

ESTD : October, 1994
THLA TIN CHHUAK CHANCHINBU
Kum khat lak man ₹50

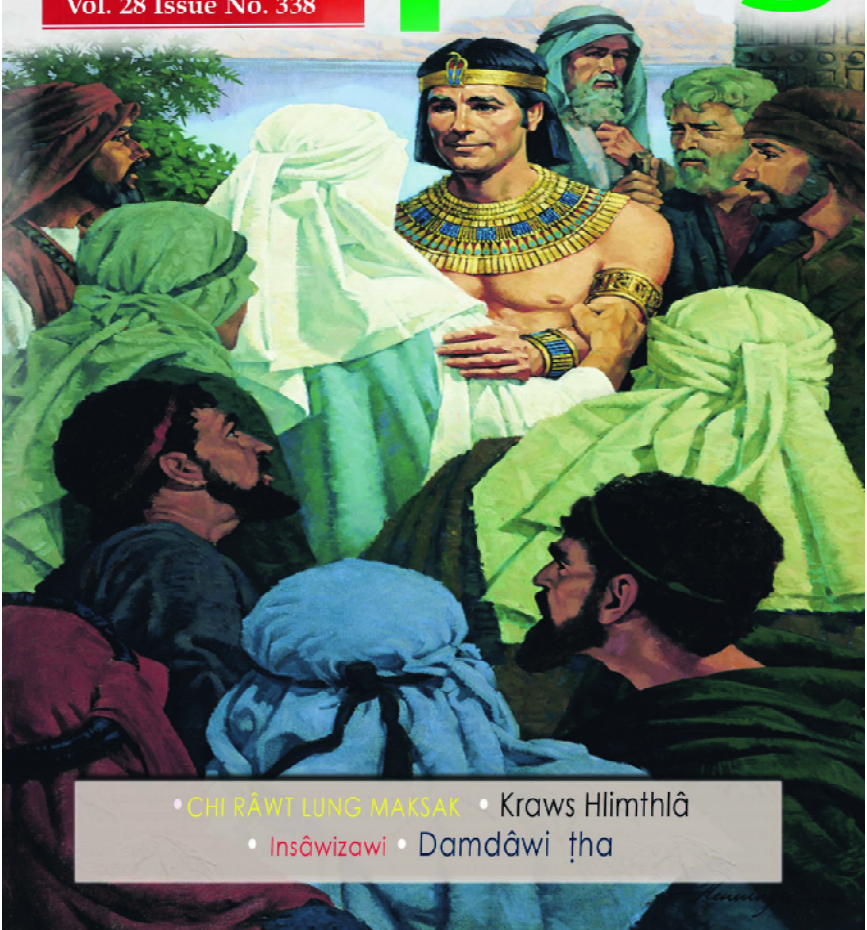
FEBRUARY, 2023

Postal Registration No. MZR/70/2021-2023
RNI Registration No. 66996/96

Kristian Naupang



Vol. 28 Issue No. 338



• CHI RĀWT LUNG MAKSĀK • Kraws Hlimthlā
• Insâwizawi • Damdâwi ṭha

Editor

Rinsailovi

Managing Editor

Rev. Lalbiaknia

Joint Editors

Rev. Benjamin Lalrinmawia

Upa Neihthanglunga

Zohmangaiha

Eric Lalnunmawia

Circulation Manager

Lalremmawia

Kristian **Naupang**

Synod Office, Second Floor

Mission Veng, Aizawl - 796001

Phone: 0389-2324590

email: kristiannaupang@gmail.com

A man pe duh leh a bu la duh chuan

Circulation Manager hriatûr tûr a ni.

Kum khat lak man ₹50

Kristian Naupang thu chhuabie hi Editor ngaib dan a ni vek kber lo.

A chungu thu awmte

Phêk

1. Editorial 1
2. Chi rawlung maksak 2
3. Josefa 4
4. Ram hmasâwnna- Faina leh Thianglimna 7
5. Kraws hlim thla10
6. Pathian ring tlattu – Mark Wahlberg 13
7. Red Indian thawnthu 16
8. Rawngbâwltu ropui - Will Graham 18
9. Insâwizawi 21
10. Damdâwi ðha 23
11. Hriat zauna 24
12. Quiz 26
13. Hmutheitua 27
14. Chei rawh le 29
15. Ka hmuh ang hmu thei rawh 32



Bible - Pathian thu hi a hlu êm êm a, tân thlengin ram tam takah chuan a la vâng êm êm a ni. Keini erawh chu kan la zalên avângin Pathian thu bu hi chhiar sên loh leh dawn sên loh kan la nei a ni.

Amaherawhchu, kan ram dinhmun ngaihtuahin engtia rei nge zalênna kan neih ang tih erawh a hriat loh va, zalên taka kan chhiar theih lai hian a tam thei ang ber kan thluakah kan vawn a ngai a ni. Pathian thu kan hman ẵngkai tak takte hi chu kan lo chhiar tawh leh hriat tawh sa a ni ẵn.

Mi zai thiam bık daktawr pakhat chuan, “Mi zai tır chuan kan zawn kha kan thluakin a hriat hmasak a ngai a, hriat sa loh chu a hmuh theih loh,” a ti a. Google Map-ah pawh hian khawvêl khawilai hmun pawh kan en thei a; mahse, kawthlêr kan hriat sa loh en chuan awmzia a nei hleithei lo va, a hming tal hriat sa loh phei chu zawn theih a ni lo.

Pathian thu hlutna hi hriaa hmang tak tak tır chuan, a chhông thu hi kan duh leh mamawh awmna hre tır leh zawnna tır tal hre khawpa kan hriat bel a ngai a ni. Chutianga hre tır chuan Bible hi chhiar ıla, khawvêla lehkhabu ropui ber hi vawi tam tak i chhiar ẵn ang u.

CHI RÂWT LUNG MAKSAK

Hmânlai hian unau pahnih hi an awm a. A û zâwk chu mi taima tak leh rilru ̣ha tak mai a ni a, a nau zâwk erawh chu rilru chhe tak leh thatchhe tak a ni thung. Ni khat chu a û zâwk chu hna thawk tûrin tlângah a kal a. Tlâng chhîpa hna a thawh lai chuan a bulah chuan putar pakhat hi a rawn kal a, chu putar chuan chi râwt lung pakhat hi a rawn pe a. “Mama, he chi râwt lung hi nei la, hemi hmang hian chi tih loh chu i duh duh i nei thei ang. Mahse, chi chu dîl hauh suh ang che. Mi taima leh malsâwm tlâk i nih avângin ka pe che a ni,” a rawn ti a, putar chu a bo leh ta daih a.

