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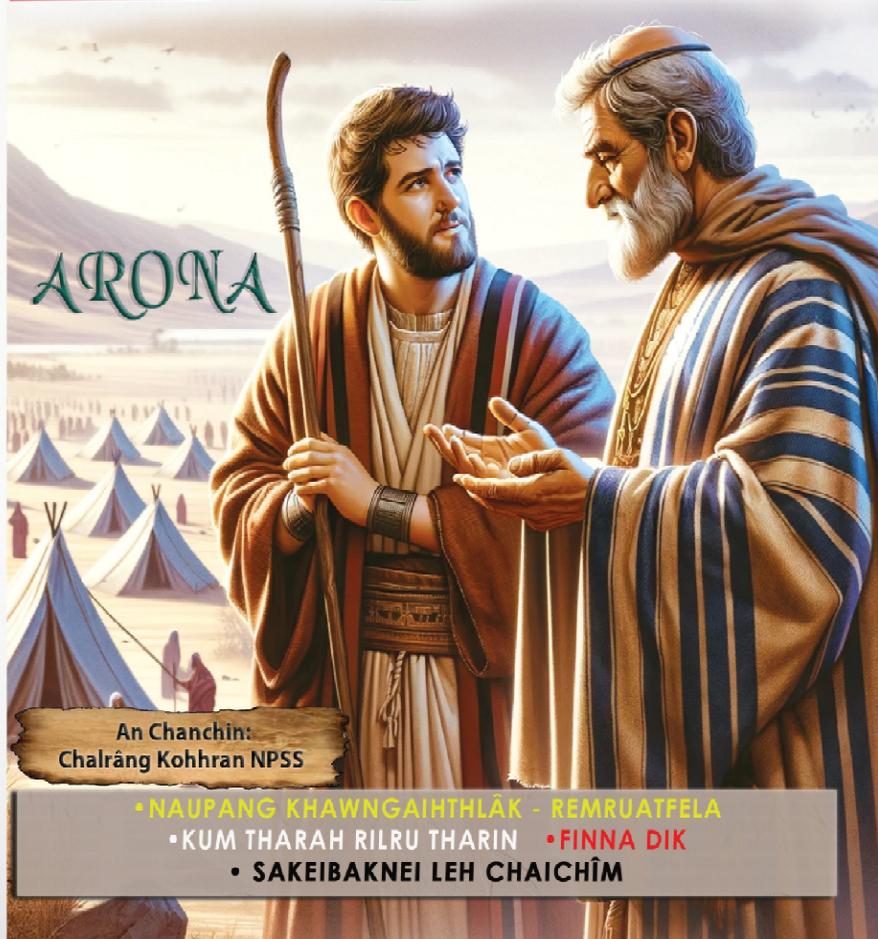
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Chalrâng Kohhran NPSS

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- KUM THARAH RILRU THARIN
- FINNA DIK
- SAKEIBAKNEI LEH CHAICHÎM

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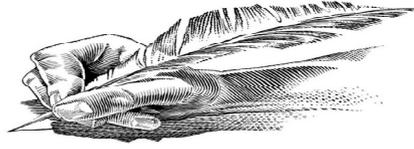
Kum khat lâk man ၃50

Kristian Naupanga thu cbbuahre hi Editor ngaih dân a ni vek kher lo.

A chhônga thu awmte

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Editorial**THUTIAM HLEN**

‘Thutiam’ awmzia kan hria em aw? Thil eng emaw tihlawhtling tûra kan intiam hi ‘thutiam’ chu a ni.

Hmasâwn zêl tûr kan nih avângin kum hlui kan hman liam a, kum thar, hun bi thar kan hman ãan hian kum thar thutiam kan nei ãhîn a. Kristian naupang leh tleirâwlte chuan kum thar thutiam hi neih ãhin a ãha hle. Kan thutiam hi thil chi hrang hrang a ni thei a. ‘Kum tharah chuan thu ka âwih lehzual ang,’ ‘kum tharah chuan lehkha ka zir taima lehzual ang,’ ‘kum tharah chuan lehkhabu ka chhiar tam lehzual ang,’ ‘kum tharah chuan ka inkhâwm taima lehzual ang,’ tih leh a dangte pawh a ni thei ang.

Kum tharah kher lo pawh thutiam hi kan nei thei a. Thu kan tiam tawh a nih chuan hlen chhuah ngei kan tum tûr a ni. Pathian thu chuan, “Thu tiam a hlen si loh ai chuan tiam loh law law i tân a ãha zâwk,” a ti a (Thuh 5:5). Kan thutiam hlen chhuak tûrin ni tin ãan kan la reng tûr a ni a. Kan tihlawhtlin theih nân Pathian ãanpuina kan dîl ãhîn tûr a ni.

NAUPANG KHAWNGAIHTHLÂK – REMRUATFELA

*C. Malsawmdawngliana
Senior Department
Saichal Kohhran*

Hmânlai hian khaw pakhatah hian chhûngkaw pakhat hi an awm ve a. An pa ber chu Thana a ni a, an nu chu Thari a ni a, fapa pakhat Remruatfela (Fela) an nei a. An chhûngkua chu an harsa ve hle a, Pu Thana chuan a theih ang ang hna thawkin, inhlawhna tûr a hmuh apiangah a inhlawh ve thîn.

Ni khat chu Pu Thana chu lung thiara inhlawh tûrin phûr takin a kal a, hna chu thahnemngai takin a thawk a. An hna thawk an chawlh lai chuan an awmna chhaka lung chu a rawn chim ta thut mai a. Lung chim chuan Pu Thana chu rawn delhin, chhan hman lohvin a thi ta mai a. Pi Thari chuan a pasal boral chu a tuar êm êm a, a fapa enkawl a ngai bawk nên a mangang ngei mai.

Fela chu kum 12 lai a lo ni ve ta a. Sikul kal ve zêlin, an pâwlah chuan a thiam thei pâwl a nih chhoh ve zêl avâng chuan a nu pawh a lâwm thîn hle. Tûm khat chu Fela chuan a nu chu mi dang aia an retheih bîk chhan a zâwt a. Pa a neih tawh loh avânga a thianten an kawm duh loh thu leh miin an hmuhsit thu a hrilh bawk a.

A nu chuan, “Bawihthe, chutianga an tih che pawhin pawh ti rêng rêng suh. Taima takin lehkha zir la, a tâwpah i hlawhtling mai ang,” a ti a. Fela chuan, “Aw le ka nu, ka hre reng ang,” tiin infiam tûrin a chhuahsan a.

Pi Thari mit aţang chuan mittui a lo luang chhuak a, “Bawihtea pa kha chu la dam se hetiang êm êm hi kan ni bîk awm si lo,” tiin a ţap a. Hrehawm tiin lungngai viau mah se, a fapa hmuhah chuan a insûm hrâm hrâm ţhîn.

Hun a liam zêl a, Fela pawh a têt lai aţanga a nih châk êm êm, missionary nih tum chuan a inbuatsaih zêl a. Pi Thari pawh chuan a theih ang angin hna a thawk ve sauh sauh bawk a. Fela chuan HSSLC chu first division-ah a pass a. An nufa chuan an lâwm hle a. BA pawh ţha taka pass tumin a zir chho zêl a.

