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Chhûngkaw rilru hrisel kan mamawh

Phek – 2

Kristian nunphung zirna tirhkoh ropui – Paula

Phek – 6

ARMON

KRISTIAN CHHUNGKUA

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HRISELNA

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Editorial

Fapa Isua Krista min petu kan Pathian hn̄enah hian min hmangaihna chhan l̄etna atan, a malsawmna, thilpek kan dawn aṅga sawma pakhat hi chu kan pek let a ph̄ut tlat a ni. ***“Ka inah ei t̄ur a awm theih n̄an, s̄awma pakhat zawng zawng chu thawhlawm inah rawn la rawh u,”*** (Malakia 3:10) tih kan hmu. Kan Pathian ram thilpek thla kipa ip sem chhuah aṅang hian pek kir loh kohhran tinah hian eng zat tak awm ang maw? Heng mite hian, kan samzai lam pawh hre vektu Pathian hian min hmuh tlangzia hi hre duh ta se, pe l̄et lo ngam hi a awm thei dawn em ni aw?

Pathian malsawmna kan dawn ang z̄ela pe l̄et t̄ur kan ni. England ram pa hausa tawntaw Robert Arthington-a hmangin missionary huaisen pahnih, Pu Buanga leh Sap Upaten harsatna tam tak k̄arah chanchin ṭha min rawn thlen a nih kha! A va ropui em! Arthington Mission rawngbawlna pawh Pathianin mal pawh a sawm nasa. L̄ak aiin pek̄in lukhawng a nei zawk tih a chiang hle mai.

Lal Davida chuan, ***“Ka chung a thiltih ṭhat....Lalpa chu eng nge ka pek ve thung ang?”*** (Sam 116:12) a ti. Pathian malsawmna kan dawn nasatzia hi. Chh̄ungkua, tu leh fate, ei leh b̄ar, silhfen....zan hun hahchawlh nan min pe, zing khawvar, boruak thianghl̄im hip t̄ur....a tam lutuk! Rev. C. Saikhuma hla phuah angin, *mangan laia ṭanpuitu t̄ur te, kal sualna laka vengtu kohhranho min siamsak te, thih lungngaih kan tuar lai pawha min hn̄emtu thenrual ṭhate leh lungngaihna min chh̄awk z̄angtu hmangaihtu min siamsak te*, Pathian malsawmna hre chiangtute hi chuan chhiar dan an lo va thiam tehlul em! A thilpek sawi hleih theih loh vang hian Lalpa hi eng nge kan pek ve tak ang le?

“Pe rawh u; tichuan, pek̄in in awm ang. Pekah Pathian i hnehb̄an thei lo vang; Pathianin mihring lei a ba ngai lo, mals̄awmna hn̄ar a lo ni si.”

Kristian Chhungkua

CHHŨNGKAW RILRU HRISEL KAN MAMAWH

- Rev. Lalsangbera
Director, Family Guidance &
Counselling Centre

Kan chhŭngkaw nun hi a hrehawm chuan hriat loh leh tum lohvin nungchang dik lo hi kan nei thui thui zel. Chhŭngkaw nun a dik chuan rin aia mi ropui daihah kan invawrh khang thei a ni. Chhŭngkaw nun hrisel kan tih hi malaria, TB, typhoid, etc. vei lo lam a ni lo. Taksa, rilru leh thlarau nun pum pui dam kimna a ni. Greek tawngin 'hugies' an ti. Chu chu dam (heal), tha (well) dam kim (whole), hrisel tha (healthy) sawina lam a ni.

1. CHHŨNGKAW NUN HRISEL NEITE CHU ENGTIN NGE AN AWM?

(1) An inbe tawn, an thuhla an inngaithla tawn, puih an ngaihin inthlahthlam lovin an inŕanpui tawn thin.

(2) Mi dangte zahawm taka dawr dân an inzirtir thin. Mi dang zahawmna an humhimsak thin. Inpalzüt an ching ve ngai lo.

(3) Tak leh mŭk renga awm lovin, a hun leh hmun azirin fiamthu lam pawh an nunpui tel thei thin.

(4) Chhŭngkaw mawhphurh-na inŕawm an thawk ho thei.

Inthlahfâl te, mi dang tih phŭt/ khêk an duh ve lo. Mi dangte tana inŕekna an ngaihlui thin.

(5) Nun leh awm dân túrah dik leh dik lo, tha leh tha lo, mawi leh mawi lo an thliar hrang thei. Chhia leh tha hriatna fim, eng mahin a nawr loh an hmang thin. Awm dân mawi leh tawngkam hawihhawm an hmang thin.

(6) Sakhaw nun laimu an nei a, chumi avang chuan nun ramri túr chin (inkhawm túr leh túr loh, zu in leh in loh, etc.) anmahniah an Chiang sa thin.

(7) Chhŭngkuain hunbi mumal (time table) an nei. Zing thawh hun, chaw ei hun, lêng haw hun,

hnathawh hun, infiam hun, etc. te an nei thin. Mi tul tak ni chung pawhin chhũnkaw tan hun awl neih an tum thin.

(8) An chung a harsatna lo thleng eng pawh a nih angin an pawm mai thei, pumpelh aiin hneh dan tũr an zawng thin. Zep tit tet tum lovin an hmachhawn ngam thin. Tuarna, chhiatna an tawh chu lak runthlâk vak aiin inhawng takin an tuar mai.

(9) Chhũnkaw member-te innel tawn theihna an nei. Hlahh hunah an inhlau thiam a, inzah hunah an inzah a, inzilh theiin an awm a, fak hunah an infak thin.

2. CHHŨNKAW NUN HRISEL LO VE THUNG CHU

(1) An inbe tawn lo, an vei zawng (feeling) an sawi ho ngai lo.

(2) Tawngkam dengkhawng tak tak an hmang thin.

(3) An innel lo va, an inhlau va, an inzah tawn lo. Rilru hahna an nei nasa a, thinrim an la na thin.

(4) Chhũnkaw awm dân tũr (rules) an nei lo, an mi mal duh ang angin (self-style) an awm thin. Thil zep leh inthup an ngah

a, eng hunah emaw an tang ho leh lawi si.

(5) A then an khawng lutuk, a then an zal lutuk thung. A then an lal lutuk a, a then an nun a chep thin.

(6) An ngaihhlut zawng a mumal lo, an buluk thin.

(7) Inep an awm fo thin. Tang dũn leh inep kârah boruak hrehawmin an awm thin.

(8) Chhũnkaw tana inpekna an tlachham a, an inthural lo.

(9) A hahte an hah lutuk a, a âwlte an hahdam lutuk. Chanvo leh mawhphurhna a mumal lo. Pa ber tih tũr, nu ber tih tũr...a Chiang lo. An inhnawn a, an inmawhpuh thin.

(10) Inhau vak an ching thin.

Khitiang khi an chhũnkaw awm dân a nih tawh chuan chhũnkaw member-te nunah hengte hi a lo lũt thin. Nun beidawnna leh an thiltiha hlawhchhamna, lungkhamna, rilru hahna, lungchhiatna, inchiirna, hlahhna leh zâmna, thinurna, huatna leh eng mah pawisak lohna rilru so bulh an ngah thin.

Ṭanpuitu nei lova inhriatna leh mal ngawih ngawiha inngaihna an nei ṭhin. Thlarau lam nun leh kohhran thiltih an ngainṭep a, an tel peih ve mang lo. Chhṭṭing inkhawm neih an duh lo ṭhin. An indo va, tu emaw huatrawn an awm a, mi dangte ngeih lohna leh lamṭang bik an awm vangin kut inthlākte an ching ṭhin. Chhin ṭhan ṭha lo – zu, drug, sex hman khawloh, rukrṭk, insual, tualthah te an awlsam phah ṭhin a ni.

3. CHHṬṬINGKAW NUN HRISEL NEI ṬÚRIN HENG HI A PAWIMAWH

(1) Mahni hlutna siam thar ṭṭṭ a ni. Nupui tan pasal ṭha nih tum, pasal tan nupui ṭha nih tum ṭṭṭ a ni. Nu leh pate tan fapa/fanu ṭha, fate tan pa ṭha nu ṭha nih tum tlat ṭṭṭ.

(2) I thiam zawng, i tui zawng hria la, chu chu tipung rawh.

(3) I chenpuite hau lova fak tam tum zawk la, an ṭhatna leh an felna lam kha hmuh han tum tlat teh.

(4) An thil sawi uluk takin ngaih-thlāksak rawh. Inngaihthlāk duh loh hian rilru na a thlen ṭhin.

(5) Ṭawngkam hriat nuam leh dawnsawn nuam zawk hman tum tlat la. “Ka lawm e...khawngaih takin...” tihte hmang uar rawh.

(6) I chhṭṭingte tân hun thāwl insiam tum tlat rawh.

(7) I chhṭṭingte tân thil ṭha hrim hrim tihsak tum tlat rawh.

(8) Rilru hahna i neihin up lova tihreh thuai dân zir rawh.

(9) Taksa sawizawi rawh. Sekrek, in lama khawih ngaite khawih ve rawh.

(10) Thlarau mi i ni tih hre reng rawh.

