



Chhuah òan

1986

AGAPE

Vol. XXXVIII No. 390

JANUARY 2025



Chhùnkaw Maicham

Phek – 2

Kum Tharah Lalpa nèn

Phek – 8

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRISLINA

Editorial**ENGTIN NGE KAN DAWN SAWN?**

Pathian zahngaihna avângin kum thar 2025 kan chuangkai leh ta a. Pathian hnênah lawm thu i sawi mawlh mawlh ang u. Agape chhiartu zawng zawngte kum thar Chibai kan bûk che u a, duhsakna kan hlân che u a ni.

Kohhran hnuaiia rawngbâwlna pêng hrang hrangte hi kum khat atân zela ruat a ni tlangpui a. Kumin ațangin bul kan țan chho leh ta a; kan kova tla rawngbâwlna chanvo kan dawnsawn dân hian mawhphurhna hlen tûra kan inpêknaah thui tak nghawng a nei thin.

Mawhphurhna hrim hrim tlânchhiat san hram duh a awm theih ang bawkin chanvo țha anga lang leh nihna lam ringawt buaipui a awm theih a. Tin, kova tla mawhphurhna eng vak maha ngai lo, hlen chhuah kawngah rilru pe tak tak duh lem lo a awm theih bawk.

Rawngbâwlna chanvo eng pawh hi engemaw ti chhung atâna kan kova nghah, khawngaih rawngbâwl hna a nih pawm thiam ila. Langsâr leh biru deuh a lo awm emaw, kan thiam loh zawng tak a ni emaw, kan duh vak loh chanvo a lo ni emaw a nih pawhin a pawimawh dân a inchen vek a, min kotu Lalpa mithmuhah sâng leh hniam a awm chuang lo tih hriain huphurh tak chung pawhin lâwm takin i pawm thiam ang u.

Rawng kan bawlhonaah hian thiamna leh hriatna te hi pawimawh hle bawk mah se inpêkna a pawimawh ber fo a. Mi inpê te leh neitu chan chang thiam te hi Pawl tân an hlu ber a, an țangkai ber bawk thin. Kum 2025 ah hian kum hmasa aiin Lalpa hmanraw tangkai lehzual ni túrin thûk zawkin in hlân thar ila. Kan hmaa intlânsiakna awmah hian chhel takin i tlân zêl ang u aw.

Kristian Chhungkua**CHHÛNGKAW MAICHAM**

- P.C.Laltlani

Bawngkaw East Kohhran

Chhûngkaw maicham kan tih hian chhûngkuaa Pathian biak, chhûng inkhawm neih kan sawina a ni. Mizoram Presbyterian kohhran hmeichhia hian Kristian chhûngkua kan buaipuina a rei tawh hle a. Kristian chhûngkua teh nân buhfaiham tham ziah leh nitina chhûng inkhawm nei kan hmang a. Buhfaihamah hi chuan kan ti tha viau a, mahse nitin chhung inkhawm nei thei erawh kan tam thei lo va. Nitin chhung inkhawm neih harsa kan tihna chhan ber chu kan hriatchian loh vang a ni a. Tun tumah hian nitin chhûng inkhawm nei tur kan ni tih kan sawi dawn a ni.

Nitina chhûng inkhawm neih awmzia

Nitin chhûng inkhawm neih awmzia hi kan hrefuh lo deuh thin a, Bible atanga kan zir a tul a ni. Pathianin Mosia hnênah “Maichamah mei chu a nung reng ang a, a mit tûr a ni lo” (Leviticus 6:31) a ti a. Hei hi halral thilhan, sual thawina puithiamin maichamah mipuite a hlansak tur sawina a ni a. Mei nung reng, mit lo tih chu Pathian nêna inzaawmna chat lo, awm reng sawina a ni a. Kristian chhûngkaw tân chuan nitin chhung inkhawm nei a, Pathian pawl thin tih sawina a ni. Nitin chhûng inkhawm kan neih loh

chuan Pathian nena kan chhungkaw inzawmna a nung reng lo va, a chat a ni ang. Isuan “Keimahah awm reng rawh u, kei pawh nangmahniah ka awm reng ang” (Johan 15:4) a ti a. Isuaa awm reng dan tha tak chu nitin chhûng inkhawm neih a ni. Nitin chhûng inkhawm kan neih hian Bible chhiar leh tawngtaina kan nei a; Bible chhiar chu Pathian aw, a duhzawng kan hriatna a ni a, tawngtai chu Pathian kan biakna, a hnêna lawmthu sawi leh kan duhzawngte kan dilna a ni. Hetianga nitin kan tih theih chuan Isuan keimahah awm reng rawh u’ a tih kan zawm a a ni ang.

Nitin chhûng inkhawm neih chu ÷awngtai hlawhtlin theihna a ni.

“Nangni keimaha in awm reng a, ka thu nangmahnia a awm reng bawk chuan in duh apiang dil rawh u, in tan tihin a awm zêl ang” (Johana 15: 7) Isuan a ti a. Nitin chhung inkhâwm kan neih chuan amahah kan awm renga, a thu keimahnia a awm reng tihna a ni a. Kan duh apiang kan dil thei a, kan tân tihin a awm dawn tihna a ni.

Nitin chhûng inkhâwm kan neih loh chuan Isuaah kan awm reng lo va, Amah kan hlat tihna a ni a, chu chu boralna kawng zawhna a ni. “Mi, keimaha a awm reng loh chuan peng anga paih chhuahin a awm a, a vuai ÷hin; tin, an fawm a, meiah an paih a, a kang ÷hin” Isuan a ti si a. (Johna 15:6) Isua zawm lo va nun hman chu peng, a kung a÷anga paichuah, chi da tawh anga mi rah mai mai tlak lek nihna a ni a; ÷ha lo tak a ni. Sam ziaktu chuan “Ngai teh, nangmah hlata awmte chu an boral ang”(Sam 73:27) a ti a. Chuvângin nitin chhung

inkhawm neih loh vânga Pathian hlata awm chu boralna a ni.

Nitin chhûng inkhâwm neih ÷hatna:

Nitin chhûng inkhâwm neih ÷hatna chu thlarau nun chakna a ni. Nitin chhûng inkhawm nei ÷hin chuan Pathian hnênah lawm thu an sawi ngei ngei a; chu chuan a tichak ÷hin. Nehemia chuan Israela thlah dan an lo zawm loh vânga inthiam lo kun rengte hnênah “LALPA chung a lawmna chu in chakna a ni” (Nehemia 8:10) tiin a hrilh a. Paula pawhin Phillipi khuua ringtute hnênah “Lalpaah chuan lawm fo rawh u: ka ti leh pek ÷hin ang, lawm rawh u. In dawhtheihzia mi zawng zawng hriat ni rawh se. Lalpa chu a hnai e. Engah mah mangang suh u; engkimah ÷awngtai leh dilin, lawmthu hril tel zêlin, in duhnate chu Pathian hnênah hriattirin awm zâwk rawh se. Tichuan Pathian thlamuanna, rilru rêng rênga hriat sen loh khan, in thinlung leh in ngaihtuahate chu Krista Isuaah chuan a vensak ang che u” (Philippi 4:6-7) a ti a. A va thlamuan thlak em.

Nitin chhûng inkhâwm nei thinte chuan Pathian hnênah an chung a thatna leh zahngaihna vângin lawmthu an sawi a, chu chuan Pathian a tilawm a; an inzawmna a tinghet a. Chhûng inkhawm nei thinte chuan Pathian hnênah an duh apiang an dil a, an zinga awm lo, hmun dang awmte pawh an dilsak a. Chhûngkaw zînga awm theilote chuan an chhûngten an tawngtaisak tih an hriatin an thlamuan phah a, hlawk tak a ni.

Mihring hi rilru puthmang danglam zung zung kan ni a, rilru thalo kan putchange a awm a. Chhung inkhawma kan neiha, kan tawngtai hian kan thinlung leh ngaihtuahnate chu Krista Isuaa-ah vensaakin kan ni dawn a ni. “Sakeibaknei vanglaite chu an tlachhamin an ril a tam thin a; LALPA zawngtute erawh chuan thil tha reng reng an tlachham lo vang (Sam 34:10) tih ang khan.