Chutia hlim taka an awm lai chuan Fela nu Pi Thari chu a dam lo ta vak mai a. Theih tâwpa enkawlin, Pathian hnênah pawh an ţawngţai ţhîn a. Mahse, Pathianin a chawlh hahdam a hun tawh a ti a ni ang, a thi ve ta a. Fela chuan hrehawm a tiin a lungngai êm êm a. Naupang têt a nih laia a nu leh paten an thihsan mai chu an ţhenawmte pawhin an khawngaih hle. An theih ang ang chuan Fela chu an ţanpui ve ţhîn a. An ţhenawmten an ngaihsak hle tih a hriat chuan Fela pawh a thla a muang êm em a ni.

Fela chuan a nu thusawi “Taima takin lehkha zir la, a tâwpah hlawhtlinna i chang mai ang,” tih kha a hre reng a. Hrehawm taka a awm lai pawhin taima takin lehkha a zir zêl a. A taihmâkna avângin BA pawh chu first division-ah a pass leh a ni. BA a pass hnu chuan, a naupan lai ațanga a nih tum leh nih châk êm êm ÷thin missionary chu a dîl ve ta a. Văneihthlăk takin a tling ve ta a ni.

Chutia Fela missionary-a a kal chhuak dăwn ta chu an ÷thenawmte chuan an lawmpui hle a. Naupang tē a nih laia a nu leh paten an thihsan chung a hlawhtlinna sâng tak a chang thei chu mak pawh an ti hle. Fela erawh chuan taima taka Pathian ÷thin a nēna lehkha zir hi hlawhtlinna bul a nihzia a sawi nasa hle thung. Tichuan, hlim tak leh taima takin missionary hna chu a thawk ve ta a ni.

HRIAT ATĀN

1. Kristian Naupang agent, copy 10 chin lâte hnēnah a thlăwnin copy 1 pēk ÷thin a ni a. Sub-agent-te hnēnah erawh chuan, copy 30 chin semte hnēnah copy 1 a thlăwna pēk a ni thung.
2. Chanchinbu man hi a kum chhûng zēla pēk tûr a ni a. Entîr nân, kum 2026 lâk man chu kum 2026 chhûngin pēk tûr a ni.

Circulation Manager
Kristian Naupang

A NU LEH PATE TIPIANGHARTU

*PC Lallawmtluangi
Junior Department
ITI Vêngchhak Kohhran*

Sâp ram khaw pakhatah hian hmeichhe naupang fel deuh mai hi a awm a, a hming chu Nancy a ni. A nu leh pate chu an inkhâwm ngai lo va, a pa pheichuan Pathian awm pawh an ring lo. Zû an in nasa hle a, Pathian lam rêng rêng an ngaihsak ngai lo.

Nancy-i chu a thianten an sâwm thîn avângin Pathianni apiangin Sunday School a kai ve thîn a. Inkhâwm chu a nu leh pate pawhin pawh an ti lêm lo va. Isua ring apiang vânrâma an kal tûr thu leh Isua ring lote chu hremhmuna an kal tûr thu Sunday School zirtirtuten an sawi chu a rilruah a vawng reng a.

Zan khat chu mut dâwnah, “Isu, ka ring che a, ka thih hunah pawh vânah min hruai ang tih ka ring e. I zirtîrah min siam ve ang che,” tiin a tawngtai a. A mumangah chuan Isua hi a lo hmu a. A vâv vek hian a inthum a, Nancy bânah chuan duat takin a kai a, a lo lêngpui a. Nancy hnênah chuan, “I tawngtai kha ka lo ngaithla a, ka mi nih i duh avângin ka lâwm êm êm a ni. Ka hnênah i nu leh pate pawh i la rawn hruai ve dâwn nia,” a lo ti a.

A han harh chuan Nancy chu a lâwm hle a. A thiante leh Sunday School-a an zirtirtute hrilh hlân a nghâkhlel hle mai a. A mumang chu a nu leh pate hrilh tûr nge ni, hrilh loh mai tûr zâwk tiin a inngaihtuah neuh neuh a. Nakînah chuan a mumang chu a nu hnênah a sawi ta a. A nu chuan, “Bawihthe, mumang mai mai a nih chu, a tak takah ngai rêng rêng suh,” a lo ti a.

Nancy chuan, “Ka nu, mumang chu a ni a; mahse, a tak tak ang chiah a ni. Isuan min chhandam a, vânramah kan la kal dâwn alâwm. Ka pa nên hian Isua in rin ve loh avângin vânramah kal lovin, hremhmunah in kal dâwn si a, a paw khawp mai,” a ti a. A nu chuan, “Thil ho mai mai an sawi ngai lo, naupang chhia in nih hi, miin an tihder che u a, thil tak tak angin inngai a, i puitlin hunah a hohzia i lo hre mai ang,” tiin a chhâng a. A nu chhân dân avâng chuan Nancy chuan sawi leh ngaihna pawh a hre tawh lo va. A pa bula a sawi phei chuan a lo hau hrep dâwn a ni tih a hria a, hrehawm ti takin a awm ta a.

Nancy chuan a mumanga Isuan, “I nu leh pate pawh ka hnênah i larawn hruai dâwn nia,” a tih kha a hre thar leh thîn a. Engtin nge an âwih theih tûrin ka hrilh ang aw tiin a inngaihtuah nasa hle a. Tichuan, a nu leh paten Isua an rin ve theih nân a rûkin thahnemngai takin a tawngtai thîn a. A chhâng chuan a tap hial thîn.

Kum khat dâwn lai an tân a ɣawngɣai hnu pawh chuan inkhâwm pawh an tum lo va, Isua chanchin ngaihthlâk pawh an tum hek lo. A pa chuan zû a la in reng a, a nu pawhin Pathian thu rêng rêng a ngaihsak chuang lo va. Chutiang an nih avâng chuan Nancy pawh a beidawng lek lek tawh a ni.

Tum khat chu Pathianni zîngah hian Nancy chuan a nu leh pate hnênah chuan, “Kan Pastor thu sawi hi ngaihthla tûrin inkhâwm ve teh u. Pathian thu in âwih lo va, Isua in rin loh chuan Setana pâwl in ni a, hremhmunah in kal ngei dâwn a ni,” a ti a. A pa chuan thinrim takin, “Naupang tê têin chutianga min tih chu le! Ka fanu i nih kha,” tiin a bêng ta ɣthuai mai a. Nancy chu a tlu tawp mai a, a beng aɣang chuan thi a chhuak nghâl a. A nuin chhan a lo tum pawh chu a phal lo va. Chumi ni chuan Nancy chu Sunday School pawh kal thei lovin a dam lo ta char char a.

Ni khat chu Pastor-in a rawn tlawh a. Nancy chu a lo chau hle mai a. Nancy chuan Pastor hnênah chuan a dam leh theih pawh a inrin loh thu a lo hrilh a. Pastor chuan, “Mami, engati nge chutiang te i sawi tâk ni? I dam ɣha leh thuai dâwn alâwm,” a ti a. Nancy-i chuan, “Ka nu leh pate hian Pathian thu an la âwih ve lo va, inkhâwm tûr leh i thu sawi ngaihthla tûrin kan sâwm ɣhîn a; mahse, an âwih duh rêng rêng lo va. Ka mangang êm êm a ni. Ka thi a nih chuan min vuinaah thu i sawi ang ti raw?” a ti a.

