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SERMON

KRISTIAN CHHUNGKUA

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Editorial**RAWNGBAWL HNA**

Kristiante rawngbâwl hna inngahna bulpui chu **Khawngaih Rawngbawl**na a ni a. "Mihring Fapa meuh pawh rawngbawlsaka awm turin a lo kal lo va, rawngbâwl tûr leh mi tam tak tlan nâna a nun pe zâwk tûrin a lo kal a ni si," (Mk 10:45) kan Lal Isuan a tih hi kan rawngbâwl hna inngahna lungphum a ni. Hei hi miin a thinlunga a vawn loh chuan hahthlâk riauva hriatna te, vuivâina te, chapona thlengin rawngbawltute hian harsatna kan tâwk thei.

Kohhran Hmeichhe rawngbâwlna hi a huam a zau ve tial tial a. Kohhrana kan pawimawhna leh chanvo pawh a sang tial tial emaw tih tur a ni. Kristian Chhûngkaw beihpui thlaknaah phei hi chuan a neitu kan ni tak zet a. Buhfaitham rawngbâwlna te, Biak In leh a vel faina leh thianghlimna kawngah te, Biak Ina pangpar buaipui te leh kohhrana sekrek thil pawimawh tak takte hi kan kuta inngat a ni thui hle a.

Kan kova tla mawhpurhna kan hlen kawngah hian Lal Isua inngaihtlawmna te hian kan rilru thunun zêl se. Kan thiam loh zawng leh phûr lohna lam thil thlenga kan hmachhawn ve a ùl chang pawhin ti hram hram ila. Hmasâwn zêl tûrin inbuatsaih ang u.

Khawngaih rawngbâwl hna min petu hian engtik niah emaw chîk takin min la teh ang a, kan thiltih ang zêlin lawmman min la pê dawn a ni. Khawvêl hian Lal Isua a mamawh ber a; mahse, a hnungchhawn si. Chuvângin khawngaih rawngbâwl hna thawktute hian mamawh chhâna Lal Isua hi khawvêl mite hmuh theihin i tarlang zêl ang u.

Kristian Chhungkua

CHHUNGKAW RELBAWL KAWNGA NU MAWHPHURHNA

- Ramthianghlimi, B.D.

Chhûngkaw relbawl kawnga nu mawhphurhna tih hi sawi tur tam tak a awm a, a sawi pawh kan sawi nasa thawkhat viau awm e. Tun ùmah hian kan sawi tam loh lam inchungkhûra nuin a tih ngei atâna ða kawng hrang hrangin sawi kan tum dawn a ni. Kan nitin khawsaknain hma a sawn leh sawn loh te, Pathian tan leh midangte tâna kan chhûngkua kan ðangkai dan te hi nuin inchungkhur kan relbawl ðat leh ðat lovah thui tak a inngat a ni. Kan chhûngkua ðeuhvin hma kan sawn theih na tur kawng hrang hrang hetiang hian lo sawi ila.

1. **Chhûngkaw khawsak a rêl fel tûr a ni:** Chhûngkaw khawsak rêlfel hi pa mawhphurhna a ni ngei mai. Chutih rual chuan nuin mawhphurhna thûi tak kan nei a ni. Chhûngkaw inrêlbawl na fel neih dawn chuan nu chu a tho hma tur a ni. Zing taka thova Pathian pawl na hun hmangin, a chhûngte Pathian hnênah a hlanin a ðawngtaisak hmasa phawt tur a ni. Fate zîng thawh hun bituk sak hi nu mawhphurhna lian tak a nih rualin nu ber a thawh hma loh chuan fate tân entawn tûr

a awm dawn lo a ni. Zingâr aţanga zan mut hun thlengin nu chuan an fate tih tûr fel takin ruahmanna siam thei sela, mahnia in enkawl thei an nih pawhin an thiltih tûr, an hun hman dan engkim hriatpui tum a ða a ni.

2. **Inrenchem kawnga ðan lak:** Inrenchem chungchâng sawi hian uikawm nen a inzawm lo tih hriat a ða. Midangte tan kan ðangkai theih nan inrenchem thiam a pawimawh. Kan thil ei bang paih vak vak te hi sim a ða khawp mai. Mizote hi a hnam ang pawhin thil paih

nasa pawl tak kan ni awm e. Hmân lai pi leh pute aṅanga kan lo inzirtir danah chaw kan chhumin kan ei tawk aia tam, mikhual neih thut pawha an ei tur chhum tel tur tih kha kan inzirtir dan a ni. Khawsakna changkang zêlah gas te, pressure cooker te kan hmang tângpui tawh a. Chaw ei tur midang neih thut pawhin minute tlêm te chhûngin chhum belh a awl êm êm tawh. Tûn hma angin mikhual thlen thut thut pawh a awm tam tawh lo, phone in engkim kan inhrilh lawk thei vek tawh. Paih tur siam chuan hnûr te hi bansan a ṭha hle a ni. Chawmeh eng pawh, sa thlengin ei bang a lo tam deuhva kan ei zo mai dawn lo a nih chuan bûrah khungin freezer-ah dahṭhat a ṭha khawp mai. Ei duh hunah lakchhuah leh mai tur a ni. Kawng hrang hrangah inrenchem taka chhûngkua kan khawsak chuan a ṭûl hunah midang pek ve tur kan neih theih phah ang a, Pathian tân leh midangte tân ṭangkai takin kan nun theih phah dawn a ni.

3. Hriselna kawnga ṭan lak: Chhûngkaw hriselna atân nuin mawhphurhna lian tak a nei. Mi ṭhenkhatin fiamthu titak deuhvin, “Thil tui ṭha ṭha kan ei theihna turin sum kan zawng a, a leina kan nei ta chêng a kan ei ngam leh si lo” an ti ṭhin. Tûnlai khawvêl changkang zêlah hian mamawh bak eiin mi a tichhe nasa ta hlê mai. Zunthlum, thisen sang, cholesterol sang, fatty liver etc nei kan tam ta êm êm mai. Hei hi a chhan ber chu kan ei tur a hrisêl tawk loh vang a ni. A leina ka nei e tih vanga sa ei vak vak te, thil thlum leh mawm ei nasat te hian zawi zawiin kan hrisêlna a tichhe ṭhin a ni. Hemi thuah hian nu hi rawngbâwltu, ei tûr lakhawmtu kan nih tlangpui avângin kan kutah kei leh ka chhungte hriselna a innghat thûi hlê a ni tih hriat a ṭha. Bazar leh dawrah kan kal a, ei tur ina kan khai luh aṅang hian ngaihtuahna sen a pawimawh. Hei hi kan tana ṭha a ni em, nge tui ka tih ve hrim hrim vanga lei ka nih

tih te inchnhût thîn ıla. Ei tur th̄a chu kan hre tl̄ângpui, sawi tam loh pawhin thlai leh thei lam ei tam a th̄ul tihte chu kan hriat tlanglawn a ni a, tûnah chuan kan sawi th̄euh lovang a. Ei tûr th̄a hi kan tu leh fate naupang t̄e an nih lai aṭanga zirt̄ir th̄an a th̄a khawp mai. Naupang thlai hn̄ah ei duh lo an awm fo mai, hei hian nawsên an nih lai aṭanga an ei tûr kan thlan uluk sak pawimawhzia a tarlang a ni. Ngaihtuahna sêng taka nuin ei tûr kan ruahmana a hrisel thei ang bera kan siam th̄in chuan chhûngkaw hrisêlna kawngah nasa takin min pui dawn a ni.

4. Nu chu chhûngkaw hlim ni tûra mawhphurtu a ni: Kan chhûngkua kan hlim leh hlim lovah nuin mawh kan phur lian hle. Zing thawha nu ber hlim taka a awm a, chhûngkua chenpuite hlim taka a lo lawma a lo biak sawt sawt chuan midang hi chu an hlim zui mai th̄in a ni. Pasal te pawh hi nu ber kan hlim miau chuan an hlim chhawm ve mai. Nu berin

pasal fanau te phun khuma sawisel kan chin fo chuan chhûngkaw member tan kan ninawm hma êm êm a ni tih hriat a th̄a.

