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Editorial**NEITU NIHNA LANTIRA HUNE**

Tun hnaia mi thenkhatin an vei êm êm pakhat chu kan bawlhhlawh ÷awih ral thei lo tur theh thang dân fel lo lutuk hi a ni. Hei hi khawpui lianah phei chuan nakin lawkah mihringte tâna harsatna lian tak thlentu tur a ni ngei dawnin an ngai a, an mangang a ni.

Hun lo kal zêlah tun hmaa kan ngaihtuah thiam loh - kan chhehvêl thilte leh mihringte hian inzawmna thûk tak kan nei tih te chu a dikzia kan hre thiam chho ve ÷an tawh a. Thing leh mau, lui leh nungcha chi hrang hrangte hi kan khawsak phungah an pawimawh êm êm a; a inbûk tâwk loh chuan kan tân harsatna nasa tak a thleng thei a ni tih te pawh fiah takin kan hre chho ta mêk bawk. Duhâmma leh hriat lohna avânga chin tâwk awm lêk lova kan tihchhiat zêl chuan mihringte hian a rah duhawm lo tak kan seng chho mawlh mawlh mai dawn niin a lang. Hei hi Pathianin min siam dân phung niin a lang lo a, Kristiante phei hi chu hei hi hre thiam leh zual tûr kan ni ngei ang.

Kan lui pawimawh tak takte chu plastic leh ÷awih ral thei lova siam bawlhhlawhin kan ti chhe mek emaw tih tûrin a awm a. Kan thing leh mau te pawh kum têlin a chereu a; nungchâ tam tak kan tirêm titih ta bawk a. Hei hi a chhunga chêng, a ram neitute sùlhnu a ni si! Sik leh sa, fûr leh ÷hal inthlâk danglam chho mêk nen chênna tlâk lovah Lalpa min pêk, kan ram neih chhun hi kan siam mai ang tih a hlauhawm ta hial a ni.

Kan thil neih, kan ngaihhlut ber ber te chu kan dîm a, rei tak nei tûrin kan duat ÷hin. Chutiang chiah chuan Zoram hi Lalpan min pêk, kan pi leh pute aţanga kan luah; chhuan lo kal zêl tûr te pawhin an la luah zêl tûr a ni tih hi thilungin pawm ila, i duat ang u. Chhûngkuua hotute pawhin kan tû leh fâte hnênah Lalpa min pêk kan ram hi neitu dik tak rilru pua enkawl tûrin i fuih ÷hin ang u. Kan rilru put hmanh leh chetzia kan siam ÷hat chuan rei lo têah kan leilung leh thing leh maute hi kan siam thar leh thei ngei ang tih a rinawm a ni. Chu chu kan thlah lo kal zêl tûrte laka tâna miten kan bat a ni ngei ang.

Kristian Chhungkua**IN CHHUNG HI SIKUL HMASA BER A NI**

-Lalrinpuii (Nu-i),
Zotlang, Aizawl.

1. Mahni inchnhng hi nungchang tha leh chhia zima Sikul hmasa ber a ni tih mithiam ten an lo sawi fo tawh hi a dik hle awm e. Mitam berte chuan an mizia tha leh chhia chu anmahni inchnhng atanga an rawn chhawm chhuah a ni chawk. Inchnhng hian nungchang a chher a, naupan tet atanga ngaihdan kan put kha puitlin thlengin kan vawng reng duh khawp mai. Chuvangin Nu leh Pate hian kan fate an tet lai atanga thil mawi lo leh fel lo kan entir fo chuan an lo puitlin hunah min rawn chhun ang a, nu leh pa te mizia tha lo lai leh kan chak lohnte mi hmuha tarlangtu an lo ni ang.

Nausen chu tanpui ngai em emin a rawn piang chhuak a, nghakhlel taka lo thlirtu nu leh pa leh chhnghkhat dangte enkawl turin a rawn inhlana, kan laka a thil hmuh leh hriat apiang kha a rawn zir tan nghal a. Heta tang ringawt pawh hian fate laka nu leh pa ten tihur kan ngahzia leh kan nun fimkhur a tulzia chu kan hre thei awm e. Naupang enkawl dan hi kawng hrang hrangin a thliar theih awm e, an mizia (Psychology) te, an taksa than puitlinna lam te, an zima lam te, nu leh pa te nena inlaichinna te, etc. Fanau enkawla kan hlawhtlin theih lohna chhan ni thei pakhat a lang

chu kan fate hruai luh kan tumna (Goal) fel tak kan lo siam lo hi a ni. Thenkhat chu kan fate an thanglian a, lehkha an lo thiamin sum pawh an hai lut a ni thei, chu chu thlenpui kan tumna ber a ni ang em? Kristian nu leh pa piangtharte chuan Krista hnena hruai luh hi kan dam chhan, kan tum ber leh kan mawhphurhna sang ber a ni dawn lawm ni?

Lal Isuan mit delin mit del vek a hruai chuan khuarkhurumah an tla dun ang (Mat. 15:14) tiin a sawi a. Hruaitu, mawhphurtu ni si thlaraua mit del nih a hlauhawmzia leh a pawh theih dan tehkhin thuin a lo sawi a. Nu

leh pa te hi chhûngkua hruaitu leh mawhphurhna changtute kan ni a, kan fate Krista hnêna hrui tur chuan nu leh pa thlaraua piang nih a ùl hmasa a ni. Mi fîng lungpui chung a in satu tehkhin thu Lal Isuan a sawi angin kan inngahna Lungpui pawimawh tak piantharna hi kan hlamchhiah thei lo vang. Lal Isua'n "I piangthar tur ka tih che hi mak ti suh," (John. 3:5) a tih hi i ngai pawimawh ang u. Piantharnaah keimahnî leh kan fate tân kan ðhan harh a hun tak zet a ni.

2. Mi thiamte chhut danin, kum li (4) mi pawh thumal 300-900 vel hmangin thu a sawi thei tawha ngaih an ni. Kum sarîh (7) kum riat (8) an nih hian an ðam chhunga an nuna thil thleng tur (a ðha lam/chhe lam) chu an nunah an intuh hman tawh a, heng hunte hi hun rangkachak tia mi thiamte pawhin an lo sawi a ni. Sakhaw lungphum phum hun tak a niin chi ðha kan neih ang ang chu tuh mawlh mawlh hun a ni.

Fate hi mi tinin kan hmangaih ðheuh a, rante pawhin an hmangaih a ni. Fate hmangaih

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zirtir an ngai lo, an pianpui sa a ni. Fîng taka hmangaih erawh a ngai thung. Fate duh ang ang pek emaw an châk zawng ang anga awmtir emaw te hi hmangaihna mitdel a ni a, ran hmangaihna ang chauh a ni. I hmangaihna chu thununna nen a ðan dun loh chuan rilru hahna leh i mittui tlak tamna chauh a ni ang. Chuvângin, kan sawi tawh angin kan inzirna hmasa ber aţanga a tawp thlenga kan rilru, kan chetzia, kan rinna siamtu pawimawh ber chu kan in chhûng ðheuh hi a ni. Kan in chhûng inenkawl dan hian kan nih chhoh zêl dan tur a rel a, nu leh pate hi a bul tumtu kan ni.

3. Kan in chhûng inenkawl danin a zir phawt chuan tunlaia Kohhran leh khawtlang tena kan buaipui luai luai ðhin sum tam tak senga Camping/Crusade te hi a ngai lo thei ang. Thufingte bua kan hmuh angin, "Naupang chu a kalna awm kawngah chuan zirtir ula, a upat hun pawhin a thlah lo vang," tih hian naupan laia kan inzirfîr ang ang hi an upat hun pawhin an chhawm zêl a ni tih a ti Chiang hle a ni.

Sermon**KAL PAH RAWNGBÂWLNA**

- Rev Lalhmuchhuaka
Director, Synod Prison Ministry

Thuhmahruai:

Mizo ÷awng kal hmang leh kan hman danah chuan, ‘kal pah’ tih hi thil ÷ha lo lam sawina; thil ti tak tak lo, ti mai mai, ngai nep, hmusit sawina thlengin a ni thei. Hna pui bera kan neih ni lo, kah pah deuh thil tih mah ni se, a remchan em avânga han hma tel ve nghal ang chi thlengin a kaw k thei na a. Tun ÷uma kan hmanna tûr erawh chu, a ÷ha lam sawina, Pathian hminga kan tih theih taw k kan tih hlutzia leh tangkaizia sawina a ni thung ang.

Rawngbâwlna a ni:

Eng hna leh eng thil pawh ni se, miin tih tak zet thinlung puin, theih tawp aia nep lova a tih ÷hin phawt chuan; tih theih taw k kan tih hi a nep lo va, thil hlu leh ÷ha, ropui leh ÷angkai tak, tha leh hun, sum leh pai sen belh chuang lova mi tinin kan tih theih rawngbâwlna chu; **kal pah rawngbâwlna** hi a ni a. Rawngbâwlna hlu tak leh ÷angkai tak, mi dangte nêna inhriat pawh tâwnna leh inkûngkaihna siamtu ÷ha tak a ni.