Chhûng inkhâwm nei thei lote chhuanlam:

Nitin chhûng inkhâwm neih sawi hian thenkhat chuan ‘keini chhûng tân chuan tihrial a ni lo, ‘kan ei zawmnain a zir lo’ an ti

thin a; hei hi chhuanlam tling a ni lo. Kan ei zawn-nain a zir loh vang tak hian Pathian, min tanpui theitu kan mamawh tih hriat tûr a ni. “A ram leh a felna chu zawng hmasa zâwk rawh u, tichuan chung zawng zawng chu a pek belhchhah dawn che u nia “(Mathaia 6:33) Isuan a ti a. Chung zawng zawng tih hian ei leh bar, silh leh fen kan mamawh tinreng a huam a. Zawn hmasak tur zawng lo va, a pêk belhchhah tur zawn hmasak hi atthlak tak a ni. Thil rêng rêngah tih hmasak tur leh tih hnuhnun tûr a awm vek a, lehkha zir pawhin pawl hniama tan phawt a ngai a. Pawlsangah awm nghal kan tum chuan kan hlawhchham mai ang. Chutiang bawh chuan Pathian zawng hmasa lo va, thildang kan zawn hmasak chuan kan hlawhchham mai ang. Sam ziaktu chuan “Leilung leh a chhûnga thil awm zawng zawng hi LALPA ta a ni a, Khawvêl leh a chhûnga chengte nen hian” (Sam 24:1) a ti a. Engkim neitu chuan a duh apiang hnênah a pe thei a, pêk tlak ni tura kan awm a ngai a ni.

Nitina chhung inkhawm neih hi sawma pakhat pek nen hian inanna tak a awm a. Thenkhat chuan sawma pakhat pek hi t̄ul tihna an nei lo va, pe th̄inte chuan ‘malsawmna hnar a ni’ an ti a, pek z̄el an duh a. Chutiang bawkin nitin chh̄ung inkh̄awm nei th̄inte chuan a hlutzia an hria a, bansan an duh ngai lo.

Sawma pakhat p̄ek hi Pathianin a phut a ni a. A zawlnei hmangin Israela thlahte hn̄ênah Sawma pakhat an p̄ek loh chuan Pathian ta an ruksak a ni a, anchhia lawh an ni tih a hrilh a. Sawma pakhat an p̄ek erawh chuan malsawmna chhiarsen loh vur a tiam a (Malakia 3:1-10).

Mi thenkhat chuan sawma pakhat p̄ek chu Thuthlung Tharah chuan Pathian phut ni lovin an sawi a. Mahse Isua chuan “Dan thu emaw, zawlneite thu emaw tiboral t̄ura lo kal ka nih ring suh u; tiboral tura lo kal ka ni lo va, tifamkim tura lo kal ka ni z̄awk” (Mathaia 5:17) a ti a. Midang sawis̄el lo t̄urin a hrilh a, “pe rawh u, chutichuan p̄ekin in awm ang, th̄ahnemngai taka teh a, beng muk a, sawi muk a,

liam zawih zawihin in mal chungah an pe ang che u. In tehna ngai bawkin an tehsak leh dawn si che u a” (Luka 6:38) a ti a. Paulan Isua thu sawi hi la chhawngin “Englo lak aiin p̄ekin lukhawng a nei z̄awk” (Tirhkohte 20:35) a ti a. Sawma pakhat pek ang hian mi thenkhat chuan nitin chh̄ung inkh̄awm neih hi t̄ul an ti lo va, an sawisel th̄in.

Nitin chh̄ung inkh̄awm nei lote hian a t̄ulna an hriat loh vang a ni chawk. Kristian chh̄ungkaw campaign kan neihin pa pakhat chu chaw ei dawnin i t̄awngt̄ai th̄in em? ka ti a, ani chuan t̄awngt̄ai th̄in e, a ti a. A ni leh mut dawnin i t̄awngt̄ai th̄in em ka ti leh a, ani chuan mut dawn chuan ka t̄awngt̄ai ngai lo, a ti a. Kei chuan i va huai ve ka ti thlawt a. Tun lai khawv̄elah chh̄iatna thleng a tam êm êm a, mahni thiam loh ni lo va, midang sual v̄anga nunna chan lah an tam tawh a. Pathian venhimna kan mamawh êm êm a. A hn̄êna kan nunna leh kan neih zawng zawng min venhimsak t̄ura dil loh chu a him lo êm êm a. “Pathian chu kan in humhimna leh kan chakna,

Mangan laia ÷anpui vartu hnai reng a ni (sam 46:1) tih ang khan.

Hriat loh vânga tih tur tih loh hi a pawî êm êm a. Hmang chang hriaten an tia an nei ang hi hre ve lote chuan kan chan fo ÷hin. Tirrhkoh Paulan ‘hria sela chuan ropuina Lalpa chu an khengbet lo vang “(Korinth 2:8) a tih ang khan hria sela chuan tuman chhûng inkhâwm nei lova nileng hun hman an duh lo vang.

Nitin chung inkhawm neih hi hlimna a ni.

Tun laiah in ÷ha tak tak chhûnga cheng hlim si lo an tam viau va. A chhan chu an chhûngkuaah Isua lal ber a nih loh vang a ni. Kan bial kohhran hmeichhia in Kristian chhûngkaw Campaign nei tura kan sawm pastor pakhat chuan chhûngkaw ÷henkhat chu treasurer an tam lutuk a, an hlim lo tih a sawi zauh va, ngaihtuah a ti thui hle. Mihringte hi suala piang kan ni a, finna leh hriatna a tam poh leh ngaihdan a tam a, inrem loh a awl. Hemi tireh tur chuan kan chhûngkuaah Isua lal bera kan pawm a ngai a. “Tu in pawh Nang i chenna chu Rap in chhawlbuk nise, Hlimna leh

remna a tel ve, Van malsawmna hlu nen tih hla ang khan. Kan in chu a ÷ha emaw, ÷ha lo emaw pawh nise kan chhûngkua-ah Isua lalbera kan pawm chuan kan hlimngei ang.

Emau kawnga ÷hian dun kalten an hnêna Isua cheng tûra an sawm a, an harsatna zawng zawng chin fel a ni a, an hlim ta êm êm ang khan Isua kan hnêna cheng tûra kan sawm chuan kan harsatna a kiang ang a, hlimna leh muanna kan nei ang.

Hawh u, chhûngkaw nuam i siam ang u. Chhûngkaw nuam kan nih chuan in chhûng kan thlahlel ang a, khawi hmunah pawh kal chhuak ila in lama haw kan nghakhlel ang a, in lama awmte pawhin kan hawn hlan an lo nghakhlel ang a. Chhûngkuain Pathian kan beho ang a, a nuam dawn em asin. Kan chhûngkuaah Isua lo lal ber fo sela, chhûngkaw nuam kan siam a ni mai.

Nitin chung inkhawm neih dan

Nitin chhûng inkhâwm neih dan hi a inang lo va. ÷henkhat chuan chhûng inkhâwm bu an

chhiar a, an ʔawngʔai a. Naupang awmnaah chuan hmangtu nih an chak vângin an thiam ang tawka an ʔawngʔai chu an pawm a. Naupang, mahni ina chhông inkhâwma hun hmang ʔhinte chu Sunday Schoola ʔantu atân ruat an nih pawhin ʔawngʔai dan an thiam mai a. Chhông inkhâwm hmang ngailo naupangte chu zirtir chawp an ngai ʔhin.

ʔhenkhat chuan chhôngkua kan kim thei lo tih chhuanlamin nitin chhông inkhâwm an nei thei lo tih an sawi a. Chhôngkaw nihna hi pakhat chauh pawhin chhôngkaw pumpui ai a aw theih. Entir nan khawtlang hnatlang emaw kohhran hnatlang pawh nise, chhôngkaw zînga pakhat hnatlang an awm chuan anni chhung chu an hnatlang tih a ni a. Chhôngkuaah sawrkar hnathâwk pakhat chauh pawh

awm se, anni chu sawrkar hnathâwk an ni a, an nei ang tih a ni ʔhin. Chutiang bawkin Chhôngkaw zînga pakhat chauh pawhin chhôngkaw aiawhin chhông inkhâwm a nei theih a; chhungkaw maicham a siam thei. Chhungkaw maichamah mei mit lo turin chhôngkua member pakhat tal awm hi a pawimawh tih hria ila, tuman chhôngkaw kim loh vânga chhông inkhâwm nei theih loh tih hi chhuanlamah I siam lo vang u.