Pastor chu a mittui a tla zawih zawih mai a. Nancy hnênah chuan, “Mami, chutiang hun chu a lo la thleng a nih chuan thu ka sawi ngei ngei ang,” a ti a. Nancy-i chuan, “Thu i sawi hunah chuan Isua hmangaihna leh a chhandamna chungchâng thu chauh sawi rawh aw. Ka nu leh paten Chanchin Tha vawi khat tal an ngaihthlâk theihna a nih dâwn phawt chuan,” a ti a. Nancy chu a chauh telh telh a, kâr khat hnuah chuan a thi ta a. A thih lai tak chuan Pastor chu a dam lo ve tlat mai a. Chuvâng chuan, a vuina inkhâwmah pawh thu a sawi thei ta lo va.

Ni khat chu Nancy nu leh pate chu Pastor hnênah chuan an kal a. Pastor chuan, “Engti zia nge nia in nupaa in lo kal?” a lo ti a. Nancy pa chuan, “Kan fanu khân i thusawi ngaithla tûr leh Pathian thu âwih ve tûrin min sâwm thîn a. Keini a nu leh pate hian kan ngaihsak duh ngai lo va. Mahse, Nancy-i’n ka nu leh paten Pathian thu an ngaihthlâk theihna a nih dâwn chuan vawi thum pawh thih nawn ka ngam tia i bula a sawi aţang khân Pathian duhna kan lo nei ve ta a ni,” tiin a sawi ta a.

Chu thu a hriat chuan Pastor chu a lâwm hle mai a. Pathian hnênah lâwm thu a sawi a. Nancy nu leh pate nen chuan hlim takin an inkâwm a, Pathian thu sawiin an hlim ta hle a ni.

Nancy Pathian rinna chuan a nu leh pate pawh Pathian lamah a hruai thleng ta a ni.

KUM THARAH RILRU THARIN

*Eric Lalnunmawia
Vaivakâwn Vêngthlang*

Kum thar lo thleng hi naupang leh tleirâwlten bul kan ÷an tharna atâna hun pawimawh tak a ni a. Hmasawna tûr ngaihtuaha, hma lam hun atâna rilru thar siamna hun ÷a tak a ni. Kum kal ta lama tih fuh tâwk lohte kalsanin, tum thar, kan chhûngkua leh kan zirna kawnga nghawng ÷a tak, hmasâwnna kan neih theihna hun remchâng a ni.

Kum thar hi lehkha phêk thar emaw, bung thar emaw anga sawi a ni fo ÷hîn. Naupang leh tleirâwlte chu



he hun bi thar lo her chhuak hian insiam thar leh theihna hun remchâng min pe a. Chakna, phûrna leh beiseina thar nêen kan nun theih phah a ni. Hun kal tawha thil ÷a lo kan lo tih tawhte bânsana, beiseina leh hlimna nêna bul ÷an tharna hun ÷a ber a ni.

Kum kal ta thlîr kîr ila, kan hlawhtlinnate leh kan tihsualte a÷anga thil ÷a zâwk zir chhuak tûrin

ṭan la ila. Hetianga ngaihtuahna hman ṭhin hi kan tân a pawimawh hle a, hma lam hun kan hman zêlna tûra min puitu ṭangkai tak a ni.

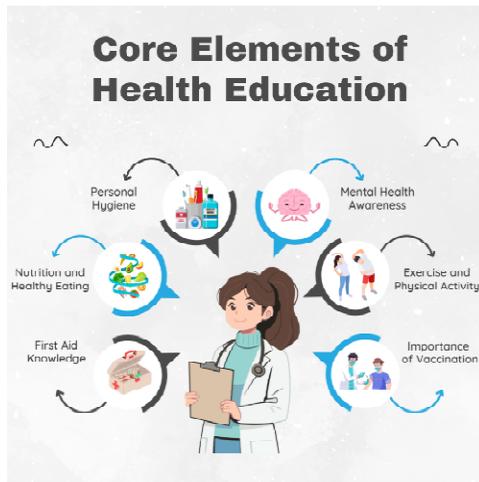
Kum thara thiltum thar neih hi thil ṭha leh ṭangkai tak a ni a. Naupang leh tleirâwlte pawhin kum thar thu tiam kan nei ṭhîn. Thutiam tam tak neih ai chuan, thil tum ṭha, rah chhuah ṭha nei thei neih hi ngaih pawimawh ber tûr a ni. Hetiang thil hi kum tharah tihlawhtlin tum ila:

Mut hun: Mut hun bi fel tak neih tum ila. Khuma kan mut rualin kan *electronics gadgets* dah bo ila, darkâr 8-10 chhông mut tum ang u.

Lâwm thu sawi: Engkimah lungawi leh lâwm nih tum tûr a ni a. Lâwm thu sawi ṭhîn rilru pu kan nih chuan kan nunah lâwmna tûr kan hmu zêl ang.

Chîn ṭhan tha neih: Rimawi tum te, lemziah te, a nih loh leh lehkha chhiar te hian rilru hrisêlna leh thil thar ngaihtuah chhuah thiamna a tipung thei a.

Ngaihtuahna hrisêl min pe thei bawk. Chuvângin chin ṭhan ṭha neih tum tûr a ni.



Hrisêlna ngaih pawimawh: Taksa tihchak dân pângngai, ei leh in hrisêl (thei leh thlai ei tam) ngaih pawimawh tûr a ni. Kan ei leh in hian kan hrisêlnaah nghawng ̣ha leh ̣ha lo a nei thei a. Khawlaiia ei leh in siamte hi a têm thei ang ber ei ̣hin tûr a ni. Chuvângin, kum tharah hian ei leh inah fîmkhur thar ang u.

A tâwp berah chuan naupang leh tleirâwlte hi ̣hian mamawh kan ni a, kan ̣hiante tân ̣hian ̣ha nih tum ila. Kan theih tâwkah khawtlâng tân tlâwmngai takin thawk ila, mi dangte ̣anpuitu nih i tum nasa lehzual ang u. Chhûng inkhâwm te, khawtlâng tâna thil ̣ha tih te leh sikula inkhâwm te hi ngai pawimawh lehzual ila. Hêng hian hlimna leh hma lam hun ̣ha zâwka hman duhnate min pe thei a ni.

BEIDAWNG SUH

Thomas Edison-a khân electric chhit ên theihna tûr hmanrua chi hrang hrang sîng khat vêl zet a enchin hlawhchham hnuah, “Ka hlawhchham lo va, ka beidawng hek lo. Ka hlawhchhamnate hi hmasâwnna rahbi thar a ni. Electric chhit ên theihna thil ka zawna lamah chhit ên theih loh thil sîng khat zet ka hmu chhuak alâwm!” a ti a nih kha.

