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**Chhungkaw ãa thuruk**

*Phek - 2*

**Inkhâwm hi Vanram nen a inzawm!**

*Phek - 5*

SERMON

KRISTIAN CHHUNGKUA

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EI SIAM DAN

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**Editorial****ṬAWNGṬAI**

Nuho hi kan buai em em mai a. Hnaah kan buai a, tu leh fate enkawlin kan buai baw a, Pathian hnenah pawh kan ṭawngṭai hman lo fo ṭhin awm e.

Judate hian ṭawngṭai an ngai pawimawh hle mai a, Ni tin vawi thum - zing chhun tlaiah an ṭawngṭai ṭhin a ni awm e. Martin Luthera chuan *'Tih tur ka ngah lutuk a, chuvangin ka ṭawngṭai hnem a ngai'* a ti ṭhin a ni awm e. Mite hian Ṭawngṭai hi an ngai pawimawh mang e.

Chhungkaw hrisel leh dam tlanga awm kan duh a. Faten nun kawng dik zawh se, Pathiah ṭih mi ni se, nu leh pa thu awih se, zirna lamah rual pawl se tih hi kan duh thusam vek a ni awm e. Nimahsela, kan duh ang diakin diakin kan fate an awm si lo. Rilru an tihah a, min tizak a, ṭhenrual zinga awm pawh min titui lo zo hial thin. Thiamna hrang hrang hmangin kan enkawl a, rah duhawm kan hmu lawi si lo, bei a dawng ṭhin.

Pathian nung neitute kan ni a, harsatna taw kan awm a nih pawhin i beidawng hauh lo vang u. Kan Lal Isuan, *'Nangni thawkrim leh phurrit phur zawng zawngte u, ka hnenah lo kal ula, keiman ka chawltir ang che u'* (Mat 11:28) a ti. *'Min au la, ka chhang ang che, thil ropui leh inthup i hriat ngai loh chu ka entir ang che'* tiin amah autu leh sawmtu hnenah thu a tiam a ni (Jer 33:3).

Tihtak zeta kan pasal, kan tu leh fate tana kan ṭawngṭai a, Lalpa kan auh phawt chuan kan duh leh mamawh hi min tihsak ngei ang tih ringin beidawng lovin i ṭawngṭai zel ang u.

**Kristian Chhungkua****CHHUNGKAW ṬHA THURUK**

– Lalremmawia

*1 Korinth 11:3 : Amaherawhchu, mipa tawh phawt lu chu Krista a ni, hmeichhe lu chu mipa a ni, Krista lu chu Pathian a ni tih in hriat ka duh a ni.*

**Chhûngkaw ṭha thurûk**

‘Kristian Chhûngkua’ tih bu ziaktu Larry Christenson-a chuan a lehkhabu thuhmahruaiah heti hian a ziaak a: “Chhûngkaw ṭha thurûk chu mâwl tê a ni a, Isua nêna inzawma chhûngkaw kalpui ṭhin a ni. Chumi piah lamah chuan chhûngkaw mumal a awm thei lo. Chumiin a tum tihhlawhtlinna tûra chhûngkuain harsatna a tawh sut kian theih loh a awm hek lo. Isua Krista nêna inzawmna ṭha siam dân chu kawng hnih a awm a. A hmasa zâwk chu – chhûngkuaa Pathian thupêk vawn a ni a, ahnuhnung zâwk chu – chhûngkuaa Isua telfir a ni,” tiin.

Chhûngkaw inkhaidiat dân tûr, Pathian thuin min hrilh chu, kan châng thlana mi ang khian – ‘Hmeichhe lu chu mipa, mipa lu chu Krista’ tih hi a ni a. Hei hi chhûngkaw ṭha thurûk a ni bawk. He thu hi ṭawngkam danga sawi chuan, chhûngkua chu pa berin Pathian hnênah a hruai tûr a ni, tihna a ni âwm e. Chutih laiin, chhungkuaa pa ber, he thuin a sawi anga mawhphurhna hlen si lo kan va tam âwm êm! Pa berin a zir loh avânga nu berin Pathian lama an fate hruai tuma ṭan a la sauh sauh

han hmuh te hi a va nuam êm! Mahse, pa ber Pathian lam hawi lo, ngawhngawl chhuah tlat kan nih chuan inah chhûngkua a awm thei lo ṭhin a ni. Pathian laka kan sual zêp rûk (Zêp theih tak tak phei chu a ni lo va) – thianghlim lo taka sum kan lâk luh vâng te, nupuite laka kan rinawm loh vâng te leh thil dang dang vâng tea Pathian be ngam lo leh hnaih ngam lo kan nih chuan, keimahni leh kan chhûngkua a keh chhiat loh nân leh kan boral loh nân, chûng chu bânsanin Pathian hnênah kan tlu lût ngei ngei zâwk tûr a ni.

## Chhûngkaw ̣ha ni ṭura pawimawhte

### 1. Pathian n̄ena l̄ên dun:

Nova leh Enoka chu Pathian n̄ên an l̄êng d̄un ̣h̄in tih Bible-ah kan hmu a (Gen 6:9; 5:22). Enoka phei chu – Pathian n̄ên an l̄êng d̄un ̣h̄in a, a awm ta lo va, Pathianin a la bo ta tih kan hmu (Gen 5:24). Pathian n̄ena l̄ên dun loh hun kan ngah lutuk hi mi tam tak leh chhûngkaw tam tak t̄l̄ukchhiat chhan niin a lang. Kan Mizo Pastor pakhat chu, “Tleir̄awl sual te hi i nei ve em?” tiin an z̄awt a. Ani chuan eng danga chhang ta lo chuan, “Ka hman lo,” tih ringawtin a chhang nia. Hun awl kan ngah lutuk leh kan hman lutuk hi kan ramin a chhiat phah nasa hle bawk.

Sam phuahtuin, “Sakhi, luite tui ch̄aka a thaw huam huam ang hian, aw Pathian, ka nunna hi nangmah ch̄akin a thaw huam huam a ni. Ka nunna hi Pathian ch̄akin, Pathian nung ch̄akin a tuih̄al a ni. Eng tikah nge Pathian hma ka thlen anga, ka inlan ang aw?” tiin Pathian a ngaih thu leh a hn̄ên thlen hl̄an a nghahhlel thu a puan chhuah lai hian (Sam 42:1,2), mi tam tak hi chuan

Pathian ch̄akna leh mamawhna hi kan nei tehchiam lo bawk a ni awm e.

Nun tihtlaina zawngin khawv̄el lamah t̄lan ̣h̄in mah ila, James McGranahan-an, “Aw Lalpa, khawv̄ela tuikhur chawi t̄urin ka t̄lan a; mahse, a tui ka in thei lo, thihna t̄ur a lo ni,” a lo tih angin a t̄awp chu thihna mai a ni leh ̣h̄in. Chuv̄angin, Pathian n̄ena l̄ên dun hi chhûngkaw ̣ha ni t̄ura thil pawimawh a ni. Chumi at̄an chuan ni tina chh̄ung inkh̄awm neih te hi a ̣ha hle.

### 2. S̄awma pakhat p̄êk:

T̄un hnaiah mi ̣h̄enkhatin Thuthlung Tharah Lal Isuan s̄awma pakhat pe t̄urin a sawi lo ni awmin an sawi a. I lo en Chiang teh ang. Malakia 3:10-ah chuan, “ ‘Ka inah ei t̄ur a awm theih n̄an, s̄awma pakhat zawng zawng chu thawhl̄awm inah rawn la rawh u; v̄an tukverhte chu hawnsak che uin, mals̄awmna dawn s̄ên loh khawp hial ka v̄ur d̄awn che u nge d̄awn lo che u, mi han fiah teh reng u,’ Sipaihote LALPA chuan a ti,” tih kan hmu a. Luka 11:42-ah Lal Isuan, “Nangni Pharisaite u, in chung a pik e!

Pudina te, pardi te, thlai tinrêng te sâwma pakhat in pe thîn a, felna leh Pathian hmangaihna chu in ngaihthah si thîn; nimahsela, chûng chu asin in tih tûr ni, a dangte chu tih thulh chuang lovin,” a tih hian sâwma pakhat pe lo tûra a tihna lam a ni lo va, sâwma pakhat pe zêl chungin felna leh Pathian hmangaihna lamah hma sâwn tûrin a ti a ni zâwk. “Dân thu emaw, zâwlneite thu emaw tiboral tûra lo kal ka nih ring suh u; tiboral tûra lo kal ni lo va, tifamkim tûra lo kal ka ni zâwk,” (Mt 5:17) tîtu hian sâwma pakhat pêk loh tûr tih rêng a sawi lo ve.

Sâwma pakhat pêk hlutna hre chiangtu Rev. Liandova chuan, “Sâwma pakhat hi chu a tha êm a, laina lo chu hrilh phal tûrah pawh ka ngai ta lo,” a ti hial. Sâwma pakhat hi amah ringtute laka Pathian thil phûa a ni a, Pathian nêna inzawmna leh a malsâwm dawnna hnâr a ni baw. Chuvangin, ringtu chuan Pathian hnênah sâwma pakhat (tal) a pe ngei tûr a ni.

