chên nan pawha hlauhawm tham khawpa thûk niin an sawi. He dil hnuaiah hian tuilum so berh berh ang hi a awm a, chu chu a rawn fawn/phuan/phûl chhuak thin a, chu chuan chu dil tui pawh chu a rawn phawn chhuatir thin a ni. An rin dan chuan chutianga tui rawn ti so phûl thintu chu vantirhkoh an ti a. Chutianga tui a rawn so/phûl veleha tua zuk inchiah hmasa ber chu eng natna nei pawh ni se tihdamin an awm thin a ni. Hetiang anga tui danglam leh damna keng tel hi khawvêl hmun dangah pawh a lo awm nual a ni awm e. France chhim lamah khuan Lourdes-ah hetiang damna tui hi a awm an ti a; tin, Mexico City-a Guadalupe khuaah pawh hetiang damna tui hi a awm an ti. Nepal rama kan awm lai khan Mustang (Nepal Forbidden Kingdom an tih mai) kal kawngah Tatto Pani hmun a awm a, chutah chuan lei hnuaia tangin tui lum a rawn chhuak thin a, chumi hmunah chuan swimming pool ang deuh hian a kuang an siam a, chu tui lumah

chuan vaiho an inchiah sup sup a, an natna te chu tui lum chuan a tidamin an ring thin. India ram atang pawhin hemi hmun tlawh hian hindu ho an rawn zin thin.

Hetianga vantirhkohin rawn tiphûl thin anga an rin dan hi a puithu ang reng viau mai a, vantirhkoh kha an hmu tak tak em tih pawh Johana hi chuan a sawi chuang lo va. Mahse, hetih hun lai hian hetiang ang ngaih dan leh rin dan hi a hun lai khawvelah a lâh hle. Mite khân thlarau khawvel leh thlarau chi hrang hrang an la ring nasa êm êm a, thingah te, luiah te, luitê-ah te, tlângah te, dil zawng zawngte hian anmahni chen chilhtu thlarau (spirit) hi an nei vekin an ring a ni. Hmânlai hunah khan tui (water) hi an zahin an serh êm êm mai a, tui hi an ngai hlu êm êm a, lui tui te hian thiltihtheihna eng emaw tak neiin an ring thin. Chutih rualin tui hian anchhia emaw chhiatna emaw thlen theiin an ring baw a. Persia lal Xerxes-a khan Thrace ho nen indo tura Strymon lui an lo thlen khan kha lui kha kân mai ngam lovin a mitdawivaih thiam ten sakawr vâr an hlân pawt a,

chumi hnuah an kân ngam chauh a ni, chutiang bawkin Rom sipai General Lucullus-a pawhin Euphrates lui a kân dawnin bawng talhin inthawi nan a hlân phawt a, chumi hnuah lui an kân ngam chauh. A chhan chu hêng lui te hian anmahni vengtu thlarau an nei a, chung thlarau te chuan lui an kân laiin a lo lem pil vek ang tih an hlau thin a ni. Central Africa rama Baganda hnam ho pawhin lui kân mi an chhanhim te chu lui an kan pui duh lo, a chhan chu lui vengtu thlarauin tui laia an awm laiin a rawn la ang tih an hlau thin. Hetiang deuh hian Jerusalem-a Bethesda dil tui fawn nghaktute pawh hian kha dil tui fawn thiltitheihna kha an ngahk ngawt ngawt mai thin a ni.

Chu hmun chu Lal Isuan a rawn paltlang ve a, dil kamah chuan damlo natna hrang hrang nei an mu thluah mai a ni awm e. Chung zîngah chuan kum 38 na tawh; mahse, chhûngte tu mah nei lo, thin pawh nei lo, tuia dahtu tur leh hruaitu tur pawh tu mah nei ve lo hi a lo mu ve ngawt ngawt mai a. Mahse, Isua chu thin nei lote thin a ni

a, tanpuitu nei ve lote tanpuitu a nih avângin chu damlo pawh chu a va pan a, damlo tâna zawhna ngaihnaawm ber mai “Tihdam i duh em?” tiin a va zawt ta a ni. Damlo hian Isua hi tu nge a nih a hre lo a ni ngei ang, amah tanpui turin a beisei pawh a ni mahna, “Aw” ti ta mai lo chuan, “Ka pu, tui a fawnin dila mi dahtu ka nei lo va, ka kal chhûngin mi dangin min pên thlak khalh thin,” a lo ti a. Chutah chuan Isuan, “Tho la, i awngphah la la, kein kal tawh rawh” tiin a tidam ta a ni. He Isua tihdamnaah hian kan chhinchhiah tur leh kan hriat tur pawimawh a awm a, chungte chu han sawi diat diat ila:

1. Isua hi engkim chung a thuneitu leh natna tidamtu a ni tih hi hnial rual lohin he thuah hian a Chiang. Damlo khan Isua hnen aţanga “Tihdam i duh em?” tih zawhna a dawn tawh hnuah pawh Isua lam ni lovin dil tuia chiahtu tur a la melh a ni. Mahse, kha dil tui aia thiltitheih zawk Isua khan natna khum aţangin a kaitho ta a ni.

2. Isua hian tanpuitu nei ve lo te, bawih sawmtu nei ve lote a

khawngaiha tanpui a duh thin. Bethesda dila damlo pawh hi amah Isua zâwkin a va pan a, a harsatna a va zawt a, a tidam a ni. Mi mangang leh tanpui ngai ngawih ngawihte hi Isuan a kal pêl thei lo. Ani chu kan hnêna awm Pathian Emmanuel-a a ni, “Kei kumkhuain, khawvêl tawp thleng pawhin in hnênah ka awm zel ang” titu hian kan thlaphan mangan lain min kalsan dawn lo va, amah zâwkin min rawn hnaih a duh, amah lo dawngsawng thei turin leh a tihdamna chang thei turin keimahni lam hi i inbuatsaih ve ang u.