A tawp bera ka sawi duh chu mihring tan vawikhat thih ruat a nih angin kan la thi vek dawn a. Kan hun a lo thlen chuan ka hman lo tihin awmzia a nei dawn lo va. Thi tur ʔheuh ʔheuh nitina Pathian hnêna ʔawngʔai ʔhin chhôngkua chu chhông inkhâwm nei hman lote ai chuan vui a nuam zawk ngei ang.

Agape chhiartu zawng zawngte Kumthar chibai kan buk a che u. Kum alo thar a, Agape la thar tur leh kohhran tin te lak tur zât report a zira copy chhut a ngaih avângin January 2025 issue hi tlemin kan chhuah tlai a ngai a, chhiartute hriatthiamna kan ngen e.

Kumthar Sermon**KUM THARAH LALPA NÊN**

- Rev. R.C.Lalngakliana
Moderator

“Kan zinga i tel ve si loh chuan heta ta hi
min hruai chhuak ma ta che” Ex 33:15

Pathian hruainain kum 2025 kumthar kan chuang kai ta a. Lawmthu kan sawi mawlh mawlh a ÷ul khawp mai. Kohhran Hmeichhiaten kan rawngbâwl na peng hrang hrangah theih tawp kan chhuah ÷hin hi a ropui a. He kumtharah pawh hian Lalpa nêh rawngbâwl hna thawk zêl tûrin in buatsaih ila. Hmasawn zêl tûrin inpêkna thar nen ke i pen ang u. Mahni duh dan leh ÷ha tih anga kan kal a, ke ken pen chuan kan dai pelh fo. Tuartu pawh kan ni ÷hin. Mahse Lalpa hriatpui tlaka ke kan penna hmun leh hun apiangah leh a tel ve zel theihna kan nihna hmun a piangah kan ke pen a tluang a, midang tân malsawmna kan ni ÷hin. Mosia chuan Lalpa hnêna a sawi chu kan zinga i tel ve zel si loh chuan heta ta hi min hruai chhuak ma ta che a ti a. Lalpa a tel dawn loh chuan hruai chhuah a duh lo. Lalpa nena thil tih zel a duh. Chuvangin

Kohhran hote hian he kumtharah hian Lalpa nen tih hi thupui atân nei ila a ÷ha awm e.

1. Chhûngkaw ngaih pawimawh a ÷ul : Chhûngkua a ÷hat loh chuan Kohhran leh khawtlang a ÷ha thei lo va. Chuvângin Chhûngkua hi ngaihsak a ÷ul

khawp mai. Tunlai dinhmun en pheih chuan a ÷ul zual ta hle mai. Chhûngkua in- nghahna pawh mawh chu nu leh pa an ni. Nupa kar a fel a, a ÷hat a, a nawm chuan chhûng kuain a rah a seng ÷hin. Nupa kar hi ngaih pawimawh a ÷ul takzet. In ngaihsak tawn ila, inhrethiam

tawn ila, inngaidam tawn ila, a ṭul chuan tlawm zawk ni ngam ila. Chubakah chuan inhmangaih tlat a ṭul bawk. Chung zawng zawng innghahna lungphum chu Krista ni rawh se. Kawppui bik neih hi Bible zirtirna a ni a. Midang kawp lawr a rem ti lo. Krista rin chhana nupa kan ṭan dun tlat chuan kan inhhung khurah sualna hnehin a awm ṭhin. Nu leh paten kan tu leh fate hi enkawl , kaihhruai, zirtir ngun an ngai tih hi a taka nunpui a ṭul. Chuvângin kan rawngbâwl naah kan chhôngkua kal kanin, thlawh khuma rawngbâwl a rem lo. Kan hlim san thiàng lo va. Kan chhôngkua hi kan dah pawî mawh ngei tur a ni ang. Chuvângin nu leh pa chuan Pathian kan hriat chian a ṭul. Abrahama chu a fapa Isaka hlan tura Pathianin a tih khan Pathian hmun ruat lam pan chuan a fapa hruaiin a kal ta mai a ni (Gen 22:1ff). Abrahama hian Pathian a hrechiang a, a fapa hlan

ngam khawpin Pathianah rinna a nght a, a ring ngam bawk a, a thu a awih bawk. “Ka thu i awih tak avangin i thlahah khawvêl hnamtin an la thawveng ang” tih a ni. Hetiang khawpa Pathian kan hriat chian chuan a duh zawng ti turin chhôngkuain ke kan pen ṭhin dawn a lo ni. Chu bakah chhôngkaw member tin ten Krista hriatna nen nu leh pa thu awih tura ṭan kan lak a ngai. Thu awihlo rah chu a chhe ṭhin. Chhôngkuaa thu awihlo pakhat pawhin chhôngkua a nghawng nasat theih dan ringawt pawh hi nasa tak a ni. Inlaichinna a nghawng a, sum leh pai, khawsak phung, rilru leh taksa zawng zawng pawh a nghawng vek mai a. A sawp chu nasa tak a tih ang mai kha a ni. Pathian thu awih hi kan chhôngkaw tan damna, malsawmna a ni a, a bak a awm reng reng lo. Chuvângin chhôngkaw member tinin Pathian hriatna nen mahni dinhmun ṭheuh luah a ṭul a, a ṭul a

piangah in chawikang tawn tur kan ni. Pa in Pa dinhmun luah ila, Nu in Nu dinhmun luah bawk ila. Faten nu leh pa zahin an thu ngaichang thiam ila. Hmasawn zêl turin tan ila ang u.

Tunlai khawvêl nun hmasawn zêl karah hian kan chhûngkua chu Krista ta ti ngam tur khawpin theih tawp i chhuah ang. Khawvêl thila kan rual awt lutuk hian min dai pelh tir palh ang e. An hmakhua kan thlir avângin khawvêl thilah theih tawp kan chhuah thin. Kan tih tur pawh a ni. Mahse kan tih sual palh theih chu Pathian lam hawi tûra kaihhruai kan ngaih thah palh ang tih hi a ni. Ngaihthah a hlauhawm khawp mai. Sum leh pai, in leh lo chu kan mamawh zêl ang. Mahse a laiah Isua kan dah zêl a tul. Chhûngkuaa harsatna tawk mêk pawh a awm theih. Kan chhûngkaw zinga mi sualin a phuar mêk pawh kan awm mai thei. Zam leh beidawng mai tur kan ni si lo. Min tanpuina tur chu Lalpa, lei

leh van siamtu hnên a mi a lo thleng dawn tih hriain tan lak chhunzawm zêl a ngai. 2 Chro 20:12-ah, ‘a tihngaihna rêng rêng kan hre bawk hek lo, I lam kan lo hawi mai zâwk a ni e’ kan tih ni a piangin Lalpa thiltihtheihna a lo lang thin. Chuvângin Lalpa lam i hawi zêl ang u. Petera te len deng pawh an hlawh chham dêr mai. Mahse zan khuaa an denna, an hlawhchhamna, an beidawna hmunah ngei khan Lal Isua thu a nih chuan an hlawh tling thung (Lk 5:5). Tanpuitu Lalpa kan nei a, Thlarau Thianghlim thuum chakna nen ke kan penna hmunah a ropuizia kan hmu dawn a ni.

2. **Pathian tawk tura inpeih:** Kum hluihah khan eng kawng nge kan zawh tih thlir kir ta ila, Lalpa tawk tura inpeih nun nilo, thildang min chim tu a tam viau thei awm e. Keimahni duh thu ngeia kan tlan hi chuan a fuh tawk lo fo thin. Chuvângin he kumtharah hi chuan a dik

lo, fel lo, tha tawk lo zawng zawng bansan ngama, kawng dik leh tha, fel zawk zawh tura kan inbuatsaih a ngai. Matthaia chuan kawngka zau leh kawngka zim tiin a sawi (Mtt 7:13,14; Lk 13:24). Kawng ka zimah chuan lut rawh u a ti a, chu chu Pathian tawk tura kan kawng zawh tur, Lalpa nen kan tih zel theihna tur kawng chu a ni. Mihring hian kan hmalam hun kan sawi lawk thei lova. Kan awm dan tur kan hre lawk lova. Engnge kan tawh dawn kan hmu lawk thei lo. Nunga lo piang tawh phawt chu tawp leh tur, thi leh tur kan ni a. Kan nunna hi chhum rei lote lo langa ral leh mai thin ang anih avangin tawp maithei vek kan ni a. Pathian tawk tura kan inpeih a ngai. Kan thih hmaa Lal Isua a lokal a nih pawhin amah tawk tura kan inpeih a ngai tho. Inpeih dan tha ber chu Krista rin a ni. “Kei hi thawhleha leh nunna chu ka ni; tupawh mi ring chu thi mah sela a nung reng ang” (Joh 11:25)

Lal Isuan a ti si a.”Kei hi nunna chhang chu ka ni; tupawh ka hnena lo kal chu a ril a tam lo vang, tupawh mi ring chu engtikah mah a tuihal lo vang” (Joh 6:35) Lal Isuan a ti bawk. Chuvangin Lal Isua hi ring bur mai ila a hlu ber. Chu chuan kan ke pen a hruaia, Lalpa duhzawng ti turin a buatsaih thin.

