



KRISTIAN THALAI

Kristian Thalai Pawl
Chanchinbu
Thla fin chhuak



VOLUME XIV NO. 1 | APRIL 2023

Khawvela pawl hmasa ber
Kristian chhungkua
- C. Lalhlimpuia

Zirbingna
Mipa thih tam chhan
- Debbie Rinawmi

A tha aiin Pathian thlang rawh
- Vanlalbuatsaiha

Hmangaihtu nun
- Jenny Zomuanpuii

Thalaite suanguahna
Ka Praise On testimony
- Malsawmdawngzuali



An chanchin
Chanchin tha zahpui lotu Christ Patt
- R. Zohmingsangi





February ni 9 khan Khawlian Kohhran Centenary KTP puala hun hmanah Upa F.Zoherliana, Fin.Secy leh Pu Lalnunsanga, C/M ten hun an hman pui.



Work camp Model Veng Branch



KTP Rorel Inkhawm a palai thenkhat ten March Ni 4 zingkar khan YRC an tlawh



March Ni 14 khan HIV/AIDS dona atana UNAIDS/UNICEF hmalakna Multi Sectoral Stakeholders Consultation on HIV/AIDS in Mizoram te neri meeting ah Pu Lalrempuia. C/M a kal.



March Ni 10-12 chhunga Kohhran Hmeichhe Inkhawmpui lian hmanpuiin T. Upa PC Vanlalnunmawia, Treasurer leh Upa Lalchharmawia, C/M te an kal



March Ni 10 khan Chiahpui Branch Diamond Jubilee hmanpuiin Upa Johny Lalawmpuia, Asst. Secretary leh Upa Lalchharmawia, C/M te an ka

KRISTIAN THALAI PAWL CHANCHINBU THLA TIN CHHUAK

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KRISTIAN THALAI PAWL

Thupui

Rawngbawl tûra chhandam

Thupui innghahna

Ephesi 2:10 : Thil tha ti atân Krista Isuaah chuan siama awmin, ama kutchhuak kan ni si a, chu thil tha tih chu kan awmna tûrin Pathianin a buatsaih lâwk a ni.

Thil tumte

1. Isua Krista rinna leh amah anna kawnga thalaite hruai.
2. Kohhran kut ke ni tura thalaite buatsaih.
3. Kohhran hnathawh tihpuitdin.
4. Krista Chanchin Tha puan darh.

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Kan fel vang te, rawngbawlna kawnga kan thawh hlawk bik leh that bik vang ni hauh loa Pathian khawngaihna changa kum 2023 kan han chuangkai leh ngawt mai hi a va lawmawm em! Kohhran kut ke ni tura thalaite buatsaih tih te, Kohhran hnathawh tihpuitlin tihte kha hre rengin, inthlahdah mai lova kohhran inkhawm ngai pawimawh thar deuh deuh turin tan la ila.

Kuminah hian eng kawng nge kan zawh dawn tih tu man kan hre lo a, a then tan chuan kum vanneih kum a ni thei a, a then tan erawh kum chhiat kum a lo ni reng thei. Nimahsela, kan kawng hruaitu Lalpa a niha, amahah kan inngah tlat chuan a him em em a ni. “Sam 37:5-ah chuan, “I awm dan tur chu Lalpa chungah ngat la, amah chu ring la, aman a ti vek ang” tih kan hmu.

Keini Kristiante tan chuan Lalpaa inngah ngawt mai loh chu tih theih kan nei lo a ni. Pathian kan rin chuan amahah kan inngah ngam tur a ni a, Amaha kan inngah ngam phawt chuan kan ring bawh tur a ni.

Lalpaa inngah nun chu a tlo a, amahah kan awm reng chuan Lalpa chu kan lam tang sa a ni tih hre thar leh chungin hun tha kan neih ang angte eng mah lova liamtir leh mai lova thil tha tih nan kan hman zel a pawimawh. Member-te KTP thil tum tihhlawhtlinna kawngah eng chenin nge ke kan pen tawh tih te inchhut let fo chungin rawng i bawl tlat zel ang u.

(F. Lalremruata)
Joint Editor

I NUN A HAUSA EM?