Tichuan, chi râwt lung chu hlim takin in lamah a hâwn ta a. In a thlen chuan chi râwt lungah chuan hmawlhîtê a dah a. “Buh min pe rawh tiin a râwt a, mak deuh maiin buh chu a rawn chhuak ta ur ur mai a.” “E! A va makin a va han ̣ha êm! Hêng buhte hi mi dang sem ve îla a ̣ha ang.” a ti a. Tichuan, an khuaa mite chu a sem ta vek a. Chutia khaw puma hlim leh lâwm taka an awm lai chuan hlim ve miah lo hi a awm a, chu chu a nau kha ni. A nau chuan, “Kei chu ni îla chi râwt lung chu hei ai hian ka hmang ̣angkâi ang,” a lo ti nuah nuah a.

Ni khat chu a nau chuan chi râwt lung chu a la a, tuifinriat lam chu a panpui ta a. Hna thawk peih lo, thatchhe tak a nih avâng chuan tlân bopui daih

tumin lawnglêngah chuan a chuang a. Tuipui zau tak a thlen hnu chuan chi râwt lung chu thil dîl a han tum ta a. Chi râwt lungah chuan hmawlhê dahin, “Chirâwtlung, chhang tui deuh min pe rawh, min pe nghâl rawh le,” a han ti a. Chu veleh chi râwt lung aţang chuan chhang tuihnâi tak tak hi a rawn chhuak ta zung zung mai a. Nakinah chuan a ril a lo  am leh a, sa leh chaw hi a han d il leh a. Sa leh chaw tam tak hi a rawn chhuak leh ta zung zung mai a. Amaherawhchu, chi al tel lo chuan a lo tui miah si lo va. “Chi râwt lung, chi râwt lung, chi min pe rawh le!” a han ti leh a. Chi râwt lung chuan chi chu a rawn tichhuak leh ta mai a.

Chi chu a rawn chhuak zawih zawih a, nakinah chuan lawngl eng khat deuhthaw a lo ni ta mai a. A mangang chuan, “Chi râwt lung, duh t awk tawh rawh! Duh t awk tawh rawh!” a han ti  h n. Mahse, chi rawn chhuak chu a t awp thei ta r eng r eng lo mai a. “Khawngaih takin t awp tawh rawh!” han ti  h n mah se chi rawn chhuak chu a t awp theih si loh av angin tuifinriatah chuan a pil ta hial a.

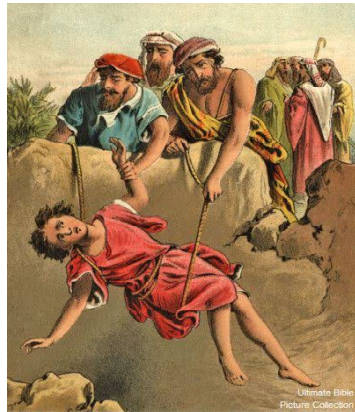
Lawngl eng chu tuifinriatah chuan pil mah se chi rawn chhuak chu a t awp thei chuang lo va. Ch ung ch te av ang chuan tuifinriat tui hi t n thlengin a al phah ta a ni.

A ent r: Mi dangte mals awmna dawn th ik a, mahni chauhina pum bilh tum hi a  ha lo a ni.

JOSEFA

Josefa hming awmzia hi 'Pathianin belhchhah rawh se' tihna a ni a. A pa Jakoba tar lam fa, a nu Rakili fa upa zâwk a ni. A pa fa duat bîk a ni a, a pa hian kawrfual ze hrang hrang nei a siamsak tih kan hmu a. Unau sâwm pahnih zîngah amah hi sâwm pakhatna a ni a, a unau dangte pawhin a pa lakah an thîk hle. He tih hun lai vêl hi kum BC 1900 emaw vêl niin Bible zirmite chuan an ngai.

A pa Jakoba ațanga berâm vulha ei zawng chhûngkua an ni. A unaute Sekem hmuna Beram an vênna hmuna a va tlawh țin Median sumdâwngho hnênah tangka sawm hnihin an hralh a, Median-ho chuan Aigupta ramah Pharaoa hnuaia hotu pakhat Potiphara hnênah an hralh chhâwng leh ta a ni. Aigupta rama a awm chhûngin harsatna tam tak a pal tlang a, tân inah te an khung a; mahse, Pathian a țin tlat a. A tâwpah Pathian a țin tlat avângin amah leh an chhûngkua zawng zawngin, Aigupta ram chenin Pathian malsâwmna an dawng ta a ni.



Josefa chu Aigupta ram rorêltûah a ƣang ta a, a pa leh a unaute zawng zawng nêh an chêng ho a. A pa Jakoba pawh Aigupta ramah hian phum a ni. Josefa hi kum 110 zet a dam a, a tûten tû an neih leh pawhin a la dam hial a ni. Thlamuang takin Aigupta ramah hian a thi a, amah aƣang hian Israel hnam hnih – Manase leh Ephraim hnam an lo chhuak a ni.

Josefa chanchin aƣanga zir tûr kan neih pathum han târ lang ila:-

Rinawmna: Josefa nun pum puiah hian mihring leh Pathian laka a rinawmna hian hmun a chang lian ber tih kan hmu Chiang hle a. Sal a nih avânga a tuarna hrang hrangte hi a tam hle. A pûte tân rinawm tak leh taima takin, rin tlâk takin hna a thawk a. A chungâ Pathian rorêl dân chu – a nuam

leh a hre-awmah pawh phun nawi lovin, rinawm takin a tih tur chu a hlen chhuak mai ƣhîn a ni.



Rinawm taka hna a thawhna chuan rah a chhuah a, a thiltih apiangah a hlawhtling a. Dik lo takin tân ina khung hial tawk mah se rinawm takin a awm tlat zêl a ni.

Thlêmna a do zo: Josefa thlêmna hneh dân tluka entawn tlâk hi Bible hmun dangah pawh hian kan hmu tam lo hle âwm e. Ni tinin thlêmna tâwk mah se Pathian duh loh zâwng sual chu nghet takin a do tih Potiphara nupuiin a thlêm khân kan hmu Chiang hle. Thlêmna lo kal chu tlânsanin, Pathian duh zâwng a tih tlatna hi kan entawn tûr a ni a, hei hi thlêmna kan do dân tûr leh kan hneh dân tûr dik kawng awm chhun a ni tih Josefa nun aţang hian kan zir chhuak thei âwm e.

Ngaihdamna: Josefa nunah hian ngaihdamna hi kan hmu Chiang hle baw. A unauten mi ramah sal ni tûr leh hrehawm tinrêng tuar tûrin an hralh a; a thih leh dam pawh hre tawh loin an chhûngkaw lak aţang chuan mitthi ang maia hla a ni a. Chuti ang khawpa an tuartîr hnuah pawh, phuba lâk theihna hun ţha a neih pawhin ngaihdamna rilru a pu tlat a, an chhûngkuain an chêng ho ta zâwk a nih kha. Pathian pawhin kan sualna anga kan chung phuba la loin, Lal Isua Krista kal tlangin ngaihdamna leh chatuan nunna min pe a. Kan hmêlmate ngaihdam hi Pathian thu laimu a ni tih kan hriat reng a va tûl êm!



