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A chungga thu awnte

1. Editorial	1
2. Kristian Chhungkua : Kristian Chhungkua	2
3. Tamna lo thleng tur hi	4
4. Nu hrisel leh hlrim chu chhungkua, kohhran leh ram tan malsawmna	7
5. Hebrai nau chhar mite kha	14
6. Kan raldo i bei zel ang	17
7. Heti zawk hian le	23
8. NEICCWA chanchin tawi	26
9. Influenza (flu)	28
10. Hruaitute Chanchin : Lalrokimi	30
11. Online/Bank kaltlanga tanpuina (donation) pe duh tan	31
12. Kohhran hmeichhe budget pek theihna account number	32

Editorial**HRISELNA NGAIH PAWIMAWH**

‘Pathian in in nih leh Pathian Thlarau nangmahniah a awm reng tih in hre lo vem ni? Tupawhin Pathian in chu a tikhawloh chuan chu mi chu Pathianin a tikhawlo vang, Pathian in chu a thianghlim si a, chu in chu nangmahni in ni e’ (1Kor 3:16,17).

Tun hma ngaihtuah chuan kan velah hian ei leh in tur, hmawmsawm leh kamram ava tam ta em! Siam chhuaktu lam lahin ei chakawm thei ang berin an siam a. Khawpuiah phei chuan kawng sir hmun tinah ei tur a tlar del dul tawh mai a nih hi. Ei leh in tur itawm tak tak te, zuk leh hmuam tur tih chhin chakawm tak tak ten min hual khup reng tawh mai.

Ringtuten kan hriatreng tur chu kan taksa hriselna ngaih pawimawh hi a ni. Kan rama natna tam tak, sum tam tak senga kan inenkawlina hi ei leh ina kan fimkhur tawk loh vang emaw, chin tawk awm lova it zawng apiang kan eia kan in thin vang hi a ni lo vang tih sawi har tak a ni ta! Kum naupang te te, natna nei pawh hriat loh, zan khat thil thua an thi thut thut han hriat te hian , kan hriselna kan ngaih pawimawh tawk loh vang a ni ang em tih ngaihtuah theih tak a ni.

Zial kan zu a, sahdah leh tuibur kan hmuam a, kuhva kan ei a, chin tawk awm mang lovin chaw leh sa kan ei leh a, dawra thil chi hrang hrang - in chi leh ei chi kan kawp tel bawka. Hetiang ringawta kan taksa tan kan eia kan in a nih chuan kan taksa hian a zo lo thuai dawn a, bawrhawmna mai lo chu min hmuaktu a awm tawh lo.

Ser-

KRISTIAN CHHUNGKUA (Sam : 128:1-6)

- Rev. P.B. Zosaphara
Editor, SL & PB

Kristian chhungkua hi thupuia kan neih zin pawl tak a ni awm e. Mahse a tak ram thleng tûr chuan tha thlah lova theih tawpa beih reng ngai tûr chi a ni. Chhungkuaa chengte chuan mawhphurhna kan nei vek mai a. Pathian duh zawnga kan mawhphurhna theuh kan hlen hian chhungkuaah Pathian chawimawiin a awm a, thenawm khawvengte pawhin chu chu an hmu thei a ni.

1. Chhungkuaa chengte inpawhtawn a pawimawh:

Chhungkuaah hian pawimawh lo kan awm lo va, pawimawhna lai nei vek kan ni, chhungkuaah hlimna thlen thei vek kan ni. Chutihruah chuan chhungkuaa harsatna thlen thei vek kan ni bawk. Nu leh paten naupangte kan enkawl na kawngah an pawimawhna lai hriatsaka, an tih ve theih ang tawh an tihah kan lawm thiam a tûl hle. An lo ti fuh tawh lo a nih pawhin, thinrima kan hauh mai hian an theihna kan upbehsak tûn a ni. Chu ai chuan, fel lo a lo awm a nih pawhin heti zawk hian tia zaidawh taka kan enkawl hian tih zel chakna a pe thei zawk tûn. Nu leh pa kan nih avanga

thunei taka thu petu ang ziazanga awm hi Kristian Chungkaw nun nen a inmil lo a ni.

Faten harsatna an neih pawha kan bulah an sawi ngam theih nan Pathian thuah kan inchiah reng a tûl tûn. Englai pawha thu tak ngul reng lova, fiamthu thianghlim nena chhungkua infiamte hi chhungkaw nun tinuamtu a ni tûn a ni.

2. Theih tawh tih ve tûn:

Chhungkua kan chen honaah hian tih theih eng emaw tak chu kan nei vek mai a. Kan theih ang tawh kan tih theuh hian nun ho a lo nuam tûn. Chhungkaw hlim ni tûr hian a man pek ve a ngai a ni. Inbe ngai map lova, kan inpelh

mai mai chuan chhungkua a nuam tak tak thei lo. Chhungkaw zinga mi khawiah emaw a chhuak a, an lo haw veleh “Eng nge i va chhuahna chu a nuam em, eng nge in an?” tia han inbiak te hian chhungkaw boruak a ti nuam thîn. Khawchhakho film kan en chuan, khawi ilovah an kal dawn chuan, “Ka kal e” an lo haw pawhin, “Ka lo haw e” an ti thlap thlap mai a, a rûka len chhuah ang hi a awm thei meuh awm lo ve. Mihring hian pianpui mizia kan nei theuh mai a, tawng duh vak lo te, tawng duh êm êm te kan awm a ni. Amaherawhchu, Pathian thu avangin kan mizia hi a inthlak theih a ni.

Chhungkaw han thut khawm tel tel te hian nun a tinuam a, naupang seilenna atan pawh hian a tûl thîn a ni. Chhungkua hi Hotel ang chauhah ngaiin, ei leh in lam nan chauh hmang ta ila a nuam hauh lo vang. A awm ang ang kan ei za hian inpumkhatna a thlen zêl a ni.

3. Pathian chawimawi tûra siam kan ni: Thuthlung Hlui hunah khan hnam anga Pathian www.mizoramsynod.org

biakna maicham an siam hmain chhungkaw maicham an siam thu kan hmu a. Chhungkuaa Pathian hmaa kun ho hi an lo uar khawp mai. Kohhran tê ber chu chhungkua hi a ni ti pawhin an sawi bawh thîn a.

Chhung inkhawm kan neih atangin naupangin Pathian biak awmzia leh Pathian chawimawi an zir tan a, khawtlanga kan va awm dan tûr leh nun dan tha hrang hrang pawh chhungkua atangin naupangin a zir chhuak thîn a ni. Chhungkua chuan Pathian a chawimawi reng a pawimawh a. Khawvelah chuan lawmna kan tawh chang te leh harsatnain min tlakbuak chang te pawh a awm thei, chung hunah pawh chuan Pathian chawimawi hi kan bang tur a ni lo vang.

Chhungkaw hlim, Kristian chhungkua hi he leiah hian kan din tûr a ni a, thih hnuah chuan thil a danglam vek tawh dawn. He lei hi vanram nun kan tem lawkna hmun tûr a nih avangin chhungkuaa chengte hian kan pawimawhna theuh hi hriain, kan tih ve tûr apiangte i ti thîn ang u.

Lalpan malsawm rawh se.

Ser-

TAMNA LO THLENG TUR HI AMOSA:11-13

- H. Zosangliani
Model Veng

Zoramin Chanchin Tha kan dawnna a lo rei ve ta hle mai. Chanchin Tha avangin kawng tinrengin hma kan sawn a, chutih mek laiin Pathian thu takah tamna a lo thleng mek a ni lo maw? Sakhuana kan kalpui dan te, ropuina leh lalna kan duh em em dan te, tlawm kan hreh dan te, mahni invuiliam chuang lo va thu tak hrulah lem changin rawngbawla kan buai mek lai hian he Pathian thutak hi kan chungah a lo thleng dawn a ni.

Bible-ah tamna lo thleng hi Eden huanah Evil eh Adama te nunah pawh châknaa tihritam an nih khan, sual bawiha awm nan chu riltamna chu an paltlang zo lo va, sualah an tlu pil ta (Gen 3:6). Abraham pawh Pathianin a koh chhuah khan Kanaan ramah tam a tlak avangin Aigupta ramah a pem lut a, a nupui Saraii chu “Ka farnu a ni” a tih avangin Pharoa’n a lo neihsak tawh baw a, riltam tuar zawh loh avangin a nupui a chan phah ta a (Gen 12:13). Israel fate pawh khawvela tam a tlak lai khan Aigupta rama pûr chaw tura an kal chu hun eng emaw chen an awm hnuah Josefa a thi a, lal dang an lo lal

a, hrehawm takin tihduhdah an tuar a, ban phar meuha chhanchhuah ngaiin bawihah an tang a nih kha (Gen 46). Elimeleka chhungkua pawh an awmna Israel ramah tam a tla a, Moab ramah tam tlansan turin an kal a, muk taka kal chhuak chu kutbengin an lo haw a (Ruthi 1:12). Israel-te chu Suria sipaiten Samari khawpui an hual beh flat avangin an tam nasa em em a, an fate sa hial ei duh khawpin tamna rapthlak an tuar a, heng te hi ei leh in tur neih loh vanga taksa thila tamna vek a ni (II Lalte 6:28-29).