Hetiang deuh chiah hian kan ni tin nunah te, kan hnathawh leh veivah vênnaah pawh thil beidawnthlâk tak tak kan tâwk ̣hin a; nimahsela, chûngte chu huaisen taka pal tlanga, hneh zêl tûrin Pathianin min duh a ni. Kan beidawn rum rum châng pawhin Pathian hnênah ̣awng̣tai a, a ̣anpuina dîl ̣hin tûr a ni.

FINNA DIK

*Paul Lalringzuala
Vaivakâwn Kohhran*

Mi zawng zawng hian mi fing nih kan duh vek a. Finna kan neih theihna tûrin kan nu leh paten sum leh pai tam tak sêngin sikul min kaltîr a. Kan phâk tâwk leh theihna inang lo mah se, keimahni tâwka a ṭha thei ang ber ni ve tûra kan inbuatsaihna kawngah hian rahbi kan tuk fîmkhur a ṭûl hle.

Khawvêl a changkân ang zêlin thiamna hi a hlu chho zêl dâwn a, chutiang kêra kan dam khawchhuah theihna tûr chuan thiamna leh finna hi a pawimawh êm êm a. Chutih rual erawh chuan zir thiamna hian finna leh hriatna min pe tih hi phat rual ni lo mah se, finna dik leh ṭha ber erawh Lalpa ṭihnaah chauh a awm thung a ni tih kan hriat reng a ṭûl âwm e.

American evangelist leh Bob Jones University dintu Dr Bob Jones-a chuan hetiang hian a lo sawi a: “Mihringin hriatna chu a nei thei. Mahse finna chu Pathian pêk a ni,” tiin. Hei hi a dik hle âwm e. Pathian hmu Chiangtute chuan finna hi Pathian aṭanga chhuak a nihzia an lo hre Chiang êm êm a. An thiamnate chapopui mai lovin, Pathian rawngbâwl nân ṭangkai takin an lo hmang zâwk ṭhîn a ni.

Chuvângin, zirna kawnga hlawhtlinna kan chan hi Pathian malsâwmna vâng chauh a ni tih hre thar ila. Kan hlawhtlinna chante hi keimahni theihna ve rêng emaw ti mai lovin, finna min petu Pathian tân kan thiamnate hmang lêt sauh sauh tûrin inbuatsaih ila. Chu chuan finna dik min neihtîr ngei ang tih a rinawm a ni.

KRISTIAN NAUPANG MAN PÊK DÂN

Kristian Naupang chanchinbu man Bank kal tlanga pêk dan:

- | | | | |
|-----|----------------|---|----------------------------|
| (1) | Account Holder | : | MPC, SYNOD |
| | Account Number | : | 10665620059 |
| | Bank | : | State Bank of India |
| | Branch | : | Mission Veng Branch |
| | IFSC | : | SBIN0007058 |
| (2) | Account Holder | : | MPC, SYNOD |
| | Account Number | : | 25047048954 |
| | Bank | : | Mizoram Rural Bank |
| | Branch | : | Khatla Branch |
| | IFSC | : | SBIN0RRMIGB |
| (3) | Account Holder | : | MPC, SYNOD |
| | Account Number | : | 001101820000093 |
| | Bank | : | MCAB |
| | Branch | : | Centenary Branch |
| | IFSC | : | YESB0MAB007 |

Bank kal tlanga pete chuan an pêk veleh an pêkna receipt an *screenshot* ang a, *agent* hming leh *address* kimchang nên a hnuaia *phone number* kan târ lanah hian Whatsapp leh remchâng dang hmangin thawn tûr a ni. Kan thunna *account* awmna *bank* hi hriattîr tel tûr a ni. (etn. SBI Account-ah nge, MRB nge, Apex Account-ah).

Thawna tûr : PU LALFAKZUALA
Phone number : +91-9862473218

ARONA

Israel fate Aigupta bâwiha an tâng hruai chhuaktu kha Mosia a ni tih kan hre ðheuh a. Mosia khân û fel tak tak pahnih a nei a, a upa zâwk chu Miriami a ni a, a dawttu, Mosia chhangtu chu Arona a ni. Aigupta miten Israel fate an tihretheih êm avângin Pathianin anmahni hruai chhuak tûrin Mosia a tîr a. Aigupta lal Pharaoa chu a sual si a, Mosia chuan a huphurh hle mai a. Mahse, Pathian chuan Mosia ðanpui tûrin a u Arona chu a ruat a, Pharaoa hnênah chuan Arona chuan a kalpui ðhîn a ni.



Mosia leh Arona-te chuan Pharaoa hnênah chuan Israel-te chhuah tûra an dîl hmasak ber ðum chuan Pharaoa chuan, “Thil mak han ti teh u,” a lo ti a. Pathianin thu a pêk lâwk angin Arona chuan a tiang chu a han pah a, rûlah a chang ta a.

Vawi khat pawh Pharaoa an hmu leh a; mahse, an chhuah chu a lo phal lo leh a. Pathianin a hrilh lâwk tawh angin Arona chuan a tiang chuan lui a

han vua a, Aigupta rama lui zawng zawng chu ni sarih chhông thisenah a chang vek mai a. Ni danga an dîl leh pawhin Pharaoa chuan Israel-te chhuah a la phal lo va, Pathian thu angin Arona chuan lui chungah a tiang a han lek a, chungu an lo chhuak mur mur a, Aigupta ram pumah an phu ta mur mur mai a. An mangan êm avângin Pharaoa ngenna avângin Mosia chuan Pathian hnênah chungu tibo tûrin a dîl a, an bo ta chauh a ni.

Vawi khat pawh Pathian thu angin Arona chuan a tiangin vaivut a han vua a, thosi a awm mur mur mai a ni. Arona chuan a nau Mosia chu a ãanpui tlat avângin zawi zawiin Pharaoa thinlung an hmin a, Israel fate chu an hruai chhuak thei ta hrâm a ni.

Mosia chu Israel hruaitu leh rorêltu ber a ni a; mahse, sakhaw lam thila puithiam hna thawk tûrin Pathianin Arona leh a fate a ruat thung a. Chu chu Israel mi zawng zawngin an hriat theih nân Pathian chuan hnam hrang sâwm leh pahnih hotute tiang la khâwm vek tûrin a ti a. An tiangah chuan hnam tin hotute hming chu an ziak ãheuh va. Mosia chuan Pathian an biakna puan inah chuan tiang zawng zawng chu a dah khâwm vek a. A tûk zînga an han en chuan Arona tiang chu a lo chawr a, a kuhmûm a, a pâr a, a lo rah ta mai a! Mosia chuan Arona tiang chu mipuite a entîr a, mipuite pawhin Puithiam atâna Pathian

ruat a nihzia an hre chiang ta a. Tichuan, Arona tiang chu biakbûk chhûngah chuan an dah a, mi dang tiang chu an la lêt leh theuh va. Tichuan, Arona chu Israel-te zînga puithiam lal ni hmasa ber a ni a. A thlahte pawh puithiam an ni ta zêl a ni.

Mosia kha Israel-te hruaitu tûrin Pathianin a ko va, amah chauhvin chu hna chu thawh a harsa êm êm a; chuvângin, Arona chuan a theih tâwpin a ãnpui a. Aronan a nau rawngbâwna a ãnpui nasat em avâng hian a chungah Pathian pawh a lâwm a ni ngei ang, Israel-te zînga puithiam hna thawk tûrin a ruat ta a ni.

