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Phek – 2

Harsatna kâra lungâwina

Phek – 6

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRIAT ZAUNA

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*Editorial***INKHAWM KHER HI A LO ṬHA**

Hripui leng avanga kum 2 zet inkhawm thei lova kan awm khân theih ang angin chhûngkuua Pathian biak ho uar sauh sauh tûrin kan infuih ṭhin a. Chhûngkaw eng emaw zât chuan urhsun tak leh mumal takin Pathian biak hona an hman theih laiin chhûngkaw tam tak chuan Pathian biak an chawlhsan emaw tih mai tûr a ni.

Inkhawm theih loh lai khan "Inkhawm kher pawh a lo ngaih loh hi, ti hian chhûngkuain kan tiho thei tho a" tih kha titi tlanglawn tak a ni hman. Mahse, chhûngkaw tam takte dinhmun en chuan a rei tial tial a, kan urhsunna leh tih tak takna a tlahniam telh telh a. Nam nûl lek lek châng pawh kan nei ta fo niin a lang.

Inkhawm loh kan thiam tial tial rualin kan kohhran mi nihna rilru leh kan sakhaw mi nihna thinlung erawh a tlahniam hret hret tih a lang chho mêk em tih hi ngaihtuah theih tak a ni ta. "Pathian ruat ang zelin tûnah kan inkhawm chho leh thei ta a. Phûr taka inkhawm an awm laiin rilrua kohhran inkhawm chawlhsan laklawh tawhte chu an insiam rem hlei thei rih lo emaw tih mai tûrin an phûr vak hauh lo mai!

Chhûngkuua Pathian biak ho hi a hlu tak zet a. Thlahthlam phal chi a ni lo. Amaherawhchu, kohhran hoten a huhova Pathian kan biak ngei mai hi Lalpa pawh hian mal a sawm niin a hriat a. Kohhran ho kan inkhawm hian kan thlarau tân chakna thar kan dawng a ni mai lo va, kan nunphung hrim hrimah mi dangte nena awm hona remchang min siam a, chu chu a ṭangkai êm êm a ni. Hripui avanga loh theih lohva kan inkhawm theih loh laiia thenkhatin 'inkhawm kher pawh a lo ni lo' an ti mai ṭhin kha Pathianin kohhran ho min din chhuah dân aṭanga kan thlir chuan 'inkhawm nge nge hi ringtute tana chakna hnar chu a lo ni e' tih hi a fiah a ni. Chuvangin, zalén tak leh engthawl taka kan inkhawm theih phawt hi chuan i inkhawm zêl ang u. Kohhran inkhawm hi Lalpa'n mal a sâwm ṭhin a, a sâwm zêl ang.

"He hmuna ṭawngṭainaah hian ka mit ka lên ang a, ka beng ka chhi ang. Chutah chuan ka hming kumkhuaa a awm theih nan he in hi ka ruat a, ka tithianghlim tawh a ni; chutah chuan ka mit leh ka thinlung a awm kumkhua tawh ang"(IIChro 7:15-16.)

Kristian Chhûngkua**CHHUNGKUA THLARAU LAINATNA**

- Rev. Dr. C. Thalai
Siaha

I Timothea 5:8 “Tu pawh mahni chhûngkhat lainate ngaihsak lo va, mahni chenpui chhungte ngei pawh ngaihsak lo chuan rinna an phatsan a ni, ring lo mi aiin an sual zawk.”

I Timothea 5:8 thu hi kristian chhûngkaw pawimawhzia sawina thu a ni a. Chhûngkua hi Pathianin leilung a din tirh aṅga a lo din tawh a nih avangin chhungkua hi Pathianin a ngai pawimawh hle a ni. Chuvangin Chanchin Tha pawh chhûngkua aṅga ṭan tûrin Bible-in min hrilh a. Chhungkua a pawimawhzia chu; chhûngkuaa kan chenpuite hnena Chanchin Tha rawngbawlna nei ngai lo mi chu ring lotu aiin an sual zawk tih Bible-in chiang takin min hrilh a ni. Ring lotu chu vanram kai lo tur list-ah an awm tih Bible-in min hrilh bawk.

Tunah hian chhûngkaw tam tak chu an thlarau a boral mêk a, khawngaihna hun a liam hma hian muang lovin chhûngkua thlarauva boral mêkte chhan chhuak tura mawhphurhna chu kan hnênah pek a ni tih i hria ang u.

hian i kê chu chhuahsan hlek suh se; chumi thu ziaak zawng zawng chu i zawm tlat theih nan chhun leh zan i ngaihtuah zawk tur a ni; tichuan i kawngte chu i lo titluang zêl ang a, i lo hmuingil zêl dawn nia.”

1. Chhungkaw chakna thuruk chu Pathian thu (Bible) hi a ni: “He dan bu

2. Bible hlutna kawnga entawn tlak nih: Bible hlut ber mai chu Mary Jones, Welsh rama hmeichhe

naupang kum 15 mi hi a ni. Bible a neih theih nan kum tluanin harsatna tam tak paltlangin Bible a nei thei a. Bible Society chakna chhan pawh hi Mary Jones vang a ni a. Mary Jones-in Bible a a thu duh ber chu Sam 119:1-176 chhunga mi zawng zawng hi a ni a, “Mary Jones changvawn” tih a ni hial a ni.

Bible ngai hlutute hi Kristaa mi ropuite an ni zêl thin. Charles Spurgeon-a te, D.L. Moody te, Billy Graham te hi Kristaa mi ropuite an ni vêk a ni. An nuten Pathian thu hi hnute tui anga an têt têt aṅga an lo pek/hrilh thin te an ni.

3. Bible thil tih theihzia: England Lalnu Elizabeth-i pawh khan heti hian a sawi, “England ropuina chhan chu Bible hi a ni e,” tiin America President 7-na Andrew Jackson pawhin heti hian a sawi bawk a, “Bible hi kan ram inngahna lungpui ber a ni a. Chu mai bakah Bible hi America hrilh fiahna a ni

a. State tina thuneitu ber a ni,” tiin. An pawisaah pawh heti hian an ziaak a, ‘Pathianah kan rinna kan ngat,’ (In God we trust) tiin.

4. Isua Kristaa mi ropui D.L. Moody leh a nu chanchin: Moody-a nu hi Kristian tha tak mai a ni a, fa 7 zet a nei a, Moody-a kum 4 a nihin a pasalin a thihsan a. Moody-a pa thih aṅga thla khat a ral hnuin a nu chuan fa phir a hring leh a, an vaiin 9 an lo ni ta a. Fa rual, enkawltu nei lo an lo ni ta a, an rethei hle a ni. A chang pheih chuan chaw ei tur ngheiin, pum puar khawpa ei tur an chham lai pawh a awm a ni. Chutiang taka rethei chung chuan Moody-a nu chuan a fate a enkawl na kawngah hlim hmel takin a la awm thei a nih chu. A pasal thih kum erawh chuan a fate hmuh loh laiin a ruk tein a ṭap ṭhin a. A lungngaih mittui te chu Pathian hnena inngah vek a pawimawhzia leh rin tlak a nihzia hriat chiantirtu a lo ni ta zawk a.

Moody-a nu chu ringtu tha tak ni mah sela, nu pakhatin fa 9 zet a han chawm tur chu an thenawmten an huphurhpu hle a, heti hian thurawn an pe a. Fahrah enkawlina inah emaw, a nih loh leh mi ina awmpui tura dah mai turin an hrilh a. Moody-a nu erawh chuan heti hian a chhang a. “Kut pahnih ka neih chhung chuan ka fate hi ka kutin ka vawng reng hlawm dawn a ni,” tiin. Mi dang kuta an awm ka duh lohna chhan chu, ei leh barah chuan keimah aia thain an enkawl thei ang tih ka hria. Amaherawhchu, an tawngtaisak lo vang a, Pathian thu an hrilh hek lo vang tih ka hriat vang a ni,” tiin a sawi.

Moody-a nu hian a fate chu tuk tin Pathian thu leh Bible-a mi ropuite chanchin a zirtir thin a. Chu chauh chu ni lovin, an in atanga biak in mel 1 zeta hlaah a inkhawm pui thin a ni. Moody-a nu hian chhôngkuuaa thlarau lainatna nei a nihzia chu, a fate hnêna Bible thu leh tawngtaina pawimawhzia an

naupan lai atangin an thisenah chi angin a tuhsak a ni.