Tuna kan sawi tur tak zawk chu chaw tamna ni lo, tui tamna pawh ni lo, Pathian thu hriatnaa

ṭamna hi a ni. “Ngaiteh u, nite chu a lo thleng mek a ni. Chung niah te chuan ramah ṭam ka tir ang a, chaw ṭamna ni lovin, tui ṭamna ni hek lovin, Lalpa thu hriatna ṭamna zawk chu” (Amosa 8:11).

Hun hnahnunga lo thleng tur a nih avangin a thleng dik ngei tur a ni. Kan Mizoramah ngei pawh Pathian thua chawlawlna a nasa lutuk a, Pathian thu tluangtlam hi ngaiah kan nei zo tawh a, tu thinlung mah a fah zo tawh lo. Tlang deuh leh a ruh langa thusawi lah firfiak lutukah kan ngai si, kan buai nuai tawh mai. Thuthlung Hlui hunah khan Zawlnai Malakia chuan Israel sualna vawrtawp a sawi a, kum za li chung chu Pathian a ngawi ta a nih kha. Baptistu Johana a rawn au leh hma loh chuan Zawlnai hmel hmuh emaw hriat leh hmuh tur an nei tawh lo.

Amosa chu Israel rama thuchah sawi tura a kal khan Sakhaw hnarkaitu Puithiam Amazia chuan a lo kam khat a nih kha. Israel-te chu Pathian thu takah an Chiang tawh lo va, www.mizoramsynod.org

Sakhwana pawh pawn lam thuam mawi nan chauh an hmang a nih kha. Sum leh pai an um nasat lutuk avangin inkhawm chung ringawt pawh an ning hluah hluah a, sum hmuhna tur a nih phawt chuan pawisak an nei tawh lo. Chutiang nunram nei tute hnena Pathian thu aupuitute chuan dodalna an tuar nasa em em a, lawm an hlawnh ngai lo va, Sakhaw mi an tam a, thutak hmu phak tawh lo sualna pai ru reng si te an ni. Chutiang nun neituten Pathian thutak an lawm thei tawh ngai lo.

Thuhriltu lamah pawh Pathian aṭanga thuchah dawng a, Thlarau Thianghlim tirh chhuah ni lo, sum leh paiin an nun a tihlungawi, thu fahrah te te feh chhuahpui an tam ang. Chutiang thu aupuina ramah chuan tute nun mah a khawih harh lo va, Pathian thu chu sual thup nan hman a ni zo ta. Ram a lo tluk chhiat a, dik lohna a lo din chan tawh chuan, Pathian aṭanga thuchah dawngtu hmuh tur an vang tawh anga, he Mizoramah ngei pawh Pathian thua ṭamna a lo la thleng ang.

Baptistu Johana arawn au a, Heroda chuan a hriatin a khur, eng vang nge? Lal in chhungah dik lohna a lo tam a, hurna, inngaihna leh bawhlhlawhna chuan Lal in chhung a chiahpiah nuai a, sim phal lovin Heroda chuan simna thuchah kengtu Johana lu a tan a ni. Isua Krista a lo lang leh a, Pilata'n, "Thutak eng nge ni?" tia a zawh khan Isuan a sawi duh lo a nih kha. Thutak hre renga awih duh lo, lal thuthleng kalsan ngam lo, tlawm hlaute hnenah thutak hriattir a t̃ul tawh lo. Thutak kengtu ngei krawsa khenbeh turin a pe ta a nih kha.

Maichama Pathian inlar lai khan, "Lalpa chu kan Biak inah kan hnenah a la awm asin", tiin Amosa an au khum a. Israel-te hnena Lalpa a awm avanga rawn inlar a ni lo va, Maicham vaw chima, tichhe vek turin Lalpa a rawn inlar a ni zawk.

Unaute u, he Zoramah ngei pawh hian "Lalpa a awm alawm, Thlarau Thianghlamin min la chenchilh" kan tih mek lai hian Lalpa rawn inlar dan hi kan hai palhange. Kan Biak in maicham te hi an chim zo ta, fa an hring thei tawh lo. Maicham chim tawhah tamchhaw! chungin kan han au ve tak a, mi ril̃tamin ril̃tam ṽek hnenah khawia chaw nge a pek tehlul ang? Thlarau lam tamna avangin chaw tha dawng phak tawh lo kan pung tual tual a, kan hrisel thei lo a nih hi. "Gilead-ah thinghnai damdawi a awm lawm ni le? Chutah chuan tidamtu a awm na nge? Engati nge ka mite, ka fanu a hrisel theih loh?" (Jeremia 8:22).

Hawh u, tuihal leh ril̃tam apiangte u, nunna tuikhur kang ngai lo Krista hnenah i tlu lut ang u. Lalpa thu hriatnaa tamna a lo thlen mek lai hian simin Lalpa hnenah i kir ang u. Lalpan a thu malsawm rawh se. Amen

Agape chanchinbua chhuah tur Sermon / Article neite chuan Editor a biak theih reng e.
~ Editorial Board

Ser-

NU HRISEL LEH HLIM CHU CHHUNGKUA, KOHHRAN LEH RAM TAN MALSAWMNA

- R. Zomawia
I.T.I. Vengchhak

Thufingte : 31:25-28 : “A silhfen chu chakna leh ropuina a ni a, hun lo la thleng tur atan pawh a nui a. Finnain a ka a ang a. A kaah chuan ngilneihna thu a awm. An chhung khawsak dan a en tha a, dawngdahna chhang a ei lo. A fate chu an tho va, “Engthawli” an ti a; A pasal pawhin a fak a”.

Khawvela hmun nuam ber chu chhungkaw hlim hi a ni. Hlimna dik neitu chu kan Lalpa chauh hi a ni. Lalpa atanga chhuak hlimna chu chatuan daih a ni a. Khawvel hlimna, hausakna, nawmchenna te chu an ral leh mai thin. Chhungkua hmun nuam taka siamtu chu nu hrisel leh hlim tak an ni tlat. Nu thinlung a hlim chuan in chhung chu hmun nuam berah a siam thin a ni. Nu pawimawhna tam tak kan ngaithla a, ziakin kan hmu bawh a. Tun tumah hian chhungkaw nu ber chu a hrisel tur a ni a, a hlim tur a ni tih lam hawiin ‘Kristian Chhungkua Pawimawhna’ sawi kan tum dawn a ni.

Chhungkaw hlim kan sawi mek lai hian khawvela hmun hrehawm ber chu chhungkaw hlim lo tih hi a ni leh tlat. Chhungkua tinuam lotu, hremhmuna siamtu chu Nu tho hi zuk ni a! Bible-ah hian a lang tlat mai. “Hmeichhe inhau hmang tak nena in zau taka awm ai chuan, in chung chhip

kila awm a tha zawk” (Thuf 21:9). “Hmeichhe an hmang leh phunchiar nena awm ai chuan thlaler rama awm a tha zawk” (Thuf 21:19). Thuthlung Hlui huna an in sak dan kha a chung zawl a ni thin. In chung kil khata awm chu a hrehawm a, a lum a, a sa huam huam a ni. Thlaler hmun khawro, tui reng reng

awm lohna pawh hmun hrehawm tak a ni. Bible chuan nu thinchhia leh ân cheh tak mai, tawngkam na tak tak chhak chhuak reng nena chen dun ai chuan heng hmun hrehawm taka awm pawh a thlanawm zawk tiin a lo sawi a ni. In chu eng ang pawhin ropui, a chhung chu thuam tha ber ber ni mah se, a chhunga chengte rilru hrehawm reng renga awm chu in nuam a ni lo tiin a sawi a ni. Eng pawh ni se, tun tumah hian chuan nu hrisel leh hlimin a nghawngte tlem kan sawi ang.

CHHUNGKUA ENKAWLTU NU BER CHU A HRISEL TUR A NI

“Taima tak a ni a, thahrui nei tak a ni. A che reng mai. Rethei tan a thilphal a, tlachhamte a chhawmdawl thin.” (Thuf 31:17 & 20). Chhungkaw bulthut, Lalpa tih tlat, Lalpa laka fanau malsawmna ro hlu kan dawn enkawltu tak tak chu chhungkaw nu ber, a hringtu nu a ni. Lalpa rinchhana a lo than zeln tura a nungchang leh a khawhawi chet velna zawng zawng enkawla mawhphurtu

ber a ni. Nu leh pa hi Pathianin fate enkawl turin, thuneihna a pe a ni. “Ka fapa, i pa kaihhruaina ngaithla la, i nu thu zirtir che pensan hauh suh.” (Thuf 1:8). A awmzia ber chu fa lo than lian zel tur chu Pa thununna (Musal) hnuaiah a ni tur a ni a. Nu kaihhruaina (Torath) hnuaiah a lo sei lian tur a ni tiin a sawi a ni. Fa hringtu nu chuan a pawimawh ber chu fa petu Lalpa a tih tlat a ngai. Lalpa hnenah lawmthu a sawi hmasa ber tur a ni. Lei lama Lalpa aiawhtu a pasal hnenah lawmthu a sawi ang. Chhungkaw nu tak tak, mawhphurhna tam tak a kovah a inngah tak avangin Lalpa hnenah lawmthu a sawi ngei ngei tur a ni ang. A pasal, a fate, chhungkua inrelbawl danah thiam taka a enkawl theih nan Lalpa hnenah finna a dil ang a. Chhungkaw nu berin Lalpa a tih tlat a, chawimawi tura a chawimawi hmasak ber chuan engkim titheitu Lalpa chuan chhungkua enkawl turin hriselna a pe dawn a ni. A pasal leh a fate hriselna pawh a tha ang a, Lalpa duh zawng zelin an lo than chho ang.