3. Lal Isua thupêk awih mai hi damna a ni. Bethesda dila damlo khan Isua kha tu nge a nih a hre lo. Dila dah tura pui theitu emaw a ti a ni. Mahse, Isuan thu a pe a, “Tho la, I awngphah la la, ke in kal tawh rawh,” a tih khan ringhlelin Isua thusawi ang khan ti duh lo sela a dam hauh lo vang. Mahse Isua thupêk in a tho a, a dam chawpchilh ta nghal a nih kha. Isua thupêk awih hi damna a ni.

4. Mi chaklo leh puih ngai, misual kan nih avângin Pathian thupek awih tura kan intukluh a

ngai. Chutianga Pathian hmaa tlâwm ngamte leh a thu awih duh khawpa inphah hnuai ngamte chu Pathianin a duh zawng an tih theih nan chakna a pe thin a, chutianga Pathianin chakna a pêkte chu an natna khum atângin an tho chhuak a, tihdamin an awm thin.

5. Kan rin loh dan zawng takin Pathian hnathawh hi kan chungah a lo thleng thin. Bethesda dil kama damlo khan kha dila damna ngawr ngawr kha a ngaihtuah avângin Isua kha tu nge a nih a hre lo va, a ngaihven hek lo. Isuan “Tihdam i duh em?” a tih pawh khan “Aw” ti mai lovin “Ka pu, dila mi dahtu tur ka nei ve lo va...” tiin dil lam ringawt kha a âwn a, mahse damna chu a rin loh lam daih atângin a lo thleng si. Chutiang bawkin keini pawhin kan taksa chungah hian beisei dan kan nei a, rilruk dan kan nei ve fo. Doctor kan inentir pawhin, “Ka rin a ang lo, chutiang chuan min ti se, chutiang chuan min en se” tih châng kan nei fo mai. Mahse, he Bethesda dila damlo chungah thil thleng ang hian kan beisei loh leh kan rin

loh lam daih ațangin Pathian hnathawh hi a lo thleng chāwk thin. Chuvangin, kan beisei anga kan chung a lo thlen loh pawha beidawng tur kan ni lo.

Eng harsatna leh natna pawh kan nei a ni thei e, taksa natna chauh ni lovin rilru lam natna thleng pawhin kan nei a ni mai thei. Kan tunlai khawvêl hi kan thlir ila, natna chi hrang hrangin min bâwm a ni ber e. Thenkhatin tisa natna khirh tak tak kan tuar a, thenkhatin sum atchilh natna kan vei bawk a, thenkhatin dam chung'

khawsak lungkham natna kan vei bawk a, khawvêl thil buaipui natna vei kan awm bawk a, kan chhungte bula sawi chhuah ngam loh, rilru hah rûk riauna nei, nun hrehawm ti êm êm, thih daih duh khawpa nun ning te pawh kan ni a ni thei e. Isua hian tih dam theih loh natna eng mah a nei lo tih hi kan hriat chian a ngai a, "Tuna i harsatna tawh mêk lak ațang khan tihdam i duh em?" tiin min la zâwt reng a ni. "Ka duh e, Lalpa" tia amah pantute hnênah damna a thleng thin a, an thinlunga zawhna chhanna an hmu thin a, nun hahchawlhna an chang thin a ni. Tihdam i duh em?



*I thinlung zawng zawngin
Lalpa ring la,
Nangma hriatnaah innghat suh;
I kawng zawng zawngah
amah hre reng la,
I kawngte chu a kawhhmuh zêl ang che.
Mahni ngaihin intifing suh la,
Lalpa chu tih la, sual kalsan rawh.
I lai atan hrisêlna a ni ang a.
I ruh atan thling a ni ang.
Thufinge 3:5-8*

Article**KHAWVEL HUAPA HMEICHHIATE NI**

-Dr. Zohmangaihi
NEICC, Shillong

Thuhmahruai:

Kum 1911 aṭanga an lo hman ṭan tawh Khawvêl Huapa Hmeichhiate Ni (International Women's Day) March 8 a lo ni leh ta a. Kumina kan thupui chu **Accelerate Action** tih a ni. "Hmeichhiate hmakhaw ngai zawnga hmalakna a taka thlentir" tiin kan sawi thei ang chu.

Khawvel huapa hmeichhiate rahbi zawh tawh leh zawh mêk kawngte han sawi thuak thuak ila:

1900s – Khawvêlah Indopui I & II a lo thleng a, mipate raldoa an chhuah hlanin hmeichhiate'n chhângkua, sumdawna, kohhran thleng pawhin an lo awi nung a. Mipate khawvêl nia an ngaih leh hmeichhiate tel ve ngai lohna tura an lo ngaih thinte chu tlin leh zo taka kengkawh tûrin chakna, theihna, thiamna an nei tih an hre chhuak a, chu chuan an hlutna leh pawimawhna a hriat chhuahtir ta a. A hun laia gender vanga inthliarna langsar taka awm – ram roreltu leh aiawh thlannaa hmeichhiate'n vote an nei ve ngai lo leh hna inang reng an thawk chungah hmeichhiate'n

hlawh tlem zâwk an lak ṭhinna te chu an rawn su ta chat mai a ni. (Right to vote/ Equal pay for equal work). Hmeichhe huaisen leh nachang hria mi hmasate zarah tunah chuan heng dinhmunte hi kan tâna chuh leh sual chhuah ngai lovin kan chanvo a lo ni thei ta a nih hi. Hun hmasa lama women activists kan neihte hi an chhuanawm tak zet zet a ni.