A chhan chu:

Kan hotute leh rawngbâwlpuite’n khawi lo nia

rawngbâwla an feh chhuahna lamah, an kal lam haw lamin emaw, an kal chhan ber ni lo mah ila. A remchan em avanga an kal paha kan chenna min hmuhpua, an lo dak lut ve ÷hin hi; a dawng tam pawl tak chhûngkua kan nih vang emaw ni, an tân chuan eng teh ual a ni lo a nih pawhin, a dawngtu chhûngkua keini erawh chuan ha hipa kan sawi ÷hin, hlu kan tih êm avanga kan nupa titi a nih fo vang a ni.

Chuvangin:

Kan rawngbâwlpuite leh kan hotute, min hre vetute chu sawi loha lum, kan hriat chian lutuk loh zawkte pawhin an

khawilo nih paha, “A remchang êm a, ka/kan rawn dâk lut ve satliah mai mai,” tia min han tlawh ve zêl thinte hi a hlui a lâwmawmzia hi hre Chiang tulh tulhin ka inhria a. Ka lâwm hle a ni. A thlawna kan dawn mâlsawmna hi a thlawn lo ve. An mi hriat kan lo ni ve reng a ni tih kan hriat hi; anni hi kan mi hriat an ni tih keinin kan hriatna aiin a hlut zâwk vang a ni.

Bible chuan:

‘Pathian in lo hriat hnu hi zawngin-ni lo, **Pathian mi hriat in lo nih hnu hian** tih tûr a ni zawk e,’ (Gal 4:9) a tih ang khan, khawi lo nia kan kalna apiangah, mi mal taka kan mi hriat an ni lo a nih pawhin rawngbâwlpuite an nihna hi, kan mi hriat an nihna zawk hi kal pah rawngbâwlna fung min chelhtirtu, remchanna kan leina chhan tûr bûk lûngah hmang zêl ila. Annin an hlawkpui lo a nih pawhin; keinin kan hlawkpui tho ang.

Chutichuan:

“Mi in rawn kal pah lutuk mah mah,” an ti a nih pawhin kal pah rau rauah, kal pah hlu ber, mite tâna mâlsawmna kan nih ve theih nâna remchâna kan leina tûr a ni tih hi rilruah vawn tlat tûr a ni. Kan nihphung sa reng, a remchang ang zia zêla kan lo tih sa reng thîn hi; rilru thar thinlung thar puin, Pathian hmingin ti zêl tawh ila. Mihring tihlâwm tuma mit rawngbâwlna ni lovin, (Kol. 3:22) Zonun ze mawi a nih vang pawh ni hek lovin, Lalpa rawng kan bâwl a ni tih hre chung zêl zawkin, châk takin, Pathian ropuina tur hlin (1 Kol. 3:24) kal pah rawng bâwlna hi uar thar zêl ila. Khawvêl ti nuamtute zîngah kan tel êm lo a nih pawhin, kan kohhrana tel tinuamtute zingah, Satel tel talin kan tel ve mial mai thei asin!



Sermon**PATHIAN NGAIHA ṬHA**
(2 Timothea 2:15)

- Pu Lalhmunzauva Tlau
Synod office

Hnathawktu, thutak thu fel taka hman chu zak tur a ni lo angin, Pathian ngaiha ṭhaa inentir turin ṭhahnem ngai rawh (II Tim 2:15)

Tunlai khawvêl, Post Modern khawvêla Pathian rawngbâwltu nih chu chona tling a ni ta a. A chhan chu, chu chuan nun, eizawna, chhûngkaw nun leh khawsakna engkim a nghawng vang a ni.

Engkim lâk zamna hunah, thil hlutna pawisa hmanga teh a, sum thianghlim lo hmanga inchhek lenna khawvêlah, kohhran programme aia programme dang thlan tur tam tak awm karah, kohhranin ngaih pawimawh loh a hlawh tial tialna hunah, rawngbâwltu chu Pathian leh Kohhran tana din ngheha, rawngbâwltu nihna leh mawhphurhna phur chhuak tura ṭan mar reng a ngai a ni. Rawngbâwltute hi chutiang tura beisei pawh chu kan ni.

‘Pathian ngaiha ṭha’ chu eng chin hi nge ni ang le? tiin in lo ngaihtuah ve tawh ṭhin em? Ṭha hi a tehna a zirin kan ṭha tih zawng a danglam thei a, ṭha kan tih zawng zawng hi Pathian ngaihin a ṭha vek lo thei bawk. Mihring ngaiha ṭha hi Pathian ngaiha thil ṭha, a lungawina khawp a tling lo fò ṭhin.

Mihring hian ṭha tih zâwng leh duh dân riau kan nei ṭhin a.
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Pathian chuan a thu ngai pawimawha, amah dah pawimawh ber turin min duh a ni. Mi tu pawhin Pathian thu aia a ngaih dan leh ṭha tih zawng a dah pawimawh hmasak chuan, chûng mite chu Pathianin a hnâwl ṭhin. Rawngbâwl na kawngah pawh hian mihring duh dân leh ṭha tih zâwng hi Pathian duh dân leh ṭha tih zâwng a ni vek lo va, Pathian chuan tum dân leh duh dân hrang a nei ṭhin.

Saula nunah khan chu chu kan hmu chiang hle a ni. Israel lal hmasa ber Saula chu Amalek-ho nen an indo dawnin Pathian chuan Amalek ho zawng zawng that a, tiboral vek tur leh, an ran rual thlenga zuah pakhat mah nei lo turin a hrilh a (I Sam 15:1-3). Amalek-ho chu a bei ta a, tam tak an that a, an lal Agaga chu a nung chungin an man a. Tin, Amalek-ho ran rual zinga a tha tha chu Pathian tâna hlan turin an zuah bawk a, chungte nen chuan an haw ta a. Pathian thu awih lova sal leh rallâk thil tam tak a rawn hawn avangin a chungah Pathian a thinrim a, lalah a hnâwl ta a ni.

Han ngaihtuah chiang ila, Pathian tâna ran thau tha tha han hawn chu a that hmel a ni tiru! Saula pawh khan tiṭha a inti viau mai thei. Mahse, Pathian hian ngaih pawimawh a nei a, chu chu a thu an zawm a ni. A thu anga ti lote chu a hnâwl ṭhin a ni.

Thufingte 3:5,6-ah chuan, *I thinlung zawng zawngin LALPA ring la, nangma hriatnaah innghat suh, i kawng zawng zawngah amah*

hre reng la, i kawngte chu a kawhhamuh zêl ang che,’ tih kan hmu a. Mihring finna ngawt hi chu Pathian tan chuan a tawk zo lo. Rawngbâwlnaah pawh mihring finna ngawt chu hmachhuan chi a ni lo. “He khawvêl finna hi Pathian ngaih chuan âtna a ni si a,” tiin Paula chuan a sawi (II Kor. 3:19). Paula hian mihringa Pathianin finna a dah hi a hnawl ta vek tihna ni lovin, ‘chakna ni lovin, thiltihtheihna ni hek lovin, ka thlarau zawkin le’ tia Pathian thu kan hmuh kha nunpui turin min duh a. Pathianah zawk rinna nghat zel turin min fuih a ni.

Zawlnei Amosa hun lai pawh khan sakhuaana an la urhsûn hle a, thilpêk leh inthawi pawh an uar hle. Sâwma pakhat pawh ni thum dan zela pe thei khawpin an sakhaw mi a, sakhua an ngai pawimawh a, Pathian thu erawh chu an awih si lo (Amosa 4:4-5). Thilpêk ringawt pêk a, chhungril lam pêk tel si loh chuan Pathianin a pawm lo. Pathian chuan kan engkim hi a tâna hlan turin min duh a ni. Sakhuaana lak urhsûn ringawt hi chhûng lam inserhna a tel si loh

chuan awmzia a awm lo va, Pathian ngaiha ðha a tling zo lo. Pathian hian pawn lam mawina a thlir lo va, chhungril felna leh ðhatna a thlir zawk a. Sakhaw miin, sakhua la urhsûn hle mah ila, chhungril lam Pathian tâna kan serh leh chuan si loh chuan awmzia a nei lo ang. Isua pawhin lehkhaziaktute leh Pharisaite chu thlân hnawih vâr, pawn lam chauh mawi, chhung lam erawh mitthi ruh leh bawlhhlawh awmna an ni, a ti hial a. Kan thinsungah Isua a lalber chuan si loh chuan, sakhaw mi eng ang ni mah ila, thlân pâwn lam hnawih var ang tho kan ni.