**3. Ringtu zawng zawng tih tûr hriata zawm:** Kan kohhran thurin IX-naah chuan Lal Isua

ringtu apiang nun dân tûr a inziak a, chu chu hetiang hi a ni – “Ringtu zawng zawng tih tûr chu kohhran inpâwl honaa tel te, Krista Sakramen leh a thil serh dang vawn thah te, A dân zawm te, jawngtai zêl te, Lalpa Ni serh thianghlim te, Amah be ho tûra inkhâwm te, A thu hril ngun taka ngaihthlâk te, Pathian malsâwmna an dawn ang zêla hlim taka pêk ve thung te, anmahniho zîngah leh mi zawng zawng zîngah Krista nungchang ang tihlan te, khawvêl puma Krista ram tizau tûra beih te, ropui taka a lo kal lehna hun nghah te hi a ni.” Hêng hi vawng tlatin zâwm îla, chhûngkaw tha dinna kawngah nasa takin nghawng a nei ngei ang.

### **Tlângkawmna**

Pathianin chhûngkua a siam chhan – inenkawla inñanpui tawn te, chi inthlah pun te, thil siam dang enkawl te hi tihlawhtling tûrin theihtâwp chhuah îla; chi thlah, Pathian ngaihsak mi nih i tum ang u. Chhûngkaw bul kan ñan dân a fuh tâwk lo emaw, Pathian lam kan lo hawi ngai lo a nih pawhin, tûn aţang chuan chhûngkaw tha din tûrin i inbuatsaih sauh sauh ang u.

**Sermon****INKHÂWM HI VANRAM NEN AINZAWM!***- Kevin Lalhriatpuia*

*“Thenkhat tih dân anga kan inkhâwm te bânsan lovin, i infuih tawn zâwk ang u; ni chu lo hnai telh telha in hriatin infuih tawn nasa lehzuâl sauh rawh u.” - Hebrai 10:25*

Inkhâwm ngaipawimawh lova, a sawichhe zawnga hma la thin mi tam tak an lo chhuak zela; chung mite chuan inkhâwm hi eng mah a nih lohzia te, inkhâwm tel lo pawha Pathian kan pawl theihziate uar takin an sawi thin. Chuvangin, tunlaia inkhâwm chungchanga mi thenkhatte auhla hi hetiang zawng hian i ngaihtuah teh ang.

**1. “Inkhâwm hi vanram kaina a ni lova, thil tha tih avangin Vanram kan kai dawn loh chuan eng nge inkhâwm hi a tulna?”**

Thenkhat chuan, *“Inkhâwm hi Vânrâm kâina a ni lo”* tiin, Inkhâwm hi chatuan nun nen a inzawm lohzia uar takin an sawi fo thin. Inkhâwm hi chhandamna a ni lo va; mahse, chhandamte nun erawh Pathian biak (inkhâwm) tel lovin a famkim thei lo thung. Ringtuin Thlarau chaw kan lakna hmun a nih avangin ringtu inkhâwm ngai lo leh inkhâwm tlat thin ngaihdan leh nunphung a inang thei lo.

Kan inkhâwm avangin ‘Vânrâm kan kâi lo’ tih hi chu a Chiang sa a. Hei hi mi tam takin inkhawm lohna chhuanlamah an

hmanng fo. Mahse, Inkhâwm hi Vânrâm kawng kan bo lohna tura kan kawng hruaitu a ni tlat si. Paula phei chuan, ‘Thutak ban leh Inngahna’ (*1 Timothea 3:14–15*) tiin, Thutaka awm tumte tan chuan kan tel ngei ngeina hmun tur a ni zawk.

Tin, kan inkhâwm avangin kan fel bîk ta tihna pawh a ni chuang lo; mahse, inkhâwm hi Isua anna kawnga min siam liantu a ni a, kan inkhâwm loh chuan kan nih tur ang kan ni pha lo thin.

Isua rinna kawngah kan puitlinga, Krista anna kawnga kan famkim zual theih nan Pathianin Kohhran kaltlangin rawngbawltute min pe a (cf Ephesi 4:11-13); kan thlarau hian hmun dang aiin Kohhran hi a

ngeih bik a ni. Chhungkaw nu Pathian be tura Inkhâwm tlat thinte hi inkhâwm ve ngai lote aiin Pathian duh dana an fate leh an in chhungkhur enkawl kawngah an thiam zawk fo. Chu chu Thufingte 31:10-31 hian a nemnghet tlat a; Chhungkaw nu, Pathian tih tlattu chu chhungkaw enkawl na kawngah hmeichhe dang zawng zawng an khum vek thua tarlanga ni.

### 2. “Inkhâwm kher lo pawh hian Pathian kan pawl theih!”

Biak In-a inkhâwm loh pawh hian mihring hian Pathian kan pawl thei a; mahse, kan nih tûr erawh a ni phâk lo fo thîn. Kan inkhâwm avàng hian kan fel phah nghâl sawt lo va; mahse, soal hneh tûrin min tichak fo. Kan inkhâwm avàngin soal kan hneh reng dáwn lo va; mahse, soal tam tak lakah kan nun a vawng him thung. Inkhâwm tlat hi kan tan leh kan fate tan a him ber a. Kawng soal zawh lo tura kan venhimna hum tha ber a ni. Inkhâwm hi ringtute duty (chanvo) a ni a, ringtuin Van kawng kan zawh laia kan tih ngei ngei tur thil a ni. Hebrai ziaktu chuan, “*Thenkhat tih dân anga kan inkhâwm te bânsan lovin, i infuih tawn zâwk ang u,*” a ti hial zawk a ni.

### 3. “Ka Inkhâwm avang hian thlarau lamah ka sawtpui vak chuang lo, eng nge inkhâwm tlat hi a fulna?”

Kristian nun nghet neih hian eng mah kawng ro a su tak tak lo angin a lang thîn a. Inkhâwm tlat thinte, Bible chhiar tlat thinte, tawngtai tlat thinte nunah hian danglamna a thleng zung zung kher lo. Mahse, ringtu hian Pathian thû a âwih mai hian hmasâwnna rawn lang nghâl vut vut lo mah se, a hun taka rah thei tûrin chhúngril lamah hmá kan sâwn thung a. Chû chuan kan hriat loh hlânin kan tum ramah min hruai kái thîn. Kan Inkhâwm tlat chuan kan sawtpui lo anga kan inngaih lai hian kan thlarau nun tan erawh chaw tha a tling tho a ni.

Kan inkhâwm hian mahni inhlana tawngtaiin bul kan tan a, Pathian fakna hla kan sa leh a, Pathian thu ngaithlain Lal Tawngtainain hun kan hmang lehzal a. Kan taksa, rilru leh thlarau tana thil tha tinreng kan inkhâwm hian kan ti zawk thîn. Inkhâwm laia mahni in chhunga phone khawih mai mai te leh Inkhâwm tlat thinte hi hun rei lote ah pawh an thlarau nunah danglamna a lang fo thîn. Kan hlawkpui lova kan hriat pawhin

kan hlawkpui a; chuvangin, i inkhâwm tlat ang u.

#### **4. “Camping pawhin kan Kohhran hote min tiharh zo lo!”**

Siamtharna beiseiin Camping-ah kan lût a; kan chhuah hlim chuan thlarau lamah chakna thar kan nei thìn. Mahse, eng vângin nge mi tam tak kan tlûk leh mai thìn? Tlu hlen lo tûra min véng himtu, Sual laka kan ke véngtu-**Kohhran (Inkhâwm)** kan thlah vâng a ni fo. Inkhâwm kan thlah rual hian ringtu nunah kim lo a awm a, sualin min hneh hmá bîk.

Mahni mai chuan Pathian faka zài te, Sermon ngaihthlâk leh tawngtaite hi a harsá a. Mahse, Inkhâwmmin hêngte hi a ken tel tlat avângin kan hriat loh hlânin kan thlarâu nun a vawng a; ringtú nun a siam lian (siam puitling) thìn.