1970s – Hun a rawn inher chho zel a, 1970 chho aṭangin *Feminism* thlipuiin khawvêl a nuai ṭan ta a. Kawng hrang hranga hmeichhiate hmasawna tûra hmalakna a tam ta hle mai a –Kawng zawh (rally) te, Lungawi lohna

lantirna (protest) te a thleng ta zut zut mai a. Hmeichhiate hmaṭhatna tur atâna hmalakna ho hian a tum ber chu kawng engkima - hmeichhiate tel ve theihna hmun siam a ni a. Hmeichhia nih avânga mipate nena kan thlen theih chin inchen lo thlirna tlang hrang hrang aṭangin an zir Chiang a, an su pawp pawp mai a ni. Kan hmeichhe theologian hmasate pawn Pathian Thu aṭanga hmeichhiate dinhmun thlir tharna anrawn tilar a, ngeirawn leh ngaih theih loh pawh an hlawh ṭhin viau a nih kha.

Hmeichhiate aṭanga hmalak ṭul tihna (Fix the women)rawn piang chhuakin, hmeichhiate hmasawnna kawng sial tur chuan hmeichhiate ngei kan tihchak hmasaka, mahni inrin tawkna nei tura kan fuih a, hmeichhiate chu hmuh theiha kan inpho lan a ṭul tihna arawn ṭhang chho zêl a. Mipate khawvêl huangchhung (patriarchal structure)ah “Mipate nêna danglamna awm lova chen thiam” chu hmeichhiate zinga zirtirna kalpui dan a ni.

1990s – Organization structure luh chhuah a, a thei leh a tlin apiang dinhmun sang chelh tum tura infuihna uar a ni a. Chu chuan gender-based research lama harh tharna arawn thlen a. Khawvêl huapawl, company lian leh ram hruaitu zingah pawh hmeichhia an tam ta hle a ni.

Tun hnaiah chuan – Mipate thawhpui thei zawnga hmalakna (men as allies) an uar ta a, gender issue hi hmeichhiate buaina chauh ni lovin hei hian mihring pum pui min nghawng a, a bik takin chhûngkua, ram leh khawvêl economic nghawng thei a nih zia te chu ngaih pawimawh a ni ta a. Kawng hrang hranga hmeichhiate hlutna leh pawimawhna chu hriat chian thar zêl a ni.

Tunah chuan – Mi tin huap (inclusivity) chu khawvêlin a beisei a ni ta a. Movement hrang hrang - MeToo (social movement against sexual abuse and harassment-2006), - TimesUp (sexual abuse/harassment survivors/victims te tana sum khawnna -2018) tih te chu khawvêl huapa thupui

an ni ta a. Gender equality chu eng thilah pawh tehna pakhat ni tawhin, agenda lian tak a ni ta zêl a. Sawrkar hmalakna, department hrang hrang leh sumdawwna hmun leh media thlengin gender kaihnnawihin an hmalakna te chu ngaihven zui an hlawh ta zêl a ni.

Hetiang taka danglamna a thlen chhan hi Khawvêl Huapa Hmeichhiate Ni kaltlanga thupui pawimawh tak tak kan zir thin vang a ni a. Thupui awmze nei tak takte -

- Pledge for Parity (2016),
- Be Bold for Change (2017),
- Pressfor Progress (2018),
- Balance for Better (2019),
- Each for Equal (2020),
- Choose To Challenge (2021),
- Break The Bias (2022),
- Embrace Equity (2023),
- Accelerate Action (2025)

te chu kan thupui an ni a. Khawvêl huapa hmalakna hian awmzia a nei a, hmasawwna hmuh tur pawh a tam hle mai.

Accelerate Action: Kan khawsak phung, kan rilru

sukthlek, kan ngaihsan zawng, kan awh leh kan hmathlir neih dan zawng zawngte hi han bih Chiang ila, hmeichhia leh mipa thlei bikna/ hleih neihna langsar tak tak a la tam khawp mai. Covid -19 hripui leng avânga hmeichhiate hamthatna tûra hmalakna kawng han muang deuh pawn ziaawm lam a pan chho mêk zêl a. Chuvângin, hmeichhiate tâna hmasawwna ke chheh siam rem a, rahbi thar kai chho zêl tur leh hmasawwna rahbi tuk te a taka thlentir ngei turin kan thupui hian min fuih a ni.

Mizo hmeichhiate hmasawn theih lohna chhante:

Hmeichhiate hmasawwna atâna hmalakna hi keini Mizo hmeichhiate pawn sawi tur tam tak kan nei a. Nimahsela, kan hmalakna te hi an la bei tham a, hmeichhiate nun sawi nghing lawih tham hi sawi tur a la tam lo hle awm e. Kan hmalakna a muan êm êm nachhan leh rah tha chhuah khawpa ke kan pen theih rih lohna kawngte han sawi leh thuak thuak ila:

Kan inrelbawl dan (structure) vang:

Mizote chu mipa lalna leh thuneihna kalphung zuitu kan ni a. Kan inrelbawl danah hmanlai aṭanga tun thlengin hmeichhiate dah hniamna leh ngaihhlut tawh lohna hi a la nasa êm êm a. He kalphung tak mai hi hmeichhiate tân chuan kan mu tan (stumbling block) lian ber a la ni fan a ni. Hmeichhiate chu chhûngkua, khawtlang, ram leh kohhrana rorêna hmun, thu tawp siamna hmunah awka (voice) kan nei tlem hle. Kan khawtlang huapa pawl kan neih hrang hrangte hi han bih chiang ila, a level a sang tulh tulh a, hmeichhia kan tlem tulh tulh a nih hi.