Chuvangin, Pathian ngaiha ðhaa rawngbâwlna hlen chhuak turin kan theih tawp kan chhuah bakah kan tih chhan, rawng kan bawl chhan ber pawh Pathian a nih zêl a ngai a ni.

Tin, ‘A tam ber duh dan hi Pathian duh dan a ni kher lo’ tih kan hriat a pawimawh. Saula chuan a thil tihsual chhana a puh chu mipuite an ni a, a tam ber duh dan nia a hriat angin a kal a, a tisial ta a ni. Saula chuan, “Thil ka tisial

dêr mai a ni: LALPA thupêk leh i thu chu ka bawhchhe reng mai a nih hi: mipuite ka hlauh va, an thu ka lo awihna lamah hian,” a ti (I Sam. 15:24). Mipuiten ðha an tih ang chu Saula hian ðha a lo ti ve mai, mipui tihlâwm a tumna lamah Pathian pawh a sawi ta a ni.

Rawngbâwltu tam tak chuan mipui tihlâwm kan tum lutuk a, Pathian duh dân aiin kan mite lâwmna tur kan zawng ta mai em aw tih theih a ni. A bik takin hruaitu chinte phei chu hetiang lakah hian kan inven a ngai a, kan rorelnaah pawh kan hriat reng a pawimawh hle. Roreltuin a hna pawimawh tak chu mipuite Pathian duh dana hruai a ni.

Mipuiin Arona chu bawngno lem siam tura an tih avângin a siamsak a, Israel mipuite chu kawng dik lo lamah an kal phah a (Ex. 30:1), Pilata chuan mipui a hlauh avângin Isua a khêngbet ta a nih kha (Mk. 15:15). ‘Mipui aw hi Pathian aw a ni’ ti ðhin mah ila, Pathian duh dan a kalh chuan Pathian aw a ni thei lo.

A tawp berah chuan, Nehemia’n, ‘Kei zawngin

Pathian ðihna avângin chutiang vawng rengin, Pathian ngaiha chuan ka ti ve lo, 'tia thil ða lo ðhaa rawngbâwl turin i a tlansan ngamna rilru kha inbuatsaih ang u.



A awlsam laiin bansan rawh

Wawi khat chu zirtirtu pakhat hian zirlai naupang pakhat hi ramhnuaiah a hruai a. Nakinah chuan thing pali lo inphun tlar bulah a dinpui a. A hmasa ber chu a ðo tir te hi a ni a, a dawta mi chu a zung kaih nghet deuh tawh a ni a, a pathumna chu thing lian tawh deuh tak a ni a, a palina chu thingkung lian pangngai a ni a.

Zirtirtu chuan naupang hnenah chuan, “A hmasa ber kha pawt phawi teh,” a ti a, ani chuan a kut zungtang ringawt hmangin awlsam takin a pawt phawi a. “A pahnihna kha pawt phawi leh rawh,” a ti a, naupang chuan a pawt phawi leh a; mahse, a hmasa ai chuan a harsat deuh hlek a. “A dawt kha pawt phawi leh rawh,” a ti a, naupang chuan a tha zawng zawng sengin harsa takin a pawt phawi leh thei hram a. A tawp ber, a palina chu a la awm a, chu pawh chu pawt phawi turin a hrih leh a. Naupang chuan thingkung chu a kuah a, theih tawpa a ðan pawh chuan tih pawh a tinghing zo lo a ni.

Zirtirtu chuan, “Hetiang chiaah hi a ni, kan thil chin ða lote pawh hi a tir teah chuan awlsam tein a sim theih a; mahse, a lo nasat tawh hnu chuan nasa takin tum mah ila sim a har tawh ðin a ni,” a ti a.

Thil chin ða lote hi a hma thei ang bera kan thlah loh chuan, a lo rei hnu chuan zung a kaih nghet a, thlah a harsa tawh ðin a ni.

Article**BIAK INA PANGPAR KHAWI CHUNGCHANG**

-Vanlalmangaihi
Khatla

Kan hmuh leh hriat angin Pathian Biak Inah eng Kohhranah pawh Pathiannia Pangpar khawi awm lohna hi a awm mang awm lo ve. Pangpar tak awm lohna leh hmuh phak lohna hmunah pawh pangpar lem tal kan khawi thin a, hei hian Biak Ina pangpar khawi hi Pathian biakna hmanrua pakhat a ni ta ti ila, kan sawi sual awm lo ve.

Pangpar mawi takte hian Pathian an chawimawiin a ropuizia an entir a, Biak Ina Amah biakna hmuna pangpar mawi tak khawi te, Biak In Compound-a pangpar mawi tak kan ching/phun te hi a inhmeh hle a ni. Mi tam zawk tân chuan hriat sa leh kan lo tih reng thin dan te pawh a ni ang a, tangkaipui te kan lo awm takin, mi thiam zawk leh hre zawk te cho chhuah nân ngaihmanawh zawng leh hriat ang ang han sawi ta ila-

Biak Ina pangpar khawi turte tâna hriat tur:

1. Pathian biakna hmuna pangpar khawi tur kan nih avângin tawngtâina leh rilru

inbuatsaih lawkna a pawimawh.

2. A tlangpuiin Biak Ina pangpar khawitu turte hriattir lawk an ni thin a, khawi hun hma daih aţanga pangpar lei turte, khawi dan tur leh hmanruate ngaihtuah lawk a tha khawp mai. Biak Inah chuan mipui hu a nasain, pangpar dahna hmunte boruak dawng tam lo lai a nih phei chuan pangpar khawi a vuai hma duh hle a, chuvangin pangpar kan leiin, pangpar thar lam leh vuai har deuh tur chi ngaihtuah a tha.

3. Pangpar khawina hmanrua : Pangpar khawi nan hian Floral Foam kan hman deuh vek tawh a, Foam hman tur hi bucket/chawhtawlh tui awm saah nem pil lova chiaha,

amaha a pil nghah a tha. Foamah hian tui hip tha lo chi hi a awm a, hetiang chi phehi hi chunileng, zankhuua chiah a ngai. Tin, foam hmang lova vase-a pangpar kan khawi pawhin a tui hi thlak zin a tha khawp mai, a chhan chu a rimchhe duh em em a; tin, pangpar hnah vel chiah tel phehi hi chu a ti tawihin a ti rimchhe hma leh zualin a hriat a ni.

4. Pangpar khawi thiam tak tak, design chi hrang hranga khawi thei kan tam ta hle a, tun hma deuh atang khan pangpar pawh chingtu pawh an tamin phai atanga pangpar chaha, dawra zuar thin pawh an pung ta hle a, pangpar khawi turte tan pawh a hahdamthlakin a lawmawm hle a ni.

Biak Ina pangpar khawiah erawh hi chuan tih dangdai lutuk tum leh mi mit la lutuk lam aiin zahawm taw, sum sen pawh hautak lutuk lo, fel fai taka khawi hi a inhmehin a hriat a, a mawi taw hriat thiam a tha khawp mai. Tin, pangpar khawi a hma lama en chauha mawi, a sir leh hnung lam hek tlat, hnung

lama khawina foam lang ang chi hi a ngaih mawhawm ang reng hle a, khawi lam atanga thlir pawha mawi thei tura khawi hram tum hi a tha. A hnung lam tur pangparin a daih loh pawhin awmze neia hnah vih khah thin ni thei se.

Kohhran tih dan a inang lem lo va, hun pui bik tih lohah chuan hmun khatah khawi a ni tlangpui a, hun pui leh Inkhawmpui ni khuuah te chuan hmun hnih leh a aia tam pawha khawi te a ni thin a, hetiang hunah pawh hian kan hriat reng tur chu pangpar entirna leh pangpar khawi Intihsiaknaa khawi kan ni lo tih hriata, zahawm si, hautak lutuk lo, pangpar tlo tur si a khawituten ngaihtuah thiam a tha khawp mai.

Enkawl zui chungchang :

Biak Inah Pathianni atan mawi takin kan khawi a, ngaihsak zui lohva vuai deuh mai a, inkhawm leh huna a lo awm thin hi a mawi lovin a ngaimawhawm khawp mai. Chuvangin, a khawituten kan khawi kar hi chuan mawh kan

phur tih hriat a, tui pek zui, a vuai lai paih a, thawm that deuh te hi a tha. Kan pangpar khawi a vuai tawh a thawm zui tlak a nih tawh loh emaw thawm zuina kan neih loh phei chuan paih fel mai hi a tha zawkin a lang.

