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Editorial**MI DANGTE CHUNGA ẸHAT CHHUAH**

Kan khawsak phung danglam zêl hian nasa takin kan rilru put hmang pawh a tidanglam a. Mi dangte nêna kan inlaichin dan pawh tun hma nen kha chuan a inang ta lo viau a ni. Mihringte hmasawwna hian huho nun a hlat hret hret a, mahni inngaih pawimawhna a ti lian tial tial niin a lang. Hetiang hunah hian kan Lal Isua zirtirna khan kan nun min kaihruai se a duhawm khawp mai.

Kan Lal Isuan khawvêl tawpa rorêlna thu a sawi zînga ngaihtuahna luah fotu chu 'hêng ka unau tê berte zinga mi pakhat chungga in tih chu ka chungga ti in ni (Mt 25:40)' a tih kha a ni. Helai châng hian mi dangte chungga ẹhah chhuah hi kan Pathian lawm zawng tak a ni tih fiah takin min hrilh. Mahni tâna buai tak leh Ẹl taka kan phet suau suau lai hian kan bul hnaia puih ngai leh ngaihsak ngai ngawih ngawihthe hi kan hmu lo palh mai ang tih Lal Isua hian min hlauhpuî niin a lang. Mi dangte chungga rilru dik put leh mamawhtute tâna inphal hi Lal Isuan kan awm dan tûra min kawhhmuh a ni.

Hla phuahtuin 'Thil an lo awm, an ral leh Ẹhin; mihring an ral kumte nen' a tih angin kan thil zawn leh kan thil ûm tam takte hi rei lo tê atân mai a ni; chatuan an daih lo. Chuvangin, he kan dam chhung rei lo têah hian duhâm lutuk lo ila; mahni hma sial lutuk lo ila. Kan bul hnaia Ẹanpuî ngaitê tân kan tih theih ang chin chinah Lal Isua hmingin ẹhah i chhuah Ẹhin ang u. Chu chuan vânah lawmman a keng a; 'Ka Pa voh bîkte u, lo kal ula, khawvêl siam Ẹan tih ata in tâna ram buatsaih chu chang rawh u' a tihte chu an va nihlawh dawn em!

Kristian Chhungkua

CHHÛNGKAW HUMHIM

- Rev. Lalbiakhlira

Pathianin chhûngkua min dinsak hi a lawmawm ngawt mai. Mahni kan insiam thei lo a, pian duh hun kan thlang thei hauh lo. Chutiang bawkin, “Kan chhûngkua tur ka’n siam teh ang” ti thei tu mah kan awm lo. Mahni pa emaw mahni nu emaw kan thlang thei lo a. Pianna hmun leh ram kan thlang thei hek lo. Thlang thei ni ila, ram ropui lal chhûngkua kan thlang ang chu! Keimahni leh kan chhûngkua hi keimahni siam a ni lo tawp a; Pathian siam a ni. Humhim tlat erawh chu kan mawhphurhna a ni thung.

Chhûngkaw keh darh a tam :

Pathianin chhûngkaw humhim tura min duh lâi hian chhûngkaw keh darh leh zuih ral ta hi kan tam hle âwm asin. Pathianin chhungkua a din sak thlap tawh, nupaa a suih zawm thlap tawh zîngah hian, fa tak ngial pawh a pêk hmâ hauha inthen leh, ‘chhûngkaw hlamzuih’ tih mai tur hi sawi tham fê kan awm! Pathianin chhûngkua a din sak thlap, fanau malsawmna te pawh pahnih khat mai ni lo deuh a pêk tawh hnua, thihna avâng ni hauh lova nupa inthen leh, chhûngkaw keh darh leh ta

pawh khaw tin leh vêng tinah kan awm tih phat rual a ni lo. Kum 2011 India ram pum chhiarpuiah khân Mizoramah nupa inthen kan tam hle a. Ram pum huapin za zêlah 0.24 chauh nupa inthen an awm lâiin Mizoramah chuan za zêlah 4.08 zêl inthen kan awm. Kan sâng filawr hle.

Chhûngkaw keh darh nghawng a na:

Chhûngkaw keh darh nghawng hi a na thei hle. Ram hrang hranga mi thiamten kum 40 chhûng teh meuh nupa inthente nun ûmzuiin an zir Chiang a. Chuta an thil hmuh chhuah hi lo târ lang ila:

(1) Nupa inṭhenna hi a namai lo hle a, “thihna tlukin a nâ” tih zir chianna chuan a târ lang a. Taksa mai ni lo, rilru leh thinlung lama inzawmna chu a thi miao a, a na lo thei lo. Taksa thihna chuan chhûngkua a hnûk khawm zâwk a. Nupa inṭhenna erawh chuan nupa mai ni lovin, fanau leh chhûngte a pawt then a, a vêl a, a phin. ‘Ngâi awh’ leh tur chuan kum tam a duh a, dam chhûng a daih a, thlahte leh zêlah nghawng ṭha lo a nei zui ṭhin an ti.

(2) Inṭhenna chu sum leh pâiah tlâkranna a ni a, a tu ve ve tân pawh retheihna a thlen a. Fate enkawl kawngah nasa takin nghawng ṭha lo a nei a. An chhiatpui a, kum khaw chawr loh nân an hmang hial ṭhin.

(3) Nupa inṭhenna hian an dam chhûng nî a pawt tâwi hle tih finfiah a ni bawk. Nupa inṭhente hi inṭhen lote aiin an bawrsâwm duh bîk a. Natna chi hrang hrangin a tlâk buak a, an dam rei lo ṭhin an ti. Chu bâkah, nupa inṭhente hian kawng hrang hranga chêtusual an

awlsam bîk (accident prone) tih zir chianna chuan a târ lang.

(4) Nupa inngeih lo, inṭhen lova innei tlang hrâm hrâm te hi inṭhente aiin an nihlawh zâwk daih tih hmuh chhuah a ni bawk a. Nupa inṭhente leh inṭhen lova innei hrâm hrâm te nun ûm zuiin an zir Chiang a. Kum 5 hnua an hmuh chhuah chu, inṭhen tâte aiin inṭhen lote nun a hlim zâwk a, kawng hrang hrangah an awhawm zâwk daih an ti.

(5) Inṭhen rah chhuah, hun rei tak rilru nâ chuan rilru lamah hlet a chhuah a. Hêng – hlauhna leh thlabârna, inthiam lohna, insitna, nguaina, thih daih duhna, thinchhiatna, hmasâwn theih loh, mi dang nêl inkâr fel lo, khâkna, nun ang te an nei a. Nun mumal lo, thu tlûkna siam harsa, nun tuilâirap an nei a. Eng emaw thil ṭha lo tawng dawn tlata inhriatna thlengin an nei ṭhîn. Mipa aiin hmeichhe lamin an tuar nasa bîk niin zir chianna chuan a târ lang bawk.

(6) Nupa inṭhen, dam lote hi nupa kêra dam lote aiin “dam chhuah chance” an nei chhe

zâwk leh zel a. An dam chak lo zâwk a, “thih mai” an awlsam zâwk a, “fuat” an nei lo bik tih tar lan a ni.

(7) Inthente nun hi a buai chho zel a ni ber a. Inthen hmâ aiin inthen hnûah inhauh leh insual an nunpui chhunzawm duh tih hriat a ni bawk. Kawppui dang an neih leh pawhin inneih hmasak aiin “inthen chance” a sâng lehzual a. A wawi thumna pawh a wawi hnihna aiin “inthen chance” a pung lehzual sauh an ti a. Inthen thatna a vâng hle mai.

(8) An fate nê, an inkâr a fel hlei thei lo lehzel hi a pawl. Inthen kâra fate nun kawng nasa takin a buai zui thin. Sâp rama nupa inthen fa zawng zawng, hmun 3-a thena hmun 2 te chuan mahni châwmtu, an pa te nê pawh an inpawh hlei thei tawh lo. In hrang chang, nu leh pa leh an fate inkâr a buai hle. Naupang chu hmangaihna dawng thei lovin an sei lian a, taksa leh rilru lam bâkah thlarau nun thlengin tlâkchham an ngah bik. Nun hlimna tak tak nei loin

an nui a, an khêk bawk thin; mahse, chhûngrilah an rum nasa thin hle.

(9) Inthenna nghawng tha lo tak pakhat chu thawh chhuah tlahniam hi a ni. Hna lam thlengin a tuar thin. Hnathawh tuina a tlahniam a, thawh chhuah a tlêm sawt thin.

(10) Chhûngkaw keh darh hian vantlâng nun thlengin a nghawng buai thin. An thenawm khaw vêng, dân lam ti mî, Kohhran hruaitu thlengin an inrawlh a ngâi a. An vua leh vângte phei chu thûk taka an inrawlh a ngâi thin.