A nu piancham vawi 99-na an lawm ni chuan D.L. Moody chuan ropui takin heti hian a sawi a, “Khawvêlah hian ka nu ang vek hi nute hi ni sela, khawvelah hian tan in (jail) hi a ngai lo vang,” tiin. Moody-a nuin a Pathian a rinna leh a innghahna chu Moody-a chungah a lo thleng ta; America leh England rama sap tawng hmanna hmun zawng zawngah chuan a thu hril atangin mi tam tak an piangthar a, thlarau bo tam tak Isua Krista ke bula hruaitu a lo ni ta a ni. Heng zawng zawng te hi a nu thawhrimna leh mittui te vang a ni.

Khawvel a chhuahsan dawnah chuan, “Pathianin min ko tawh a, ka kal tawh tur a ni. Ka thih ni hi Lal Lukhum ka khum ni tur a ni a, a va ropui dawn êm!” tiin a hnuk a chat ta a. December 22, 1899 khan hmangaihna khawpui, Angel-te lenna ram chatuan hmunah a kal ta a ni. “Mi tam tak felna kawnga

kaihruaitute chu vana arsite angin chatuanin an eng ang” tia ziaktu chu D.L. Moody-a chungah a kimin a lo thleng ta a ni.

5. Naupan laia zirtirna pawimawhzia: Communist ramah Russia sipaiten heti hian zirtirna an nei a. Naupang an nih lai aṭanga kum 25 an tlin thlengin, “Pathian a awm lo tiin an zirtir ṭhin.” Chu mai ni lovin, Pathian a awm lo tih thu chu thuvawn angin wawi sawmnga (50) a zawnin an sawitir ṭhin. Chutianga chi an tuh tlat avang chuan an thisenah Pathian a awm lo tih chu an ṭhanlenpui tawh a ni. Chuvangin Pathian an ring lo bur a ni.

Pathian hre lote mahin zirtirna dik lo an tet te aṭanga ṭhahnemngai taka an zirtir a nih chuan keini Kristian Pathian nung betute chuan an naupan lai aṭangin Pathian thu zirtir a, kaihruai zawk tur kan ni tih hi kan hriat reng a pawimawh. Tisa hmangaihna aṭang pawhin fate ṭhatna tur chu zirtir ngai lovin kan hre

vek ang a, naupang eng mah hre lo an nih aṭangin Boarding-ah te sum tam tak sengin an dah a, an tâna admission lakna kawngah chuan a hmasa ber nih tumin an inchuh ngam ṭhin. Fate tana zirna kawnga kan duh thawh ang hian Lalpa lamah duh thawh ṭhin ni ila, naupang an la nih lai aṭang hian Lalpa hnêna hruai hi a pawimawh êm êm a ni.

6. Chhungkaw pawimawhzia: China Thufingah chuan heti hian an sawi, “Chhûngkua a ṭhat chuan khawtlang a ṭha a, khawtlang ṭhain ram ṭha a siam a, ram ṭhain khawvêl ṭha a siam a. Khawvêl ṭhatna tur bul chu Chhûngkaw Ṭha hi a ni,” an ti.

Chhungkaw Thlarau lainatna tih thupui hmanga sermon kim lo taka ka zia hi a chhiartu zawng zawngte chungah leh chhûngkaw tinte chungah, Thlarau lainatna a awm deuh deuh theih nan, Lalpa Isua khawngaihna tawp ngai lo chu in hnênah awm zel rawh se. Amen.

Sermon

HARSATNA KÂRA LUNGÂWINA

(Mk 14:35 & 36)

- Rev. Sairengpuia Sailo
Family Guidance & Counselling Centre
Mission Veng, Aizawl

April 2021-ah khân CMC, Vellore doctor-te chuan ka Kal (kidney) a cancer thu leh ka taksa hmun eng emaw zât leh ka thluak thlenga cancer a darh tawh thu min lo hrilh a. Lal Isua ringtu t̃ha tak nih vânga thi ta lo hi tu mah an awm ngai lo. Lal Isua ringtu t̃ha tak nih avânga thlamuang leh lungâwi taka thihna hmachhawn erawh mi tam tak an awm tawh. Kei ber hian cancer natna hi ka hlau êm êm t̃hin a, Cambodia-a kan awm lai khân ka hrawk hi hun rei tak a nâ a, cancer a nih ka hlau êm êm a. Khatih lai khân cancer lo ni ta se, ka hriat niah khân ka cher nghal rawk rawk hialin ka ring. Ka zâm êm êm a, zânah te hian ka thlan a tla zawih zawih a, ka muhil thei t̃hin lo.

Ka huaisen êm vânga cancer natna hi thlamuang taka hmachhawn ka ni lo tih chu a chungka tawnhriat ka sawi aṭang khian a Chiang êm êm a. Khawngaih ngai, cancer hlau êm êm ka nihzia Pathianin a hria a, a hun takah ka Lal Isua ngei hian min dinpui a ni. Ka rilru huaisen leh ka rinna nasat vânga hei chen dam hi ka ni lo. Ka rilru

a dâwihzep tih leh ka rinna a tlêm tih hi Lalpan a hria a, ‘Khawngaihna Kutin’ min chelh ta mai zâwk a nih hi, Isua chauh ropui rawh se!

Lal Isua khân thih a hreh ve niin ka hria a, nat leh nghaisak te, mualpho leh zah te a huphurh thlu ve ngang niin ka hria. Gethsemane huanah khân amah vênpu

tûrin a zirtîrte pawh kha a phût na ve ṭhak ṭhak khawp mai. A rilru a beidawng êm êm a, a thlan thisen angin a far hial a ni. Mahse, kha hun harsa leh manganthlâkah khân, “Nimahsela keia thu ni lovin, nangma thu thu ni zâwk rawh se” tiin a Pa kutah a tlu lût tawp ta zâwk a.

A pa thu ang zêla a chung a eng pawh lo thleng tûra a inhlân tâk hnu khân a hmabâk thim kha a kiang chuang hauh lo chungin Isua kha a chhûngrilah a dam ta tlat a, thihna leh tuarna hmachhawn a huphurnha kha a bo ta tlat mai niin ka hria. Johana sawi dân chuan a mantu tûrte an lo thlen pawh khân a hlau tawh lo. Nazareth Isua an rawn zawn lai khân “Keimah hi ka ni,” a lo ti ngam ta a. Lal Isua lo chhan dân kha hlau leh zâm chhan dân tûr a ni lo, hnehtu, ngamtu ṭawng a ni tawh zâwk. An sawisak lai zawng zawng pawh khân a chi-âi tawh lo, Pilata pawhin a dâwp ṭawng zo tawh lo. Kraws kawngah pawh khân ṭapa zuitu

hmeichhiate hnênah khân, “Mi ṭah suh u, nangmahni leh in fate tân ṭap zâwk rawh u” a ti thei ta.

Kei chu buaipui ka ngai lo, ka ngaihtuahawm lo’ tiin mi dang a hnêm ta zâwk a ni ber mai. Na chungin mi dang a hnêm a, thlaphâng chungin thlamuanna a thlen ta zâwk a ni. A chung a lo thleng apiangah khân a lo lungawi ta a, zâmna a bo va, vuivainain a thinlungah hmun a chang tawh lo va, a duh ber tlâkna mual a thleng ta a, hnehtu a lo ni ta. Kraws-a khen beh a nih hma khân a thinlung lamah a lo hneh lâwk tawh a, tihduhdahna leh hrehawmna pawh kha zo takin a hmachawn thei ta mai a ni. “A theih hrâm chuan” a ti ṭâwk ṭâwk tawh lo, a chung a lo thleng mêk kha ‘Lalpa thu’ a ni tih a pawm tawh a, lungawi takin tuarna a hmachhawn ta mai a ni.

Lal Isua chuan a duh zâwng aiin a Pa duh zâwng kha a thlang ta zâwk a. Mahni duh zâwng hlân ral

khawpa ṭawngṭaina hlan te hi a va han ṭul êm! Kan ṭawngṭai tlaivâr zât leh kan chaw nghei ṭawngṭai zât ai mah chuan Lalpa thua lungawi thei khawpa ṭawngṭaina kan hlan theih leh theih loh hi pawimawh zâwk hian ka hre ṭhîn. A vui tâwk lek, ṭawngṭaina ngei pawh chhuang tâwk leka ṭawngṭai te pawh hi a awm thei âwm asin!

lungngaia rûm tûr, an chhe dawng ngei ngei tûr anghah kan dah ṭhîn. Mahse, kan ngaihtuah dân letling thawkin thil a lo thleng fo va, ringtu ṭha nia kan hriatten an tuar a, rawngbâwltu ṭangkai takte a hun lo takah an thi a; mi sual an tluang êm êm a, mi rinawm lo leh sum dik lo taka la lûtte an lian thûr thûr a, dik taka tite chêpna khawvêl a ni tlat si!

