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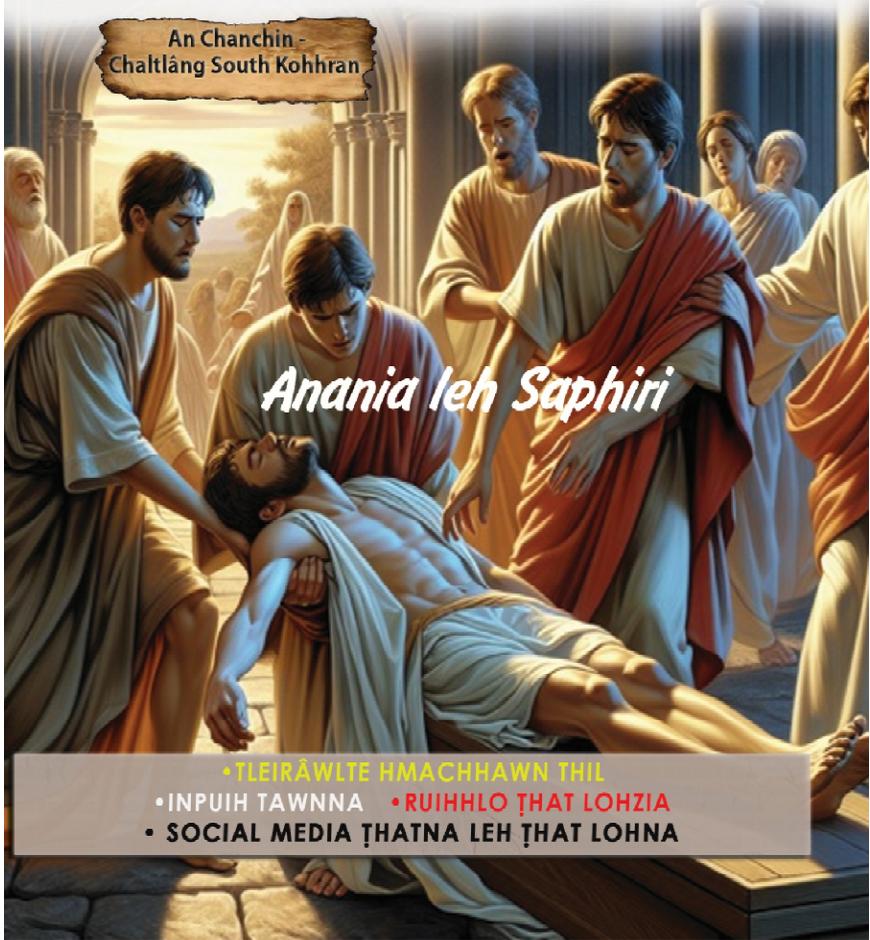
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Kristian Naupang



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Chatlâng South Kohhran



Anania leh Saphiri

- TLEIRÄWLTE HMACHHAWN THIL
- INPUIH TAWNNA
- RUIHHLO THAT LOHZIA
- SOCIAL MEDIA THATNA LEH THAT LOHNA

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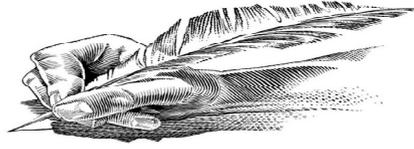
Kristian Naupanga thu chhuahthe hi Editor ngaib dân a ni vek kber lo.

A chhûnga thu awmte

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Editorial



MI DANGTE ZAH THIAM

Mihring hi Pathianin mahni chauhva awm tûrin min siam lo va, mi dangte nêna a huhova khawsa tûra duan kan ni. Bible thu ken pawimawh tak chu nun dân ̣a zirtîrna, mi dangte nêna khawsak ho dân ̣a zirtîrna a ni a. Chu chu Pathian thu âwih, thlarau mite chuan an zâwm a, mi dangte pawh an zirtîr ve ̣hîn.

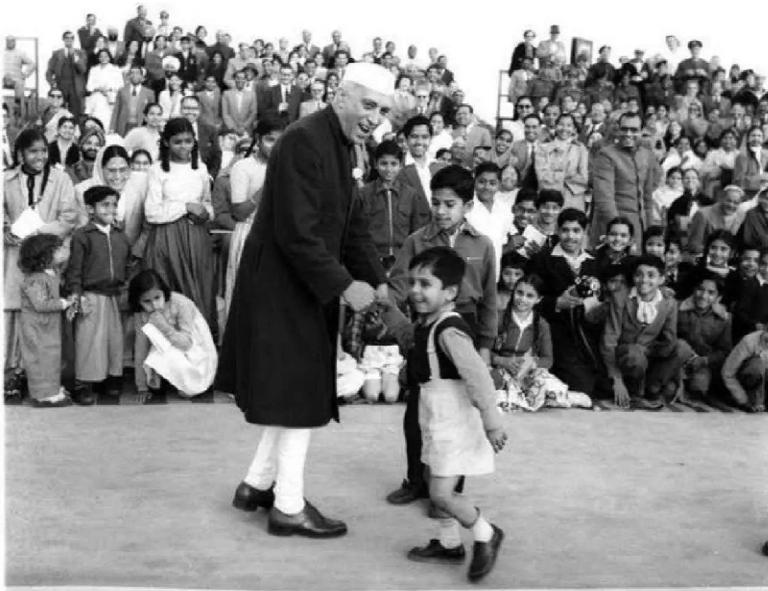
Kristian naupangte leh tleirâwlte hian mi dangte zah thiam, ̣a tak leh inrem taka khawsak ho dân kan zir reng a pawimawh hle. Mi dangte kan dâwr dân leh kan dawnawn dân hian eng ang mi nge kan ni tih a lantîr ̣hîn a ni.

Kan ̣hianteh leh kan bul vêla mite chungah kan rilru put dân leh, anmahni kan dâwr dân te hian kan nihna a pho lang ̣hîn. Chuvângin, Kristian naupangte leh tleirâwlte chuan mi chungah rilru put hmang dik kan put a ̣ûl a. Mi dangte kan zah thiamin kan hawihhâwm tûr a ni.

Nu leh pa te, chhûng te leh ̣hian te zah thiam apiang an nun a hlim a, mite pawhin an zahin an chawimawi lêt ve ̣hîn a ni. Mi dangte ngaih pawimawha, zah thiam hi i zir zêl ang u.