(11) Chhûngkaw keha fate chu sualna chi hrang hrangin a chiah piah duh. An tleirâwl chhuahin hlet a chhuah fô. An tâl buai. Fahrah enkawlna “home” chi hrang hrangte, ruihhlo ngâi enkawlna hmun hrang hrangte, hmeichhe hum sual dâi enkawlna te, pawl khawihte siam dikna hmun “Jail” te hi an luah khat ta ngêk ngûk mai a nih hi! Chhûngkaw keh darh hi râpthlâk deuh a nia.

(12) Chhûngkaw buaia zi chhuak fate chuan kawppui an neih hunah pawh an chhûngkaw thar humhim tur chuan hnâ an ngah bîk. Pathian rinchhan tlat chung a chhûngkua a hruai loh chuan tlûk chhiat, keh darh leh mai an hlat lo. Thufingn, “Sunhlu kûngah thei dang a rah ngâi lo” tih ang maiin chhûngkaw keh darhin chhûngkaw keh darh baw a hring leh thîn.

Chhûngkaw humhim – Pathian Thu

Chhûngkaw humhim tlat hi Pathian thu a ni a; a keh darh kan phal tur a ni lo. Marka 10:1-9 kan chhiar chuan, Pharisai thenkhatin Isua hnênah, “Miin nupui mâk a thiang em?” tiin an zawt a. A chhânna chu, “Pathianin a zawm tawh chu mihringin then suh se,” tih a ni. Pharisaiten, “Mosia chuan inmâkna lehkha zia kin mâk a phal thîn a ni,” an tih pawh, “In thinlung khauh avângin asin chu thupêk chu a zia sak che u ni” tiin Isuan a chhâng a nih kha. Pathian thu chu inthen loh a ni a, mihring chak lohna avângin

Kohhranin inthen dân kan nei mai zâwk a nih hi. Tirhkoh Paula’n, “Innei sate hnênah chuan thû ka pe (keima pêk erawh chu ni lovin, Lalpa pêk a ni zâwk): Nupui chuan a pasal then suh se; a then vêk chuanin pasal nei tawh lovin awm law law rawh se, a nih loh leh a pasal nêk vêk innei leh rawh se; tin, pasal chuan a nupui ma suh se” (1Kor 7:10-11) tiin a zia kin baw. Kristian nupate hian Pathian thu hi ngai pawimawhin zâwm tlat ila, kan thatpui ang a, Pathian a ropui thei ang.

Pathianin chhûngkua hi a ngai pawimawh hle baw a. Mihring a siam tirh khân chhûngkuain, nupa ngatin, Adama leh Evi a siam a ni (Gen 1:27). Tuilêt hmanga mihring a hrem lâi pawh khân Nova chauh mi fel a ni a. Mahse, mi fel ni ve lo, a chhûngte nêk lam a chhanhim duh ngat a nih kha (Gen 6-7). Lal Hezekia pawh thih ngamin a dam lo va. A hnênah chuan Pathianin zawlnei Isaa a tîr a, a thu kentîr chu, “I chhûngte khawsak dan tîr relsak rawh; dam chhuak

lovin i thi ngei dâwn si a,” (Isaia 38:1) tih a ni. Pathianin chhûngkua hi a ngâi pawimawh tak zet a, min dinsak rêl fel hi kan kovah a dah tih hai rual a ni lo.

Thu khârna

Khawvêl tuipei fâwn hlup hlup kârah hian chhûngkua kan tâlbuai thei a, chhûngkaw bang a khi thei. Mahse, zâm tur kan ni lo. Josua'n, “Kei leh ka chhûngte erawh hi zawngin LALPA rawng ania kan bâwl dâwn ni,” (Jos 24:15) a tih ang khân, Pathian tân kan chhûngkua hi hauh tlat mai ila. Abrahama te chhûngkua ngêi pawh an buai tak zet; mahse, pa berin Pathian a bêl tlat a. A tifu, an chhûngkua a t̄hang zêl a.

Pathian malsâwmin an awm a nih kha. Chhûngkuaa nu, tar chak lo zâwkten Pathian an bêl tlatte hi a lo t̄ha teh e. Chhûngkaw dâi thêutu sipai rinawm an ni si a. Pathian pawhin mal a sâwm tih hai rual a ni lo. Sâm ziaktuin, “LALPAN in a sak loh chuan, a satute chuan an thawk rim thlâwn mai a ni; LALPAN khawpui a vawn t̄hat loh chuan, a vêngtu chu a meng thlâwn mai a ni” (Sam 127:1) a tih hi dik deuh a nia. Pathian rinchhan tlat chhûngkua chu keh darh lek lek châng awm ve bawk mah se, a t̄rah nêp viauin lang mah se; an him bîk a, an arh tulh tulh a, malsâwmin an awm nge nge t̄hin a nih hi.



PATHIAN ROPUIZIA

Pathian ropuizia hi kan hre thiam phak lo.
Kan hriat thiam phak tawk lek a nih chuan Pathian a
ni lo vang.

- Augustine

Sermon**ROPUINAIN ISRAEL A CHHUAHSAN****1 Samuel 4:21***-P.C. Lalrani**Bawngkawn East Kohhran*

‘Ropuinain Israel a chhuahsan ta’ tih hi thuthlunna bawm, Pathian bawm tia sawi Israel-ho hnên ațanga Philistia miten an laksak sawina a ni a. Pathian bawm laksak an nihna chhan chu puithiam Elia fapate sual vang a ni a. Chuvângin, Kristian chhûngkaw pawimawhna kan sawi uar ang.

1. Thuthlunna bawm chu eng nge ni : Thuthlunna bawm chu Israela thlahte Aigupta ram ațanga Mosian a hruai chhuah khân Sinai tlang bula an awm laiin Pathianin Mosia hnênah bawm siam tûrin a hrilh a. Bezalela, Pathianin themthiamna a pêkin thingri thingin a siam a. A dung lam tawng hnih leh a chanve, a vang lam tawng khat leh a chan ve, a san lam tawng khat leh a chan vein a siam a. Bawm chu chhin nei a ni a, tlang kawm vek a ni. Bawm chu zawn theih tûra khang vuah a ni a, zawnfung vuah reng a ni. (Exodus 25:10, 37:1-5)

Bawm chu Lalpa thuthlung bawm, Pathian bawm (Numbers 10:33; 1 Samuela 3:3) tia sawi

a ni a. Bawm chhûngah chuan thuthlunna lung phêk te, Arona tiang chawr leh manna awmna rangkachak bêlte a awm a (Exodus 25:21; Hebrai 9:4). Israelten riah hmun an sawn dawn apiangin bawm chu an zawn a, Mosian “Aw LALPA lo thawk la, I hmelmate chu tidarh la, a hawtu che chu I hmaah tlanche rawh se” a ti ðhin a. Tin, an riahna tur hmun an thlenin bawm chu an nghat a, Mosian “Aw LALPA, Israel mipuiho hnenah hian lo kir leh rawh” a ti ðhin (Number 10:35) a. Chuvângin, Pathian bawm chu Israelte chakna hnar, hmelmate laka an himna a ni a. Josua-hova Jordan lui an kân pawh khân puithiamten thuthlung bawm an zawn a, mipuite hmaah an kal a.

Jordan lui tui an kein a rah veleh chhak lam aṅanga tui lo luang thla lai chu a ding a, hla fêah Zarethan ram bula Adam khuuah a inhlawm ding luah a. Israela thlah mipuite chuan Jordan lui, a kuang khat pûng chu lei chârah an kân vek a. Mipui zawng zawngin lui an kân zawh vek hma chuan puithiam thuthlunna bawm zawntute chu lui laiah an ding reng tih a ni (Josua 3:14-17).

2. Thuthlunna bawm Philistia miten an laksak chhan : Philistia miten Pathian thuthlunna bawm an laksak chhan chu puithiam Elia fapate, Hophnia leh Phinehasa-te sual vang a ni. Inthawi tûra mi an lo kalin Elia fapate chuan an chhiahhlawhte an tir a, inthawina hlantu hnênah puithiam tana hem hmin tur sa min pe rawh an ti a, inthawina hlantuin a thau chu hal hmasa phawt sela, kan pe ang a tih pawhin, ni lo mi pe nghal rawh, min pek loh chuan ka la lui rêng rêng dawn a ti ṭhin a. Chuvâng chuan miten inthawina hlante chu an ngaihnephah a. Inthawina hlantute hnêna dik lo taka an tih bakah

puithiam Elia fapate chuan Inbiakna kawngka bula rawngbâwltu hmeichhiate an lo mutpui ṭhin a (1 Samuela 2:15-17, 22).