RAM HMASÂWNNA - FAINA LEH THIANGHLIMNA

Upa Prof. Chhâwnwunga

Mission Vêng

Hmasâwnna tehna pawimawh tak pakhat chu faina leh thianghlimna kan ngaih pawimawh dân hi a ni. Ram changkâng apiangin bawlhhlawh an ngaimawh a, fai an ngaina. Hnam mâwl chuan fai leh thianghlim nawmzia an hre lo, a mawina pawh an hre lo. Fai hi hrisêlna a ni a, fai hi damna a ni. Taksa hi a fai tûr a ni a, thawmhna hi a fai tûr a ni; tichuan, a mawi. Kan taksa bâkah kan in te, kan bungbêlte hi fai sela a hrisêl a ni. In hi boruak tha a luh theih nân leh êng tha taka a luh theih nân ngun taka saka enkawl tûr a ni.



For more step by step drawing tutorials visit us at www.drawingtutorials101.com

Kan khawlaite hi a faiin a thianghlim tûr a ni. Hetah hian hmasâwn kan va mamawh êm! Kan kawng sîra tuihâwk luankawra bawlhhlawh tam thîn te, rim chhe khawpa kawng sîra bawlhhlawh awm

thîn te hi faina leh thianghlimna lama kan hniamzia awlsam taka hriat theihna a ni. Bawlhhlawh ngaimawhna kan nei ve tial tial hi a lâwmawm. Khawpuiah sawrkâr department lamin motor-a min han paihsakte hi h m a s â w n n a lâwmawm tak a ni. Amaherawhchu, hun bi dik taka lâk khâwm zat zat dân tûr ngaihtuah thar zêl a thât a rinawm. Hmasawna tûr a la tam hle.



Mipui lam pawhin sawrkâr min puihna hi tângkâi lehzualin, thianghlim zual deuh deuh nân hmang ila a va thâ êm! Bawlhhlawh paih mai mai leh theh darh mai mai hi a pawî êm êm mai. Hrisêlna atân a pawî. Boruak bawlhhlawh hi vawi leh khata tihdanglam theih a ni lo va, thing phun kan uar a ngai a; tichuan, a lo thianghlim ang. Mahse, bawlhhlawh ngaimawh nachâng kan hriat loh erawh chuan a danglam mawh ngawt ang.

Chawhmeh bâng nawite hi in vêla theh darh mai mai lo hian khur siamin fel takin paih ila, thoin a bawm loh nân vut emaw, vaivut rovin emaw chhillh leh ila; tichuan, a ziaawm ang.

A nih loh chuan lehkha chhiaa fûna ipa daha bawlhhlawh paihna hmun emaw, bawlhhlawh paih motor emawa thehthang dân ngaihtuah ni se a ða. In chhông, chhuat leh bang leh bangrel vêlthe hi hru fai fo ila, tih ðhan chuan nasa tak leh hah taka ti lovin fai takin a dah theih reng a. Vawi khat nasa taka tihah dah leh vâng vâng hian tihfai leh hi a harsa ðhîn a ni.



Vawi khat fai taka nawh kha a khât tâwkin nâwt reng ila a fai reng a ni mai. Chawhmeh leh thei eina hâwngte pawh fûna ipa dah a, bawlhhlawh paih motor-a paih a nih loh pawhin kan bawlhhlawh khurah paih ila, kha khur kha a lo khah hunah chhilhin kum nga kum rukah chuan lei ðaah a lo chang tawh a, lâk chhuaha a khur kha hman leh mai tûr a ni.

A hâl theih chu hâl ni ta bawk sela. Chutiang chuan, bawlhhlawh senghawi leh faina leh thianghlimna ngaih pawimawh hi hrisêlna leh hmasâwnna a ni tih hi i theihngihl lo ang u.

(He article hi 'Nilai leh Beihruai Thupui' Bu 2007 atanga lâk chhuah a ni)

KRAWS HLIMTHLÂ

Ema Dûla Ralte

Khaw pakhatah hian tlangvâl pakhat, Pathian awm ring lo (atheist) chhûngkuaa sei lian hi a awm a. A naupan têt aţangin infiammi tak a ni a, tui hleuh lam a tui hle. Infiamna chi hrang hrang a khelh kual ţhin chu bânsanin, tui hleuh lam chu zir zêl tûrin a rilru a insiam fel a, chumi lamah chuan nasa takin a bei ta a ni. Naupan têt aţanga tichho a ni bawk a, a thiam hle a, an ţhianho zîngah pawh chuan a thiam filawr lak a. Nasa takin a tichho zêl a, an ram aiawha Olympic a tel ve chu a thil tum ber a ni.



Pathian awm ring lo ni mah se a ţhian kawm ngeih ber erawh chu Kristian ţha tak mai a ni thung a. An inkâwm ngeih êm êm a, a ţhianpa chuan Kristianna chungchâng leh Isua Krista'n krawsa kan tân a tuar thu te chu a remchân hun apiang hian a

hrilh ðhîn a. Mahse, chu tlangvâl chuan engah mah a ngaihsak lo va. A naupan lai aţanga Pathian awm ring lo chhôngkua aţanga sei lian a ni bawk a, Pathian leh Isua Krista chungchâng leh an chanchinte pawh chu a hre lo ve hle. Mahse, a ðhianpain Pathian thu a hrilh lai te chuan ðha tak chuan a ngaihthla ve tho ðhîn a. A sawi piangin a ngaihthla a; mahse, engah mah a ngai tak tak chuang lo a ni.

Zân khat chu chu tlangvâl chu mi haw rem vek tawh hnuah an college-a tui hleuh an zirna ðhinah chuan a kal a. An lo tithim vek tawh a, a thim hle mai. Thla êng tlêm azâwng chuan leihlâwn leh an dawh sânte chu a chhun a. Thla êng chuan swimming pool tak chu chhun lo mah se a lo kal fo tawhna ðhin a nih avângin amah chauha han hleuh vêl leh han zir vêl chu a châk a, leihlâwnah chuan a han lâwn chho ta a.

An dawh sân sâng ber a han thleng a, chuta ðang chuan zuan thlâk tumin a taksa chu a han sâwizawi a. A zuangthla tûr chu dawh sân hmâwrah chuan bânphar hian a han ding a, chu veleh chuan ama hlimthlâ thla êngin a chhunna chu bangah chuan a va hmu a, a taksa hlimthlâ chu kraws ang chiah hian a lo awm a.