NAUPANGTE NI

Kristian naupangte hian Naupangte Ni a awm tih ka lo hre tawh thîn em? Naupangte Ni (Children's Day) hi India ramah chuan kum tin November 14-ah hman thîn a ni a. Ram dangah chuan November 20-ah an hmang thîn thung. India ramah hian November 14-a Naupangte Ni hman thîn a nih chhan chu he ni India ram prime minister hmasa ber, Jawaharlal Nehru-a pian champhaphâk a nih vâng a ni. Pu Nehru-a hian naupangte a ngainain a duhsak êm êm a, naupangte tân thil chi hrang hrang a ti a. Chuvângin, a pian champhaphâk 'Naupangte Ni' atân hman a ni hi a inhme hle.



Pu Nehru-a leh naupangte

Kum 1957-ah sawrkâr laipuiin November 14 hi ‘Naupangte Ni’ atân a puang a. He niah hian naupangte pualin hmun hrang hrangah hun hman ðhin a ni a. Sikul ðhekhatah chuan naupangte puala hun hman ðhin a ni a. In sikulah in hmang ve ðhin em? Eng tin nge hun in hman ðhin?

Naupangte hi Pathianin a duh taka a siam kan ni a. Lal Isua pawhin naupangte hi a lâwm êm êm a, “Naupang tète ka hnênah han kaltîr ula, hnar suh u; Pathian ram chu hetiang mite ta a ni si a. Tihtak meuhvin ka hrilh a che u, tu pawh Pathian ram chu naupang têin a lawm anga lâwm lo apiang a chhûngah an lût tawp lo vang,” (Lk 18:16-17) a ti hial a ni. Lal Isua zirtîrna zâwmin kohhran pawhin naupangte hi min hmangaihin min duhsak êm êm a. Kan pualin thil chi hrang hrang a buatsaih a, Kan kum mil tâwka Pathian thu zirna Sunday School te min siamsak a, kawng ðha leh kawng dik min kawhmuhin min zirtîr reng bawk.

Sawrkâr pawhin naupangte hi min duhsakin min duat êm êm a. Lehkha kan zir theih loh te, hri danna kan lak loh te, ei tûr ðha kan ei phâk loh te leh dinhmun hlauhawma kan awm te a hlau êm êm a. Kan hlima, kan nun a nawm lehzual theih nân kawng hrang hrangin ðan a la ðhîn a ni.

Kristian Naupang enkawltuten Naupangte Ni hlim taka hmang tûrin duhsakna kan hlân a che u.

CHHÛNGKAW PAHNIH TEHKHIN THU

*Joel Lalrinhlua
Intermediate Department
Khawzâwl Vêngthar North*

Khaw pakhatâh hian chhûngkaw pahnih, inang lo tak mai hi an awm a. Pathian nêna lêng dún tlat ðhîn chhûngkua leh Pathian be ngai miah lo chhûngkua an ni. Pathian nêna lêng dún ðhîn chhûngkua chu an mut dâwnah te, chaw an ei dâwnah te Pathian hnênah an inhlân ðhîn a. Pathian be ngai lo chhûngkua zâwk erawh chu chaw an ei dâwnah te, an mut dâwnah te an ðawngtai ve ngai lo va. Tichuan, hun a lo liam ve zêl a, chhûngkaw pahniha naupangte pawh an lo puitling ve ta a. Pathian hnêna inhlân ðhîn chhûngkua chuan Pathian an ðih tlat avângin an hmuingil a, an fate chuan nu leh pate chu an an châwm thei ta dêr mai a. An hausa tawlh tawlh bawk a.

Lalpa nêna lêng dún ngai lo chhûngkua erawh chu an rethei ta tawlh tawlh a. Ei tûr pawh chu an nei mumal lo ðan ta hial a ni. Pathian ringtu chhûngkua zâwk chu an hlim êm êm a, chhûngkaw hlim thei tak an lo ni chho zêl a. An pa ber chuan, “Lalpa nêna lêng dún chuan engah pawh mai hian malsâwmna kan hmu zêl ang,” a ti a ni. Pathian nêna lêng dún chhûngkua nih i tum zêl ang u.

TLEIRÂWLTE HMACHHAWN THIL

*Lalhmunzauwa Tlau
Assistant Coordinator, MSSU*

Tleirâwlte mizia leh an nunhunga bet tlat chu ‘thil tih chhin châkna’ hi a ni. An mit hmuh leh beng hriat tam tak, tharum thawhna, mipat hmiechhiatna (sex), thisen chhuahna leh soal chi dang dangte hi tih ve châkawm tak angin media hian a târ lang a. Râl thlîr mai lova a taka luh chilh an châk êm êm a ni. An nun hi ‘Eng nge lo thleng?’ tih hriatna maiah a lungawi tawh lo va, chu thil thlengah chuan tel ve ngei an duh thîn.

Chu thil chîkna leh thil hriat châkna chu thil tam takah hman țangkai theih tak a nih rualin, thlêmna kawngka zau tak a ni bawk. Tleirâwl tam tak chuan ‘ka ei chhin loh chuan, ka khawih chhin zet loh chuan, ka tih ve phawt loh chuan,’ tiin a țha lo tih an hriat reng pawh tem chhin kher an tum a, a pawizia an hriat chhuah meuh chuan kîr leh theih tawh lohna hmun an lo thleng tawh thîn.

Mizo țhalai ruihhlo ngai zînga a tam ber chu ‘tih chhin ve hrim hrim châka ruihhlo ti țan, nghei thei lo zui ta’ an ni a. Chutiang bawkin, mipat hmeichhiatna leh hum soal dangte pawh hi luh chilh kher duhna hian min dai pertîr thîn. Tleirâwl tam tak rilruah hian pâ theih loh leh nû theih loh hlauhna lian tak a awm a. Chu chu finfiah duhna an nei châwk a, soal khurah an luh phah thîn. Invên fîmkhur a ngai tak zet a ni.

A dawt lehah chuan, eng hunah leh khawi hmunah pawh tleirâwlte zînga harsatna awm reng chu ruih theih thil chungchâng hi a ni. Hun eng emaw ti chhông pheih chu Mizo tleirâwl chhuak thar apiang deuhthawin intihhmuh bera an neih a ni a, ðhalai sâng chuang teh meuh ruihhlo vângin hun lo takah an thih phah hial a ni. Chu mai ni lovin, natna leh sualna tam tak chu ruihhlo kaihhnawih leh hrin chhuah a awm bawk.