(11) Nun inbṭk tâwka awm dân zir rawh. Balance kan hloh hian nun a buai ṭhin.

(12) Zu leh ruih theih lakah awm hla rawh.

(13) Ni tin chhṭṭing inkhawm neih te, sawma pakhat pṭk te, inkhawm te, ṭawngṭai te regular takin ti rawh.

(14) An birthday emaw, inneih champhaphâk emaw, an ni pawimawh bik dang hriatsak la, duhsakna man to lo (gift) hlan ngei rawh.

TLIPNA

Sap thufingin, “Tihdam aiin
inven hi a tha zawk,” an lo tih
angin, kan tu leh fate nuna thil
tha lo lo thleng mek tihdamna
tura enkawl hi a hautak hle mai.

Chutiang chu kan pumpelh nân
chhúngkaw boruak nuam zawk,

zalen zawk leh innel zawnga
kalpui i tum hram ang u. I
chhúngkaw nun dan a hrisel
chuan i faten thil tha lo tam tak
tih an chhâk lo vang a, an ngainep
zawk ang.

Lalpan malsawm rawh se.
Amen.

KAN PATHIAN HMANGAIHNA THUK ZIA
KHB no. 40

He hla phuahtu Sir John Bowring-a hi kum 1792 October
ni 17 khan Exeter, England-ah a lo piang a. Tawng chi hrang
hrang a thiam hnem hle. British House of Commons-ah term
hnh a tel a. Chumi hnuah Hongkong-ah Governor-in a awm
leh a. Queen Victoria-in ram tana hnathawk tha chawimawina
Knight nihna a pe hial. Hongkong-a a awm laiin Portuguese-
ho tihchhiat Macho khua a tlawh a. Cathedral chhia te,
lawngchawlhna hmun ram ruap tawh te a hmu a. Kraws chhia
pakhat a hmuh chuan a rilru a khawih hle mai a. Khawvel thil
ropuiten chatuan a daih lohzia leh hmangaihna chauh chatuan
daih a nihzia a ngaihtuah a.

*“Thil an lo awm an ral leh thin,
Mihring an ral kumte nen;
A hmangaih erawh a ngai fo,
Chatuana dang chuang ngai lo,”*

tiin he hla ropui tak hi a lo phuah ta a ni.

Source : ‘Kristian Encyclopaedia’ by Rev. Lalngaihawma

Sermon**KRISTIAN NUNPHUNG ZIRNA
TIRHKOH ROPUI – PAULA**

*– Upa Zarzokima Khiangte
Madarnting, Shillong-21*

A pian leh murna : Kilikia rama Tarsa khua a piang a ni. Khatih lai a sumdawna khawpui ber niin, zirna sâng (University) awmna leh mi chi tin chi tang khawsakna hmunpui a ni. Paula ngei pawhin ‘khaw namēnlova awm ka ni’ a ti hial reng a ni. Amah ngei pawh hian Alician kel vun aṭangin puan in siam chu a zir an ti (Tirh. 21:39). Tarsa khua leh tui (Citizen) ni tūr chuan mi neinung deuh leh mi challang deuh nih pawh a ngai a ni. A pate hi Benjamina thlaha mi an ni a, Israel lal hmasa ber, Benjamin hnama mi Saula hming kha an puttir ve niin a lang. A pianthar hnu hian Paula tiin thlāk a ni ta a ni (Tirh. 13:9).

Khatih hun laia Juda-te’n an ngaihsan em em Rabbi Pasarihte zinga dân lam hriatna chuang liam bik tak nei Gamaliela hnēna zir chhuak a nih avangin Paula pawh a induh hle niin a lang a, Gamaliela hi ‘Dan Mawi’ (Beauty of the Law) tih khawp hiala nihna (title) pēk a ni a, Tunlai ang chu ni sela, Paula hian doctorate degree chu a lo berah pawh a neih ngei a rinawm. Pharisai a ni a, Sanhedrin rorēl khawlah pawh tel ve ṭhina sawi a ni.

Paula nuna chhinchhiah tlāk em emte chu:

Thuthlung Thar bu 27-a bu 13 hi ama ziah an ni a, kohhran 7 a dīn bawk (Kolossa hi mi ṭhenkhat chuan Epaphras-a dinah an ngai a). A lehkha-thawnte hian ringtute tana thu pawimawh hlir a fawm khawm a; chu vang chuan ‘Thuthlung Thar khai khawmna’ a tih theih hial awm e.

Pathian bel ruat a ni (Tirh. 9:15) : Ringtu tinte hi Chanchin Ṭha theh darh tūra thuṭēk kan nih laiin, mi tin tih theih loh ti tūr hian Pathian chuan bel ruat bik chu Paula aṭang hian a nei ngei niin a lang.

Thutlúkna siam thuai chi a ni : Damaska daia inlârna a hmuh khan Pathian a zawh hmasak ber chu “Lalpa, eng ti túrin nge min duh?” tih a ni. Hei hi Mizo tawng Bible-ah a chuang ve lo (Tirh. 9:6).

Ṭhahnemngai tak maia thlarau bo vei mi a ni : Hebrai bung 1:7-a a sawi angin, a rawngbawltute pawh meialhah a chantir ṭhin, tih leh, ‘Kei zawng in thlarau tan lawm em em in ka inhmang ral ang a, inhmang ral vekin ka awm baw ang’ (2 Kor. 12:15) tihte hian a tichiang em em a ni.

A inngaitlawm : *“Mi thianghlim zawng zawng zingah a te ber ka ni”, “Kei chu tirhkohva vuah tlâk pawh ka ni lo”* a tih te leh, *“An zinga mi sual ber ka ni”* (1 Kor. 1:16) a tihte hian a inngaitlawmzia a tichiang hle baw a ni.

A taima : Thlipui leh ruahpuiin an lawng chuanna na taka a nuai khan inti-Evan taka awma, bi bo daih lovin a theih ang anga che ve renga a awm avangin lawngpu, tlanchhiat

tumte pawh kha a hmu a. Hei hi an zavaia him taka vaukam an kaina chhan pakhat pawh a ni. Vaukam an kai hnu pawhin mei atana tuah túr thing a lo fawm khawm ve a ni (Tirh. 27, 28:1-6).

Krista avangin a chan nasa (Philippi 3:7,8) : Thil engkim a chan a, hnawmhneah lek a ngai baw.

Engkimah lungawina nun a nei (2 Kor. 12:10; Philippi 4:11) : Chak lohnaah te, ñek sâwrnaah te leh hnawh chepnaah te lungawina nun a nei.

A tuarna a nasa (2 Kor. 11:23-28) : Juda-te lakah wawi 40 tling lo, wawi 5 leh wawi 8 tianga vuak, wawi 1 lunga den, wawi 3 lawng chhiat (*Rompâna an kal ṭuma lawng chhiatna tel lovin*) a tâwk a. Hlahhawm chi hrang hrang a tâwk baw a ni. Chungte chu – Luite lakah, suam hmangete lakah, a chipuite lakah, Jentailte lakah, khawvel leh saruaka awmna lakah te a ni.

Nun dan a thiam (Philippi 4:12,13) : Hausaa awm dan, tlai leh rilṭama awm dân, hausa leh tlachhama awm dân a thiam.

Mi neihah innghat mai lovin, mahni ngei intodelh tuma rawngbâwl thin mi a ni (Tirh. 20:34; 2 Thes. 3:8) : “*Tu ma tangka, rangkachak leh silhfente ka aw h ngai loh kha*” (1 Kor. 4:12; 2 Thes. 2:9).

A hun leh a hmun azirin a insiamrem thiam a, thusawi hun a hria : Atheni khuua Grik mi finge hnēnah chuan ‘Hriat loh Pathian’ aṭanga ṭanin Pathian nung a kawh hmu h (Tirh. 17:23). Jerusalem mipuite hnēnah chuan an mi ngaihsan Gamaliela bula zir a nihzia leh a pianthar dan a sawi (Tirh. 22:1-16). Sanhedrin hmaa a din khan, Pharisei leh Saddukai an ni tih a hria a, Pharisei a nihzia leh thawh-lehna a rin thu a sawi hmasa a. Saddukai, thawhlehna ring lo leh Pharisei te nasa takin an inhnial phah a, thutlūknā fumfe an siam thei lo (Tirh. 23:6-10).

Ram awptu (Governor) Felika hmaah chuan felna thu te, insum thu te leh rorelna awm tur thu te a sawi a. Felika’n hlauhawm a ti hle naa, Paula thusawi a ring mai duh lo (Tirh. 24:24-29). Lal Agrippa hmaa thu a sawiin, “*Rei lo te chauh thlēma Kristiana min siam a tum a nih hi,*” a ti nghal mai thei baw k (Tirh. 18:4). Mi han lēm kual a thiam, “*An zinga thenkhat chu thlēm thlūkin an awm a*” (Tirh. 17:4). Grikte chu thlēm thlū k a tum thin a (Tirh. 18:4), a thlēm thlu ngei baw k thin (Tirh. 19:8).