Zir tûr kan va ngah êm! Retheihna, lusûnna, natna, fate sual avânga rilru hah, lungngaihna leh hlawh-chhamna kan tâwk mêk a ni mai thei. Hêng hunah hian ring lo mi ang maia rûm tlawk tlawk tûr kan ni dâwn em ni? Hetiang hunah tak hian kan danglamna a lan loh chuan engtik hunah nge ringtu danglamna hi a lan chhuah tâk ang le?

Pathian rin leh tisa malsâwmna hi kan suih zawm a, ringtu chu chan ṭha leh tisa malsâwmna chang bîk tûrah kan ngai a. Ring lo chu malsâwmna dawng lo tûr,

Ringtu hmasate kha an la tlêm tehlul nêh tihduhdahin an awm a, tam tak martarin, rapthlâk taka thahin an awm a. Khawvêlah hian rethei takin, chênna tûr nei lovin saruakin an vakvai a. Ringtute hi khawvêl nawmna leh tisa lam malsâwmna chantîr hi Pathian thil tum ber a ni lo tih a va Chiang êm! Vânduaina, natna, retheihna, lusûn mangan, sual vânga lungngaia ṭah te hi ringtute chanvo, kan pumpelbîk loh tûr a ni tlat. Nimahsela, chutiang kan chung a lo thlen hunah tak chuan ringtu danglamna hi lo lang rawh se. Pathian hriatpuia lo thleng

a nih miao avângin thil tha lo pawh kan lungawipui ang a, khawvêlin mak an ti ang a, tahna âwmah kan nui ang a, chi-âina âwmah kan hlim ang a, chutih hunah chuan ringtu nih awmzia leh a danglamna chu khawvêlin an hre tawh ang. Ringtu hmasate pawh kha sakawlh hmaah an danglamna a lo lang thîn a, Stephan-a lunga an den laia ngaihdamna aw lo chhuak kha lunga dêngtute tân chuan thil mak danglam, an thinlung luah tlattu a ni tawh zâwk ang.

Lal Davida khân uire, mi sual bawlhhlawh a ni tih a inhria a, a chhe ber pawh kha phu hialin a inhria a. Mi nu mutpuia a fa neih kha a dam lo va, Pathian hnênah khawngaihna nasa tak a dîl a, chaw a nghei a; mahse a thinlung lamah khân Pathian rorêlsak tûr chu eng pawh ni se a lungawi lâwk tlat. Lungawi lo thei lo, a chhe ber pawh phu a ni tih a inhria a. Nasa taka a dîl chung pawha a fapa a thih khân a inbual a, sahriak a inthih a, chaw a ei ta mai asin. Pathian

rorêla lungawina thinlung a neih avângin lusûn dân pawh a va thiam êm!

Cancer kâra thlamuanna leh lungawina chhe tê ka neih theihna chhan pakhat pawh hi ka sualna vâng hi a ni tlat mai! Ka sual leh tenawmzia ka hria a; ‘ka hria’ ti ila, Pathian thlaraubin a khawngaihna zârah min hriattîr a ni zâwk. Cancer aia natna chhe zâwk pawh tuar âwm ngawih ngawih nia inhriatna Lalpan min pe a. Hma taka thi daih tawh âwm hi kum 50 chuang ka dam mai te hi tu nge maw ka niha, eng vângin nge maw Lalpa hian heti êm êma ka chungah zah a ngaih bîk mai le!

He sual inhriatna hi Lalpan min pe lo sela chuan, “Ka that lai hun zawng zawng rawngbâwl nân ka hman a, Pastor ka nih hnuah pawh Ramthar field kilkhâwr leh hrehawm tak takah te rawng ka bâwl ve a. Mi ram (foreign)-ah thleng khawhar takin rawng ka bâwl a, enga ti nge tûnah hetiana ka cancer tâk mai le?” tiin

Pathian lamah pawh ka vui
hial mai âwm e.

Nimahsela, a chhe ber
phu tâwk chauh ka nih
avângin ka duh loh zâwnng tak
natna ka chung a lo thlen
pawhin a âwm ngawih ngawih
mai. Chutih lain tahna ruam

leh thihna hlim kawr ka zawh
lai pawhin khawngaihna kutin
min vuan tlat si! An chhe
khawvêlah hian kan chungah
eng pawh thleng thei a ni.
Vânduaina leh thil tha lo pawh
lo thleng se, Lal Isua nèn
lungawi takin hmachhawn zêl
mai tûr kan lo ni.

LEIBÂ

Putar pakhat hian a tupa hi thlanmualah a
hruai a. Thlan pakhat chu kawkin, “Hetah hian
mi fel tak mai an phum a. Ka pawisa ₹50 a bat
chu theih tawp chhuahin min rulh let a tum
thin. Vanramah a kal ngei ang,” a ti a. An kal
leh deuh a, thlan pakhat chu a kawh leh a. “He
thlana an phum hian kan ₹60 a ba a. Mahse,
min rulh a tum ngai reng reng lo. Hremhmunah
a kal ngei ang,” a ti leh a. Naupang chuan, “Ka
pu, i vannei teh e,” a ti a. Putar chuan, “Eng
vangan maw?” a tih chuan ani chuan, “Khawi
hmun zawk zawkah pawh kal la, pawisa thin
tur i nei ve ve si a,” a ti ta reuh a.

Thlarau mi chuan kan bat min tlaksaktu
Krista lam a en thin.

*Kan batte hi min ngaidam ang che. Keini pawhin kan
englo bate kan ngaihdam tak ang khan’ (Mt 6:12).*

Sermon

PATHIAN THU AṬANGA RILRU HRISELNA KA LO THLIR VE DAN

- C. Lalawmpuii
Chaltlang

Rilru hriselna lam chungchang hi tunlai hian a lâh hle mai a, a pawimawh bawh si a. Heti lama mi thiam pawh kan neih belh zel a, a lawmawm tak zet a ni. Kohhran Hmeichhiate pawhin ngai pawimawhin a bu tête siamin kan zir ho nual tawh bawh a. Hetiang lam sawi ve tur hian eng mah thiamna ka nei lo va, zirna pawh ka nei hranpa lo. Mahse, mak deuhin mi dangte ngenna avangin hetiang lam ziaakna lehkhahu pahnih ‘Battlefield of the mind’ Joyce Meyer ziaak leh Pastor David Meengs-a lehkhahu ‘God’s counsel on Depression, Fear and worry, Anger and Bitterness’ tih lehkhahu chu ka letling ve a. Chung ka lehkhahu khawih aṭang leh kan mi thiamte thu sawi leh an lehkhahu aṭang te, keima tawn hriat aṭangtein kan sawi ve mai dawn a ni. Chhiartuten hlâwkna eng emaw tal in lo neih tak mialin.

Kum 2019 kum tawp leh kum tir têah khanin kan kohhrana ka mi ngaih êm êm ten mual min liamsan a, ka rilruin a tuar na hle mai. Chutih laiin kan fate pahnih zirna avangin hostel luh ngei ngei ngaiin an awm a, sum leh paiah kan harsa êm êm mai a. Krismas dawn lo ni bawh si nen, kan fate duh

zawng lamna tur eng mah kan nei lo chuan min ti na êm êm mai a. Harsatna eng eng emaw hi ka lo paltlang ve nual tawh a, kan fanu pakhat pawh hi kan chân têt pawh a; mahse, mualpho lovin Pathian khawngaihna hian min hruai chhuak fo tawh ṭhin. Amaherawhchu, hemi ṭum hi chuan ka ṭawngṭai reng chung

pawhin ka thinlung a chawl thei der lo. Ka rilru nâ chuan min uai bet tlat mai a, mahse Pathian chuan min thlahthlam hauh lo tih ka hria.

Amaherawhchu, krismas leh kum thar te kan han hman zawh hnu pawh khan ka thinlung chhung thawipik chu a reh thei ta miah lo mai a, ka awm dan chu ka manganpui a. A chang leh hlauh tur hre si lo khan hlauhna te a lo kal a, hrehawm tak a ni. Ka zak ve bawk si avangin tu ma hnênah ka sawi ngam lo. Ka ãawngtãi tlut tlut mai a, a chang leh chaw nghei ten ka ãawngtãi a.