Kan chenpuite zingah lungawi lohna, harsatna nei an lo awm a nih pawhin nu chu a tuam damtu tur, zawldawh taka an lungawi lohna pawh ngaih- thlaksak theitu nih a pawimawh. Khawvêla kan awmchung rei lo t̄eah hian chhûngkua ber hlim loh aia hlauhawm hi thil a v̄ang khawp mai. Kan hlimna hi engmah tihchhiat tir kan phal tûr a ni lo. Nupa intihthiam lohnaah pawh a bulṭantu chu nu kan ni fo th̄in. Harsatna siamtu ni lova remna thlentu nih tum zêl ıla, chhûngkaw nuam, Lalpa chenna chhûngkua kan lo ni thei dawn a ni. Thufingte 31:10-31 a kan hmuh anga hmeichhe khawsak th̄a, pasalte tân lallukhum ni thei tûrin nute th̄an la thar zel ıla. Pawn lam aṭang emaw chhûngkua

aṭang emawa kan ila. Lalpa ṭihna nêna nu
 chhûngkaw hlimna min mawhphurhna kan hlen
 tihchhiatsak thei lakah nuin phawt chuan **Kristian**
 theih tawkin ṭawngṭaina nen **chhûngkua, Lalpa chênna**
 kan Chhûngkua venghim kan din thei ngei ang.



Thufingte 15:13-17

Thinlung hlimin hmel hlim a siam a,
 Thinlung lungngaihna erawh
 chuan rilru a tilungchhe ṭhin
 Hriat thiamna thinlung neitu
 chuan hriatna a zawng a,
 Mi a kê erawh chu dawtin a inhrai ṭhin.
 Hrehawm tuartu tan chuan ni zawng zawng hi
 a ṭha lo vek a,
 Thinlung hlim mi erawh chuan
 ruai a ṭheh reng mai a ni.
 Lalpa ṭihna nêna
 tlêm tê neih chu
 Tam tak neiha buaina tawh ai
 chuan a ṭha zawk.
 Hmangaihna awmnaa
 anhnah chawa rin chu,
 Huatna awmnaa bawngpa
 chawm thau ei aiin a ṭha zawk.

Sermon**ISUA THLÊMA A AWM THU**

(Matthaia 4.1-11)

-Rev PC Ngháklíanmâwia,
Mumbai

Lal Isua thlêma a awm thu hi Chanchin Ṭha Bu hmasa 3 te hian an ziaik vek a. Matthaia leh Luka hian an ziaik kimchang deuh a (Matt. 4.1-11; Lk 4.1-13), Marka erawh chuan tawitê (Mk 1.12,13) in a ziaik thung.

Bible in thlêmna tia a sawi hian thil tisual tûra sâwmna lam ringawt a kâwk ber lo va; mi, a tâna ṭhatna tûr emaw a sualte siam ṭha tûra a inen lêt theihna tûra fiahna emaw, enchhinna emaw a ni ṭhin. Gen. 22:1-ah Pathianin Abrahamama a fiah thu kan hmu a, English Bible pakhata Authorised Version-ah chuan helai thu hi “Pathianin Abrahamama chu a thlêm a” tiin a dah a, Mizo Bible leh sap ṭawng Bible dangah chuan ‘fiah’ tiin dah a ni bawk a. Hei hian ‘thlêm’ tih chu ‘fiah’ tihna pawh a kâwk nghâl thei awm e. Thlêmna hi amah ngau ngau hi sual a ni ngawt lo va, Isua ngei

pawh thlêmin a awm a ni tih kan hria a.

Lal Isua rawngbâwl tura a chhuah dawn hian kan Bible-a kan hmuh ang khán thlalerah ni 40 fianrial hun a va hmang a, chutah chuan thlêmtu in kawng chi hrang hrang kawng thumin a thlêm a ni tih kan hmu a. Lal Isua thlêmna tawhte hi tawitê te in lo en ila.

1. **Lung chhanga chantir tûra thlêmna:** He thlêmna hi mi thiamte chuan “Hedonism” an ti a. Chumi awmzia chu thinlunga rilṭamna leh tuihâlna phuhrûkna tura thlêmna tihna a ni. Lal Isua

chu ni 40 leh zan 40 chaw ngheia a awm hnuin a ril a lo ÷am ta êm êm a, chu a tisa mamawh phuhrûkna tûr a ngaihtuah sân vanglâi takin thlêmtu chu a rawn inlâr ta chat mai a. “Pathian fapa i nih chuan hêng lung hi chhanga chang turin thu pe rawh. Hêng lung hi chhangah chantir la tuna i ril÷amna kha puhru ta che” a rawn ti ta a ni. Pathian fapa a ni a, a duh chuan a ti thei khawp ang. Mahse Isua chhânna chu, “Mihring hi chhang chauhvin an nung lovang a, Pathian kaa thu tin chhuakin an nung zâwk ang” tih ziak a ni, tih a ni.

Hei tak mai hi hmelmapa hian a hmang thiam hle ÷hin. Tûna kan mamawh leh châk tihpuitlin duhna, a hnu lam ngaihtuah lo va, kan nun tuihâl chhâwkna, mahse Pathian thu anga chhâwkna ni lo, khawvêl thil pum puarna leh chaw dangral hmanga chhâwkna. Kan

tisa mamawh, kan tisa châkna puitlin tûra thlêmtu. A hunlai chuan duhsakna leh hmangaihna aw emaw tih a awl fo ÷hin. Zu châk vanglai taka khawi emaw a÷anga zu naran lo tak, a thlâwn lehng hala hmuh mai tûr emaw, min han treat mai tûr lo awm leh nawlh ang chi te. Sum mamawh sân lai taka khawi ami emaw han ÷hâm ÷hen zauh tur remchang lo awm leh hlah ang chi te. Inkhâwm peih loh lâi taka chhuanlam tûr remchang lo awm leh hlah ang chi te a tam mai. Isua nuna a ropui lâi tak chu a tisa mamawh phuhrûkna aia Pathian thu anga nun a thlang zâwk kha a ni.

He thlêmtu a÷anga lang Chiang tak mai pahnih chu:

1) Thlêmtu hian kan chak loh hun hi a nghak ngat ngat peih tih hi a ni. Lal Isua ril÷am tawng-khawng nghâk chhuak tur khan ni 40 leh zan 40 kha thlêmtu khan a nghâk ngat ngat peih nia! Ni 40 leh

zan 40 pawh ngêk peih chuan kan piangthar dák leh hun hi chu a ngêk peih khawp ang tih a chiang, kan rinna kawnga kan chauh deuh hun hi chu a ngêk peih khawp ang tih a chiang a ni.

2) Thlêmtu hian kan chak loh lai leh kan panna lai hi a hre hlê tih hi a ni. Kan chak loh vanglai tak te, kan tisa mamawh sân vanglai takte hian remchang leh awihawm taka mi thlêmtu dan hi a thiam êm êm a ni. Covid avânga kan inkhung laite khan, Biak In pawh hawng thei lovin kan awm a, hna a thawh theih si lohva, kan hman hlê a nih kha tirawh u. Hun awl kan ngah si a, Bible chhiar leh In lama Pathian tâna fianrial hun hman kan uar sawt anga a ða ngawt ang kan ti ngawt a, mahse mi tam takah chuan a ni chuang der lo. Inthlahdahna leh that-chhian hman ngin thlêmtu in Covid chhuan lam

remchanga hmangin min bei a, kan tlu rem rum a, Biak In kan hawn leh hnuah pawh inkhâwm zui tawh lo kan nei ðeuh. Pathian be chák zui lo kan ngah mai. Chawlhni pawh kan serh peih tawh lova, ram hnuaiyah kan kal sung sung mai a nih kha. Kan chak lohna leh panna laiah chat chat hian thlêmtu hi a rawn che ðin a ni. Lal Isua thlêmtu do dan erawh chu a tisa hahdamna leh nawmsakna tûr lam ai chuan Pathian thu anga nun a thlang zawk kha a ni.