Ruihhlo chuan mi tin min nghawng avângin sawrkâr, kohhran leh tlâwmngai pâwlten kan buaipui rawn a ni ta ber a. Chumi azârah chuan hun thim chhah zualpui chuan min kiansan tawha a lan laiin tûnlai hian tleirâwlte zîngah ruihhlo ti thar an pung hle niin a lang a, a pawh hle. Kan ram hi ruihhlovin a pal tlang a nih avângin ruihhlo man tûr a awm reng a, man lohva kal tlang pawh tam tak a awm ang tih a rin theih bawk. Ruihhlo nêna inchên chilh reng kan nih avângin ruihhlo ti chhin lo tûra keimahni rilru lam hi kan buatsaiha, ‘Ka duh lo’ tia kan chhân ngam a pawimawh hle.

Ruihhlo bâwiha tâng tawhte chanchin an zir chianna aţanga a lan dânin, tih chhin ve hrim hrim duhna avâng te, ðhiante nawrna avâng te, rilru hah vâng leh awm âwl lutuk avângin ruihhlo hi an chîng ðan ðhîn a, intihpâna leh rual pâwl duh vâng hrim hrima ti pawh an awm bawk.

Hêng bâkah pawh hian media khawvêl hian engkim mai hi a awlsam zâwng leh zângkhai zâwngin a pho chhuak a. An ngaih sân zai thiam leh lemchan thiam tam tak hetiang lama inthlahdah takte an lo

nih bawk avângin, tleirâwl tam tak rilruah ruih theih thil tih pawisak lohna leh mi pângngai nih vena ang hiala ngaihna a tuh thîn. Hei hi a pawî hle. Ruihlo laka invên dân th̄a ber chu Pathian th̄ina avânga ‘tih chhin loh’ a ni a, tleirâwl lai aţang hian Josefa anga insûm thei mi nih tum tlat tûr a ni.

Tleirâwl nunah hian rual awhna nasa tak a lo awm thîn a, th̄iante neih ang nei pha ve lova inhriatna hian mi tam tak nun a tihrehawm thîn. Tleirâwlte khawvêl chauh ni lovin, mi tam zâwk hi chuan finna leh thlarau lam thil te, mihring chhûngril nun th̄atna leh dikna te aiin khawvêl sum leh pai leh hausakna kan ngai pawimawh zâwk hle niin a lang. In ropui leh mawî, a chhûnga bungraw ropui leh chhuak thar ber ber te, lîrthei changkâng leh incheina man to te kan lungkham a, chûngte chu nei îla kan nun hi kimin kan ring thîn.

Chu thlîr dân chuan tleirâwlte chauh ni lo, naupang chenin a hneh a. Changkâna leh ropuina tehfungh sum leh pai, in leh lo ropui leh mita hmuh theih thil an hmang nasa a. ‘Sum ngah ngah hmêl th̄a’ tih chu an thunawn a ni a, hlawhtlinna pawh sum leh pai ngah leh ngah lohvah a inngat ber thîn. Chu ngaih dân chuan tleirâwl tam tak chu a hrui bo mêk a, an duh zâwng a nih phawt chuan eng dân hmang pawha neih an duh ringawt mai a ni. He dinhmun hlauhawm tak aţanga chhuak tûr hian en tûr dik en chung a thlan tûr dik thlan a pawimawh hle. Mihring nun inngahna lungphûm hi sum leh thil neih th̄atah ni lovin, Pathian hriatnaah zêl a ni tih hre chung a nun hman a pawimawh hle a ni.

(Thu lākna: Lalmunzauva Tlau, *Dārthlang*. Aizâwl: SL&PB, 2025)

FUIHNA

*Emanuel C. Lalrinsangi
Sacrament Department
Sihphir Vêngthar Kohhran*

Rinawm tak leh chhel takin awm la, i nun kawng hruaitu atân Pathian chauh thlang thîn ang che. I beidawn chângte chuan amah hre reng la, ani pawhin a thlahthlam ngai lo vang che. I hlim ni leh lâwm lai nite a hnênah thlen fo la. Tichuan, anin a hre reng tawh ang che a, i aw a lo ngai châng reng tawh mai thei bawk asin. “Bei la, bei nawn fo rawh!” an tih kha maw! Beidawnsan lo la, i beih nawn fo zâwk chuan chhâna i hmu ngei ngei ang. Kan tâna tlai ve ngai lo Pathian kan nei alâwm.

Pathianin i tawngtâina a chhân chuan i rinna a tipung a, a chhân har che chuan i dawh theihna a tipung a, a chhâna dawng lova i in hriat pawhin i tâna thil t̄ha zâwk a ruahmansak che a ni.

Pathian chu kawng engkima i rina, i dah pawimawh chuan, anin i tân kawng dik leh t̄ha a buatsaihsak dâwn che a ni. Beidawnsan ngai lo la, bei nawn fo zâwk rawh. Tichuan, anin chhâna dik, i tâna t̄ha ber a pe zâwk ang che.

Mamawh chhâna t̄ha ber chu Lal Isua hnênah a awm tih i hre reng ang u.

ANANIA LEH SAPHIRI

Mi thiamte chuan khâwl changkâng leh ẵngkai tak tak an siam chhuak ẵn a. Chũng zĩnga pakhat chu dâwt sawi leh sawi loh hriat theihna khâwl (lie detector) a ni a. Chu khâwl chu ẵthutthlẽng hnuaiah te an vuah a. Chu ẵthutthlẽnga ẵthu chu miin zawhna zâwt ta se, dâwt a sawi vaih chuan khâwl chu a rawn ri ẵtâwt ẵtâwt dâwn a ni. Isua ringtute tân chuan dâwt sawi hi thil ẵha lo tak a ni a. Dâwt kan sawi leh sawi loh chu Pathianin a hre vek a ni.

Ringtute hmasate khân an thil neih an inẵawm ẵn a. An thil hlu neih te an hralh pawhin a hralhna man zawng zawng chu Tirhkohte hnẽnah an dah vek ẵn a ni. Ringtute zĩngah chuan mi fel tak ‘Josefa’ an tih hi a awm a, Tirhkohte erawh chuan Barnaba tiin an ko ẵn a. Chu chu ‘thlamuanna fa’ tihna a ni. Barnaba chuan a ram a hralh a, a man chu Tirhkohte hnẽnah a pe vek a, mite chuan an ngai sẵng hle. Kohhranho zĩngah chuan Anania leh Saphiri te nupa hi an awm a. Anania tih chu, ‘Pathian chu mi khawngaih thei tak a ni’ tihna a ni a, Saphiri tih chu ‘hmẽl ẵha’ tihna a ni. An nupa hian ram ẵha deuh an nei a, chu chu an hralh a. A man chu Tirhkohte hnẽnah an va pe ve a.