Chu a hlimthlâ a han hmu chiah chu amahah mak tak maiin Thlarau Thianghlimin hna a thawk ta a, amah leh amah pawh chuan a inhre thiam lo hle mai a. A ðhianpain Isua Krista'n krawsa a tân a

tuarsak thu a hrilh ðhin thu chuan a dêng ta dâwt dâwt mai a. A ðap ta zâwih zâwih a, a ðhianpain Isua Krista leh Pathian thu a hrilh ðhinte chuan amahah awmzia neiin hna a lo thawk reng a ni tih te a hre chhûak a. A ðhingðhi a, a thiam ang angin Pathian hnênah a ðawngðai a, ngaihdam te a dîl a. A nunah Isua Krista chu lût tûrin a sâwm ta a ni.

A thâwm chu an college enkawltu chuan a hriatin swimming pool awmnaah chuan a va lût a, a rawn tiêng a. Swimming pool-ah chuan tui rêng rêng hi a lo awm lo va, an tihfai lai a lo nih vâng a ni. Chu tlangvâl chuan swimming pool ruak huau mai a han hmuh chuan a rin thar tâk Pathian ngei chuan a awmpui a ni tih Chiang takin a hre ta a, Pathian chu a thiam ang tâwkin a fak a, chuta ðang chuan Kristian, mi piangthar ðha tak a ni chho ta a ni.

Thil ho têa kan ngaih te hi Pathian hian a lo hmang thei hle a. Testimony kan nei a ni emaw, Bible châng kan rilruah a lo awm a ni emaw, Pathian hnathawh keimahnia a lo awm a nih chuan up bo mai lovin i puang chhuak ðhin ang u.

Kan bula mite tân leh kan thil post/comment lo chhiartute Pathian hnêna hruai thlengtu a ni thei tih hria îla, Pathian hmaah hian thil eng mah tê lua a awm lo va, engkim siamtu hnêna mi hruai thleng tûr hian engkim hi kan hmang ðangkâi thei vek a ni.

PATHIAN RING TLATTU - MARK WAHLBERG

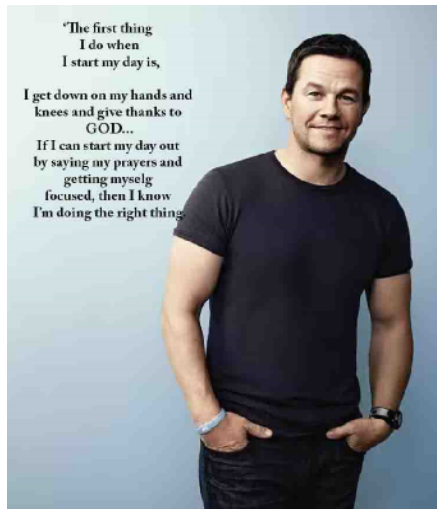
'Pathian ka rinna hian mi ða zâwkah min siam a ni.' - Mark Wahlberg

Hollywood chu kan hria a, Hollywood-ah chuan ringtu ða tak tân dinchhuah a har viau niin mi tam takin an sawi ðhîn. Film star leh producer te hi a tlângpuiin Pathian thu leh sakhua lam ngaihsak lo tak tak an ni a, an zîngah hian Kristian ða an awm ve a nih pawhin a rûkin, inzêp chungin an awm tlângpui ðhîn. Mahse an zavai chuan hetiang hi an ni vek bîk lo. Hollywood star zîngah pawh hian Pathian an rinna zahpui emaw, zêp emaw tum lo, ringtu ða êm êm sawi tûr hi an awm ve leh zeuh ðhîn a, chutiang zînga pakhat chu Mark Wahlberg-a a hi a ni.



Mark Wahlberg-a hi tu nge a nih tih hi Hollywood movies ngaina tân chuan hriat loh a harsa hial zâwk âwm e. Transformers-ah te, Planet Of the Apes-ah te, Lone Survivor-ah, Shooter-ah te leh movie dang lar tak takah achangtupa a ni. Tûnah hian Hollywood actor/producer hlawhtling berte zînga mi a ni mêk a ni.

Tûn hma chuan khawvêla Boyband hmasa ber nia an chhâl, lar ber ni thîn 'New Kids on the Block'-ah member a ni thîn nghe nghe. Chumi hnuah rap/pop band Marky Mark and the Funky Bunch-ah Front man a ni leh bawk a ni.



Mark Wahlberg-a chuan *Square Mile* chanchinbuin an kawmnaah Pathiana rinna a nghah nasat dân leh a tân Lal Isua pawimawhzia a puang chhuak a, Pathian nên an inkâr chu a nuna thil pawimawh ber a nih thu a sawi.

Mark-a chuan, “Ni tin hian ka ÷awngtâi thîn a, ni tin hian Pathian Biak In hi tlawh ka duh a, Pathiana rinna ka nghah tlatna hian mi ÷a zâwkah min siam a ni. Pathian chu ka nuna thil pawimawh

berte zînga mi a ni a, ka tum anga pasal ðha leh fate tâna pa ðha ber nih hi ka châk ber a ni,” a ti.

Mark Wahlberg-a hi a kalna lamah chuan mi hlawhtling tak a ni ve hrim hrim zêl a, kum 1980 chho khân Boyband hmasa ber ni a an sawi fo, New Kids on the Block-ah khân rei vak lo a tel ve hman a, chumi hnuah rap/pop game a luh chilh leh a, Mark-a hian, “Ka nun thlâk danglam a, hlawhtlinna nei tûr hian ka rinna tel lo chuan thil theih loh tawp a ni.” a ti.

Mark-a hi Boston-ah a sei lian a, tleirâwl a nih laiin cocaine ngawl a vei a, vawi tam tak man a tâwk a, kum 16 lek a nih laiin tualthah tuma puh a ni bawk. “Thil âthlâk tam tak ka lo ti tawh ðhîn a; mahse, ka inçhîr a, chûng ka ât mante chu ka têt chho vek a ni,” a ti.

Amah hi sakhaw mi tak chhûngkuaa sei lian a ni a, Father James Flavin-a, a tâna beidawng duh ngai lo chuan Pathian lamah a nun a hawitîr ta a, “Ka sual lai ber te, ka hun harsa lai berah pawh Father Flavin-a hi ka tân a awm tlat ðhîn a, ka nun ka thlâk danglam theih hi a ring tlat a, keimahah lemchan thiamna talent ðha a awm tih pawh hi amah hian a hmu hmasa ber a ni,” a ti.

Mark Wahlberg-a hi Rhea Durham-i, model nêan an innei a, fa pali an nei a, chhûngkaw hlim leh entawn tlâk tak niin an awm mêk a ni.

RED INDIAN THAWNTHU

Red Indian râwlthar chu tlangvâl zîr tûrin huaisenna an pal tlangtîr thîn a. Vawi khat chu râwlthar pakhat hi tlâng sâng taka lâwn tûrin a inbuatsaih a, a dârah puan chhah tak a bât bawk a. Tichuan, tum ruhna nasa tak nêh tlâng chu a lâwn ta a, a chhîp sâng lai tak chu a thleng ta thuai a. Nuam a tiin amah pawh a inngai sâng êm êm a ni.