2. Pathian Biak In chhip zum aṅga tla thla tûra thlêmtu: He thlêmtu hi mi thiamte chuan “Egoism” an ti a. Chumi awmzia chu keimahnian chaponah leh theihna awm, chakna leh thiamna emaw, kan inchhuan ve na cho tho zawnga thlêmtu a ni. Mi thiamte chuan Temple chhip sâng lai kha Temple chuan hnuaiyah awm Kidron

luiruam aţang pheî chuan feet 450 vel laia sang a ni an ti. Thenkhat chuan cubits 300 a sâng an ti bawk a, chu chu tunlai  awngkam chuan sawi dawn ila in chh awng 40-45 vela sâng tihna a nih chu. Isua kha chutianga sâng Temple chhip zum aţang khan tla thla sela, na miah lovin awm sela mak an ti ngawt ang. Zuitu pawh a ngah nghal viau mai thei a ni.

Nimahsela Lal Isuan makna leh thilmak hmanga a lalram din a tum lo. Miten an rin theihna tura inti danglam a, thilmak leh chhinchhiahna danglam bik hmanga Pathian ram din kha Isua thil tum a ni lo. Khawv ela a rawn kal chhan Pilata hn ena a sawi dan chuan *“Thutak hriattir tur leh thutaka mite hruai lut”* tura lokal a ni a, chu a lalram din t ur pawh Pathian thutak hmanga din a ni t ur a ni tih kha a ngaih dan a ni. Chu

thl mna chu Lal Isuan **“I Pathian fiah suh tih ziak a ni”** tih hmangin a hnial thla a. Pathian fiahtu chuan Pathian a ringhlel tihna a ni.

Tunlai ringtute hian thilmak hi kan zawng nasa ta hl  mai. Kan ngaisang a, kan bawr nasa thei hle. A sawi maksak leh dangdai apiang kan l wm emaw tih mai tur a ni a. Kan rawngb awlnaah pawh hian mi tih aia danglam leh dangdai zawwna a tam  m  m a, mi ngaihsan leh fak hlawh nih ch akna thl mna hi a nasa ta hle mai. Kan rawngb awlna hming te pawh ropui tak tak kan phuah a, Thlarau Thianghlim Crusade te kan ti a, Tihdam rawngbawlna, Thlarau hriakthih, Thlarau Thianghlim Baptisma, Thlarau Thianghlim fa lo hring t wk lah bo lo! Isua aiin thilmak hi kan buaipui ta zawk emaw tih tur a ni a. A mak sak zawng hi chuan kan che nasa teh e. Mahse rilrua zawhna awm

thin chu kan thatpui em, kan ngheh phah em, Kohhranah kan rinawm phah sawt em tihte hi a ni.

3. Diabola chibai bûk:

Isua thlêmna tawh pathumna chu Diabola chibai bûk tûra thlêmna a ni. He thlêmna hi mi thiamte chuan “**Materialism**” thlêmna an ti. Khawvel thil ropuina leh itawmna hmanga thlêmna a ni. Diabola chuan Isua chu tâng sâng takah a hruai chho va, khawvêl ram ropuina zawng zawng a entir a: “Bawkkhupin chibai mi bûk la, hêng zawng zawng hi ka pe vek ang che” a ti. “Bawkkhupin chibai mi bûk la, Aizawl vêng lûn laiah hian inhmun ka pe ang che,” min ti mai sela setana chibai bûk pawî ti lo hi kan awm nual mai ang em? Kohhran chhuahsan pawîti vak lo hi kan kat nuk tawh mai ang em?

He thlêmna hian a sawi tum ber chu “*Khawvel*

nen inremsiam ang” a tihna a ni.

Khawvel nena inremsiam tura thlêmna hi kan tâwk zing hle mai.

“*Hei tê chauh hi ti ve rawh, a pawî lo, midang pawhin an ti vek alawm*”

“*Ka pu, tûn tum chauh hi min sign sak leh hrâm rawh, tichuan a zâtve hi chu I ta a ni mai*”

“*Vawihnih khat eirûk mai maiah engmah a lang tham hleinem. Mite tih dan vek alawm*”

“*Zu no hnih khat mai maiin I rinna a khawih chhe pha tak tak chuang lo vang.*”

Khawvêl nena inremsiam tura thlêmna hi kan tâwk leh thin. Kan Bible chuan heng zawng zawng hi milem biakna a ti. Pathian aia ngaih pawimawh zawk dang neihna hi.

Mosia chuan Aigupta Lal fapa niha nuam tawl ai chuan Pathian mite nêna

tihduhdah tuar a thlang zâwk a, Aigupta ram ropuina ai chuan hmuh theih lohva chu a hmuh avângin a tuar țang țang a. Josefa chuan Potiphara nupui hmelțha leh itawm, tlawntlai țha bawk si, hausa bawk si nena inremsiam ai chuan dâwt hmanga puh mualpho a, jail bang zût a thlang ta zâwk a. Krista a rinna phatsana a sahimna leh nawmsakna ûm ai chuan Krista avânga retheih leh tawrh a thlang zawk a. Khawvêl nêna inremsiam a duh ve lo.

Tunlai khawvêlah hian khawvêl nena inremsiam tûra thlêmna-a hahtdam leh awlsam zawnga kal duhna, rah chhuah kawpa rawng bawl ai chuan mite sawisêl hlauh lo tâwka rawng bawl duhna, Pathian leh a kohhran tâna țahnemngai taka rawng bâwl ai chuan chanvo leh mawhpurhna

hlen tâwka rawng bawl duhna, a kawng awlsam zawh tura thlêmna hi kan tawk nasa hle. Khawvêl hmasawna lo țhang zêl kârah, bungraw thar leh thil thar awhna leh duhna, țhenawm te neih ang neih ve duhna itna leh thlêmna (materialism thlêmna) te hian min tibuai ta hlê mai. Chûng kan mit itzawng kan neih theihna tûr atana sum thianghlim lo leh lakluhna fel tâwklo hmanga sum hailuh duhna, thlantui fara thawh chhuah aia a hahtdam leh awlsam zawnga hausak thut duhna, khawvêl nena inremsiam tûra thlêmna hi kan tawk nasa ta hle mai.

He thlêmna khawvêlah hian Lal Isua anga “Lalpa i Pathian chauh chibai bûk la, ama rawng chauh bawl rawh” tia hnehtu kan nih zêl theih nân Lalpan a thu malsawm rawh se. Amen.



Sermon**KA THINLUNG ANG PU MI**

-Lalenpuii
Ramhlun North

Mihringte zînga Pathianin ka thinlung ang pu mi a tih awmchhun chu Lal Davida chauh hi a ni a, Pathian meuh thinlung ang pu mi hi mihring te zingah an awm thei dawn em ni !? Lal Davida chu Pathian in ka thinlung ang pu mi a ti tlat asin..! sawisel bo erawh a ti bik lo.