— Rev. Lalfakawma Ralte,
Associate Professor, UTC Bangalore

Lringnun kan hman dan hi kan rilru put danin a kaihruai thui hle a. A then chuan nun nawm leh nawm loh hi sum neih ngah leh ngah lohah a inngatin an hria a. A then chuan nun hlimna hi sumin a lei phak lohzia an hre chiang thung. Mi thenkhat, sum nei ngah tak, nun hausa si lo an awm. Chu'ng ho sawi na'n chuan, "Anni chu an rethei lutuk a, pawisa chiah an nei," an ti thin. Chu mite nun chu a retheiin, an neih chhun sum leh pai pawh an kawmpui a, mi dang tana luan chhuahna hun an nei lo.

Nupa innei thar hlim pakhat chuan Pathian tan an nun hlan an duh a, an in leh lo an hralh a, missionary-in khaw dangah an kal daih a. Sum thawh chhuahna hnâr tha zawk an hre lo a ni lo, mi dang tana an nun hman an duhna khan an nun a nawr kal a. Mi dangte an puihna atanga nun hlimna lo luang chhuak kha a hlutna an hmu thiam a. Tangka sumin a lei theih reng reng loh rilru hlimna, thlamuanna, lawm ruk veng vengna leh lungawina an nei a ni.

Arunachal-a missionary Pastor hna kan thawh laiin kan thawhpui pakhat chuan, "Sum leh pai chu kan nei lo, mahse

tlakchham kan nei lo; kan mamawh apiang Pathianin min pe a, engkim kan nei, kan hausa lutuk," a ti. Chuti ang rilru pu tlat bula awm chu a hahdamthlak hliah hliah a, pawisa nei tam lo mah se an nun a hausa tlat si a ni. Mahni zawn theuhah lawmna hi thil ho têtêah pawh zawn hmuh theih a ni a. Kan sawi tak rawngbawltu hi chuan missionary thawhpui kan neih, min hmangaih a, min ngaihsaktu an awmte kha a lawmawmna lam a hmu chiang a. Kan thawhna hmuna mite, kawng engkima min tuam hlawmtu kan neihahte khan lawmna a hmu a. Thawmhna

man to neih thar vanga lawmna ni lo, thawmhnaw nalh vak lo kan hâk pawha min pawm em emtute bula awm nihlawhthlak zia te a hmu Chiang a ni.

Han inngaihtuah vang vang la, mahni lawmna chauh zawngin i hmanhlel ve thin tho em? Han hawi zau leh hret mah teh, mi dang tanpuinaah te hian hlim ruk veng vengna tur a lo awm reng asin! Chu mi hmu fiah tur erawh chuan mahni chauh inngaih pawimawhna kan kalsan a ngai thung. Mi pakhat, a hming thupsak ila, chanchin hian he thu hi a sawi Chiang viauin ka hria. Ama tawngkamin dah ila :

Ka bialnu nen hian rei tak kan inzui tawh a. Kei aia rilru zau zawk leh tawnhriat ngah zawk a nih avangin a kutah ka innghat thui hle a, ka engkima engkim a ni tawp mai. Ka chauh chang leh ka rilru a ngui changa min hnem thei awmchhun chu amah chauh hi a ni.

Ka beisei loh deuhin thil a inthlak a, ka bialnu chuan min then daih mai a. Ka tliak hnawp a, keimahin khawvel ka hmachhawn zui ngam tawh lo. Amah ka ngaih vanga ka lunglenna chuan min vaw chau em em a ni.

Ka lunglen hnem na'n mi hrang hrangin thil hrang hrang min chawh a. Lunglen hnem na'n tih tur leh tih loh tur min hrilh nasa. "Zu ruih chhum hmawk mai a tha ber," tih te, "Damdawi ti la, i nuam veng veng mai ang," tih te chu thurawn ka dawn hnem pawl an ni. Damdawi tiha, lunglenna leh rilru natna tihreh chu ka tum ve ta a.

Thian pakhat hruaiin, damdawi ruih theih chi zawrhna hmun panin khawlai lun ve angreng deuh takah hian ka kal a. A zuartute chu ka la hriat ngai loh avang leh tute nge an nih ka hriat ve loh avangin ka thian hruai kutah chuan ka innghat tawp a. Rei vak lo kan awm hnu chuan ka thian hruai chuan damdawi zuar ni ngeia ngaih theih mi pakhat hi a be ru sur sur a.

Chutih lai chuan kan bulah hian ice-cream zuar nu pakhat hi a lo thleng ve chiah bawk a. A au lauh lauh a. Mipa naupang pahnih, an nu ban vuana lo kal mekte chuan an nu chu ice-cream leisak turin an lo ngen char char a. Chu nu retheih ve hmel tak chuan leisakna tur sum a nei lo a ni ngei ang, muangchang hian ice-cream zuartu chu an kal pel a. Mipa naupang pahnih mitah tak ka en chuan lungngaihna hmel a lo lang a.