Pangpar lem khawi chungchang:

Covid 19 hluar lai, inkhawm pawh a theih loh lai khan, Biak Inah tawngtai turin chhun leh zanah te an kal thin a, Zing tawngtai te pawh a awm zui ta nghe nghe a nih kha. Khatla Kohhran Hmeichhe Committee chuan Biak Ina pangpar khawi awm miah lo kha a ngaimawh deuh a, chuvang chuan pangpar lem, mawi leh a tak ang tak tak leiin set eng emaw zat khawi lawk a ni a. Kar tin hun thlak thin a ni. Kohhran Committee-in a dahna almira a siamsak a, lei belh zeuh zeuhin tunah phei chuan set eng emaw zat dah that a awm tawh. Heng pangpar khawi sa hi kar laklawh pangpar tak khawi lai vuai tawh siah te hun chhuah thin a ni a; tin, thla khatah tum khat te a lem hi Pathiannah pawh hun chhuah thin a ni a, hei hian sum sen pawh a tih tlem phah khawp.

www.mizoramynod.org

Tun ang nipui boruak lum lutukah phei chuan pangpar khawi hi a tlo lo duh hle mai a, sum sen nena chhuta Pathianni chauh daiha khawi hi ngaihtuah chian a tha ve khawpin a hriat. Tunlaih pangpar lem nalh tak tak leh a hnah pawh a tak ang tak tak a tam tawh mai a, pangpar tak lei tur van lai phei chuan a lem khawi hi a remchang ve khawp mai.

Mi ramah pawh pangpar lem hi Biak Inah an khawi ve tho mai, Biak In thenkhatah chuan pangpar khawi a awm lem lo thung. Pangpar tak khawi hi a hlu hle a, a hlut em em rualin, a khawi dan (arrangement) a zirin a mawiin a mawi lem lo thei. Pathian biak nana inhmeh lem lo, khawi dangdai lutuk hi chuan mit a tikham deuh em aw a tih theih bawk.

Chuvangin, Biak Ina pangpar khawi turte chuan kan khawi chhan leh kan khawina hmunte ngaihtuah a, Pathian biakna hmanrua pakhat a ni tih leh rawngbawlna pawimawh tak a ni tih hre chungin tan i la thar zel ang u.

Hriselna Huang

STROKE LEH BP SANG ENKAWLNA

- S. Lianhrima Hauhnar
(MCS Retired)
Aizawl Venglai

Mizo zîngah hian natna inkaichhawn theih loh (Non-Communicable Disease NCD) kan tuar nasa ta hle hlawm mai a. A manganthlak ta hle a ni. Kan hriat ðheuh angin cancer natna hi kan tuar nasain kan thihpui nasa êm êm a ni tih kan hre ðheuh ang a, tu mah inhrilh kan ngai awm lo e. Chumi bakah chuan BP sang leh stroke natna hi kan tuar nasa êm êm ta bawk. Synod Office-in thla tina an tih chhuah RAMTHAR chanchinbu March 2024 chhuak, Tuarpuina tihah khan kan Missionary te Nu leh Pa thihna chhan 5 (panga) zinga mi pathumte kha Stroke vanga thi an ni tih a lo lang a, mi tam tak stroke-a thi ta chanchin pawh kan hre chamchi bawk a. Chuvangin, tun ðum chu cancer lam sawi lovin Stroke chungchang hi ka han ziaik teh thung ang. Kan hriat ðheuh angin Stroke awm chhan ber chu kan thluaka thisen zam te tak te te, a chat emaw, hnawh pingtu a awmin a ni tih Doctor-ten an sawi hi ring mai ila. Tin, a inenkawlna pawh Doctor-te kut liau liau a ni. Keini ang layman ho sawi ve vak tur chu a awm lo na a, a damdawi ðha êm êm internet aþanga kan lo hmuh hi han sawi chhawn ve hrim hrim ðulin ka hria.

1. Aieng

Aieng hi Pathianin mihringte damdawi atan danglam takin a lo siam a ni ngei tur a ni. Cancer natna venna tur leh a enkawlna turin a þangkai em em a. Aieng chungchang ngawt pawh hi

Vanglaini Chanchinbuah kum 5 liam tawh, 2019 October ni 26 ah khan kimchang takin ka lo ziaik tawh a. Rin tlaka ngaia, wawiin thlenga ni tin thir fiante 2 a dip lo ei zui ta ngar ngar tam tak an awm tih ka lo hria a, a

lawmawm hle a ni. Ei chhunzawm te zingah cancer leh stroke natna nei hriat ka la nei lo a, a lawmawm hle a ni. Doctor-te enkawl na ka sit ni loin Aienga enkawl ngei ngei hi ÷ul theihtawpin ka hria a, karawn ziaak leh ta nge nge a ni. Internet Google-a sawi dan a sap ÷awngin han dah lang ila “Mechanism of action of ‘cur’ or in nano structure are extremely important for the recovery of brain tissue after a stroke”. Aieng chungchang hi America ramah ringawt khuan vawi 688 chuang an mi thiamten an lo zir tawh a. Lekhahu 400 chuang an chhuah tawh a ni.

Aieng ÷hatna ber chu ‘curcumin’ a pai hi a ni. Curcumin chungchang hi chu um zui lo mai ila. Vanglaini 2019 October 26 khan ka ziaak tawh a. Tun ÷umah chuan ziaak tawh lo mai ila. Stroke enkawl nân a ÷a tak zet a ni tih hi hriat chian a ni tawh a. Stroke laka inven nan ei hlawm ila. Stroke natna lo tuar laklawh te pawhin inenkawl nan a ÷hat em avângin ei a ÷a êm êm a ni. Aieng ei

chungchang hian Doctor-te enkawl na luahlan se tihna a ni lo tih erawh chu hre reng ila. Tin, aieng hian BP sang lutuk tur leh hniam lutuk tur a control thei a ni tih hre bawk ila. Stroke hi a tlangpuiin kan BP sang lutuk vang a ni chawk.

Ka sawi duh leh pakhat chu tun hma zawng aiin hna rim thawk loin kan lo awm awl deuh ta hlawm a, kan ei te a lo ÷a ta bawk a. Exercise kan lak nasat hi kan hriselna tur ber kawng pakhat a ni tih hriain taimak chhuah hram hram ila. Pawn lama exercise kan lak theih loh pawhin mahni in chhûngah mahni tlin tawk regular takin exercise la ÷heuh ila kan hriselna tur ber a ni. Kan dulah thau chhia (thau ÷angkai lo) a lo chhah tawh chuan kan lungah leh kan thin ah thau a lo tam a, natna kan vei hma êm êm a ni.

2. Balhla

A hmaa kan sawi tawh ang khan Mizo zîngah BP sang buaipui fe fe kan tam ta ngei mai a. Chhûng tinah BP damdawi ei lo hi kan vang mah zawk awm

e. BP damdawi eia sawt chuang lo, an ei lai thlakna tur Doctor rawn zui pawh kan bang tawh hek lo. Kan hahdam lutuk a, kan ei tha si a. Exercise kan peih lo hi a ni ber e. Mi pahnih chungchang ka hriat BP damdawi ei reng si a, tha thei chuang meuh lo, ni tin balhla an ei avanga lo tha ta an awm.

Tin, keima mi mal pawhin ka hria a. Mizoramah Balhla a tam em em a. A man a to lo bawka, ni tin pahnih khat chu ei ziah tum ila a tha hle ang. Tin, Balhla hian lung a ti hrisel a, BP a san kher loh pawhin ei a tul hrim hrim.

3. **Ka damdawi ei lai hi**

Lung natna nasa lo te (mild positive) ka neih avangin Aizawl Civil Hospital-ah lung doctor-te (cardiologist) ka inentir thin a. Damdawi chi hrang hrang min chawh a. Chung zinga ka damdawi pakhat “atorfit” min chawh hi internet-ah ngun takin kan en a, heart attack leh stroke damdawi a ni tih a lo lang a. Zing chaw ei khamah mum khat zelin ni tin ka ei a, kum thum deuh

thaw ka ei tawh a. Mum (capsule) sangkhat deuh thaw ka ei tawh a nih chu. Lung na leh stroke tan a that avang hian stroke venna damdawi tha tak a nih avangin Doctor-te thurawna ei thin thain ka ring khawp mai. Hemi ka sawi avang hian medical ethics bawhchhe lo turah ka inngai a, Doctor-ten lo hre thiam mai se. Stroke venna tur chuan kar khatah mum hnih lek emaw ei pawh a sual lo viauin ka ring. Doctor leh kha prescription a ngai nge ngai lo chu ka hre lo. Atorfit ka ei hi 25 mg a ni. Ka sawi duh ber chu a chung kan sawi tak, Aieng leh Balhla hi damdawi (medicine) ni lovin mi tinina kan ei theih kan hriselna tana tha em em si a nih avangin upa lam deuh chuan ei thin tha ka ti khawp mai.

Kan lung a that loh chuan BP sang neih a awl si a, lung tan leh BP sang control nan leh stroke ven nan ni tin balhla pahnih emaw tal ei i tum theuh ang u. “Mi fing chuan a thil tha hriatte a tangkaipui thin.”