#### **5. Fianriala Pathian pawl hi Inkhâwm ai chuan kan sawtpui ta zawk em?**

Fianrial (mi mala Pathian pàwna) hi kan thlarâu châw a ni a; Mahse, a hùhova Pathian pàwl (inkhâwm) kan thlahthlam leh si chuan puitlin lam kan pan thei lo va; kan rah dàn tùr takin kan rah pha lo fo. Hùhova Pathian pàwl

taima tak pawh hi fianriala Pathian pàwl thlahthlamtu a nih leh si chuan pàwn lamah chak hmèl taka lang sîin a ro ru riau va; Isua áiin kal phung a tuipui a; Isua áiin a duh tui fo. Fianriala Pathian pàwl hi hùho nun tichaktu a ni a; hùhova Pathian pàwna nun tel lovin mi mal nun (ringtu nun) a puitling thei lo bawk. Bible bung hrang hrang hian ringtu hi inpawl khawmna hmanga inti chak tawn tura siam kan ni tih hi a Chiang em em a ni. (*Hebrai 10:24-25; Philippi 2:1-2*)

#### **6. “Isua áiin Kohhran hi kan tuipui zawk.”**

Ringtu nunah hian thil pahnih inzawm tlat, lâk hran theih loh thil hrang ni bawk si a awm thìn. Nghet taka Isua vawn leh Kohhran belh tlat hi thil hrang ni mah sé a inzawm tlat a. Isua leh Kohhran hi a inzawm tlat a; Kohhran tel lo chuan Isua zui tak tak a harsa thìn. Isua kan vawn rual hian Kohhranin min lo vuan ve tlat thìn a, Kohhran kan belh tlat hian Isua kan vuan tlat tihna a ni bawk! Krista hi a taksa (Kohhran) nen then hran theih a ni lo. Kohhran neitu chu Krista a ni si a.

(*cf Kolossa 1:18*)

Kohhran hi ‘Chhandamna kawng’ min kawhhuhtu, kawng kan bo lohna tura kawng dika min hruaitu, ringtute tana Thutak ban leh innghahna (pillar and foundation of the truth) ni tura duan a ni. Isua hi nghet taka vawn kan duh chuan Krista taksa (Kohhran) hi kan vawn tel a ngai thin. Paula chuan, “Kristan kohhranho a hmangaih a, an aia mahni a inpe,” a ti hial a ni. (Ephesi 5:25)

### **7. Kohhran hi a famkim chuang lova, eng nge inkhâwm hi a t̄ulna?**

Kohhran hi a famkim lo va, a neitu (Isua) a famkim avangin a nung a, a thianghlim a ni. Kohhran hi miin hmu ro viau thin mah se, Kohhran aia ringtu thlarau nun chawm lian/puitling thei a awm lo va, a ro lai ber pawh hian hmun rau ber a la ni fan! Lalpa awmna hmun a ni tlat si. (cf Sam 11:4)

Kohhran aia hmun thianghlim- ‘Tawngtaina In’ tia sawi tur leh Pathian ram zauh nana ke pen thin, kan thlarau nun tichaktu pawl dang a awm chuang lo. Isua min hnaihtir thei pawl tha tak tak awm mah se,

Pathianin a chen nana a thlan chu Kohhran hi a ni tlat si.

*“LALPA chuan Zion a thlang a; A chênna atân a duh si a: ‘Hei hi ka chawlhna hmun kumkhua atân a ni ang; Heta hian ka awm ang, hei hi ka duh si a,’”* (Sam 132:13–14) tih ziak a ni si.

### **8. “Isua rawngbawl ni lovin Kohhran rawng kan bawl,” kan ti fo.**

‘Kohhran rawngbawl’ tih te, ‘Isua ni lovin Kohhran chauh a hmangaih’ tih te hi t̄awngkam lar tak a ni. Mahse, miin Isua a hmangaih chuan Krista taksa (Kohhran) pawh a hmangaih tel thin a; Thilsiam dang ang lo takin a thisen ngeia a din a ni bik tlat si. (cf Tirhkohte 20:28) Isua leh a Kohhran hi a inzawm tlat a. Pathian rawngbawlna leh Kohhran rawngbawlna pawh hi a inzawm nghet tlat a ni. Rawngbawlna hi Pathian ta a ni a, Kohhran hna pui ber chu ‘*Chanchin Tha hril*’ a ni a. Kohhran kaltlangin miin Pathian rawng kan bawl a, Kohhran rawngbawl hna hi ‘Pathian rawngbawlna’ tho a ni a, miin Kohhran kal pela rawng bawl a tum hian a chesual fo thin zawk a ni. Kohhran rawng kan

bawl hian mihring rawng kan bawl lova, Pathian tan kan thawk zawk a ni.

**9. “Chhangchhe nu, harsatna tam takin a bawhbehte tan chuan Inkhâwm hi a hahthlak”:**

Inkhâwm leh ‘Mental Health’ hi a inzawm tlat a ni. Mental Health tana thil hrisel tinreng – inpawl khawm, Pathian faka zai, ðawngðai, mahni chauhva awm tam loh, ngaihtuahna kawm vak vak loh tih te hi kan Inkhâwm hian kan lo practice (zir) ru reng ðhin a. Hei hi kan thlarau piah lamah kan

rilru tan pawh a hrisel em em a. Chhungkua ruihhloin a tihbuai te tan pheih chuan Inkhâwm hi ‘Therapy’ (rilru na chhawknâ) ðha lutuk a ni a. Hei vang hian mithiamte chuan Inkhâwm tlat ðhinte hi an dam rei bik an lo ti ðhin.

Tunlaih Mizo ðhalai kum naupang tak tak thi awm ðhin mah se, Mizo Presbyterian Upa leh Pastor boral tate kum chawhrual hi kum 80 vel a ni daih mai a, Inkhâwm tlat hi kan taksa leh rilru tan a ðha em em tih a hriat a ni. Inkhawm hi a lo va ðha em.



## HRIAT TÛR PAWIMAWH

Kum thar January, 2026-ah Agape lak tûr zât dik tak kan dâwn ðeuh theih nân, kum thara lâk zât tûr hi kan lak mek copy zat ti danglam tur chuan report nise a lawmawm ngawt ang.

**Report na tur**  
**Mobile No. 9233437689**

**Sermon****AWDAMDIAI**

- *Dr. K.C. Lalchhingzova*  
*Rayagada, Odisha*

“Tin, ani chuan, “Va chhuak la, tlângah sâwn Lalpa hmaah va ding rawh,” a ti a. Tin, ngai teh, Lalpa a lo kal a, thlipui na takin tlângte chu Lalpa hmaah chuan a rawn chhêm khî a, lungpuite chu a phel rem rum a; nimahsela, thli-ah chuan Lalpa chu a awm lo. Tin, thli tleh zawh chuan lîr a lo nghîng a; nimahsela, lîrngîngah chuan Lalpa chu a awm lo. Tin, lîrngînhî chuan mei a lo chhuak a; nimahsela, meiah chuan Lalpa chu a awm lo. Tin, mei zawhah chuan aw dam diai hi a lo chhuak a.” (1 Lalte 19:11,12)

Khawvela hmun reh ber tia an sawi ðhin chu “Anechoic Chamber” (Pindan ri thangkawk awm lohna hmun) Orfield Laboratories, Minneapolis, Minnesota hmuna mi khu a ni a. He pindan chhungah hian ri zawng zawng atanga 99.99% chu hip ralin a awm a. Chuvangin, a chhungah hian ri engmah hi aawm lo tluk a ni. He pindan reh tak chhungah hian mi an awm dawn chuan a reh lutuk avanga an hriatna buai thei lak aţanga invenna turin an ðhuttir ðhin a. 45 Minutes aia rei chu tumah an awm hleithei lo a ni. Vawiinah hian tunlai khawvel, thawm na leh chanchin danglam hriat tur tam tak karah hian engtin

nge Lalpa aw kan hriat theih ðhin ang tih te leh Lalpa aw hriatna hi kan tan haðdamna leh Chatuan Nunna kawng a nihzia te kan ngaihtuah ho dawn a ni.

Israel lal Ahaba chuan a nupui Jezebeli khawsak sual tak taawmpui a, milem biak leh hlemhletna tinreng a zawh lai khan an ram Israel chu nasa takin an hnungtawlh a. Lalpa an Pathian chu kalsanin milem te an bia a, khawtlang nun a tlachhe nasa em em a. Miten Pathian an kalsan avangin Lalpan a hrem ta a. Nasa taka khua khengin ðam nasa takin a lo tla ta a. Heng hunlai hian Lalpa Jehova chu Pathian tak a nihzia mipuite

hnena puang chhuak turin Zawlnei Elija chuan rawng a bawl a. Carmel tlanga inthawina a buatsaih chu Lalpan ropui takin a rawn chhansak a. Chung thil te avang chuan Israel faten Lalpa chu Pathian a lo ni ngei mai tih an hre thar leh ta a. Lalpa hnenah mi tam tak thinlung a kir leh ta a ni.

Chutia Israel mipui tam tak Lalpa hnena an kir leh hnu chuan Baal Puthiam tam tak an suat ve ta thung a. Chu chanchin chu Jezebeli'n a lo hriat chuan a thinrim em em a, Elija chu thah ngei a tum ta a. Chung thil te avang chuan Elija chu hmun hla takah a kal ta a. Judai ram Beer Seba lam a pan phawt a, thler kawngah a chhuak leh ta a. Thahnemngai taka Lalpa tana a thawhna leh a hlawhlinna te khan Israel mite chu Lalpa hnena hruaikkir leh vek tura a beiseina te chu Jezebeli dodalna avang chuan a hlawhchham ta niah a ngai a, chu chuan nasa takin a rilru a tihnual a. A rawngbawl na te chu sawt ta lo riau leh a pute ho aia hlutna bik nei lo leh tangkai lo zawk nia a

inhriatna chuan a rilru a tina hle a. Lalpa hnenah a nunna laksak turin a dil ta hial a. Nimahsela, hetianga rilru hrehawm taka a awm lai hian Lalpa chuan chakna a rawn pe leh ta a. A kalna tur hmun a ban theihna turin tisa leh thlarau lama chakna thar a rawn pe a.