Pianthar tirh hian ṭhahnem-ngaihna a nasa duh hle a, Pathian thu pawh kan sawi peihin mite pawh kan hnial peih khawp mai. Paula pawhin Damaska khuua Juda-te chu a hnial a; nimahsela, a thusawi an ring chuang lo, amah tihhlum an tum zaw k a ni (Tirh. 9:22,23). Amaherawhchu, inhnialna aṭang hian mi hneh a harsa hle. Chu vang chuan kum thum Arabia ramah inbuatsaihna a nei phawt

a (Galatia 1:17-18), a kir leh a, Damaska-ah rawngbawl a tan ta a ni.

Mosia pawh Aigupta ram finna zawng zawng zir chhuak ni mah se, Israel-te hruai chhuak túrin a la tling mai bik lo. A inpuahchah phawt a tul a. Aigupta-ah kum sawmli, Midian thlalerah kum sawmli ngawt mai inpuahchahna hun a hmang a ni. Davida paw'n Goliatha a beih hmain sakeibaknei leh savawm a beih hmasak phawt a ngai a nih kha (Sam 17:35).

Tu mah hian sawiselna te hi kan pumpelth tak tak thei lo va, Paula pawn a tâwk ve a,

an sawiselna erawh chuti takin a thúk lem lo. A lehkhathawnte chu a ritin a khauh va, a taksa lam erawh chu a awmñem a, tawng hmangah pawh a sitawm a ni (2 Kor. 10:10) an ti.

Timothea 2-na hi a lehkhah hnuhnung bera ngaih a ni a. A thi mai dawn tih a inhre tawh niin a lang. Amaherawhchu, a hlauh thu leh a zâm thu a sawi miah lo va, hnehna awin a thu a tlip a ni.

“Ka rina chu ka hria, kei zawng tunah pawh hlanin ka awm mek a ni si a, ka chhuah hun a thleng tawh e. Intihsiakna tha chu ka bei zo tawh a, rinna chu ka vawng reng tawh a ni” (2 Tim. 4:6-7).



Paula leh Nero-a kha an dinhmun a inthlau hle mai a. Nero-a chu Rome Emperor a ni a, a lalrama mi zawng zawngin an hre vek a. Paula chu Juda mi, pa te tak te a ni a, ho tlem te a nei ve a. Mahse, tuna kum sanghni a liam hnu hi chuan an inlar hleih ta hle. Kan fapa te hmingah ‘Paula’ kan sa a, kan ui hmingah ‘Nero-a’ kan sa thung.

– William D. Mounce

Thu lakna : ‘Kristian Encyclopaedia’ by Rev. Lalngaihawma

Article

KOHRAN HMEICHHE HRUAITU CHU

– Upa R. Lalmalsawma
Mission Veng

KRISTIAN HRUAITU : Khawvelah hian hrulaitu chi hrang hrang an awm. Politics hmanga ram hrulaitu te, inthlah chhawn avanga hrulaitu dinhmuna dingte, kaisanna avanga hrulaitu dinhmuna dingte leh chi dang tam tak a awm theih ang. Thenkhat chu hotu em em mai, hnuaia mite hrâwk chung a rorel an awm laiin, hrui dan tûr pawh hre lova mipui zinga thle kawi ve mai mai pawh an awm thin. America ram President Theodore Roosevelt-a chuan, “*Hrulaitu chuan a hrui a, hotu chuan a khalh thin*. An dinhmun avang chauhvin an hrui a kha an thu an awih luihtir thin,” a ti. Ziaktu dang John Maxwell-a chuan, “*Hrulaitu tha nihna hi dinhmun te, thuneihna leh lalna atanga rorel a ni ringawt lo; a nunin mi dang a hneh em tih a ni zawk*,” a ti ve thung a. Keini pawhin hrulaitu tute emaw chu mithlaah kan hmu nghal mai thei, hmahrui lova khalh ngar ngar thin te, hrulaitu tha kan nun hneh tlattute sawi tûr kan hre teh ang.

Kristian hrulaitu tam zawkte hi chu nih tum em em vanga hrulaitu dinhmun luah ta aiin, Pathian kohna avang zâwka hrulaitu dinhmun luah an ni tlangpui thin. Bible tanchhanin Kristian hrulaitu tha awm dân tûr, Thufingte bung 16 atang hian lo zir ho ila.

1. Kristian hrulaitu tha chuan Pathian kaihhruaina a zawng thin

Pathian hruiaina zawn loh aliama tih tûr dang Kristian hrulaitu tan a awm kher lo vang. Thuf. 16:1-ah chuan, “*Rilru lo ruahman lâwkna chu mihring chan a ni a, Lei chhâna erawh chu Lalpa atangin a ni*,” tih a nih laiin, chang 3-naah chuan, “*I hnate chu Lalpa kawltir rawh; tichuan, i thil ruahmante chu tihnghehin a awm ang*,” tih kan hmu leh a.

Chumi belhchhah chuan chang 9-ah, *“Mihring rilruin a kawng a ruahman a, a ke pēn erawh chu Lalpa a hruai thin,”* tih a lo ni leh a. Hruaitu ṭha chuan Pathian kawng a zawng a, a kawng chu Lalpa hnēnah a kawltir a, Lalpa chuan a ke pēn a hruai ṭhin dawn a nih chu.

2. Kristian hruaitu ṭha chu a hawihhawm ṭhin

Hruaitu leh hotu thenkhat, engkim mai hre vek anga lang, an thu zawm loh chu thawhpui theih hauh loh chi in hre tawh ang. Mahse, *Thufingte 16:5*-ah chuan, *“Thinlunga chapo apiangte chu Lalpa tana tenawm an ni; inthurual mah se, hrem lohvin chhuah an ni lo vang,”* tih kan hmu tlat. Nangni Pathian tana tenawm nih in duh ang em? Kristian hruaitu tana nih chakawm loh tak a ni. Kan dinhmun hi chapopui chi a ni lo.

3. Hruaitu ṭha chuan remna a siam

Chang 7 lo en leh teh ang, *“Mi a awm danin Lalpa a tihlawm chuan, a hmēlma nen lam inremin a awmtir ṭhin,”*

tiḥ kan hmu. Hruaitu ṭhenkhat chuan an hmelmate chu sawi loh, mi dang ngaiḥ dan leh ṭhlir dan an ngaichang duh rēng rēng lo. Mi dang nena inremsiam te pheḥi chu an ngaiṭtuahnaah a lūt ngai lo. Mi ngēṭ ni tūra kan infuiḥ lai hian, remna siam dāl khawpa mi khawng nih hi chu a dik lo. Mi ngēṭ tia sawi aiin mi khirḥ tia hriat kan hlawh ang tiḥ a hlauhawm zawk mah a ni.

4. Hruaitu ṭha chu mi dik tak a ni fo

Thufingte 16:8-ah chuan, *“Fel lo taka deh chhuah tam tak ai chuan, fel taka deh chhuah ṭlēm te a ṭha zawk,”* tiḥ kan hmu leh ta. Tinzawn leh tum kan nei ṭhin, budget te pawh kan nei ang; mahse, ‘A tâwp kan ṭhlen chuan a ṭha vek’ tiḥ ngawt hi a dik ber lo. A kalkawng a felin a fai ṭha tūr a ni. Hruaitu ṭha chuan dik leh fel taka tiḥ a duh ber fo vang. Hruaitu ṭha chuan a vėlāḥ mi zahawm, rin tlāk leh ṭhurāwn petu a nei ṭhin a, an thu a ngaiṭhla ṭhin. Chang 13-naah chuan, *“Kā fel chu lal lawmna a ni a, thu dik sawi chu an ngaina ṭhin,”* tiḥ kan hmu. Hruaitu

inring tâwk lo chuan a bula awm atan a thu a kawî a ngila zawmtu a duh ðhin. Mahse, hruaitu ðha chuan amah aia fîng zâwk, fel zâwk leh ngaihtuahna sêng thiam zâwk thurawn a la ðhin a; chumi aţang chuan finna a hmu ðhin a ni. Thufingte 15:22 lamah chuan, “Remruat lâwk lova thil tih a hlawhtling duh lo, remhria an tam chuan a hlawhtling ðhin,” a ti.

5. Hruaitu ðha chu zirtirtu ðha a ni

Thufingte 16:16 chuan, “Rangkachak ai chuan finna neih hi a va ðha nasa zawkem! A ni, tangkarua ai chuan hriat thiamna chu thlan zâwk tûr a ni,” a ti a. Chumi awmzia chu – finna nei tûr leh hre thiam tûra inzir a pawimawh, tihna a ni. Hruaitu ðha chuan a zir reng ang a, ðhang zelin hma a sâwn tûr a ni. Hriat belh ðul inti lo leh hre vek nia i inhriat hunah chapona leh induhnain zung a rawn kai ang. Mi chapote chung a Lalpa rilru put dan chu kan hriat tawh kha.

6. Hruaitu ðha chu a inngai-tlâwm ðhin

Thufingte 16:18 hian a rawn sawi fiah Chianghle: “*Chapona chu boralna hmaah a kal a, rilru intivei chu tlûkna hmaah,*” a ti tawp mai a ni. Politician te, sawrkar hotu lian te, pastor te, upate leh hotu dinhmunah ding tam takte pawh hi an tlâkchhiat hmain an thinlungah chapona a rawn intuh ðhin. Chhe thei lo leh sawisel phâk lohva an indah a; mahse, chutiang chu a awm tak tak theih loh tih an hre chhuak ðhin. “*Mi chapote nena râllak thil insem ai chuan, mi retheite nena rilru thuhnuairawlh nih a ðha zawk*” (Thufingte 16:19) tih hi a ni fo.