Ka khawngaih lutuk a, a zuartu hnena mi ice-cream pahnih chu hmanhmawh deuhin ka va lei a, naupang pahnih chu ka va um a, ka um phak hnu chuan an ice-cream tur chu ka pe a. An lawm lutuk hmel leh beisei loh deuhva an thil duh tak mai an ei tur hlim hmel lo lang chhuak chu khawvela thil hmuhdawm ber pawl a ni! An lawmna chuan hlimna min va'n pe lét nasa em!

Ka hrilh chak deuh che chu maw, kha mi ni khan damdawi ruih lam reng ka rilruah a awm zui hauh lo nia. Tin, sum hian hlimna min lo pe thei khawp mai bawk a – mi dang hlimna thlentu atana kan hman pawt chuan.

He mi pakhat chanchin atang hian mahni harsatna chauh ngaihtuah lo va, mi dangte tanpui na'n leh mi dang tana luan chhuah na'na kan nun kan hman hian a tu a te tan pawh a hlawk zel a lo ni tih a chiang hle. Chu mi dangte tana luang chhuak nun chu nun hausu chu a ni.

Hring nuna thil tha ber ber hi kuta khawih theih leh suma lei theih an ni vek hauh lo. Mi thenkhat chuan sum an nei teuh a ni mai thei; mahse, sumin a lei theih loh thil te tham te te, nun tihlima, tinuam sar sar thinte kha an nei tlat lo thin. Mi lar, celebrities leh sum leh pai ngah tam takin anmahni duhthu ngeiin an nunna an lo titawp tawh. Chu'ng ho chuan rinna te, hmangaihna te, thlamuanna te, inthian thatna te an nei lo va. Chu'ng thil hlu tak takte chu tangka suma lei phak rual loh (priceless) an nih vangin an nei phak lo a ni ang. An neih chhun chu sum chauh a ni a, an rethei mang e.

Heng mi chi hnih kan sawi takah hian a eng zawk hi nge keini Kristian thalaite hi kan nih? Sum leh pai nei lo chung chung pawha nun hausu tlat si nge, sum chauh neia nun khawngaihthlak tak nei zawk?

KRISTIAN THALAI

APRIL 2023

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Chhinga Veng East Branch

KHAWVELA PAWL HMASA BER - KRISTIAN CHHUNGKUA



— C. Lalhlipua,
Dinthar Branch

Chuvangin, mipain a nu leh pa a kalsan ang a, a nupui a vuan ang; Tichuan, tisa pumkhat an lo ni tawh ang (Gen. 2:24).

Mihring chanchin chhui zauna lama mi thiam (Anthropologist) te chuan, “Mihring hi a tirah chuan khawvelah mahnia khawsain, nupui pasal neihna chang pawh an hre lo va. Amaherawhchu, hun te a lo kal zel a, mihring chuan mahni chauhva mal tlat ai chuan kawppui neih chu dam khaw chhuah nan a that zawkzia te an lo hre ve ta zel a. Tichuan, nupaah te insiamin, pukah te an lo khawsa a, zawi zawiin chhungkua te an lo din ve ta a ni” an ti. Khawvel mi thiam (scientist) te pawn chhungkaw pawimawhna chu an hria; mahse, Bible-a Pathianin chhungkua a din chhan pawimawh tak erawh hi an hmaih tlat thung si a ni.

Pathian hian mihring hi mal tlat turin min siam lo va, kawppui neia chêng ho turin min duang a ni (*Sam 68:6*). He thu hi huai taka Kristianten kan sawi theih chhan chu—Pathianin mihring pahnih chauh a siam lai khan chhungkua a dinsak nghal vang a ni (*Gen. 2:21–25*). Chu chhungkaw hmasa ber chu Kristian Chhungkua a ni kan ti thei awm e. Chhungkua hian khawtlang nun, ram rorelna, zirna in etc. tih te hi a hma khalh vek a ni. Chumi a nih avang chuan khawvela pawl (institution) hmasa ber chu *Chhungkua* hi a ni ti ila kan sawi sual tam awm lo ve. Khawvela

mihring nun hona awmze neihtirtu leh chenna tlaka siamtu chu chhungkua hi a ni tiin Rev. Dr. Kenneth Chaffin-a chuan ti hian a sawi, “*Chhungkua hi khawvela pawl hlun ber leh tlo ber tur a ni a. Chhungkua a hlawhchham chuan khawvela pawl dang zawng zawng hi hlawhchham sa a ni. Hetiang a nih avang hian chhungkaw tha din hi khawvelah hna pawimawh ber a ni,*” a ti a ni.