Thlalerah ni sawmli leh zan sawmli a kal hnu chuan Horeb tlang a thleng ta a, chumi hmuna pûk pakhatat chuan a awm ta a. Horeb tlang hi Pathian hnen ata Mosian Thusawm pek a lakna hmun kha a ni a. Tlang thianghlim, 'Pathian tlang' tiin an sawi thin. Tin, Elija awmna puk hi Mosia hnena Pathian inlarna hmun kha niin mithiamten an sawi bawk.

Hemi hmuna Elija a awm lai hian Lalpa chuan a rawn bia a, Amah tawk tura tlanga va dingchhuak turin a hrilh a. Tichuan, Lalpa chu a rawn kal ta a, a hmaah chuan thlipui nasa tak a rawn tir a. Thlipui na tak chuan tlang te chu a rawn chhem khi a, lung te pawh a chhem keh a. Thlipui zawhah chuan

lirnghing na tak a rawn awm leh a, lirnghing zawhah chuan mei a lo chhuak leh a. Mahse, heng thlipui te, lirnghing leh meiah te hian Lalpa chu a awm lo va, a tawpah chuan ‘aw dam diai’ hi a lo chhuak ta a. Chu aw dam diai mai chu Lalpa aw a ni a, tichuan, Lalpa chuan Elija hnenah chuan a rawngbawl zel dan tur a hriattir ta a.

Heta ‘aw dam diai’ tih hi ‘ri lo aw’ tiin Bible lehlin tharah chuan a inziak a. ‘Zawi tea hrilhrukna aw’ tih emaw, ‘aw nem zaidam diaia hrilhrukna’ tiin an sawi baw k thin. Pathian chuan khawvel thil thawm lian leh nasa tak karah zawi te, aw nem dam diaiin a zawlnei hnenah chuan thu a sawi ta a ni. Hei hian Pathianin a mite hnena thu a sawi dawnin thil mak leh dangdai tak emaw, chhinchhiahna langsar tak emaw te hman g kherin thu a sawi ngai lo va, Lalpa aw chu thinlunga fiah tak a ni fo zawk tih a tarlang a ni.

Awle, tunlai kan nunah hian sualna leh diklohna tam tak karah ringtute chu kan khawsa

a. Kan chhehvel leh nitina kan hmuh theih thil te chuan min tih mangan chang leh rilru hrehawm taka min awmtir chang a awm fo thei a. Tin, heng khawvel thil leh chanchin tam tak te hian Pathian aw dam diai kan hriat theihna tur min hlihsak chang a awm fo baw k thin. Tin, tunlai khawvel, ri leh chanchin chi hrang hrang hriat tur awmna hmunah hian hmun reh leh fal emaw thawm dang awmlohna hmuna awm chu kan thei lo hle niin a lang a. Chanchin dangdai leh thil mak hriat chak hian kan berg te hi a za hle thin niin a lang fo baw k thin. Chutihlai erawh chuan, heng thil zawng zawng karah hian Lalpa aw dam diai hre tura amah kan pan a tul hle thung a ni.

Tin, Lalpa aw hriatna hi kan nun kawng min hruaitu a ni a. Kan nuna thil chi hrang hrang kan tawn lai hian kawng tha leh Lalpa hnen thlenna kawng chu kan lo pensan fo thei a. Chutiang hunah chuan Pathian aw chuan kawng dikah min hruai dawn a ni. “I thu hi ka ke atante hian khâwnvâr a ni a, Ka kawng atân

êng a ni.” (Sam 119:105) tiin Pathian thu chuan min hriattir a. Khawvela kan nun kawngah hian kawng zawh tur lam te leh khawsak dan tur te kan hriat loh laia mangang leh rilru buai taka kan awm lai te hian Pathian thu kan hriatna chuan kawng min kawh hmuh thin dawn a ni.

Ni 11, September, 2001- a misualten Thlawhna engemaw zat hruaikawia World Trade Center an sut hnu lawk khan Thlawhna Flight no. 77 chuan USA sipai hmunpui Pentagon chu a rawn su ve leh ta bur mai a. Chuveleh, chulai hmunah chuan meikhu dum chhah tak mai a lo zam phui ta mup mup mai a. An ralkhel nasat tawh teh lul nen meikhu dum chhah tak maiin an awmna a rawn khuh tak mupah chuan chulai hmuna awm mekte chu an buai ta hle mai a. Han tlanchhuak tur pawhin engmah hmuh theih a nih loh avangin an mangang tak zet a ni. Chutia tlanchhuah ngaihna pawh hre lova mangang taka an awm lai chuan, Police Officer Isaac Hoopi chu chhanchhuahna hna thawk turin a rawn thleng

ve nghal a. Ani pawh chuan engmah a hmuh theih loh avangin a buai hle tho mai a. Nimahsela, aw ring takin, “Ka aw in hriatna lamah hian lo kal rawh u” tiin a au ta lauh lauh va. Chutah chuan, chulai hmuna tang mek chhuah ngaihna hre tawh lo mi paruk lai chu a aw hriain a lamah an rawn kal a, hmun him lamah an tlanchhuak thei ta a ni.

Hetiang chiah hian he khawvela kan khawsak dan tur leh awmdan tur te hre lo va kan awm lai leh, harsatna hrang hrang te avanga kal ngaihna kan hriat loh lai te hian LALPAAW chu kan hriat a, chu awin min kohna leh hruaina lam kan pan chuan tisa leh thlarau lama chhandamin kan awm dawn a ni. Nitin kan khawsaknaah hian hei hi vawng reng ila; hunawl nei hleithei lo khawpa kan buai lai te leh, khawvel chanchin te avanga thil chi hrang hrang ten min chim lai hian hun thawl tha leh reh, Pathian kan pawlna hun kan mamawh a. Khawvel thawm leh chanchin bengluh tak tak ten min den reng lai pawh hian Lalpa aw dam diai chu hre

thei tura kan awm a pawimawh  
hle a ni. Zawlnei Elijan, mangang  
tak leh rilru na taka a awm laia  
Pathian aw hre tura Lalpa Tlang  
a pan ang khan keini pawhin  
Pathian aw hre turin a aw dam  
diai chu i ngaihven ve ang u.  
Zawlnei Elija chuan Horeb

tlangah Lalpa aw chu a hria  
a, Lalpan a rawngbawl zel  
dan tur a hriattir ang khan kan  
tan pawh Lalpa aw hriatna chu  
kan kawng min kawhmuhtu  
leh chhandamna kawng min  
kawhmuhtu a lo ni zel  
dawn a ni.

*(He thu ziaktu hi Dr. K.C. Lalchhingzova, missionary a ni  
a. Bawngkawn Chhin Veng Kohhran atanga chhuak a ni. Kum  
2011 khan Synod Mission Board tirhin Odisha Moorshead  
Memorial Christian Hospiatal ah kum 2 a thawh hnuah Kui  
hnam tribal zingah dah a ni leh ta a. Vawiin thlengin he  
rawngbawl hna hi a la thawk chhonzawm zel a ni)*



*I thilung zawng zawngin LALPA ring la  
Nangma hriatnaah innghat suh;  
I kawng zawng zawngah amah hre reng la,  
I kawngte chu a kawhmuhtu zel ang che.  
Mahni ngihin intifing su la;  
LALPA chu tih la, sual kalsan rawh.  
I lai atan hriselna a ni ang a;  
I ruh atan thling a ni ang.*

*Thufingte 3:5-8*

**Article****HIV lakah I Dinmun Hrechiang Ang Che**

*- Dr. Jane R Ralte, Project Director,  
Mizoram State AIDS Control Society*

**Kan Dinmun**

Mizoramah hian HIV hrik kai mi 33,313 hmuhchhuah an ni tawh a, nikum April leh kumin, 2025 August chhungin mi 2789 he natna kai thar hi hmuhchhuah an ni a, chung zinga 1827 chu mipa niin hmeichhia 962 an ni ve thung a, chung zinga 153 chu nu naupai lai an ni.

Tunhnaia he natna kai hmuhchhuahte zinga 69% chuang te chu sex (sex hi mipat hmeichhiatna bakah anpui kawpte thlenga a huam tel tawh vangin sex tih hian a hrihfhah ber tawh awme) atanga inkaichhawng an nih lain 28% dawn chu hriau thianghlimlo inhmanawm atanga kai an ni. Hemi awmzia chu HIV kai hmuhchhuah zinga 97% velte hi ven theih, fimkhur loh vangakai anni.