Ni khat chu kohhran hmeichhiaa kan rawngbawlpui pakhat hian ka awm dan chu ni dang ang lova min hriat avangin chik deuhin min zawt ta a, min hmangaihna leh ngaihsakna hmel ka hmuh khan ka lawm êm êm a, mittui tla zawih zawihin ka awm dan chu ka hrilh ta a. Min hre thiamin min khawngaih hle mai a, min fuih a, min ãawngtãisak

bawk a, ka dam huai huai mai. Hetiang hunah hian min lo hre thiam tlattute hi an va hlu tak em! Heta ãang hian zawi zawiin Pathian chuan min tidam leh ta a ni.

Ka damna kawng hi tawi tê han sawi leh ka duh a, ka sawi tawh ang khan ka ãawngtãi nasa hle mai a, a tirah chuan sawt lo riau khan ka hria a; mahse, “In thinlung zawng zawnga min zawn hunah min hmu ang’ titu chu zawn hmuh turin a lo awm na meuh mai. Ka lehkhahu chhuah tawhte kha ka chhiar nawn leh a, Joyce Meyer chuan, “Kan rilru hi indona hmun a ni a, chuta ãang chuan indona a lo chhuak ãhin a. Lalpa lama kan tan tlat chuan Hnehtu kan ni dawn a ni. I ngaihtuahna kha veng ãha la, eng nge i ngaihtuah tih hi ngaihtuah ãhin rawh. A thim zawng emaw, a êng zawnga thlir theihna hi i thu a ni” a tih te chu a lo pawimawhzia ka hre chhuak thar leh a. Ka harsatna hlir kha ka lo ngaihtuah a, tah khan ka lo insâwrbing (concentrate) ngur

ngur mai hi lo ni a, chu chuan keimah min hneh ta lutuk a, ka thlarau a hliam ta a ni. Pathian rinawmzia vawi tam tak hmu tawh si hian Pathian chu ring zo lovin Pathian aiin ka harsatna chu keimahah a lo lian ta zâwk a ni tih ka hmu chhuak ta a.

Pastor David Meengs chuan, “Kan taksa, kan rîlru leh thlarau tidam tur hian Lal lsua hi Super Specialist a ni” a ti. A ti dik tak zet mai. Ka thlarau hliam tidam leh tur hian lsua chiah ka mamawh a ni. Tawngtai, Bible chhiar leh Pathian chibai bukna (worship) ka nei ta zel a, ka thinlungah chuan thlamuanna, hlimna, lawmna chu a lo luang lut ta zêl a, min hmangaih êm êm a ni tih chu ka hre Chiang (feel) tulh tulh mai bawh a. YouTube-ah sermon tha tak tak ngaihtlak tur a lo awm bawh a, thlarau châwm kha a lo pawimawh êm êm bawh nen, mi thahnemngaite zarah online fellowship te, testimony ropui tak takte chuan min chawm êm êm a ni. A thu chu a tir chhuak a, anmahni a

tidam thin a, Pathian thuin a tih angin a thu chuan min tidam ta zel a ni. Tin, ka sawi tawh ang khan kan thlarau hi châwm a lo tul êm êm mai hi a lo ni a, kan taksain chaw a mamawh ang bawh hian kan thlarau pawh hian a mamawh a, chu chu kan hlamchhiah hlauh chuan dam chhung khawsak ngaihtuahna hian min lo hruai bo leh thin.

Kum 2020 tir lam atangin covid 19 avangin khawvel a buai a, kan hriat ngai loh lockdown te kan han tawng ta rup rup a, ni tin hri kai thar lo awm nen thaw hi a ipik duh hle mai a; mahse, heng hlate hian Lalpan min thlamuan thin...

*‘Mita hmuh theih leh
hmuh phak lohthe nen,
A kut chhuak an lo ni vek
si,
Tui thûk tak chhungah
leh lei hnuai ril berah,
A ropuina inphûm si’ tih
hla leh
“Lalpa chu Amah
nghaktute tan,
A tha a, a ti thlawn ngai
lo,*

*Lalpa chhandamna ropui
beisei a,*

*Nghah veng veng chu a
tha a ni'*

tih hlate hi ka duh êm êm
a ni.

Kum dangah chuan khawhar chang deuh pawhin Biak Inah kan inkhawm thei a, Pathian thu te ngaithlain Amah kan fak bawk a, a nuam viau zel. Mahse covid 19 avangin Biak Inte khar chang awmin; Biak Inah inkhawm thei lo mah ila, khawi hmunah pawh Lalpa hi kan lo pawl thei reng si a. Hengte hi hlu ka ti thar êm êm a ni. Lockdown kha nuam tih riauna ka nei a, ni dangah chuan chhûng inkhawmah te duh angin kan zai hman thin lo va; mahse, Biak Ina kan inkhawm theih tak lohvah chuan duh tawkin Lalpa kan fak ho thei a, fate bulah pawh Pathian thu pawimawh kan tih ang ang te pawh kan sawi thei a, hengte hi a hlu hlein ka hria a ni.

Mika 7 :8-ah chuan, “Aw ka hmelma min diriam mai

suh, Ka tluk hun chuan ka tho leh ang. Thima ka thut pawhin Lalpa chu ka tan êng a ni” a lo ti a. Lungngaihna leh beidawnna hmunah te, hmuhsit leh diriamna te kan tawn hun a lo thlen pawhin Setana duh dan anga tlawm mai lovin Lalpa chakna ringin tho leh zel ang u.

Heng rilru lam harsatna chungchanga tlem sawi kan duh leh chu, Pastor David Meengs chuan, “Rilru lam harsatna, (anxiety leh depression) lo chhuahna bul hi chu mahni kan inhmangaih luat vang hi a lo ni a, chu chu Pathian dan kalh a ni a, mahni inhmangaih tur hian tu mah zirtir kan ngai lo va, kan thiam sa a ni a. Mahse, Pathian chuan Amah hmangaih ber turin min zirtir a, chumi zawhah mi dang, a tawp berah keimahni. Lal Isua phei chuan mahni chu inphat mai zawk turin min ti hial a ni a, keini erawh chuan mahni kan indah hmasa ber a, a tawp berah Pathian kan dah thin a lo ni” a ti. A dik ngawt mai. Kan harsatna

zawng zawng ai hian kan Pathian hi a lian zawk a ni tih hi kan ngaihtuah anga, Amah chu ring tlat tur hi kan ni. Pathian aia kan harsatna kan dah len zawka, kan vei ngut ngut chuan, chu chuan kan nun a tihrehawm a, chu chu Setana'n remchangah lain kan thlarau a hliam a, tih theih nei si lova kan inhriatna chuan beidawnnaah min hruai lut thin a ni.

Keini chang hi kan lo ni bik lo va, Bible-a mi ropui tak tak Davida te, Elija te pawh an lo ni ve tho mai, thih hial pawh an lo dil ve ngawih ngawih a nih kha. Mahse, Pathian thu chuan Sam 112:4 ah chuan, “Mi dik tan chuan thimah chuan êng a lo chhuak thin a” a lo ti a, eng anga beidawnna khur atang pawh hian Lalpa chu i au lui tlat ang u, amah chu kan êng a ni si a, amah chauh chu kan en reng a pawimawh a ni.

Heng ang harsatna hi thalaiteah hian a hluar deuh bik emaw ni chu aw a tih theih a. Chutih laiin kohhran

rawngbawltu leh Pastor-te pawh an bang bik lo va, nu valai ve deuh zingah te pawh an lo awm ve nual mai. Mi pahnih khat lek ka kawmnaah chuan, pakhat chu ngaihzawng then vang a ni a, pakhat leh chu naupang tain nau a pawm a, harsa a ti ve hle. A ho kan tihsak mai thei a; mahse, chhungte tan chuan a buaithlakin damdawi in hial an thlenpui lawi si a ni.

Nu leh pate pawh hian kan fate enkawl no lutuk lo ila, harsatna hmachhawn thei tura chhel kan zirtir te pawh a tul hle mai. Mangan tawpah pawh Pathian auh nachang hre tura kan zirtir pawh a pawimawh hle a ni. Hetiang lama mi thiam zawkte pawh hi pan hreh lo ila.

Tin, remna Pathian ngei chuan in pumin tithianghlim che u rawh se; tin, in thlarau leh in rilru leh in taksa chu kan Lalpa Isua Krista lo kal hunah chuan sawisel bovin a puma humhimin awm rawh se. Lalpan a thu te malsawm rawh se. Amen.