Juda mite pawh khan zirna hi in chhung khurah an lo bei ve nasa khawp mai a, nu leh pate chuan an fate chu sakhaw thurin te an zirtir thin a (*Deut. 11:18–20*), chu mai bakah zirna run an

kai huna an lo inpeih theih nan tiin an theih ang tawk tawkin an lo zirtir ve thin bawk a ni. Rev. William Barclay-a chuan, “*Juda-te chuan an fate nausen an nih lai atangin an zirtir a, an nute hnutetui nen an lem pawlhtir thin a. Juda naupangte thinlungah chuan dan thu chu a intuh ngeh em avangin anmahni hming ngei pawh dan thu ai chuan theihngilh a awl wawkin an hria,*” tiin uar takin a sawi a ni. Naute chuan tawng a thiamna hmasa ber chu chhungkua a ni a; tin, zirna in a kai hma pawhin zirna a lo tan daih tawh a—a nu leh pate chu zirtirtute an ni. Chu mai bakah chuan tisa leh rilru lama natna a tawh chang pawhin a chenna run chhunga amah hmangaitute chuan damna an thlen thin a ni.

Thuthlung thar hun laia Kristiante pawh kha Biak In a la awm loh avangin tute emaw ni Inah an inkhawm thin a (*Philemon 2*), chutiang deuh chuan Mizorama Kristian hmasate pawh kha Inah an inkhawm mai thin avangin Kristian Chhungkaw mal-chhungkaw hrang hrang inzawm khawm chu Kohhran tiin vuah a ni. Chuvang chuan Kristian Chhungkaw bul intanna chu Chhungkua a ni a; tin, Kohhran bul intanna ber pawh chhungkua a ni. Tichuan, Kohhran tobul chu chhungkua a ni tih kan nemnghet tak si chuan,

Kohhran hlat leh ngaihsak lo chhungkuate chuan Kohhran leh chhungkaw inlaichinna an man lo hle tihna a ni ang. Chhungkuaah infuihna te, inziltawwna te leh rorelna te kan zir a, chu chuan khua leh tui tha tak nih theihna kawng min siamsak bawk a ni. Chutiang te a nih avang chuan *Chhungkua* hi sikul hmasa ber, Damdawi In hmasa ber, Kohhran bul ber leh Sawrkar te ber a ni tia an lo sawi thin hi a dik viau awm e.

Kristian chhungkua hi khawtlang leh ram nun hmasawwna tura rahbi pawimawh tak a ni. Khua leh tui tha leh Pathian tih tak kan tih te hi an rawn zik chhuahna hi han chhui let ta cheng ila; chhungkaw inrelbawlna tha leh Pathian tih tak chhungkua hi an lo ni duh khawp mai. Chumi a nih avang chuan chhungkaw insawrkar dan tha chuan khawtlang leh ram nun a siam tha thin a ni (John McArthur). Tin, Prof. Garner Murphy-a chuan, “*Nakina khawtlang nun, Kohhran nun, leh ram nun awm dan tur enna khawl tha ber chu chhungkua hi a ni,*” a ti hial bawk a ni. Pathian lalna hmun Kristian chhungkua kan nih theih nan Pathian hnenah dil thin ila; tin, chhungkaw member tinte pawn kan chanvo theuh hlen tum ta ila; chutichuan, chhungkaw nuam tak leh hlawhtling tak kan din thei ngei ang.

A ṬHA AIIN PATHIAN THLANG RAWH



— Vanlalbuatsaiha,
Chaltlang Branch

Khawvel finna sâng zel leh changkang tawh takah hian ṭha nia lang tam takin min hual vel a, a ṭha ber kan nunah duh rêng rêngin kan khawsa a ni tir'u. Nimahsela, ṭha nia lang kan zawh fo tâkte hian chatuana nunna tuikhur hlu min thlen chiah em? Pathian duh zawng thlang si lo hian thil ṭha lamtluang ni si hi a lo zawh theih dawn niin a lang.