Lal Davida khan engtin nge Pathian thinlung ang a put a, eng hi nge Pathian thinlung ang a put na chhan tih hi ka rilru ah zawhna a awm fo ðhin a, mi tamtak rilru ah pawh he zawhna hi a awm ve ðhin tho mai thei. Kan naupan lai chuan mi pakhat in Lal Davida kha Pathian thinlung ang pu mi a nihna chhan chu a thil tihsual/daisual palh hian inchhir in Pathian hnênah a in tulût leh vat ðhin a, chu chu Pathian thinlung ang pu mi a nihna a ni, tia a sawi ka hre tawh a, a dik na chin chu a awm tho a, thil tihsual/daisual palha inchhir a, Pathian hnêna in tuk luh hi Pathian duh

zawng tak a ni ngei mai, Pathianin min lo ngaidam in kan thiltih sual te chu kan sim pawh a ni mai thei, amaherawh chu Pathian thinlung ang pu mi nihna a ni pha kher lo a ni, chumi piaha Lal Davida Pathian thinlung ang pu mi a nihna chu ti hian Lalpan min hriattir a, LAL DAVIDA NUNAH HIAN ITSIKNA TE, HUATNA TE, KHAKNA TE, CHAPONA LEH ELRELNA TE a bet lova, chu tak chu a ni Pathian thinlung ang pu mi a nihna chu. Lal Davida kha Mihring ve tho a ni a, rilru na thei, thinrim thei mangang ve thei a ni a, mahse phuba la mai

lovin Pathian hnênah engkim a thlen zawk ðhin a ni, Lal Davida anga thinlung thianghlim leh dik hi Pathian thinlung duhzawng tak a ni.

Lal Davida nun ah hian langsar leh ropui ka tih deuh deuh han sawilan ka duh a:-

PATHIAN FAKTU ROPUI A NI: Lal Davida ang rênga Pathian faktu ropui hi mihring zîng ah an awm ang em aw ka ti ðhin. Bible-a kan hmuh ang in Pathian a fakna thu leh hla te hi a ropui takzet a, Ka chhiar a, ka chhiar nawn leh fo ðhin, a ropui in a mawi a, a ngaihnamw bawk si, ka chhiar ning thei lo. Lal Davida Pathian fakna hlâte ka chhiar hian ka thlarau lung hi a ti lêng veng veng ðhin a ni. Tiang khawpa Pathian a Fak ðhin hi Pathian hi a lo hre chiangin a lo hmu chiang bik mang e.

Tin, Lal Davida hi

rimawi tum thiam tak mai a ni bawk a, rimawi hmanga Pathian fak te hi nuam a ti in a ngaihlu hlê a, rimawi chi hrang hrangte nêh Pathian fak ula...Pathian fak/chawimawi in hla sa ula ...a ti mai lo va HLA THAR sa ula a tih lâi tak te hi a mawina belhchhah tu ni in ka hria, Khuangte leh lâmin, Lalpa chu fak rawh u a ti a, Pathian fak hi a ngai pawimawhin a ngaihlu êm êm a ni, tleirawl tê a nih lai khan a rimawi tum rik aţang ringawt pawh hian Saula kawchhûnga ramhuai te chuan an hlau va, an tlânchhe ðhin a ni. Pathian chênchilhna hi amahah hian a nasa lutuk a, chu chu Saula kawchhûnga ramhuai te chuan an ngam lova, a rimawi tum rik aţang ringawt pawh hian setana chu hlau in a khûr a, a tlânchhe ðhin a ni, chutiang bawk in Ringtute hi Thlarau Thianghlim hruaia kan awm tak tak

chuan kan rimawi tum/tih rik aţang ringawt te, kan zâi emaw kan thusawi emaw, Pathian fak nana kan lâm emaw ban kan han phar ringawt te pawh hi setana chuan a ngam lovang tih hi ka ring a ni.

Lal Davida chuan Pathian fak hi a duh thawh êm êm mai a, engkim thawthei tawh phawt chuan Lalpa chu fak rawh u a ti a, a rilru leh suangtuahna te a zau hlê a ni, a châng chuan thilnung leh nung lo engkim mai, thilsiam zawng zawngte hi Pathian fak tûrin a sawm a, Ni leh thla leh arsi, van boruak zâu taka awm zawng zawngte, Tuifinriat leh leilung leh a chhûnga thil awm zawng zawngte pawh Pathian fak tûrin a sawm a ni. Amah ngei pawh hian ka kawchhûnga awm zawng zawng te u Lalpa chu fak rawh u a ti thlawt mai a ni. A theihna zawng zawnga Pathian fak a duh a, a kawr haklai phelh

meuhvin Pathian hma ah Israel te Lal ropui tak chu a lâm a ni.. Halleluiah.. ! Lal Davida nunah hian Pathian fakna hi a langsar hlê a ni. Vanram kan thlen hunah chuan min Tlantu Beramno fakin Lal Davida te nen tual khat in kan la lâm ho ang chu ! A va nghahhlelhawm em!!

MI HUAISEN A NI:
Davida chu naupang tê a nih lai aţangin Beram veng in ramhnuaiyah a awm ţhin a, a beram te chu ramsa hlauhawm tak tak ten an rawn bei ţhin a ni, Sakeibaknei leh Savawm ka aţang te hian a beram te chu a chhan chhuak ţhin a, huaisen takin, hmanraw tel lovin kut lawngin ramsa hlauhawm takte chu a bei a, a tihlum ţhin ani.

Davida hming kan hriat ruala kan thinlunga lang tel ve lo thei lo pakhat chu Goliatha hi a ni. Milian rapthlak zet mai, ralthuam famkima inthuam chuan Israel sipai te chu indona hmunah ral leh lam

aṭangin a va cho ṭhin a, chu milian raphlâk zet mai an hmuh chuan Israel fate chu an tlan chhia a, an hlau êm êm mai a, cho ngam rêng an awm lo, mahse Pathian mi Davida khan a hlau awzawng lo mai a, A tiang leh luia lungte mâm thel thawl nen Goliatha bei tûrin a va pan hnai a, Tuma cho rual loh leh tuma hneh rual lohva inngai Goliatha chuan Davida a hmuhin a hmusit hlê a, Ui emaw ka nih a tiangte nêna mi rawn pan chu le ...! Lo kal teh i sate kha chungleng savate leh ramsa te ka eitir ang a ti a...Davida chuan ...vawiin ah hian ka that ang chia...in ruangte chu chungleng sava te leh ramsa te ka eitir dawn a ni...Chutichuan, mi zawng zawngin Israel ho zingah Pathian a awm a ni tih an hre thei ang ... Indo na chu Lalpa indona a ni si a ... a ti a....An in ngam dun sak sak hle a ni.

Pakhat chuan a chakna leh ralthuam ṭha te ringin a cho êm êm a, pakhat chuan Israelte Pathian hmingin a cho lêt ve nasa mai si a ...Tichuan, Davida chu hmelma lamah Goliatha bei tûr chuan a tlân a, a virvawm chuan a han vawm a, Sipaite Lalpa hminga thawk a nih avângin Pathian chu a che lo thei lova, Goliatha chu mi sâng tamtak hma ah Lungtêa vawmthlûkin a awm ta a ni. Chu milian chu a ralthuam ropui te zawng zawng nen chuan a tlu ta ruah ruah a, a thi ta dêr mai a ni. Lalpa a lama a ṭan avangin mi lian leh eng anga chak pawh tihlum nan chuan Lungtê mai kha a tawk a ni. I harsatna tlâng chu eng ang a lian pawh nise i phur chu eng anga rit pawh nise Lalpan hnehsak theih loh che a nei lo a ni tih hi lo hre nawn leh la ka duh a ni.