Chu tlângah chuan rûl pakhat hi a lo awm a, chu rûl chuan, “He lai hmunah hian ei tûr a awm lo va, a vâwt si a, ka thi mai dâwn a, i kawr chhûngah khân min dah la, min chhuk thlâkpui ta che,” a lo ti a. Chu râwlthar chuan, “Ni lo e, nang ang rûl hlauhawm laka invêng tûr hian kan rual û zâwkten min hrih tawh. Ka kawr chhûngah ka dah che chuan mi chû ang a, ka thi dâwn asin,” a ti a.



Rûl chuan, “A teuh lo mai, min hruai thlâk phawt chuan thil mak tak ka tihsak ang che,” a ti a. Râwlthar chuan a chhukpui ta a.

Tichuan, tâng ațanga an chhuk thlen veleh chuan râwlthar chuan rûl chu leiah a dah thla a, a dah thlâk rual chuan rûl chuan a kêah na takin a chuksak ta a ni.

Râwlthar chuan, “Thil mak min tiam kha,” a ti a; mahse, a tlai tawh si. Rûl chuan, “Min lâk dâwn khan tu nge ka nih i hre reng alâwm,” a ti a, a tlang bo ta daih a.

Red Indian-te chuan tleirâwl leh râwltharten ruihhlo an tih loh nân thawnthu hi

**“RUIHHLO LEH HIV/AIDS
AVANGA I MIT I CHHIN
HMA HIAN, FIAH
TAKIN MENG RAWH”**

an hrilh thîn a ni. ‘**Min lâk dâwn khan tu nge ka nih i hre reng alâwm**’ tih chu an sawi nawn fo thîn.

HRIATTÎRNA

Kum a lo thar leh ta a, Kristian Naupang agent-te kum 2023-a Kristian Naupang chanchinbu kan lâk tûr zât February thla chhûnga office lama hriattîr tûra ngen kan ni e. Agent thlâk tûr kan awm chuan chiang taka târ lan bawk tûr a ni.

Editor, Kristian Naupang

RAWNGBÂWLTU ROPUI - WILL GRAHAM

Will Graham-a hi January 30, 1975 khân Longmont, Colorado, USA-ah a piang a. Pathian thu hriltu ropui Dr Billy Graham-a tupa a ni a, a nu leh pate chu Franklin Graham-a leh Jane Graham-ite an ni a, a hming tak chu William Franklin Graham IV a ni. A naupan lai hian a unaupa pahnih te, farnu pakhat leh a nu leh pa te nêen Boone, North Carolina-ah an khawsa a. Kristian chhûngkaw ropui taka sei lian a ni bawk a, naupang tê a nih laiin Biak Ina an inkhâwmnaah a piangthar a ni.

Zirna: Zirna lamah pawh a tluang chho hle a, kum 1993 khân Watauga High School, Boone, North Carolina aţangin High School a zo a. Kum 1997 khân Liberty University, Lynchburg Virginia aţangin a graduate a, Religion subject a la a ni. Kum 2001 khân Southeastern Theological Seminary, Wake Forest, North Carolina aţangin Master of Divinity Degree a zo leh bawk a, Honorary Doctor of Divinity chu Toccoa Falls College aţangin a dawng bawk.

Rawngbâwlina: Will Graham hian rawngbâwl tûra kohna hi pâwl hnih a zir kum aţangin a dawng tawh a, kum 15 a nih laia Billy Graham Training Centre, Asheville, North Carolina-a ʈhalai pual Youth Camp buatsaihah lûtin Pathian rawngbâwl tak

tak tûrin a inhlân ta a ni. Hêng a inhlanna tihlawhtling tûr hian a chung a kan sawi tawh ang khian Lynchburg-a Liberty University-ah a lût a, hemi hnu hian Southeastern Baptist Theological Seminary, North Carolina-ah a zir leh a, heta a zir lai hian Raleigh Kohhrana Pastor hna thawk tûra ruat a ni ta a ni.

Kum 2004 aţang khân Will Graham-a hian ni khat awh ţhalaita puala intawh khâwmna chu Canada-ah a huaihawt ţan a. Tûna a rawngbâwlna hlun ber Will Graham Celebration hi April, 2006 khân Leduc, Alberta, Canada-ah a nei ţan a ni. Hemi hnu lawk hian Celebration programme hi US leilungah ngei a vawi khat nân Gastonia, North Carolina-ah a ţan bawk a ni.

Rawngbâwltu naupang tê la ni mah se Will Graham-a rawngbâwlna hi a tla ţha thei hle a. A rawngbâwl tak tak hun chhûng hi la rei lo viau mah se North America-a rawng a bâwlna aţang hian Will Graham Celebrations-ah ringawt pawh mi 50,000 chuangin a thusawi an ngaithla tawh a, he programme aţang hian mi 1,600 chuangin Isua chu Lal leh Chhandamtua pawmin an lo piangthar tawh a ni.

Eng nge Will Graham-a Celebrations chu?
Will Graham-a hia ţhalâite zînga rawngbâwl a, ţhalâite chu kohhran ban pawimawh tak an nih theih nâna zirtîrna pêk chu a tih tûr niin a hre tlat a.

Tichuan, a rawngbâwlna pakhat chu a hmingah Will Graham Celebrations tia vuahin April 7-9, 2006 khân Leduc, Alberta, Canada-ah a ãan ta a ni. Hêng Will Graham Celebrations hi a hmun azirin hming hran vuah an ni leh ãhîn a, a hmasa ber pawh hi Wild Rose Celebrations tih a ni.

Hêng Celebration-ahte hian ãhalai tam thei ang ber hîp khâwm tûrin programme buatsaih a ni ãhîn a. Football tournament, concert, rally leh a dangte an huaihawt a, he Celebration-a tel ãhalâite chuan thu ãha tak tak leh nun châwm tak takte chu Will Graham-a hnên aãangin an ngaithla zui leh ãhîn a ni. Will Graham Celebrations-in a tum ber chu ãhalai Kristian sakhua ngaihsak lo leh kohhran pawh ngaihsak lêm lote a tam thei ang ber Isua Krista hnêna hruai a, amah nêna inzawmna thûk tak an neih theih nâna ãanpui a, kohhran ban pawimawh tak an nih theih nâna zirtîrna pêk te a ni.

A pa a ngai sâng: Will Graham-a mi ngaih sân berte chu a pa leh a pu an ni a. “Ka pa hi naupang tê ka nih laia Isua hnêna min hruai thlengtu a ni. Kan harsatna hrang hrangah ka pa hian min puih a inhuam reng a, inkaihhruaina khauh tak, hmangaihñain a hual vêl hnuaiyah min enkawl sei lian a. Pathian mi hriat, pasal ãha tak a nih avâng hian amah hi ka en tawn tlat ãhîn,” tiin a pa Franklin Graham-a chungchâng chu kumin Father’s Day khân a sawi a ni.