Puithiam Elia fapate sualna hi Pathian huat zawng tak a ni. Inthawina hlantu hnên aṅanga puithiam chan tur Pathianin a ruat a awm (Leviticus 7: 8,10) bak lak chu sual a ni a. Inngaihna suala tlûk pawh sual lian tak a ni. Israel-ho buk khuara Peor hmunah an awm laiin Moab fanute an pawl a, an pathian hnêna inthawinaah te an tel ve a. Israel mi pakhatin Median (Moab) nula bukah a rawn hruai lut a, puithiam Arona fa Eleazara fapa Phinehasan a hmuhin fei kengin puan in chhungah a um lût a, an pahnhin a chhun hlum a. Chu mi nia hrema thite chu 24, 000 an ni. (Numbers 25:1-9)

Puithiam Elia chuan a fate chu a zilh a, engati nge hetiang thil in tih ni le, mi zawng zawng hnên aṅangin in thil tih dan ṭha lote ka lo hria a ni. Ka fate u, ti tawh rêng rêng suh u, LALPA mite chu in bawhchhiattir a ni. Mi pakhat mi dang chung a

sual chuan Pathianin ro a relsak ang a; amaherawhchu, mi Pathian chung a a sual chuan tu nge ngenpui ang? a ti a. Nimahsela a fapate chuan an pa thu chu an awih duh lo va (1 Samuela 2:23).

Pathian mi pakhat Elia hnênah a lo kal a, a hnênah “Eng vangin nge ka awmnaa hlan tura ka ruat ka hnênah inthawina leh ka puala thilhlanchu i rahbeh a, keimah aia i fate i chawimawi zawk a, nangmahni intihthau nâna ka mi Israel-te inthawina a ða ða in hman ni? a ti a. (1 Samuela 2:29) Pathian mi chuan Elia hnênah, “I na lo piang chu vanglai takin an thi zêl ang a, tar kuna dam rêng rêng an awm lo vang. I fapate pahnih, Hophnia leh Phinehasa chu ni khatah an pahnihin an thi ang a; Pathianin puithiam rinawm i aiawh tûr a din ang a, i ina la awmte chu puithiam thar hma ah chibai bukin an kun ang a, chhang tlêm tal ei tur ka hmuh theih nan puithiam hna eng emaw min thawhtir rawh khai an la ti ang,” a ti a.

3. Ropuinain Israel a

chhuahsan dan : Israel mite chu Philistia mite do turin an kal a, Ebenezer kiangah ðan hmun an khuar a, Philistia mite chu Aphekah ðan hmun khuarin an awm a. An han indo chuan Israel mite chu Philistia mite hmaah an tlawm a, mi sangli lai an thi a. Israel mite chu Silo-ah an kal a, thuthlunna bawm an va la, Elia fapate pahnih pawh an kal a. Thuthlunna bawm an riahna hmunah an thlenpui chuan mipui zawng zawng chu an au dur dur a. Philistia miten an au thawm an hriat chuan Pathian bawm an la tih an hria, an hlau hlê a. Israel mite chu an bei vak a, Pathian bawm chu an laksak a, mi singthum an that a. Thi zingah chuan Elia fapate pahnih, Hophnia leh Phinehasa pawh an tel a.

Sipai zinga pakhat chu thil awm dan hrilh turin Siloah a kal a. Puithiam Elia chuan kawng sira a ðutna a ðangin a lo thlir a. Zualko chuan Pathian bawm Philistia miten an la a, a fapate pahnih pawh an thi tih a hrilh a. Pathian bawm Philistia miten an la tih a hriat chuan Elia chu a

thutna ațangin a zangthalin a tla a, a nghawng a tliak a, a thi ta a. Phinehasa nupui chuan nau a pai a, hrin hun tawh a ni a; a kaikun a, nau a hring a, **“Ropuina chuan Israel-te chu a chhuahsan ta”** tiin nau hmingah chuan lkaboda a sa a (1 Samuel 5:21). Pathian bawm chu a laksak ta si a.

4. Kan zir chhuah tûr :

Ropuinain Israel-te a chhuahsan chhan leh a chhuahsan dan ațang hian Mizo kristianten zir tûr pawimawh tak kan nei. Kan ramah hian Elia fapate sualna ang duhamna, mi chan ai laksak duhna leh inngaihna, mipat hmeichhiatna hman khawloh tih a hluar hle a, hremna kan tawh phah mai thei a ni tih kan hriat a t̄ha ang.

Tirhkoh Paula chuan vanram kai lohna khawpa sual niin a sawi, “Inngaih hmang leh mi bawlhhlawlh leh mi duham rêng rêng chuan (mi duham chu milem betu a ni a) Krista leh Pathian ramah chuan chan rêng an nei lo a ni” (Ephesi 5:5) a ti a.

Duham, dik lo taka sum lak pawizia chu zawlnei Jeremian “Mi, kut tling lova lo hausa chu

Varung, mahni tui ni lote awp keu ang a ni a, A la dam laiin amah an hransan ang a, A tawpah chuan mi â a lo ni mai ang” (Jeremia 17:11) a ti a. Isuan “sum ngah hi mihring dam chhan a ni lo ve” a ti a; mi hausa â chanchin a sawi zawm a. Mi hausa, sum tam tak khawltu hnênah Pathianin “Mi â, zaninah hian i thlarau an laksak dawn che a ni; i thil deh chhuahte kha tu ta nge ni ta ang le” a ti a. Mahni tâna sum khawla Pathian lama ngah si lo chu, chuti chu a ni t̄hin” a ti a (Luka 12:15-21).

A chung a Bible thu tar lan ațang khian duham t̄hat lohzia a lang Chiang a, mahni inenfiah nan hmang ila; sum hi mihring dam chhan a ni lo tih i hria ang u.

Inngaih hmang, mipat hmeichhiatna hman khawloh thuaah Tirhkoh Paula chuan “An zînga t̄henkhatin nula an ngai a, ni khatah singhnih leh sangthum-in an tlukhlum phah ang khan i inngai hek suh ang u” (1 Korinth 10:8) tiin Korinth khuaa mite hi a fuih a ni. A sawi zêlnaah chuan “taksa hi inngaih nân a ni lo va, Lalpa tân a ni zâwk e” a ti a. Nawhchizuar zawm chu amah

nen pumkhat an ni, “An pahnihin tisa pumkhat an lo ni tawh ang” tih a ni si, a ti a. “Mihring thil tihsual tinreng hi taksa pawn lamah a ni; mi ngaih hmang erawh chuan ama taksa chungah thil a tisial a ni” a ti a. Korinth khuaa kohhrante chu an taksa chu Pathian hnên aṅanga an hmuh a nih avânga thianghlim taka vawng turin a fuih a (1Korinth 6:13-16). Chuvângin, inngaih hi mahni taksa tihbawlhhlawhna leh mahni chungah thil tihsualna a ni a, thil pawl tak a ni. Pathian ringtute chuan tih rêng rêng loh tûr a ni.

Kohhran Hmeichhiaten Kristian chhûngkua kan vei a, kohhran pum pawhin a vei a. Mahse, kristian chhûngkaw tehna kan hman, ni tin chhûng inkhawmna neih leh buhfaitham ziah tih hi a la tawh lo deuh niin a lang. Ni tin chhûng inkhawm nei ziah leh buhfaitham tham ziah chhûngkuaah inngaih hmang, mipat hmeichhiatna hmang khaw lo leh mi duham, ei ruk hmang kan la awm zel si a; chuvangin, thahnemngai leh zuala tan kan lak a pawimawh êm êm a ni.

Elia chu puithiam tha tak a ni mai thei; mahse, a fapate sualna a ngaih thah avângin Pathian hremna an chhûngkuaah a thleng a. Ni khatah a fapate pahnih an thi a, amah leh an monu an thi leh a, an chhûngkaw ropuina chu a tawp ta a ni.

Fate sual kan zilh thin a; puithiam Elia pawhin a fapate chu a zilh a, sim tûr pawhin a hrilh ngei tih Bible-ah kan hmu a. Mahse Pathianin zilh lo a ti a, ‘keimah aiin i fate i chawimawi zâwk’ a ti si a. Pathian duh zawng aia fate duh zawng ngaih pawimawh zâwkte hi kan tihsualna hnar a ni thei a, fimkhur a tha hlê mai.

Fate zilh inti, Pathianin zilh lo a tih kan tam viau mai thei a. Chuvangin, mahni inen chian a ngai ang. Keini chuan camping-ah kan luhtir a, ruihhlo ngaite enkawlna hmunah kan dah bawh kan ti mai thei; mahse, Pathianin zilh lo a tih chuan hremna kan pumpelh lo vang. Pathian chawimawi tih chu a duh zawng tih a ni a, nu leh pa chawimawi pawh an thu awih a ni a. Chuvangin Pathian thu awih hi ngaih pawimawh hle tur a ni.