**H M A N G A I H N A
D I K , M A W I L E H
D U H A W M :** Lal Davidan Pathian a hmangaihzia leh a ñihzia chu hai rual a ni lo tih hi Bible-ah a Chiang êm êm a ni. Saula fapa Jonathana leh Davida te inkârah pawh hian ñhian inhmangaihna thawntu ngaihnaawm leh mawi êm êm mai a awm a, Davida chuan Saula leh Jonathana an thih hnu khan, Jonathana vanga khawngaihna ka lantir theih nân Saula chhungte zing ami awm an la awm leh awm loh a zawn chhuah tir a, Jonathana fapa, mephibosheta kebai chu a hnenah an rawn hruai a, tichuan, Lal fapa ang maiin a dawhkanah chaw a kiltir ñhin a, a pu Saula ram zawng zawng pawh a neihtir/pelêt leh vek a ni. Tin, Lal Davida chuan Pathian a ñihna avang in a hriakthih te chungah kut a thlak duh miah lo va, Saulan thah tum in a ûm a ûm a,

Davida zawk khan thah theihna remchang vawi engemaw zat a neih pawhin Pathian hriak thih chungah chuan kut a thlak duh lo a ni. Hmelma anga ûm a, thah tum rengtu Saula chu a thi a, Davida chuan a sùn nasa êm êm a, "Nangni Israel fanu te u Saula chu ñah rawh u" tiin a ui na thu a chham chhuak a ni. A fapa Absaloma ngei paw'n Lal Davida chu thah tum in a ûm a ûm a, mahse a ni chuan a fapa thih thu a hriat in pawh a ti êm êm a, Aw ka fapa Absalom, ka fapa Absalom i aiah han thi teh zawk ila aw ... ! Aw Absalom, ka fapa, ka fapa," a ti vawng vawng mai a ni. Amah dotute leh thah tum tute chungah a rilru puthmang hi a va mawi in a va duhawm em! Pathian thinlung ang pu mi chu!

Tin Lal Davida ñawngkam mawi ka tih leh êm êm pakhat

chu, "Lalpa ûm ila ka ûmphak ang em," tih hi ani... A nupui fanaute zawng zawng chu hmelma ten manin salah an lo hruai vek a, Lal Davida chu a mangang êm êm mai a, Pathian hnen ah a ÷awngtai a, "Lalpa ûm ila ka la ûmphak ang em"? tiin inngaitlawm takin a zawt a ni. Pathian tan pawn 'Aih' han tih chu a har ngawt ang. Inngaitlawm taka Pathian hma a ÷awngtai ÷hin ten, Pathian thinlung hi an hneh bik riau ÷hin te pawh a ang... "Ûm rawh, i la ûm phak anga i chhanchhuak vek ang" tiin Lalpan a chhang a, chutiang tak chuan Lalpan a ÷anpui a, a nupui fanau sala an man te zawng zawng pawh an chhan chhuak vek a ni. Keini pawh kan tu leh fa, kan unau te, kan chhungte sual bawih chi hrang hrang a tângin chatuan thihna lam panin sal anga hruai mêk te pawh an awm maithei a,

manganga talbuai mai lovin, Pathian hnênah "Lalpa ûm ila ka la ûm phak ang em"? tiin zawt ila, Lalpa chuan a tlai tawh min tihsan ka ring lo... chuvang in ûm rawh .. ila ûm phak ang, he khawvêla an la chên ve chhông hi chuan i la ûmphak thei a ni.

Lal Davida chu Pathian faktu ropui a ni a, Pathian a ÷ih êm êm bawk a ni, Pathian pawhin mal-sawmna nasa takin a vûr a, A fapa Solomona chu khawvêla mifing ber niin a hnuah pawh a aia fing zawk awm tawh ngâi lo tûr a ni, khawvêla mifing ber a ni kumkhua dawn a ni. A fapa Absaloma pawh Bible in a sawi dan chuan a ke ler aţangin a chhip thlengin sawiselna rêng rêng a awm lo a ti a, a aia hmeltha zawk hi khawvel ah hian an awm awm lo ve, Lal Davida khan Pathian a ti lawm ÷hin em a, chuvang te pawh a ni mahna, an unaua khawvêla ber nihna

an hauh theih hialna chhan chu ..! Lal Davida pawh Israel Lalte zîngah chuan a ropui ber awme, A hunlai chuan an chhûngkua hian Pathian malsawmna nasa tak dawng in dinhmun/nihna ropui tak tak an nei a, Amaherawh chu Pathian malsawmna an dawn te hi an thatpui na chin a awma, an chhiatpui na pawh a awma ni, chuvangin Pathian malsawmna kan dawnte hi kan chhiatpui lohna tûrin kan fimkhur a pawimawhzia hre thar leh ang u.

Lal Davida chu mi fel leh Pathian ãih mi tak nimahsela, khawvêl harsatna te a pumpelh bik hauh lo va, thil tihsual leh harsat mangan buaina te pawh a tawk ve nasa êm êm a ni. Nimahsela Pathian bêl tlat chungin a harsatna

te a hmachhawn a, Lalpan hnehna a chanpui ãhin a ni. Lal Davida nunah hian thil ropui leh ngaihsanawm, entawn tlak tak tak sawi tûr a tam êm êm a, mahse ãumkhata han sawi sên mai chi a ni si lo. Lal Davida chu Pathian ãih mi a ni a, Bible in “Lalpa ãihna chuan damchungin a tisei a,” (Thuf: 10:27) a tih ang khan, rei tak a dam a, Lua kelsam ãovin, ngalfimin a dam a ni. Lal Davida anga rilru ngil midangte itsikna leh huatna, khakna, chapona leh elrelna te kawll lovin, min dotu, min tina ãhntu te leh min hliam ãhntu te chungah rilru pangngai tak pu ila; midangte ãanpui in, malsawm sak zawk ila, chu chu Pathian duh zawng a ni ngei ang. Lalpan a thu malsawm rawh se. Amen.

Article**HMEICHHIATE ROPUI LEH ZAHAWMZIA**

-Upa K. Zoliana
Nursery, Aizawl

A thupui aṅang ringawt pawh hian pa ṭhenkhat chuan tlawm thlâk ti in an rilru a na nghal mai awm e. Mizo Society chu mipa Lalna a ni a, Nupui ngam lo nih chu mipa in kan duh lo hlê, tlawmthlak ah kan ngai ṭhin.

Amaherawhchu Bible hun laiah daih tawh khân hmeichhia te hi an lo ropui khawp mai, dinhmun pawimawh tak tak an chelh a, Lalnu Estheri pheih kha chu a ṭangkai zia kan hria, Juda hnam chhanhimtu a ni. Rahabi nawhchizuar pawh kha Isua thlahtute zinga chhiar zuk ni tlat a. Juda hoten hmeichhia an ngaihnêp thehlul nen.

Thuthlung tharah Isua paitu, hringtu ngei pawh mipa tel lovin Mari a ni tlat mai.

Isua an man dawn pawh khan a zirtirte zîngah pawh tel miah lo Hmeichhiain hriak rirtui to tak sawh kehin Isua lu ah a leih a, zirtir ten an

hre thiam lova, hralh sela a man chu retheite hnên ah pe sela a ṭha zâwk tûr an ti a ni.

Kha hmeichhia khan Isua a hmangaih em avang in Isua tan a tih theih tawh a ti a ni tih Isuan Chiang takin a hria a ni. “He hmeichhia hian a tih theih tawh a ti a ni. A thil tih hi khawvêl zawng zawngah Chanchin Ṭha an hrihna apiangah an sawi zêl ang” a ti. Mathaia 26:9.

Tin , Marka 12:43-ah Thawhlawm bawma thawhlawm an thlak rawih rawih ṭum khan hmeithai rethei tê kha thawh tam bera record a ni tlat bawh. Tin, Isua thlan aṅanga a thawhle h tûk khan thlan

thleng hmasa ber chu Mari Magdalene-i a ni. A hnênah Isua a in lâr hmasa bawk. He tih lai hian a zirtir teho chu hlauvin an biru vek a ni.

Kan hriat ang in YMA hi ni 15.06.1935-ah din a ni a. Kum 1939 July ni 17 zan khan mipa sikulah inhnialna an buatsaih a, an in hnialna thupui chu “Hmeichhe ropui leh zahawmzia” tih a ni a, hotu paruk in thu an in chuha hlawk lo tûr a ni lo” (YMA History page 22).

Hmeichhia hian hmangaihna thûk tak an neih vang nge ni Pathian pawh hian chhûngkua ah Pa aiin Nu a dam rei tir zel emaw ni chu aw... a tih theih. Mizoramah hian veng tinah Nu thi aiin Pa thi hi an tam ti ila kan sawi sualin ka ring lo.