1. Nu ber hriselna chu eng ber nge ni ta?:

Nu ber hriselna kan tih hian kan rilrua lo lang hmasa ber chu taksa hriselna hi a ni awm e. A dik lutuk a, mahse, hei aia pawimawh kan sawi hmasa ang. A indawt danin – Lalpa chuan pawn lam lan dan hriselna aiin chhung lam (Rilru leh Thlarau) hriselna hi a en hmasak ber a ni.

2. Thinlung/Rilru hriselna:

“Thil dang ber aiin i thinlung veng tha rawh, nunna lo chhuahna a ni si a.” (Thuf 4:23). Lalpan a ngaih pawimawh em em chu mihring rilru put hmang, thinlung hi a ni. Kan rilru leh ngaihtuahna hi kan nun pumpui (Thlarau, Rilru leh taksa) hriselna hnar chu a ni. Mihring piang chhuak tawh reng reng min enkawltu chu a hringtu nu a ni. Chhungkua enkawltu, mawhphurtu a ni bawk. Chhungkaw nu ber chu a rilru a hrisel a pawimawh em em si a. Rilru thianghlim tur chuan hengte hi paih bo daih a ngai a ni. Chung paih bo tur te chu – Thikna, itsikna, huatna, inthleina, tu emaw duhsak bikna rilru, chapona, duhamna, tul

lova mi rel vak vak, thinchhiatna, rilru kha tak, phuba lak let tum tlatna, mi hriatthiamna tlachham, dawhtheihna nei lo te hi a ni. Chhungkaw nu ber chuan a rilruah hengte hi a paih bo chuan a rilru a hrisel tihna a ni. Hetiang nu hi Lalpa mit hmuha nu nih tling, chhungkaw nu nih tling an ni.

Lalpa duh dana a thinlung tihrisel a, tithianghlimtu nu chu ama chakna a ni lo va, Lalpa chakna zawk a ni tih a Chiang tur a ni. Thil dang zawng zawng aiin Lalpa hnenah lawmthu a sawi tur a ni. Lalpa chu chawimawiin lo awm rawh se a ti tur a ni. Mahni finna leh thatna, tlin vang reng a ni lo. Lalpa vang vek a ni tih hretu nu chu a rilru a hrisel a ni. Lalpa engkima dah hmasatu chuan Lalpa thinlung dawhtheihna, ngaihdamna leh chhelnain a nun chu a tuam dawn a ni. Chu thinlung hriselna par chhuak chuan pa ber awm tha duh lo, kawhmawh bawl tlat, fate enkawl harsa, thuawih lo nun chu a siam tha thei, a tituiral vek thei a ni. Tlawm ve mai mai lo nun neitu, hnehtu nun chu a lo lang mai ang.

TAKSA HRISEL A NGAI

“Taima tak a ni a, tha hrui nei tak a ni. A che reng mai.” (Thuf 31:17). Bible lehlin hlui zawkah chuan, ‘Chaknain a kawng a hreng a, a bante a tichak thin’ tiin a dah thung. Nu ber chu taima tak, tha hrui nei tak a ni tih a tar lang a. Rilru hrisel ringawt pia h lamah taksa hrisel hi a pawimawh em em. Taima leh inpe zo takin chhungkaw tan, kohhran leh ram tan thlengin a thawh hlawkna (Work ethics) chu a hmuh theih a ni.

“Chaknain a kawng a hreng a, a bante a tichak thin.” tih hi hmasang Israel mite khan fual hnakin thawmhnaw an ha thin a, indo turin emaw hna an thawh dawnin an thuam fual kha la chhovin an kawngah an hreng nghet thin. In chhung nu ber hian harsatna hmachhawn tur, in chhung khura a mawhphurhna hi zo takin, phur takin a rilru a inpeih sa at mai (mental readiness). Dawngdah leh inthlahdah miah lovin, “Ka chhungkua, kohhran leh ram tan hna ka thawk tur a ni” tiin taimakna chu silhfen angin a inthuam a. Rilru hrisel tak a nei

a. A taksa a hrisel bawk a. Rilru nghet tak puin a chhungkaw tan leh kohhran tan a theihna a hlan a. Thlarauva thuama awmin Pathian duh dan ang zelin nu ber chuan a theihna a par chhuahtir a ni.

**RILRU HRISEL LO
THUNUNTU CHU
SETANA A NI**

Hrisel lo rau rauvah hian rilru hrisel lo hi thil pawl ber te zinga mi a ni ang. Pa ber, nu ber rilru hi Setana hian a thununtlat chuan Lalpa duh zawngin chhungkua a êng chhuak zo tawh ngai lo a ni. Nu ber chhungkaw enkawltu rilruin amah siamtu a theihngihl a, khawvel par mawina tlan tum reng renga a rilru a pek tlat chuan Thlarau Thianghlim chenna tlak a ni hlawl lo a ni. Khawvel hausakna leh a par mawina thliak thin mah se, nu ber rilru uapna chhungkua chu hlimna tak tak a awm lo tihna a ni. A khawvel par mawinain a inthuam a, pawnlangah mawi takin nui thin mah se, a pawn lang felna chu awm phawah hmang thin mah se, a rilru chhungril kha tak kha Lalpan a hmu reng. Lalpa chenna tlak chhungkua a ni lo a ni.

Mite hmuha mawi tum, mite hmuha lansarh tum, mite hriata a neih suma thawhlawm thawh hnem ringawt rilru zawng zawng, a theihna zawng zawnga rawngbawl na ni lovin, pawnlang chauha kohhran hmeichhiaa inrawlh tum chauh hi Lalpan a hai miah lo nia. Heng hi a ni rilru hrisel lo chu ni. Rilru hrisel lo hotupa chu Setana a ni tlat. Amahah hian thu tak eng mah a awm lo. A rilru engkim mai hi hriselna reng reng a nei lo a ni.

Rilru hrisel tak neih, rilru thianghlim neih kan sawi tawh a. Ni tina kan chet vela min tichaktu pawimawh em em chu kan taksa a hrisel hi a t̃ul tak zet a ni. Nu ber a taksa a lo hrisel loh chuan in chhungkhur hi a dul ruih mai t̃hin a ni. Nu ber a chet chhuah theih loh chuan chhungkua inenkawl na chenin a buai t̃hin a. Nu ber chu in chhung khur indona ni tina hmachhawn tu ber a ni t̃hin. Lalpa chakna hmanga ni tin fate enkawl na Lalpa thuum kengtu a ni. Lalpa ralthuam kengtu ber natna khum laizawla a tluk reng chuan chhungkua a lo ngui t̃hin a ni. Chuvangin, inchhung nu ber chu a taksa a

hrisel tur a ni a. Hriselna enkawl uluk hi a pawimawh em em, engkimah duat takin kan enkawl ang a, malsawm theitu, chakna pe theitu hnenah t̃awngt̃aiin kan thlen t̃hin ang.

BIBLE-A HMEICHHE ENTAWN TLAK, RILRU HRISEL NEITE

Rilru hrisel tak neitu, Lalpaa mi nghet leh rinawm tlat Bible-ah kan hmu nual mai. Chung zingah chuan Ruthi leh Mari-te chanchin tawi en leh zuai teh ang:

1. Rilru hrisel Ruthi: Naomi chuan, “En teh, i mopui pawh a chite leh a Pathian hnenah a hawn leh tak saw, I mopui saw zui haw ve rawh.” a ti a. Ruthi erawh chuan, “Nangmah t̃hen tur leh kirsan tur che chuan min thlem lo hram rawh; I kalna apiangah ka kal ang a, i riaha apiangah ka riak ang; I chite chu ka chite an ni ang a, i Pathian chu ka Pathian a ni ang. I thihnaah ka thi ang a, chutah chuan min phum ve mai rawh se. Nang leh kei hi thihna chauh lo chuan thil dangin min t̃hen dawn ai chuan LALPAN eng ang pawhin; a duh duhin min ti rawh se.” a ti a. (Rut 1:15-17).

Ruthi nunah hian nghehna hmuh tur a awm. Chu nghehna nun chuan a hma lam kawng thui tak, bumbauh tak tak chu chhel takin a paltlangtir a ni. A hmangaih ber a pasal awm tawh lo mah se, a pasal nu Naom-i chu a phatsan duh lo a ni. A tawp thlenga rinawm taka a zui tur thu a sawi. Hetah hian Ruthi rilru hriselzia leh a nghehzia kan hmu thei. “Hlauthawng suh aw, i thil duh chu ka tihsak vek ang che. Kan khaw mipuite hian hmeichhe fel tak i nih an hria asin” (Rut 3:11). Ruthi thinlung hrisel tak, taksa hrisel leh nung sar, rilru thianghlim pu chu a lo dawngtu a nu thinlung chu a tuiral a ni. A monu Ruthi tan chuan engkim tih a inhuam tak zet a ni. Khuaa mite zawng zawngin Ruthi chu nu fel tak a ni tih an hai lo. A felna leh a rilru thianghlim chuan mite thinlungah thu a sawi. Chhungkua mai a ni lo, khawtlang a hneh a ni.