INSÂWIZAWI

1 Timothea 3:7,8

Dr. Siana

Taksa, rilru leh thlaraute hi an pawimawh vek a, a hrangin an nung thei lo. Bible-in ‘sâwt ve bawk’ a tih, taksa insâwizawi hi naupangten kan lo ngai pawimawh em aw? Taksa a chak loh chuan thlarau a chak thei lo va, rilru pawh a hrisêl thei lo, an inzawm vek a ni.

American Heart Association chuan ni tin minute 30 tal lungphu tirang thei khawpa insâwizawi ngei tûr a ni, an ti a. Hei hi a tlêm thei ang ber, tih ngei tûr a ni a, hetiang zât tal insâwizawi loh chuan lung lam natna neih a awl bîk a ni, an ti.

Mizoramah hian natna hrang hrang – cancer, stroke, heart attack, BP sâng leh zun thlum kan tam êm êm chhan hi kan taksa enkawl thatna kawngah tan kan lâk nasat tâwk loh vâng tih a lang Chiang hle a; nat phah, thih phah kan awm mêk zêl a nih hi. Kan taksa a in-‘fit’ chuan kan ngaihtuahna a chak nghâl a, kan taksa a hrisêla kan dam rei chuan Pathian rawng pawh kan bâwl rei thei zâwk dâwn a ni.

Mahni taksa enkawl that hi a Pathian thu êm êm a, taihmâk leh tumruh a ngâi hle bawk. Chuvângin, vawiin aţangin kan taksa sâwizawi tûrin tan i la thar ang u.

DAMDÂWI ȚHA

Rev. R. Lalhmingsanga

‘Thinlung hlim hi damdawi Țha tak a ni a, thinlung lungchhia erawh chuan a ruh a tiro Țhîn.

Thufingte 17:22

Hlim taka awm duh lo tu mah kan awm lo vang. Hlim hi a nuam a, a hahdamthlâk Țhîn. Bible Lehlin Tharah pheih chuan ‘hlim hi hrisêlna a ni’ a ti tawp mai. Hrisêl vâng a hlimna awm anga sawi hi chu dik chin awm mah se a dik kim lo. Thinlung a hlimna erawh chu hrisêlna a ni. Chutiang hlimna chu neih theih dân a awm.

Thinlung taka inngaihtlâwmna nun nei a, duhâmna leh îtsîkna te, mahni hmasialna leh mahni inkhawngaihna rilru no deuh te paihin, mahni inphat a, mi dangte tân thil Țha tih reng tuma nung Țhîn te hi an hlim Țhîn. Chutiang mite chu an hlim bîk a, lawmna tûr thil thar an nei thei bîk riau zêl nia. Amplified Bible-ah chuan “*A happy heart is good medicine and a joyful mind causes healing*” tiin ziah a ni nghe nghe.



Kan hlim loh ðhin chhan tam tak hi chu zêp miah lohah chuan kan duhâm a, mahni hma kan sial a, duh tâwk kan nei leh chuang si lo va, duh ang takin kan hahdamin kan nuamsa leh bawk si lo ðhin hi a ni fo. Mi dang kan phût ru a, kan phût anga an tih



si loh te hian kan lo hlim lo ve ringawt zêl atin lâwm. Min vuiptui thei awm deuh kan zawng kual a, kan hmuh loh pheh chuan nat zual sauhna a ni mai.

Bible sawi ang hian ruh timawihtu, ruh tirotu mai a ni. Hetiang rilru ðha lo zawng zawng hi sim a, paih bo vek chuan nun hlimna leh hrisêlna thar a neih theih asin.

Vawi khat dam manah mi dangte phût rêng rênga rilru tihhah reng a, mahni inhrem ai chuan keimahnin kan tih theih tâwk chu ti mai ila, mahni inkhawngaihna te hi paih bovin mi dang khawngaih ve ta zâwk ila; duhâmna te, mahni hmasialna te hi paih bovin, mi dangte tân thil ðha leh nuam te, thil tui leh hlâwk deuh deuh te hi khêk ve zâwk ila. Tichuan, thinlung hlim kan neiin, kan lo hrisêl ang a, kan ni tin chêt vêlna khawvêl hi kan tân hmun nuam a lo ni ang a, kan hlimin kan dam sâwng sâwng mai dâwn alâwm.

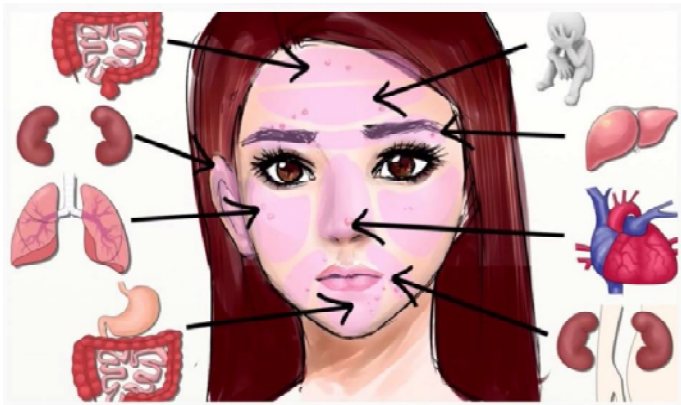


Hriatzauna Huang

Arngeng/Hmai bawl chhan – Chinese taksa enkawlna lama mi thiamte hrilh fiah dân

Chal: Eng vângin nge kan chalah arngeng a lo awm?

Kan chal chung lam (chalhma sam ÷ona vêl)-ah arngeng emaw, hmai bawl emaw a awm chuan kan chaw pai ÷awihna lam (digestion system)-in hna a thawh tûr anga a thawh loh vâng a ni. Kan chaw pai ÷awihna lamin hna a thawh ÷at theih lohna chhan chu hamburger, chips leh hetiang lam thil dangte kan ei tam vâng leh chaw pai ÷awih awlsam kan ei têm vâng a ni. Chaw pai ÷awihna lam khâwlin hna ÷a taka a thawh theih nân thei chi hrang hrang – strawberry te, cranberry te, blueberry te; lemon tui te leh green tea te ei tam tûr a ni.



Chal hnuai lam, mit hmul chung hi kan ngaihtuahna leh kan dinhmun/boruak (hlimna, engthâwlina, lungngaihna, etc.) nêna inkungkaih niin Chinese-ho chuan an sawi a. He lai vêla hmai bawl/ arngeng lo awmna chhan hi zân mut ÷at loh vâng te, www.mizoramynod.org

taksa a thisen kal dânah dik lo a awm vâng te, rilru lama harsatna (stress leh depression) neih vâng tea lo awm a ni. Hetiang hian inenkawl tûr a ni. Zânah dâr 11:00 hmaa mut tûr a ni a, ngaihtuahnain mi a tihbuai theih lohna tûrin, thil dang (kan nuam tih zâwng) tih tûr zâwn a ẵa bawk; entûr nân – film hmuhnawm en te, insawizawi te leh a dangte.