Chhiat ni that ni ah pawh hian Hmeichhiate hi

mipa aiin an tângkaiin an taima zâwk mahin a hriat. Bazara dawr nghaktute lah mipa aiin hmeichhia an tam zawkin a lang. Biak Ina inkhawm leh Pathian faka lâm tam zâwk pawh hmeichhia an ni deuh zêl. Sorkar hna thawkah pawh hmeichhia hi an tam hle, Missionary-a inpe/kal pawh hi mipa aiin hmeichhia an tam zawkin a lang. Chuvangin Hmeichhia te hi an ropui e, tih loh rual a ni lo.

Tun dinhmunah (he thu ka ziah lai hian) kan vengah pasal sùn 95 an awm laiin Nupui sùn erawh chu 15 an awm a, mipa an thi tam zawk hle tih a hriat. In vengah khan han chhiar ve teh u. Mizo Hmeichhiate pawh hi an ropuiin an zahawm tih loh rual a ni lo. Lalnu Ropuiliani nei an ni tlat alawm le.

Hriselna Huang**MENOPAUSE**- Dr Vanlalruati Chawngthu
Ramthar North

Menopause (thi hul) kan tih hi hmeichhe taksa nihphung leh thleng ve tûr rênga Pathian duan a ni a. Menopause tih awmzia tak chu chi bawm hnathawh a lo tawp tak avânga thlatina thi neih ðhin lo awm ta lo hi a ni.

Thla 12 chhung a zawna hmeichhia in thi a neih tawh loh chuan menopause chu a in ðan tihna a ni.

Atlangpuiin hmeichhiate hi kum 48 aþanga kum 58 inkarah thi a hul ðan a. Chutihrualin kum 50 pelh thlenga thi nei te pawh an awm bawk a. Tin kum 40 tlin hmaa thi hul pawh an awmthei a, chu chu **premature menopause** tih a ni. Meizial zuk nasat hian thi hul hmana a thlen thei ani.

Menopause hi engvanga lo awm nge?

Thi hul hi tak saa hormone ðhenkhat inthlak danglam avânga lo awm a ni a. Chung hormone

langsar bikte chu Estrogen leh Progesterone te an ni.

Menopausal Symptoms:

Thi a lo hul hian hmeichhiate taksa lamah danglamna tam tak a lo awm ðhin a. A lanchhuah dan te han tarlang ila.

1) Menstrual changes

- * Thi tawp thut (emaw)
- * Muangchanga thi chhuak tlem tial tiala lo tawp ta. (emaw)
- * Muangchangin thla bi a thi neih ðhin kha a kar a lo inhlat telh telh a, a lo tawp ta ðhin.

2) Hot flushes

- * ‘Hot flushes’ chu hmai leh nghawng vel sa deuh hut hut a awmin, minute 2-5 vel a awh ðhin a, thlan tla bawrh bawrhin a

chhonzawm nghal thin. Hei hi vasodilatation (thisenzam fan) avânga awm a ni.

* A chang chuan luna in a hmakhalh thin bawk a.

* Thin phu dut dut anga hriatna (palpitation) leh awmna (lung awmna zawn na) tepawh a awm thei bawk.

* Mut that theihloh avânga depression te, rilru pek tawk theihlohna (lack of concentration) leh thil nin hma êm êm na (irritability) te pawh a thleng thei bawk a ni.

* He 'hot flush'- sa deuh hut hut hi chhun aiin zan lamah a nasa duh zawk a. Amaherawhchu kum hnih khat hnuah chuan a ziaawm ve telh telh thin a ni.

3) Neurological problem

* Nerve lampang bikah chuan kut leh ke hmawra hriaau vih ang maia thip deuh zeuh zeuh a awm thei a.

* Nguina, rilru hahna, thinrim awlsam, thil

theihnghilh hma tepawh a awm thei bawk ani.

4) Mi tam takah chuan nupa nun hman chakna te alo tlahniama.

5) Zunkawng lam harsatna te pawh a awm ve thei a.

6) Tin serh a lo sawng țana, serh ațanga hnanng chhuak alo tlema, serh a lo ro phah thin bawk a ni.

* Kan sawi tãk angin menopause hi thleng ve tũr reng a nih angin thil hlauhthawnawm a nilo a. Chutihruwal erawh chuan hormone estrogen rei tak chung tlakhniam nasat avãngin natna hlauhawm zawk a lo awm thei bawk a. Chungte chu lo tarlang ila:-

1) Ruh lam natna-Arthritis, osteoporosis, ruhtliak, hnungkham/na.

2) Lung lam natna-Ishaemic heart disease, Myocardial infarction, Atherosclerosis, Hypertention.

3) Thyroid lam natna, Zunthlum.

- 4) Stroke
- 5) Alzheimer natna
- 6) Rilpui cancer
- 7) Mit(eye) lam natna-Cataract, Glaucoma, Macular degeneration.

TREATMENT

* Tûnhma chuan hmeichhia zawng zawng thi hul ãan te chu HRT la tûra rawn an ni ãin a.

* Amaherawhchu tûn hnua zirchianna in a tarlan danin hmeichhe ãhenkhat chauhin HRT hi an mamawh a. Midang 70-85% te erawh an hrisei ãha in eitur ãha leh nundan hrisei bak an mamawh hran lo a ni.

HRT chu enge?

- Hormone Replacement Therapy ani a.
- Thi hul avanga hormone lo tlahniam nasa lutuk (normal aia hniam) enkawlana (therapy) ani.
- Hormone therapy-ah hian Estrogen leh Progesterin combination an hmang tlangpui a. Hmeichhia chhûl paih tawh

ah erawh Estrogen chauhin enkawl thin ani thung.

Tu in nge HRT mamawh?

* Hmeichhia- estrogen hniam nasa zual avânga Symptoms nei nasa ten.

* Lung lam thalo, ruhrawh natna, stroke, Alzheimer natna, Rilpui cancer neih theihna chance nei sang ten.

* Premature menopause (kum 40 tlin hmaa thi hul) leh chhul paih (hysterectomy, tubectomy) tawh ten.

* Tin, tleirawl/rawlthar gonadal dysgenesis (serh lama diklohna) nei ten.

HRT hmanlohna turte:-

* Hnute cancer, chhul cancer nei leh chhûngte ah hnute leh chhûl cancer neite an awmin.

* Thisen khal natna nei tawh ah te.

* Thin leh mit lam natna neite.

* Chhûla bawk awm ah te.

Kan tarlan tawh angin thi hul hi hmeichhiate taksa a lo awm tûr rêng a nih angin thil hlauhawm a ni hran lo va, chutih-rual erawh chuan mihring taksa a in an loh avângin mahni in enkawl thata in chikpeih a pawimawh a. Ei leh in uluk te, insawizawi that te a pawimawh hle a. Thi hul avânga rilru leh taksa lamah harsatna kan neih chuan Doctor te rawn/pan vat a tha a ni.



HRIATTIRNA

Kum 2024-2025 chung atân Synod Revival Speaker lak a ni dawn a. A dil duh tân dil theih a ni. Dilna Form hi Synod Revival Office-ah Office hun chungin lak theih a ni. Dilna Form chu October 2023 ral hma ngeiin Revival Office-ah thehluh tur a ni ang. Diltu zawng zawng hi November 21, 2023, zing dar 7:00 am atângin Synod Committee Room No 1, Synod Office-ah interview tur a ni ang.

(REV. C. ZORAMAWIA)
Senior Executive Secretary
i/c Revival

DARTHLALANG

- Nghakpuii
Khatla

Pa upa lam tawh, mit fiah tawh vak lo, lemziak thiam leh lemziak lam hre tak nia inngâi hi a awm a. Vawi khat chu lemziak pho lanna hmunah an kal a, kal kawngah chuan lemziak chungchânga a ngaihdan leh a hriat dante chu a sawi nasa hle mai a.