*Sermon***HNATHAWH**

- Rev. PC. Pachhunga
Finance Officer, Mizoram Synod

Hnathawh chungchang inzirtirna hian sawi a hlawh vak lo va, kan ram mamawh lian tak ni sia ka hriat avangin tun tumah hian sawi turin ka'n thlang a ni. 'Thlarau mi' kan tih pawh hi Biak In leh a chhehvela kan chet dan atanga teh fel vek theih a nih ka ring lo va. Hnathawh hi mihringte ni tin nun nena inzawm, kan ni tin hun hman dan hriltu pui ber a nih avangin thlarau mi kan nih leh nih loh hriltu pawimawh tak pawh a ni ngein ka ring a ni.

Ni tina kan hnathawh thin chu eng hna pawh ni sela, kan thawh danah kan taimak leh taimak loh te, kan rinawm leh rinawm loh te hi kan chhungril nun puang chhuaktu an ni a. Lei dawh lai chim te, Airport-a building sak lai chim te hi kan hnathawha kan rinawm lohzia puangtu rawl ring tak chu an ni phawt mai a. Kil tina kut tling lova sum hmuh duhna thawm te hian kan thawhrim phu lova hlawkna hmuh kan thlakhlelhzia an au chhuahpui a ni.

**1. HNATHAWH KAN
NGAIH DAN**

Kan pi leh pute khan PIALRAL chu hna thawk lo va, fai sa ringa awm der derna tur niin an ring a, chu chu an thlahlel hle pawhin a lang. An eizawn dan kha a rumin a hahthlak em a, hna thawk lova awm an thlahlel hle tih pawh a hriat theih a ni. Amaherawhchu, hna thawk lova awm der der ringawt chu a lo nuam hauh lo va, mi awm awl lutukten nun an ning thin. Vanram pawh hi pi leh puten Pialral an ngaih dan ang deuh va eng mah ti lova awm

der derna ringawt ni sela chuan hmun nuam ni lovin nun kan ning mai ang tih hlauhawm tak tur a ni.

Tun hma khan Mizo nu leh pate chuan an fate lehkha zir taima tura an fuihna chu, “In zir taimak loh chuan hna in thawk ang” an ti thin a, tun thleng pawhin nu leh pa thenkhat chuan an fate fuih nan an la hmang reng awm asin. Rem hre zawk leh thiam zawka hna an thawh theih nana zir lo va; hna thawh loh nana lehkha an zir thin vang emaw ni, lehkha zir sang pui pui, hna thawh zak tlat an tam an ti. Hna thawk lo tura inngai, nu leh pa chawmhlawm, thalai lehkha thiam an tam an ti.

2. ROM-HO NGAIH DAN

Hmanlaiin Rom-ho leh Greek-ho chuan hnathawh an ngaisang lo va, bawihho tih turah an ngai. Rom mite chu an vanglaiin ropui hle mah se hnathawh an ngaisang lo va, bawihho kutah an dah a; anmahni chuan awm awl leh nawm chen an thlahlel a, an ropuinain a daih rei lo.

3. JUDATE NGAIH DAN

Hmanlaiin Judate hi bawih nei ve tho ni mah se hnathawh chawisangtu an ni a. An thufing pawimawh tak pawh, “Mihring sum hlu chu taimak a ni” tih ngat a ni (Thuf.12:27). Hmanlai ata tun thlengin Judate hi khawvel hmun hrang hrangah an darh nasa em em a. An awmna hmun apiangah nasa taka hna thawka, an tu leh fate pawh hnathawh hlutzia zirtir zel thin an nih avangin an ding chhuak a, an hlawhtling zel thin a; mite mak tih leh itsik pawh an hlawh nasa hle thin. “Miin a fa chu hna thawh dan a zirtir loh chuan rukruk a zirtir a ni” an ti hial a ni.

4. HNATHAWH CHUNG-CHANG THUTHLUNG HLUIA KAN HMUH DAN

Hnathawh Theology inngahna chu PATHIAN a ni a. Bible thu bul tanna atan pawh Pathian hnathawh, lei leh van siam thu atangin a intan chat a ni (Gen.1:1). Evi leh Adamate bawchhhatna avanga Pathianin a hremna thu Genesis 3:14-21-ah khan,

“I dam chung zawngin rim taka thawkin a rah chu i ei tawh ang” (Chang 17) tih thu a lo lan tel avang khan thenkhat chuan HNA THAWH hi bawhchhiatna avanga Pathian anchhia niin an ngai a ni.

Genesis 1:26-28 leh 2:15 kan chhiar chuan Pathianin a thil siam dang tinreng chung a mawhphurhna mihringte hnena a pek thu kan hmu a. Chu mawhphurhna chu an nawm an maka an duh duha an sawisak tur tihna ni lovin ven him leh enkawl hna thawk tura mawhphurhna a ni zawk. Chu hna pawimawh tak thawk tura mawhphurhna chu anchhia ni lovin malsawmna a ni a; chu mawhphurhna chu mihringte hnena pe lovin thil siam dangte hnenah lo pe zawk ni sela chuan mihringte dinhmun hi eng anga hniam nge a nih dawn kan hre phak lo. Exodus 20:10 leh Deuteronomy 5:14-a Thu Sawm Peka chawlhni serh thu hian ngaih pawimawh a hlawh hle a. Judate phei chu an over leh lutuk a ni. Tun

thlengin kohhran pawl thenkhat chuan thupui berah an neih a; keini kohhran pawhin kan rorelna sang, Synod Inkhawmpui hial a lo thleng tawh thin a nih kha.

Hemi tluka pawimawh, a aia pawimawh zawk mah ti ila kan sawi sual em ka hre lo, chawlhni serh thu sawi hma chiaha mi Exodus 20:9 leh Deuteronomy 5:13, hna thawk tura thupek hian ngaih pawimawh leh sawi a hlawh tam lo hle mai. Thupek pawimawh em em, Pathian malsawmna lo luan luhna hnar a nih avangin sawi rin zawk mah a tul em ka ti a ni. Miin ‘Chawlhni serh rawh’ tih thupek a zawm that lohva kan ngai mawh tehreng nen ‘ni ruk chhungin i hna i thawk tur a ni’ tih thupek an zawm that duh lohva kan ngai mawh leh hauh si lote hi a dik dawn em ni?

Lal Solomona chuan, “Mihring chu a thil tiha a lawm aliama tha eng mah a awm lo tih ka hmu a ni,” a ti (Thuh.3:22). Hnathawh leh

thil tih hlimpui tur neite hi khawvela mi vannei an ni. Khawvel ram ropui leh hausate hian an ropuina leh an hausakna te hi a thlawna an dawn a ni lo va, thawhrimna nena an hlawh chhuah a ni. Mahni hnathawh rah ngei hi nun tihlimtu leh min tilawmtu ber an ni a, thawh chhuah hlimpui tur nei lote chu mi vanduai tak an ni.

5. JAPAN-HO

Indopui II-na kha Japan-hovin an tuarin an chhiatpui nasa hle a. An ram tungding leh tura thalai hovin tan an han la leh tak tak chu an chhel hle a ni. “Cartoon Box-a sangha tin rem ang maia tawtin khawthlang thiamna leh finna zir turin lawngin kan kal a. Kan zirlaite kan zir thiam hnu chuan lawng bawkin kan hawng leh a, khawthlang hovin Certificate min pekte chu tuipuah kan thlak vek a; chung Certificate-te chuan kan ramah pawimawhna an nei lo” an ti. An ramah chuan khawthlang thiamna leh finna an zirte chu a takin an hman dawn avangin Certificate

chuan pawimawhna a nei lo an ti a ni awm e. Keini ramah chuan Certificate a pawimawh em em a, Certificate tha pui pui nei, hna thawk tak tak tura chhawr tlak si loh pawh an tam an ti.

Thufingte Bu hi ngun taka kan chhiar chuan taima tak leh rinawm taka hnathawh chu neihnunna a ni a, thatchhiat erawh chu retheihna a ni tih Chiang takin kan hmu. Thufingte 14:23-ah, “Thawhrimna zawng zawngah hian hlawkna a awm,” tih leh Thufingte 12:27-ah “Mihring sum hlu chu taimak a ni,” tih mai pawh hian hnathawh hlutzia an tar lang Chiang em em a ni.