Sawrkar laipui atanga sum dawn hnem beisei vanga HIV kai insawi tam ni anga

ngai mi thenkhat an awm thin a. Hei hi belhchian dawlllo a ni. Kan dinmun hi hriatchian kan duh chuan damdawiina MSACS hnuaiia thawk thisen endikna hmun, ICTC, PPTCT, DSRC leh NGO a kan thawhpuite hi kawm ila kan Chiang ber awm e.

**Mahni Dinmun Hriatchian a Pawimawh :**

Tunhnaiah MSACS hian HIV darh zel tur ven nan leh a kai palh ten enkawlina an dawn thuai theih nan au hla pakhat kan nei a, chu chu “I dinmun hrechiang rawh” (Know Your Status) tih hi a ni. HIV laka

mahni dinhmun hriatchian nan thisen test uar turin kan infuih nasa hle a, sawrkar lama kan ram hruaituten hma min hruaisak mek avangin kan lawm hle a ni.

Pawisawi lo, nunphung pangngai leh uluk taka invawng nu te pawhin pasalte rinawm loh vanga HIV kai palh theih a nih avangin he natna lakah hian kan him leh him loh inhriat a pawimawh em em a, chuvang chuan HIV laka kan dinhmun inhriatchian a pawimawhna hi kan sawi uar a ÷ul a ni.

HIV laka kan dinhmun inhriatchian hi a pawimawh em emna chhan chu he natna hi kan lo nei palh anih chuan HIV enkawlna, Antiretroviral therapy (ART) damdawi hmangin kan dawng hma thei ang. Enkawlna dawn hma hi a pawimawh hle a, HIV avanga TB leh natna hrang hrang neih theihthe hi ART damdawi hmangin a ven

theih a. Tin taksaa he natna hrik inthlahpung tur hi a ven avangin midang kaichhawng theilo khawp hialin enkawlna dawng thate chu a siam thei bawk a ni.

**Kan In Zirtirna - ABC Approach :** HIV laka him nan hian zirtirna kalpui dan kan nei a, chu chu ABC Approach a ni.

**A** chu ABSTINENCE a ni a, chu chu insum tlatna a ni. “Nupui pasal nei hma chuan sex hmang lovin insum tlat ang che” tiin kan in zirtir a, hei hi HIV laka himna bul inñanna a ni kan ti.

**B** hi Be FAITHFUL, “I kawppui lakah rinawm tlat ang che” tiin kan inzirtir leh a. Mizoramah hian nu pawisawilo engemaw zat HIV natna kai an awm, an pasalte rinawm loh vangin. Naupiang hlim leh naupang tam tak he natna neite pawh an awm, a pawi em em a ni.

C hi CONDOM, “I mi hriatchian loh nen sex in hmang dawn anih chuan invenna condom hmang ngei ngei ang che” tihna a ni. Insumthei ngang lote invenna na tih a ni deuh ber mai. MSACS hian condom leh inchiuna hriau syringe kan sem avangin sex leh drug ti hluartua min lo sawi palh thei an awm maithei. “I ti anih pawhin invenna hmang ang che” tihna a ni ber mai.

**Nu ten Enge kan tih ve theih?** Nute hi fate kaihruaitu, chhungkaw khaidingu ber kan nihna a lian viau a. Fate zirtirtu pawimawh em em kan ni. India rama HIV hluarna ber state kan nihna pawh hi chhungkua atanga kan inzirtira kan sawi a hun tawh a. Sex leh damdawi hman sual pawina chung chang pawh hi chhungkuaah sawichhuah I hreh tawh lovang u. Mizoram hrisel nan theihtawp chhuahin i tang tlang ang u.



## ISUA HMU

Vawikhat chu Sadhu Sundar Singh-a kha Europe rama sakhaw khaikhinna lama mithiamin a rawn kawm a. “I pianpui sakhua-a i hmuh loh eng thil bik fakau nge Kristiannah i hmuh ?” tiin a zawt a.  
Sadhu Sundar Singh-a chuan,  
***“Isua ka hmu a ni,” a ti a.***

**Article****LALISUAKHAWLBÂWM**

- Rev Zosangliana Colney  
*Mission Veng*

Naupangin khawl bâwm an nei ðhin a. Lei tum bik nei te, hawn hun tur bi tuk nei te, mamawh huna hman atana ti mai te pawh an awm awm e. An uar lai hun pheii chuan kan fate zawng zawngin khawl bawm an nei far mai a. Ðhahnem an ngai ðhin hlawm hle. An khawl bawma pawisa an khawl dan chuan an mizia pawh a hrii thui viauin ka hre ðhin. Chung zingah chuan Pathian fapa Lal Isua hian a khawl bawm hi kohhran chhungkaw tinah a rawn hung ve bawk a. Chu bawmah chuan **'Buhfaitham: Lalpa chan pual'** tih a in bel kiau bawk a. A chhandam rawngbawl hna chunzawm zel nan a ti a ni. He khawl bawm chungchang hi tawitêin han sawi zui ta ila.

Mission Veng Kohhran hi Buhfaitham bul inñanna hmun a ni a. A tirah ðhahnemngaihna tlawm taka bul ðan niin tunah chuan khawvel deng chhuak rawngbawl na a lo ni ta. Kum 115 chhunga a ðhan dan leh a ðangkai dan hi thil mak a tling a ni. Chutih laiin mi ðhenkhatin sawiselin tihdan phung thlak te an rawt ðan

mek a. Khawvel hmasawna ðhang chak tak hian Buhfaitham thuchah laipui leh a thil tum kan hliah tir ang tih a hlauhawm rum rum mai. Chuvangin Buhfai ngei, a ðhama kan ðham chhan te kan hriat thar leh a ngai viauin a lang. Buhfaitham rawng bawl na hi kawng hrang hrangin a ðangkaiin a hlu tih ngaihtuah ila. Hetiangin:

**1. Chhungkuaa Krista tel vena entirna leh hriatchhuah fo na tur a ni:** Tuk zana Buhfai ngei, a thama kan tham thin hian ‘Kan chhungkuah Krista chu a tel vein hmun a chang ve a, a rawngbawl hna hi kan ngai pawimawh a ni’ tih lantirna leh hriatrengna a ni. Kan ei rel apianga Lalpa chanpual siam ve hian kan zinga a tel ve zia a lantirin min hriat nawn tir thin a. Kan theih tawh tlem hle mah se, a rawngbawl hna thawh ve hi chhungkuain kan ngai pawimawh tihna pawh a ni. Buhfai tham hmang hian hnam dangte zingah, “Mizote chuan nitin eitur kan neih chhung chu nitin Pathian hnena pek tur kan nei a, a rawng kan bawl zel ang” tih kan han sawi te hian kut beng ri a ring thin teh asin. Buhfai tham lak khawm hun chu engpawh ni se, nitin, tuk zana Pathian rawng bawl na che reng thin dang hi kan nei tam lo hle a ni.

**2. Kan zinga harsa zawkte chhawmdawl na a ni:** Tui mal far te te anga lo tling khawm hmang hian man tlawm zawk leh hlawk zawkin khawsak harsa zawkte hnenah ei tur kan pe thin hi a hlu hle a ni. Hetianga Buhfai tham malsawmna dawngtute hian sawi tur an ngah ngawtin a rinawm. Mi thenkhatin hralh lovin a thlawna sem ni se tih te an sawi thin a. Mamawhte hnena sem lama thahnem kan ngaih chuan chuti zawnga hmalakna chu ngaihtuah theih reng a ni a. Mitam takin chutiang tur chu an pe thei ngei ang a, a tangkai hle ang. He buhfai tham erawh hi chu mamawhten man man zawkin an lei ang a, an leina pawisa pawh chuan zau zawkin hna a la thawk zui zel ang tih a ni a. Chu chu tluang tak leh hlawk takin a la kal zel a, tih tawp emaw, thlak emaw a ngai lem awm lo ve. Leituten phur leh lawm takin an lei a, an leina sum pawhin

rawng a la bawl zui ta zel hi a tha em em a ni.

**3. Kohhran sum hnar pawimawh a ni:** Chhungkua leh Krista inzawmna te, chawmdawlna hmanrua te ni chungin kan Kohhran sumpui hnar pawimawh ber zinga mi a ni baw. Kum 2024-2025 chhunga Buhfaitham hralhna Synod Sumpuia lo lut chu Rs. 21,97,22,943/- zet a ni a. Synod Sumpui (Pastoral Fund) sum hmuh zaa 15.7 (%) lai a ni. A hmanna tur pawh hian a huam zau a, Kan Synod hmalakna hrang hrang, a tulna apianga hman theih a ni baw. A tul ang zelin chhiat rupna thleng tuartute tanpuina atan te, damlo enkawlna tura Damdawiin mamawh atan te, ruihhlo leh zuin a tih buai te enkawlna hmun kan siam atan leh kohhran pawn lama chutiang hna thawk mekte tanpuina atan te, mi harsa bik kohhranin a dilpuite

chhawmdawlna atan te leh thil dang tam taka hman thin a ni. Mamawhtute hnena man tlawm zawka kan hralhna sum tling khawm chuan mi dang a la tanpui chhawng leh ta zel tihna pawh a ni.