HRUAITU DINHMUN BIH CHIANGNA

1. Tu nge ka nih?

He dinhmunah hian eng vanga ding nge kan nih? Lal Isuan min koh vang a ni. Amah ngeiin, “*Nangnin mi thlang lo, keiman ka thlang zâwk che u a...*” (Joh. 15:16) a tih avang chauhva he dinhmunah ding hi kan ni. “*Kohhran Hmeichhe hruaitu nih ve ka duh,*” tiin mi hnênah in sawiin Pathian hnênah

in dil ka ring lo. Kan awm mai mai lai amah ngeiin min ko va, tun hi kan lo thleng ta ringawt mai a ni. Hei hi khawngaih rawngbawlna dinhmun ropui tak a ni. Min thlangtu hi kan Pastor, Upate leh Kohhran Hmeichhe inkhawma lo pung khawmhote kha an ni mai lo. Chungcho chu a hmanrua atan chuan a hmang ngei a; mahse, min kotu tak tak chu Pathian a ni. Pathian vanga heta lo awm hi kan nih chu.

2. Eng vangin nge hetah ka awm?

Lal Isuan min kohna tawngkam kha han en chhunzawm leh ila: *“Va rah tūr leh in rah awm reng tūrin ka ruat baw a che u,”* (Joh. 15:16) tiin awmze neia koh kan ni. Koh leh thlan bik reng reng chuan hmabāk leh hmachhawp hlen tūr an nei ngei ngei thin. Lal Isuan ti tūra min tih chu RAH CHHUAH a nih chu. Rawngbawltu ni si rah chhuah thei lo chu Isua nen an inzawm lo tihna a ni ang. *“Keimaha in awm reng loh chuan in rah thei lo vang...Mi keimaha a awm reng loh chuan, pəng anga paih*

chhuahin a awm ang a, a vuai thin; tin, an fawm a, meiah an paih a, a kâng thin,” (Joh. 15:4,6) tiin amah ngeiin a sawi. Rawngbawltu inthlahdah leh a kohna hnar hi Pathian duh loh zawng tak a ni. Min kotu Isua nen kan inzawm loh chuan nunna kan nei lo vang a, rah kan chhuah dawn lo. Chu mai ni lovin, meia paih tūr kan ni. Ringlotu dinhmun nen kan inang reng dawn a nih chu.

3. Engtin nge ka awm dawn?

Pathianin rawngbawl tūra Mosia a koh lai khan, *“Ikephah ata i pheikhawkte kha phelh rawh, i dinna hmun kha lei thianghlim a ni e,”* a ti a (Ex. 3:5).

Pathian rawngbawltu chu hmun thianghlima ding a nih avangin lei pheikhawb bun chung a thawh chi a ni lo. Khawvel pheikhawb bun chung a he rawngbawlna ki pawimawh tak chelh kan nih chuan kan khawvel pheikhawb te kan phelh a ngai ang. Mi tam tak chuan lâ duh vang leh pawimawh nih duh vang te, thahnemngaih ve hrim hrim vang te pawhin dinhmun chi hrang

hrang leh chanvo chi hrang hrang kan chelh kawp tē tū mai thei. Kan Pathian hian chutianga fawmkem tēuh chu a ngaisāng vak lo chu a ni. Hruaitu thei bik leh mi bik chu an awm a ni thei, a tam zawk erawh hi chuan Pathian rawng bâk lal dang rawng kan bawl a thiāng lo. Kohhran Hmeichhe hruaitu ngat phei chu fimkhur a va ngai zual em!

4. Kohnaa chian aiin a chhan dan a pawimawh zawk

Pathian kohna hi a chang chuan a fiahin a Chiang t̄hin. T̄henkhat erawh chuan koh kan nih leh nih loh pawh an inhre lo. Kohhran Hmeichhe hruaitute erawh hi chuan hai rual lohvin kohna kan dawng a, keimahni chauh ni lovin a hmanrua mipui zawng zawngte hriata koh kan ni. A ram leh a felna zawng hmasa chungā kohna chhangtute Pathianin a kalsan ngai lo.

5. Vohbik dinhmun a ding kan ni

Rawngbawlna hi mi zawng zawng tih theih a ni lo. Kohna chhangtute chauhvin an tih theih a ni. Voh bik dinhmuna ding kan ni tih kan inhriat a pawimawh. 2

Petera 1:10-ah chuan, min kohna leh thlanna tinghet t̄ura taihmak kan chhuah chuan kan tlu dawn lo tih a sawi lehngal. Kohna chhângtute chu Pathian khawngaihna avanga tlu ve lo t̄ur kan nih chu.

KOHRAN HMEICHHE HRUAITUTE MAWHPHURHNA

Kan mawhphurhna zawng zawng chu kan sawi chhuak vek sēng dawn lo. A t̄hen chu sawia chhuak chi ni lovin niha chhuak chi a ni hlawm. A tak rama chen ngai tam tak a awm dawn a ni.

1. Kohhran Hmeichhe thupui leh thiltumte hriat chian t̄ur

Kan pawl thupuite, kan thiltum leh hnathawh t̄urte kan hre Chiang t̄ur a ni. Mahni tui zawng leh vei zawngah chauh che chhuak t̄ur kan ni lo va, mahni tuina lai chauh ph̄ulpui hlut reng t̄ur pawh kan ni lo. Kan pawl thiltum leh inkaihhruaina zulzuia kal t̄ur kan ni.

2. Kan mite kan hre Chiang t̄ur a ni

Hruaitute hian hriat chian t̄ur chi hnih kan nei. Kan

thawhpuite kan hre chiang túr a ni a, kan member enkawl lai mękte kan hre chiang bawk túr a ni. An chhúngkaw khawsak zia te, eizawna te, harsatna an neih leh malsawmna an dawn te, thlarau lam dinhmunah eng ang nge an nih tihte thlengin hriat chian a tha. A ti tha deuh chauh hriat hlura,rawn ti tha mang lote hlamchhiah daih te pawh hi thil awm thei a ni. An harsatna lai leh tanpui an ngaihnaah tanngtaina nen tan lakpui thin túr a ni.

3. Hruaitu chuan inkhawmpui leh kohhran programme kan ngai pawimawh túr a ni

Kohhran Hmeichhe hruaitu chuan kohhran programme a dah pawimawh hmasa ber túr a ni. Inkhawmpui kan ngai pawimawh ang a, kohhran hmalákna reng reng chu kan hmahruaina túr a ni tih kan hriat a tha.

4. Rawngbawlna kawngah hmahruaitu nih tum vek a tha

Rawngbawlna peng hrang hrangah leh kan zirtirna kawng hrang hrangah hian hmahruaitu kan nih a ngai. Lui luang hian a

chim chin bâkah hnâwl a chhek ngai lo. Thlarau leh rawngbawlna kawngah kan chim chin a hniam chuan kan mite chim chin pawh a hniam dawn tihna a ni. Hmahruaitu nih hrâm hrâm tum túr.

5. Ruahmanna tha leh hmathlir tha neih a ngai

Kan rawngbawlnain hma a sâwn theihna túr chuan ruahmanna tha leh fel kan neih a ngai. A tlachawp leh bangbo lutuka inhruai reng reng an hlawhtling ngai lo. Tunlai thiamna hmang tangkai zawnga tan lak te pawh hi a tul khawp mai.

6. Kohhran inrelbawlna kawngte hriat tum túr

Hruaitu chuan kohhran ningkhawng a hre túr a ni. Thu haw lam leh kal lam te, kan inkaihhruaina hman męk te a hre ve zel túr a ni. Tualchhúnga kan inhruaina bâkah Bial kalphungte hriat hrâm hrâm túr. Presbytery leh Synod thleng pawha kan inkhai chhawn dan leh kan inkaihhruaina te hi bengvar a ngai. A hruaitu berin kohhran ningkhawng kan hriat loh lutuk

chuan kan mite nen khuarkhu-
rumah kan tla mai ang. Inkhawm
hruai dante, Sum vawn dante,
rampum huapa kan thawhho
dan te pawh hi hriat a tul.

7. Invawn fel túr a ni

Hei hian thil tam tak a
huap thei ang. Mahni hrim
hrim invawn fel hi thil
pawimawh a ni. Hei hi chu nu
tam tak hriat sa, fate zinga thui
tak tak lecture zar zar thei in
ni hlawm. Mahni leh
chhúngkua chauh ni lovin kan
rawngbawl na thleng hian vawn
fel túr a ni. Hei hian hun vawn
dik te, incheina leh jawngkam
thlengin a huam thei ang.