Zawhna

1. Mosian Pharaoa hnêna a kalpui ãhin, a û kha tu nge?
2. Aronan tiang hmangin Aigupta ramah khân eng thil makte nge a tih?
3. Tu tiang nge chawr kha?
4. Arona tiang chawr khân eng nge a entîr?

HRIATTÎRNA

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 hmangin phone number 8974581885-ah emaw theh luh
 theih reng a ni.

Editor, Kristian Naupang

SAKEIBAKNEI LEH CHAICHÎM

Kum tam tak kal taah khân, nipui khaw lum lai tak hian ngaw dur pui mai chhûnga thing kûng lian tak hlim hnuaiyah sakeibaknei hi a muhîl bawrh

bawrh a.
Chutih lai
chuan chu
ngawpui a
chêng ve tho
chaichîm tê tak
tê hi phûr
takin a infiam
a, sakeibaknei
muhîl lai
taksaah te
chuan a tlan
chhuk chhovin



a zuang vêl a. Vawi khat erawh chu tum loh deuh maiin sakeibaknei hnârah chuan a tlan thleng palh ta hlah mai a!

Sakeibaknei chu a lo harh ta thut mai a, chaichîm tê chu a kut lianpui mai chuan a man a, a hûm a, a melh ta rûn mai a! Chaichîm tê chu hlauvin a khûr ta chiam mai a, sakeibaknei chu a thinrim êm avângin a duh chuan a hmet hlum thei tih chaichîm tê chuan a hre Chiang êm êm a ni.

“Aw, ramhnuai lalpa, min ngaidam lul teh! Ka ti tawh ngai hauh lo vang a, min ngaihdam chuan i ngilneihna hi ka hre reng ang.

“Tin, eng tikah emaw chuan tanpui lêt theih hun che ka la nei ang a, chumi hunah chuan ka theihtâwp ka chhuah ang e,” tiin sakeibaknei khawngaihna a dîl ta chûl mai a. Sakeibaknei chu chumi ni chuan a hlim nî tak a lo ni a, chaichîm chu a khawngaih a, a chhuah ta a. Nimahsela, a ngaihtuah t̄hîn a, a nuih hi a za êm

êm mai a, ‘Engtin nge chaichîm t̄e reuh t̄ein a ni ang ramhnuai lalpa sakeibaknei lian tak chu a tanpui lêt ve theih dân t̄ur,’ tih a ngaihtuah chuan a nuih a za êm êm mai a.



Ni tam tak hnuah chuan ni khat chu chaichîm chuan an awmna ngawpuiah chuan sakeibaknei mangang hâhum dur dur thâwm a hre ta a. Hmanhmawh

takin thâwm a hriatna lamah chuan a va tlân ta a, a va thlen chuan sakeibaknei chu ramvâk mite lên zârah a lo tâng tlat tih a va hmu ta a. Ram vâk mite an awm loh laiin hmanhmawh takin chaichâm chuan lên zaite chu a seh a seh a; a seh chat ta a. Lên aṭang chuan sakeibaknei chu him takin a chhuak ta a.

Sakeibaknei chuan chaichâm chu lâwm thu a hrilh mawlh mawlh a, chaichâm erawh chuan chu sakeibaknei chak tak maiin a laka khawngaihna a lantîr tawh kha a rulh ve theih tâk avângin a lâwm êm êm thung a. Chuta ṭang chuan chu ngawah chuan sakeibaknei leh chaichâm chu inṭhian ṭha takin an awm dôn ta zêl mai a ni.

Mi tin hi inmamawh tawn vek kan ni.

(Thu lâkna: Dr Lalṭhakima, *Mut Hmun Thawnthu Sawmnga*.
Aizâwl: SL&PB, 2025)

ṬAWNGṬAI LAIA AWM DÂN

Ṭawngṭai laia mit kan chhîn leh kut kan dah zawm hi tih dân phung chauh a ni lo va, kan thinsungin Pathian a pâwl theih nâna thil pawimawh tak a ni. Kan mit kan chhîn hian kan bul vêla rilru la pêng thei lakah kan fihlîm a, kan kut kan dah zawm hian Pathian tâna kan inserhna kan lantîr a ni. Hêng thil pahnih hi kan ṭawngṭai laiin kan ngaih pawimawh thar a ṭûl a. Pathian kan bia a ni tih hriain zah takin i be ṭhîn ang u.

KRISTIANNALAH RAMNGAW HUMHALH

*Zodintluanga
Senior Department
Ruallung Kohhran*

A tîrah chuan khawvêlah hian êng te, nunna te, thing leh mâu te, ramsa te leh mihring te hi kan la awm lo va. Pathianin, “Êng lo awm rawh se,” a ti a, êng a lo awm ta a. Chutiang zêlin thing leh mau te, nungcha te pawh a siam zêl a. Chûng a thil siamte chu a han en a, ðha a ti hle a ni. A tâwp berah mihring chu a kut hmang ngeia siamin, a hnârah nunna thaw a thaw lût a, mihring chu mi nung a ni ta a ni. Mihringte hi thil siam dang zawng zawng aia kan chungnun bîkzia a lang a; mahse, dam khawchhuak tûr chuan hêng: thing leh mâute, nungchate hi kan mamawh a ni.

Mihring hian boruak te, tui in tûr thianghlim te, ei tûr te, kawr hâk tûr te kan mamawh a. Chûng zawng zawng lo chhuahna chu ramngaw hi a ni kan ti thei ang. Mahse, ramngawte hi kan tâna an pawimawh ang ai hian mihringte hian kan ngai pawimawh ve tlat lo. Khawvêl ðhang zêlah ramngawin tlem lam an pan zêl a. Chutih laiin ramngaw, chhûnga chêng leh a siam chhuah thil kan mamawhna a sâng zêl si. Hei vâng hian boruak thianghlim leh tui in tûr tlâkchhamna nasa tak kan tâwk mêk a ni. Ram tinah harsatna hrang hrang a thleng mêk a ni.

Tin, khawvêl a lum tawlh tawlh a, chhim tâwp leh hmâr tâwpa vûrte an tui zêl a. Tuifinriat chîm chin sâng zelin, tui in tlâk a tlêm zêl thung si. Tin, ni aţanga natna leh kan tâna ʒha lo thil tam tak lo dangtu *ozone* pawp lah a lian telh telh a. Hêng harsatna tam tak hi ramngaw kan tihcherêu nasat lutuk vâng a ni.

Hetiang zêl a nih chuan, tân aţanga kum sâwm hnuah chuan tâna rannung kan la neih zaa sawm ruk hi chu an mang vek tawh dâwn a ni. Chutiang a thleng a nih chuan, mihringte pawh hi kan dam theih bîk a rinawm loh. Chutiang a thlen loh nân leh, kan tu leh fa lo la awm tûrte tâna khawvêl nuam leh ʒha tak kan siam theih nân tân aţang hian hma kan lâk vat a ngai a ni.