Fate enkawl danah puithiam Elia khan miten an sawi a hriat hma chuan a fate سوالنا kha a hre lo a ni mai thei. Fate enkawl danah hian naupang an nih lai aṭanga ṭan tûr a ni a. Naupang an nih lai aṭangin Timothea anga Pathian ṭih an ṭhan lenpui tûra hrilh ngun tûr a ni. Fate enkawl leh zilh dan tûrah tu mah kan inhrilh thei tak tak lo; keimahni leh Pathian inkar a ni a. Pathian duh dana enkawl kan duh tak tak a nih chuan Amah kan rawn ang a, kan tih dan tur min kawhhmuh mai ang. “I kawng zawng zawngah amah hre reng la, i kawngte chu a kawhhmuh zêl ang che” (Thufingte 3:6) tih ang khan.

Fa soal chuan a سوالنا vangin a tuar a, a nun a tawi phah a. Amah avângin a nu leh pa leh chhûngten an tuar a. Fa soal chu ṭhenawm khaw vengten an lo duh lo va, veng chung aṭanga hnawhchhuahte pawh an awm mêk a nih hi. Fa soal an tam chuan ramin a tuar a, ram hmasawna daltu leh ti hming chhetu an ni a; mi zawng zawng tana pawl a ni. Chutih rual chuan fa ṭha chuan nu leh pa a

chawimawi a, vengte leh khuaten an lawm a, ram pawhin chawimawi a chak a. Chuvangin eng dang zawng aia fate vên that thupui bera neih hi a finthlak hle ang.

Kristian chhûngkua kan tih hian nu leh pa leh fate a huam a. Hei bakah hian mi dang awm vete pawh sawi tel theih a ni. Miten kan rawngbâwl na an ngaihneph pahna tûr kan chhûngkuaah a awm em? Eirukna, dik lo taka sum lak luh, inngaih hmang kan chung zîngah kan awm em? mahni ṭheuh i inen fiah ang u. Chhûngkua hi Pathianin a ngai pawimawh êm êm a, thlahte thlenga zawm tlak thil tih a pawimawh hle. Abrahama Pathian chu Isaaka Pathian a ni a, Isaaka Pathian chu Jakoba Pathian a ni tih ang khan kan chhûngkaw nun dan hi kan thlahte, chhuan lo awm zêl tûr thlenga zawm zêl tlak tûra kan rel fel a pawimawh hle a ni.

Pathian thu zawm aia ei zawna kan dah pawimawh hian Pathian nêna kan inpawl na hun kan bawhpel h, zawi zawiin kan pên bo phah ṭhin. Pathianin

kan tu leh fate min vensak thei belhchhah dawn che u nia
ngei mai, mahse vensak tlakin (Mathaia 6:33) tih a ni a. Hawh
kan awm em tih a ni zawk. “A u, ropuinain kan chhûnkua leh
ram leh a felna chu zawng hmasa kan ram a chhuahsan loh nan
zawk rawh u, tichuan chung Pathian mithmuha tha leh lawm
zawng zawng chu a pek tlakin i awm ang u.

HUN REILO TE

France Lal ropui leh huaisen tak mai Napoleon-a chuan khawvel hneh tumin indona tam tak a hmachhawn a, ram tam tak a la a. Indona a hmachhawn zinga hmingthang tak mai pakhat chu ‘Battle of Waterloo’ (Waterloo indona), 1815-a Duke of Wellington, Nelson-a nena an inbeihna hi a ni.

He indona hmingthang takah hian Napoleon-a sipai hotu chu General Grouchy a ni a. Sipai huaisen tak - Napoleon-a pawhin a rin em em indona tam tak hmachhawna Napoleon-a tâna hnehna lo chang tawh thin a ni a. Mahse, he indonaah hian hnehna changtu chu amah ni lovin Nelson-a a ni tlat mai ! Engtin nge he lal huaisen leh thiltithe tak mai nen an indonaah hian Nelson-a hian hnehna a chan theih mai le ?

He indonaa Nelson-a’n hnehna a channa chhan hi Napoleon-a general Grouchy-a tlêma a tlai hret vang chauh a ni an ti. Indona field-ah Nelson-a chu a hun takah a thleng a, General, Grouchy erawh chu tlêmin a tlai hret a; nimahsela, he hun rei lo tê chung hian French sipaite chuan hruiatu mumnal an nei lo va, thu petu tur mumal an nei lo va, an zam tih Nelsona chuan a hria a; chu lai tak chu remchanga lain a bei a, hnehna a chang ta a ni.

Thil tihna tur kawng hrang hrang - hnathawhna a ni emaw, rawngbawlna a ni emaw, a hun taka i thlen loh avang te, a hun taka i tih tur i tih loh avang te hian nangma tan mai ni lo, mi dangte tan harsatna nasa tak i thlen thei a ni tih i ngaihtuah ngai em?

Article**NU HLOTNA LEH MAWHPHURHNA**

-Debbie Rinawmi

Nute hlutna hi sawi sên a ni lova, phekkhat leka hrilhfiah zawh rual lah a ni hek lo. An hlutna a sân rualin an mawhphurhna pawh a tam êm êm a. Nu ṭha tam leh tam loh hian ram rorêlnaa dikna leh fel taka rorêlna a awm leh awm loh a hril a ni. ‘Nu ṭha’ hrilhfiahna pawh hi tam tak a awm thei awm e; amaherawhchu, eng ang mi pawh ni se, nu chu a chhûngkua tân a hlu êm êm a. Elmore Leonard-a thawnthu ziah, film-a an chan tak ‘3:10 to Yuma’ ah pawh “Mi sual berte pawhin an nute chu an hmangaih” tih thu khan nu hmangaihna thûkna leh hlutzia a hrilhfiah chiang hle a ni.

NU HLOTNA

Nu hlutna hi hmun tinah a lang a, an awm lohnaah a lang sarin a lang nasa leh zual. In chhûngkhurah an pawimawh êm êm a, roreltu nihna hming puttir hreh viau mah ila, rêltu chu an ni chiang a ni. Chhûngkaw pa ber pawhin ‘Hei hi khawnge’ ‘Engtin nge Nu-i?’ tiin a zawt fo va. Pawn lamah chhuak se, a pasal fanaute’n in an thlenin awm tûrin an duh fo va. Fate sikul bang leh leng chhuak pawhin in an thlen chuan pa te ko lovin ‘khaw nge ka nu?’ an ti fo. Mizo khawtlang hi mipa lalna a nih avângin in

chhûngkhur hna hautak zet hi hmeichhe hna leh tih tûra dah a ni a, ‘hna’ hming pek tlaka an ngaih a nih loh avângin nu tam tak he hna thawktute pawh hi ‘hnathawk lo’ tia sawi an ni ṭhin a. Amaherawhchu, he hna hi ‘hna’ tia vuah phu hlih hlih, hna hautak zet zawng a ni. Heng mawhphurhna te hi ti hman lova an awm chuan pawisa senga hlawhfa rawih a ngai ṭhin a, thla khatah pawh sang tam tak sen a ni ṭhin hian he hna nêp lohzia a ti lang kan ti thei awm e.

Nu chuan a pasal leh fanau te hahdam leh nuam taka an

awm theih nân in chhûng zawng zawng tihfai hna te, thawmhnaw suk hna te a lo thawk a, an ril̄tam tihrehna tûr ei tûr buatsaihina a buai êm êm thîn. In chhûng khur hna hi nilenga thawh tûr a awm a. India ramah hian a tlangpuiin hlawh neihna (pawisa) hna chu darkar 9 aṅanga 12-a rei thawh a ni tlangpui a, Mizoramah phei chuan chu aia tlem chu a nih a rinawm. In chhûng hna erawh chu thawh veleh aṅanga mut dawn thleng thawh tûr a awm avângin nute hian duat an phu a, an hna hian hlutsak an phu êm êm a ni. Hengte a nih avâng hian nute awm lohna hmunah chuan nu te hlut zia a lang Chiang deuh deuh a. Pasal fanaute dam lohina enkawltu chu nute bawk an ni a, a chhûngkaw tân a inpe pumhlum thak ti ila kan sawi sual kher lo vang.

NU MAWHPHURHNA

Nu mawhphurhna hi tam tak a awm thei ang a, tun hunah chuan fanau enkawl chungchang bika a mawh-

phurhna leh chumi ina a nghawng te han ngaihtuah ta ila. ‘Fanau enkawl’ tih te pawh hi sawi fiah ngai tak a ni awm e. Ei leh in, leh silh leh fen pek bakah an rilru put hmang leh an thlarau nun thlenga kawng dik lama hruai hi nu mawhphurhna a ni. Kum 1921-a Melanie Klein-i buatsaih Object Relations Theory chuan nausen laia fa leh nu inlaichinna chuan naute chu a len huna a nih tur (eng ang mihringah nge a chhuah ang?) a hril a ni a ti a. He mawhphurhna hlen chhuak tûr hian nu Hausa tak emaw nu lehkha thiam tak emaw a nih kher a ngai hran lo. Nu tlawm takin mi hlawhtling takah a fa a chher chhuak fo, rilru hrisel a neih avângin. Ram rorêlnaah pawh hian a thawh hlawk ber chu nute an ni. Nuin a fa dikna leh thianghlimnaa a chawi lenin rorêlna a chan chuan ram kalsiam a ngil a, mipuite kawng dikah a hruai thîn. Chutiang zêlin zirna in leh sawrkar hmun pawimawh hrang hranga hlemhletna

awm thin te pawh hi a zung aṅanga chhui chuan nute mawhphurhna a ni.