WOMEN CENTRE REPORT TLANGPUI

-R. Lalrinpui
Superintendent, Women Centre

Kohhran Hmeichhiaten rawng kan bawl hona pawimawh tak Women Centre pawhin hma a sawn ve zel a, chhungkaw dinhmunin a zir loh avangte leh harsatna hrang hrang avanga lei rem rap thei lo mi eng emaw zat dinhmun ngheta dintirtu a ni a, mi tam tak tan malsawmna a la ni zel a ni. Women Centre din tura hma lakna leh a lo din tan dan te, hruaitu hmasate hma lakna ropuizia leh an thawh rimzia te, kohhran hmeichhe member tinte inpekna avânga Women Centre din a nih dan chu sawi nawn ngai lovah ngaiin tun tumah chuan Centre inenkawl dan leh hmasawmna te tar lang ila a tha awm e.

August 4, 2016 aţang khan puan thui zirna seat 40 neiin bul tan a ni a, July 2017 aţangin zirna huang zauhin puan tah zirna seat 10 hawn a ni ve leh a. A tirah chuan course khat hi thla 6 zir a ni a; amaherawhchu, puan thui a eizawmna bul tan tak tak tur chuan a bei tham deuh nia hriain kum 2018 aţangin Kum 1 zir turin tih a ni leh ta a. Puan tah zirna erawh thla 4 chhung zir turin 2022 aţangin ruahmanna siam a ni.

Puan thui zirnaah hian batch 9 kal tawhin mi 314-in an zir chhuak tawh a, puan tah hi batch 7 kal tawhin mi 29-in an zir chhuak tawh bawk. Kumin hian puan tah zir an awm lo va, puan

thui zirna hi batch 10-na kal mēkin zirlai 38 leh thawktu 6 kan bung mēk a ni. Zirlaite hian an zirna senso leh hostel fee an chawi lo va, ei leh in (Mess Fee) hi mi 1 tan thla tin Rs 1600 a ni a, WC budget aţangin thla tin mi 1 Rs 1000 peksak an ni a, zirlaiin thla tin Rs 600 an chawi ve thung a, hei hi an fee pek awm chhun a ni. Kumina zirlaite chuan Bial, Kohhran leh mi mal thahnemngaite avângin sponsored-tu an nei vek a, a lawmawm hle a ni.

Women Centre hi a hmunhma kan peih fel tawh a, a taka hman a ni tawh a, engati nge budget hi kan la thawh reng le? tih zawhna hi

kan dawng tam khawp mai; a ni lah tak a. Amaherawhchu, 2016 aṭangin training course ṭan a ni a, khawih ṭhat ngai leh siam belh tur a lo awm ve zêl a. Main building hnuai lam floor 2 hi luah hnuah sak belh a ni a. Thawktu quarters leh office building sak belh a ni a. Kawngpui lam fencing hrulah footpath siam a ni bawk a, hengah hian sum a kal nasa êm êm a; tin, luah luh aṭangin kum 8 lai a lo vei ve ta a, theih tawpa enkawl a ni chung pawhin ni tin zan tina hman ni ta chu bungrua te pawhin a dawl bik lo va, a thara thlak tur hi a awm ve deuh reng mai a, carpet thlak te, electric wiring leh tui pipe line siam ngai, septic tank khawih ngai...aaaa, khawih tur neuh neuh hi a tam ve a ni. Zirlaite zirna hmanrua puanthan, paper, khawl la leh a neuh neuh dang tam tak lei nan hian kum khata kan sum hman hi a tam viau mai. Centre lama chengte pawh theih tawpin kan inren ve a, mamawh ngah lo leh hautak lo thei ang bera khawsak kan tum hram hram chung hian tih ngei ngei ngai hi a awm ve ṭhin bawk a.

Centre-ah hian thawktu 6 kan awm a, 2-te lawmman hi Synod in a tum a, a dang 4 hi Kohhran Hmeichhiaten Women Centre sum aṭanga an pek a ni. Tin, kan zirlaite damdawi mamawh zualpui hi Kohhran Hmeichhe tum vek a ni a, hritlang awmna te hi a rualin kan dawnsawn ṭhin avangin ni khat damdawi ei pawh hi a tam tham ṭhin khawp mai. Kan zirlai tam zawkte hi khawsak awlsam lo ve tak takte kan nih avang leh thingtlang khaw hla takte kan nih avangin kan hotute (Central hruaitute) hian min ngaihsak êm êm a, a ṭul dan a zirin sahbawn, shampoo, surf leh pads sem turte hi an rawn ngaihtuah fo ṭhin a, a zawng zawng tih harsa ṭhin mahse hun harsa zual covid hun lai pheih kha chuan zirlaite an rawn tihsak vek a, heng bakah hian thawmhnaw leh puan bih tur te thawh khawmin zirlaite sem turin an pe a, theih tawpa min tuamhlawmtu hruaitu ṭha tak tak kan nei ṭhin hi kan vannei hle.

Women Centre hi Kohhran Hmeichhe kut liau liau a ni a, Bial tinte thawh khawm aṭanga inenkawl a ni. Chuvângin, centre

sum neih ang ang hi hman zawh vek a rem lo va, eng emaw harsatna pawh lo awm sela, chawl lova zirna a kal zel theih nan thlavengah sum eng emaw zat a awm a ngai a, chungte avang chuan inrenchem taka khawsak a ngai a ni. Kumin Rorel Inkhawmah khan Inkhawmpui palaite lam aţangin Budget tihpun a hun tawh thu floor-a sawi lan a ni kha a lawmawm hlein ka hria, 2017 aţanga Inkhawmpui Lian leh Rorel Inkhawma ka tel ve chinah hetiang taka inhuam hi a la awm ngai meuh lovin ka hria, budget a rit tih ri hi a ring deuh ţhin a, hemi avangte pawh a ni ang, Central hruaitute tan budget han tihpun ngawt pawh hi a zuamawm loh thei a; mahse, kumin Rorel Inkhawm aţang chuan kan hruaitute pawhin hma an la ngam deuh turah ngai ang. Kohhran, Bial leh mi mal ţhahnemngai leh inphalte hnen aţangin thilpek hlu tak tak kan dawng ţhin a, hengte hian kawng tam takah phur a chhawkin a hlu tak zet a ni. Tin, kan lawina Phunchawng Kohhran hi kohhran lian ni lo mahse Centre

hi min ngaihsakin min tuamhlawm ţha em em a, zirlai harsa zual thawhlawm tur hi a khat tawkin min pe a, dal bag leh chawhmeh dang min pe ţhin. Kumin hian zirlai 3 kum khat mess fee an rawn tum bawk a, kan lawm hle a ni. Women Centre-ah hian hmeichhe rahbi tleu – fahrah/retheihna, chhûngkaw harsatna leh chhan hrang hrang avânga lei rem rap thei lo te, mahni kea an din theih a, kut themthiamna hmanga ei an zawn ve theih nân hma lak a ni a. Chu mai bakah, zirlaiten nun tak an neih theih nan Pathian thunen *Mizo Kristian nula* nun dan tur kawng hrang hrangin an zir a ni ber. Kan zirlaiten nungchang ţha an neih a, tisa leh thlarauah nun tak an neih kan ngai pawimawh hle a, kan naute hi rahbi tleu (addict & ks) kan tih ang kha an ni lo va, a ţhen chu mi pangngai tak tak, chhûngkaw khawsakin a zir loh avânga lei rem rap thei lo te, ţhenkhat vanduin avânga nu leh pa kara awm lo te, harsatna namen lo paltlang tawhte pawh an ni. Chutih rualin, mi ţha ber leh fel ber thlan khawm erawh an ni bik

lem lo va, enkawl khawlh ve tak tak, zilh deuh mawlh mawlh ngai te pawh kan awm tho.

Seilenna leh inenkawl na inang lo tak tak tleirawl rual enkawl hi a awlsam lo khawp mai, a then rilru a no em em laiin thenkhat rilru a lian em em a, nikum lama zirlaite kan enkawl dan kha kuminah a hman tlak vek loh a, thiam hi a har ve em em a; chuvangin, thawktute pawh hian kan naute kan enkawl thiam theihna turin tawngtaipui kan mamawh em em a ni. Kan zirlaiten eizawna tling khawp thiamna an neih theih nan theih tawp chhuaha zirtir an nih rualin chhôngkua, khawtlang leh kohhran tâna mi tângkai an nih theih nan Pathian thu leh tawngtaina nen kaihhruai an ni a. Zirlaite hi an lo luh hlim apiangin Revival Speaker ruaiin camping kan nei ziah a; tichuan, kum tluanin follow-up kan hmang zui a ni ber mai.