**4. Thawhhona leh tanrualna lantirtu (Symbol) ropui tak a ni:** Buhfaitham chhun khawm hi mi thenkhat chuan an la hmu lo maithei. Ka nupui tanpuiin Mission Veng Kohhran Buhfaitham dah khawmnaah ka kal ve tawh a. Thingrem lian pui pui engemaw zata Buhfai khati zozai vum thur mai kha a mak. A thawhtute thahnemngaihna chu thu hran, a lakhawmtute pawh min ngaihtuah tir. Kei pa awmnmem thiar khawm tur ni ta se ka bei reiin ka hah pui ngawt ang le. Kan tham liam liam bakah a khawntuten phurrit lutuk tham lovin an han thawkho leh a, a lo vum

ta thur mai chu a ni a, a huhoa Pathian tana thahnem ngaih tlan leh thawhho hi a va hlawkin a va hlu tak em ka ti vawng vawng a ni. Nu awm nem tēin tapchhak zawlah a lo tham keuh keuh a. Tlema valai zawkte'n rit tham lutuk lovin an lo in khawn sem ve leh a. Mamawhtute lo kal khawmin Pathian pawlna hun te hmang hovin an han lei hlawm a. A lo luan khawm chuan thil ropui tak tih nan leh A mite cho chhuah nan Pathianin nasa takin a lo hmang ta a ni. A va ropui em!!

**5. Khawvel hmun hrang hranga Kristiante chona leh thilpek kawnga fuih t̄angtu a ni:** Tun hma aṭangin kan Mizo Zaipawl leh thuhritlu India ram leh Khawvel ram dang hawl ṭhin ten an lo sawi ṭhin, “Buhfaitham chanchin hian mi rilru a hneh em em a ni” an tih kha, keima mit leh beng ngei hian a lo hmuin a

lo hre ve ta nual mai. He Chanchin an hriat hian Pathian miten Lalpa rawngbawl lo turin chhuanlam tling tawka awm theih lohzia te an hrechhuak thar a. Mi tam tak, mittui nen Lalpa rawngbawla thahnem ngai zual turin an in tiam thar ṭhin a ni. Hnam dang ṭawng thiam lo mahila, an ramah kalin thu sawi phak lo mahila, he kan thiltih tlawmte hi Pathianin chuti tak chuan a lo hmang ṭhin hi Pathian hnena lawmthu sawi chungin i thawk zel ang u.

Buhfaitham Pathianin a buatsaih dan te, a thu chah leh mite rilru a lo khawih tawh ṭhin dan te, vawiin thlenga Kohhran mite thawhhona leh inpumkhatna lantirtu a la nih dan te hi ngaihtuah thar leh ila. Zuai mai lovin, phur thar zelin Pathian chakna ringin hmalam panin pen zel ang u. Amen.

**Article****NU PAKHAT NEN KAN TITINA**

- Dr C. Lalengkima  
Vaivakawn Vengthlang

Tum khat chu (kan thawhpui) nu pakhat nen kan titi a, kan titi tui khawp mai a, rawngbawl na thil te, fate chungchangte kan sawi a. Chutah chuan heti hian sawi a, “Sunday sikul zirtirtuah min ruat thara, thawmhnaw tharte ka lei a. Mahse, ka’n ngaihtuah chianga, ka zirtirtu pui thenkhatte tan, a nu berin thawmhnaw thar ka lo inbel fo kha a nuam lo thei awm mange tiin thawmhnaw lam chu ka ngaihtuah ta vak lova” a ti a. Duh nise man to deuh pawh inbel thei tur chu a ni ngei ang, mahse rawngbawl na avanga chutiang rilru a pu chu a ropui ka ti hle mai.

Mi tam tak chuan kohhranah hian, “Engati nge a neinungte thiltih hi kan khap sak a, a nei ve lo ten a neite tih ang tih ve zel kan tum le?” kan ti thin. Kei pawh hetiang rilru hi ka pu ve fo thin. Mahse, a lo Pathian thu lutuk lo em aw ka ti. Pathian thu, 1 Kor 8:13 ah chuan Paula khan ei tur avanga mi an tluk phah ai chuan, kumkhuain sa ka ei tawh lovang a ti ngam a nih kha. Mi dang ngaihsakna, mi dang ngaihchanna hi Kristiannain min neih tir a tum pawimawh tak, Kristian nun hnukpui pakhat a ni a. Keini

pawh hian midangte ngaihchanna thinlung kan neih fo hi a pawimawh awm e.

Tun lai khawvel hmasawna sang zelah mahni indah pawimawhna hi kan nei lian ta viau mai zel a. Kan zalenna hian midang a nghawng dan tur hi kan ngaisak ta miah lo mai. Ka neih a nia, ka hlim chuan enge a pawina awm tih rilru kan pu ta vek mai emaw tih tur a ni. Mi dang ngaihchanna, mi ngaihdan ngaihvenna neih thar leh hi kan mamawh ta hle mai. Kohhran chhungah tal kan intluktlan lohin khawiah nge

kan intluktlan tak ang le? Biak In te pawh hi Pathian pawlna aimah hian nei hnun show na atan hian kan hmang mek lo maw...mahni ta ta mai en lova, mi dang ta pawh en tura min ti tu (Phil 2:4) hian mi dang ngaihven, mi dang ngaihtuah ve turin min ti tih hi i hre thar leh ang u.

Ka titinaah chuan naupang inkhawmpuinaa a fate thawmhnaw thar a leisak chungchangte a sawi a. Inkhawmpuinaah kan fate aia mawi lo zawka ka ngaihte pawh (tlema khawsak harsa zawk) damlo chung chungin inkhawmpui turin an rawn hruai a, ka fate thawmhnaw thar ka lei sak khan a nei ve lo te tan hrehawm ka siamsak mai awm mang e aw tih ka ngaihtuaha a ti. Mizoram nu leh pa tam zawk hian kan fate hi rual kan awhsak ta lutuk a, an aw leh an duh em em pawh ni lo hi keimahni zawk hian kan awhsak avang hian ka leisak a, kan fate hi kan chei ler titih mek em aw tih tur a ni. Fate chu thawmhnaw tha ber, a mawi ber kan duhsak

ngei a, mahse, a uchuak lo thei tura kan chei te, mi dang nei ve lo ten hrehawm an tih tur khawp chuan kan tih loh a tha hle awm e.

Tin, fate thiltih zirtir chungchangte pawh kan sawi a. Nia, tun hnaiah hian Mizo thangthar zingah ei duh lo nei kan tam lutuk te, thiam loh nei ngah kan tam lutuk te, Mizo tawng aia sap tawng chauh thiam kan tam lutuk te hi a vei awm hle mai. Hengte hi nu leh pa te mawh a ni tih kan hriat thar a tul hle mai. Mi tam tak chuan kan fate hi sa an ei duh lova, ei tir tum aia 'sa a ei duh lo' kan ti ngawt a. Thil tih an thiam loh te thiam tura zirtir tum lovin 'an thiam lo' kan ti leh ngawt a. Kan fate hi kan lo phatmawi sak zung zung a. Hetianga fate enkawltute hian an fate an ti no a, mi tlaw takah an chhuah mek a ni. Mizo khawtlang nun in a ken thil tam tak nunphung, ei leh in thuah te, thil tih tur hrang hrang te hi kan thiam tir ve zel hi a ngai a ni. Tun hnaiah hian zing thawh nachang hre lo, engmah thiam nei lo, lehkha pawh thiam tak

tak lo, sap ṭawng leh intihchangkan chauh thiam, hmanna tur awm mang lo hi kan ngah tawh viau awm e. Kan fate hi kan enkawl ṭhat loh chuan a tuar hmasa ber leh a tuar nasa ber tur chu an bula awm hnai ber nu leh pa kan ni tih hria in, theihtawp chhuahin kan fate kan enkawl a, thil tih kan zirtir a ṭul hle awm e.

Kan titinaah chuan an fate sikul luhna chungchangte a sawi a. Sikul ṭha lar aiin an nungchang enkawl na an ngaih pawhmawh thu sawiin, an pain ‘an nungchang siam hi a pawimawh’ a tih tlat thu te a sawi a. Tun lai khawvelah hian mi tam tak hian kan fate nun ṭhatna aiin an thiamna, an nun nawmna tur ngawt hi kan ngaihtuah a. An han puitling a, hna an neiin, an thiltihah hlawhtling angin an lang nain, mi tam tak chu lehkhahthiam, nungchang hlauh hi Mizoramah hian kan va tam ta em. Lehkathiam chhungte tana chhawrnawm lo tak tak kan awm ta, hei hi thil pawitak a ni. Chu chu hria in, mi tam tak chuan an fate nungchang

siamna tur ngaihtuahin an sikul kalna te pawh uluk leh fimkhur tak in an thlang ṭhin. Hei hi thil pawimawh tak a ni.