Keini ramah pawh inthlanna te han thlir lêt ila, reservation piah lamah hmeichhe tân chuan din ngamna chi ziazang a la ni lo, khawhar ina hmeichhe thu sawi pawh mipa thu sawi nen chuan kan en dan a la hran lai lai a! State puitling kan nih aṅang pawhin kum tam tak a ral leh tawh chung hian hmeichhe MLA pahnih chiah kan la nei a - Lalhlimpuii leh Vanlalawmpuii Chawngthu te kha. A ni tak e, hun liam ta chhui kir pawhin 73rd leh 74th Constitutional Amendment of 1992 khan Local Self Government a rawn hring chhuak a. Chu miah chuan khawpui leh thingtlanga inrelbawlnaah seat 33% chu hmeichhe tân dah hran a ni a. A tir chuan Mizoram Municipalities Act 2007 khan chutiang chuan a ti lo va, hmeichhe tân seat hauh hranna a awm lo cheu a nih kha. Tichuan, Core Committee Panchayat Mahila

Shaki Abhiyaan (PMSA) te'n hma an laka dan awm sa hmeichhe seat hran neih chu an ngiat hnuin Mizoram sawrkar-in Review Committee a din ta chauh a nih kha. Hemi chungchang te pawh hi naupan lai aṅanga kan ngaihtuah dan leh ngaih dan kan neih kan ṅhan len puiin a hril kan ti thei ang. Naupang hian a nu leh pate nungchang a zir a, a in chhûngkhur chu sikul a kaina hmasa ber a ni a. Chu sikulah chuan in chhûngkhur enkawl chu a pa in a tih ve ngai meuh loh avângin hmeichhe tih turah a dah a. Pa berin a nu a vin khur khur reng chuan, chu chu hmeichhiate laka awm dan tûr emaw tiin mipa naupang ṅhang lian zêl chuan a entawn bawk a. Chhûngkaw tam takah chuan ngaih dan siam tur a awmin nu thu sawi ve te ngaih pawimawh a ni lo fo va, nu pawhin a tih tûrah a dah lo va, a ngaih dan sawi chhuak ngam lovin a awm a. He ngaih dan leh tihphung hi naupangin an hmuh fo avângin a nih dan tur rêng

emaw an ti a, ram rorêlna thlengin a nghawng kan ti thei ang. Thiamna avânga hna sang tak tak an thawh theih laiin khawtlâng leh ram rorêltu atân chuan hmeichhiate hmuh hniam an ni. ‘Human Rights’ kan tih te, dikna chanvo kan tih te pawh hi in chhûngkhur aţanga inţan tûr, nute mawhphurhna a

nihna chen a awm.

Nute hlutna aţang hian hmeichhe ropuina a lang a, chu ropuina chuan mawh- phurhna a keng tel baw k a ni. Kan khawtlang pawh hian nu ţa tak tak kan nei a, hnam tlêm te ni mah ila ram hrang hrangah chawimawi tlak leh chhuanawm tak tak kan awm a nih hi.



Tihdikna: July 2023 issue a kum 2023-2025 chhunga NEICCWA Office Bearer tur kan lo chhuah tawh kha hetiang hian tihdikna siam a ni e.

- President : Lalduhawmi Sailo
(Tripura Baptist Women Society)
- Vice President : Ruokuovino Noudi
(Nagaland Baptist Church Council)
- Secretary : Jessie Lalramneli
(Baptist Church of Mizoram)
- Asst. Secretary : Lalthansangi
(Mizoram Synod)
- Fin. Secretary : Malsawmdawngliani
(Biateram Synod)
- Treasurer : Rupelties Synjri
(Church of God M&A)

Article

THUFING TAWI - LADIES FIRST

- Rev. Lalhmuchhuaka

Thuhmahruai

Kan chanchinbu AGAPE enkawltu thenkhatin article ziaik ve tûra min sâwm ÷awngkam ÷hat tâkah chuan, rûn dâlah eng emaw tal chu ziaik ve ila tiin ka'n lâwm tum ve na a. Chaw sâin min kâng dai leh ÷hîn. "I va rawn ziaik har tawh ve!" min tih zuina ÷awngkam ÷ha ûmin, *Ladies First* tih ÷awngkam lâr tak hi ziaikin ka'n Pachuau sual ve chawt mai teh ang, tiin ka sîrlûk ta a. A chhiartute tân a tak chan tûr alawi awm lo, Vazûn puah ang mai a nih pawhin, hloh hlêpah an chhiar thiam tho ang.

A chêpakai

Ladies first tih ÷awngkam upa tak hi hma khawsânga German râl lian tûr pawh an la awm hma, pûka an chên hun laia (*ancient age*) an lo hman daih tawh niin an sawi. Chûng hun lai chuan: 'An chênna pûk pâwn lamah thâwm eng pawh awm se, an hmeichhiaten beng chhia mit lênin, eng nge ni tih ngaichâng tûrin an chhuak hmasa a. An hnungah mipain hriamhrei nêin inrâlring sa râna zuin, a hmaa kal hmeichhia kha lo khawih emaw, lo beih tumtu emaw chu, ramsa a ni emaw, râl pawh ni se, mipa khân a rawn tukdawl (cover)thei dâwn a ni,'

tihna a ni âwm e. Thangkûra ÷awngkam takin, "Hmeichhe phên leh mipa phên a inang reng," an tih vena a ni emaw ka hre lo.

Hun laihâwlah (*middle age*) khân pasalthate (*knights*) chuan an kawrfual chu hlîpin, chirh leh diak nâlah hmeichhiate sa him nân an phah thlawp a, a chungah hmeichhiate chu him takin an kaltîr ÷hîn, an ti. Hei hi thupuia kan hman, '*ladies first*' hawi lam, a awmzia chu a ni, tiin an sawi leh zêl a ni.

Thawnthu pakhatath chuan, Italy ramah nula leh tlangvâl inhmangaih êm êm hi an awm a. An khawtlâng leh hnam dân

avângin innei thei an ni lo. Pialrâlah chatuana an chên dun thuai theih nân, tuiptuah zuang thlaa intihhlum an tum ta a. Mipa chuan a hmangaih leh duh ber tâna nun hlan hmasak thlangin, tuiptuah chuan a zuangthla ta a. Nula chuan a rilru thlâk thutin inah a hawsan leh si a ni âwm e. He thil thleng avâng hian mipain an sahim nân, ‘*ladies first*’ tih hi an ar ðial fin thu hla a ni e, an ti! Ka awih lo.

Kan thupui sawi fiahna hnahchawi ti tamah, Titanic lawng lianin chhiatna râpthlâk tak a tawh ðuma chanchin ngaihnawm tak kha sawi tel ang aw. Kha mi ðuma an chhanhim zât chu: *hmeichhia (putling) 74% leh naupang 54% an nih lain, mipa (putling) chu 20% chauh an ni*, an ti. Chuvângin, *ladies first* chauh pawh ni lovin, *women and children first* tih thufing tawi te pawh an hmang ta zêl niin an sawi.

He thufing tawi hi

Hmeichhe zahna leh chawimawina ðawngkam hawihhâwm, khawilo nih châng a dâwrah emaw, mi inah emaw luh dâwn te,

*kawng zîm leh chêp deuha kal a ngaih châng a, “Nang kal hmasa rawh,” tia mipain duhsakna lantîra an kal hmasaktîr te, hmeichhia an nih vâng a mipain ngaihsakna (a ðha lam zâwng) a lantîr ang chi rêng rêng hi, kan thupui sawi tum leh a awmzia chu a ni, tiin sawi ila. A buk ðhelhin kan ðhelh lo tûrah ngai ang. ‘Hmeichhe âwm nêw zâwk an nia,’ tia mipain eng thilah pawh ngaihhnathiamna (*special caring*) kan neih ang chîte pawh hi, he thufing tawi awmzia leh hawi lam chu ni berin a lang.*

Thupui leh Mizote inlaichinna:

Chanchin ðha ênga kan mit a keu hma hauha kan pi pute’n, ‘*ðawngkam ðhain sial a man*,’ tih thufing tawi an hman ðhin kha a lo Pathian thu hle mai. Kha tih hun lai khân hmeichhe fa an lo pianin, “*Nula hmel ðha, sial man tûr a nih hi*,” tiin nau entute’n duhsakna ðawngkam mawi leh zahawm, hawihhâwm tak hmangin, ahun laia Mizorohlu ber ‘sial’ ðawng chhanin, lawmpuina ðawngkamin mal an sâwm ðhin.