2. Rilru hrisel Mari: Mari chuan, “Ngai teh, Lalpa bawihnu ka ni. I thu ang chuan ka chungah lo thleng rawh se.” a ti a. Vantirhkoh chuan a kalsan ta a. (Lk 1:38). Mari inhlanna thu ropui www.mizoramsynod.org

tak kan hmu a ni. A thinlung zawng zawng nen Lalpa hmaah a thu ang zela awm turin a inhlan a ni. Arilru a ngaihtuahna, amah ai chuan Lalpa chu a hmasa berah a dah. Lalpa thu ang zelin a tih hi chawimawina zawng zawng chu Lalpaah a dah tawp. Lalpaa tluk luh tawp, a thu ang zela kal hi rilru hahdamna leh hlimna a ni tih min hmuhtir. Tin, Marin, “Thinlung takin Lalpa ka chawimawi a. Min chhandamtu Pathian chungah ka lawm em em a ni” (Luka 1:46). Nu ber hlimna lo chhuahna chu pawn lam aṭanga hlimna a hmuh a ni ngawt lo. Thinlung chhungril aṭangin, Pathian a chawimawina aṭanga lo par chhuak a ni tih a chiang. Chawimawi tura chu thil dang zawng zawng aiin a ngaipawimawh hmasa ber a ni.

Ruthi chuan a nun khawvel kal zel tur, ama nawmsakna a thlir ber lo. A pasal awm tawh lo chungin a pasala nu tana a rinawmna a hlan hi a va mawi em! Ruthi tan Naom-i chuan pasal tha tak a zawnsak, chuta ṭang chuan malsawmna lo chhuak chu chi thlah malsawmna Davida kan hmu ta a ni. Lalpan Ruthi thinlung hriselna a hmu.

Taksa hriselna, hlimnate a pe a ni. Mari khan mualphona tam tak chu hnawlin a Lalpa thu ang zelin a nun a hlan tawp a nih kha. Nula thianghlim a nih lai, pasal hual a neih laiin nau a pai tlat a nih kha. Mahse, mite ngaih danah a buai lo, a pasal hualin engtin nge a ngaih ang? A chipui Juda-ten an denghlum mai ang em tihah a buai reng reng lo. Lalpa chauh a thlir, a thu ang zelin a kal a ni. Min chhendamtu Isua kan hmu ta a ni. Krismas hman tur kan lo neih phah ta a nih hi... Setana hneh theih loh nun neitu Ruthi leh Mari te hi an va entawn tlak em! Thinlung hrisel, rilru hrisel tak an nei a. Lalpan taksa hriselna a pe. Lungngaihna, mualphona ten an hneh lo. Chhungkaw nu nih an va tlin em!!

KHAIKHAWMNA

1. Thinlung, rilru hriselna chu Lalpa atangin: Nu ber chu chhungkaw Lalnu a ni. A pasal leh a fate Lalpa ram thleng tura enkawl tur chuan thinlung, rilru a hrisel a ngai. Hei hi Lalpa atang chauhin a neih theih a ni. Chu chuan Kristian chhungkua dik tak a chawi nung ang.

2. Chhungkaw nu ber chu hnehtu a ni tur a ni: Nu ber chu a mawhpurhnaah a Chiang tur a ni. A hna hi khawvel lal ropuiten an pek a ni lo. Nu hna hi Pathian pek a ni. Lalpan hna a pek hi ram rorelna, office hna thawh, contract hna ang mai mai a ni lo. Mihring nun hlu lutuk enkawl a ni daih asin. Fate nun kawng Lalpa hnen thleng tura chawi len, enkawl a ni. A hluina va ropui em!! Setana'n enkawl a rawn tum ve ngawt ang. Nu ber chu Lalpa thiltihtheihnaa thuamin hnehtu nun a nei tur a ni. Thlarau Thianghlina thuam a nih chuan, thinlung hrisel - ngaihdamna, dawhtheihna leh chhelna nen Lalpa pek fanau enkawl chu tha takin a hlen ang.

Lalpa chawimawi hmasak nun hlantu nu hnenah chuan hriselna tha a pe ngei ngei ang. Nu hriselna chu a fate tan a ni ang a, a chhungkaw tan, kohhran tan, ram tan malsawmna a lo ni dawn a ni. Nu hriselna, hlimna chuan chhungkaw tan, kohhran tan, ram tan malsawmna a lo ni dawn a ni.

Article**HEBRAI NAU CHHAR MITE KHA****(Exo. 1: 15-21)*****“Nimahsela, nau chhar mite chuan Pathian an ñih a...”***

*- Vanlalhriatpuii
Venghlui, Aizawl*

Bible-a Israel fate chanchin ngaihnaawm tak chhiara, rilru la peng hmasatu pakhat chu heng Hebrai nau chhar mite hnathawh hi a ni awm a. Vawiin ni thlenga lal ropui leh thiltitheh nia la sawi Aigupta lal - rapthlak leh lalna duh em em thupek zawm lo ngam khawpa huaisente hi keini ringtute tan hian an chanchin kan sawi fo pawh hi thil ñul tak niin a hriat a. Lalna leh thuneihna te, sanna leh thuneihna mai bakah hmingthan duhna ten min hual vel meknaah te hian, heng hmeichhe pahnihten Pathian an ñihna avanga an thiltih hi han chhui nawn ve leh hrim hrim ila a ñha awm e.

Tute nge an nih chiah le? Kan Bible chuan, Hebrai tiin a dah a, kan pawm mai a. Chutih rual chuan zir chianna lamah erawh chuan Aigupta mi nge Israel mi an nih tiin zawhna a awm thung, a chhanna fel fai tak erawh hmuh thiam a har hle. Ngaih dan tlanglawn berah chuan Aigupta mi an nih loh vek pawhin a chheh vel hnam eng emaw nih rin an ni. Eng pawh chu lo ni se, Hebrai nau chhar

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mite (Siphraii leh Puaii) tiin kan ring leh phawt dawn a ni. Heng nau chhar tute hi hun rei tak nau chhar hna lo thawk tawhin, nau chhar hotu nia sawi an ni bawh. Pharaoa khan hmaichhan ngeiah thupek hi a pe ang nge, a thupek hi hrilh chhawn an ni ang tih pawh rilruah awm a, thupek an zawm loh erawh kha chuan Pharaoa hi chu an hmachhawn ngei tih erawh zir mite chuan an sawi thung.

Pharaoa hmaa an din a, zawhna an chhan khan – dawt an sawi ta mai emaw tih pawh a awl hle a. Mahse chang 15-naa kan hmuh angin ‘Pathian an ñih a’ tih lai hian thil tam tak a sawi ta a. Thufingte (1:7;9:10) ah chuan ‘Lalpa ñih hi finna bul a ni’ tih a nih ang hian, heng hmeichhe pahnihte hian Pathian an ñihna avang hian finnaa thuam an lo ni ta a.

Dawt sawi lovin thil nihna dik tak chu Pharaoa hmaah chuan huaisen takin an sawi zawk a. Hetah hian Bible-in a sawi ang leh zir mite pawhin an tar lan chu Israel nu hote hi nau neih sam/awl tak an ni a, nau chhar an thlen hmain an mahniin an lo inbuaipui hman mai ñhin a. Aigupta mite erawh buaipui ngai leh nau chhartu mamawh tak an ni thung an ti a. Eng pawh chu ni se, Pathian mite chhanhim dan chu an zawng ve hle a nih chu a rinawm a ni. Heng Hebrai nau chhar mi pahnih te hi mi tlawm te an ni a, an chhungkua, fate emaw

chanchin sawi a awm lem lo a, chang 21 naah Pathian an ñih avang hian Pathianin malsawmin chhungkaw neiin a siam thu kan hmu a. Pathian an ñihna lai hi a ropui em em a, hei hian an hna leh nunah a kaihruai hle tih pawh a hriat bawh.

An hnaah khan an Chiang a, nau chhartu chuan nautein khawvela nunna a rawn neihna tura lo puitu an nih ang ngeiin; nunna hlutzia an hmu a, an hre Chiang bawh a, nunna petu chu Pathian a ni tih pawh an hre Chiang viau a ni ngei ang. An hna rinawm taka an lo thawh vena chu Pathianin hriain heng mi pahnihte hi a hmang ta a. Sual do let thei turin an hnathawh chu hmanraw pawimawh tak a lo ni ta ni. An nunna chan huamin Pathian tan an ding ta zawk a. Pharaoa thu kha lo awih ta se, khang hun laia chawimawina leh hausakna te kha pek niin, an ropui viau mai thei. Mahse Pathian hnathawh ropui lo lanna tura an tlawmna leh finna hi keini ringtute tan a lo ni ta zawk a.

Pathian hman leh mi tângkai ni tur hian mi tlawm leh nun tlawm tak nih te hi a ngai fo a ni ngei ang le. ‘Lalpa tih hi finna bul a ni’ tih angin, an tlawmnaah khan finna hnathawh kan lo hmuh phah ta bawk a ni.