8. Thawh ho dan thiam a ngai

Kohhran rawngbawl na hi
chu huho rawngbawl na a ni.
Presbyterian-ah bik phei chuan
hruaitu dinhmun leh rorel dan hi
huhova tih vek a ni. Mi pakhat
thuneihna leh rorel na hnuaia
ding kan ni ve ngawt lo. Hei hi
mi tam tak chuan inhruaina
chak lo tak a ni an tih rualin, a

himin a thianghlim em em a ni.
Intibik leh inkawm fâl bik awm
te hi rawngbawl hona atan a tha
lo em em a, sual inzeh luhna
hmanraw pakhat a ni. Thlarau
Thianghlimin hna a thawh tak
tak phei chuan kan zavaia thawh
tlan a ngai. Pentikos Nia
Thlarau Thianghlim lo thlen
pawh khan Petera chuan huai
takin thu a hril a, a bulah a
rawngbawlpuite an ding (Tirh.
2:14). Inthlahfal chi a ni lo.

9. Hruaitu dinhmun hian thil tam tak a keng tel tih hriat túr

Hruaitu nihna chanvo kan
pawm tel rual hian thil tam tak
kan pawm tel tih hriat túr. Chu
chu kan zuam lo a nih chuan, thil
kan tihpawi hmian inthiarfihlim
zawk mai a tha. Chak lo chung
pawhin Pathian Thlarau hruaina
hnuaiah kan intulút a nih erawh
chuan, min kotu Engkimtithia
hian min thlahthlam lo vang.
Taima taka kan thawh chuan eng
tikah mah kan tlu bawh hek lo
vang.



Hriselna Huang

HRITLANG LEH KHUH

Boruak te a lo inthlakin, hritlâng leh khuhte a lêng leh tan ang a. Kan hriat theuh angin, hritlâng, âwmna leh khuhte hi natna tlanglawn tak a ni a, inenkawl that loh pheï chuan natna hlauhawm tak, thihpui theih a ni. Hritlang âwmna hi, thawkna dawt hnar ațanga tanin chuap thlengin, a chuap dawt khawi lai hmunah pawh natna hi a awm thei a ni. A natna lai azirin insawiselna leh a lan chhuah dan pawh a inang lo thei a ni. Chi hnihin lo then ila:

Upper Respiratory tract infection (Acute)

1. Hritlang hahchhiau.
2. Hrawkna
3. Bengna (Bengkherh)
A chung lampang natna a ni.

5. Hrawk na
6. Beng na leh bengkherh
7. Thawk harsa
8. Awmna khawsik
9. Chauh ngawih ngawih

Lower Respiratory tract infection (Acute)

1. Epiglottitis
2. Laringitis
3. Laringotrachitis
4. Bronchitis
5. Broncholitis
6. Pneumonia
A hnuai lampang natna a ni.

Mi tam zawk chu hritlang awmna pangngaiah an reh fel mai laiin, mi thenkhatah chuan awmna khawsikpui a thlen thei a ni. Ram chang lovah chuan heng âwmna khawsikpui te hian thihna a thlen thin a. A bik takin naupang kum nga hnuai lamte'n an thihpui nasa a ni.

Natna lo lan chhuah dan tlangpuite

1. Hritlang hnaptui
2. Hahchhiau
3. Khuh
4. Hrawk thip

Âwmna khawsikpui natna thlentu natna hrik chi hrang hrang – bacteria te, virus te avanga lo awm a ni. Tin, hritlang âwmna hi puitlingah aiin naupangah a natna do theihna nei tlem deuh tân kai a awl bik a ni.

***Hritlang awmna venna
atana thil pawimawhte***

1. A bik takin naupangte hi thimhlimah te khawlai lenpui lohva, khaw vawt leh ruah sur hnuaiahte chhuahpui loh a tha.
2. Nun uluk leh, chet dan leh khawsak phung uluk leh nun dana invawn fai leh thianghlim a pawimawh.
3. Boruak tha leh meikhu lova awm.
4. Mahnin damdawi inchawh loh tur a ni a, antibiotic mahnin ei ngawt loh tur a ni.
5. Fimkhur tak leh uluk taka invawn faia, inenkawl tur a ni.
6. Hritlang satliahah chuan paracetamol ang chi leh

ceterezine-te ei hian a dam fel thei mai a, awmna khawsik an neih chuan doctor rawna, in-check-up thuai tur a ni.

7. A theih ang anga chaw tha ei hi a pawimawh em em a ni.
8. Thei ei tam a tha a, kan taksaa natna do theihna tichak turin.
9. Pawn vawt leh thli thawah awm tam loh a tha.

A enkawl dan : Drugs:-

1. Decongestants,
2. NSAIDs
3. Dextromethorphan
4. Throat lozenges
5. Inhalation with menthol

PREVENTION IS BETTER THAN CURE

Kan taksaa hian mel 1,000 chuang thisen zam a awm a. Ka lung hi cell 70,00,00,000 siam a ni a. Ka pian atangan ka lung hi vawi 3,00,00,00,000 chuang a phu tawh a. Ka thluakah hian hriatna thazam 30,00,00,00,00,000 a awm bawh a. Pathian hnathawh a ni chiang a ni.

“I hnenah lawm thu ka hrilh ang che; hlauhawm tak leh mak taka siam ka ni si a” (Sam 139:14).

*Thu lakna : Kristian Encyclopaedia
by Rev. Lalngaihawma*

BUHFAITHAM CHUNGCHANGA HRUAITU HMASATE KAM CHHUAK

1. “Haleluia!” tiin i bân i phar chhuak a. Kha i kut tho khân Lalpa tân buhfai tlem tẹ tal a thâm em? Nangmah inzâwt ang che. Buhfai vei khat lek pawh i thâm thei lo a nih chuan ‘Haleluia’ i tih khân awmzia a nei lo vang.

- Pi Teii (L)

Buhfaiṭham Ziaktu hmasa ber

2. Mikhual kan neih pawhin chaw no khat kan chhum kẹp a, Lal Isua, engkim min petu tân hian kan chaw chhum apiangin kan chhum kẹp ve dawn lawm ni? Lal Isua hi kan inah rawn lútin, a ta rawn zawng ta sela, Buhfaiṭhâm bẹl hi a ta, a rawn hmuh tǔr awm chhun chu a ni.

- Pi Malsawmi (L)

Ex-Chairman, Macdonald Hill

3. Lalpa chanpual kan pẹk hian kan ei tǔr kan kham loh phah lo. Kan ei tǔr tak taka mi ngei hi thâm tǔr a ni. Chhum tǔra dah tawh bẹl aṭang ngeia thâm then hi a tha. A fai sa, buh ṭhaph tawh sa, a hǔm then tawh, ei tǔra kan dah hran tawha mi ngei hi thâm tǔr a ni.

- Pi Saptawni (L)

Ex-Chairman, Mission Veng

4. Juda-ho chu chhangphut ei mi an ni a. Keini Mizote erawh hi chu buh ei mi kan ni a; chuvângin, buhfai hi zingah leh tlaiah thâm tǔr kan lo ni ngei mai tirawh u?”

- Pi Lalnguri (L)

Ex-Chairman, Ramhlun N

5. He rawngbâwl na mâwl leh tlâwm tak anga lang, mahse, chhǔng tin hawl kim thei, Pathianin ropui taka a hman si hi, thang lianin hma sawn zẹl sela. Lalpan buhfaiṭhâm malsawm zẹl rawh se.

- Pi K. Laltluangi (L)

Ex-Chairman, Chawlhmun

6. Ringtute chuan Pathian hn̄nah lâwm thu sawi n̄n rilruah ʔawngʔai chungin zing leh tlaiah kan chaw chhum apiangin i ʔh̄m ziah ang u. H̄ng buh leh bâl, keimahnia siam theih loh, Pathianin min hmangaih avanga min p̄k ngei hi, min petu hn̄na lawm thu sawi nan i hmang leh ang u.

– Pi Zaii (L) & Pi Zolawmi (L)

Buhfaitham Ziaktute



General Lon Wallace leh Bob Ingersoll-ate chuan Lal Isua hi a tholeh lo tih finfiah tumin an bei dun a. Mahse, General Wallace chu a piangthar ta tlat mai. Lal Isua thawhlehzia tichiang túrin ‘BEN HUR’ thawnthu hi a ziaak ta hlahu thung a ni.

Charles H. Spurgeon-a kha vawi khat chu London kawthl̄rah an rawk a, a pawisa eng emaw z̄at an laksak a. Ina a haw chuan a nupui hn̄na thil awmzia hrilh pahin, “Eng pawh ni se, Pathian hn̄nah lawm thu i sawi phawt mai teh ang,” a ti a.

A nupui chuan, “Mi’n an rawk vang chein Pathian hn̄nah lawm thu i sawi ang a maw?” a ti a.

Ani chuan, “I hre thiam lo a nih chu. Lo ngaithla teh. A pakhatnaah chuan, r̄kru hian ka nunna ni lovin ka pawisa chauh a ru a. A pahnihnaah chuan, kan pawisa tam ber chu inah kan la kawh him a, ‘Min rawk e’ han tih tham pawh a ni chiah hlei nem. A pathumnaah chuan, r̄kru ka nih zawk loh avangin Pathian hn̄nah ka lawm ẽm ẽm a ni,” a ti daih a.