An nupa hian an ram hralhna chu a ẵn anmahni tân an dah hrang a. Anania chuan pawisa chu a kim lovin Tirhkohte hnẽnah chuan a va pe a

ni. Petera chuan Anania chu Chiang takin a lo en a, “Anani, Thlarau Thianghlim bum tûr leh, ram man a then zêp tûrin engati nge Setanan i thinlung a tihkha le? A awm chhông zawng khân i ta a ni reng lo vem ni? I hralh hnu pawh khân i thu thuin a awm lo vem ni? Engati nge hêng thu hi i rilrua i ngaihtuah? Mihring bum i ni lo ve, Pathian bum i ni zâwk e,” tiin a hau ta hrep mai a ni. Petera chuan ram hralhna an zêp then tih kha tu mân hrih lo mah se a lo hre vek a nih chu!



Dâwt sawi hi Pathianin a haw êm êm a. Mihring kan bum thei a nih pawhin Pathian chu a bum ve theih miah loh a ni.

Peteran a dâwt sawi a hria a ni tih a hriat chuan Anania chu a tlu tawp a, a thi ta mai a. A ruang chu tlangvâlhovin puanin an tuam a, an zâwn chhuak a, an phûm ta a. Dârkâr thum hnuah chuan Saphiri chu a pasal a thi tih pawh hre miah lovin a lo kal ve a. Petera chuan, “Min hrih rawh, ram chu heti zât chauhvin maw in hralh?” a ti a. Ani

chuan, “Aw, heti zât chauh hian a ni,” a ti a. Petera chuan, “Engati nge Lalpa Thlarau fiah nân in inthurual ni? Ngai teh, i pasal phûmtute kephah chu kawngka bulah a lo awm ta, nang pawh an zâwn chhuak ang che,” a ti a.

A pasal phûmtute an lo thlen rual chiah chuan Saphiri chu a tlu a, a thi zui ve ta mai a. Tlangvâlthe chuan a pasal bulah chuan an phûm ve ta a. A râpthlâk ti r’u? Ringtu hmasate chuan dâwt an sawi ngai lo va, an zînga dâwt sawi awm chhun Anania leh Saphiri te nupa pawh an thi tawp mai a ni. Tûn thleng hian Pathian chuan dâwt sawi hi a haw êm êm a ni.

Zawhna:

1. Josefa kha Tirhkohte khân engtin nge an koh?
2. Saphiri hming awmzia eng nge?
3. Anania hautu kha tu nge ni?
4. Anania khân mihring ni lovin tu nge a bum?
5. Anania thih aţanga dârkâr eng zâtah nge Saphiri a thih ve?

Thîr hi hman lohva a awm reng chuan a tuièk thîn ang hian, awm mai mai hian kan ngaihtuahna hi a ei chbe thîn a ni.

- Leonardo da Vinci

FELA LEH THARA

*Lalengmawia Sailo
Vaivakâwn Kohhran*

Fela leh Thara chu in̄thenawm, in insi lek leka khawsa an ni a. Huan thlai enkawl lamah tui d̄n hle bawk. Huan pawh inri चाहin an nei d̄n nghe nghe a ni. Ni tin mai hian an huan lamah chuan hna thawkin an t̄l d̄n t̄h̄n hle.

Fela huan chu a mawiin hmuh a nuam êm êm mai a. Thei rah chi hrang hrang leh pangp̄ar rawng chi hrang hrangte a vul ch̄k mai a. Thara erawh chuan a duh angin thlai a nei t̄ha ve hlei thei rih lova.



Thlai enkawl awlsam leh t̄iak awlsam deuh̄te a ch̄ng a, nasa takin a bei ve reng a ni.

T̄uk khat chu, ruah leh thlipui a rawn thawk chiam mai a. Anni pah̄nih huan pawh chu, chu ruah leh thli chuan nasa takin a nuai ve a. Fela huana thei leh pangp̄ar mâwi tak takte chu an

chhe nasa hle mai! Thara huan thlai phe chu thlipui chuan a nuai chhe deuh vek a ni ber mai.

Fela chuan hrehawm a tiin a beidawng hle mai a! Mahse, a thianpa chan a en erawh chuan a chan chu la tha hleah a ngai thung a. Thara chu tanpui a, a huan te chu bul tan thatpui leh thain a hre bawk a. Tichuan, Thara chu thawh dun puiah a sawm ta a. Bul tan tha leh turin, chauh leh hah pawh sawi lovin, ni tin huanah chuan hna an thawk dun a. Huana lei te chu an let tha leh vek a, thlai chi tam tak an ching thar leh bawk a ni.

Hun a lo kal zel a. Fela huan chuan a hma ang khih ngai an lo awh leh ta a. Thei leh thlai, pangpar mawi tak tak nen an lo vul leh ta chik mai a! Mahse, Thara huan erawh chuan hma a sawn hlei thei lo a. A ngai ang reng a la ni mai si a. Thara chuan, engtin nge huan thlai tha tak tak a neih thei bik tih Fela a han zawh chuan, Fela chuan, “Thlai chite hi ka tuh mawl tawp lo va. Ka thlai chi neihthe hi i ta tur ka pe ve che a. Tin, nangmah nen lungual takin kan thawk dun bawk a. He ka huan mawina hi heng thei leh pangparah chauh hian a awm lo va. Inthian thatna kan tuh dun atang hian a intan zawk asin,” tiin a lo chhang a.

A zirtir: Mihring nun hlutna tak tak hi mi mal hlawhtlinnaah hian a awm lo va. Mi dangte nena inzawmna tha leh inkungkaihna tha kan siam hian nun hlutna a lo lang chhuak thin a ni.

INPUIH TAWNNA

*Malsawmkimi
Intermediate Department
ITI Vêngchhak Kohhran*

Sângi chu a hmêl ṭha tak leh lehkha thiam thei êm êm a ni a. Sângi chuan ṭhian pakhat, Esther-i chuan lehkha a thiam thei vak lo va. An ṭhian dôn chuan sikul khatah kalin, an ṭhu dôn nghe nghe a.. Sângi chu lehkha thiam thei tak ni mah sela, lemziah erawh a thiam lo êm êm thung. Chuvâng chuan lemziah chu Esther-i'n a zirtir ve ṭhîn a. Sângi chuan mathematics a thiam êm êm a, a theih ang angin a ṭhiannu Esther-i chu a zirtîr ve ṭhîn bawk.