A nihna takah chuan kan fate tluka ro ṭha hi kan lo nei tak tak lo. Sum leh pai hian mihring ṭha leh theihna tam tak, awlsamna leh nawmsakna tam tak hi a lei thei ngei mai a, mahse, a tawpah chuan kan thisen zawmpui, kan tu leh fate bak hian min lo hmangaih min lo buaipui tak tak thei love. Mi tam tak hi chuan an nu leh pa te hmangaihna chang hre miah lo leh ngaihsak miah lo te hi kan tam tawh viau awm e, inzirtir a ṭul ta khawp mai.

Hna sang leh ṭha tak tak thawk, kohhran leh khawtlanga inhman tum reng reng lo pawh hi kan pung ta zel mai. Kan fate lehkhazirna kan ngaihtuah lai hian lehkhathiamna chauh ni lo, nungchang ṭha an neihna tur zirna te hi kan ngaihven a va ṭul tak em. Kan titi thu leh hla hi a hlawk thlak hle mai a, in hlawkpui ve ngei beisei in ka rawn ziak ve a ni e.

**Hriselna Huang****ZUNTHLUM LEH EI LEH IN**

- *Remlalfaki*  
*Dietitian*  
*Synod Hospital*

Zunthlum (Diabetis Mellitus) hi tunah chuan natna thar leh mite tan pawh thil thar a ni tawh lo va. Zunthlum natna nei kan tam tulh tulh a, kan la tam belh zel dawn ni pawhin al ang. Mizote kan thil ei danah kan insiam remna tur leh thlak ngai kan nei ta nual niin a hriat.

A tlangpuiin mizo te hian ei leh in hi kan la ngaipawimawh tawk lo hle a, a tam zawk hi chuan a hriselna lam aini a tui leh tui loh hi kan la ngaipawihmawh zawk niin a lang. Kan taksa tan a hrisel dawn em tih ai chuan a tui avang a kan ei hi a tam zawk. Kan thil ei tur chu a tui tur chu a ni ngei a, mahse a hriselna lam kan en zawk fo a pawimawh hle. Chuvang chuan natna kan neih vang chauha kan thil ei fimkhur lo in, natna engmah kan neih loh pawhin ei leh in hrisel lam thlang thin ila, hei hian nakin hun zel ah natna tam tak kan pumpelth theih zawk dawn a ni.

Mizote chu a tlangpuiin chaw (buh) ei teh a, chawhmeh tlem azawng chauh ei thin kan ni a. Puar tak maia zing leh tlaia chaw

ei thin kan ni. Vawi khatah kan ei nghek a, kan ei lo leh vang vang a, tlaia ei leh teh hi a tam zawk tih dan a la ni awm e.

Zunthlum damdawi ei tho chuan ei leh ina insum a ngai lo ni tein a then chuan kan hria a, mahse hei hi a dik lo. Damdawi kan ei tho vang a, ei leh in kan insum bakah taksa sawizawin, hetiang hi zunthlum enkawl dan tha ber a ni. Natna kan neih avanga chauha ei leh ina insum ni lovin, natna dang, heng - zunthlum, BP sang, kal na, lung na etc. te ven nan hian kan ei leh in kan fimkhur hi a pawimawh a ni. Chak zawng leh duh vang a nih avanga ei teh hi bansan a ngai. Zunthlum nei kan nih chuan karhnih khat lek insum hian awmzia a nei lo baw k a,

inthladah a ngaitheilo hle. Mi thenkhat chu insum viauin kan inhria a, thil mawm, sa zawng zawng te an ei lo a mahse chaw ei hun ah chaw kan ei leh ÷euh ÷hin chuan sugar a in control ÷ha ÷hei dawn lo a ni. Chuvangin zunthlum nei tan chuan kan thil ei hun leh kan ei zat hi a pawimawh leh zual hle a ni.

Kan natna azirin kan ei ÷heih te, kan insum tur te, kan ei tam deuh ngaite a awm a, chuvangin, hetiang lama mithiam rawn hi kan uar deuh deuh a ÷ul a ni.

Tun ÷umah chuan miin zunthlum a ÷eih a, (natna dang nei lo an nih chuan) a ei leh ina a inenkawl dan tur tarlang ila.

- Vawi khatah engmah ei ÷euh loh tur. Tlêm têtê ei ngun zawk a ÷ha

- Ril÷am lutuk leh thil engmah ei lovin rei tak awm loh tur

- Thil kan mawm lutuk, têt tam tak ei loh a ÷ha

- Theitui aiin ÷hei, a puma ei a ÷ha zawk.

- Maida leh maida a÷anga siam ai chuan a÷a leh chana lam

emaw, dal lam a÷anga siam thlan zawk tur a ni.

- Chaw kan eiin, a hmasa berah chaw bar lovin, thlai lam ei hmasak a ÷ha a, a dawtah dal emaw be emaw chana lam ei a, a pathumnaah chaw bar chauh tur a ni

- Chaw ei kham velelah ÷u nghal lovin, minute 15-20 tal din emaw ÷ei vel a ÷ha a. Hetia kan tih hian kan blood sugar sang lutuk tur a veng ÷hei

- Tui in tam a pawimawh a, amaherawhchu, kal (kidney) lama harsatna kan lo nei tel a nih chuan Doctor rawn hmasak a ÷ha.

### EIATANA ÷HATE

- Thlai hnah lam chi reng reng

- Thlai rah eng pawh; mai tai leh vaimim erawh ei tlem a ÷ha

- Thlai hel ei chi uar a ÷ha

- ÷hei tui aiin ÷hei pumin ei ÷hinila (tumkhatahe ÷euh loh ahim)

- Dal, chana leh be lam chi ei atan a ÷ha

- Sa - arsa, sangha leh artui chhung mu tel lo ei atan a ÷ha,

(sa tui hawp loh, sakawchhung ei loh tur)

- Bawngnhute, a khâr paihin, leh bawngnhute ațanga siamte ei a him.

### INSUM TUR

- Processed food, sa țin ho hrim hrim, pickle leh amaha al sa lutuk ang te

- Thei tui thlum, soda drinks leh cold drinks te

- Chawhmeha al bak chi ei loh/liah loh tur

- Saum

- Bulbal nei chi heng - alu, bal, kawlbahra, pangbal te hi puar khawpa ei loh tur

- Chini, khawizu, kurtaı

- Thei - theihai hmin, lamkhuang, grapes, balhla leh thei hmin ța deuh deuh. A hmin poh leh sugar nei tan a ța lo, vawi khatah ei țeuh loh tur a ni bawk. Zunthlum nei mi chu nei lo aiin rilțam an tuar thei lo bik a, nileng a rilțam hman lo puar viau si loin awm theih a ța. Thil pawimawh ber chu zunthlum nei tan chuan kan ei leh in ah kan in

sum ța ang a, kan theih ang ang in exercise kan la ța ang a, a khat tawka doctor hnen a in check up leh mahni duh thu a damdawi kan ei lai te lo ti tawp loh kha a tha.

### HYPOGLYCEMIA (blood sugar hniam)

Hypoglycemia hriat theih dan

- Thlantui in a bual, thlan tla nasa

- Luna ngut ngut

- Khawhmuh fiah lo

- Luhai leh chau ngawih ngawih

- Khur der der

- Marphu rang

- Kachhung ro

Enkawł dan :

A chung a kan sawi tak ang a kan awm chuan a theih hram chuan sugar check hmasa thei ıla a ța. Thil thlum lam engpawh chini, kurtaı, sweet, chocolate etc ei hmasak ber tur, a hnu ah puar na tur lam kan ei leh ang. Kan len chhuahna emaw, committee pawimawh leh khawi emaw kan kal in kan in ven nan thil thlum chi pai țin a pawimawh hle.