Mithmul vêlah arngeng emaw, bawl emaw a awmna chhan chu kan thinin a hnathawh tûr anga a thawh loh vâng a ni. Hei hi a chhan ber chu *diet fast food* (chocolate, butter, cheese, sa, nuts etc) ei tam vâng leh zû in tam vâng a lo awm a ni.

Beng bul vêlah arngeng emaw, bawl emaw a awmna chhan chu kal ẵa loh vâng emaw, kalin a hnathawh tûr anga a thawh ẵa theih loh vâng a ni. Chi ei tam vâng te, tui in tam loh vâng te leh caffein lam ei tam vâng tein hei hi a lo awm thei a ni.

Hnâr: Chinese-ho chuan hnâr leh thinlung hian inzawmna neiin an sawi a, hnâra arngeng emaw, bawl emaw a awmna chhan bulpui ber chu BP (sâng/hniam) emaw, *stress* emaw vâng a ni.

Biang: Bianga arngeng awmna chhan chu chuap lam ẵa loh vâng leh meizûk tam vâng a ni.

Hmui leh Biang: Hmui leh biang vêla arngeng emaw, bawl emaw awmna chhan chu kan pumpui hnuaia awm rîl (small intestine)-in a hnathawh tûr a thawh ẵa loh vâng te, *fast food* ei tam vâng te leh zun in (natna) vâng te a ni. Hetiang laka invênna tûr hian, thlai hring leh thei lam ei tam a ẵa.

Kâ: Kâ/hmui sîra arngeng emaw, bawl emaw a awmna chhan chu kal ẵa loh vâng te, hormone inbûk tâwk loh vâng te leh kalin ni tina a hnathawh tûr aia tam a thawh ẵa vâng tea lo awm a ni

Quiz

Bible hmanga chhân tûr zawhna kan rawn dah leh ta. Eng zât nge kan chhân theih i han enchhin teh ang u aw:

1. Assuria lal Senakeriba pathian kha tu nge a hming?
2. Jehoahaza kha khawi hmunah nge an phûm?
3. Jehoasan kum eng zât a nihin nge ro a rêl ãan?
4. Lal Jothama nu pa hming kha tu nge?
5. Israela fa tîr kha tu chan nge?
6. Davida kha Hebron khuaah khân kum/thla eng zât nge a lal?
7. Mattania kha Babulon lalin a hming a thlâksak kha eng nge?
8. Nova khân fapa eng zât nge a neih?
9. Estheri enkawl sei liantu kha tu nge ni?
10. Paulan rawngbâwltu tleirâwl a fuih ãhin kha tu nge?

1. Nisroka ; 2. Samari khuaah ; 3. Kum sarîh mi a ni
 4. Zadokmata ; 5. Josefa, ; 6. Kum sarîh leh thla ruk;
 7. Zedekia; 8. Pathum (3)
 9. Mordekai; 10. Timothea



Tûnlai hian kan rama tleirâwlte zîngah mamawh hre chiang lo leh kan tâna ðha tûr hre lo ka hmu nasa ta hle mai. Kristian tleirâwl zîngah eng nge kan mamawh a, kan tâna ðha ber tûr pawh hre lo kan awm tam tih han hmuh hian rilru a na ngawih ngawih ðhîn a ni.

Tleirâwl kan nih laia kan nunin a mamawh ber chu ‘*thu awihna*’ hi a ni. Sual hnathawh avângin tleirâwl tam tak rilruah helna leh luhlulnain hmun a khuar tlat a, chhiatna khurah an tawlh lût mêk a ni. Kan Bible chuan helna leh luhlulna hi aienna/dawithiamna leh milem biak tluka sual a ni tih min hrilh a nih kha. Tunlâi hian khawthlang ramah chuan Setana pâwl hial an ding tawh a, chûng setanic army intiho chuan thupui atan, ‘I duh zâwnng apiang ti rawh’ tih hi an hmang a, ðhalai tam tak pawm nuam tih zâwnng tak a nih avângin an pung chak hle âwm e. Mahse, he thupui hi Pathian thu kalh, mihring nun tichhetu a nih avângin mi tam takin an chhiatpui mêk a ni.

Mi tam tak chuan thuhnu dâwn hauh lo leh mahni nuam tih zâwnng chauh tiin an nun an hmang a, a tâwpah an inchhîr leh ðhîn. Tleirâwl hun lai hian thil kan la thlîr tawi ðhin avângin thu awih mai harsa kan ti fo; mahse, Pathian thu a nih avângin kan tân a ðha a ni. Pathian thu, nu leh pate thu leh kan hotute thu kan awih loh hian tu dang mahin an tuar lo va, keimahni ngeiin kan tuar ðhîn.

Pathian thu awih loh hi lungngaihna leh mittui tlâkna a ni. Kawng lehlamah chuan thu awih hi hlimna leh malsâwmna hnâr a ni a, Bible-ah hian kan mamawh tinrêng lei theihna lehkha (cheque) a inzep a ni tih hriain, thu awihna hmanga keu chhuah kan tum tûr a ni.

KRISTIAN NAUPANG MAN PÊK DÂN

Kristian Naupang Chanchinbu man hetiangin a pêk theih e:

1. Synod Office, Aizâwlah mahni ngei kalin emaw, mi dang kuta thawnin emaw a pêk theih.
2. Dâk (Post Office) kal tlangin Money Order hmangin a pêk theih a. Thawna tûr address chu hetiang hi a ni:

***The Circulation Manager,
Kristian Naupang Chanchinbu,
Synod Office, Aizâwl,
Mizoram - 796 001***

3. Bank kal tlangin a pêk theih bawk, hetiangin:

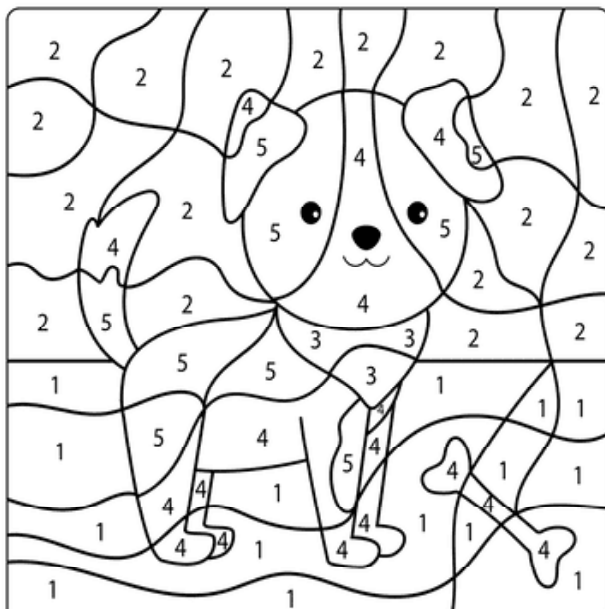
- | | | | |
|-----|----------------|---|----------------------------|
| (1) | Account Holder | : | MPC, SYNOD |
| | Account Number | : | 10665620059 |
| | Bank | : | State Bank of India |
| | Branch | : | Mission Veng Branch |
| | IFSC | : | SBIN0007058 |
| (2) | Account Holder | : | MPC, SYNOD |
| | Account Number | : | 25047048954 |
| | Bank | : | Mizoram Rural Bank |
| | Branch | : | Khatla Branch |
| | IFSC | : | SBIN0RRMIGB |
| (3) | Account Holder | : | MPC, SYNOD |
| | Account Number | : | 001101820000093 |
| | Bank | : | MCAB |
| | Branch | : | Centenary Branch |
| | IFSC | : | YESB0MAB007 |