Keimahni puala kan pawl neihte kan ngai hlu tawh lo:

Mizoram pum huapa hmeichhe pawl lian ber chu MHIP a ni a, hei bakah pawh hmeichhe bil pawl a awm nual bawh. Kohhran mal huang chhunga hmeichhe pawl bik te pawh kan nei theuh a. Tin, hmeichhiate hamṭhatna ngaihtuahtu bik NGO te pawh an awm a, Self-Help Group te hi a hming chuan kan ngah viau ang. Heng bakah hian kan

political party hoah ngei pawh hmeichhe pawl bik kan nei zêl a – Mahila (Congress), Women Front (MNF), Zonu (ZPM) tih te. A sawrkar ang chuan Women Commission te chu kan nei ve ngei a. Nimahsela, thil an ti thei vak lo nge, sawrkar hian a thuam chak tawh lo, Women Commission kaltlanga hmasawna lian tham hmuh tur hi a tam lem lo kher mai. Heng pawl kan neihte hi keimahni hmeichhiate ngei pawhin hlut nachang kan hre vak lo niin a hriat a, inhman chakna leh ṭul tihna pawh kan nei lem lo.

Hmeichhiate hian thawh ho/ṭan ho hi kan thiam lo em ni?

A chungka kan sawi ang khian Mizoram chhûngah hian hmeichhiate tâna duan leh din pawl bik tam tak kan nei. Nimahsela, thawhhona leh inthlun zawmna nget tak hi kan nei lem lovin mahni ṭulna mual mualah chuan kan ṭul viau vek niin a hriat. Thawh hona ṭha kan nei lo hian min ti ṭuan fum hle a ni.

Kan hmanraw neihte hman tangakai dan kan thiam taw lo a ni thei em?

Hmeichhiate'n kan enkawl leh kan tihchhuah ve chanchinbu – thla kip, kum khata vawi $\frac{3}{4}$ chhuak ang chi kan nei nual mai. Zonu, Runlum te bakah Kohhrana hmeichhiate tihchhuah – Agape (PCI), Loisi (BCM), Chunnunpar (SA), Tuipui Arsi – Stella Maris (RC) te. Heng kan hmanraw neih te hi tun aia tangkai zâwka kan hman thiam a ãul khawp mai.

**Hmasawwna tur atana rahbi
thênkhat:** Zep nak emaw, khawvêl huapa hmeichhiate hmasawwna tura thupui an thlante hi keini Mizote hi chuan kan umpha meuh tawh lova, ram changkangah chuan gender thleibikna (gender discrimination) a awm tawh lova, an thupui pawh intluk/inzata telna (equal participation) tih te anih tawh laiin keini chu kan inrelbawl dan kalphung (structure) hmanga hnawh leh kawng khar hnan kan la ni tlat mai a.

Vawi khat chu kan thianpa Foreign-a Pathian Thu a

doctorate degree ti mêk hian minrawn phone a, “Mizo hmeichhiate hian hmeichhiate hmasawwna lam in sawi hian thil dang sawi lo hian tinge mipa thuneihna (patriarchy) bawh hi in sut ziah a, hei ram dangah chuan issue thar dang dangte hi an hmachhawn thin a, nangni chu hman ata tawh patriarchy bak hi in tuipui thei lo” a rawn ti a. A dik ngawt mai, keini Mizo hmeichhiate hmasawwna kawng dalu lian ber chu patriarchy leh a kaihhnawh thil hrang hrangte hi an ni miau mai si a, kan sawi nawn fo lo thei lo a ni.

Amaherawhchu, kan mi hmasate'n hmeichhiate tâna kawngka an kik tirh ai kha chuan kan dawnawm dan pawh a dang ta hret hret a. Hmasawwna duhawm kan ti lo phal chuang lo na a, hei aia chak zawka hmasawn dan tur kan ngaihtuah erawh a ãul hle mai. Tin, kan hriat tlan theuh angin tun hnaiah Mizo mipate an hniam sawt hle mai a, zu leh ruihhlo avânga nunna chan an tamin, hmeithai kan pung nasa hle mai. Hetiang hun kan tawn mêk lai hian mi thênkhat

chuan, “Hmeichhiate tihchak an ðul tawh lo, an sang tawh lutuk; mipate zâwk hi tihchak kan ðul tawh zâwk a ni” te an ti ðhin. Hetiang lam hawi thuziak leh sawi ka hriat chang apianga ka rilrua thurawn lang hmasa ber ðhin chu *“Mipate hniamna hi hmeichhiate hmasawna leh tihchakna vang a ni lo”* tih hi a ni. Mipate an tlahniam mêk pawh ni se, hmeichhiate tâna hmasawn ngaihna kawng chu a la pangngai reng a, chawl lova hmalak chhunzawm zêl ngai a ni.

Hetiang hian hmasawna tur rahbi han dawh chhin ila: Thu tawp siamtu zinga hmeichhiate tel thei tura hmalak:

Ram inkaihhrui dan tih danglam zarah tunah chuan Local/Village Council leh Municipal inthlannaah hmeichhiate tâna hauh bik a lo awm thei ta a. Hengte hian hmeichhiate pawh khua/veng inrêlbawlna kawnga thu tawp (decision) siamna hmunah min ðhuttir ve ta a, a lawmawm ngawt mai. State rorêlna hmunah pawh hmeichhia

kutzing thliaka chhiar tham ðhu kan nei ta baw a, hmasawna hmuhnaawm tak a ni. Kohhran leh tlawmngai pawl hrang hrangahte thutawp siamna hmunah hmeichhiate kan tel ve theihna tura hmalak zêl ni se, chu chuan gender avânga hleih/thlei bik neihna tam zâwk hi chu a ðhiat ngei ngei dawn a ni.

Keimahni pual pawl ho ngaihhlut leh thawh hona ðha nei tura hmalak:

Hmeichhiate hian tun ai hian keimahni puala pawl bik kan neihte hi kan ngaih hluta, tun aia chak zawk leh awmze neia hma la thei tura kan thuam hi an ngai a ni. Sawrkar kaltlanga kan neih ve Women Commission te hi tun aia chak zawk leh thil ti thei, awmze neia a kal theih nana nawrtu tur chu keini hmeichhiate hi kan ni a, chutiang tur chuan tum mumal leh hmathlir neia ðangruala ke kan pen hi a ðul tak zet a ni. Hmeichhe pawl kan neihte an hming chhiat leh hming ðhat hi kan zavaia mawha kan lak a ðul a, thuam chaka hmangaiha enkawltu tur chu keini

hmeichhiate hi kan nih kan
inhriat thar zêl a ãul a ni.