An sikulah chuan pâwl 10 thleng bâk zirna a awm loh avângin hmun dangah an insawn a lo ngai ta a. An ṭhian dôn chuan an inhmuh khât ta hle a, a inngai thei êm êm a ni. Nakînah chuan college te an lo kal ve ta a. Mak tak maiin college thuhmunah an lût fuh hlauh mai a, an han inhmuh chuan an lâwmin nuam an ti dôn hle. An ṭhian dôn chuan daktawr nih an tum a, lehkha pawh an zir nasa khawwp mai.

Chutia daktawr nih ngei tuma an inbuatsaih lai chuan Sângi chuan sum lama harsatna an neih avângin a zirna a chhonzawm thei dâwn ta lo va. A ṭhiannu Esther-i hnênah chuan an chhôngkuain

harsatna an tawhte chu a hrilh a. Estheri chuan a ðhian ðha berin chhûngkaw harsatna avânga a zirna a chhonzawm thei lo tûr chu hrehawm a ti êm êm a. A nu leh pate hnênah chuan a ðhiannute ðanpui dân ngaihtuahpui tûrin a ngên ta chawt mai a.

Esther-i nu leh pate chuan Sângi te chanchin an hriat chuan pawî an ti hle a. An fanu ðhian ðha berin a zirna a chhonzawm theih nân an ðanpui ta a. Sangi leh Estheri-te chu an lâwm hle a, lâwm avângin an mittui a tla hial a ni. Tichuan, an ðhian dân chuan theih tâwp chhuahin an zir zêl a, daktawr ðha tak an ni ta a ni.

Daktawr an nih hnu chuan mi rethei leh ðanpui ngai apiang an ðanpui ðhîn a. Mi tam takin anmahni kal tlangin malsâwmna an dawng ve ðhîn a. Mite fak leh ngaih sân pawh an hlawh nasa êm êm a ni.

HRIAT ATÂN

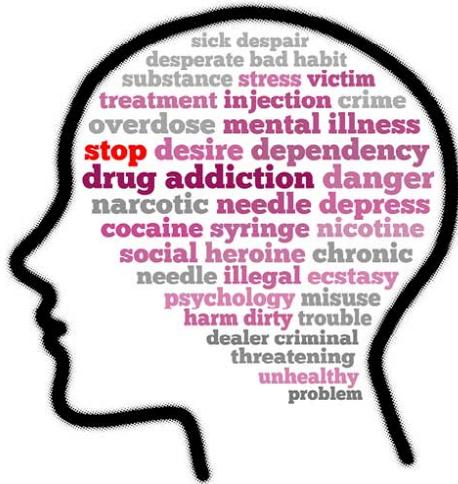
1. Kristian Naupang agent, copy 10 chin lâte hnênah a thlâwnin copy 1 pêk ðhin a ni a. Sub-agent-te hnênah erawh chuan, copy 30 chin semte hnênah copy 1 a thlâwna pêk a ni thung.
2. Chanchinbu man hi a kum chhûng zêla pêk tûr a ni a. Entîr nân, kum 2025 lâk man chu kum 2025 chhûngin pêk tûr a ni.

Circulation Manager
Kristian Naupang

RUIHHLO ṬHAT LOHZIA

Angela Lalmuansangi
Intermediate Department
Chawnṭui Vêngthlang Kohhran

Ruihhlo hian mihringte hi min ti chhe nasa hle a, ruihhlo avânga boral pawh hi an tam tawh hle. Ruihhlo hian natna tam tak a thlen thei a, chûngte chu: cancer chi hrang hrang, ka chhûng, chaw dâwt, hrawk bawr, chuap, pumpui te, lung lam natna te, lungphu châwla thih thut (heart attack) te, thisen sâng te, zunthlum te, pangkhing zeng thut (stroke) te leh tuberculosis (TB) te a ni a; ruihhlo hi tih a ṭha lo hle.



Ruihhlo hi ṭhianten lo ti ve ta se, ti ve rawh an tiha avânga tih chhin aṭanga tih ṭan a ni tângpui a, tih ve chhin miah lo tûr a ni. Global Adult Tobacco Survey (GATS)-in a zir chian dânah chuan Mizoram mipui 67.2% hian ruihhlo leh zûk leh

SOCIAL MEDIA ṬHATNA LEH ṬHAT LOHNA

*Lalrempuii Renthlei
Sacrament Department
Chhînga Vêngthlang Kohhran*

Tûnlai hian mi zawng zawngin kan hriat angin, naupang mai bâkah puitling pawhin social media hi kan hmang vek a. Facebook, Twitter, Instagram, adt., hi social media an ni vek a, hmanna pawh tam tak a awm. Ṭhenkhat chu kan hlâwkpu hle thei a, ṭhenkhat erawh chuan ṭhatna aiin chhiatna a thlen tam zâwk thung. He thuziak hmang hian social media ṭhatna leh ṭhat lohna ka rawn târ lang dâwn a ni.

Social media ṭhatna: Social media kal tlangin khawvêl hmun hrang hranga thil thleng kan hre thei a. Thil thleng pawimawh tak takte pawh awlsam takin kan hmu thei a, sawrkâr bâkah mipuite pawhin social media hi inzirtîrna theh darhna atân emaw, mi dang harsa zâwk ṭanpui nân emaw an hmang thei a ni.

Hei mai hi a ni lo va, social media hmang hian thil kan zir thei a, ṭhian thar kan nei thei a, kan intihlim thei bawk. Thil tawn inhrilh tawna leh hlâwkpuina hmanrua atân kan hmang thei a, zawhna zawhna atân leh a chhâna zawn chhuahna atân hman theih a ni bawk. Mi tam takin an sumdâwnna tihlâr nân leh an thil hralhna atân an hmang thei bawk a ni. Hêngte hi social media a ṭangkaina leh ṭhat êm êmna chu a ni.

Social media that lohna: Social media hi kan ni tin nunah t̄angkai hle mah se, a chhiatna lam pawh a awm ve tho. Social media kal t̄angin miten thu dik lo an theh darh thei a, mipui z̄ingah buaina/hlahna an siam thei bawk. *Cyber bullying* hi case pawh tak leh hlahhawm tak a ni a, social media-ah hian a thleng nasa hle a, chuv̄ang chuan f̄imkhur hle a t̄ul. Scam tam tak a awm a, chu v̄ang chuan miten an sum an hloh phah t̄hin a. Kan f̄imkhur t̄awk lo a nih chuan kan information leh address a lang chhuak thei a, hei v̄ang hian kan buai phah thei a ni. Post t̄henkhat chu mi dangte rilru tina thei a ni a, t̄henkhat phei chu mi zah lohna nasa tak leh mite mualphona thlentu a ni.