**KOHRAN HMEICHHE NI SÂM**

- *Thangliantluangi  
Darlawn*

**Hei** le..kan lo thleng leh ta e, Kohhran hmeichhe Ni lawmawm chu

**Mi** tin ten hlim takin i hmang ang u, he hun hlu tak hi

**Ei** rel, insuk, inchhung sekrek ÷ul zawng zawngte kal sanin

**I** lawm ang aw, Kohhran Hmeichhe Ni hi

**Chaw**i nung zel ila, kan thuam mawi leh ÷ha ber inbelin

**H**limtem a rawmg kan bawl sak Lalpa tan

**I** hmang ang aw, Kohhran Hmeichhia zawmg ten

**A**mah faka zai vawrin thiam tin i chhuah ang u.

**T**alent ti pungin rawngbawl na huang zauh zelin.

**E**ngchhuak ila, kan eng ti zau zel ang u,

**N**ang leh kei hian kan theih tawk sang ber i hlan ang u

**I** dawn ngai em ? kan nu, kan pi te nun leh dinhmun kha

**K**rista avanga thlak danglama a lo awm tak hi

**A** hlutzia i chhut nawn leh teh ang u

**N**unna neilo, thing bul, lung bul hmaa kun ÷hin...Hmeichhia leh  
palchhia an tih ÷hin kha

**T**hlarau Thianghlim zarah kan tan kawla lo eng a.

**H**meichhia te dinhmun min chawisang a

**L**alpa zara kan chan, kan dinhmun leh kan hmelte  
pawh a ÷ha tawh a nia

**E**n teh mah u...kan nalh tawhzia te hi

**N**gaiteh, siapsuap feng ÷hin, thlang sappui thuam inbel in.

**L**anu iangin laitual kan leng, kan duai bil lo.

**E**ngah nge kan zam ang..Mahni kutkawih themthiamna thawhrah leh  
kan pasasalte zarah mawi leh nalhte chu kan phu ve a ni lawm ni

Hriatna leh finna kawngah pawh kan duai bik hauh lo a nia.

Thiam zirna runa zir tel hauh loh, tawnhriat hmanga finna zirchhuak  
ngat kha kan ni asin.

A changin Doctor, a changa Puithiam hna, zirtirtu leh  
chhiahhlawh hna thawk kawp thiam

Hmunphiattu hna aṅanga, sum vawngtu hna fawmin...

Puan su tu nih leh Ukil hna pawh kan kawp thiam

Lalber nihna chanvo te pawh run chhungah kan  
chelh tak fo hi (Mahse)

I dinhmun leh chanvo a san tak avang erawh chuan,  
in luling mai lo la

Muangtea kalin.. i lu, i pasal leh Krista zai ngai chung zelin

Thlarau Thianghlim nen Pasal fanau, chhungkua uap tlat la

Amah ṭih chungin, Pasalte zah takin chhungkua enkawlin

Kristian chhungkua, chhung inkhawm, buhfai ṭamah te

I ṭang zel ang aw, Lalpa chakna hmachhuan chung zelin

Nitin Lalpa tan ke pen a, hmatiam hlen zelin

I kal zel ang u, Kohhran hmeichhiate

Hlim takin vawiin ni hi hmang ila

Mual liama, Thlan khura kan liannii ah chuan

An la sawi ve dawn si a, kan chanchin te hi

Ngaihnaawm leh sawi nuam sulhnu ṭha nei turin

A'm ten hmang ila kan hun leh nunte Lalpa tan

Ngihilhloh tur sulhnu ṭha i hnutchhiah ang u, kan tu leh fa  
ṭhang lo thar tur tan.

**KOHRAN HMEICHHIATE RAWNGBAWLNA  
LALPAN MALSAMIN BUL ZEL RAWH SE**

**Eisiam Huang****MAI PUDDING****Mamawhte**

- |                    |   |                 |
|--------------------|---|-----------------|
| 1. Mai tai         | - | Kg chanve       |
| 2. Chini           | - | Thirfian lian 6 |
| 3. Vanilla Essence | - | Far (drop) 6    |
| 4. Dhoi            |   |                 |

**Siam dan**

1. Mai chu fai takin a kawr kan vel ang a, pressure cooker-ah tui nen rei vak lo kan chhum ang.

2. A hmin hnuah kan rawt sawm anga, rawtsawm sa chu bel/dekchi ah chini nen kan chhum leh anga, a ut loh nan uluk taka chawh tur a ni.

3. Suan dawn tepah Vanilla essence telh tur a ni a, kan dah dai ang.

4. A daih hnu chuan pudding bowl-ah kan suak chhuak anga, a chungah dhoi kan telh ang a, ei mai theih a ni ta.

Mai hi Mizoramah chuan kan nei tha a, kan ram mai tharchhuahte hi phai lam mai aiin a ban tui em em bakah a hrisele a, a tharlam zawk bawk. Naupang leh kum upa lam tan pawh ei a nuamin a tui a, hriseina a tan a tangkai em em bawk a ni.

A chungah siam dan kan sawi ang khian han tichhin la, i duh aia a thlum deuh leh chini i titem deuh mai ang a, tuiti takin lo ei ve teh le

**Hruaitute Chanchin****CHUAUZIKPUII**

Pi Chuauzikpuii hi Pu Biaksanga (L) leh Pi Kungliani (L) te fa 5 zinga upa ber dawttu niin 10th November 1958 khan a lo piang a. P.C Girls Schoolah zirna bul tanin Synod High School atangin HSLC a zova. NEHU atangin M.A (Edu) zir chhuakin, TISS, Mumbai atangin MSW a zir zo leh ani. Kum 1985-ah Principal Anganwadi Training Center, Social Welfare Deptt. ah a thawk tan a, he deptt.ah hian kum 2018-ah pension thlengin a thawk a ni.

Kum 1992-ah Pu Lalpanpuia Hnamte nen inneiin fanu 3 an nei a, tu 2 annei bawh. Tunah hian a pasal leh tu leh fate nen Khatla South-ah an cheng mek ani.

**RAWNGBAWLNA LAM: CENTRAL-AH : 2025-2027** hian Committee member-in a awm mek a ni.

**BIALAH:** Khatla Pastor Committee ah kum 2013 atangin Comt.member in a lut a. Secy, Asst. Secy, Treasurer leh Fin. Secy post te chelh tawhin, tunah hian committee member a ni. Bial Buhfaitham ziak tu a lo ni tawh bawh.

**KOHRANAH :** Kum 2001 atangin Khatla South Kohhran Hmeichhe committee ah telin. OB post hrang hrang a luah kim vek tawh a. Tunah hian committee member ani. Puitling SS. zirtirtu leh Inrinni zan Thuhriltu ani mek a. Sunday School zirtirtu chawimawina Diploma a dawng tawh bawh.

**BIBLE CHANG LEH HLA DUHZAWNG :** Sam 73:28 *“Kei atan erawh zawng Pathian hnaih hi a tha ani.”* duh hle a. KHB No.150-na *“Khawvel hi bo mahse Isua ka nei”* tih hi a duh hle.

**THUCHAH :** Kan tlinloh leh fel lohna hai dera khawngaih rawngbawh hna thawk ve tura min thlangtu kan Pathian hian mualpho tur chuan min ko lovang tih hria ila. Ama chaknaring chungin hma lam i pan zel ang u.

**Hrat atan****1. Fehchhuahna:**

(1) September 27, 2025-ah Melriat Kohhranah Leadership Training neiin Pi K. Vanlalrawni, Chairman leh Pi P.C. Lalmalsawmi, Committee Member-te an kal.

(2) October 4-5, 2025 chhung khan Lunglei Venglai Bialah Leadership Training & Kristian Chhungkaw Campaign hun hmangin Ni. H. Vanlalruati, General Secretary, Pi Lalngkhakliani, Asst. Co-ordinator, Pi Zodinpuui leh Pi H. Lalthasiami Committee Member te an kal.

(3) October 4-5, 2025 chhung khan Bungtlang Bialah (Bial chhung Kohhran panga-ah) Buhfaitham & Kristian Chhungkaw Seminar hun hmangin Pi Lalthansangi, Asst. Secretary, Pi Zohmingliani, Finance Secretary, Pi R. Tlanghmingthangi leh Pi Lalrokimi Committee Member te an kal.

(4) October 22, 2025-ah Zonuum Bialah Leadership Training neiin Pi Lalthansangi Fanai leh Pi H. Lalfakawmi, Committee Member-te an kal.

Fehchhuakte hian Pathian kaihhruaina leh awmpuina-in hun tha tak an hmang thei a, a lawmawm hle a ni.

**2. Tanpuina :**

Central Committee-in Grace Home leh Positive Women Network of Mizoram-te tanpui nan ₹ 20,000/- (cheng singhnih) ve ve pek ni se a tih angin Rahbi Tleu Sub-Committee-te chuan October 3, 2025 khan heng tanpuina sumte hi Grace Home leh Positive Women Network of Mizoram hnenah an hlan.

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

COMMITTEE MEMBER-TE

- |   |                            |
|---|----------------------------|
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| 3. Pi Chuauzikpuii                      | 4. Pi H. Lalthasiami       |
| 5. Pi H.C. Lalfakawmi                   | 6. Pi Hranghmingthangi     |
| 7. Pi J.C. Ronghaki                     | 8. Pi K. Lalrinpuii        |
| 9. Pi K. Remmawii                       | 10. Pi Lal̄tanpuii         |
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| 27. Pi P.C. Lalmalsawmi                 | 28. Pi R. Tlanghmingthangi |
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| 37. Pi Lalnghakliani, Asst.Co-ordinator |                            |

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

**KOHRAN HMEICHHIA**

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Bungtlang Bial Kohhran Hmeichhia Kristian Chhungkua & Buhfaitham Seminar



Lunglei Venglai Bial Leadership Training & Kristian Chhungkaw Campaign



Melriat Kohhran Hmeichhia Leadership Training

To

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