6. HNATHAWH CHUNG-CHANGA ISUA ZIRTIRNA

Lal Isua hi Juda Culture hnuaia seilian a ni bawk a, hnathawh a chawisangin amah pawhin a thawkrim hle. Johana 4:34-ah chuan, “Mi tirtu duh zawng tih leh a hna thawh zawh tur hi ka chaw a ni,” a ti a. Ka rilru leh nun tlaina ber chu ka Pa duh

zawng tia hna thawh hi a ni a tihna a ni ber awm e. Johana 5:17-ah pawh, “Ka Pain tun thleng pawhin hna a thawk reng a, kei pawhin ka thawk ve a ni,” a ti. Isua hi kut hnathawktu chhungkuua seilian a ni a; a pa, Josepha chu mistiri a ni (Mat.13:55; Mk.6:3). Isua hian hnathawh a ngaisang hle tih tichiangtu chu tehkhin thu atan pawh hnathawh chungchang a hmang nasa em em hi a ni - Talent tihpun thu te, Beram vengtu thu te, buh chi thehtu chungchang te, Grape huan thlawh hlawn thu te, in satu chungchang te, etc. “Tu pawh lei lehnaa kut nghata hnung lam en chu Pathian ram mi ni tlak a ni lo ve,” a ti hmiah mai a ni (Lk.9:62).

7. HNATHAWH CHUNG-CHANG PAULA ZIRTIRNA

Tirhkoh Paula zirtirnaah hian rinna leh khawngaihna hmun a chang lian ber a. Hnathawh chungchang pawh hian a zirtirna leh a nunah hmun a chang lian ve hle a ni. Tunlaia thalai inti changkangte ang lo takin kut

hnathawh pawh a zahpui lo hle a, zahpui a hnekin a chhuang zawk a ni.

Rawngbawla a vah velnaah pawh mi dangte tibuai lova ama thawh chhuah ngei ringa a awm thu uar tak leh chhuang takin a sawi nghe nghe a ni (TT.20:33-35; II Thes.3:7-9). Paula hian thatchhia, hna thawk peih lote a ngaisang lo hle a, “Tu pawhin a thawh duh loh chuan ei pawh ei suh se” a ti mai a ni (II Thes.3:10). He thu hi ‘Chawlhni serh rawh’ tih thupek anga kan ngai pawimawh dawn a nih chuan thalai chaw nghei mai tur tam tak an awm mai thei a ni. Thupuan 20:13-ah chuan, “...mi tin an thil tih ang zela relsakin an awm ta a” tih kan hmu a. Kan hnathawh leh kan thil tihte hi mi eng ang nge kan nih tichiangtu leh tifiaktu ber an la ni dawn, a dik tak chuan tunah pawh a ni mek zel a nih hi.

Tunlai thangtharte zingah hian hna tha thawh tum lova tei mai mai kan pung sawt hle

a. Hnathawh kan ngaihsan lohva, awm mai mai kan pun tual tual chuan kan ram hi a rawih tial tial dawn a ni.

Hnathawh chungchangah chuan ring lo mi hnen aţang hian zir tur kan ngah hle zawk awm asin. Tunlai ţhalai zinga ţawngkam lar pakhat an sawi chu ‘It’s my life’ tih a ni a. “Keima nun a ni a, ka duh dan danin ka nung ang” tih nan an hmang a ni awm e. Pu Dina hian, Sap ho chuan Mizovin kan hman dan ang hi chuan an hmang ve lo niin a sawi a, ka awih khawp mai. Hnathawka vai kan chhawrte pawh hian ‘It’s my life’ tih hi

sawi ve ta sela chuan, “Ka hna hi ni tina ka nunin a buaipui ber chu a ni, ka nunah hei aia pawimawh dang a awm lo ve” tih nan an hman daih ka ring tlat a ni.

Hnathawh hi ni tina kan nun nena inzawm a nih avangin Bible-a zirtirna kan hmuh pawh hi a Chiang tawh hle a ni. Hawh u, Bible zirtirna angin taima tak leh rinawm takin ni tin mahni hna i thawh ţheuh ang u. Chu chu kan ram in Pathian malsawmna kan dawnna tur kawngpui pawimawh ber chu a ni. Lalpan a thu malsawm rawh se. Amen.

NU

Nu hi ka nei rei lo hle nain, ka dam chhunga ka nun min khalh ngiltu ni tur khawpin min zirtir hman tho.

- *Thomas Edison*

Mi tu pawhin nu, Pathian ngaihsak mi a neih chuan a rethei lo vang.

- *Abraham Lincoln*

Pathian ţihtu nu pakhat leh puithiam za an intluk.

- *Roy B. Zuck*

Hleih nei lo leh hmangaihnaa roreltu awmchhun chu nute hi an ni.

- *M.A. Alreed*

Article

NU HMANGAIHNA (TAWRHNA)

- *Obeda Nu, Shillongpari
Dawrpui*

He thu hi hmangaihna avanga tawrhna aṭanga ka dawn a ni a. Tu emaw talin rinnaa hmasawn nan an lo hman ve mial takin tiin, thiam lo leh inthlahrung tak chungin ka han ziaak ve rāwih a ni.

Kan fa neih chhun Obeda K. Lalramdina, kum 36 mi chuan nat lawk pawh nei lovin, ni khat leh zan khat chauh dam lovin ni 4.1.2022 zan dar 6:50 khan min boral san thut mai a. Nu hmangaihna aṭang chuan a aia nâ a awm chuang lovang tih chu in hre thiam ve vekin ka ring a. Mihring mihrinnaah chuan kan tliak hnâwp a, a tawp rup a ni mai. Hetih laia Lal Isuan thil min tihsak ropuizia, a thlamuanthlakzia leh a rintlakzia ka dawn hi a va ropui êm! Zana ka han mut hian ka fapa thihna chungchang hian ka ngaihtuahna a luah khat hmasa ber ṭhin a. A

pahnihnaah Lal Isua dahin, “Lalpa, min hre thiam rawh aw...” ka ti rilru chhunzawm ṭhin a, min hriat thiam ngei pawh ka ring. Mahse, ka thinlunga Lal Isua min chhanna chu, Mari tawrhna nasa tak kha min thlirtir a. Kan faten mi kut an tuar kan hlau êm êm a, ‘an lo chuti khati ang em aw..’ tiin kan ngaihtuahna zawng zawngin kan suangtuah a. Leng rei deuh se mu thei lovin kan ngaihtuah a, chu chu Nu Hmangaihna a ni a. Chu Nu Hmangaihna aṭang chuan Mari’n Lal Isua tuarna avanga a tawrhna nasat turzia ṭawmpuia ka lo ngaihtuah ngai rêng rêng loh chu

ṭawmpuiin, ka fapa sūna Lal Isua a pahnihnaa ka lo dah ṭhin hi, Lal Isua lehkhalthna a ni tih inhre chhuakin Mari tawrh leh ka tawrh ka han khaikhin a, ka tawrhna nepzia min hmuhtir a. Mari fa hmuh hmasak ber Isua Krista, a en nin theih loh, a hmangaih êm êm, a thiam lohna pawh awm miah lovah thiam loh an chantir a, chil te chhak khum niin zankhuain an sawisa a, diriam tinrengin an diriam a.

Chu mai a la ni lo, mi pangngaite aia sualte thihnaa thi turin a chungthu rel a ni zui a (Deute 21:23). Pathian Fapa meuh pawh khan a kawng zawh tur hi a huphurh êm êm a. “Ka Pa, he no hi kirtir rawh....tiin a dil hial a nih kha (Mt 26:39). Mahse, Pathian remruat tawh sa chu tihdanglam theih a ni lo. A nu, Mari rilru nat turzia i ngaihtuah ngai em? Mari tawrhna nasatzia chanchin hi, enga ti nge Bible-ah hian an lo ziah lan loh leh aw tiin ka ngaihtuah hial a. Lal Isua leh a nu Mari tuarna ka

ngaihtuah a, ka mittui a va tla nasa em! Mari chan leh ka chan ka inteh a, ka chan a ṭhat zawkzia leh ka tawrh a nep zawkzia te ka ngaihtuah a.

Ka fapa ka sun hi Lal Isuan min chelh tlat a, thlamuanna nasa takin min uap ta tlat a. Lalpa hi a va ṭha em, ka fa neih chhun hi kum 36 ½ (2.7.1985 – 4.1.2022) zet kawl min phalsak a, min kalsan dawnah pawh ama khum ngeiah, nu kuanguah reng chungin min kalsan te leh, a dam laia a duh leh mamawhte tihsak theia ka awm te leh amah ngeiin takna/dikna a ngaihsan em em te leh engkim maiah Pathian a dah hmasak ṭhin te leh Pa angchhungah a chawl ta tih Pathianin min hriattirna te hian min tithlamuanguin, Mari tuarna ṭawmpuiin hahdam leh thlamuang takin lu min sunpui a.