3. Lalpa tih a ngai: Thuf 1:7 ah, “Lalpa tih hi finna bul a ni a; Nimahsela, mi ate chuan finna leh zirtirna an hmusit thin” tih kan hmu. Thuh 12:13 ah,” Pathian tih la, a thupekte vawng rawh’ a ti bawk. Bible-ah hian Lalpa tih lo kan hmu nual mai. Annania leh Saphiri te nupa pawh Lalpa mihhmuhah thil diklo an ti tlat, an inthural leh nghal. Chuvangin an nunna in a tuar phah ta (TT 5:1-11). Puithiam Elia chu Lalpa rawngbawltu ni mahse a faten Lalpa duhloh zawng an ti thin a khap lo a niang, an tuar phah ta. Kohhran hote

hian Lalpa hi kan ñih lo fo em aw tih a ngaihtuah theih khawp mai. Kan chet dan, kan tih duh zawng hi han thlir han thlir ila keimahniah hian Lalpa ñihna tak tak a awmlo palh ang e. Kan eizawn dan kawngte thlir ila, Lalpa duhzawng leh hriatpui tlak leh malsawm tlaka thawh rimna rah chang ngam tura in buatsaih a ñul khawp mai. Thawk mang lova neih tum, dik mang lova hausak pawh hrehlo kan ni palh thei tlat. A rah chu a chhe ñin. Diklo leh fellova kan tihin min ei let chinah chuan a tuar a har ñalh tawh ñin. Chuvângin Lalpa nen kan tih zêl theih nan Amah i ñih ang u. “Lalpa ñih chu finna bul a ni a. Mi thianghlima hriatna hi hriat thiamna a ni (Thuf 9:10). Mi mawl leh fello ber nia lang pawhin Lalpa a ñih a, a belh

tlat chuan Lalpa a chawikang tlat zêl. Engkim neitu Lalpa hian a thlahthlam ngai lo. Lalpa ñih chu dam reina a ni a (Thuf 10:27), nunna tuikhur a ni a (Thuf 14:27), nunna leh lungawina a ni a (Thuf 19:23) sum leh chawimawina a ni bawk (Thuf 22:4). Lalpa ñihna a vangin miin sual an tlansan a, Lalpa duhzawng ti turin ke an pen a. Chu chuan Lalpa nen a tih tir ñin a ni.

Chuvângin he kumtharah hian Lalpa nen ke kan pen dun zêl theihna turin a thu awih ila, kan chhûngkua ngaipawimawh thar ila, amah ñih ila, amah tawk turin inpeih ang u. Kan chungah eng pawh lo thlengin eng pawh tawk dawn ila, Lalpa nen kan tih zel theihna hmunah a ñanpuina leh a awmpuina duhawm tak kan chang zêl ang.



Sermon

THILPÊK I DAWNG TAWH EM?

(Jacoba 1:17)

-Rev. J. C. Lalramliana

Synod Office

Thilthlawn pek hi chu dawn a nuam êm êm vek mai. Thilthlawn pêk tih takah thilpêk chu a petu rilru ațanga chhuak a ni a, a dawngtu lam tan duhthlan a rem lutuk lo. A petu in a dawngtu tur mamawh zawng emaw a ngainat zawng tur ngaihtuahin thilpek tur a ruahman țin a. Induhsakna thil tih a ni a, chuvângin a thilpêk chu pawisaa a chhut a a hlut zawng sang tak ni lemlo mahse a petu thinlung ațanga chhuak anih avângin a hlu êm êm vek a ni. Tunlaih chuan thilpek (present/ gift) pêk tur chu tuam chi anih chuan mawi taka tuam kan duh țin a. A chhunga awm chu thil manto tak nilo mahse pawn lama a lan dan a

mawi theih nân a tuamna mawi mawi thlan țin a ni. Fiamthu deuh a thil hlu lutuk lemlo pawh ropui hmel tak a tuam te pawh a awm țin kha. Pathian hi mi thilpêk pe țin a ni. A nihna takah chuan kan nun a kan thil tawn zawng zawng hi Pathian hnên ata thilpek a ni vek zawk a. Kan hriatthiam zawng tak leh kan hriatthiam lemloh te pawh hi Ama hnên ata thilpek a ni vek zawk. Kan

phu vang emaw kan dil nasat vang emaw a min pek ni lovin, a khawngaihna avâng liau liau a kan dawn vek a ni. *“Lalpa rilru chu tuin nge hria? Tunge a remruat saktuah pawh țin tawh? A rulh leh tur pawhin a hnênah tuin nge thil pe hmasa? Amah ațang leh, amah avâng leh amah atân thil zawng zawng a lo awm a ni si a;”* (Rom 11:34-36) Engkim hi Pathian hnên ațanga kan

dawn vek a ni tih a Chiang khawp mai. Mahse kan vanneih leh zel na chu thilpêk min petu hian kan tâna ðha ber tûr min thlan sak ðhin. “...*an ðhatna turin engkimin a thawhsak hlawm ðhin...*” (Rom 8:28) Pathian thilpek hi kan ðhatna tura engkim hre vektu in duhsak taka min pek vek a ni.

2023 December 29 ah cancer ka vei ve anih tih kan hre chhuak a. Kumthar zan chuan Pathian hnênah ka inhlan a, “Lalpa kum 2024 kum thar min hruai luh dan chu ka duhthusam ang a va ni lo em” ka ti a. A hnu deuh a Pathian min chhanna ni ngei a ka hriat tak chu, “Thilpêk anih kha.” tih hi a ni. Mak ka ti hle mai a, mahse Pathian hnênah ka in hlan ta a. ‘Ka tâna ðha ber tur hre vek tu in duhsak taka min pêk anih phawt chuan lawm takin ka dawng e’ tiin. Chumi zan aþang chuan ka damlohna ka thlir dan chu

thlak sak in ka awm ta a. “I thil min pêk hi a ðha ber a ni ngei ang tih ka ring a, mahse a tuam nan cancer kher i rawn hmang a, ka tan hriatthiam a har deuh anih hi. Nakinah a tuamna kawr hi kan la phelh ang a, a chhûnga thilpek duhawm tak chu kan la phawrh ngei ang a, kan la hlim hle dawn a ni’ te ka ti chho ta bawrh bawrh a.

I nun a i thil tawn mêk kha duhsak taka Pathian pêk che anih i pawm thei em? Malsawmna ni anga lang lemlo harsatna, channa, natna, buaina, chhiatna, rilru hahna, chhûngkua a manganna ruk leh thihna te thleng pawhin Pathian thilpek a ni e tiin kan dawng ngam dawn em? A petu hriat chianna aþang chuan dawn ngamloh tur a awm lo. Pathian hian kan tâna ðha tur nilo chu min pe dawnlo ani tih hriatna aþang chuan engkim mai hi lawm taka dawn ngei ngei tur thilpek

hlu tak a lo ni vek zawk si. Engemaw nikhuaah mi thilpêk kan dawng ðhin a. Mawi takin an rawn fun a, a chhûngah enge awm tih hre miahlo mahila lawm takin kan dawng mai ðhin. Enge a chhan? Hun lawmawmah min duhsaktu in kan tân a thlawnin thil min rawn pe a ni a, an phak tawka mawi leh ðha ber min min rawn fun sak ang tih kan rin tlat na khan lawm takin min dawn tir a ni. A chhûnga thil awm hmuh lawk a ngai lo, a petu kan en khan kan lawm mai zawk a ni. I tâna ðha ber tur pek nachang hre ve tur hian Pathian hi ring tawk rawh, i ring sual lovang.