Social media-a hun hman tam poh leh *cyber bullying*, *cyber anxiety*, *depression* leh kum n̄ena inmil lo *content exposure*-te a thlen thei a ni. H̄engte hi a ni social media that lohna chu.

Kan sawi tawh angin social media kan hman lai hian kan f̄imkhur hle t̄ur a ni a, kan chanchin kan pho lang tam lutuk t̄ur a ni lo. Social media hi fing takin kan hman t̄ur a ni a, thil t̄ha lo kan pumpelh t̄ur a ni. Post leh comment kan hnutchhiah zawng zawng hian tu ma rilru a tihnat loh n̄an leh kan chung a chhiatna a thlen loh n̄an kan f̄imkhur a ngai a ni. A t̄ha leh t̄ha lo kan thliar thiam phawt chuan social media hi kan t̄an thil t̄angkai êm êm a ni a, hmaraw t̄angkai tak a ni thei bawk ang. Chuv̄angin, f̄imkhur takin i hman t̄ang t̄hin ang u.

TUILÊT THU

Lei chungah mihring an lo pung nasa ta hle a. An sualin inpawngnêkna a nasa ta hle mai a. Sualna a nasat êm avângin Pathianin khawvêl chu tuilêt nasa tak hmanga tihchhiat a tum ta a.

Nimahsela, Nova chuan Pathian mit a tlung a. Mi sualte zînga chêng ni mah se mi fel tak a ni. Pathian chuan tui lêtîr a tum thu chu Nova a hrilh a. Lawng lian tak tuk tûrin a hrilh ta a ni.

Nova chuan Lawng chu thingin a siam ang a. Chhâwng thum, pindan tam tak nei, in chung leh tukverh neiin a siam tûr a ni. Lawng chu tuilêt chhûng zawng him taka Nova leh a chhûngte leh khawmuala ramsa chi tinrêngte an awm theihna tûr, an sa himna hmun tûr a ni.

Nova chuan Pathian thu a zâwm a. Pathianin a hrilh ang takin amah leh a fapa pathumte chuan lawng chu an tuk ta a. Nova chuan mite chu tui a lêt tûr thu a hrilh a, Pathian lama hawi kîr tûrin a ngên a; mahse, an ring duh lo va.

Engkim peih fel a nih hnu chuan, Pathianin Nova hnênah amah, a nupui, a fapa pathumte leh an nupuite chu lawnga an luh a hun tawh thu a hrilh a. Pathianin ramsa leh sava zawng zawng, a nu leh a pa theuhte chu lawnga an luha, tuilêt chhûnga him taka an awm theih nân Nova hnênah a tîr ta a. Pathianin inthâwina atâna hman theih chi ramsa chi tinrêng zînga mi, a nu

leh a pa tuak sarìh ðheuhvin a tîr a. An zavaia lawnga an awm hnu chuan lawng kawngkhâr chu Pathianin a khâr ta a.

Tichuan, ruah chu nasa takin a sîr ta buan buan a. Bâng miah lovin sawmli leh zan sawmli lai a sîr ta a. Leilunga tui hnate chu sah a ni bawk a. Leilunga thil awm zawng zawng, tlâng sâng ber berte thlengin tui chuan a chîm pil ta vek mai a ni.

Lawng chhûnga mihringte leh ramsate tih loh, khawmuala awm zawng zawngte chu an thi ta vek a. Lawng chu tui chungah a lîng a, a chhûnga awm zawng zawngte chu tuiin chîm lovin, him takin an awm ta a ni.



Ruah a bân hnuin lawng chu tuiah thla nga chhûng a lîng a, hetih lai hian tui chu a kâm ðan ta a. Lawng chu tlâng chhîpah a inngat ta a; mahse, lei chu tuiin a la chîm pil reng tho va. Thla thum hnuah chuan tlâng chhîpte chu an rawn lang ta a ni.

Ni sawmli a ral leh hnu chuan, Nova chuan lei chu a hul tawh nge la hul lo tih hriat nân choâk pakhat a thlawh chhuahtîr a. Nimahsela, choâk chuan lei hul lai rêng a hmu lo va. Lawngah a kîr leh ta a.

A hnu deuhvah chuan ̣hũro a thlawh chhuaht̄ir leh ta a. Lei hul lai a hmu zo b̄ik lo va, a rawn l̄et leh a. K̄ar khat hnuah chuan ̣hũro bawk a t̄irchhuak leh a, a rawn k̄ir chuan olive hnah a rawn p̄u a! Tui chu a k̄am ta deuh deuh va, thing leh maute an rawn ̣o leh ta a. Chawlhk̄ar khat hnuah ̣hũro chu a ̣um thumna at̄an a t̄ir chhuak leh a. Hemi ̣um hi chuan f̄ukna t̄ir a hmu tawh a, a lo k̄ir leh ta lo va. Tui chu a kang zo ta a.

Thla hnih hnuah chuan Pathianin Nova hn̄enah, “T̄unah chuan nang leh i chh̄ungte leh rams̄a zawng zawngte chuan lawng hi in chhuahsan thei tawh ang. Chi tam tak thlahin khawv̄el hi luah khat rawh u,” a ti a. Tichuan, Nova leh a chh̄ungte chu lawng āang chuan an chhuak ta a.

Nova chuan lawng āanga an chhuah hnuin maich̄am a siam a, inth̄awina at̄ana hman theih ramsa ̣henkhatte chi khat ̣heuh z̄el hmangin a inthawi ta a. A inth̄awina chuan Pathian a ti l̄awm hle a, Nova leh a chh̄ungte chu mal a s̄awm ta a.

Pathian chuan, “Mihringte chu thil sual an tih v̄ang emaw, an naupan lai āang r̄enga sual pawh lo ni sela, khawv̄el hi ânchhia lawhin, tuil̄etin ka tichhe tawh ngai lo vang tih ka tiam e,” a ti a.

Pathianin chhimb̄al hmasa ber chu a thutiam chhinchhiahna at̄an a siam ta a. V̄ana chhimb̄al a z̄am apiangin, Pathian leh a m̄ite chuan a thutiam chu an hre reng tawh ang.

(Bible thu l̄ak chhuahna: Genesis 6-8)



CHALTLÂNG SOUTH KOHHRAN NAUPANG INKHÂWM LEH TLEIRÂWL INKHÂWM

Chaltlâng South Kohhran hi July 7, 2002-ah Chaltlâng Kohhran atangin a indang a. Pathianni chawhnuah hian naupang lamah Tleirâwl Inkhâwm leh Naupang Inkhawmte a hran ve vein an inkhâwm t̄hîn a ni.