Tin, kan Kristianna leh ramngaw humhalh hi thil inrem tak a ni thei. Pathianin a duh taka a siam, he khawvêl leh a chhûnga chêngte duat taka enkawl hi Kristian kan nih anga kan tih tûr ve rêng pawh a ni. Mihringte nunrâwn leh duhâm luatah, kan mamawh pawh ni hauh lovin nungcha tam tak kan tihlum a, ramngaw tam tak kan ʒhiat a. Chûngte chuan kan nunnaah nghawng thui tak a nei si.

‘Lungpui pawh lungtein a kam ki loh chuan a ding thei lo,’ an tih ang chiah khân, mihring pawh hi Pathian anpuia siam niin, ropui takah inggai mah îla, hêng rannung te reuh têt têt te, nungcha te, thing leh mau te tel lo hi chuan kan nung thei

bîk lo. Hmânlaia kan pi leh pute pawh kha nungchâte chungah khân an ngilnei hle a ni. Chumi ti Chiang tûr chuan an nun dân thîn tlem han sawi lawk ila.

Kan pi leh pute duh ber kha chu pialrâl kai a ni a, chumi tûr chuan rahbi panga an hlen chhuah a ngai a. Chumi an hlen chhuah hnuah chuan khuangchawiin thangchhuahpa an lo ni ta a ni. Tin, hemi hnuah hian a thei fâlthe chuan khawtlânga an chal lan leh zual nân 'Zaudawh' an tih mai chu an hmang leh thîn a ni. Zaudawh hmang tûr hian khuang vawi thum chawi a ngai a ni. Tin, chumi zawhah zuva hrai an ti leh thîn a. Chumi awmzia chu an thlawhhma neih bula pakhat chu thlai seng duh lovin ramsa leh zuvaten an duh duha an eia an tlan zawh tûrin an zuahsak thîn a ni.

Hei hian awmze thûk tak a nei. Kan pi leh pute kha nungchâte chungah kuthlei viau angin lang mah se, an neihin a tlina, buh leh bâla an hausak phawt chuan nungchâte lakah an inphalin an ngilnei êm êm a ni. Tin, nungcha pawisawi lo, ngau te hi chu an tihlum ngai bîk lo va. Tihpalh thil thua an lo tihlum palh pawhin a tuar lo tûr zâwkin tuara ngaiin, "Zâwnga tuar ai ngauvin a tuar," an lo ti thîn. Kan pi leh pute ang chiah hian, kan mamawh chi hrang hrang a thlâwna min petu (Pathian tih lohvah) ramngaw te, nungcha te hi kan duatin an chungah kan ngilnei tûr a ni a. A bîkin, Kristian naupangte pheih chuan kan duat leh zual tûr a ni.

Khawvêl chhe mêk siam ða tûr hian Kristian pawh ni lo, Pathian pawh hre lo zâwkten nasa takin ðan an la a. Keini Pathian hre zâwkte hian khawvêl leh a chhûnga chêngte hi duat taka enkawlin, an chungah kan ngilnei tûr a ni a. Tin, he khawvêl chhe mêk siam ða tûr hian mi hausa te, milâr te nih kher a ngai lo. I hma lâkna chu a tê emaw, a lian emaw awmzia a nei vek a. Nang leh i chhûngkua leh i thlah lo la awm leh zêl tûrte tân, khawvêl chhanhim tum zêl rawh.

MITDEL RAWNGBÂWLTU ROPUI



Evan Zadâwla hi a pian tirh aţanga mitdel a ni a, chuti chung chuan kum 60 zet Pathian rawngbâwlin hmun hrang hrangah a feh chhuak ðîn a. Mizoram Presbyterian Kohhran chuan kum 1989 khân a rawngbawlna avâng hian chawimawina a lo hlân hial tawh a ni.

A pian tirhin amah hmangaihtuten a thih ngei theih nân Pathian hnênah an dîlsak a; nimahsela, Pu Chawngkhupa (*Aw khawngaihtu Pathianin KHB 36 tih hla phuhtu*) nen an intawng hlauh mai a, ani chuan a dam chhûnga Pathian rawngbawltu a nih tûr thu a hrilh a. Chawngkhupa, dangâwk ve maiin Zadâwla, mitdelin a dam chhûnga Pathian rawng a bâwl tûr thu a sawi chu ringhlela, âwihsak lo pawh a hun lai chuan mi ðahnem fe an ni. Nimahsela, Zadâwla chu kum 1955-a a pianthar aţangin chhum lo chat lovin a boral ni November 12, 2025 thlengin Pathian thuhritu ropui tak a lo ni ta a ni.



CHALRÂNG KOHHRAN NAUPANG INKHÂWM LEH TLEIRÂWL INKHÂWM

Chalrâng Kohhran hi kum 1915 ah din a ni a. Naupang Sunday School hi hmun thumah inkhâwm a ni. Naupang Chawhnu Inkhâwmah Primary Department leh Junior Department an inkhâwm a. Tleirâwl Chawhnu Inkhâwmah Intermediate Department – Senior Department te an inkhâwm a ni.

Kohhran programme pawimawhah Naupang Chawhnu Inkhâwm leh Tleirâwl Chawhnu Inkhâwm zaipâwl te an zai thîn a. Thla thum dan zirlai biak ina puan chhuahna hun an hman thîn bawk. Chawhnu inkhâwmah hian thawhlâwm lâk khâwm thîn a ni a. He thawhlâwm hi naupang leh tleirâwl chawhnu inkhâwm inenkawlina atân hman a ni a, khawtlâng leh kohhran school tân an luang chhuak thîn bawk.

Tleirâwl Chawhnu Inkhawm te hian hlapui: *Halehuia Chorus* leh *Beramno* hmangin music video an siam tawh a ni. Chawhnu inkhâwm hun hman dân tlangpui chu:

1. MSSU-in naupang leh tleirâwl chawhnu inkhâwm zirlai a siam zir thîn a ni.
2. Hla zir
3. Kohhran hun puia hun hman
4. Vacational Bible School(VBS)
5. Games
6. Zai hruai training
7. Tleirâwl pual crusade te a ni.



Hriat Zauna Huang

MIHRING VUN DIK TAK NEIA LO PIANG, PUITLIN HNUA VUN KHAWI LAI EMAW RAWN VÂRA, ZAWI ZAWIA VÂR TA VEK HI ENG NGE A CHHAN?

Vun vâr natna hi *vittilogo* an ti a. He natna hi khawvêl mihring zaa pakhat pawhin an vei lo. A awm chhan ber hi hriat chian a ni lo va, thenkhat chuan taksa vêngtu (immune system) chak lutuk hnathawhah an ngai. Vun natna veitu chuan a vun rawng (melanin) siamtu ber *melanocytes* chu a chhiat avângin vun rawng pângngai a insiam thei lo va, a vun kha a lo vâr ta thîn a ni. Hetiang natna hi a tlângpuiin kum 40 tlin hmain a lang tan a, mihring kan inan loh avângin lang chhuak hma leh har deuh chi erawh an awm a ni. Hmui bâwr leh hnârah a lang chhuak hmasa tlângpui a, mit nauteah a lang chhuak thîn bawk.