Bank kal tlanga pete chuan an pêk veleh an pêkna receipt an screenshot ang a, agent hming leh address kimchang nêh a hnuai Phone no. kan tûr lanah hian Whatsapp leh remchâng dang hmangin thawn tûr a ni. Kan thunna account awma bank hi hriattîr tel tûr a ni. (e.g. SBI Account-ah nge, MRB nge, Apex Account-ah).

Thawna tur : **PU LALFAKZUALA**
Phone no. : **+91-9862473218**



CHEI RAWH LE!



1=Green 4=White
2=Blue 5=Brown
3=Red

KRISTIAN NAUPANG ARTICLE INZIAHSIAK

Ram pum huapin Kristian naupang leh tleirâwlte puala thu inziahsiak buatsaih a ni dâwn a. Hetah hian naupang leh tleirâwl zawng zawngte lo tel vek tûrin kan sâwm a che u. Intihsiakna chungchânga hriat tûr pawimawhte chu:-

1. A ziaktu kum mila then tûr: Article ziaktu tûrte hi an kum milin hetiang hian hlâwm hniha then an ni ang:

- (1) **Then khatna:** Then khatna hian Beginner aţanga Junior zirlaite a huam ang a, thumal 300 aţanga 500 inkâr an ziak ang.
- (2) **Then hnihna:** Then hnihna hian Intermediate aţanga Senior zirlaite a huam ang a, thumal 500 aţanga 700 inkâr an ziak ang.

2. Lâwmman: A hnuaia mi ang hian lâwmman siam a ni ang a, pawisa fai bâkah hian lâwmman hmu pha chin tân certificate hlan tel a ni ang.

(1) Then khatna

Pakhatna	-	₹ 5,000
Pahnihna	-	₹ 3,000
Pathumna	-	₹ 2,000
Consolation prize	-	₹ 500 (mi panga tân)

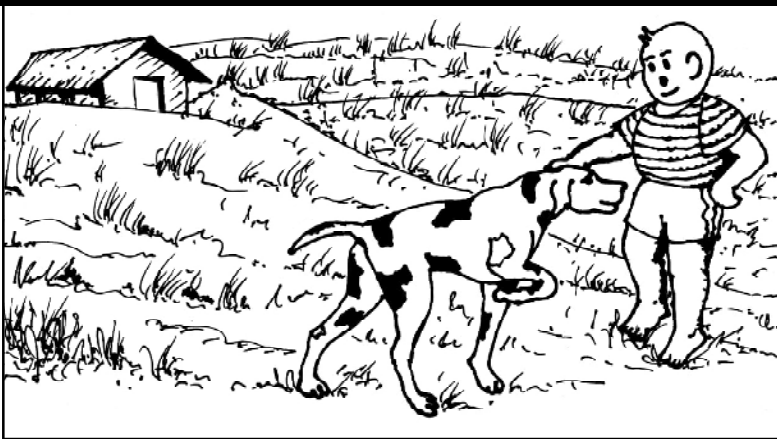
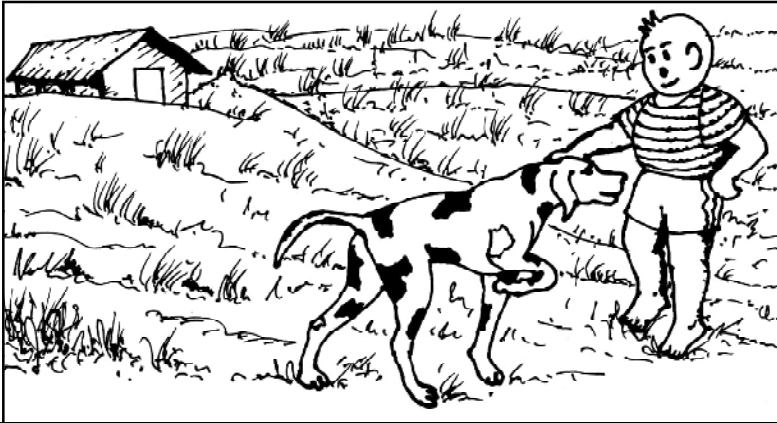
(2) Then hnihna

Pakhatna	-	₹ 7,000
Pahnihna	-	₹ 5,000
Pathumna	-	₹ 3,000
Consolation prize	-	₹ 500 (mi panga tân)

3. A ziaktute kaihhruaina

- (1) Intihsiaknaa tel tûr chu Mizoram Presbyterian Kohhran mi a ni tûr a ni.
- (2) Thupui thlan bîk a awm lo vang a, Kristian nun inkaihhraina lam hawi emaw, mahni tawnhriat emaw, zirtir nei thawnthu emaw a ziaktuin mahni duh zâwng ziah mai tûr a ni.
- (3) Mi pakhatin article pakhat aia tam theh luh loh tûr a ni.
- (4) Mahni hming, kum zât, department, kohhran hming leh contact number chiang taka ziah lan tûr a ni.
- (5) Lehkha phêka ziah emaw, khâwla chhut chhuah (hard copy) emaw, chhut chhuah (soft copy) emawin theh luh theih a ni ang.
- (6) Kutziak emaw, khâwl chhut emawa theh luh a nih pawhin a thu hi naupang irâwm chhuak a ni ngei tûr a ni.
- (7) A *hard copy* chu office-ah mahni kalin emaw, dâk kal tlangin emaw theh luh tûr a ni. Soft copy-a theh lût duhte chuan kristiannaupang@gmail.com ah emaw, Whatsapp (8974581885)-ah emaw theh luh tûr a ni. March 15, 2023 thleng theh luh theih a ni ang.

KA HMUH ANG HMU THEI RAWH



A chung a lemziak chi hnih khi ngun takin en la,
a inan lohna chi ruk hmu thei rawh.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Ailawng Kohhran Intermediate Department Zirilaite leh Zirirtute

To,



Phullen Vengthar Senior Department Zirlaite leh Zirtirtule

Published by Rev. Lalbiaknia
Synod Literature & Publication Board, Aizawl and
Printed at the Synod Press, Mission Veng, Aizawl - 796001. Copies - 29,500