Hebrai nau chhar mite kha - hmeichhia – a hun lai ngaihtuah pawha thil-tihtheihna ropui tak nei lem lo, mi lian ni a hriat ni lem lo

te kha. Lapan an hun leh dinhmun a zir khan a hmang tângkai a. An phak tawh hnathawh ngei pawh chuang bang awm lo tih hriat takin Pathianin a hun takah a hmang ta a. Heng Hebrai nau chhar mite chanchin hian Pathian thu hi a nung a ni tih min hriat thartir leh se la. Pathian hnathawh ropui lanna atan hmeichhiate pawh hi kan pawimawh a ni tih min hriattir leh bawk se.



TLAKNA LEILUNG

Nimahsela, ni a lo tlângsân deuhvin em vuaiin a lo awm a, zung a neih loh avângin a râwp ta mai a. A then hnimhlingnei zingah a tla a, hnim chu a lo to sâng a, a dip ral ta a. A then lei thaah a tla a, thenkhat a leh za te, thenkhat a leh sawmruk te, thenkhat a leh sawmthumtein a lo rah ta a. Mt13:6-8

Thlai chi kan tuh a, lei a that chuan thlai a lo duah hluah mai a. A leilung a that loh chuan thlai chu to mah se, fere te te rah chhuah mumal thei lote a ni thin. Buh chi thehtu buh chi theh kawng dunga tlate hre rengin hnimhlingnei zinga tla Lei thaah thehtu ang nih i tum theuh ang u.

Pathian thu hlu tak hi eng leilungah nge kan tlaktir? beng kan hriat hi beng lehlamah kan chhuahtir mai em? Harsatna leh Khawvêl lungkhamna, sum leh paiten Pathian thu a dip ral em? Sande Sikul, biak in leh chhung inkhawma a thu kan ngaihthlakte hi kan thinlungah tlaktir ila; kan nunah a lo lang chhuak ang a, a let tam taka pungin rah ang.

Article**KAN RALDO I BEI ZELANG**

- Dr. Lalchhanhima Ralte
Synod Hospital, Durtlang

‘Ruihtheih thil a lo ti ve thin a ni tih kan hriat chiah khan, ka tliak hnawp’ – nutling pakhatin a tunu, la naupang ve takin, ruihtheih thil a ti tih a hriat chhuaha a awm dan ama sawi a ni a. A sawi zel dan chuan, a zan mut te a buai a, a zunthlum te a san phahin a sawi bawk. Tu leh fa te zu/drugs tih nasat avang hian nu leh pa, a bik takin nu te a nghawng nasa bik hle. Mi hrisel kan tih chuan, taksaa natna awm lo emaw taksaa damlohna nei lo te an ni thin a. Mahse WHO (World Health Organization) chuan mi hriselte a tih erawh chu taksa mai ni lo, rilru lama natna/damlohna/harsatna nei lote bakah mi dang/chenpui/khawtlangte nena inlaichinna tha neite a ti tel bawk. Kan tu leh fa te zu/drugs-a an damlohna hian kan hriselna a nghawng thei hle – taksa, rilru leh mi dangte nena kan inlaichinna, khawsak hona thlengin.

1. Tleirawlten drugs an tihna chhan tlangpui: Drugs hmansual hi chhan hrang hrang vang a ni thin a. Ruihtheih thil ti mekte atanga a lan dan chuan, drugs an khawih hmain, kum 14/15 chhoah meizial an zuk hmasak loh leh zu inin bul an tan tlangpui. Thian kawmtan an zir loh avang te leh mi mal nuna harsatna avang te a ni bawk.
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Harvard University-a thluak lam bik zirmitte chuan tleirawl hun lai hi thluak puitlin hma - hma lam thlir thiamna, chik zawka thil ngaihtuah thiamna, leh kan duhthlanna uluk zawka kan siam thiam hma a ti a. Chungte avang chuan an nakin nun a nghawng thei a ni tih ngaihtuah chian tawh thiam loh avang te leh duh hun huna sim

mai thei tura in ngaihna avang tein tleirawlte hian ruihtheih thil an ti tan thin niin a lang. Chutihlaiin, a ngawlveinaa luh tawh chuan, reh mai mai thei a ni tawh si lo.

Tleirawl zinga drugs tihna chance tisang theite:

- Chhungkuua nu emaw pa emaw zu/drugs ti thin an awmin.
- Naupan laia rilru pikna/chiaina nasa tak nena seilian an nihin - entir nan nu leh pa inthen kara seilian te, pain nu kutthlak thinna chhungkuua seilian, physical/sexual abuse naupan laia lo kaltlangte zingah.
- Thian kawm fuh loh avang leh tih chhin ve hrim hrim chakna avangin.
- Rilru lam damlohna, entiman depression, anxiety etc nei an nihin.
- Chenna veng/khuain a zir lohin
- a zuar/a ti mek an tam lutukin

2. Tleirawlte nena drugs chungchang sawi ho dan tur:

Tleirawl te hian zu leh drugs chungchang hriat chian duh tam tak, sawi ngam si loh an nei thei a. Inhawng tak leh mi dang mitmei ven ngai lova an sawi theih a pawimawh a. An zawh tur awm ang chhanna lo inrin/
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inzir lawk te a tha a. Thinrim laia sawi ho te, an ruih lai taka sawipuiin awmzia a nei lo bawk. A hnuaia point hmang te hian sawiho theih ni se:

***An ngaih dan zawh thiam.**

Nu leh pain kan duh zawng leh tha kan tih dan zawm tura hrilh nghal chiam lovin, an ngaih dan te, an hriatthiam dan te ngaihchan thiam hmasak phawt a tha. An rin ngam leh an rilrua awm te an sawi ngamna nih a pawimawh.

***Drugs leh a nghawng.** In sawi thaih aiin drugs hmansual that lohna, a nihna anga sawi ni se. Tleirawlte ngaih pawimawh entiman – lehkha zir, pawn lam lan dan, hriselna etc, chung te chu ruihtheih thil tihin a nghawng theih dan te. Tih loh tur, a tha lo ti tawp lo deuhin.

***Drugs leh social media.**

Instagram, Tik Tok, YouTube-a music video leh film tam takte hian a mawi zawng leh tleirawlte it tur zawngin ruihtheih thil an ti lang thin a. Chung atang chuan eng nge an lo hmuh thin sawitir/sawi hona te neihpuia, an ngaih dan hriat tum.

***Drugs leh peer pressure.**

Thianten zu/drugs ti tura an sawm

hun te, a thlawna pek an tum hun a lo thlen pawha “AIH” tih tlat pawimawhna te. Vawi khat tihin a dawt zel a hrin theih dan te. Ruihhlo ti lo tura dinna nghet tak neih a t̄ulzia sawipui ni se.

3. Tleirawlte engtia an awmin nge zu/drugs an tiha rinhlelh theih dan tur:

A ti tawhte enkawl hi thil hautak tak, a tam zawkah phei chuan hmasawnna hmuh tur tlem, beisei leh duh dan ang taka sim zawm hi an tam lo hle. Chuvangin a invenna lam, a la ti chhin lo ten an tih ve miah lohna tur lam hi tu pawhin hma kan lo lak ve theihna a ni a. Kan tu leh fate awm dan chik peih a ngai a, ruihhlo tih hi a tir lama hriat hma a niha, hma lak vat chuan thui takin awmzia a nei thei. A hnuaia zia leh awm dan te hian a tam zawkah chuan ruihhlo eng emaw ni ber an lo ti tan a ni ve thei tiin mi thiamten an sawi :

- T̄hian, ei leh in hun bi, mut hun thawklehkhata thlak thut te.

- Pawn lam lan dan pawimawh tih loh thutna te.

- Zirna lama tluan lohna te a lo awmin.

- Nuam an tih ve t̄hin te nuam
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tihnepna te.

- Uluk lo taka duhthlanna siam fo leh d̄awn t̄awi taka khawsak.

- Dan bawhchhiat fo, mahni a tlat hran/chhungkaw thil a inthlahrunna.

- Damdawi kawr/bottle, damlohna nei si lo a, hmuh tur a lo awm t̄hinin.

4. Tleirawl/t̄halai zinga ruihtheih thil ti nia rinhlelhthe zinga hma lak theih dan kawng:

Rin loh leh beisei loh dan deuha thil a lo awm hian inhauh vak mai te hi a chakawm t̄hin a. Phone call-a ka dawn tam ber pawh “Hei a lo ti leh tawh, lo hau hrep teh” tih hi a ni awm e. Mahse inhauh chiam hi a hau tute inhrikthlakna a ni deuh mai a, kan hauha te, danglam se kan tiha te rilru/thinlung chhungrilah chuan a thawk vak lo an ti. A hnuaia mi ang hian hma la ta ila:

- Ruihtheih thil chungchang sawipui:

Tih chhin zeuh zeuh hian ngawlveina a thlen thei a ni tih hre reng chungin, hemi chungchang sawipui hma tluk a awm lo a. Drugs tih hian Heroin/ No.4 inchiu chiah hi a ni lo a, a mum leh a tui te pawh hi drugs

an ni ve vek a ni tih inhriattir te. Ho tea an ngaih – a mum leh khuh damdawi, Ganja/trip te hian a aia nasaah a luh chhohtir theih a ni tih te, kawm tam te, heng lam sawipui tam te a pawimawh.