Kan hnamraw neih sate chher hriam ãhat:

Hmeichhiate'n hmanraw neih
sa hman ãangkai theih reng kan
nei nual mai, Kan Chanchinbu
enkawl zozaita hi hmeichhiate
hamãhatna leh hmasawwna tur
thu sawi tam nan tea kan hman
ãangkai thiam a ãul hle mai.
Khawvêl puma Hmeichhiate
Ni hman thla (March) bikah te
hi chuan Special Issue te
tichhuak ila, khawvêl huap
thupuite hi mi tin chhiar theih
turin han chhawp chhuak thei
thin ila chuan tun ai hian kan
hmasawwna ke pen pawh a
rang deuh ngei ang.

Hmalakna thar:

Kan chenna khawvêl ãhang
danglam zêl leh changkanna
hmanraw thar awm zêlte hi
hmang ãangkai thei tur zawnga
hmeichhiate pawh hian ke kan
pen ve zel hi a ãul ta a ni. Biak-
Hmuhtheih kaltlanga hun hman
dan te hi kan zir thiam ve zêl
a, kan insan mar ve zêl a ãul a
ni. Tunlai thiamna um pha
chung a chumi mila hmalakna
thar kan neih thiam zel hi kan

hmasawwna tur atâna rahbi
pawimawh tak pakhat a ni.

Hmeichhiate hian thuziak i uar thar ang u:

Hmeichhiate zingah thu leh
hla thiam tak tak kan ãhahnem
ta hle mai. Kan thiamna leh
finnate kan hmeichhepuite ban
phak leh chhawr theiha kan
hman tam a ãul hle a ni.
Hmeichhiate Ni leh hun dangah
pawh kan tâna hmasawwna
paw chhuak thei zawnga
thuziak te hi tun aia kan uar
thar hi a ãul ngawt mai.
Hmeichhiate'n hmeichhia kan
nihna zawna kan tawn hriat,
kan hmathlir leh kan dinna
puan chhuah leh sawi chhuah
hi insum lo ila a duhawm hle
mai. Vawiin ni ah te hian
hmeichhe thuziak ngei han
thawn darh tur neih a
chakawm tak zet mai. ãan i la
thar zêl ang u.

Khitiang khi kan tihlawhtling
thei a nih ngat chuan Khawvêl
Huap Hmeichhiate Ni thupui
#Accelerate Action hian rah
ãha tak a chhuah tihna a ni
dawn a. Hmeichhiate
hmasawwna tur thu ka buatsaih
apianga ka rilrua rawn thar

thin chu Lalnu Estheri hnêna Mordekaia'n chona a chhawp
 “Lal nihna i lo chan hi hetih hun
 atân hian a ni dawn lawm ni?”
 (Est.4:14b) tih hi a ni a.
 Hmeichhiate tâna hmasawwna
 kan sawi hian mahni tânghma
 hai vânga sawi kan ni lo va, kan
 hmeichhiatpui, kan fanu, tunu
 te tâna kawng sialtu kan ni
 zâwk a ni tih hi kan inhriat thar
 a, ngawi mai mai hman kan ni
 lo tih hi kan inhriat thar a,
 mahni leh mahni pawh kan
 infuih chak sauh sauh a tûl thin
 a ni.

Tlipna:

Gloria Anzuldua, (a Chicana
 Feminist writer – thlah pawlh
 Spanish, Indian, White)

*“I will no longer be made to
 feel ashamed of existing*

*I will have my voice; Indian,
 Spanish, White*

*I will have my serpent's
 tongue – my woman's voice,
 my sexual voice, my poet's
 voice*

*I will overcome the tradition
 of silence”*

*“Tun chinah chuan ka lo
 awm ve avang hian ka zak
 tawh dawn bik lova, ka aw
 ka chhuah thin tawh ang, ka
 Indian aw, ka Spanish aw, ka
 Mingo aw*

*Ka lei hriam tak hmangin –
 ka hmeichhe aw, ka sexual
 aw, ka thu leh hla te ka
 puang anga*

*Ngawi reng tura min awpbet
 tu kalphung atang hian ka
 talchhuak tawh ang”* tiin a lo
 au chhuak in, hmeichhia kan
 nihna a kan tawn leh hriat, kan
 hmathlir, kan thu leh hla puan
 chhuah hi kan tih tur a ni tiin a
 lo sawi tawh a ni.

Keini pawh hian hmeichhia
 kan nih avânga kan sal tanna
 kawng hrang hrang atanga
 zalenna kan hmuh theih nân
 kan hmeichhe nihna ngai hlu
 leh vawng him chungin thiam
 taka hma kan lak a tûl a.
 Tuna keinin kan lo beih fat
 fatna hian kan tu leh fate
 hmakhua a hril a ni tih hriain,
 gender avânga inthlei hranna/
 hleih neihna hi um bo turin tan
 i la thar zêl ang u.

Hriselna Huang

DAMDAWI EI DAN TUR INKAWHHMHNA

Mizote hian damdawi hi kan hman nasa a, a ngam pawh kan ngam khawp mai. Kan hman dan kawngah erawh hi chuan inzirtîr chu kan la ngai hle mai. Damdawi burah a ei dan tur leh ei hunbi te pawh a inziah chang a awm a, a chang chuan Doctor-te pawhin an han hrilhfhiah chang te pawh a awm awm e. Amaherawhchu chianguang taka inhrilhfhiahna hun a awm thin loh avang te, lo hriat fuh tawh loh te a awm thin avângin damdawi kan ei tam tak hi a nih tur ang ni phak lovin a awm thin. Tin, damdawi tam tak hi hi chu Doctor rawn kher ngai lova lei mai theih tur chi (OTC drugs) a awm bawh a, heng hman kawngah hian fimkhurna tur tam tak a awm a ni. hemi kawnga kan hriatna tizau tur leh hma kan sawn theihna a nih beisein, Directions larzual te hi han bihchiang ila.