Article

FA ENKAWL - ZIRNA AH

-Zirkungi Chhakchhuak,
Tuikhuahtlang

Fa enkawl chungchang hi kan rama nu leh pa mai ni lo, nula leh tlangvalte pawhin an hriat atana pawimawh tak nia ka hriat avangin ka han ziak a ni. Kan tu leh fate hna thawk rual an nih hma chuan Sikul kala lehkha an zir vek a ngai a ni ber a. Kan duhthusamah pawh tha takin lehkha zir se kan duh theuh ang. He lama thiam zawk leh tha zawka rawn ziak thei turte cho chhuahna ni pahin pawimawh ka tih thenkhat han tar lang ila.

1. In chung boruak (home environment) :

Naupangin thlamuang tak leh phûr taka lehkha an zir theih nân kan in chhungah boruak tha siam a pawimawh. Nu leh pate naupang hriata inhauh pumpelh hrâm tur a ni. Nu leh pate in hau ri hian a hnu thlengin an rilru a hliam thei. An lehkha zir laia TV lo en leh inleng lo neihte hian an rilru a la peng a, zir angin awm mahse an ngaihtuahna ding (concentrate) thei thin lo. Tul bikah lo chuan chhuah vah san loh a tha. Lehkha zirna boruak muanawm leh duhsakna nasa kan pe tih an hriat theih tura kan insiam rem a pawimawh.

2. Mi dang nena khaikhin (compare) :

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nêna khaikhin hi a tha zawng leh tha lo zawng a awm thei. Chu mi kha mi chu i tluk lo tia hauh nâna hman hian a siam tha duh lo khawp mai. Keini pawh an thiante nu/pi i tluk lo min ti ngam ve ta sela, kan lawm bik lo vang. Chu ai chuan 'i thian nu/pa hian heti hian a ti thei a, nang pawh han tang leh zual la i ti ve thei mai ang' tihte hian a fuih phûr thei zawk ngei ang. An ngaihsan tûr, mi hlawhtlingte hlawhtlin dan leh an hlawhtlin chhante hmanga fuih phûr hian awmzia a nei viau ang.

3. Theihtawp chhuah :

Lal Isuan kan theih tawk kan tih hi a pawm a, a lawm bawk a ni. Kan fate pawh an pass-na a san leh san loh leh mi

dang an tluk leh tluk loh ai chuan, a theih tâwpin a zir em tih hi a pawimawh, kan fate pawh hrilh a ða khawp mai. An theih tawpa an zir zêl chuan tunah kan duh ang thleng rih lo mahsela, an la hlawhtling nge nge ang tih beisei ila. Theihtawp chhuah lova hlawhtlin tum chu mahni tuh loh rah seng tum ang a ni.

4. **Zirlai thiam chian** : Mark hmuh ðat hi a pawimawh lain, an zirlai hrechiang si lova vawn (by heart) ðeuh ðeuh hian mark chu an hmu tam ngei a, an zirlai nihna tak tak an man loh chuan an pawl sang tawlh tawlh a, an buai tawlh tawlh mai a ni. HSLC leh HSSLC-a top ten a tlin hi a hlû a, zirlai leh Sikul ða leh ða lo tehna atân kan hmang deuh ber a. Hei chauh hi tehna tûr a ni lo tih erawh chu hriat a ðul hle mai. An zir chhunzawm zêlnaah an ti ða zêl em, puitlinna an zir chhuak em tihte hi ngaihtuah a pawimawh khawp mai.

5. **Tuarchhel** : Þhangtharte zîngah tuarchhel lo an tam ta deuh em aw a tih theih. Kan

fate tuarchhel tura puitlingten kan kaihhruai a ngai. In chhûnga an thawh theih tawk thawhtir te, lehkha zir hun bi mumal neia zirtir te a pawimawh. Duat lutuk leh chhan lutuk ten anmahni a ti zuau ðhin. Puitling hote kan inthuruala kan ðan tlân a pawimawh. Theihtawp chhuah thei tur chuan an tuarchhel a ngai. Hun harsa pawh tuar thei turin i zirtîr ang u.

6. **Ngaihven** : An zirlai kan ngaihvenpui a pawimawh hle. An test hun, exam hun te hriatpui ila, an mark hmuhte lo hriatpui zêl a ða. An tih ðat loh pawhin hauh dan chin tawk neih a, fuih pah zêl tûr a ni. Kan ngaihven tih an hriat hian anmahniah inrintawkna a tuh thei.

7. **Screen time** : TV, Phone, Laptop etc. te hi khawih lo tûra inkhap beh ngawt theih a ni tawh lo va, an en theih hun bi mumal tak siam sak a ða. Khawvel huapa mi ropui tak takte pawh hian an lo ngai pawimawh khawp mai. An thil en ðhinte pawh hriatpui a theih chin chinah thlan sak a ða.

8. Ngaihhlut zawng : In chhunga puitlingten kan thil sawi thin hi naupangin an lo chhinchhiah khiau thin. Mi taima, lehkha thiam, rinawm, Pathian tih mi chanchinte sawi tam ila. Zirtirtu leh Kohhran hruaitute that lohna sawi chinte hian an nunah nghawng tha lo tak a nei nge nge thin. Nu leh pate'n mi rel an chin viau chuan fate'n nu leh pate an rel fo ang tih hriat a tha. Fimkhur a ngai hle.

9. Hriatzauna (General Knowledge) : Kan tu leh fate an zirlai bakah lehkhabu tha anmahni kumin a phak taww awm zel chhawp thin a tha. Lehkha chhiar hi 'habit'-a an neih theihna turin tan lak tur a

ni. Chhûngkuaa titi ho a, an hriatna tizau thei tûr thil sawi hote chin tur a ni. Chanchinbute pawh chhiar thantir tûr a ni. Puitlingte pawhin lehkha chhiarah tan la ila, kan fate tihmuhtu nih i tum ang u.

Kan hun kan pek tamna apiang hi kan ngaih pawimawh a ni an tih angin kan fate tan a tam thei ang ber hun pek tum ila. Thiante nen kan titinaah pawh fanau enkawl dan leh zirna lam sawi tam ila. Lal Isuan, 'tih tak meuhin, tih tak meuhin' a tih angin kan theihtawp kan chhuah chuan Pathianin mal min sawm ngei ang.



Thufingte 15:1-3

*Chhâna nêmin thinur a tikiang thin a,
 Tawng huatthlala erawh chuan thinur a chawk tho thin.
 Mi fîng lei chuan fîna thu dik a chhak chhuak thin a,
 Mi a kê erawh chuan thu âthlâk a chhâk chhuak thin.
 Lalpa mit chu hmun tinah a awm a,
 Thil tha lo leh tha a enthla reng thin.*

**PRESBYTERIAN WOMEN'S FELLOWSHIP
18TH PWF BIENNIAL CONFERENCE**

A hun : 27th - 29th October, 2023
 A hmun : Mawpat Presbyterian Church,
 Shillong, KJP Sepngi
 Thupui : "Press on towards the Goal" (Tiam
 chin lam pan. Phillipi 3:14)

10:00 am- 01:00 pm : Nomination Committee
 01:30 pm- 04:00 pm : Standing Committee

27th October, 2023 (Friday)

06:30 Pathian Biak Inkhawm

Hruaitu : Mrs.Maya Pohlein, Chairperson, PWF

Ṭantu : KAPC Synod

Inlawmna : Rev.E.R.Kharkrang,Sr.Executive
 Secretary, KJP Sepngi i/c PWF

Inaugural : Rev.B.R.Kharnaioir, Administrative
 Secretary, i/c PWF.

Zaipawl : 1. Jingiaseng Kynthei, Mawpat
 Presbyterian Church.
 2. Nongkwar Presbyterian Kohhran
 3. Mawlong Presbyterian Kohhran

28th October,2023 (Inrinni)

07:30 am- 08:30 am : Bible Study

Chairperson : Mrs.Ladbasuk Lyngdoh,
 KJP Sepngi

Hruaitu : Mrs. Niangneiting,
 Manipur Synod.

10:00 am- 4:00 pm Rorel Inkhawm

06:30 pm	:	Pathian Biak Inkhawm
Hruaitu	:	Mrs Chingngaihlian, Vice Chairperson PWF
Ṭantu	:	Ms Merciful Suna, KJP Synod Mihngi
Thupui	:	Tiam chin lam pan (Phillipi 3:14)
Zaipawl	:	1. Mawkasiang Presbyterian Kohhran 2. Mawroh Presbyterian Kohhran 3. Lumshyiap Presbyterian Kohhran
Thuchah	:	Mrs Vahkhohling, Zou Synod.