- Engkim tlang taka sawi theihna boruak siam: Inhauh leh inzilh tawp ni lo deuha, aw ki sang lo a, an mahni ngaithla paha tlang taka thil sawi theih a pawimawh. Rinhlelhna chhan te sawia, thil a pawi thui i hlahu avang a ni tih hriattir hma a tangkai thei bawk. Engkim tlang taka sawi ho theih hi thil pawimawh tak a nih rualin nu leh paten fate an naupan lai atanga kawmngaih leh awm ho tam a tul takzet. Tleirawl/thalai nih hnua kawmngaih leh tum chu a harsa thei hle tawh thin a, thil sawi ho a harsa tawh.

- Mi mal haw lo a, a ngawlveina lai zawk huat: Ruihtheih thil tite mi sual ber anga va ngaih loh, mi mal taka va haw lova an ngawlveina zawk huat. Beisei loh dan deuha, rinhlelh ngaia an awm hian thinrimna leh rilru nat vangin www.mizoramsynod.org

a mi mal huat viau mai te hi a awm thei a. A harsa thin viau mai. Mahse hei hian ‘communication gap’ a siam thei. Chu chuan inbiak loh zelna a thlen theih avangin, fimkhur a ngai hle. -

- Mi thiamte rawn: Doctor, Counsellor leh Therapists hetiang lam thiam bik rawn ni thei se.

5. Tleirawl zinga drugs tih pawi theih dan: Tleirawl leh thalai ruihtheih thil avanga kan lo enkawl te chuan pawi an tih chu an rualpui te phak tak lohna te, chhungkuaa hlim lohna a thlen mek te leh thlarau nun a khawih chhiat tak thu te hi an sawi fo thin. Chubakah a hnuaia mi ang hian, ruihhloin nghawng tha lo a ngah hle:

-Lehkha zir a nghawng. Thil hriatreng theihna a tibuai a, attendance te a chhiat bakah zirlaiah tui lohna a siam a. Chu chuan nasa takin zirna lamah a tibahlah thei.

- Thuthlukna siam a tibuai. Fim taka thil ngaihtuah theihna a tibuai a, rilru fim laia tih duh

loh tur tam tak tih avangin mi mal leh mi dangte nena inlaichinna a nghawng thei.

- Mipat Hmeichhiatna. Ruih avangin fimkhur lo taka sex hman a tiawlsam a. Chu chuan tum lawkna awm lo va naupai te, STI leh HIV kai thlengin harsatna a thlen thei.

- Rilru lam. Depression leh anxiety nei sa tan buaina a tibelhchhah thei a. La nei lo tan neih theihna chance a titam bawk.

- Lirtheih khalh chungchang. Rui chung a lirthei khalh avangin mahni tan a him loh theih mai bakah mi dangte tan chhiatna thlent u a ni thei.

- Damdawi ngawlveina. Drugs inchiu chi ngat phei hi chu tih chhin emaw a ngawlvei inring lo te pawhin an tum loh deuhin a ngawl an vei thin.

6. Drugs leh taksa hriselna:

Drugs ti chhin emaw ti zeuh zeuh thinte zingah ngawlveina bakah taksa leh rilru hriselna thlengin harsatna a thlen thin a. Drugs

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hman lar zual te leh harsatna hrang hrang an ken tel theihthe chu:

- Marijuana/Weed/Trip – Thil hriatreng theihna te, thil thar zir thiam theihna te, chik zawka ngaihtuahna hman theihna te a tibuai thei. Tih tawh loh hnu/kum tam tak hnuah pawh rilru lam buaina – schizophrenia te leh paranoia te an nei leh thei.

Opioids – Thaw hah leh chuap lam chak lohna a siam thei a, ‘overdose’ in a thih theih.

Inhalants – Lung, chuap, thin leh kal a tichhe thei.

Methamphetamine – Rilru lam a khawih buai thei hle.

Ecstasy – Thin leh lung tha lo a siam thei.

Cocaine – Lungphu chawl te, thluaka thisen zam chat te leh kaih te a siam thei.

7. Tleirawltlen drugs an tih lohna tura hma lak theih dan:

Khawchhak lam atanga ruihtheih thil tawh luh a ni a, veng tinah a zuar/a ti mek thahnem tak an awm reng bawk a. Heti lama hma la turte hian chak tak leh awmze nei taka hma an lak a ngai a. Chhungkaw tin kan

pawimawh theuh bawk. Kan kuta awm, danglamna kan lo siam theihah te hian nasa taka kan lo òan a ngai. Fate hriatchian, fate tan hun ka hmang tam em, fate nen kan inpawh em? Damlo pakhat chuan ti hian a sawi a “Ka pa chu kohhrana inhmang tak a ni a, chhung inkhawmna pawh kan nei òa, mahse rilrua inpawhna tak kan nei lo” a ti. Chhungkaw lama kan lo òan ve theih dan tur te han sawi ho leh ila:

*An òhian kawm te hriat chian tum, eng nge an tih òin, ni tin an hun hman dan tlangpui hriat. An òhian kawmtan ruihtheih thil an tih chuan tih vena chance a sang tih a ni.

*Tleirawlte nun khalh ngil thei tur chhungkaw inrelbawl dan mumal tak neih te, chhungkuua thil sawi ho òin te a pawimawh. An mahnna beiseina kan neih te chiang taka an hriat a ngai (len haw hun, lehkha zir hun, motor ken chhuah phal ni, inchhunga mawhpurhna etc).

*Nu emaw pa emaw zawk zawk ruihtheih thil ti òin an ni chuan, an fate tan tih ve theihna chance a san avangin, fimkhur hle a ngai.

*Tleirawlte hmuh theihin damdawi dahna fimkhur a pawimawh – mutna damdawi, khuh damdawi tui ruihtheih ang chi te hi.

*Inkawmngaih/thil sawi ho theih a pawimawh. Inkungkaihna a òat chuan, an rilrua an vei zawng te, an harsatna te an sawi chhuak thei ang a. Chu chuan an ipikna leh rilru tawtna a tiziaawm thei a, ruihtheih thil tihna tur lakah a veng thei.

Taksa leh rilru òan hun vanglai tak a nih avangin, rilru nona deuh te an nei thei a. Chumi hre reng chuan an òatna lai te, an fel vena lai te fak thiam a òa. An chak lohna leh fel lohna lai chauh an hriat reng khan, an rilru a òa lo zawngin a kaihruai thei.

Mahni chàkna hnehtu chu hmelma hnehtu aiin a huaisen zawk.

~ Aristotle

Article

HETI ZAWK HIAN LE (KANGAIH DAN VE MAI MAI)

*- Dr. Lalmuankima
Aizawl Theological College*

Kan tunlai khawvela pawimawh tak leh mihring kan intehna ber nia lang pakhat chu kan hlawhtlin leh hlawhchham inkar hi ti ila kan sawisual tam awm lo ve. Mizorama Chanchin Ṭha a lo luh hmaa Mizo khawtlang nunah chuan mi taima, kham khawp thar te chu mi hlawhtling an ni mai a, an tum ber chu thenawm khawveng te puih ngai lova mahni kut kea din theih kha a ni thin. Amaherawhchu, Kristianna a lo luh atanging zirna kan hmelhriat a, chu zirna chuan thiamna min pein kan la hmelhriat ngai loh sawrkar hna ṭha leh sang tak tak, Mizoram mai ni lo, India ram hmun hrang hrang leh khawvel hmun hrang hrang thlengin hna hmuh theihna tur min kawhmmuh a. Chutianga a nih takah chuan mi hlawhtling tia kan sawi thinte leh kan tehna te pawh a danglam ta viau mai.

Mi hlawhtling kan tehna bera lang chu hna sang tak thawk te (Civil Service, Officer, Central Service etc.), sumdawanna hmanga hausa takte (Entrepreneur) leh kawng hrang hranga (professional line leh a dangte) mi chung a lengte hi a ni ti ila a sual tampui lo vang. He tehna fawng hi a huam chin a zimin, mi tlêmtê chauh an leng a. Chuvang chuan he tehna fung a leng ve lote chu mi hlawhtling tih kan sawina huangah telh kan www.mizoramsynod.org

ni ngai lo rêng a ni. Amaherawhchu, hlawhtlinna kan tih hian hna sang tak chelh, sum tam tak hai lut leh mi chung a lengte chauh a huam a nih chuan kei chuan mi hlawhtlingte ti bik lovin, mi ‘vannei bikte’ tih a âwm zawkin ka hria! (Mi na zawng nih theih loh an ni bik miau a)

1. HLAWHTLINNA CHU ENG NGE?

Oxford Dictionary-in a sawifiah danin hlawhtling kan tih

awmzia chu ‘the accomplishment of an aim or purpose,’ tiin a dah a. Chumi awmzia chu ‘nih tur ang ni/hlen emaw, an koa tla hlen-te tihna a ni.’ Chutiang a nih si chuan hna sang tak thawk/chelh te, sawrkar mi pawimawh ni phak te, mi hausa tak takte chauh hi mi hlawhtling an ni tihna a ni bik lo a. Mi tu pawh, a thiamna (qualification/ability) a thawk tu in nuam ti taka a thawh a, a mamawh phuhruk nana hmang thei a nih phawt chuan hlawhtling tia sawi theih a ni. Hlawhchham nia kan inngaih lai hian hlawhtling huangah kan lo tel ve thei reng mai a! Kan thiamna mil tawk te, kan lo thawh/nih chak thin em em (mi dange tana hna hnuaiahnung zawk anga lang pawh ni se) kan thawh te, chumi hmanga kan ni tin mamawh kan phuhru thei a nih phawt chuan, mi hlawhchham ni lovin, mi hlawhtling, mahni tawka kan nih theih/phak ang ni kan lo ni ta.