Thilpek hlutna tak tak chu a fun phelh hnuah a lo lang ðhin. Thilpek ðhenkhat chu hawn mumal ni ta rêng rêng lo te, midang pek lehchhawn daih tak te, a dawngtu in hman ðangkai a tum rêng rêng loh te, a hnu reilote a bawllhlahw bawm a an paih tak daih te a awm ðhin. Mi pakhat chuan a

zinna aţangin a nupui ta tur bag a hawnsak a, a nupui chuan ‘a va mawi ve’ tih pahin lawm takin a dawng a, mahse kum nga hnuah pawh vawi khatmah a la khai chhuak lo a ti. Thil hawnsak a tum leh tawh ngailo a ni awm e. A pawimawh lai ber chu Pathian thilpêk kha engtin nge i hman, tih hi a ni. A fun phelh thleng i nghak chhuak dawn em? A nih ang ang khan hmangin i tipung dawn em? Thilpêk petu pek chhan ang tak khan i hmang ðangkai dawn em? Kan hriatthiam zawng angin a lo thleng lo a ni mai thei, mahse Pathian min pek ania ti a, tawrh tlawk tlawk hi a petu thiltum a ni hauh lo ang. Kan kawll chhung a rei emaw reilo emaw ðangkai taka kan hman thiam chuan kha thilpêk kha a hlu zual zêl ang a, hmangaihna leh duhsakna thilpêk tih kan chiang deuh deuh ang.

Pathian hian i hriatthiamloh tur hlir thilpêk pek che a tum lo.

“Thilpek tha leh thilpek famkim zawng zawng chu chung lam ațangin êngte Pa hnên ata a lo chhuk thin a ni, ...” (Jacoba 1:17) a ti miau a. Kan țahpui ngawih ngawih tur hlır hi a ni vek bik dawn lo a ni. Hmuh phata min tilawm thintu thil tha tam tak a awm ve tho a, engvangin nge chungte chu Pathian hian min pekloh bik ang. Kan duh kan thlang theilo anih pawhin kan dawn paha kan nuih ver ver na tur hi min pe ve ngei ngei dawn a ni. Thil pakhat chauh min pe dawn lo, thil tam tak min pe dawn, mahse ama duh hun zêlah a lo thleng ang.

Thilpek a zawng a thilpêk hlu ber chu Fapa Isua Krista avânga Chatuan nunna kan chan hi a ni. He chatuan nunna hlutzia hi

kan hrethiam phak lo mai pawh a, a aia hlu hi a awm thei tawhlo zâwk a ni. He khawvêla kan nun tawite hi a tawp mai dawn ni a an lan a, thihna kotlang a han din meuh chuan, he lei nun chhung a kan thlakhlelh tam tak hi chuan awmzia a nei tlem hle. Chatuan atân kan nung tawh zâwk dawn a ni tih inhriatna chauh loh hi chuan min thlamuan thei tawh lo. Hlutna chuai thei zawng zawng ten an tawp hun a rawn thlen meuh chuan tawp ve lo tur awm chhun chauh hi a ni lawm a kan kuah ngawih ngawih thin chu.

“Ama Fapa ngei pawh zuah lova kan zaa aia petu chuan, thil zawng zawng pawh a thlawnin min pe tel lo vang em ni?” (Rom8:32)



**MIZORAM PRESBYTERIAN KOHHRAN
HMEICHHE INKHÂWMPUI LIAN
VAWI 51 - NA**

Programme

- A hun : March 7-9, 2025
 Ahmun : Lothazawl Field, Thenzawl
 Thupui : ‘Rinawmna’ (Sam 37:3)
 Sawitu : Upa Lalnunpuia Hrahsel, Luangmual
 Vengthlang
 Thu zir : Zawlnei Hosea Bu
 Zirtûrtu : Pi R. Lalrinpuui, Superintendent,
 Women Centre

Ni 7.3.2025 ZIRTAWPNI : THLEN KIM NI

Zirtawp zan dar 7:00 : Palai lawmna leh Report

- Hruaitu : Pi Zothanpari, Chairman
 Tantu : Thenzawl Vengthlang Bial
 Reports : (1) General Secretary
 (2) Bial Report khai khâwmna
 Thusawitu : Executive Secretary i/c Kohhran Hmeichhia
 Zaipawl : (1) Sumsuih Pastor Bial
 (2) Leitan Pastor Bial

Ni 8.3.2025 INRINNI

INKHÂWMPUI RORÊL

- Tan hun : Chawhma dar 10:00
 Ahmun : Thenzawl Field veng Kohhran Biak In

HRUAITU THLAN

- Hruaitu : Rev. R.C. Lalnghakliana
 Moderator, Mizoram Synod

RORÊL HLÂNA INKHÂWM

- Tan hun : Chawhma 10:30
 Hruaitu : Thenzawl Bial

- Tantu : Tawipui North II Bial
 Thuhritu : Pi Lalremruati Royte
 Headmistress, Jubilee Model School,
 Jonai, Arunachal N
 Zaipawl : (1) Chhinga Veng Pastor Bial
 (2) Bungtlang Pastor Bial

THUZIR INKHÂWM

- Tan hun : Chawhnu 1:30
 Hruaitu : Thenzawl Field veng Bial
 Tantu : Tlabung Chawnpui Bial
 Thu zir : Zawinei Hosea Bu
 Zirtirtu : Pi R. Lalrinpuii, BA; MTh
 Superintendent, Women Centre
 Zaipawl : (1) Chalrang Pastor Bial
 (2) Mamit Pastor Bial

Zan dar 7:00 : Pathian Biak Inkhâwm

- Hruaitu : Dr. Lalthansangi Fanai, Vice Chairman
 Tantu : Marpara North Bial
 Chibai bukna :
 Thuhritu : Rev. R.C. Lalnghakliana
 Moderator, Mizoram Synod
 Zaipawl : (1) Chawnpui Pastor Bial
 (2) Lawngtlai Pastor Bial

Ni 9.3.2025 PATHIANNI

Chawhma dar 10:30 : Pathian Biak Inkhâwm

- Hruaitu : Pi Zothanpari, Chairman
 Tantu : Manikbond Bial
 Chibai bukna :
 Thupui : ‘Rinawmna’
 Sawitu : Upa Lalnunpuia Hrahsel
Kristian Chhûngkaw dinhmun tehna - ‘No Mawi’ hlan
 Hlantu : Secretary, Mizoram Synod

Zaipawl : (1) I.T.I. Veng Pastor Bial
(2) Baktawng Pastor Bial

Chawhnu dar 1:30 : Pathian Biak Inkhâwm

Hruaitu : Pi Zothanpari, Chairman
Tantu : Tuithumhnar Bial
Thupui : ‘Rinawmna’
Sawitu : Upa Lalnunpuia Hrahsel
Zaipawl : (1) Khuangleng Pastor Bial
(2) Mizoram Synod Choir

Zan dar 7:00 : Pathian Biak Inkhâwm

Hruaitu : Dr. Lalthansangi Fanai, Vice Chairman
Thuhrlitu : Pi Zothanpari, Chairman
Hruaitu thar hlan
Hlantu : Rev. R.C. Lalnghakliana
Moderator, Mizoram Synod
Zaipawl : (1) Zaipawlpui (Thenzawl Bial thum infin)
(2) Mizoram Synod Choir

Zan Inkhawm ban - Zaikhawmpui

Hruaitu : Pi R. Lalnuntluangi

Zing tawngtai Inkhâwm (Dar 6:30)

Ni 8.3.2025 Inrinni zing

Hruaitu : Pi C. Thanpari

Ni 9.3.2025 Pathianni zing

Hruaitu : Pi A. Nazi

Article**PHUNCHAWNG LAMAH**

- Rohmingthangi,
Central Committee(2023-2025)

Kum 2024 Calendar-ah December ni 3 chu ka thai bial kalh mai a, theihngilh hlau takin ka thlir fo mai. Women Centre, Phunchawng a 2024 Batch kharna Inkhawm hun anih vang a ni.

Kan Bial aiawh 2 te nen Synod Office lam kan pan a, kan thleng hma viau emaw kan tih lain Bus Conductor tura ruat ho chu an lo awm thap tawh mai a, Central lama kan Office Bearer te pawh an lo nui sang tawh mai a, a hlimawm hle. Bus a lo dinna lam kan panin kan chuang a, rin aiin kan thawl viau a, kawng laka min lo chang tur engemaw zah an awm

vang a ni. Women Centre hmun kan thleng a, eitur tuihnai takin min lo hmuak a, a tui ngei mai.