29th October, 2023 (Pathianni)

07:30 am	:	Lalpa Zanriah
Ṭhehtu	:	Rev. B. B. Lamin, Moderator, PCI
10:30 am	:	Pathian Biak Inkhawm
Hruaitu	:	Mrs Maya Pohlein, Chairperson. PWF.
Ṭantu	:	Mizoram Synod.
Zaipawl	:	1. All Khasi Theological Trained Women Choir. 2. KJP Synod Sepngi Standing Choir. 3. Mawtawar Presbyterian Kohhran
Thuchah	:	Rev. Aleyamma Thomas, NCCI
1:30 pm	:	Pathian Biak Inkhawm
Hruaitu	:	Mrs Maya Pohlein, Chairperson. PWF
Ṭantu	:	Ri Bhoi Synod.
Zaipawl	:	1. KJP Synod Sepngi Standing Choir. 2. Mawpat Presbyterian Kohhran 3. Phudmuri Presbyterian Kohhran
Thuchah	:	Rev. Rolianthanga Lalsim, Biateram Synod

29th October, 2023 (Pathianni)

- 06:30 am : Pathian Biak Inkhawm
 Hruaitu : Mrs Maya Pohlein, Chairperson. PWF.
 Tantu : Biateram Synod.
 Zaipawl : 1. Mawlai Presbyterian Kohhran
 2. Mawpat Presbyterian Kohhran
 3. Mizoram Synod Palaite
 Hruaitu thar hlanna: Rev.B.B Lamin, Moderator, PCI
 Thu sawi tawi : Mrs Lalthansangi Fanai,
 New Chairperson.
 Lawm thu sawina: 1. Thlengtu Kohhran
 2. PWF ațangin
 3. Mrs.Mankhanngai, Secretary, PWF

* Inrinni zan inkhawm ațangin thilpek lak khawm a ni ang.

* Pathianni zan inkhawm thilpek hi a thlengtu kohhran pual a ni ang.

Presbyterian Kohhran Hmeichhiaten kan Inkhawmpui neih tur-18th PWF Biennial Conference, Mawpat, Shillong-a neih turah hian Mizoram Synod ațangin palai 150 kal turin min beisei a, zaipawl nei tura min beisei angin zaipawl neih ngei tumin hla te pawh zir mêk a ni a, KHB No 52-na “Lal Isua hming i fak ang u” tih hla kan rem dawn a ni. Hetiang hian palai kal dan tur ruahman a ni:-

(1) Central Committee ațangin	- 40
(2) PWF Biennial Conference-a la kal lo Bialte	- 20
(3) Khawpui chhûnga Bial hrang hrang ațangin	- 46
(4) Thingtlang Bial ațangin	- 44
Total	-150

PWF Inkhawmpuia kal turte hian October 26, 2023-ah Bus 5 hmangin Aizawl an chhuahtsan ang.

Hriselna Huang

DAMDAWI EI PAWLH A PAWI EM?

Khawvêla kan awm miao avângin taksa bawrhawm hun kan nei thin a, damdawi pakhat aia tam hman/ei a tul chang a awm thin. Mi thenkhat pheï chu rei tak tak damdawi ei ngaiin an awm thin a, dam chhûnga damdawi ei ngai tawh tûrte pawh kan awm hial thin a nih hi. Damdawi pakhat aia tam a ruala hman/ei avânga damdawi hnathawh dan beisei ang ni lo (drug interaction), taksa tâna a pawï theih nachhan leh a that ve hlauh theihna chungchang lo zir ho ila.

Mihring taksa damdawi hnathawh dan hi kawng nhihin a thliar theih a. Chung chu kan taksain damdawi a lo sawngbawl dan (pharmacokinetics) leh kan taksa nghawng a neih dan (pharmacodynamics) a ni a. A sap tawng chuan ‘what the body does to the drug (pharmacokinetics) leh ‘what the drug does to the body (pharmacodynamics)’ ti te pawhin an sawi thin. Damdawi hman leh damlo dinhmun a zirin tuna kan thupui zûl zui hian damdawi nghawng chi hrang hrang a awm thei a ni. A hmasain taksain damdawi a sawngbawl dan leh damdawi pakhat aia tam a rual emaw, hun inhnaih lutuk emawa

hmanin nghawng a neih dan han tar lang hmasa ila.

1. Damdawi kan ei leh in tam zawk hian hna a thawh theihna tur chuan thisen zam chhunga thisenah a luh/tel phawt a ngai thin a. Chumi tur chuan kan pumpui leh a tam zawk chu kan rilte (small intestine) atângin thisen zâmah a lut thin a ni. Hei hi a pawimawh khawp mai a, a chhan chu damdawi thenkhat chu ei rual emaw, hun bi inhnaih lutuk emawa ei chuan thisen zama a lut tur kha nasa taka tikhaih lakin, a ti khawtlai thei thin a ni. Chu chuan a hnathawh tur ang thawk thei lovin damdawi chu a awm tir thei a, damdawiin hna a thawh loh na na na chuan

damlovin a tuar ta ðhin a. Entir nan damdawi kan ei nasat ber zînga mi calcium, iron, magnesium leh zinc te leh antibiotic ciprofloxacin leh tetracycline te hi a rual emaw, hun inhnaih lutuk emawa ei a nih chuan pum chhungah inbelhbawmin (complexation), chu chuan a mal eia thisena a luh a tihar ta a. An hnathawh tûr angin hna an thawh theih loh phah ðhin a ni. Tin, damdawi chi khat metoclopramide hian pumpui leh ril che vel a tirang thei a. Damdawi dang nêna ei pawlh chuan, kha damdawiin pumpui aţanga ril a thlen hun tur pangngai aia rangin a thleng thei a. Kan ril hi damdawi tam zawkin kan thisena an luhna kawngkapui ber a nih avângin, chu chuan kha damdawi kha rang zawkin thisenah a luhtir thei tihna a lo ni ta a ni. Chutih rualin damdawi ðhenkhat erawh chu kan ril aia pumpui (stomach) aţanga kan thisen zama hip luh chi zawk a awm ve thei bawk a. Chutiang damdawi (entir nan lung lam

þha lo enkawlna atâna hman ðhin digoxin) leh metoclopramide (luak danna damdawi chi khat) kan hman pawlh a nih ve thung chuan, thisen zama an luhna hmun ber kan pumpuia rei lo zawk an awm dawn tihna a ni a, hei hian an hnathawh tur ang a thawhtir lo thei hlahu thung a ni.

2. Tin, kan rilte leh rilpui velah hian mit lawnga hmuh tham loh hrik (microorganisms), mihringte tâna ţangkai êm êm tam tak a awm a. heng bacteria/hrik tena enzymes an pek chhuahte hian kan damdawi ei leh kan chaw ei te metabolism leh pai ţawih kawngah nasa takin min pui ðhin a ni. Damdawi ðhenkhat (entir nan indanna damdawi ðhenkhat mestranol/ethiny lestradiol) phei chu heng hrik te rinchhana hna thawk an ni a. Heng bacteria/hrik te hi damdawi ðhenkhat, antibiotics hrang hrangte chuan an tihlum nasa hle a. Chuvang chuan heng indanna damdawi ðhenkhatte hi antibiotics nêna kan ei pawlh

chuan, an hnathawh theihna tur atâna puitu bacteria/hrik te kan tihlum tel avângin an hnathawh tur angin an thawk thei ta lo fo a ni. Hetiang deuh tho hian thisen zâma thikhar insiam tur vengtu warfarin-te hnathawh nasa lutuk tûr lo tihnam a, taksa mamawh tawk chiaha hnathawh thei tûra lo puitu Vitamin K siam chhuaktu bacteria hrik chu antibiotics thenkhatin an tihlum thei thin a. Hei hian vitamin K hnathawh a tih hniam vangin internal bleeding a awm phah thei a ni.

3. Kan damdawi ei/hman te hi kan taksaah hian a châm bâng reng tur a ni lo a. A hnathawh tur a thawh zawh chuan taksa atângin a inpaih chhuak tûr a ni. Zun, ek, thaw leh thlan hmangin kan taksain a paih chhuak thin a. Chutiang ni lo se damdawi Chambang Khan taksaah nghawng duhawm lo tak tak a thlen thei a ni. Damdawi a ruala ei/hmanin damdawi nghawng danglam, beisei loh taksaa a thlen theih zînga

langsar leh pawimawh ber zînga mi chu, kan taksa atanga damdawi inpaih chhuahna kawnga sawng bawlana (drug metabolism) lamah hian a ni a. Damdawi kha kan taksa atanga chhuak tûra lo sawngbawl tawh chuan, chemical dangah lo insiam tawhin hna a thawk thei tawh lo va. Hetianga damdawi nihphung taksaa siam danglamtu pawimawh ber leh thawh hlawk ber chu Cytochrome P 450 (CYP 450) an ti a. Kan thin (liver) a CYP 450 hnathawhna hmun ber a ni a, metabolism khawl pawimawh ber a ni. Kan damdawi ten he kan thin (liver) a CYP 450 te hnathawh an zuk khawih danglam dan hi a damdawi a zirin a danglam thei a. A then chuan a zuk tichak a, a then chuan a timuang thung. Chuvangin damdawi kan ei pakhat Khan kan damdawi ei dang metabolism (taksa atanga inpaih chhuah tura siam danglamna) kha a tichak vak emaw, a timuang vak emaw thei dawn tihna a ni.