2. SAWIZAU ZEL A NGAI (APHURAWM RIAU)

Hlawhtling awmzia leh nihna kan sawi tawh a, han chhui zau ta zel ila! Civil/Central ser-
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vice-ah hian Mizo Ṭhalai zawng zawngte luh tum ta ila, thil Chiang tak chu a theih loh tih hi. Sports lama professional line-ah lut vek dawn ta ila, hei pawh a theih chuang loh. Chutiang zelin sumdawnnaa hlawhtling ni vek dawn ta ila, kan sumdawng suau suau ang a, a buaithlak ve reuh ngawt ang! Chuta lang Chiang ta chu, mi zawng zawng hian sawrkar hna kan thawk vek thei lo va, kan sumdawng vek thei lo a, Officer (Central Service/ Civil Service etc.) kan nih vek thei lo a, hna hrang hrang, a sang aṭanga a hniam tia kan sawi te hi a awm vek a ngai, chu chuan hna hrang hrang a hniam aṭanga a sang zawka kan ngaihte an inmamawh (interrelate) tawnzia a tilang Chiang viau awm e. Chutiang a nih avang chuan hlawhtling kan tehna huam zim zawk (exclusive) hian a huam zau theih ngai dawn loh avangin, hlawhtling tehna huam zau zawk (inclusive) aṭanga thlir thiam a pawimawh ta khawp mai.

Hna hniam leh hnufuala kan ngaih tam tak te hi chhungkaw chawm nan leh mahni mamawh phuhruk nan

hman a nih chuan mi hlawhtling, an phak tawka hlawtling an ni a, tuna kan hnathawh ang ang te (nakina kan la thawh tur te pawh a ni ang) rim tak leh taima taka kan thawh a, kan mamawh tawk (kan duh zawng zawng ni lo) a intunnunna atan kan hmang thei a nih phawt chuan mi hlawhtling kan tihte huangah kan tel ve tlat!

3. TLANGKAWMNA

He thlirna hi hrethiam thei tur chuan nu leh pa kan pawimawh khawp mai. Kan fate tuina lam te, an thiamnain a tlin tawka zirna lam kalpui thiam te, an mahni mize mila hlawhtlinna (he thuziaka hlawhtlinnain a sawi) kawng an pan theihna tura an rilru kaihhruai thiam a pawimawh khawp mai. Nu leh pa tam zawk hian kan fate hi hna sang tak thawk/chelh turin kan duh vek a, a awm lutuk, tu nge mahni fate chutiang dinhmun thleng tura duh lo vang! Amaherawhchu, kan fate hi kan nawr nasa (pressure) lutuk anga, an mahniah beidawna kan thlen ang tih a hlauhawm thei tlat. Chuvang chuan he thuziaka hlawhtlinnain a sawi tum hi www.mizoramsynod.org

ngaihtuah chian a pawimawh viauin ka hria.

Mi an phak tawk thawkte hlawhtling tia kan sawi avang hian ‘mi vannei bikte’ tia ka sawi hmuh hniamna leh t̃ul tih lohna lam kawc lovin hlawhtling t̃awngkam hian a huam zau si zia sawina zawk a ni a. Mi tin mai hi taima tak leh t̃hahnemngai taka kan thawh t̃heuh chuan hlawhtling tia sawi theih kan ni vek zawk a lo ni a. Eng hna pawh thawk ila, rinawm tak leh taima taka kan thawh chuan hna zahawm a lo ni mai a, hna sang tak anga kan hmuh t̃hin te pawh zawmthaw leh eirukna hmanga thawh a nih chuan hna zahawm a ni chuang lo. ‘Mi hlawhtling ni tur chuan mi fate nih a ngai’ tia kan sawi fo t̃hin khan keimahni t̃heuh min huam a lo ni. Chuvang chuan, mi hlawhtling ni tur chuan mi fate nih a ngai ni tawh lovin, keimahni t̃heuh hi mi hlawhtling tia sawi theih vek kan ni ve a ni tih i hre thar leh ang u. Ngun takin han ngaihtuah ve la, hma kan sawn t̃heuh theih nan hlawhtlinna tih awmzia hrilhfiahna hi HETI ZAWK HIAN LE.

Article

NEICCWA CHANCHIN TAWI

-Lalthansangi Tochhawng

Asst. Secretary

Central Kohhran Hmeichhia

Ex - Committee Member, NEICCWA

NEICCWA tih hi a lampum chu North East India Christian Council Women Assembly tih a ni a, a awmzia chu India Hmarchhak Kristian Kohhran hrang hrangte inzawmkhawm pawl a ni a, Kristian Pawl hrang hrangten lungruual takin rawngbawlna kawng hrang hrangah ke kan pen ho a ni.

NEICC hnuaiah hian NECCWA (Hmeichhe Pawl) leh NECCYA (Thalai Pawl) an awm a, Inkhawmpui (Biennial Assembly) ah pawh kan in palai tawn thin a ni. Kum khat danah Inkhawmpui hi neih thin a ni bawk. NEICCWA-ah hian unit 37 kan awm mek a, Mizoram Synod hi chung zinga unit pakhat chu kan ni ve a ni.

He pawl hian thil tum 4 (aims and objectives) a nei a, chungte chu-

1. NEICC (North East India Christian Council) huam chhunga Hmeichhe pawlte zingah Lal Isua thu hriattir/puanchhuah.

2. NEICC Kristian Hmeichhia
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zawng zawng inpumkhatna tha siam.

3. Thil dik lo/tha lo, dona kawnga tan rualna tha tak siam khawtlang nunah, sakhaw thilah te, politics lama thil dik lo emaw tha lo awmte do a, lungruual taka tan ho. A bik takin Hmeichhiate harsatna ngaihtuah leh chinfel hi a ngaipawimawh zual a ni.

4. Training, Seminar, Workshop leh Conference hmanga Hmeichhe hruaitu tha chher chhuah tih te a ni.

Hmalaknate : NEICCWA hian hmalakna kawng hrang hrang a nei thin a, chung zinga langsar zualte han tar lang ila-

1) Kum 2018-ah khan

Hmeichhe Hostel a din a, tuna Hostel awmna hmun hi Nongrimbah, Laitumkhrachah a ni. He Hostel-in a tum ber chu - Zirlai te man tlawm zawka zirna tha pek leh man man zawka awmna tur siamsak te, puih an ngaihna apianga puih te a ni. NEICCWA Secretary hi warden ni nghalin a chenchih a, tha leh zung nasa taka sengin a thawk rim thin hle a, Hostel pawhin hma te sawn ve zelin, tluang tak leh tha takin a la kal tluang ve zel a ni. Hostel-ah hian Room 15 awmin, zirlaiten an luah khat ve reng baw. He Hostel-a zirlai awm tawh zawng zawngte hian hlawhtling takin Grade tha tak neih an zir chhuak ve zel a, a lawmawm hle a ni.

2) Inter- unit visit neih thin a ni a, unit hrang hrangte intlawh tawnin programme hlawhtling tak neih thin a ni a, he intlawh tawnna neih thin atang hian chakna thar min siamsak a, Unit tinte tan intihchak tawnna tha tak a ni. Mizoram Unit pawh hian Unit dangte tlawhin, unit dangten minrawn tlawh ve thin baw.

3) Kum 2025 khan Unit zawng zawngten mahni hmun theuhah

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thing phun a ni a, Mizoram Unit hian thing sing chuang lai kan phun thei a, a lawmawm hle a ni. Hetianga thing phun beihpui thlak a nihna chhan chu kan ram lum zel tur ven nan leh boruak tha siam nan a ni.

4) Thupui pawimawh tak tak hmangin seminar leh workshop te buatsaih thin a ni a, hei hian hmeichhiate tan hmasawmna kawng hrang hrangin a thlen a ni.

5) Manipur relief fund cheng nuaih 7,00,000/- hlan a ni.

6) Chi leh chi, hnam leh hnam anga buaina leh harsatna lo thleng a awm changin hmalak thin a ni baw.

7) Kum tinin NEICCWA Day of Prayer hman thin a ni a, Tawngtai thupui hrang hrang hmanga tawngtai thin a ni.

Sum hmuhna tlangpui - Unit tin atanga Annual Contribution atang te, Day of Prayer puala thawhlawm lak khawm leh Donation atang tein a ni. Kristian Kohhran hrang hrangte lungruul taka Lalpalam zauna atana ke kan pen ho zel theih nan i tawngtai zel ang u.