Sunday School Committee-in Convener te, Assistant Convener te, Secretary te leh Assistant Secretary te a ruat a. Hêng mite hian Sunday School zirt̄rtute ațangin Tleirâwl Inkhâwm leh Naupang Inkhâwm zirt̄rtu t̄r an ruat t̄hîn a ni.

Naupang Inkhâwmah hian Beginner Department, Primary Department, Junior Department leh Intermediate Department kum khatnate an tel a. Kuminah hian Naupang Inkhâwmah thusawi, hla zir, Bible châng zir, colouring, eating festival leh Bible quiz te hman tawh a ni a.

Tleirâwl inkhâwmah hian Intermediate Department kum hnihna chin, Sacrament Department leh Senior Department-te an tel a ni. Tleirawl Inkhâwm hi group hnih ah ințhen a, kumin ah hian hla zir te, kohhran hun puia hun hman te, praise and worship te, outing te, group day te, p̄awn

lam mi zai thiam leh thusawitute sâwm tein hun an hmang tawh a ni. Kohhranin tleirâwl pual camping a buatsaih thîn a, lût pawh an thahnem thîn hle.

Naupang Inkhâwm leh Tleirâwl Inkhâwm hi naupang leh tleirâwlin an hlâwkpuh hle. Zirtirtute pawhin theih tâwp an chhuah a, naupangten inkhâwm nuam an tih theih nân ruahmanna tha tak tak an siam thîn bawk a ni. Naupangten inkhâwm nuam an ti a, Sunday School, chawhnu leh zân thlengin naupang inkhâwm an tha thîn hle a.

TAIHMÂKNA

Thusawitu hmingthang Henry Ward Beecher-a chu zirlai pakhatin 'hna awlsam' a hmuh theih dâwn leh dâwn loh a zâwt a. Ani chuan, "Editor te, dân hre mi te, rawngbâwlu te, sumdâwng te, lawng pu te, politician te, damdawi lama thawk te, lo neitu te leh sipai te hian hna harsa leh hautak an thawk vek mai. Hna awlsam a awm lo, hna awlsam thawh i duh chuan thih a ni mai," tiin a lo chhâng hmiah mai a ni.

Lehkha thiamna pawh hi awlsam taka neih mai theih a ni lo. Lehkha thiam tak tak tûr chuan taima taka lehkha kan zir a ngai a ni.



Hriat Zauna Huang

KHAWVÊL SUNDAY SCHOOL NI

Sunday School hmasa ber chu kum 1780-ah England rama Gloucester khuaah Robert Raikes-a'n a din a. Hemi hma pawh hian mi thahnemngai eng emaw zâtin anmahni huam chhûngah mumal deuh takin an lo kalpui tawh a. Robert Raikes-a hma lâkna avâng hian kalphung fel zâwka indin chhuakin, a darh zau tan ta chu a ni.

Robert Raikes-a hian naupang, thil siamna hmuna thawkte, ziak leh chhiar pawh thiam lo, inkhâwm ngai miah lote chu a hruai khâwm a; Pi Meredith-i inah, ama sum sênga zirtîrtu ruaiin a zirtîr a. Zirtîrtute hian tum khat an zirtîrin shilling khat an hlawh thîn. John Wesley-a hma lâkna av ngin kum 1805-ah hlawh neia zirtîrtu rawih chu tihtâwp a ni ta a ni.

Sunday School hi dodâlna nasa tak hnuaia bul tan ni mah se, mi chanhaiten zirna an dawn theihna hmasa ber a nih avâng leh Sunday School kaite nunah danglamna nasa tak an hmuh avângin a darh zâu zêl a. A tîra hmusit taka elsêntute ngei chuan, “Robert Raikes-a hian Gloucester khuaa sihal rualte chu berâmnoah a chhuah vek a ni,” an ti hial a ni. Pawi khawihna a tlâkhniama, jail tâng an tlêm tâk êm avângin, Gloucester khua leh a chhehvêla dân lek kawhtu leh thu buai remtu inzawm khâwmte chuan, inthurualin kum 1805-ah

Robert Raikes-a hnênah lâwm thu sawina lehkha an thawn hial a ni.

India ramah pawh July 9, 1803 ațangin missionary ropui William Carey-a leh a țhiante (Serampore Trio) hma lâknain Sunday School neih țan a ni a. Mizoramah pawh Zosâp, Rev. D.E. Jones-a (Zosâphluia) hma lâknain February 20, 1898 ațangin mei mit lovin kan nei zui ve ta a ni.

Kum 1785-ah Society for Promoting Sunday School in the British Dominions din a ni a, India ramah pawh 1876-ah Indian Sunday School Union din a ni. Khawvêl huapa Sunday School inzâwm khâwm World Sunday School Association chuan kum 1889-ah London-ah inkhâwmpui hmasa ber an hmang a, kum thum danah an hmang țhîn a ni.

Kum 1907-a World Sunday School Association-in Rome khawpuia an inkhâwmpui țumin Dr George W. Bailey-a chuan Khawvêl Sunday School Ni hman țhin a rawt a. Chu rawtna chu 1910-a Washington-a inkhâwmpui an hman țumin an sawi ho leh a, May 22, 1910-ah hman țan a ni ta a ni.

Kum 1944 February 16-a MSSU Committee-in a rêl angin Mizoramah chuan kum 1944 ațangin Khawvêl Sunday School Ni hman țan a ni a. Kum 1949 ațangin November Pathianni hmasa berah thupui neia hmang țanin, kum 2001 ațangin puitling leh naupang lamten zirlai hran an zir țan a, kum 2019 ațangin naupang lam chu hmun hnih: Beginner–Junior leh Intermediate–Senior-ah then a lo ni leh ta a ni.



Tunlai hian naupang leh tleirâwl zîngah rinna chungchâng leh Pathian khawngaihna chungchâng sawi thar a tûl hle niin ka hria. Mizo zînga Pathian ringtu hmasa ber ni tûra a hming petu nun hi i han sawi teh ang.

Pu Buanga te thian dún Chanchin Tha hriila an lo chhuah dun hmasak zâwk khân Pathian thu sawia zinna hun an nei meuh lo. Chuti chungin an awm chhûng hian hming pe chu an nei a. Mizo zînga ringtu hming pe hmasa ber Taibawnga leh a thian chuan March ni 30, 1896 khân an hming an pe a. Amaherawhchu, baptisma an chan hmain chutih laia an damdawi inah chuan an thi ta hlauh a ni. Taibawnga chuan tûn hmaa thinga a tlâk avângin kâwng nâ a vei a. A nupui neih niin ruai an theh zo tihah a kâwng na chu a chhuak ta vak mai a. A che sawn thei miah lo mai a.