1. **Shake Well before use :**

Hetiang directions hi chu Emulsion leh suspensions bikah lo chuan a awm lova. Naupang damdawi, an ei duh theihna tur atâna tihthlum te, rim/flavours chi hrang hrang neia siamho ah a awm thin. *Shake well before Use* a tih ang hian damdawi chu a burah kan thing tur a ni. Hei hi a chhan chu a damdawi dose dik tak kan ei theihna tur a ni. Damdawi tui chi-ah hian milliliter tinin a damdawi pai zat tur chhut lawk vek a ni a. Damdawi bur tam zawk hi chuan a chhin-ah ei tur chin a

tehna a chhawm tel tlangpui a. Damdawi tui chi ho dose hi a tlangpuiin 5 ml a ni thin a, chumi awmzia chu 5 ml khan a damdawi dose khat a pai tihna a lo ni a, 10 ml a nih chuan chutiang bawkin Emulsion leh Suspension te chu kan dah vang vang chuan a mawngah a lo tlakhawm emaw, a chunglamah a lo lang chhuak emaw a thin a. Thin lohva kan ei chuan a damdawi ber kha kan ei tello emaw, a damdawi kha a dose aia sang daih kan lo ei emaw a ni thei a ni. Chuvangin kan thin khan damdawi kha a bur chhungah

inang thlapin a lo inpawlh a, a mawngah emaw, a chung lamah emaw pawh ni se, 5 ml khan a dose pai zat chu a lo inang thlap ta thin a ni. hetiang chi hi pumpui chakna (Antacids) tia Mizoten kan tih mai ho, Ulgel, Solacids, Milk of Magnesia etc ah te leh naupang damdawiah te kan hmu thin.

2. Ei hunbi chungchang:

Damdawi ei hun bi hi uluk taka thliar a ni a, regular taka kan ei bikah phei chuan a pawimawh leh zual a ni. Damdawi ei hun bi hi kan ngai pawimawh lem lo niin a lang a, a chawhtute pawhin a pawimawhna kan sawi uar a pawimawh hle mai. Chaw ei kham tih emaw, chaw ei hma tih emaw ngawt hi a dik lo va, Mizote chaw ei hun bi hi a mumal tawk lo va, zing leh tlai tih ngawt pawh a dik tawk lo. damdawi kha kan chaw eiin a khawih buai thei a nih lem loh chuan chaw ei hi ngaih-pawimawh ber tur a ni hran lo. Damdawi tam tak hi chu kan chaw ei leh kan chawhmehten kan taksain a lo sawngbawlna

kawng a tibuai ngei mai a, damdawi tam takte erawh hi chu ril tam lai emaw, puar lai emawa ei pawl lo an ni.

Damdawi hian kan taksaa an thawh theihna tur atan kan thisenah hian an awm zat tur a awm a. Chumi concentration chu kan thisenah a nih reng theih nan a khat tawkin kan ei thin a ni. Kan taksa hi khawl ropui lutuk mai a ni a, kan taksa peng hrangin kan damdawi te an phel darh a, a step te tea an pai tawih leh kan zun leh eka a rawn paih chhuahna kawng te pawh hi thu ngaihnawm tak a ni. Kan taksain damdawi te a lo phel darhin a lo siam danglam zel avang leh a paih chhuah zel avangin kan taksaa damdawi chu a lo tlem tial tial a, kan thisena a concentration chu a tlahniam zelin damdawi chu kan ei a lo hun ta thin a ni.

Damdawi zawng zawng hi an thawh hun chung a inang vek lo va, thenkhat chu vaw khat kan ei kha rei tak chung a thawk a, ni khatah vaw khat chauh ei tur te a ni a, thenkhat erawhchu kan taksain a lo paih chhuah vat avang te, a lo



pheldarh zung zung avâng tein nikhata vawi hnih vawi thum ei ngai te pawh a ni thei. Tin, kan natna a lo nasat tawh dan a zirin ei hunbi pawh a danglam thei bawh. Kan damdawi ei kan dampui ngei theihna tur atan te, a lo him zâwk theihna tur atân te leh kan taksain ngaia a lo neih a, a dose sang zâwk kan mamawh zêl lohna turin damdawi te hi a hunbi dikah kan ei tur a ni a, a hunbi hi kan ngaipawimawh hle tur a ni.

3. Antibiotics bik chungchang:

Tetracycline, Penicillin, Chloramphenicol etc. te hi antibiotics kan tih hote an ni a. Kan taksaa natna hrik awm thahna tur atan bika kan ei a ni. Natna zawng zawng hi natna hrik vanga thleng a ni vek lo va (entir nan Asthma, Thisen sang, Zunthlum etc), a hmaa kan sawi ei hun bi dik ngaih pawimawh zual a ngaihna bik natna a awm a. Natna hrikin a thlen natna bikah hian antibiotics-ho kan hmang thin a, hengah te hian ei hun bi ngaih pawimawh a ngai zual êm êm a ni.

Antibiotics hi mum 2/1 lek ei mai mai kan ching a, tih loh tawp tur a ni. Tin, antibiotics ho zawng hi Prescription drugs an ni a, Prescription tel lova lei leh hralh mai mai phal a ni lo. Heng damdawi te hi uluk taka kan hmang lo a nih chuan natna hrik te'n a lo do let dan an thiam lo thuai thin a ni. Chuvangin, kan damdawi te hmantlak lohah kan chhuah thei a ni. Mum 2/1 lek leka ei lovin a course kim ngein a ei hun bi dik takah kan ei thlap thlap tur a ni.