(Source : Hring Nun Dictionary)

ISUA KRISTAA MI ROPUI D.L. MOODY LEH A NU CHANCHIN TAWI

– Rev. C. Thalai
Siaha

Moody-a chu kum 4 mi a nihin a pain a thihsan a. Moody-a nu chu Kristian tha tak mai a ni a, a pasal thih atanga thla khatah fa phir a hring leh a, an vaiin a fate chu pakua an lo ni ta a. Pa tel lova chhúngkaw rual tak han enkawl chu Moody-a nu tan chuan a awlai lo hle a, retheihna pawhin a tlákbuak ve nasa khawp mai. Chaw kaw puara ei túr an neih loh chang te pawh a awm thin. Chutiang taka rethei chung chuan Moody-a nu chuan a fate chu hlim takin a enkawl thin a nih chu! A pasal thih kum erawh chuan a fate hmuh loh laiin a rúkin a tap ve thin. A lungngaih mittui te chu Pathian rin tlákzia leh Amaha innglah tlat a pawimawhzia hriat chiantirtu a lo ni ta zawk a ni.

Moody-a nu chu ringtu tha tak ni mah sela, nu pakhat tana fa 9 zet han chawm sei len chu an thenawm khawvengte chuan an huphurhpu hle a, fahrah enkawl na inah emaw dah mai túrin thurawn an pe hial a. Moody-a nu erawh chuan, *“Kut pahnih ka neih chhúng chuan ka fate hi keimah ngeiin ka enkawl dawn. Mi dang kuta ka dah chuan ei leh bârah zawng an hnianghnâr ngei ang tih ka hria; amaherawhchu, kei angin thahnemngai taka tawngtaiin Pathian thu an*

hrilh kher lo vang tih ka hria,” tiin a sawi. Moody-a nu chuan 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 mel khat zeta hla biak inah a inkhawmpui tang tang thin a ni.

Moody-a nuin Pathiana rinna ngat tlat chung a fate Pathian thua a kaihhruaina chuan Kristaa mi ropuah Moody-a chu a chher chhuak a. Pathian thuhrlitu ropui tak niin America leh England ramahte a thuhrlil atangin mi sang tam tak an piangthar a, thlarau bo

tam tak Isua Krista ke bula hruaitu a lo ni ta a. Hla phuah thiam, Sankey-a nen rawng an bawl dun hnu chuan Moody-an Pathian thu a hril a, Sankey-a'n hlain rawng a bawl ve zël bawk a, hmun hrang hrangah harhna a thleng nasa hle a ni.

Fanaute Krista nun kawng dika hruai túra nute pawimawhzia hre Chiang em emtu Moody-a chuan a nu pian cham vawi 99-na an lawm ni chuan, "*Khawvela nu zawng zawng hi ka nu ang ni vek sela chuan tan in (Jail) awm a ngai lo vang,*" tiin a sawi ani.

Khawvel a chhuahsan dawna Moody-a thusawi hnunung ber chu, "*Pathianin min ko tawh a, ka kal tawh dawn. Ka thih ni hi lallukhum ka khum ni túr a ni a, a va ropui dawn em!*" tih hi a ni. December 22, 1899 khan he a khualzin kawng hi zawh tawpin, thahnemngai taka a rawng a bâwlsak thín a Lalpa hnénah a chawl ta. "*Mi tam tak felna kawnga hruaitute chu vana arsité ang in chatuanin an eng ang,*" tia zia chu D.L. Moody-a chungah a kimin a lo thleng ta a ni.



D.L. Moody-a thusawi thenkhat

- ## Danin sual a hriattir a, khawngaihna in a khuh a. Danin a hliam a, chanchin thain a ti dam.
- ## Nun dan thianghlim hi a langsar ber tur a ni. Lawng mite kawng kawhmuhtu in eng (Light-house) hian thawm a nei hran lo, ngawi rengin a eng mai a ni.
- ## Pathian hian lalthutthleng pahnih a nei. Pakhat chu vanah a ni a, pakhat chu mi inngaitlawmte thinlungah a ni.
- ## Ka thlanlunga ziah ka duh chu, "Mi sual chhandam, Isua chhandamna puangtu," tih a ni.

Thu lakna : 'Kristian Encyclopaedia' by Rev. Lalngaihawma

INPEIH RENG TAWH

“Nangni pawh inring rengin awm rawh u, in rin loh hunah Mihring Fapa a lo kal dawn si a” (Luka 12:40).

Nipui chawlh hmangin Carthage khua, Missouri, USA-ah kan kal tumin Precious Moments Kohhran Biak In pakhat kan tlawh a. Chu biak in chhũngah chuan cherub lem ziaik hrang hrang hi an lo târ a. Min kaihruaitu (Guide) chuan phur takin chung milem ziaik chanchin chu a sawi zel a. Cherub hmel duhawm takte chu hmuhdawm ka tih bâkah, lem ziaik tinin thawnthu behchhan a neihte chu ngaihawm ti takin ka ngaitla a.

Bible atanga kan hriat sa tam tak pawh lemziaik chuan a târ lang a. Khawvel siam tirh atanga tanin, Thuthlung Hlui leh Thuthlung Thara chanchin hrang hrangte bâkah, Lal Isua tehkhin thu sawite leh Lal Tawngtaina te a tel a.

Chutia milem hrang hrang ena kan kal ho dam dam lai chuan pa pakhat leh a fanu, la naupang te hi kan hmaah chuan an kal a. Hmeichhe naupang te chuan a pa chu nghet takin a kutah a chelh a, lehkha chhiar zir thiam tir tih takah phur takin milem hnuaia thu ziaik chu a chhiar zel a. Milem pakhat thlira kan din lai chuan an pafa inbe thawm chu ka hre thei a.

Milemah chuan ni tin hna tul khawiha buai nak nak lai hi an lang a, an chung lamah chuan chhum zinga Lal Isua khawvela lo kal mek lem hi a lang a. A hnuaia thu inziaik chu “*Inpeih ang em?*” tih hi a ni a.

Naupangte chuan chung thumal pali pawimawh tak a han chhiar zawh hnu chuan, a pa chuan a fanu chu a zuk en a, “*Inpeih ang em?*” tiin a zâwt a. Hmeichhe naupang hmel thianghlim tak chu a pa enin a han dâk chho va, tim chhin eih lovin, “*Aw, ka inpeih reng tawh e,*” tiin a chhang a.

Inrinhlelhna nei miah lova a chhanna mawl te chuan dawn a tisei. Naupang te rinna chu a va

hlu em! “*Ka ring*” emaw, “*Ka beisei*” emaw ti lovin, Lal Isua nena an inkâr, an inzawmna chu a hre chiang hle a ni.

Chu biak in tlawhtu tam tak zingah chuan Lal Isua’n chu naupang te chu arawn hruai a, a rinna mawl tẹ chu hmangin

kan hn̄nah, “*Tihtakmeuhvin ka hrilh a che u, tu pawh Pathian ram chu naupang tẹin a lawm anga lawm lo apiang, a chh̄ngah an l̄t tawp lo vang,*” a ti.

Tunah hian, “*Nang, i inpeih ve em?*”



RINGTU NGHET

Armenian hmeichhe naupang pakhat chu Turkey-hovin a hmuh lai ngeiin a nu leh pate an sawisa a, an tihlum ta a. Hmeichhe naupang hn̄nah chuan, “Isua i rinna hi i phatsan chuan kan zuah ang che,” an ti a. Ani chuan, “Ka phat thei lo ve,” a tih avangin an hotupa chuan, “Ui kawlh hn̄nah pe rawh u,” a ti a. Ui kawlh leh koham tak tak an dah khawmnaah chuan an theh l̄t a, an kalsan ta a. Zinga an va en leh chuan hmeichhe naupang chu ̄tinḡthiin a lo ̄tawnḡtai mawlh mawlh mai a! Ui zinga a lian ber leh kawlh ber chuan a lo veng tlat mai a, ui dangin an rawn hn̄aih dawn hlek pawhin a lo r̄m̄ khum chhur chhur z̄l a. Sipaiho chu mak ti tak chungin an tlan l̄t a, “Hetah hian Pathian a awm e, hetah hian Pathian a awm e,” an ti chul a.