Kan hun hi a khat tha em em a, zing dar 6 atanga zan mut hun thleng hian hun bi neia khawsa kan ni a, hun vawng dik turin kan hmanhmawh em em reng mai a ni ber. Ni tin zingkarah fianrial

hun leh zan lam (Mon – Fri) ah inkhawmna hun kan hmang thin a, ni tin class tan hmian devotion kan nei ziah thin baw. Zan lamah hian hnehna puan leh tawngtai rualna hun hmangin, awm dan mawi te, booklet hrang hrangte zirin kan sawi ho va, thawktute bakah zirlaiten testimony leh short sermon sawina hun an hmang ve thin baw. Nilai leh beihruai thupui pheih hi chu kan zir ho nasa a, sawi hona hun tha tak kan hmang ziah. A tul dan angin hla te zirin, Kristian Hla bua kan thiam lohte kan zir thin a. Inrinni Zan, Pathianni nileng leh zan hi Phunchawng Kohhranah kan inkhawm thin baw. Women centre-ah chuan kumtluanin zan tin kan inkhawm a, zan remchangah intihlimna program hrang hrangte hmangin Bible quiz te, zirlaite talent hai chhuah nan intihsiakna chi hrang hrang kan nei thin a, kum tin Holy Bible chhiar chhuak mi eng emaw zat kan nei thin baw.

Centre compound leh building te hi enkawltu hranpa nei lovin thawktute kaihhruainain zing leh tlaiah social work neiin

tihfai a ni a, inrinni apiangin huan tifaïn hlo kan thlo ðhin. Centre-ah hian in chung chet leh chet phung tinreng hi kan zir a ni ber mai. Kan zirlaite zirna hi hralh tlak turin kan uluk a, man tlawm te tein tihral ðhin a ni a, heng kan kutchhuak hralhna aþang hian kum tin sum eng emaw zat ka hmu chhuak ve ðhin. Women Centre aþanga zir chhuakte mahni kea dinga chhûngkaw chawmtu eng emaw zat an awm tawh a, dawr hawnga zirlai nei thei hiala hlawhtling an lo awm ve ta nual mai. Heng bakah hian Aizawl-a puan ðhuina dawr hrang hrang leh puan tahna

hmuna thawk eng emaw zat an awm mêkte hi a lawmawm êm êm a.

Zir chhuak zingah hian chhûngkaw tâna ðangkai ta êm êm te, Pathian bel tlata, kohhran inkhawm ngai pawimawh êm êm leh KTP-a ðangkai taka an inhman zui thu kan hre ðhinte hi Women Centre-a kan rawngbâwl hona a hlawhtlinna kan hmuh leh kan lawmna a ni a. Tin, Chhûng Inkhâwm ngai pawimawh ngai loten a hlutzia hriaa, Chhûngkaw Maicham chhawm nungtu eng emaw zat an loawm ve ta hi kan lawmna ber ani.



INCHHIR

Kum 30 a nih hnua piangthar Augustine-a chuan thuthlung thar hnu lama mahni insitna leh inchhirna thu mawi ber ti hiala an sawi ðhin a chhak chhuak a. Chu chu, “Lalpa, kei zawngin ka lo hmangaih tlai em che a ni” tih hi. Tlai hmaa Lalpa hmangaih hi a va pawimawh em.

Eisiam Huang**SANGHA UR HMIN**

Mamawhte:

- | | |
|------------------------------|----------------------------------|
| 1. Sangha ruh nei lo -750g | 2. Black pepper - fiante 1 |
| 3. Aieng - fiante chanve | 4. Purunsen -2 |
| 5. Purunvar - 4 | 6. Sawhthing chan sawm-fiante 1 |
| 7. Hmarcha sen Powder - tlem | 8. Coconut milk - fiante 1 |
| 9. Buhban powder - fiante 1 | 10. Chhawahchhi hriak - fiante 2 |
| 11. An'am kau pheh hnah hlai | 12. Balhla emaw alluminium foil |
| 13. Dhania hnah hring | |

A siam dan:

- Sangha piece:** Sangha hi hrang 8 velah chan la, chi tlem, aieng leh pepper chulh la, dah hrang ang che, Hemi zawhah purun pakhat kha chan la, dah hrang leh phawt la.
- Puree siam :** Purun dang kha chan sawm leh la, purun var, sawhthing, hmarcha powder leh coconut milk nen khan Mixie/ Blender ah her la - puree i siam dawn a nih chu. He puree hi a bawlhlo ber tur chu a ni a. Puree-ah hian chi leh aieng, pepper bang leh buhban powder leh chhawahchhi hriak kha zuk chawh pawlh leh ang che. I chawhpawlh zawhah Sangha kha tha takin zuk tal la, puree masala kha a fawm tha viau tur a ni.

3. **Afun dan:** Hemi zawhah hian hnah lam buaipui leh la, Kau pheh hnah kha a lai khauh lai chin zawng kha chem hriam tha takin thel la, a fun ti awlsam atan. Tunah balhla hnah kha lian deuh deuhin zai thla la (sangha fun zo tawk turin), Balhla hnah khan kau pheh hnah kha han phah la, chutah a chungah sangha kha zuk hung ang che. Masala tlem tat kual bawk la, dhania hnah leh purun tlem a chungah phul bawk la.
4. Tichuan sangha chu a fun tan theih a, kau pheh khan han fun tan phawt la, chutah a chungah balhla hnah khan parcel mawi tak han siam la, chuan mau hmawlh tein zuk chhun la (a inphelh/hawn loh nan). Steamer-ah zuk dah la, darkar chanve(25-30 mins) vel steam ang che. Mi mal duh dan erawh ni se, a fun hawng lova hlui chhuah hi a mawihnai ang.

Balhla hnaha chawhmeh ur hmin hi siam dan lar tak a ni a. Keini Mizote pawhin kan thiam reng a; mahse, chhangban bak hi chu sa emaw, sangha emaw han ur hmin (steam) hi kan ching em em lo niin a lang. Phai lam khawpuiah chuan hetiang han order mai tur hi a awm deuh tlangpui a, khawchhak ho pheh chuan an uar em em a ni. Tuna mi ho pawh hi Kawl hovin an siam dan atanga he recipe hi ziah a ni. Sangha ur hmin hi a hrisel em em a ni.



**MISSIONARY TANA AGAPE CHANCHINBU
LÂKSAKTUTE (Chhunzawmna)**

25. Chaltlang Kohhran Hmeichhia	30
26. Zodinpuui, Chaltlang	10
27. Kulikawn Kohhran Hmeichhia	20
28. Dawrpui Kohhran Hmeichhia	10
29. Lungleng I Kohhran Hmeichhia	20
30. Bethlehem Venglai Kohhran Hmeichhia	30
31. Mamit Kohhran Hmeichhia	20
32. Chhing Veng Kohhran Hmeichhia	50
33. New Capital Complex Kohhran Hmeichhia	70
34. Zuangtui Kohhran Hmeichhia	30
35. Armed Veng Kohhran Hmeichhia	50
36. Armed Veng 'S' Kohhran Hmeichhia	74
37. Champhai Vengthlang Kohhran Hmeichhia	36
38. E. Lungdar Kohhran Hmeichhia	44
39. Champhai Vengthlang N Kohhran Hmeichhia	10
40. Selesih Kohhran Hmeichhia	10
41. Model Veng Kohhran Hmeichhia	10
42. R. Lalhmingliani, Tanhril Vengthar	5
43. Sesawng Kohhran Hmeichhia	10
44. Tlangnuam Vengthlang Kohhran Hmeichhia	5
45. Tlangnuam Vengthlang - mi mal	5
46. Assam Rifle Kohhran Hmeichhia	15
47. Lily Veng North Kohhran Hmeichhia	25
48. Zotlang Kohhran Hmeichhia	20
49. Pi Lalrinpuui, Zotlang	10
50. Armed Veng E Kohhran Hmeichhia	20
51. Electric Veng Kohhran Hmeichhia	100
52. Champhai Bethel Kohhran Hmeichhia	20