4. Compliance :

Compliance chu Doctor-tena min chawh damdawi te tha taka a hun bia ei thlap thlap hi a ni. Natna kan nei a, damdawi hmanga kan inenkawl a nih chuan kan damdawi te kan ei tha tur a ni. Tin, damdawi kan ei hmaih avânga ei leh huna kan ei hmaih ai ei tel te kan ching a, hei pawh hi a tul lo va, overdose a awm thei, harsatna kan tawh kher lo pawh a ni thei a; mahse, a dose pangngai aia sanga kan ei khan kan that phah chuang lo tih kan hriat a tha.

Source: Damdawi leh a Kaihhnawihthe(Mi nawlpui hriat thiam theih turin) msynod.org

Eisiam Huang

TUMBU CHATNI

Mamawhte: 1. Tumbu

2. Purun var

3. Chhawhchhi/badam

4. Alu

A siam dan

1. Tumbu kheh sa kha chhum hmin tur, alu a puma chhum hmin bawk tur, chhawhchhi kan hmui den sawm tur.
2. Alu chhum hmin sa kha duh dan tawka slice mai tur. Tumbu hmin sa kha tlemin deng sawm deuh la, chumi hnuah alu chan sa nen chuan rawt pawlh tur. A inpawlh that hnuah chhawhchhi den sa emaw badam emaw (duh zawk zawk) chu pawlh leh tur.
3. Tel tlem chhuanah purun var ũt lovin thlak a, kan thil pawlhsawp hovah khan leih a, tha taka chawhpawlh tur a ni. A thak duh tan hmarcha rawt sa telh mai tur a ni. A al tawk tur chi nen, nimbu emaw lemon emaw sawr zeuhin a tui bik.



**MISSIONARY TANA AGAPE CHANCHINBU
LĀKSAKTUTE (Chhunzawmna)**

75.	Bungkawn Kohhran Hmeichhia	75
76.	Champhai Vengthlang N Kohhran Hmeichhia	10
77.	Republic Veng Kohhran Hmeichhia	60
78.	R. Sangzingi, Dinthar	15
79.	Kawrthah South Kohhran Hmeichhia	15
80.	Nisapui Bial Kohhran Hmeichhia	15
81.	Haulawng Bial Kohhran Hmeichhia	12
82.	Lunglei Venglai Kohhran Hmeichhia	10
83.	New Serchhip Kohhran Hmeichhia	20
84.	Biate Bial Kohhran Hmeichhia	20
85.	Vairengte Kohhran Hmeichhia	10
86.	Hmuntha Bial Kohhran Hmeichhia	12
87.	Zemabawk Vengthar Kohhran Hmeichhia	10
88.	Ngopa Bial Kohhran Hmeichhia	40
89.	Tlungvel Bial Kohhran Hmeichhia	10
90.	Madanrtng Bial Kohhran Hmeichhia	35
91.	Bilkhawthlir Bial Kohhran Hmeichhia	50
92.	Zohmun Bial Kohhran Hmeichhia	25
93.	Champhai Vengsang Bial Kohhran Hmeichhia	20
94.	Chawngtlai Bial Kohhran Hmeichhia	10
95.	Champhai Kahrawt Kohhran Hmeichhia	30
96.	Phuaibuang Bial Kohhran Hmeichhia	30
97.	New Serchhip Bial Kohhran Hmeichhia	10
98.	Ruantlang Muallveng Kohhran Hmeichhia	8
99.	Seling Kohhran Hmeichhia	30
100.	Tuikual North Kohhran Hmeichhia	8
101.	Khuangleng Bial Kohhran Hmeichhia	10

chhunzawm tur

NAU CHÂWMNA PETUTE LEHAN CHÂWM ZÂT

Chhunzawmna

SNo.	Bial/Kohhran/Mi mal hming	Chawm zât
45.	Thenzawl Bial Kohhran Hmeichhia	3
46.	Serchhip Chhimveng Kohhran Hmeichhia	2
47.	Tlungvel Bial Kohhran Hmeichhia	1
48.	Champhai Vengthlang Kohhran Hmeichhia	2
49.	Champhai Kahrawt Kohhran Hmeichhia	4
50.	Lungsen Bial Kohhran Hmeichhia	1
51.	Champhai Vengthlang N Kohhran Hmeichhia	2
52.	Bilkhawthlir Bial Kohhran Hmeichhia	3
53.	Suangpuilawn Bial Kohhran Hmeichhia	1
54.	Bawrai Bial Kohhran Hmeichhia	2
55.	Madanrtng Bial Kohhran Hmeichhia	2
56.	Madanrtng Kohhran Hmeichhia	2
57.	Serchhip Dinthar Kohhran Hmeichhia	1
58.	Zawlnuam Bial Kohhran Hmeichhia	2
59.	Thingdawl Vengthar Kohhran Hmeichhia	2
60.	Zote (Champhai) Kohhran Hmeichhia	1
61.	Kawlkulh Bial Kohhran Hmeichhia	1
62.	Champhai Vengsang Bial Kohhran Hmeichhia	3
63.	Zohmun Bial Kohhran Hmeichhia	2
64.	N. Hlimen Vengthar Kohhran Hmeichhia	1
65.	Tualbung Kohhran Hmeichhia	1
66.	Kohima Kohhran Hmeichhia	1

chhunzawm tur

Hruaitute Chanchin

K. VANLALRAWNI



Pi K. Vanlalrawni hi Champhai khua, Upa Thangliana leh Pi Biakkungi te fa 11 zinga a laita niin 29.4.1958-ah a lo piang a, Dt. 3.4.1980-ah Upa Chhawn vunga, Mission veng nen innein fa pahnih, fanu leh fapa an nei a. An fate hian nupui pasal an nei ve ve tawh a, tu 5 mipa 1 leh hmeichhia 4 an nei. B.A. thleng zirin 1985-ah Asst Grade hna a zawm a. Pathian khawngaihna avangin Secretary thleng a kaisang ani. 2019khan a pension a, tunah hian an fapate chhungkua nen Mission Veng-ah ankawsaani.