Lemziak an pho lanna hmun chu an thleng ta a. A tarmit a theihngihl avangin lemziak an pho lante chu a hmu Chiang thei vak lo va, chuti chung chuan mi lemziak chungchânga a ngaihdan leh a hmuh dante chu sawi a tim chuang lo va. An luh tirh phat aṅangin lemziak hrang hrang a hmuhte chu nalh lo leh ṭha lo a tihna laite chu a ṭhianta bulah chuan a sawi bawrh bawrh a.

Nakinah chuan lemziak lian tak, mihring tiat zeta an zia nia a hriat hmaah a ding a. Ngun takin a en a, intihre takin a sawisel ṭan leh ta a. “A



frame hi a lemziak nen hian a inmil lo phawt a, a hmel hi a nguaiin a incheinate hi a ṭawp bawk si a, he lemziak hi chu a nalh lo vel vek a ni. A ziaktu hian hetiang lem kher ziah tura a thlang hi a tifuh lo hul hual a ni,” tiin a sawisel nasa hle mai a.

Chutia a sawisel bawrh bawrh lai chuan a nupui chu a lo kal a, pawh sawn pahin a beng bulah,

“Duhtak lo kal mai teh, darthlang hmaah i ding a, nangma thla a nih kha i en,” a rawn ti ta mai a. Ama thla, darthlanga lo lang kha amah a ni tih hre miah lovin a sawisel char char a lo ni a.

Mahni dik lohna hi chu hmuh a harin hriat a har thin khawp mai a, amaherawhchu midangte dik lohna leh tlin lohna te hi chu kan hmuin kan hre thei hle thin reng a ni.

Thil tha a thlen phah dawn avang leh hmangaihna vanga insawisel hi chu a awm ngei a. Tin, sawisel a

that zawkna leh a tul hun pawh a awm ve fo mai. Amaherawhchu a nazawnga mi that lohna leh tlin lohna sawi zuah zuah lovin **Pathian thu hi Darthlanga** hmangin mahni inenfiah nan hmang thin ila. Mahni ngei pawh hian dik lohna leh tlin lohna kan nei ve tho a ni tih hriain, mahni thiam lohna hmufiah thei turin Pathian hnenah i dil thin zawk ang u.

Thinlung lungchhia a, *‘Lalpa min ngaidam rawh, ka dik lo a ni’* ti thintute hi Pathianin a ngaidamin mal a sawm thin.



Eisiam Huang



MAU TUAI GRAVY

- Mamawhte:
1. Mau tuai
 2. Tomato
 3. Purun sen
 4. Hmarchapui
 5. Chinese manchurian

A siam dan:

1. Mau tuai chhum hmin hmasa la, i duh angin chan la. Purun sen, tomato leh hmarchapui (mautuai tam dan azirin a pawlh tawk tur) chan la, kang ang che, a lo kawi hnuah mau tuai chhum sa chu telh la uluk takin chawk ang che.
2. Chinese manchurian khi phul la, mau tuai chhumna tui kha tlem telh bawk la, a lo kawi deuh vang, rei vak lo chhuang leh la, a tawk a ni mai. A duh tan purun var, bahkhawr/dhania (mahni duh dan azirin) a telh theih bawk.

**KUM 2023 CHHÛNG ATÂNA HMANGAIHNA INA NAU
CHÂWMNA PETUTE LEH AN CHÂWM ZÂT
(HMANGAIHNA IN LAMA DAWN) chhunzawmna**

Sl.no.	Bial/Kohhran/Mimal hming	Chawm zât
38.	Kawlkulh Kohhran Hmeichhia	1
39.	Champhai Bethel Bial Kohhran Hmeichhia	1
40.	Farkawn Chhimveng Kohhran Hmeichhia	1
41.	Kolasib Diakkawn Kohhran Hmeichhia	4
42.	Chanmari (Aizawl) Kohhran Hmeichhia	4
43.	Khawzawl Dinthar Kohhran Hmeichhia	5
44.	Durtlang Kohhran Hmeichhia	2
45.	Champhai Kahrawt Bial Kohhran Hmeichhia	4
45.	Khawhai North Bial Kohhran Hmeichhia	1
46.	Govt. Complex Thingdawl Kohhran Hmeichhia	1
47.	Saitual Chhimveng Bial Kohhran Hmeichhia	1
48.	Kolasib College Veng Kohhran Hmeichhia	1
49.	Lunglei Bazar Bial Kohhran Hmeichhia	1
50.	Zamuang Bial Kohhran Hmeichhia	2
51.	Siaha Bial Kohhran Hmeichhia	2
52.	Khawbung Vengpui Bial Kohhran Hmeichhia	1
53.	N. Serzawl Kohhran Hmeichhia	1
54.	W. Phaileng Dinthar Bial Kohhran Hmeichhia	2
55.	Siaha Kohhran Hmeichhia	2
56.	Nursery Venglai Kohhran Hmeichhia	1
57.	Kolasib Venglai Kohhran Hmeichhia	4
58.	E. Lungdar Kohhran Hmeichhia	1
59.	Zobawk Bial Kohhran Hmeichhia	1
60.	Upa R.L. Buatsaiha, N. Vanlaiphai	1

Chhunzawm tur

PANGPAR KHAWI DAWNA HRIAT TUR PAWIMAWH

Mizote kan changkangin pangpar khawi kan uar ta viau a, programme hrang hrang hmanna-ah pawh pangpar khawi hi a tel zêl tluk a ni ta. Tun tumah hian Biak In chhûnga khawi chungchang han thlûr bik ila.

1. Pangpar tak (fresh) kan khawi dawn a nih chuan a kuang kan vih luh tûr chu a sahthlau zawnga cut hram a tha, hetiang a cut hian tui a hip tha duh bik a ni.
2. Kan khawina tur Biak In len dan te, Biak In chhung bang/ puanzar rawngte hriat hmasak theih a tha hlê. Bang/puanzar rawng azirin pangpar khawi tûr rawng thlan a awlsam.
3. Biak In chhûnga pangpar khawi hian inkhawm boruak engemaw chen a hruai ve thei tih hriat a, a zahawm leh mawi tawk ngaihtuah a, uluk taka khawi thin a tha.
4. Biak In-a pangpar khawi chu a felfaiin a zahawm tur a ni a, lian leh danglam lutuk, kak deuh tetu lutuka khawi te, sang lutuk, thuhritlu tan pawha hnawksak thama khawite pawh hian mit a la in, rilru a hruai peng ve thei a, chuvangin a zahawm leh a mawi tawk hriatthiam a tha.
5. A tlangpuiin Biak In chhungah chuan Maicham bulah hmun khat emaw hmun hnihah emaw kan khawi deuh ber a, hei hi a zahawmin a mawi tawk viau.
6. Hun bikah kan khawi uar duh deuh a nih pawhin maicham bul vel pangpar huan emaw tih khawpa khawi nasat lutuk hian maicham a ti zahawm lo thei a, Biak In chhungah chuan a mawi tawk leh zahawm tawk ngaihtuah hrâm hrâm a tha.

Hruaitu chanchin**K. VANLALTHLAMUANI**

Pi K. Vanlalthlamuani hi Pu K. Saptawna(L) leh Pi Lianchhingi(L) fa 5 zinga naupang ber dawttu a ni a, Arunachal Pradesh-a an awm laiin Roing khuaah 24.12.1966 khan a piang a. Kum 1996-ah Upa F. Lalfakzuala nen inneiin fapa 2 leh fanu 1 an nei a, Dawrpui, Aizawlah an cheng a ni.

Rawngbawlina lam

A Pa rawngbawlina Sinners Friend team ah kum 1993 ațangin a inhmang tan ve a, hemi team sponsor hian Union Biblical Seminary (UBS), Pune ah BD a zir a, Indian Evangelical Mission (IEM) rawngbawlina ah te a Pa nen an inhmang thin bawk.