Hetianga damdawi pakhat aia tam kan ei avânga damdawi nghawng tha lo emaw, damdawite an thawh tur ang thawk thei lova lo insiam ta hi Mizote chuan damdawi inhal kan ti mai thin a. Kan pum chhûngah damdawite kha lo inchawh pawlha, damdawi thar hlauhawm tak a insiam chhuak ta ni lovin, damdawi pakhat khan damdawi dang hnathawh kha a nih tûr aia nasa taka thawhtir emaw, hnathawh thei miah lova a siamna zawk kha a ni a. Hetiang hi damdawi pakhat

aia tam ei apianga thleng a ni lo va, damdawi thenkhat ei pawlhah erawh chuan a thleng ngei tih hriat a ni. Tin, damdawi leh damdawi inkar bakah hian kan chaw/drinks ei/in te pawh hian damdawi nena inhal (drug-food interaction) hi a awm thei bawk. Heng bakah hian damdawi thenkhat, an hnathawh kawnga inhal tia sawi theih a awm bawk awm e. Mahse, heng hi chu kan doctor-ten an chawh kawp ngai lo va, hre chiang lova mahnia inchawh chawpte zîngah erawh a thleng fo thin a ni.

(Damdawi leh a kaihnawihite- Dr. Laldusanga Pachuau & Dr. C. Zothanmawia)



ISUA MIZIA

Lal Isua mizia pum pui sawi dan tha ber chu midangte tana nung tih hi a ni.

- Dietrich Bonhoeffer

NUTRELLA TIKKI



- Mamawhte:
1. Nutrella
 2. Purun sen
 3. Dhania/Bahkhawr
 4. Artui
 5. Cornflour/maida

A siam dan:

1. Nutrella chu tui sova chiah pawrh hnuah a tui sawrfu vek a, grinder-ah emaw her sawm/tih sawm phawt tur.
2. Purun sen sin têt têt-a chan leh dhania/bahkhawr duh zawk zawk sin têt-a chan telh a, chi a al tawk, chilli powder leh masala leh ajino a duh tan a telh theih bawk.
3. Artui (kan thil kan tur tam dan azirin) chawh kawi leh cornflour neih remchan loh chuan maida pawh a hman theih. A vai hian pawlha uluk deuha chawh pawlha duh dan tiata a phek emaw a mum emawa siam tur.
4. Kan siam sa chu têt tam deuh hlekah tlem tlema kan tawh mai tûr a ni. A sen deuh thapah thur chhuah zel mai tur a ni. Chawhmeha hman bakah naupang tiffin-a paiah a remchang ve khawp mai.

SAIṬHUAMLUAII

Pi Saiṭhuamluaii hi Pu Ranga (L) leh Pi Darkhawthangi (L) te fa 11 zingah a naupang ber dawt (10-na) niin Zokhaw- sangah a lo piang a. Zoram buai avang khan Zemabawk-ah sawikhawmin Zemabawk- ah hian a seilian a ni. Upa C.Lalbiaktluanga, Kulikawn nen 27.01.1994-ah inneiin fanu pahnih leh fapa pakhat an nei a, tûnah Kulikawn West-ah an cheng mêk a ni.

Eizawna lam : Kum 1987 September ni 1 aṭangin Middle School Teacher-in Salem veng M/S-ah a thawk a, kum 2008 October thla aṭangin SDEO, Aizawl South Office-ah attached-in a thawk a, tun thlengin a la thawk a ni.

Rawngbawlina lam: Kohhran Hmeichhe Committee-ah kum 2007 aṭangin a tel a, Asst.Secretary,

Secretary, Vice-Chairman leh Chairman-te chelh tawhin tunah Chairman a chelh mêk a ni. Kohhran-ah Puitling zirtirtu, Nilai zan thupui hawngtu, Kristian Chhûngkaw Committee member-te a chelh mêk a ni.

Bialah: Bial Hmeichhe Committee-ah kum 2009 aṭanga tel ṭanin Asst. Secretary, Secretary, Vice Chairman leh Chairman-te chelh tawhin tunah Vice Chairman a ni mêk a ni.

Bible chang/hla duh zawng : Sam 139-na leh Sam 19:7-10 thu hi a duh êm êm a. Johana 14:1-4 thu Isuan kan tan hmun siama a kal dawn thu leh a awmnaa min la hruai tûr thu hi thlamuanthlak a tiin a duh êm êm a ni.

Thuchah: Chhûngkaw tina Nute hian kan in chhûng ṭheuhvah hian Pathian hmangaihna thu Lal Isua Chanchin Ṭha hi sawi tam ila, kan tu leh fate kawng dika hruai hi kan mawh a ni tih hre Chiang ila, khawvêl sualnain a ei chhiat loh nân theihtawpa ṭawngṭai leh Pathian thu hrilhin venhim i tum tlat ang u.

HRIAT ATAN:

Fehchhuahna: Heng hmunah te hian kan hruaitute an feh chhuak a, Pathian hruainain hun tha tak an hmang thei a, a lâwmawm hle:-

(1) July 8, 2023 (Inrinni) khân Electric Veng Pastor Bialah Leadership Training neihpuiin Pi Lalmuanzuali, Asst. Secretary leh Pi Lalrammawii, Committee member-te an kal.

(2) July 7-10, 2023 chhûng khan N.Vanlaiphai Pastor Bialah Kristian Chhûngkaw Seminar leh Campaign neiin Pi Zothanpari, Chairman, Pi Lalhmingmawii leh Pi Lalchhingpuii te an kal.

(3) July 7-10, 2023 chhûng khan Mamit Pastor Bialah Leadership Training leh Kristian Chhûngkaw Campaign neiin Pi Lalengzami, Pi Tlanghmingthangi leh Pi Lalmalsawmi Sailo te an kal.

(4) July 7-10,2023 chhûng khan Tipa Pastor Bialah Kristian Chhûngkaw Campaign neiin Pi H.Lalfakmawii General Secretary, Pi Lalthawmmawii, Pi J.H.Lalpekthangi leh Pi Lalnghakliani te an kal.

(5) July 15, 2023 (Inrinni) khân Baktawng Bialah Leadership Training neiin Pi Lamchhingi leh Pi Saiṭhuamluaii te an kal.

WOMEN CENTRE:

1. July - December,2023 chhung atân Women Centre-ah chaw chhum (cook) rawih thar a ni a @ Rs.500/- per day a thawk tura lak a ni.

2. Presbyterian Kohhran Hmeichhia, Maryland, USA a mite hnen aṭanga mamawh leina tur sum ₹ 72,000/- aṭangin chaw ei dawhkan 9 (pakua) siam thar a ni.

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

COMMITTEE MEMBER-TE

- | | |
|--|--------------------------|
| 1. Pi A. Nazi | 2. Pi C. Thanpari |
| 3. Pi H. Lalbiakveli | 4. Pi H. Lahlunpuii |
| 5. Pi C. Thanthiangi | 6. Pi JH. Lalpekthangi |
| 7. Pi K. Rinthianghlimi | 8. Pi K. Rosiamliani |
| 9. Pi Lalbiakthangi | 10. Pi Lalchhingpuii |
| 11. Pi Lalengzami | 12. Pi Lalrinawmi |
| 13. Pi Lalhmingmawii | 14. Pi Lalmalsawmi Sailo |
| 15. Pi Lalnunhlimi | 16. Pi Lalrammawii |
| 17. Pi Lalramthangi | 18. Pi Lalthangmawii |
| 19. Pi Lalthansangi | 20. Pi Lalthanzami |
| 21. Pi Lalthanzaui | 22. Pi Lalthawmmawii |
| 23. Pi Laltlanthangi | 24. Pi Lamchhingi |
| 25. Pi Lawmkimi | 26. Pi R. Lalnuntluangi |
| 27. Pi R. Tlanghmingthangi | 28. Pi Rengramthangi |
| 29. Pi Rohmingthangi | 30. Pi Saithuamluaii |
| 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. Dr. C. Chawngmingliana, Synod Moderator
2. Upa B. Lalhmunliana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Khawzawi Vengthar Pastor Bial Kohran Hmeichhia
Kristian Chhungkaw Campaign & Seminar



Kohran Hmeichhia Central Committee - Training of Trainers with NexGen Organisation



Reiek Pastor Bial Kohran Hmeichhia Leadership Training & Kristian Chhungkaw Campaign

To

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