2024 BATCH KHAR INKHAWM Programme chu Devotion Hall, Women Centre-ah 12:00 Noon-ah hman tan a ni a, Pi Zothanpari, Chairman erawh damlohna avangin Vellore lamah enkawl mek a ni a, a hmel hmuh tur awm lo chu kan kim lo riau a. Kohhran miten a tan kan tawngtai

reng chu Lalpa in min chhang ngei ang a, dam takin an lo haw beisei tlat ila. Pi Lalthansangi Fanai, Vice-Chairman in hneh takin Inkhawm min kaihuai a, Programme ruahman a felfai hle mai. Recitation sawi turin Ni Zomuanpuui sawm a ni a, thinlung leh tih takzeta sawi chu a va ngaihnaawm em! Recitation sawi atanga ka rilru a lo lang tlem sawi ka chak 'Women Centre Sam' ka ti mai a, a

phuah thiamin a kim ngei mai.

Khawzawl Vengthar Pastor Biala kan awm lai, February Chawlhni vawihnihna hmanga Bial Hmeichhe Inkhawmpui kan tiak mahni veng/khua lamah kan hawng a, thiian thenkhat uang deuhin, leiba engzah nge inrawn hawn? an ti a. Ni e, Bial Budget leh Women Centre Budget hi kan nei ngei ngei a, mahni Kohhranah Women Centre Budget tuak nan enge kan tih ang? tih kan sawiho thin a. Thingphurh, hlo thlova inhlawh, sawhthing hmun neih, be kang hmun neih, thlai thar thawh te a ni thin. Khawpui te angin Budget sang lo mahse, kan sum tuak dan hi chu a rum thin teh a nia. Budget tlin ngei ngei tumin tan kan la thin. Nu ho kan inlungrual dan kha theihnghilh chi a ni lo. Women Centre zirlai chhuak tur ten anmahni kawr

thui ngei anrawn ha leh zirlai hmel hmuh khan, an tana theihtawp chhuaha kan hnatlang, kut durh, chhipna leh kawng na te kha a va dam Chiang em! Chawngtlai nu ho (nu valai) in thingphurin, kum upa lam in an lo chhep a (Thingchhep ho pheichu mual an liam zo deuh thaw tawh) Women Centre hlawhtling taka din anih hi han hmu hman ve se aw...)

Kum 2024 ROREL INKHAWM VAWI 12-NA, Rorel General 5-na “Women Centre-a Puanthui zir chhuakte puanthui khawl pek ni rawh se” tih chu Rorel Palai ten tha tih a ni a. Central Committee in bawhzuiin Khawpui chung Bial ten rin phak bakin hman la a. ₹4,33,110.00 zet mai thawhkhawm a ni. Hei bakah Dawrpui Kohhran Hmeichhia in Centenary pualin Kekhawl pathum, Tuikual Pastor Bial Kohhran Hmeichhiain Kekhawl

pakhat leh Overlock leh Usha Enterprise in Ke Khawl pali leh Electric Khawl pakhat an pe a, Women Centre zirlai te an vanneiin an lawmpui awm hle mai.

Sawi hmaih phal rual loh, kumina zirlai te hi Ei leh in man(Mess) fee hi mi pakhat tân ₹1,600/- thlakhat atân a ni a, ₹1,000/- hi Central Kohhran Hmeichhia in tumsakin ₹600/- hi Training te tum ve tur a ni a, hei pawh hi mi inpe ten an Mess Fee pawh an tum sak vek bawka. kohhran Nu-te inpêkna a ropui hle a, Pathianin

malsawmna tam takin vur se, Women Centre tân Thlathar Thawhleh zan a Ṭawngṭai rualna kan neih hi Lalpa in a mite kaltlangin min chhang zêl a ni tih hria in, Thawktu leh zirlaite tân ṭhahnemngai takin i ṭawngṭai zêl ang u.

PHUNCHAWNG tih sawi rik anih rualin Mizoram Presbyterian Kohhran Hmeichhia te enkawl Women Centre, kan member tam takin Puanṭhui an thiamna leh nunphung ṭha an zirna hmun awm a ni tih hi Zofate thinlungah cham reng se a va duhawm lehzual dawn em!



Kumthar 2025 kan lo chuangkai leh ta a, Agape agent leh chhiartu zawng zawngte Lalpan malsawm che u rawh. Agape man pek hi ngaipawimawh hram ila, a theih chuan a man hi a kum chhung ngeia pek hram theih nise a lawmawm hle ang.

Hriselna Huang**DAM REI NAN-
MUT THAT LEH THIN NATNA****-Dr J.Lalramchhuanga, MD
Civil Hospital, Aizawl**

Huazhong University of Science and Technology, China a zirchianna an neih ah chuan, mut that loh/mut tlem leh thin thau bawh natna (Fatty Liver) lo inkungkaih ril zia an hrechhuak a. Zu vang pawh ni lem lo a Thinah thau a lo inchhekkhawl nasat lutuk khan zu in lo Thin thau bawh (Non-Acoholic Fatty Liver Disease) kan tih hi a siam a. Hei hian khawvêl mi maktaduai engemaw zat hi min nghawng mêk a. America ram puitling zaa 45 zet in Thin thau bawh hi an nei a ni tiin zirchianna pakhat chuan a sawi. Enkaw! that a nih loh a, mahni lam ei leh in insum hmangin emaw insawizawi hmanga kan inenkawl vat a nih loh chuan, dinhmun thalo zâwk Thin ro emaw Thin cancer a thlen thei a ni. Thin thau bawh hi enkaw! thei a ni a, Thin ro stage a thlen tawh erawh chuan, enkaw! nasat a ngaiin ngai a awh leh mai thei tawh lo. Zu in mi phei chuan Thin ro hi an thihpui nasa hle a. Zu in ve miah lo pawh, ei leh in kan uluk loh a, kan taksa a rih lutuk a, kan insawizawi that loh chuan, Thin thau bawh neiin a tawpah Thin ro emaw Thin cancer neiin kan awm thei. Hetiang damlohna hi engemaw zat kan hmu chho mêk a ni. Kan fimkhur a tul hle mai.

Zirchianna 'Hepatology International' a an tihchhuahah chuan, thin thau bawh nei mi 112,196 an zir bing a. Chung mite zingah chuan mut kham lo/ mu tha lo ten Thin ro natna an nei hma bik hle tih an hrechhuak a ni. Mut that chuan Thin hriselna kawngah nghawng tha tak a nei a, inthlahchhawna (genetic)

ațanga Thin tha lo chung a mi pawh lo ni se, mut that hian awmzia a nei hle tih hriatchhuah a ni. Tumahin inthlahchhawna avânga risk kan neih te kan tidanglam thei lo a, nu leh pa kan pianna te kan thlak thei lo. Nimahsela, chuti chung chung chuan, mut that hian a tha zawngin nghawng nasa tak a nei

thei a ni. Zantin darkar 7 aṅga
8 mut ṭhin hian hriselna kawngah
a ṭha zawngin nghawng nasa tak
a nei a ni.

Kan taksa hian zantin darkar
7 - 8 mut ṭhin hi kan hrisel nân a
mamawh a. Mut tlem hian kan
Thin chauh ni lo kan taksa
hriselna ah kawng hrang hrangin
nghawng nasa tak a nei a.
Hriatrengna hloh te, ngaihtuah
bing theihlohna te, lu nã, anxiety/
depression, nguaina leh nguina
te, thutlukna dik siam hleitheih
lohna thleng in a thlen thei a ni.
Tin, natna benvawn nei sa te tan
natna benvawn a tizual kai thei
bawk.

Ngaihtuah ngun ngai tak chu,
tunhnaia zirchianna pakhat
chuan, zana rei tak tak meng
ṭhinte hian zunthlum an vei hma
bik tiin a sawi a. Zanlai pelh hnua
mu ṭhin ten Zunthlum hi kum 40
tlin hma in an vei hma zâwk an ti
a (1.46-fold increased risk of
developing diabetes). Darkar 1
zela mut tlai hian zaa 52 in
Zunthlum neihna chance a tipung
an tihial a ni.