Source : Hring Nun Dictionary

KUM 2018 CHHUNGA HMANGAIHNA INA TANPUINA PETE (OFFICE LAMA DAWN)

Sl.No.	Bial/Kohhran/Mi mal hming	Pek zat
1.	Siaha Bial Kohhran Hmeichhia	` 3,500
2.	Lungleng I Bial Kohhran Hmeichhia	` 2,500
3.	Vaphai Bial Kohhran Hmeichhia	` 3,000
4.	Damdep Bial Kohhran Hmeichhia	` 500
5.	Biate Bial Kohhran Hmeichhia	` 4,000
6.	Hnahtial Bial Kohhran Hmeichhia	` 2,000
7.	Ngopa Bial Kohhran Hmeichhia	` 10,000
8.	Zote Bial Kohhran Hmeichhia	` 2,000
9.	Ngur Kohhran Hmeichhia	` 1,000
10.	Phainuam Bial Kohhran Hmeichhia	` 2,000
11.	Lawngtlai Bial Kohhran Hmeichhia	` 2,000
12.	Sialhawk Bial Kohhran Hmeichhia	` 5,000
13.	Thaidawr Bial Kohhran Hmeichhia	` 2,500
14.	Kawlkulh N Bial Kohhran Hmeichhia	` 3,000
15.	Tuipuibari Bial Kohhran Hmeichhia	` 5,930
16.	Kawlkulh Bial Kohhran Hmeichhia	` 3,000
17.	Saitual Bial Kohhran Hmeichhia	` 10,000
18.	N.E. Khawdungsei Bial Kohhran Hmeichhia	` 3,000
19.	Zote Kohhran Hmeichhia	` 2,000
20.	Hmuntha Bial Kohhran Hmeichhia	` 5,725
21.	Lunglei Bazar Bial Kohhran Hmeichhia	` 5,000
22.	Darlung Bial Kohhran Hmeichhia	` 3,000
23.	Lungsen Bial Kohhran Hmeichhia	` 4,160
24.	Phuldungsei Bial Kohhran Hmeichhia	` 500
25.	Vairengte Kohhran Hmeichhia	` 10,000
26.	Cherhlun Bial Kohhran Hmeichhia	` 3,000
27.	Nl. Melory Lalruatpuii	` 4,000
28.	Chhiahtlang Bial Kohhran Hmeichhia	` 8,900
29.	Serchhip Kawnpui Sacrament Department	` 2,000
30.	Sesawng Bial Kohhran Hmeichhia	` 3,000
31.	Pu F. Lalthlanthanga	` 8,000

32.	Bukpui Bial Kohhran Hmeichhia	` 4,000
33.	Nisapui Bial Kohhran Hmeichhia	` 2,500
34.	Sangau Bial Kohhran Hmeichhia	` 5,000
35.	Matthis Lallawmawma	` 10,000
36.	Haulawng Bial Kohhran Hmeichhia	` 2,000

**KUM 2019 CHHUNGA HMANGAIHNA INA NAU
CHAWMNA PETE LEH AN CHAWM ZAT
(OFFICE LAMA DAWN)**

Sl.No.	Bial/Kohhran/Mi mal hming	Chawm zat
1.	Ramthar Tlang Veng Kohhran Hmeichhia	1
2.	Chaltlang Bial Kohhran Hmeichhia	3
3.	Armed Veng Bial Kohhran Hmeichhia	4
4.	Darlawn Venghlun Bial Kohhran Hmeichhia	4
5.	Pi Neihthangi, Zarkawt	6
6.	Bethlehem Venglai Kohhran Hmeichhia	2
7.	Pi Zohmingliani, Electric Veng	1
8.	Kulikawn Kohhran Hmeichhia	5
9.	Rengdil Kohhran Hmeichhia	2
10.	Saron Veng Kohhran Hmeichhia	2
11.	Puilo Kohhran Hmeichhia	1
12.	Dawrpui Vengthar Bial Kohhran Hmeichhia	6
13.	Saikhamakawn Kohhran Hmeichhia	1
14.	Melthum Kohhran Hmeichhia	1
15.	N. Mualcheng Kohhran Hmeichhia	1
16.	Khatla Bial Kohhran Hmeichhia	6
17.	Lily Veng Kohhran Hmeichhia	2
18.	Luangmual Vengthlang Kohhran Hmeichhia	1
19.	Electric Veng Kohhran Hmeichhia	6
20.	Laipuitlang Kohhran Hmeichhia	2
21.	Bawngkawn Chhim Veng Kohhran Hmeichhia	4
22.	Mission Vengthlang Kohhran Hmeichhia	12
23.	Kawnpui Chhim Veng Kohhran Hmeichhia	2
24.	Champhai Vengthlang N Kohhran Hmeichhia	2

25. Sihphir Venglai Kohhran Hmeichhia	2
26. Chawnpui Vengthlang Kohhran Hmeichhia	5
27. Zarkawt Kohhran Hmeichhia	8
28. Tuikual Bial Kohhran Hmeichhia	3
29. Tuikhuahtlang Kohhran Hmeichhia	6
30. Champhai Bethel Bial Kohhran Hmeichhia	2
31. Lunglei Ramthar Veng Kohhran Hmeichhia	2
32. Lunglei Farm Veng Kohhran Hmeichhia	1
33. Kanan Veng Kohhran Hmeichhia	3
34. Venghlui Kohhran Hmeichhia	2
35. Mission Veng Kohhran Hmeichhia	20
36. N. Vanlaiphai Bangla Veng Kohhran Hmeichhia	1
37. Maubawk Sikul Veng Kohhran Hmeichhia	2
38. Pi Thanthuami, Hmuntha	1
39. Serchhip Vengchung Bial Kohhran Hmeichhia	1
40. Shillong Mizo Kohhran Hmeichhia	5
41. Peniel Kohhran Hmeichhia, New Serchhip	5
42. Assam Rifles Kohhran Hmeichhia	1
43. Tuikual Kohhran Hmeichhia	2
44. Thenzawl Bial Kohhran Hmeichhia	1
45. Chanmari W Kohhran Hmeichhia	4
46. Chhingchhip Bial Kohhran Hmeichhia	1
47. Chawnpui Kohhran Hmeichhia	10
48. Bungkawn Kohhran Hmeichhia	1
49. Serchhip Vengchung Bial Kohhran Hmeichhia	1
50. Serchhip Bazar Kohhran Hmeichhia	1
51. Serchhip Dinthar Kohhran Hmeichhia	1
52. Madanrtng Bial Kohhran Hmeichhia	1
53. Dimapur Kohhran Hmeichhia	1
54. Kohima Bial Kohhran Hmeichhia	2
55. Kawrthah S Kohhran Hmeichhia	2
56. Sihfa Bial Kohhran Hmeichhia	2

(Remchangah chhonzawm leh a ni ang. Nau chawmtu
zawng zawng chungah lawm thu kan sawi e. – Ed.)

*Ei siam Dan***PUDDING (CHOCOLATE MOUSSE)****Bawhlho**

Dark chocolate chan dip	= 150 grams
Artui (A chhungmu leh a var lai then hran)	= Pum 3
Butter	= 50 grams
Chini	= L cup

A siam dan

1. Belah tui chhuang so la, bel chhunga chhuan len tawh bowl-ah chocolate kha dah la, tui a so hunah chocolate kha chhuan tui tur. Chumi hnuah bel chung aṭanga suan thlak tur.
2. Chocolate tuiah khan butter kha telha, ṭha deuhva chawhpawlh, chumi hnuah artui chhungmu kha chawhpawlh leh tur a ni.
3. Tichuan, artui pawnvar lai kha a phawn thlengin chawh tur. A phuan ṭha deuh ta tihah chini chu tlem te tein telh zawh vek tur a ni. Hei hi a stiff (khawng) thlenga vuak tur.
4. Artui pawnvar chawhpawlh hi hmun thuma thena hmun khat kha chocolate mixture-ah khan ṭha deuhva chawhpawlh leh tur. Tichuan, artui pawnvar chawh sa la bang zawngah chuan zu leih lut leh la. Hei hi dim tein pawlh tur a ni.
5. ṭha taka chawhpawlh a nih hnuah serving bowl lianah emaw, a serve-na tur pudding bowl te-ah emaw sem darha, fridge-ah darkar 2 tal dah vawh tur a ni.

– Lalrinthangi (Kuri), Dawrpui

KUM 2019-A MISSIONARY AGAPE LAKSAKTUTE

Sl.No.	Bial/Kohhran/Mi mal hming	Lak sak zat
1.	Selesih Kohhran Hmeichhia	10
2.	Venghnuai Kohhran Hmeichhia	25
3.	Dawrpui Vengthar W Kohhran Hmeichhia	10
4.	Champhai Venglai Kohhran Hmeichhia	10
5.	New Champhai Kohhran Hmeichhia	10
6.	Electric Veng Kohhran Hmeichhia	200
7.	Thingsulthliah Kohhran Hmeichhia	30
8.	Bethlehem Venglai Kohhran Hmeichhia	30
9.	Dulte Kohhran Hmeichhia	5
10.	Kulikawn Kohhran Hmeichhia	30
11.	Champhai Vengsang Kohhran Hmeichhia	25
12.	Sesawng Kohhran Hmeichhia	12
13.	Chanmari Kohhran Hmeichhia	46
14.	Zemabawk S Kohhran Hmeichhia	20
15.	Bukpui Bethel Kohhran Hmeichhia	5
16.	Armed Veng S Kohhran Hmeichhia	20
17.	Chhiphir Kohhran Hmeichhia	15
18.	Saikhamakawn Kohhran Hmeichhia	25
19.	Piler Kohhran Hmeichhia	10
20.	Mualthuam N Kohhran Hmeichhia	7
21.	Aizawl Kohhran Hmeichhia, Venghlui	4
22.	Biate N Kohhran Hmeichhia	20
23.	Zuangtui Kohhran Hmeichhia	30
24.	Pi Lalnuntluangi, Bawngkawn Brigade	5
25.	Mission Vengthlang Kohhran Hmeichhia	30
26.	Chaltlang Kohhran Hmeichhia	30
27.	Mission Veng Kohhran Hmeichhia	5
28.	New Serchhip Kohhran Hmeichhia	20
29.	I.T.I. Vengchhak Kohhran Hmeichhia	40
30.	Khatla Kohhran Hmeichhia	50
31.	New Capital Complex Kohhran Hmeichhia	65