53. Bawngkawn Kohhran Hmeichhia	50
54. Dawrpui Kohhran Hmeichhia	20
55. Sialhawk Kohhran Hmeichhia	20
56. Bairabi Kohhran Hmeichhia	20
57. Thingsulthliah Kohhran Hmeichhia	30
58. Sawleng Kohhran Hmeichhia	15
59. Ramthar Kohhran Hmeichhia	13
60. Electric Veng Kohhran Hmeichhia (Mi mal)	230
61. Laipuitlang Kohhran Hmeichhia	10
62. Zonuam Kohhran Hmeichhia	86
63. Tualcheng Bial Kohhran Hmeichhia	10
64. Vairengte Bial Kohhran Hmeichhia	10
65. Mission Vengthlang Kohhran Hmeichhia	40
66. Venghlui Kohhran Hmeichhia	78
67. W. Lungdar Hmar veng Kohhran Hmeichhia	8
68. Bairabi Bial Kohhran Hmeichhia	25
69. Dinthar Kohhran Hmeichhia	20
70. R. Sangzingi, Dinthar	10
71. Chanmari W Kohhran Hmeichhia	25
72. Tuidam Bial Kohhran Hmeichhia	10
73. Maubawk Kohhran Hmeichhia	20
74. Bungkawn Vengthar Kohhran Hmeichhia	25
75. Bialte Bial Kohhran Hmeichhia	20
76. Biate North Kohhran Hmeichhia	20
77. Electric Vengthlang Kohhran Hmeichhia	10
78. Kawrthah 'S' Kohhran Hmeichhia	15
79. Kolasib Venglai Kohhran Hmeichhia	155
80. Nisapui Bial Kohhran Hmeichhia	10
81. New Serchhip Kohhran Hmeichhia	20
82. Bukpui Bethel Kohhran Hmeichhia	10

chhunzawm tur

NAU CHÂWMNA PETUTE LEHAN CHÂWM ZÂT

Chhunzawmna

Sl.no.	Bial/Kohhran/Mimal hming	Chawm zât
25.	Bairabi Bial Kohhran Hmeichhia	1
26.	Mission Vengthlang Kohhran Hmeichhia	15
27.	Tuikual South Kohhran Hmeichhia	2
28.	Maubawk Kohhran Hmeichhia	2
29.	Bungkawn Vengthar Kohhran Hmeichhia	2
30.	Lungleng I Bial Kohhran Hmeichhia	1
31.	Bethlehem Bial Kohhran Hmeichhia	5
32.	I.T.I. Vengchhak Kohhran Hmeichhia	1
33.	Kawkulh Bial Kohhran Hmeichhia	1
34.	Zawlnuam Bial Kohhran Hmeichhia	2
35.	Kawrthah South Kohhran Hmeichhia	3
36.	Thenzawl Kohhran Hmeichhia	2
37.	Hmunṭha Bial Kohhran Hmeichhia	1
38.	Thenzawl Bial Kohhran Hmeichhia	2
39.	Serchhip Dinthar Kohhran Hmeichhia	1
40.	Kawnpui Chhim Veng Kohhran Hmeichhia	5
41.	Champhai Vengthlang Bial Kohhran Hmeichhia	2
43.	Champhai Vengthlang N Kohhran Hmeichhia	2
44.	Champhai Venglai Kohhran Hmeichhia	4
45.	New Serchhip Kohhran Hmeichhia	2
46.	Buhchangphai Bial Kohhran Hmeichhia	1
47.	Kawkulh N Bial Kohhran Hmeichhia	1
48.	Khuangleng Bial Kohhran Hmeichhia	1
49.	Bilkhawthlir Bial Kohhran Hmeichhia	2
50.	Zote Kohhran Hmeichhia	1
51.	Ngur Kohhran Hmeichhia	1

52.	Zote Bial Kohhran Hmeichhia	1
53.	Bilkhawthlir Hmar Veng Bial Kohhran Hmeichhia	3
54.	Kawrtethawveng Bial Kohhran Hmeichhia	3
55.	Vairengte Hmar Veng Kohhran Hmeichhia	1
56.	Farkawn Chhim Veng Kohhran Hmeichhia	1
57.	Serchhip Bazar Kohhran Hmeichhia	2
58.	Dimapur Kohhran Hmeichhia	1
59.	Vaivakawn Vengthlang Kohhran Hmeichhia	4
60.	Nursery Veng Kohhran Hmeichhia	12
61.	Upper Republic Kohhran Hmeichhia	1
62.	Chawlhmun Bial Kohhran Hmeichhia	3
63.	Venghnuai Bial Kohhran Hmeichhia	5
64.	Aizawl Kohhran Hmeichhia	4
65.	Chawnpui Bial Kohhran Hmeichhia	6
66.	Bawngkawn Bethel Kohhran Hmeichhia	4
67.	Bethlehem Vengthlang Kohhran Hmeichhia	2
68.	Falkland Kohhran Hmeichhia	3
69.	Khawai South Bial Kohhran Hmeichhia	1
70.	Bethlehem Vengthlang Kohhran Hmeichhia	2
71.	Damdawi Veng Kohhran Hmeichhia	3
72.	Thenzawl Field Veng Bial Kohhran Hmeichhia	4
73.	Venghluai Bial Kohhran Hmeichhia	3
74.	Lawngtlai Bethel Kohhran Hmeichhia	1
75.	Zemabawk Bial Kohhran Hmeichhia	5
76.	Chawnpui Kohhran Hmeichhia	12
77.	Sairang Kohhran Hmeichhia	2
78.	Vaivakawn Bial Kohhran Hmeichhia	4

chunzawm tur

Hruaitute Chanchin**RENGRAMTHANGI**

Pi Rengramthangi hi Upa Hrangtinchhinga (L) leh Pi Tlangchhingpuii te fa paruk zinga 3-na a ni a. P.C. Zoramchhana nen October 18, 1991-ah inneiin fa pali-mipa 3 leh hmeichhe 1 an nei a, tunu 1 neiin an pa hian kum 2010-ah khana boralsan tawh a. Tunahhian Chawlhmun Vengah an cheng mêk a, Chawlhmun Kohhranah an lawi a ni.

EI ZAWNNA LAM : Kum 1989-ah sawrkar hna thawkin kum 2024 February thla khan Directorate of Economics & Statistics Department ațangin UDC-in a pension a ni.

RAWNGBAWLNA LAM : Chawlhmun Kohhran Hmeichhe Committee-ah kum 2008-ah lutin Fin. Secretary, Secretary nihna te chelh tawhin tunah hian Asst. Secretary nihna a chelh mêk a. Bialah kum 2019 ah lut tanin Secretary nihna a chelh tawh a, tunah hian

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Chawlhmun Pastor Bialah Chairman nihna a chelh mêk a ni. Kohhranah Puitling Sunday School Zirtirtu, Inrinni Zan leh Pathianni Chawhnu Thuhritu a ni bawk.

BIBLE CHANG/HLA DUH: Sam 23-na leh Rom 8:28 thu te a duh a, Hlaah chuan KHB No. 36-na “Aw Khawngaihtu Pathianin” tih leh KHB No. 173-na “Immanuela thi zâman” tih te a duh êm êm țhin.

THUCHAH: Chhûngkuaah Nu te kan pawimawh êm êm a, pasalte tan nupui țha, fate tân nu țha kan nih theih nân theih tawpa țan kan lak țhin a pawimawh a. Kan fate kan duh angin awm vek rih lo mahse fanaute Krista hnêna kan hruai thlen hi kan tum tlat a pawimawh hle a ni. Pathian khawngaihna avang chauha Chhandam leh a rawngbâwl ve thei kan nih inhre rengin, lawm chung a rawngbâwl hna kan kova tla te thawk tur leh kan zui Lal Isua hi thuhnuairawl leh rilrua inngaitlawm tak a nih avangin, keini pawh kan rawngbâwl na hrang hrangah leh kan nunah tlawmna nun kan neih hi a pawimawh tih i hre reng fo țhin angu.

HRIAT ATAN

1. AUDIT : Financial Year April 2023-March 2024 chhunga Synod Department hnuaiia sum te April 2024 thla chhungin audit a ni a. Kohhran Hmeichhe Department hnuaiia sum enkawl hrang hrang - Inkhawmpui Lian Sum, Women Centre, Project leh Agape sum te pawh audit fel a ni.

2. BUHFAITHAM : Kum 2024 chhunga Buhfaitham atanga sum hmuh dan hetiang hi a ni:-

Kum 2023-2024 Budget-	₹ 19,00,00,000/-
Hmuh zat	- ₹ 21,25,80,970/-
Khumna	- ₹ 2,25,80,970/-
Kum 2024-25 Budget	- ₹ 22,00,00,000/-

Kum 2023-2024 chhunga Buhfaithama kan rawngbawlina a ngaihnaawmin khiti zata kan khum thei khi a ropui tak zet a ni. Kohhran Hmeichhiate kan rawngbawlina a ropuiin a lawmawm tak zet a ni. Buhfaitham rawngbawlinaa hma sawn zêl tûrin òan i la zel ang u.

3. HOSPITAL PUAL THILPEK: Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm vawi 12-na March 8-10,2024 chhunga neihin a rel angin kum 2024-ah hian kan kohhranin Hospital a enkawl pahnihte pualin thilpêk lak khawm tur a ni a. Synod Hospital pualin June 4, 2024-ah leh John Williams Hospital Lunglei pualin July 2, 2024-ah lak khawm tur a nih kha. Hospital pahnihte pual hian thilpek òahnemngai takin pe zel ila, mi harsa leh mangangten kan hospital hi tluk luh nan an lo hmang òhin tih hre reng chung leh damdawi in man ba pe thei lo tam tak an awm tih hriain theih tawpin thilpêkah òan i la thar zêl ang u.