Heng zirchianna aṅga te hian
Pathianin mut hun atâna min
pek, zana mut ṭhat hian kan
hriselna mai ni lo kan damreina
tur thleng in nghawng thui tak a
nei tih kan hre thei ang. Zana
darkar 6 - 7 mu ṭhinte tan Thin
thau bawh an lo neih pawhin
Thin ro an neihna tur a tikhawtlai
emaw a veng thei hial in sawi a
ni. Mut ṭhat kan tih hian ni leng
lenga mut reng lam kan sawi lo
va. Chhun hnathawhna huna
Pathianin a siam a, active taka
awm a, ei leh in tur dik a tawk
chauh ei leh in in, zan
hahchawlhna hunah ṭha taka mut
kan tum tur a ni. Hetiang hi
'circadian rhythm' an ti a,
Pathianin kan nunphung tura fel
taka a lo duan sa zawm hi
hriselna atân a lo ṭha ber mai.

Damna leh Hriselna in
hnênah-

JEREMIA 30:17

“Ka tihrisêl leh ang chia,
Ihlam zawng zawng chu ka
tidam ang,
LALPA thuchhuak chuan a ti;

ROREL INKHAWM VAWI 12-NA in a lo rel angin Kum 2024 aṅgin Women Centre-a Puanṭhui zirchhuakte puanṭhui khawl pek tur Aizawl khawpui chhunga Pastor Bial hrang hrang aṅanga Puanṭhui khawl leina tur heng bial aṅang te hian an thawhkhawm a. Heng pawisa hmang hian Women Centre zirchhuakte tan Puanṭhui khawl lei a ni a, 2024 Closing Function-ah Puanṭhui Khawl hi hlan an ni.

<u>Sl No.</u>	<u>Bial</u>	<u>Pek zāt</u>
1.	Chaltlang Bial	6,500.00
2.	Tlangnuam Bial	5,500.00
3.	Bethlehem Bial	6,500.00
4.	Chhinga Veng Bial	13,000.00
5.	Mission Vengthlang Bial	6,500.00
6.	Dawrpui Vengthar Bial	6,500.00
7.	Chawlhmun Bial	6,500.00
8.	Khatla Bial	6,500.00
9.	Kulikawn Bial	6,500.00
10.	Tanhrlil Bial	5,000.00
11.	Dawrpui Bial	13,000.00
12.	Armed veng Bial	6,500.00
13.	Mission Veng Bial	20,000.00
14.	Zuangtui Bial	6,500.00
15.	Hlimen Bial	6,500.00
16.	Luangmual Bial	7,000.00
17.	Leitan Bial	6,500.00
18.	Zemabawk North Bial	6,500.00
19.	Republic Bial	13,000.00
20.	Bawngkawn Bial	5,500.00
21.	Chawnpui Bial	12,000.00
22.	Electric Veng Bial	32,500.00

<u>Sl</u> <u>No.</u>	<u>Bial</u>	<u>Pek zât</u>
23.	Tuikual Bial	23,000.00
24.	Bungkawn Bial	13,000.00
25.	Sihphir Vengthar Bial	6,500.00
26.	Vaivakawn Bial	7,000.00
27.	Hunthar Bial	6,500.00
28.	Bethlehem Venglai Bial	5,500.00
29.	Bawngkawn Bethel Bial	6,500.00
30.	Maubawk Bial	7,500.00
31.	Sakawtuichhun Bial	6,500.00
32.	Chanmari Bial	19,500.00
33.	Ramhlun Bial	13,000.00
34.	Ramhlun North Bial	6,500.00
35.	Zonuam Bial	10,000.00
36.	Lungleng I Bial	6,000.00
37.	I.T.I Veng Bial	6,500.00
38.	Zemabawk Bial	13,000.00
39.	Venghnuai Bial	6,500.00
40.	Chanmari West Bial	6,500.00
41.	Airfield Vengthar Bial	7,000.00
42.	Ramthar Veng Bial	6,500.00
43.	Venghlui Bial	6,500.00
44.	Nursery Veng Bial	6,500.00
45.	Ramhlun Vengthar Bial	6,500.00
46.	Durtlang Bial	6,500.00
47.	Himali Bial	7,110.00
48.	Sihphir Bial	6,500.00
49.	Thuampui Bial	6,500.00
	TOTAL	4,33,110.00

**2024-A NAU CHÂWMNA PETUTE LEH
AN CHÂWM ZÂT (Chhunzawmna)**

Sl.no.	Bial/Kohhran/Mimal hming	Chawm zât
216.	Suarhliap Bial Kohhran Hmeichhia	1
217.	Suarhliap Kohhran Hmeichhia	1
218.	Vairengte Kawngthar Kohhran Hmeichhia	1
219.	Tualbung Kohhran Hmeichhia	1
220.	Armed Veng Bial Kohhran Hmeichhia	4
221.	Rangvamual Kohhran Hmeichhia	4
222.	N. Hlimen Kohhran Hmeichhia	1
223.	Khawzawl Vengthar Kohhran Hmeichhia	2
224.	Zamuang Kohhran Hmeichhia	2
225.	N. Serzawl Kohhran Hmeichhia	1
226.	Bawngkawn Shalom Kohhran Hmeichhia	1
227.	Kanhmun Bial Kohhran Hmeichhia	1
228.	Damparengpui Bial Kohhran Hmeichhia	1
229.	Luangmual Vengthlang Kohhran Hmeichhia	2
230.	Durtlang Bial Kohhran Hmeichhia	3
231.	N. Hlimen Kohhran Hmeichhia	1

**2024-A MISSIONARY TANA AGAPE CHANCHINBU
LÂKSAKTUTE (Chhunzawmna)**

Sl.no.	Bial/Kohhran/Mimal hming	Laksak zât
176.	Rawpuichhip Kohhran Hmeichhia	15
177	E. Lungdar Venghlun Kohhran Hmeichhia	1

Thlir dan inang lo

Nghakpuii

Lo neitu pahnih hi an awm a, an thil thlir dan a inang lo hle mai a. Pakhat zawk chuan, “Ka huan hi a lei a sakin a tha lo hle mai a, ka bawngpuite lah an upa in an hnute hi tun hma angin a tam tawh bawk si lo va, engkim hi a tha lo vel vek mai. Nun hi a hahthlak mang e,” tiin lungawi lo zetin a huan leh a ran vulh chungchangte chu a sawi a.



Lo neitu pakhat zawk chuan, “Kei pawh ka huan hi a lei a sakin a tha lo khawp mai a, mahse ram pakhatte pawh ka neih loh lai ngaihtuah chuan tuna ram ka nei ve ta hi ka lawm em em a ni. Nang ang bawkin kei pawh ka bawngpuite an upa tawh a, mahse bawnghnute min la pe reng thei a. Thil hlu leh tha nei lo mah ila, hrisel takin ka la awm a, zingah hna tul leh ka duhzawngte thawk thei turin hlim takin ka la tho thei a, ka lawm em em a ni. Pathian hnenah engkimah hian lawmthu ka sawi a ni,” a ti a.

Nun hi engtin nge i thlir ve le? I chung a thil rawn thleng turah duh thlang thei lo mah la, i chung a rawn thlen tawh chuan i thunun thei a ni. I nuna thil rawn thleng hmachhawn dan tur chu i duhthlanna a ni e.

Eisiam Huang**BAWNGSA LEH CAPSICUM**

Mamawhte :

Bawngsa	:	Kg chanve(a ti)
Capsicum	:	Pava khat
Purunvar densawm	:	fiant 1
Purunsen	:	Pahnih chansawm
Soya Sauce	:	fiant khat
Cornflour	:	fianlian 1
Tel	:	No chanve

A siam dan :

1. Bawngsa chu tui tlemte in cookerah tihmin la, sin te te in pawtthet ang che.
2. Tel chhuang sa la, purunsen leh var zai sawm sa chu thlak la, mei hniam deuhin a lo sen deuh thap thleng kang la.
3. Bawngsa thehsawm sa chu thlak la, capsicum zai sin telh la, rei vaklo i kan hnuah Soya Sauce leh chi telh la.
4. Tui tlem leh la, a so hnuah cornflour kha telh la, a hlawm i hlauh chuan cornflour kha tui nen chawk ral hmasa la telh leh la, cornflour telh hnu hi chuan vil uluk loh chuan a tui a khal hma thin a, min 10 vel i chawh hnuah a ei theih a ni mai.