Lalpa hian engkim mai hi Amah hriat thar leh pawl nan hian a lo hmang/her rem mai ṭhin a lo ni.

KUM 2021 & 2022 CHHÛNG ATÂNA HMANGAIHNA INA NAU CHÂWMNA PETUTE LEH AN CHÂWM ZÂT

SN. Bial/Kohhran/Mi mal hming **Chawm zât**

2021

217. Luangmual Vengthlang Kohhran Hmeichhia	1
218. Tualbung Kohhran Hmeichhia	1
219. Khawhai South Bial Kohhran Hmeichhia	1
220. Suarhliap Bial Kohhran Hmeichhia	1
221. Sihhmui Kohhran Hmeichhia	2
222. Lawngtlai Bazar Veng Kohhran Hmeichhia	1

2022

1. Kohima Bial Kohhran Hmeichhia	1
2. Kohima Kohhran Hmeichhia	2
3. Chaltlang Bial Kohhran Hmeichhia	4
4. Kulikawn Kohhran Hmeichhia	7
5. Bilkhawthlir Hmar Veng Bial Kohhran Hmeichhia	3
6. N. Vanlaiphai Bangla Veng Kohhran Hmeichhia	2
7. Tuikual Kohhran Hmeichhia	2
8. Tuikual Bial Kohhran Hmeichhia	3
9. Laipuitlang Kohhran Hmeichhia	2
10. Pi Neihthangi, Zarkawt	6
11. I.T.I Vengchhak Kohhran Hmeichhia	1
12. Pi Thanṭhuami, Hmunṭha	1

13. Melthum Kohhran Hmeichhia	1
14. Khawzawl Vengsang Kohhran Hmeichhia	1
15. Sazep Kohhran Hmeichhia	1
16. Kawnpui Chhim Veng Kohhran Hmeichhia	1
17. Electric Veng Kohhran Hmeichhia	6
18. Saron Veng Kohhran Hmeichhia	2
19. Bawngkawn Bethel Kohhran Hmeichhia	4
20. Bethlehem Venglai Kohhran Hmeichhia	5
21. Saikhamakawn Kohhran Hmeichhia	1
22. Vairengte Hmar Veng Kohhran Hmeichhia	1
23. Dawrpui Vengthar Bial Kohhran Hmeichhia	6
24. Bethlehem Vengthlang Kohhran Hmeichhia	2
25. Tuikhuahtlang Kohhran Hmeichhia	6
26. N. Vanlaiphai DD Veng Kohhran Hmeichhia	3
27. Zarkawt Kohhran Hmeichhia	8
28. Champhai Venglai Kohhran Hmeichhia	3
29. Chhing Veng Kohhran Hmeichhia	6
30. Lawngtlai Bial Kohhran Hmeichhia	2
31. Nursery Veng Kohhran Hmeichhia	8
32. Mission Vengthlang Kohhran Hmeichhia	15
33. Dawrpui Kohhran Hmeichhia	10
34. Chhing Vengthlang Kohhran Hmeichhia	5
35. Pi Zohmingliani, Electric Veng	1
36. Thakthing Veng Kohhran Hmeichhia	6
37. Chawnpui Vengthlang Kohhran Hmeichhia	5
38. Armed Veng Bial Kohhran Hmeichhia	4
39. E. Lungdar Bial Kohhran Hmeichhia	2

40. Bungkawn Vengthar Kohhran Hmeichhia	2
41. Sakawrtuichhun 'N' Kohhran Hmeichhia	1
42. Zuangtui Bial Kohhran Hmeichhia	2
43. Zotlang Kohhran Hmeichhia	6
44. Tuikual North Kohhran Hmeichhia	2
45. Champhai Kanan Bial Kohhran Hmeichhia	2
46. Bethlehem North Kohhran Hmeichhia	2
47. Ramthar Veng Bial Kohhran Hmeichhia	4
48. Thenzawl Vengthlang Bial Kohhran Hmeichhia	2
49. Tlangnuam Bial Kohhran Hmeichhia	8
50. Nursery Venglai Kohhran Hmeichhia	1
51. Sumsuih Bial Kohhran Hmeichhia	3
52. Mission Veng Kohhran Hmeichhia	25

chhunzawm tûr....

THUHRETU

Jim-a chu Kohhran Upa a ni a. Vietnam ramah rawngbâwlin a awm a. Vietnam raltlân Sun Lee-a te chhûngkuain an rawn fin a. Jim-a chuan nasa takin a lo tanpui a, hna te a lo zawnpui a. Sun Lee-a te chhûngkua chu Isua chanchin hrilh a duh hle mai a. Mahse, Vietnam tawng a hre tlêm si a, Lee-a te chuan English an hre baw k si lo va, a beidawng hle mai a. Mahse, Sun Lee-a chuan, “Nangmah ang hi a nih chuan hriat chian ka duh e,” tiin Kristianah a inpe ta a.

Thuhretu nun chuan tawng lo pawhin mi dangah thu a sawi thîn.

Source: *Kristian Encyclopaedia*

Hriselna Huang

NAUPANGTE LEH VITAMIN

Naupang thang lai chuan vitamin an ei ngei ngei tur a ni tih hi TV-a fakna kan hmuh thenkhat leh, a nawlpuia kan pam dan a ni. Kan hriat hi a dik rêng em? Naupang zawng zawng hian vitamin hi an ei tur em ni?

Vitamin tih chu *Vital-Amines* tih atanga tawngkam lo chhuak a ni a. Chu chu Amines (Chemicals family chi khat) pawimawh êm êm te tihna a ni thei awm e. Kan taksain a mamawh, chaw leh thil dang kan ei leh in atanga kan lak luh ngai, taksa tana pawimawh êm êm tihna mai a ni. Vitamin ang thova pawimawh êm êm chu minerals (calcium, iron kan tih ang chi) chi hrang hrangte a ni a. Mineral chu kan mamawh tawh kan taksaah hian a awm ve reng tur a ni.

Naupangte hian vitamin damdawi hi an ei ngei ngei tur a ni tih hi mi thiam zawkte ngaih dan a ni lem lo a. A that dan berah chuan, naupang chuan chaw tha chi hrang hrang, kan taksain vitamin a mamawh ang te pai kim thei ang ber hi ei sela. Mumal tak leh inmil tawh tak, taksain a ngeih dan tur tak chaw tha (balanced and healthy diet) hi ei thei sela tih hi duhthusam a ni a. Vitamin damdawi te hi tul lovah chuan ei kher a ngai lo. Mizoin chaw

kan tih mai, buh leh a zawlpui, wheat, vaimim leh thlai hnah hring chi hrang hrang, thei, arsa, sangha, sa ti (meat) leh artui te, bawnghnute leh chaw tha dang te hi naupang taksain a mamawh vitamin kan hmuh theihna tangkai êm êm an ni.

1. Eng ang naupangin nge vitamin leh mineral chu mamawh ta ang?

Nu leh pa buai tak, in lama duh ang chaw siama buatsaih hman lote,

chhungkaw harsat vang emaw, dinhmunin a zir loh vanga duh ang emawa naupang chaw tha ei thei lote hian an taksa mamawh phuhruk turin ni tin emaw, a tul dan azirin vitamin an ei a ngai a. Heng naupangteah hian hman a ngai thin:

1. Naupang chaw ei mumal lo, chaw tha ei lo leh in-balance taka chaw, thlai hnah leh thei ei tam lovah.
2. Naupang chaw lâk tha lo, thil ei thei lo/ei tam lo hrim hrimah.
3. Natna benvawn-asthma, pum lam tha lo leh natna benvawn dang vei naupangah.
4. Naupang, kawngsir leh restaurant vela thil siam leh ei tur sawngbawl sa, noodles (wai wai, maggie, etc) chocolate leh a dangte ei nasa lutukah.
5. Naupang sa ei ngai lo (vegetarian) leh bawngnhnute lam chi ei/in ngai miah lovah te.
6. Carbonated drinks kan tih mai Coca Cola, Sprite,

Fanta leh a dangte hian vitamin leh mineral pawimawh taksa atanga inpaih chhuahna a tih tam theih avangin hetiang chi in nasa thin naupangteah.

Naupangte tan eng vitamin leh minerals nge tha?