Hriselna

INFLUENZA (flu)

- Dr. Vanlaldini

MBBS, DCH

Synod Hospital, Durtlang

Influenza natna hi keini Mizote zingah a mikhual lem lo. Kum 1918-a Spanish flu khawvel puma a len pawh khan Mizoramah pawh mi tam tak an thi ve a ni. Influenza (flu) chu natna hrik - Influenza virus in a thlen a ni a, a natna thlentu natna hrik hriat chhuah a nih hnu kum 100 velah he natna aṭanga invenna vaccine siam chhuah a lo ni ve leh ta a. Mi thiamten a damdawi bik an hmuhchhuah tak hnuah phei chuan tlang hrileng ang chauhva ngaih a lo ni ta a ni.

Kan ramah chuan fur hun lai June thla aṭanga September thla hi Influenza hri len hun a ni. Influenza virus hi chi 4, Influenza A virus, Influenza B virus, Influenza C virus leh Influenza virus D te an ni a. Influenza A leh B te hian mihringah thawk leh chuap lama natna leh harsatna a thlen thei a, Influenza virus D hi chuan mihring ran vulhah te natna an thlen ṭhin.

1. A natna inkaichhawn dan: Influenza hi natna
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inkaichhawn awlsam tak boruak aṭanga inkaichhawn a ni ber a, mihring leh mihringin an inkaichhawng ṭhin a ni. Hnar leh hrawkah te natna hrik hian bu an khuar ber ṭhin. Influenza natna veiten an hnar leh ka an khawihin natna hrik kha an kutah a lo kai a, an thil khawih apiangah an tidarh a, mi dangin an lo kai chhawng ṭhin. Khuh emaw hahchhiau hian mihring hnar leh ka aṭangin natna hrik tam tak boruakah lengin mi dangin a lo kai ta ṭhin a ni. Naupangin

an infiam laiin an hnar, ka leh mit te an khawih fo thin avangin natna hrik an inkai darh awlsam em em a, a thehdarhtu lian ber an ni baw k a ni.

2. Anatna lan chhuah dan:

Influenza kai zinga zaa sawmthum (30%) hi chuan taksaah harsatna an nei lo a, a virus azirin mihringah a lan chhuah dan a inang lo thei. Khawsik, lu na, khuh ro, chau, taksa sil, hnar ping/hnap tui, hrawk thip, pum na, luak leh kawthalo (Influenza A bikah) tein a lang chhuak thin. Influenza avanga khawsik hi ni 2 atanga ni 4 chhung awm thei a ni a, khuh hi kar 2 thleng a awm thei a ni. Influenza hian hritlang awm na pangngai a thlen theih bakah Bronchiolitis (thawkna dawt te infection) leh Pneumonia (chuap infection) te a thlen thei a ni.

Naupang kum 5 hnuai

lamin influenza hi an kai awlsam em em a. Naupang kum 2 hnuai lam te hi an taksa natna lo do let theihna (immunity) a la puitlin taw k loh leh chak taw k loh avangin an kai awlsam a, an tuar na thin baw k a ni.

3. Invenna: Influenza hi vaccine lakin a inven theih a, naupang thla 6 chung lamin kum tin kum 5 an tlin thleng lak tur a ni. Influenza avanga complication nei thei natna benvawn neite chuan kum 5 hnuah pawh lak a tha. Influenza laka inven dan pawimawh tak chu he natna a len hun laia kut silfai that leh mask hman te an ni. Antiviral damdawia enkawl theih a ni a, chhan hriat lohva naupang khawsik te, an khuh leh an thaw a lo rang a nih chuan entir vat tur a ni. In lama kan lo inenkawl ve theih dan tur te chu hahdam taka awm leh tuiril lam in tam te an ni.

Mahni thuneihna hnuai a indah thei mi chu thuneihna sang ber neitu a ni.

~ Seneca

Hruaitute Chanchin**LALROKIMI**

Pi Lalrokimi hi Pu Leisanga (L) leh Pi Chalchhungi (L) te fa pakua zinga naupang lam a 3(pathum) na niin Pu C. Lalramhluna nenan innei a, kum 2005 khan an pa hian chatuan ram a lo pansan tawh a ni.

Eizawwna lam : Kum 1989 ah Civil Secretariat lut in, kum 2025 December 2025 khan Assistant-in a pension ta a ni.

Rawngbawlina lam :

Central-ah : Kum 2025- 2027 term atan Committee member a ni mek

Bialah : Kum 2006 ah Bial Committee ah a lut a, kum www.mizoramsynod.org

2025 ah OB niin tunah hian Asst. Secretary a ni mek a ni.

Kohhranah :

Kum 2025-2027 Committee member, kum 2004 ah lutin tunah Asstt. Secretary a ni mek. Treasurer ni mekin, OB post a chelh kim tawh. Puitling SS Zirtirtu leh Inrinni zan thuhrl hna a chelh mek bawk.

Bible chang duh :

Bible chang duh tam tak a nei a, chung zingah chuan Kolossa 3:3 ‘In thi tawh a, in nunna chu Pathianah chuan Krista hnenah chuan thuhrukin a awm si a’ tih hi a duh zual.

Hla duh zawng :

Kristian Hla bu No.57 na Krista thisen hlutak chhuak chu ka tan a hlu a ni.

Thuchah :

Kan tling lo leh fel lo chung pawh a, khawngaih rawngbawlinaa min teltir vetu Lalpa hi kan nun ah Lalber se, amah avanga nunga chea awm kan nih hi hre thar chungin kan phak ang tawh zelin Lalpa tan ke i pen zel ang u.

**ONLINE / BANK KALTLANGA ṬANPUINA
(DONATION) PE DUH TAN :**

**1. Hmangaihna Ina 'NAU CHAWMNA' leh
Ṭanpuina / Donation' pekna**

Account hming : Hmangaihna In Synod Grant
Account No. : **97002177873**
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

**Hmangaihna Ina pawisa thawn tum tana biakna - Phone
7085257549**

3. Synod Hospital, Durtlang ṭanpuina (inkhawm thawhlawm ni lo)

Account hming : Synod Hospital
Account No. : 25026013652
Bank Name : Mizoram Rural Bank
Branch Name : Durtlang
IFSC : SBIN0RRMIGB

**Pawisa thawn tum tana biakna - V.L. Zonuntluanga,
Accountant, Synod Hospital, Phone 9862340364**

**4. John Williams Hospital, Lunglei ṭanpuina (inkhawm
thawhlawm ni lo)**

Account hming : John Williams Hospital
Account No. : 0025018700000003
Bank Name : Apex Bank
Branch Name : Chanmari Branch, Lunglei
IFSC : YESB0MAB001

**Pawisa thawn tum tana biakna - Lungmuana, O/A,
J.W. Hospital, Phone 8575305974**

Hriat atan**KOHHRAN HMEICHHE BUDGET PEK THEIHNA
ACCOUNT NUMBER**

Account -a pawisa dahtu chuan a dah zat, eng tur nge tih leh dahtu Bial / Kohhran hming chiang taka ziakin *phone no. 9233437689* -ah WhatsApp message hmanga inhriattir ngei ni se.

**1. Central Budget, Inkhawmpui Lian (IKPL) member fee,
WDP, PWF, Rahbi Tleu Tanpuina pekna tur**

Account hming : MPC Kohhran Hmeichhia
Account No. : **35918210644**
Bank Name : SBI, Mission Veng Branch
IFSC : SBIN0007058

**2. Inkhawmpui Lian Special Budget, Hospital Pual
Inkhawm Thawhlawm, Kohhran Hmeichhe Ni
Thawhlawm**

Account hming : MPC Kohhran Hmeichhia
Account No. : **97015036270**
Bank Name : MRB, Khatla Branch
IFSC : SBIN0RRMIGB

**3. Women Centre Budget/ Donation/ Women Centre
pual inkhawm thawhlawm pekna tur**

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

4. Agape chanchinbu man pekna

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

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Vanlalrawni
Vice Chairman	:	Pi Vanlalhlamuani
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 Thantlungi | 10. Pi Laltpanpuii |
| 11. Pi Lalbiaknungi Sailo | 12. Pi Lalhlimpuii |
| 13. Pi Lalmalsawmi Sailo | 14. Pi Lalmani |
| 15. Pi Lalmuanpuii | 16. Pi Lalrammawii |
| 17. Pi Lalramngaii Renthlei | 18. Pi Lalramthangi |
| 19. Pi Lalrawngbawli | 20. Pi Lalrindiki |
| 21. Pi Lalrizapi | 22. Pi Lalrokimi |
| 23. Pi Lalthangmawii | 24. Pi Lalthanzami |
| 25. Pi Lalthanzami | 26. Pi Lianhnuni |
| 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 |

Ex-Officio Member-te

1. Rev. John Raldosanga, Moderator
2. Rev. B. Zohmangaihi, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zothanpari, Ex-Chairman
5. Pi Ruth Lalmangaihi, Asst.Co-ordinator

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

Thiltumte : 1. Kohhran rawngbawlna tihlawhtling tura thawh ho.

2. Kristian chungkaw tha din tura tan lak.

3. Tanpui ngaite Krista hminga tanpui.

4. Chanchin Tha puan darh.



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Chawnpui Pastor Bial Kohhran Hmeichhia : Leadership Training



Chaltlang Pastor Bial Kohhran Hmeichhia : Leadership Training



Saipum Pastor Bial Kohhran Hmeichhia : Kristian Chhungkaw Campaign

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