(Hetiang a bawngsa leh Capsicum siam hi a tui in a changkang a, sa hi telh tam loh pawhin a tui tho a, kan tih tam duh chuan a hmin hma deuhin zikhlum chansin te han telh ila ala tui viau tho zel. A duh tan hmehhan tlem a telh theih bawk)

Hruaitute Chanchin**R. TLANGHMINGTHANGI**

Pi R. Tlanghmingthangi hi Pu R. Ramliana(L) leh Pi Sangkimi(L) te fa 10 (sawm) zînga pathumna niin 1966-ah North Mualchengah a piang a, rambuai vangin East Lungdar k h u a - a h a s e i l i a n . Pu H. Lalnunsanga, East Lungdar nen innein fa 6 (paruk) leh tu 3 (pathum) an nei a, pa ber hnathawhna avângin kum 1996 aţangin Zemabawk North, Aizawlah tun thlengin an awm a ni.

RAWNGBAWLNALAM KOHHRANAH:

Kum 2005 aţangin Zemabawk North Kohhran Hmeichhe Committee niin kum 2007-ah Finance Secretary hna a chelha, Chairman, Vice-Chairman, Secretary leh Assistant Secretary-te chelhin tunah hian Secretary hna a chelh mêk a ni.

Kohhranah Puitling Sunday School Zirtirtu, Chawhnu Thuhriltu, Kristian Chhûngkaw Committee, Decoration Committee a ni mêk a ni.

BIAL-AH : Kum 2009-ah Zemabawk Pastor Bial Committee member-ah lutin kum 2014-ah Bial Buhfaitham ziaktu niin kum 2015-a Zemabawk North Pastor Bial thar a lo pian khan Treasurer niin, Assistant Secretary, Secretary, Chairman, Vice Chairman niin tunah hian Secretary hna a chelh mêk bawk.

BIBLE CHANG/HLA DUHZAWNG : Phillipi 4:4-7 hi a duh êm êm a, KHB No 23-na, “Kan Pathianin min hruai zêl thin” tih hla hi a duh hle a ni. Pathian faka zai nuam a tiin hla pawh 30 chuang a phuah tawh a ni.

THUCHAH: Rawngbâwna hrang hrang kan kova lo tla te hi Pathianin mi fing leh thiam zâwkte chauh thlang lova mi chaklote pawh min thlang ve duh a ni tih hriain kan theihna leh phaktaw ang zêlin Lalpa rawng i bawl zêl ang u.

DECEMBER 2024 CHHUNGA SYNOD BOOKROOM LEHKHABU THAR TE

1. **Synod Thurel Lakkhawm Vol-III:** Synod Inkhawmpui thurel anga Synod thurelte a bua chhuah chu kalpui zel niin Vol-III ah hian kum 1971 aṅanga 1990 chhunga thurel te dah khawm niin kum 2015 khan tihchhuah a lo ni tawh chu chhut that a tihchhuah a lo ni leh ta. A man ₹450/-

2. **Mizo Hla Leh A Phuahtute:** Mizo Kristian Hla leh a phuahtute Then khatnaah Kristian hla phuahtu mi 29 te zirna leh chhuina dah niin then hnihnaah hla chi hrang hrang phuahtu mi 50 te chanchin leh anmahni zirzauna tarlan a ni e. A man ₹ 700/-

3. **Beiseina Nung:** Kum thar atāna chhung Inkhawm kaihhruaina bu thar mamawh tan Laldineni buatsaih chu a lo chhuak ta. Mimal ang pawha hman theih a ni e. A man ₹ 150/-

4. **Nitin Lalpa Pawl Nan:** Chhung Inkhawm kaihhruaina bu bawk, PC Lalhmachhuani buatsaih 2001 kuma a lo tih chhuah tawh chu a vawi thum nan a chhu nawn leh ta. Chhûng Inkhâwm kaihhruaina bu thar mamawh tan mamawh chhanna a ni e. Aman ₹250/-

5. **Khawngaihna Mak:** Kum 84 ral kai tawh, Champhaia Synod Bookroom rawngbawlna bul ṅantu leh khaipa C. Sangthuama chuan a chanchin, Pathian khawngaihna a dawn dan leh a sermon tawi, ṅha leh nung tak tak 9 lai a khung khawmna bu chu a rawn tichhuak ta. Lo hlawkpui ve teh le. A man ₹ 150/-

6. **Ka Dai Chin Khawvel:** Mizo Doctor zinga hriat hlawh Dr. Lalsiampara Sailo chuan doctor te dai chin khawvel hi eng ang nge? An kawngah eng harsatna nge paltlang tur awm ṅhin tih i hriat duh chuan lo bih hnai ve rawh le. A man ₹ 250/-

7. **Ni Rei Ber Ni:** Germany hruaitu Hitlera'n Democracy ram hneha awp beh tuma rawng tak leh raphlak taka a chet dan tarlanna bu a tih theih ang. Chutiang khawvêl huap lehkhabu ngaihhlut chu Hauṅhuama taimakna a zarah mahni ṅawng ngeia chhiar tur kan nei ta hlauh e. A man ₹ 300/-

8. **Ka Zinna Ram:** Dr. Lalramchuani Sena Samuelson, USA-a kum 55 chuang awm tawhin a lo zin tawhna chanchin, a thil hmuh leh hriatte lehkhabu hmangin a rawn puang chhuak ta. A bu chhiar chuan a bula kal ve ang maiin a ngaihnaawmin a chiang a, a bengvarthlak bawk. A man ₹250/-

9. **Mizoram Exodus - Zawlbuk Theology:** F. Lalmangaiha chuan a lehkhabu hmangin Pathian ring chung a roreltute'n dik taka ro an rel a, an rorel chu mipuiin rinawm taka kan zawm chuan Zoram hi a ding chhuak ngei ang tih a rawn au chhuahpui a. Ram veitute tan lehkhabu tangkai tak a ni ang. A man ₹ 200/-

10. **Thlaler Pangpar:** MAL Book of the year 2009; Rintei Zunleng ziaktu Lalrammawia Ngente chuan Book of the year lai tling thei a ziah hma khan novel ngaihnaawm zet mai kum 2006 khan a lo ziaak tawh a, a ngaihnaawmin hralh pawh a kal hle. Rei tak lei tur a awm tawh loh hnuah tun hnaiah chhut nawn a lo ni leh ta. Lehkhabu ngaihnaawm chhiar tur mamawhte tan he lehkhabu hi a chhanna a ni e. A man ₹ 200/-

11. **Zuiliana Thubuui:** Samson Thanruma ziah he lehkhabu thar hi crime/detective huanga dah theih a ni thung. Samson Thanruma lehkhabu ziah chhiar thin tan chuan hmaih loh chi tur a ni e. A man ₹300/-

12. **Paris Lam Tluang:** Scouts & Guides programme-a Lalmingmawia Ralte-in Paris a tlawh chanchinah hian French mipuite felzia, rinawmzia, taihmakzia leh thianghlimzia leh hnam changkangte atanga entawn tur min hrilh bawk. A man ₹ 200/-

13. **Kawtchhuah:** Thu leh hla lam zirna leh chhuizauna, Dr. Laltluangliana Khiangte ziah hi a tha khat bawk a ni ngei ang College-a Mizo Zirlaibu atan thlan hial a ni a, zirlai chauh ni lo, thu leh hla lama tui mite tan lehkhabu rawn tling a ni e. A man ₹ 200/-

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 Lalenzami | 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 Lalntlanthangi | 24. Pi Lamchhingi |
| 25. Pi Lawmkimi | 26. Pi R. Lalnunluangi |
| 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 Vanlalhluni |
| 35. Pi Vanlalhlamuani | 36. Pi Zohmingliani |
| 37. Pi Lalnghakliani, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. R.C. Lalnghakliana, Synod Moderator
2. Upa Vanlalsawma Siakeng, Synod Secretary (Sr.)
3. Rev. Dr. K. Lallawmzuala, 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 chhungkaw 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



East Lungdar Venghlon Pastor Bial Leadership Training Ieh Kristian Chhungkaw campaign



Sihphir Bial - Leadership Training



Kum 2024 Women Centre-a Puan thui zirte

16

Published by Rev. Dr. K. Lullawzmula, Aizawl, Mizoram on behalf of Agape Association.
Printed at Synod Press, Mission Veng, Aizawl - 796007. Copies - 44,500

www.MIZORAMSYNOD.org