32. Pi Rohmingthangi Sailo, Kulikawn	5
33. Dawrpui Kohhran Hmeichhia	20
34. Khatla N Kohhran Hmeichhia	60
35. Model Veng Kohhran Hmeichhia	10
36. Pi Phirkhumi, Durtlang Melnga	25
37. Zotlang Kohhran Hmeichhia	20
38. Pi Lalrinpuui, Zotlang	10
39. Thenzawl Dinthar Kohhran Hmeichhia	10
40. Pi R. Sangzingi, Dinthar	10
41. Dinthar Kohhran Hmeichhia	10
42. Mualpui Bethel Kohhran Hmeichhia	10
43. Venghlui Kohhran Hmeichhia	50
44. Vairengte Hmar Veng Kohhran Hmeichhia	10
45. Chhinga Veng Kohhran Hmeichhia	40
46. Keitum Bial Kohhran Hmeichhia	10
47. Bawngkawn Bethel Bial Kohhran Hmeichhia	20
48. Ramthar Veng Kohhran Hmeichhia	20
49. Chhinga Veng E Kohhran Hmeichhia	10
50. Muallungthu Bial Kohhran Hmeichhia	50
51. Pi Lallianmawii, Khatla S Vengthar	10
52. Maubawk Sikul Veng Kohhran Hmeichhia	20
53. Zamuang Bial Kohhran Hmeichhia	20
54. Shillong Mizo Kohhran Hmeichhia	10
55. W. Lungdar Hmar Veng Kohhran Hmeichhia	6
56. Ramthar N Kohhran Hmeichhia	48
57. Mualpheng Bial Kohhran Hmeichhia	10
58. Zote S Kohhran Hmeichhia	5
59. Mualpui Bethel Kohhran Hmeichhia	10
60. Tuikual Kohhran Hmeichhia	50
61. Chhingchhip Mualpui Bial Kohhran Hmeichhia	10
62. Champhai Vengthlang N Kohhran Hmeichhia	10
63. Republic Veng Kohhran Hmeichhia	60
64. Thenzawl Bial Kohhran Hmeichhia	30

(Hengte hi ni **28.2.19** thlenga office-a pawisa pete an ni e. -Ed.)

*Hruaitute chanchin***PI H. LALFAKMAWII, GS**

Pi H. Lalfakmawii hi Upa Chhunkhuma leh Pi Biakveli (L) te fa 7 zinga mi lai a ni a. Upa Vanlalfaka nen kum 1993-ah an innei a, fapa pakhat leh fanu pahnih neiin Ramhlun North, Aizawlah an khawsa a ni.

Zirna lamah chuan Matric a zawh veleh Aizawl Theological College-ah B.Th. a zir a, chumi zawhah Leonard Theological College, Jabalpur atangin B.D. a zo leh a. B.D. a zawh hlim, kum 1987 atangin Synod hnuaia rawngbawlnaah lútin, ATC-a Bible Ralchhan Director hna a thawk phawt a, chumi zawhah khatih laia Asst. Worker hna (Tuna Asst. Co-ordinator tia a hming thlâk tak) MSSU, Synod Office-ah a thawk leh a. Kum 2006 January thla atangin Co-Ordinator-ah kaiin Mizo Sunday School Union Department-a awm chhunzawm túrin tih a ni a. SEC-

in kum 2013 January thla atanga Kohhran Hmeichhe Dept.-a thawk túrin a dah leh a. Kum 3 leh thla 8 hnua Synod-in Board thar, Service Board a siamah Co-ordinator hna a thawk leh a ni.

SEC-in kum 2019-1921 chhúng atana General Secretary, Kohhran Hmeichhia atana a ruat a, ni 14.3.2019 atangin G.S. mawhphurhna a la a ni. Tunah hian Kohhran Hmeichhiaah Co-ordinator hna a thawk mək.

Tualchhúng kohhranah chuan Puitling Sunday School zirtirtu, kohhranah thuhriltu a ni a. Kohhran Hmeichhiaah Committee Member niin, Ramhlun North Bialah Assistant Secretary a ni bawk.

Kristian Hla Bu no. 133-na, ‘Lal Isua, kan thian tha berin’ tih hla hi a duh hle a. Johana 3:16 thu leh Sam 37:5 hi Bible chang a ngainat zual a ni. Kohhranin Kristian Chhúngkaw lama hma kan sâwn theih nan theihtâwp a chhuah a. Chutih laiin hmelmapha hian a ei theih túr zawnga nasa taka tan a lâk bawk si avangin, nute hi inthlahdah mai thei kan ni lo va, kan awmna hmun apiangah, a hunah te, a hun lovah te pawh, eng lai pawha kan tu leh fate tan tan kan lak reng hi tul a tiin pawimawh a ti hle a ni.

Hriat atan**HRUAITUTE ZINNA**

A hnuaia tar lan ang hian kan hrulaitute Leadership Training, Kristian Chhúngkaw Seminar & Campaign leh t̄ul dangah an feh chhuak:

1. Dawrpui Vengthar Bial (Golden Jubilee) - 1. Pi Lalpianthangi Hrahse
(9.2.19)
2. Biate Bial (5-8.4.19) - 1. Pi Lalngaihzuai
2. Pi F.Lalhmangaihzuai
3. Pi Lalthakimi
3. Chanmari West Bial (6.4.19) - 1. Pi Vanlalrovi
2. Pi Lalpianzami
4. Mission Veng Bial (17.4.19) - 1. Pi Lalhmachhuani
2. Pi Sawithangi
5. PWF & NEICCWA Committee & Biennial Assembly (24-29.4.19) - 1. Pi Lalpianthangi Hrahse
2. Pi Sailuti
3. Pi Lalsangluaii
4. Pi Lalngaihzuai
6. NEICCWA Biennial Assembly (25-29.4.19) - 1. Pi Lalrinkimi
2. Central Com. - 13
3. Zo khaw lam - 17
7. MTC Graduation Day (16.4.19) - 1. Pi Lallungmuani
2. Pi H. Lalrintluangi
8. Stakeholder Interactive Meeting on HIV/AIDS (23.4.19) - 1. Pi Lalrinkimi
2. Pi Lalngaihzuai
9. Himali Bial (4.5.19) - 1. Pi Thangthuami
2. Pi Lalrinliani
10. Chawngtlai Bial (10-12.5.19) - 1. Pi Zangeni
2. Pi Zoluri Sailo
3. Pi Lalthlamuani
4. Pi Lalhmingliani

KUM 2019-2021 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Lalrinkimi
Vice Chairman	:	Pi Lalrinpuui
Gen. Secretary	:	Pi H. Lalfakmawii
Asst. Secretary	:	Pi Lalngaihzuai
Treasurer	:	Pi Vanlalrovi
Finance Secretary	:	Pi Lalsangluaii

COMMITTEE MEMBER-TE

- | | |
|-------------------------|---------------------------|
| 1. Pi Asha Thulung | 2. Pi B. Lalrintluangi |
| 3. Pi C. Lalrimawii | 4. Pi Chuahmingliani |
| 5. Pi F. Lalmangaihzuai | 6. Pi F. Lalsangmawii |
| 7. Pi H. Lalduhawmi | 8. Pi H. Lalrintluangi |
| 9. Pi Hmangaihzaui | 10. Pi Hrangzuai |
| 11. Pi Lalmachhuani | 12. Pi Lalmingliani |
| 13. Pi Lallungmuani | 14. Pi Lalpianzami |
| 15. Pi Lalramzaui | 16. Pi Lalremruati |
| 17. Pi Lalrinliani | 18. Pi Lalrotluangi Sailo |
| 19. Pi Lalthakimi | 20. Pi R. Lalthanruai |
| 21. Pi Lalthanzami | 22. Pi Lalthlamuani |
| 23. Pi R. Lalengmawii | 24. Pi R. Lalrampari |
| 25. Pi R. Lalroliani | 26. Pi R. Vanlalthlani |
| 27. Pi Sailothangi | 28. Pi Sawithangi |
| 29. Pi Siampuii Pautu | 30. Pi Thanghlupuii |
| 31. Pi Thangthuami | 32. Pi Vanlalhruii |
| 33. Pi Zangeni | 34. Pi Zochungnungi |
| 35. Pi Zoluri Sailo | 36. Pi Zonunsangi |

Ex-Officio Member-te

1. Rev. R. Lalhmingthanga, Synod Moderator
2. Rev. R. Vanlalnghaka, Synod Secretary (Sr.)
3. Rev. B. Sangthanga, Executive Secretary i/c Kohhran Hmeichhia
4. Pi K. Lalliantluangi, Ex-Chairman
5. Pi Sailuti (PWF)

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chhungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



Postal Regn. No. MZR/ 53/ 2018 – 2020 RNI Regn. 40876/ 88



Buhban Kohhran Hmeichhe Ni 2018



Central Hruaitute (2019-2021)



Haulawng Kohhran Hmeichhia

To

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