He natna hi tihdam theih a la ni lo va, enkawl that erawh chuan a darh zâu zêl tûr a vên theih a ni. Mi thenkhat chuan hêng natna neite hi an hlau thîn a. Inkai chhâwn theih a nih loh avângin natna hlauhawm a ni lo va, vun rawng a inthlâk tih mai chauh a nih avângin hlauh miah loh tûr a ni a, hetiang nei kan thiante zîngah an awm a nih pawhin an hlauhawm loh tih hriat tûr a ni.

Mi thenkhat chuan hetiang vun vâr natna hi inthlah chhâwn theih angin an sawi thîn bawk a. Mahse, inthlah chhâwn theih natna a ni lo. He natna hian tute mah a thliar lo va, eng chi leh hnam pawhin an kai thei vek a, hmeichhia leh mipa pawhin an vei thei vek a ni. Vun hâng (darker skin)-ah a langsâr hma deuh tih mai loh chu a hâng leh ngo pawhin an vei theih dân a inang vek a ni.

Vun vâr natna neite hi ni saah fõmkhur zual a ngai a. Kan hriat angin ni ațanga êng zung chi khat, UV Ray an tih hian vun a rawn chhun khân vun rawng siamtu (melanin) khân he êng zung lakah hian vun leh taksa hi a vêng a. Vun vâr natna neiteah erawh chuan vun rawng *melanin* ber an neih tam tâwk loh avângin niin a em út thei a, natna dang pawh paw chhuak thei a ni.

Kan sawi tawh angin he natna hi zaah za tihdam theih ni lo mah se, thiamna sâng zêlah erawh chuan tihziaawm theih a. Doctor thiam râwnin, a pung zêl tûr pawh eng emaw chen a vên theih a ni. Vun rawng siamtu chhiate la chhuakin vun rawng ța a bel theih a. Vun rawng siamtu *melanocytes* kha la chhuakin enchhinna hmuna khawi pun hnuah vun chhياتna hmunah bel theih a ni tawh bawk. Damdawi lam thiamnain hma a sâwn zêl a, zâah za tihdam theih hun pawh a la thlen ngei a beiseiawm a ni.

(Thu lâkna: Dr Lalnunsiamia Colney, *Hringnun Zawhna; Science Ațanga Chhâna Vol-2*)



Tunlai hian Kristian naupang leh tleirâwlte zîngah hlawhtlin duh si, hlawhtling tûra bei peih lo si ka hmu ðhîn. Stanford University-a mi Carol Dweck-i chuan research a bei a. Mi hlawhtlingte hlawhtlinna chhan a chhui a. Chutianga a thil chhui chhuahte hi hriat ve ðûl tak a ni a, i han sawi teh ang.

1. *Mi hlawhtlingte chuan harsatna chin fel an tum ðhîn:* Mi tam tak chuan harsatna ching fel lova bîk bosan an tum ðhîn. Mi hlawhtlingte chuan an harsatna hmachhawnte chin fel an tum ðhîn.

2. *Mi hlawhtlingte chuan chona an hmachhawn ðhîn:* Chona huai taka hmachhawn hi thil awlâi tak a ni lo. Khawvêla mi hlawhtling ber berte erawh chuan chona hi thatho takin an hmachhawn a. Hlawhchhamna pawh a êng zâwngin an thlîr thiam a. Hmasâwnna leh hma lam pan nân an hmang ðhîn a ni.

3. *Mi hlawhtlingte chuan mahni mi mal hmasâwnna atân hun an inpe ðhîn:* Mi hlawhtlingte hian mahni mi mal hmasâwnna atân hun an insiam ðhîn. Hmasâwn zêl loh chuan dinhmun sângah hian a din reng theih loh. Mi hlawhtling rêng rêng chuan lehkha chhiarna leh zirna hun te, thiamna thar neih te leh thiam belhna hunte an insiam ðhîn.

4. *Mi hlawhtlingte chuan hlawhchhamna hi remchângah an hmang ðhîn:* Carol Dweck-i hian a

thil zir chiannaah kum 10-11 inkâr naupang 128 chu group hnihah a then a. Group khat chu taima leh thawk rim rual an ni a, group dang chu finna lama sâng rual an ni thung.

Tih tûr har deuh han tuk an nih tûm pawhin mi thawk rim leh taima rualho chuan a fing rual an dah khâwmte tih ang chu an ti ve thei vek a ni. Dweck-i chuan, “Mi thawk rim leh mahni theihna chîm chin hre Chiangte hian harsatna leh hlawhchhamna an hmachhawn pawhin an bei nawn leh mai a, mi t̄ha lehzual zâwk an ni thei t̄hîn a ni,” a ti.

5. *Mi hlawhtlingte chu anmahni an inring tâwk a, an beidawng ve lo:* Dweck-i chuan, “I thil thlîr dân hian i nunphung thui takin a nghawng a. I nih duh ang i nih theihna tûr te, i ngaih hlut zâwng nun dâna nungin, i tum i thleng thei chiah em tih thlenga nghawngtu a ni,” a ti.

Mi hlawhtlingte hi an hlawhchham ve fo a. An hlawhchham apianga beidawna leh mahni inrinhlelnaa inbual ât chîng erawh an ni lo. Anni leh mi hlawhchhamte danglamna awm chhun chu, mi hlawhtlingte chu an beidawng ve lo va, an bânsan ve lo hi a ni.

6. *Mi hlawhtlingte chuan an hun an hmang thiamin an ngai hlu:* Thu fingin ‘hun hi tangka a ni,’ a tih hi a dik a. Carol Dweck-i pheih chuan, “Hun hi tangka ai pawhin a hlu zâwk a ni,” a ti hial a ni.

THAWNTHU INPHUAHSIAK

Synod Literature & Publication Board chuan thawnthu inphuahsiak a buatsaih a. He thawnthu inphuahsiaka tel tûrte kaihhraina hetiang hian siam a ni:

1. Naupang/tleirâwl pual thawnthu inphuahsiak tûr a ni.
2. A phuahthu tûr kum bithliah a awm lo va, Mizoram Presbyterian Kohhran mi, a duh apiangin phuah theih a ni.
3. Mahni irâwm chhuak ngei a ni tûr a ni a. Thawnthu awm tawh sa behchhana phuah emaw, ÷awng dang aţanga lehlin emaw phal a ni lo.
4. Kristian inzirtîrna leh kohhran inzirtîrna lam hawi a ni tûr a ni.
5. Mi pakhatin thawnthu pakhat aia tam theh luh loh tûr a ni.
6. Mahni hming te, kum te, kohhran hming te leh contact number te Chiang taka ziah lan tûr a ni.
7. Thumal 10,000–15,000 ziah tûr a ni.
8. Print chhuah sa (hard copy) emaw, a soft copy-in emaw theh luh tûr a ni.
9. A hard copy chu SL&PB Office-ah mahni kalin emaw, dâk hmangin emaw theh luh tûr a ni. A soft copy-a theh lut duh chuan kristiantlangau1911@gmail.com emaw, Whatsapp hmangin phone number 6909132893-ah emaw theh luh tûr a ni a. Thawnthu inphuahsiaknaa tel an ni tih an ziak lang tûr a ni.
10. Kum 2026 May 29 thleng a theh luh theih a ni ang.