1. Vitamin A: Vitamin A hi tha taka naupang taksa insiam tur leh an thanna kawng atân a pawimawh hle a. Vun leh mit hrisel tak an neihna atân te, timûr leh ruh insiamna atân leh taksa natna hrik dotu (immunity) atân a pawimawh hle. Bawngnhnute, cheese, artui, thlai hring ni lo, thlai rawng nei chi heng - carrot, bahra ang chi te hian vitamin A an pai tam.

2. Vitamin B: Vitamin B hi chi hrang hrang a awm a, Vit B2, B3, B6 leh B12 te hi taksa hnathawh peng hrang hrang tan an tangkai hle a, chakna insiamna atân, thisen mumal taka taksa peng hrang hranga an insem darhna atân leh thluak hnathawh atân te an pawimawh êm êm a ni. Sa ti, arsa, sangha, artui, bawngnhnute, cheese, bean leh bekang leh

be tē ang chi te hi vitamin B kan hmuhna ṭha tak a ni.

3. Vitamin C: Vitamin C hi naupang tihrawl leh ruh chuktuah leh vun ṭhatna atān te a pawimawh êm êm a. Thei thur chi hrang hrang, ser, kiwi, strawberry, tomato leh thlai hring hel ei theih broccoli te hi Vitamin C hmuhna ṭha tak a ni. Tin Vitamin C hi antioxidant ṭha tak a ni a, hriselna kawng tam taka min puitu a ni.

4. Vitamin D: Vitamin D hi naupang ruh leh ha insiamna atān a pawimawh êm êm a, taksain a mamawh êm êm Calcium hnathawh atān a pawimawh hle bawk. Bawngnhute leh sangha, a bikin mekerel leh salmon te hi vitamin D hmuhna ṭha tak a ni a. Ni (sun) hi Vitamin D hmuhna ṭha leh awlsam ber a ni.

5. Calcium: Calcium hi ṭha taka naupang ruh leh ha ṭhanna atān a pawimawh êm êm bawk. Bawngnhute, cheese, tofu ang chi te hi calcium tamna a ni.

6. Iron: Iron hi thisen hnathawhna atān a ṭangkai êm êm a, hmeichhe tleirawl ṭhan thi neiah te hian a pawimawh zual. Keini ang ram ṭhang mêkah chuan naupangteah iron tlakchhamna a tam em avangin central sawrkar hmalaknain sikul hrang hrangah iron leh folic acid a thlawna naupang pek ṭhin a ni.

Vitamin-te hi uchuak tak leh tam lutuka naupang pek hi a ṭha ber lo a, a bikin Vitamin A, D, E leh K phei chu fimkhur a ngai zual a. A tawk chiaha pek a nih loh chuan naupangah nghawng ṭha lo zawk a nei thei a ni. Tin, vitamins hi chaw ei tuina a ni lo tih kan hriat tel a ṭha awm e. A tir lama kan tar lan tawh angin naupang tana vitamin hmuhna ṭha ber chu chaw ṭha a ni a. Chaw ṭha pawh chu inpawlh tawk tak leh taksain a mamawh tawk chauha pek a ṭul bawk. Kan ramah chuan Vitamin hmuhna ṭha ber chu thlai leh thei chi hrang hrang te, chaw chi hrang hrang - buh, wheat, vaimim te hi a ni a. Keini ang tlang ram, kan thlai leh thei

pawh chemical leiṭha hmanga chawm la tam lutuk lohna angah pheih hi chuan kan chawhmeh chi hrang hrang hi thianghlim takin siam ila, chawhmeh leh theih hel ei theih ang chi te, tlak kan tihte hi vitamin hmuhna ṭha êm êm vek a ni. Chaw kan han tih pawhin thau pai tam lo theih apiang a ṭha ber zel a, chaw chi hrang hrang a tam theih ang ber pek hi naupang tan chuan duhthusam a ni. Naute/naupang chu vaw khatah chaw pe ṭawk lovin, a chi tam theih ang kha tam lo tē tēin ni khatah pek a fuh zawk.

Naupangin chaw a ei duh loh deuh a lo nih pawha beidawng mai lovin, kan chawhmeh siam dan te chu thlak danglam deuhin pek mai ṭhin tur a ni. Eng pawh ni se, damdawi reng reng hi chu kan mamawh hun chu awm mah se, a lova awm theih chung chu awm tum a ṭha tih kan hre awm e.

Vitamin pek dawna hriat tur tlem:

1. Naupang khawih leh ban phakah vitamin dah ngai suh.

2. Naupangin chaw a ei ṭha duh ngang lo a nih chuan, a ei duh zawng nepnawi dang pe mai lovin vitamin pe zawk ṭhin ang che. Hei hi a chaw ei tuina tur atân ni lovin, chaw a ei loh avanga vitamins chi hrang hrang a dawn loh te ai, a hlawmin vitamin kan pe tihna a ni.

3. Naupangin damdawi dang ei lai a nei a nih chuan Pharmacist emaw, Doctor hnênah i vitamin pek tur nen pek kawp a pawh leh pawh loh zawt hmasa ṭhin ang che. Damdawi tam tak ei kawp hian damdawi pakhat zawk hnathawh a tihniam emaw, a tichak vak theih a, taksa tan a hlauhawm theih.

4. Naupangin vitamin mum leh tui lem harsa a tih chuan vitamin ṭhial/ei theih chi pe ang che.

5. Doctor-in pek tur a ti a nih loh chuan naupang kum li hnuai lam tan multivitamin hi hman loh a him.

Source: *Damdawi leh a Kaihhnawihthe (Mi nawlpui hriat thiam theih turin)*

Ei siam dan

KHANGHU OMLETTE



Bawlhlo:

- 100 gms Khanghu(a no lai lai thlang la)
- 3 Artui
- 2 Hmarchate sen
- 1 Purunvar
- 1/2 tsp White pepper
- 1 Tbsp Fish Sauce
- 1 Tsp Light Soya Sauce
- 3 Tbsp Oil

Siam dan:

1. Artui chawh phawt la-omlette siam tur angin.
2. Khanghu chan (1 inch vela seiin) kha zuk pawlh la.
3. Hmarcha chan sawm leh fish sauce, soya sauce leh pepper pawlh leh la, hengte hi artui chawhpawlh la.
4. Tel chhuang la, a sa tawh tihah purunvar chan sawm kha han thlak hmui la.
5. Purunvar a hmui ta e tihah artui thlak la-omlette siam ang bawkin-minute 2 vel kan hnuah let la minute 1 chhuang zui la- Khanghu Omlette chu a ei theih a ni mai! Chawhmeh siam awlsam tak leh tui tak a ni.

Hruaitute chanchin**SAILOTHANGI**

Pi Sailothangi hi Pu Lalthansanga Sailo (L) leh Pi Darkhumi te fa upa ber niin ni 21.12.1948-ah a piang a. Pu Thantluanga nêin inneiin Dawrpui Vengtharah an chêng mêk.

Kum 1971-ah sawrkar hnaah lûtin kum 2009-ah Agriculture Department aţangan a pension.

Rawngbâwlna

Kum 1999-ah Kohhran Hmeichhe Committee-ah telin Assistant Secretary, Secretary, Vice Chairman leh Chairman nihna te a lo chelh tawh a, tûnah Treasurer a ni mêk a ni.

Tualchhûng

Secretary, Decoration Committee, Assistant Secretary (Evangelism & Counselling) te lo ni tawhin Kristian Chhûngkaw Committee leh Ramthar Committee-ah te a tel thîn.

K h a w t l â n g rawngbâwlna lamah inhmangin Mizo Hmeichhe Insuihkawm Pawl (MHIP), Dawrpui Vengtharah President, Vice President leh post dangte chelh tawhin General Hqrs., MHIP-ah term thum zet a lo tel tawh bawk. Kohhran hmeichhe rawngbâwlna piah lamah pawh khawtlâng tân thahnemngai takin a lo inhmang tawh thîn a ni.

Hla/Bible châng duh zâwnng

KHB No. 34-na 'Thil tha kan hmuh ang hi, tu man an hmu thei lo' tih hla hi a duh êm êm a. Tin, Sam 46-na hi a Bible châng duh berte zînga mi a ni.

KUM 2021-2023 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



Postal Regn. No. MZR/ 53/ 2021 – 2023 RNI Regn. 40876/ 88



**Hnahlan Pastor Bial Kohhran Hmeichhia: Inkhawmpui Wawi 50-na
& Golden Jubilee**



**Chhiahtlang Pastor Bial Kohhran Hmeichhia: Leadership Training
& Kristian Chhungkaw Campaign**

To

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