Dawrpui Kohhran Hmeichhe rawngbawlina ah kum 2015 ațangin Committee Member ah a tel țan a, kum 2019 atangin Office Bearer-ah awmin Secretary leh Finance Secretary

chanvo te a thawk tawh a, tunah Asst. Secretary a ni. Bial Kohhran Hmeichhia ah 2019 ațangin a tel țan a, tunah Bial Treasurer a ni mêk bawk. Tualchhung Kohhranah Puitling Sunday School zirtirtu leh Inrinni zan Thuhripta a ni mek bawk.

Bible chang & hla duh zawng

Bible chang -Thufingte 3:5-7, Philippi 4:13 te hi a duh em em a. Mat. 6:33. ‘A ram leh a felna chu zawng hmasa zawk rawh u, tichuan chûng zawng zawngte chu a pêk belhchhah dawn che u nia’ tih hi a inngahna chang a ni. KHB No 150-na - ‘Khawvel hi bo mah se, Isua ka nei’ tih hi a hla duhber a ni.

Thuchah

Chhûngkaw Nu zawng zawng te hian, Sam ziaktu-in ‘Vengtu ten khawvar an thlir aia nasa-in, ka nunna hian Lalpa chu a thlir reng thin.’ (Sam 130:6) a tih angin kan nunna hian Lalpa chu thlir tlat ila, kan tu leh fate thinlungah Isua Krista chanchin țha thu hi țhahnemngai takin tuh ngheh tum ila. Beidawng lovin Pathian rawn leh beisei tlat chungin hmuh theih loh KRISTIAN CHHUNGKAW IN NGHET din turin Lalpaah i intichak tlat ang u.

HRIAT ATAN:

1) August 14, 2023 khân Synod Conference Centre-ah NexGen Organisation te leh Central Committee member ten nilengin Training of Trainers neiin hun an hmang.

2) August 18-21, 2023 chung khân Thingdawl Pastor Bialah Leadership Training leh Kristian Chhûngkaw Campaign neiin Pi A. Nazi, Pi Lalramthangi leh Pi J.C. Ronghaki, te an kal a, Pathian hruaina in hun tha tak an hmang.

3) August 15, 2023 khân Dawrpui Kohhran Hall-ah Association of Theologically Trained Women in India, Mizoram Branch (ATTWI-M) chuan an lehkhabu ziah “*A Theological Response to Mizo Women Contemporary Issues*” tih an tlangzarh a. He tlangzarh inkhawmah hian Central Committee aiawha tel ve tûra sawm kan nih angin-Dr. Lalthansangi Fanai, Vice-Chairman, Pi Zothansiami, Treasurer, Pi A. Nazi, Pi Lalthansangi leh Pi Lalrinawmi te an tel.

WOMAN CENTRE

1. July 8,2023 khân Revenue Department-in Women Centre ram ri vel an enfel duh avângin Dr. Lalthansangi Fanai, Vice Chairman, Pi H. Lalfakmawii, General Secretary, Pi R. Lalrempuii, Finance Secretary-ten Synod Trust Committee-a mi – Upa Thangliankhuma, AE, Pu J. Malsawma leh Pi Lalhmachhuani-ten an zu tawiawm a, LSC te nen Woman Centre ramri te chiang taka inkawh hmuh a ni.

2. August 21, 2023 khân ITI Vengchhak Kohhran Hmeichhia te chuan chaw eina thutthleng (Stool RFL Company) 50 lai mai Centre tân an pe a, a vaia a hlutzawng hi ₹ 17,400/- man a ni a, a lawmawm hle.

HMANGAIHNA IN

1. Hmangaihna Inah naupang 25 awmin seat neih ang chu a khat hrih. Mipa-15 leh hmeichhia-10 an awm mêk.

2. Naupang enkawl zînga pakhat chu Foster parent zawnsak niin, enkawltu tur hmuh a ni a, Chhûngkaw tharah hlim takin a awm thu leh a nu leh pa thar te pawhin duat leh hmangaih takin an enkawl tih hriat a ni.

3. May 23, 2023 khân Hmangaihna Ina thawktu leh naupang sikul kal thei chinten Disaster Seminar/Training neiin chhiatrupna laka inven dan te an zirho a ni.

4. May 30, 2023 khân thawktuten hrisêlna chungchang leh zûk leh hmuam chungchang zirhona an nei a, Synod Hospital-a thawktuten hun an hmanpui a ni.

5. Naupang âwm nâ leh khawsik an awm nual a, an zînga pahnih chu Hospital-ah enkawl an ni.

6. The Mizoram JJ Rules 2019-in a phut angin Naupang Sikul kal thei chinte vah chhuahpui (Outing) an ni a, Lalat Water park leh State Museum tlawhpui an ni.

7. May 8 - August 18, 2023 inkar khân mi thahnemngai leh kohhran leh Bial hrang hrang aţangin ţanpuina/donation ₹ 74,593/- lâi dawn a ni a, a lawmawm hlê.

MANIPUR TAN:

Ms. Jessie Lalramneli, Secretary, NEICCWVA hnên aţanga lehkha hmuh hetiangin bawhzui a ni:

1. Manipur state-a chi leh chi inkâra buaina kal mêk tâna ţawngţaina August 22, 2023 zan inkhawmah neih a ni.

2. Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui Lian hmingin ţanpuina pek ve ni se, October 2023 chhungin ţanpuina hi Kohhran tinah lakkhawm ni se tih a ni. Bial treasurer kaltlangin Central Committee-ah thlen ni se tih a ni.

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Zothanpari
Vice Chairman	:	Dr. Lalthansangi Fanai
Gen. Secretary	:	Pi H. Lalfakmawii
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Zothansiami
Finance Secretary	:	Pi R. Lalrempuii

COMMITTEE MEMBER-TE

- | | |
|------------------------------------------|--------------------------|
| 1. Pi A. Nazi | 2. Pi C. Thanpari |
| 3. Pi H. Lalbiakveli | 4. Pi H. Lalhlunpuii |
| 5. Pi C. Thanthiangi | 6. Pi JH. Lalpekthangi |
| 7. Pi K. Rinthianghlimi | 8. Pi K. Rosiamliani |
| 9. Pi Lalbiakthangi | 10. Pi Lalchhingpuii |
| 11. Pi Lalengzami | 12. Pi Lalrinawmi |
| 13. Pi Lalhmingmawii | 14. Pi Lalmalsawmi Sailo |
| 15. Pi Lalnunhlimi | 16. Pi Lalrammawii |
| 17. Pi Lalramthangi | 18. Pi Lalthangmawii |
| 19. Pi Lalthansangi | 20. Pi Lalthanzami |
| 21. Pi Lalthanzauvi | 22. Pi Lalthawmmawii |
| 23. Pi Laltlanthangi | 24. Pi Lamchhingi |
| 25. Pi Lawmkimi | 26. Pi R. Lalnuntluangi |
| 27. Pi R. Tlanghmingthangi | 28. Pi Rengramthangi |
| 29. Pi Rohmingthangi | 30. Pi Saiṭhuamluuii |
| 31. Pi J.C. Ronghaki | 32. Pi Tlangthanpari |
| 33. Pi V. Siamhnuni | 34. Pi Vanlahluni |
| 35. Pi Vanlalhlamuani | 36. Pi Zohmingliani |
| 37. Pi Lalnghakliani, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. Dr. C. Chawngmingliana, Synod Moderator
2. Upa B. Lalhmunliana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Chanmari West Pastor Bial Kohhran Hmeichhia
Leadership Training



Tipa Pastor Bial Kohhran Hmeichhia - Kristian Chhungkaw Campaign



Electric Veng Pastor Bial Kohhran Hmeichhia - Leadership Training

To

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