Lâwmman

1. Hetiang hian lâwmman pêk a ni ang:

Pakhatna : ₹30,000

Pahnihna : ₹20,000

Pathumna : ₹10,000

Consolation prize : ₹5,000 (mi 7 hnênah pêk a ni ang)

2. Lâwmman pakhatna aţanga pathumna dawngtute hi pawisa fai bâkah thuziak hun mawi (plaque) pêk a ni ang.

3. Lâwmman dawngtute thuziak hi a bua chhuah a ni ang a. A bu a chhuah hunah royalty pêk ÷hin ang rate-in royalty pêk a ni ang.



Bible aṭangin zawhna siam a ni a. Eng zât nge kan chhân dik theih i han enchhin teh ang u aw:

1. Aigupta-a buh dah khâwlina in satu kha tu nge?
Chhânna:
2. Bible-in finna bul a tih kha eng nge?
Chhânna:
3. Bible-ah Paula lehkhabu ziah eng zât nge awm?
Chhânna:
4. Israel hnam pa kha tu nge?
Chhânna:
5. Bible-a mi huaisente tihuaisentu kha eng nge?
Chhânna:
6. Bible-in hlauh tûr a tih kha tu nge
Chhânna:
7. Hausakna hi tu ta nge?
Chhânna:
8. Israel te kha Aigupta mite khân engtin nge an koh?
Chhânna:
9. Pathianin Aigupta mite kha hremna eng zât nge a pêk?
Chhânna:
10. Rephidim tih hi eng nge a awmzia?
Chhânna:

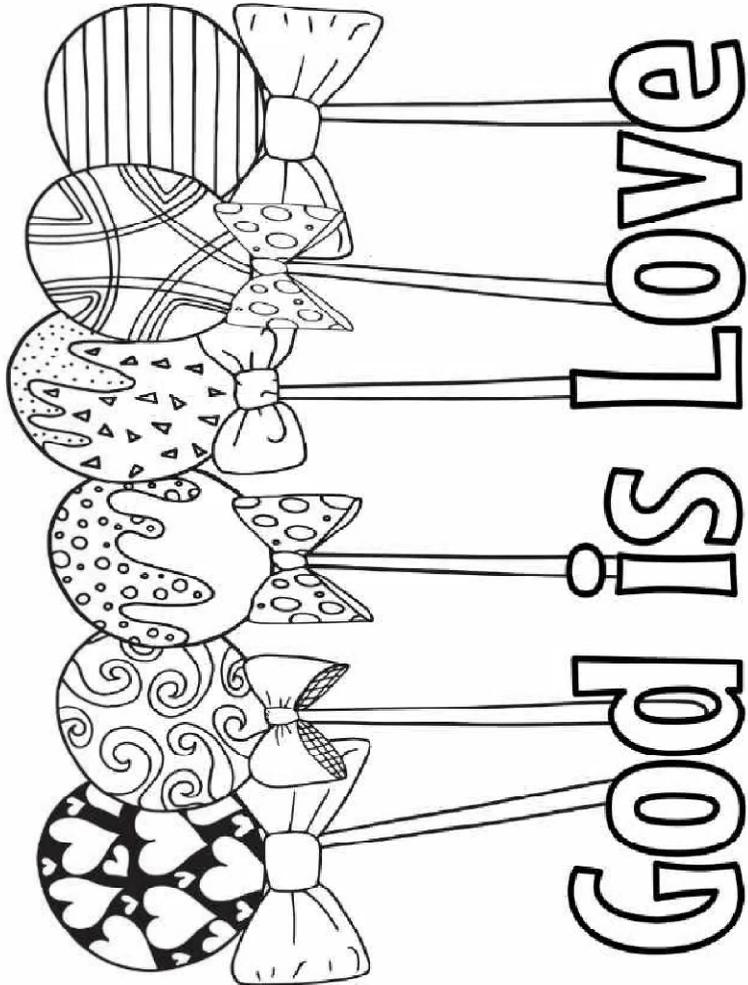
Note: February thlaah a chhânna târ lan a ni ang.

December thla Quiz chhânna:

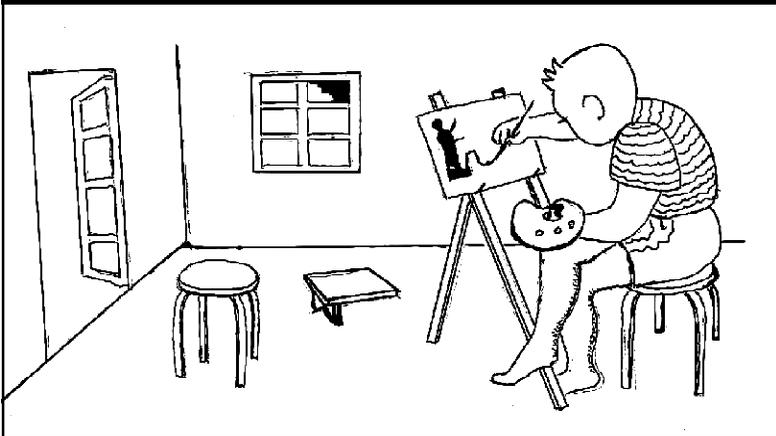
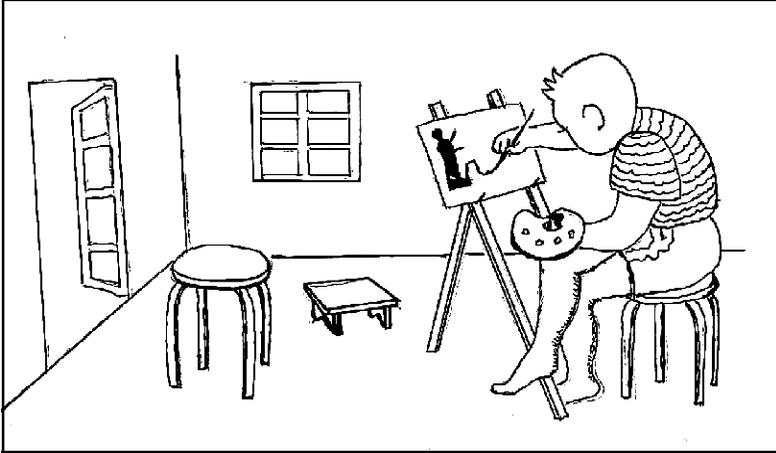
- | | | | | |
|---------------|-----------|-----------------|-----------------|-----------|
| 1. Lal Heroda | 2. 66 | 3. Apostol | 4. Tuiṗui Sen | 5. Exodus |
| 6. Ni 40 | 7. Petera | 8. Pharaoa fanu | 9. Lal Solomona | 10. Mosia |



CHEI RAWH LE!



KA HMUH ANG HMU THEI RAWH



A chungah lemziak chi hnih khi ngun takin en la, a inan lohna chi ruk hmu thei rawh.

1.
2.
3.
4.
5.
6.



Lungdai Kohhran Tleirâwl Chawhnu Inkhâwm 2025



Tuikual North Kohhran Sacrament Department 2025



Mission Vêng Kohhran Junior Department 2025

To



Chalrâng Kohhran Naupang leh Tleirâwl Chawhnu Inkhâwm



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