Chuvâng chuan a indelh pân nasa hle mai a. A nupui chuan a chhuahsan leh ta bawk a. Inthawina nêna an tan pawhin a dam theih tâk si loh avângin sawrkâr damdawi inah chuan an dah ve ta a. Hetah hian Pu Buanga te chuan an lo ngaihven hle a. A nupui nên pawh chuan inpawm leh tûrin an thlêm nasa a. An thlem hlawhtling ta bawk a. A pasal che thei lo chu a bawihsâwm thîn a ni.

Damdawi in chu mau râpa sak a ni a, Bengali daktawrin a enkawl a. Pathianni chawhnu apiangin

Pu Buanga te chuan damdawi in chu an tlawh thîn. Chhandamna thu ngaihthlâk nuam a ti ber thîn a. Taibawnga chuan thutak chu a man fuh bîk a, rei vak lovah chuan a hming chu a pe ta a. Sunday Sikul kai dâr ri te hi ngaihthlain Sâp lo kal hun tûr a lo nghâkhlel hle thîn a. Sunday Sikul naupangte pawh chuan Taibawnga chu rawn tlawhin an thu zirte an hrilh thîn a. Mahse, a taksa chu a chau tial tial a. A ÷awngkam chhuak leh nun chu a dang hle a ni. “Thi mah ila, Isua ka ring ang,” a ti thîn a. A ÷awngkam leh nungchang chuan a bula mu, *beri beri* (vûng natna) avânga awm ve pawh chu a hneh hle mai a. Isua a lo ring ve ta a ni. Mahse, an taksain nâ a lo tawrh rei tawh êm avângin an dam chhuak zo ta lo va. Baptisma chang hman lovin Pu Buanga te zin bo hlânin a thi ta a ni.

Pathianin Taibawnga kha a khawngaih a. Kan ram hi thimin a bawm laiin ênna hmu hmasa tûrin a thlang a. Thihnain a hnaih lai pawhin Isua a thlang a, amah avângin mi dangin Isua an rin phah bawk. Anni ang tân hian alâwm nunna lal lukhum chu an dah.

HRIATTÎRNA

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

Editor, Kristian Naupang

HRE THEI RAWH LE!

Mizoram Synod hnuaia hming lam tawi hman thin thenkhat kan rawn dah a. A lam pum zawn chhuah in lo tum ang a, in thil zawn chhuah chu a zawnah hian in lo ziak dawn nia.

SMTC :
.....

ATC :
.....

SMB :
.....

SL&PB :
.....

SYNFO :
.....

MTC :
.....



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

1. Isua a thawhle hnu khân tu nge hmu hmasa ber?
Chhânna:
2. Stephana hming awmzia eng nge ni?
Chhânna:
3. Mosia kha khawi ramah nge a tlân chhiat?
Chhânna:
4. ‘Kanaan mi’ tih hi khawi rama chêng sawina nge?
Chhânna:
5. Isua kha eng tia thui nge tui chungah kea a kal?
Chhânna:
6. Tuin nge Isua kha tui chungah kal ve dîl?
Chhânna:
7. Mosia aiawhtu kha tu nge ni kha?
Chhânna:
8. Jordan lui kam phaizâwl kha eng nge a hming?
Chhânna:
9. Rahabi khân a tukverhah eng nge a ṭawn beh?
Chhânna:
10. Josua khân ni kha khawi khaw chungah ding tûrin nge a tih?
Chhânna:

Note: *December thlaah a chhânna târ lan a ni ang.*

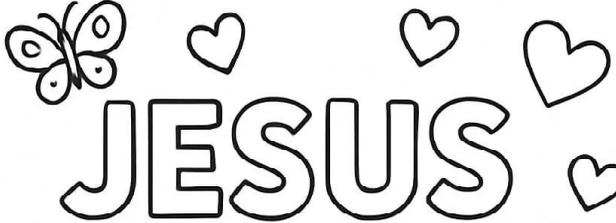
October thla quiz chhânna:

- | | | |
|---|-------------------------------|-----------|
| 1. Thupuan | 2. Chanchin Ṭha Matthaia Ziak | 3. Zakaia |
| 4. Baptistu Johana | 5. Virvawm | 6. Sari |
| 7. Ni thum leh zan thum | 8. Vântirhkoh Gabriela | 9. Pakhat |
| 10. A chhia leh a ṭha hriatna thing rah | | |



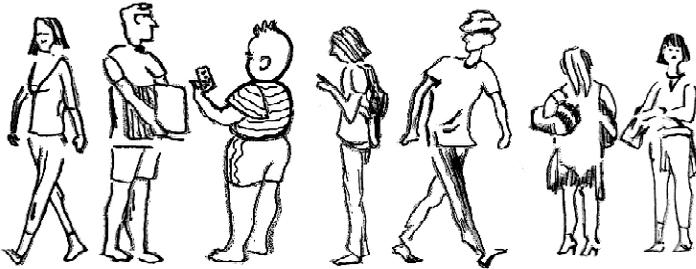
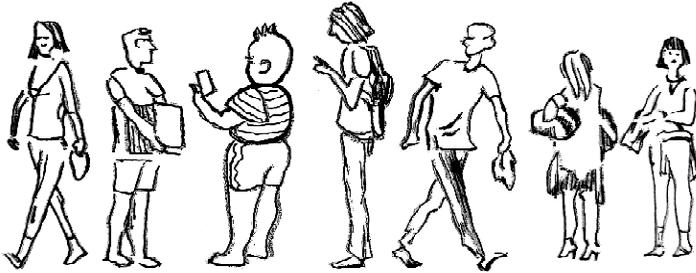
CHEI RAWH LE!



A butterfly is on the left, and several hearts of different sizes are scattered around the text.
**JESUS
LOVES
ME**



KA HMUH ANG HMU THEI RAWH



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

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

A chungah lemziak chi hnih khi ngun takin en la,
a inan lohna han zawng teh.



Saitual Nazareth Kohhran Junior Department



Lunglêng I Kohhran Naupang Chawnu Inkhâwm



Bâwngkâwn East Kohhran Junior Department

To



Chaltlang South Kohhran Tleirâwl Inkhâwm



Chaltlang South Kohhran Naupang Inkhâwm

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