RAWNGBAWLNA LAM : CENTRAL-AH: Central Kohhran Hmeichhe Committee-ah 2006 khan lutin, 2007-2009 chhung Asst. Secy. in a awm a. Tunah hian SEC chuan 2025-2027 chhunga Inkhawmpui Lian Chairman ni turin a thlang leh a ni.

BIALAH : 1999-ah Mission Veng Bialah Committee

member-ah lutin, 2005-ah O.B. ah a lut a, 2025 thleng (chawlovin) O.B. post hrang hrang, Treasurer tih loh chu a chelh kim tawh a, tunah hian Chairman a ni mek a ni.

KOHRANAH : Mission Veng Kohhran Hmeichhe Committee member-ah 1995-ah lutin, 1999-2025 (kum 26 chhung) O.B.-ah tang tawhin, Treasurer leh Fin. Secy tih loh chu O.B. post hrang hrang a chelh kim tawh a. Tunah hian Chairman a ni mek. Tunah hian Chairman nihna 3 a nei a ni.

BIBLE CHANG LEH HLA DUH ZAWNG : Johana 3:16&17 hi a duh hle a, a hla nginat leh duh chu K.H.B. No. 205 “Ka Vanram in nuam tak kawng chu Kraws a ni” tih hla hi a ni.

THUCHAH : Mizoram Kohhran Hmeichhe member-te hian tunlai khawvel, sual hnathawh lo pung zel karah hian, in chhung khura kan rawng bawl na hlena, pasal fanau te, tu leh fate Krista hnena hruai thleng tura tha pui thawha, kan thlen chin atanga hmasawn zel turin tan i la sauh sauh ang u.

HRIAT

1. March 7-9, 2025 chhung khan Loṭhazawl Playground, Thenzawl-ah Inkhawmpui Lian Vawi 51-na tluang taka neih a ni a. Thupui 'Rinawmna' Sam 37:3 a ni a. Thupui sawitu Upa Lalnunpuia Hrahse, Luangmual Vengthlang a ni. Thu zir chu Zawnei Hosea Bu a ni a, Zirtirtu Pi R. Lalrinpuia, B.A., M.Th., Superintendent, Women Centre a ni.
2. Inkhawmpui Lian leh Rorel Inkhawm neihna tur :
 - 1) Kum 2026 Rorel Inkhawm

Ahmun	: Champhai Vengthlang
Ahun	: March 6-8, 2026
 - 2) Kum 2027 Inkhawmpui LianZ

Ahmun	: N. Vanlaiphai
Ahun	: March 12-14, 2027
3. Kum 2025-2027 chhunga Central Kohhran Hmeichhe Hruaitu turte :

Chairman	: Pi K. Vanlalrawni (SEC thlan)
Vice Chairman	: Pi Vanlalthlamuani, Dawrpui
Gen. Secretary	: Nl. H. Vanlalruati (SEC ruat)
Asst. Secretary	: Pi Lalthansangi Tochwawng, Chanmari
Treasurer	: Pi Vanlalhluni, Maubaw
Fin. Secretary	: Pi Zohmingliani, I.T.I. Veng
4. Ruahman angin April 15-16, 2025 (Thawhlehi & Nilaini) chhung khan Central Committee Member (2025-2027) ten Retreat & Leadership Training, Synod Conference Centre-ah tluang takin an hman a. Thu sawi tura sawnten hun an hman thei vek a, rawngbawl zelna tur atana Pathian thu sawi tha tak tak ngaihthlak a ni.

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Vanlalrawni
Vice Chairman	:	Pi Vanlalthlamuani
Gen. Secretary	:	Nl. H. Vanlalruati
Asst. Secretary	:	Pi Lalthansangi
Treasurer	:	Pi Vanlalhluni
Fin. Secretary	:	Pi Zohmingliani

COMMITTEE MEMBER-TE

- | | |
|---|----------------------------|
| 1. Pi C. Lalnunpari | 2. Pi C. Rosangpuii |
| 3. Pi Chuauzikpuii | 4. Pi H. Lalthasiami |
| 5. Pi H.C. Lalfakawmi | 6. Pi Hranghmingthangi |
| 7. Pi J.C. Ronghaki | 8. Pi K. Lalrinpuii |
| 9. Pi K. Remmawii | 10. Pi Lal̄tanpuii |
| 11. Pi Lalbiaknungi Sailo | 12. Pi Lalhlimpuii |
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| 27. Pi P.C. Lalmalsawmi | 28. Pi R. Tlanghmingthangi |
| 29. Pi Soni Pun | 30. Pi Tlangthanpari |
| 31. Pi Vanlalchhuangi | 32. Pi Vanlalduhi |
| 33. Pi Vanlalnunsiami | 34. Pi Vanlalsangi |
| 35. Pi Zodinpuii | 36. Pi Zohmangaihi |
| 37. Pi Lalnghakliani, Asst.Co-ordinator | |

Ex-Officio Member-te

1. Rev. R.C. Lalnghakliana, Modertor
2. Upa Vanlalsawma Siakeng, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zothanpari, Ex-Chairman
5. Dr. Lalthansangi Fanai, PWF Chairperson

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

Thiltumte : 1. Kohhran rawngbawlna tihlawhtling tura thawh ho.

2. Kristian chungkaw ṭha din tura ṭan lak.

3. Ṭanpui ngaite Krista hminga ṭanpui.

4. Chanchin Ṭha puan darh.



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



Kum 2025-2027 Central Committee member Retreat & Leadership Training

To

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