4. THINGPHUN CHUNGCHANG: NEICCWA-in khawvel sik leh sa inthlak leh khawvel lo lum chho zêl atan inbuatsaihna turin mahni awmna hmunah Kohhran Hmeichhiate thing phun tura ngenna a siam angin a theih anga tam thing leh pangpar te phun turin hma lak mêk a ni.

WOMEN CENTRE TANA THILPEK:

1. January-March chungin Women Centre tân heng mite hnên aṅang hian thilpek kan dawng a, kan lawm hle.

- 1) Sihphir Vengthar Bial K.H - ₹ 10,000.00
- 2) Selesih K.H - ₹ 10,000.00
- 3) Pi Lalmuanzuali, Zemabawk - Vawksa Kg 5
- 4) Abishek Dey, Usha International - ₹ 1,000.00
- 5) Hunthar Pastor Bial K.H - ₹ 5,000.00
(Chawhmeh man tur)
- 6) Phunchawng Kohhran - ₹ 5,000.00
(Zirlai thawhlawm tur)
- 7) Durtlang North K.H - Dal Bag 1, Amul Gold Case 2,
Tel Case, Wai wai box 1,
Artui plate 2, Frooti box 1,
chips-100 pack
- 8) Pi Zothansiami, Tuikhuahtlang - Cup Noodles & Chips
- 9) Women & Child Development - Artui box 1 leh dal kg 10

2. PUAN THUI KHAWL PE DAWN : Women Centre-a puan thui zir chhuakte chhawmdawl na turin Bial leh Kohhran mal aṅangin hetiang hian kan dawng:

- 1) Dawrpui Kohhran Hmeichhia - A tiṅa zual pakhatna aṅanga pathumna te hnenah kum tin an Centenary pualin puan thui khawl an pe tawh dawn.
- 2) Tuikual Pastor Bial Kohhran Hmeichhiaten kum 2024 hian zir chhuak mi 1 hnênah Puan thui Khawl leh Over Lock Khawl an pe dawn.

Heng bakah hian Central Committee-in a rel angin Khawpui huam chhunga Pastor Bialte hnên aṅangin Puan thui khawl man tur dawn mêk zel a ni. Women Centre tâna thilpek petute zawng zawng chungah lawm thu kan sawi.

WOMEN CENTRE : PHUNCHAWNG
PUAN THUI ZIR 2024 BATCH SPONSOR-TUTE

Sl.	No. Sponsor-tu	Sponsor zat
	1. Ramhlun North Pastor Bial Kohhran Hmeichhia	7
	2. Bungkawng Kohhran Hmeichhia	3
	3. Phunchawng Kohhran	3
	4. Dr. K. Ropari, Ramhlun N	2
	5. Pi Lalmuanzuali, Zemabaww	2
	6. Dr Lalthansangi Fanai, Bungkawng	1
	7. Hermon Childrens Home	1
	8. Ni Lalrempuii Varte, Ramhlun N	1
	9. Pi C. Zothankhumi, Ramhlun N	1
	10. Pi H. Lalfakmawii, Ramhlun N	1
	11. Pi H. Lalnipuii, Khatla	1
	12. Pi Lalhmingliani Hmar, Ramhlun E	1
	13. Pi Lalngaihzuai, Laipuitlang	1
	14. Pi Lalngahkiani, Khatla	1
	15. Pi Lalsangkimi Hmar, Khatla	1
	16. Pi Lalsangluaii, Tuikual N	1
	17. Pi Lalthachhingi, Tuikual N	1
	18. Pi Ramdinthari, Ramhlun N	1
	19. Pi Rozikpuii, Khatla	1
	20. Pi Sailuti, Thakthing	1
	21. Pi Tlangruaii, Ramhlun N	1
	22. Pi Zohmangaihi, Khatla	1
	23. Pi Zoramawii, Khatla	1
	24. Pi Zothanpari, Khatla	1
	25. Saitual Kohhran Hmeichhia	1
	26. Upa Lalchungnunga, Phunchawng	1
	27. Zuangtui Kohhran Hmeichhia	1

SYNOD BOOKROOM LEHKHABU THARTE

1. **Thuthlung Thar Bih Chianna:** Rev. P.C. Ngháklianmâwia ziah, Thuthlung Thar zir chiang duh tan lehkhabu belhfakawm tak a ni. A man ₹ 500/-

2. **Bible Milem** – Saula, Davida & Lal Davida: Tun hmaa chhuak thin Bible milem; Naupangte'n Bible-a mi ropuite chanchin an hriat theihna atana puitu tha berte zinga mi a ni e. A man ₹ 20/-

3. **Paula-Apostol Danglam:** He lehkhabu hian Chanchin Tha hriltu ropui bera mi tam takin an ngaih Paula hi tu nge a lo nih chiah? Eng nge a danglam bikna? Engtin nge Pathian thu a pawm tih leh a zirtir dan te, a rawngbawl dan leh a rawngbawlna hmun chanchin te chiang taka tar lan a ni. A man ₹ 150/-

4. **Bible Thu Thuk Chhuina Vol 1&2:** H. Joseph Lalfakmawia buatsaih hun rei tak lei tur a awm tawh loh hnuah chhut nawn a ni leh ta bawk. Lehkhabu ngaihnawm satliah ni lovin lehkhabu tangkai an tling. A man ₹ 400/-ve ve.

5. **Pathian Hi A Awm Tak Tak Em?:** Tunlai thangtharte zingah Pathian awm ringhlel, zirtirna mak leh him lo takin a chim kan awm tan mek niin a lang. Chutiang kara thangtharte leh nu leh pate pui thei tur lehkhabu tha tak mai; Rosangpuia Fanai ziah chu a lo chhuak ta. A man ₹ 250/-

6. **Harsatna Kara Pathian Min Hruaina:** Upa R. Vanlaldika lehkhabu siam hi mi tam tak, an nuna harsatna neite tan tanpuitu tha tak a ni ngei ang. Nupa inkara harsatna nei te, nulat tlangval kawnga harsatna nei te, chungkuuaa drugs addict nei te, zu ngawl vei nei te leh thlarau sualin a tihbui buaipui thinte tan tanpuitu lehkhabu tha tak tur a ni e. A man ₹100/-

7. **Tualchher Criticism:** He lekhhabu hi Tapchhak Theory (2011) leh Rambuai Literature (2014) ziaktu C. Lalawmpuia Vanchiau kutchhuak pathumna a ni. Phek 272 a chhah, cheng 350 man a ni

8. **Selet Thanga Kutchhuak:** Selet Thanga fapa H. Thangmawizuala chuan a pa thu ziaq leh lekhhabu lo ziah tawh, lei tur awm tawh mang lo chu a theih chen chen la khawmin lekhhabu pakhtatah a rawn dah khawm a. Lekhhabu tha leh ro tling, tangkai tur tak kan neih belh leh ta. A man ₹ 150/-

9. **A Phek Lehlam Hring Nun:** Lalhrwaitluanga Renthleiin kum 2010 hma lam leh hnu lam, 2020 inkara a phek lehlam hring nun a thlirna hi lo thlirpui ve teh, ngaihnaawm, lunglenthlak leh hlimna leh lawmna hmuh tur a awm vek. A man ₹ 250/-

10. **Mizo Tawng Chikna:** Ralluiai Chhangtein Mizo tawng a chaina lekhhabu chu hun eng emaw chen lei tur a awm tawh loh hnuah a tichhuak leh ta. A chhuak hmasa atangin siam that ngai leh tihdanglam ngai te siam thain tih belh te pawh a awm nual. Lekhhabu hlu leh tangkai tak a la ni reng. A man ₹ 200/-

11. **Self-Hindi Instructor:** H. Pahlira buatsaih, mahnia Hindi zir theihna lekhhabu chu a wawi 8 nan chhut nawn a ni leh ta. Chhut nawn tawh zat atang hian lekhhabu namai a ni lo tih a hriat theih. Hindi tawng thiam duh tana puitu tha hi ₹ 150/- man chauh a ni e.

12. **Cocktail Chawhpawlh:** Ni tin nuna zawhna awm thei tam tak - 46 zet chu LTL Fima chuan a chhanna bengvarthlak tak tak nen a rawn tichhuak a. Phek lehlahmah Mizo tawng, a phek lehlahmah English-in a dah nghal zel bawk. A man ₹ 229/-

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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Vice Chairman	:	Dr. Lalthansangi Fanai
Gen. Secretary	:	Pi H. Lalfakmawii
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Zothansiami
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COMMITTEE MEMBER-TE

- | | |
|--|--------------------------|
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2. Rev. P.B. Mankima, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu alana koh (Tirh 1:8)

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



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



Biate Bial Kohhran Hmeichhia Kristian Chhungkaw Campaign



Kolasib Venglai Kohhran Hmeichhia Kristian Chhungkaw Campaign



Mualpheng Bial Kohhran Hmeichhia Leadership Training & Kristian Chhungkaw Campaign

To

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