He thu ziak aṭang hian a ṭha aia Pathian thlan a ṭulzia lo thlir ho ta ila.

i) Fimkhur taka Pathian nena kal : A ṭha aia Pathian thlang tur hian fimkhur taka kan lawnglêng hi kan kar a pawimawh khawp mai. Mahni maia kan duhna lam lama kan kar kual chuan chet sual hun a thleng thei ṭhin a ni. Khawvela lawng lian leh lar tak, movie hiala kan lo en tak 'Titanic' lawng pawh kha lawng ṭha eltiang leh lawng lian tak a ni. Mahse, a chuangte chapo

vang te, fimkhur tawh loh vang tein a tum ram thleng phak lovin tuifinriatah a pil ta hlahu a nih kha.

He 'Titanic' lawng aṭang hian zir tur tam tak kan nei a, mahni mai chuan thil hi tithei emaw kan inti a, Pathian puihna te, vênhimna te mamawh lo nia kan inhriatna chinah hian mahni tum aia tawi kan thleng thei a ni tih a tilang Chiang hle a ni. Pathian aia mihring kan indah len tawhna hmunah chuan fimkhur takin Pathian nen a kal tak tak theih lo va, kan

lawnglêng kar ðeuhah hian vur tlang lian tak leh vanduaina lian tak tâwkin kan pil bo hlauh thei a ni. Chuvangin, mahni inthukruin fimkhur taka Pathian râwn tlat chung sia kal hi keini ðhalaite mai bakah ringtute tan chuan a la him ber hrih a ni.

Thufingte 29:25 “Mi dang ngaih dan pawisak luat a hlauhawm a, LALPAa inngah erawh chu a him.”

ii) **Duhthlanna** : Kan duhthlanna hian a ðha aiin Pathian min thlantir theiin min hlohtir thei tih hriat a ðha âwm e. Tin, Pathian hian mihringte hi min siam ropuiin min siam chungnung hle a, thil siam dangte hi chu duh thlang thei an ni lo. Nungchâte hian Nova hun laia an nun dan, bu chheh dan leh hram dan zawng zawng kha vawiiin thlengin an la pangngai pui reng a, thil danglam kan hmu lo a ni. Mihringte erawh chu kan duhthlanna azirin nun duhawm kan neiin kan nei lo ðhin a lo ni.

Rev. John Wesley-a chuan, duhthlannaah Pathian kan tluk tiin a sawi hial.

Kan duhthlanna hi Lalpa hian min zahsak a. A rawngbawlna lamtluang thlang thei kan nih laiin sual thlêmna zawk thlan vangin nawmchenna thlang thei kan ni bawk. Duhthlanna hi ringtu nunah pheii chuan thil pawimawh tak a ni a, Pathian thlang si loa ðha nia kan hriat kan thlang hlauh thei a ni. Kan Bible-a Thufingte 16:25 ziakah chuan, *“Mi ngaiha kawng dik ni awm taka lang, A tawp chu thihna kawng ni si a awm,”* tih kan hmu a. He Bible châng hian ‘Duhthlanna’ chungchanga kan thil sawite hi a laimu a rawn hrih fiah vek ti ila kan sawi sual awm lo ve. ðha leh dik nia kan hriat ni si, a tawpa thihna kawng ni thei tur thil hi a va tam thei dawn em!

ðhalaite hian duh kan thlanna kawngah hian *“Kan duhthlanna hi Pathian ngaihin eng nge ni ve*

ang?” tih hi mahni theuh inzawt fo ila, mahni tha tih hi chuan thihna kawng min thlen theih tlat avangin kan duhthlannaah hian hnu leh dawn chung zêla ke kan pên a pawimawh âwm e.

iii) Pathian tana nung : Pathian tana nung tur chuan thil tha aiin Pathian thlan ngam zawk zêl hi a pawimawh hle kan ti thei ang. Tin, Pathian kan thlan ringawt hi a tawk zo lo va, kan thlan piah lamah hian kan tih tur pawimawh tak mai a la awm a, chu chu ‘zui’ hi a ni. Amah kan zuia nghet taka kan vawn a pawimawh hlé âwm e. Pathian tana nung kan nih chuan kan mihrinna hian hmun tam a chan a rem tawh lo a, Pathian duh dan zawka nun thiam a pawimawh tawh hle a ni.

Ṭum khat bus hnunga lirtheia ka tlan chu bus hnungah hian thu tawi tak mai, awmze thui tak nei si hi a lo inziak a, “Vawiin chu tlâwmna nun nen zawk aw...” tih a ni a, Pathian tana nung tur chuan kan lo tlâwm

hmasak phawt a ngaihzia a tar lang Chiang hlein a hriat. ‘Pathian tana nung’ han tih hian kawng tam takin sawi fiah dan pawh a awm ngei ang; tun tuma kan thlur bing chu Pathian tana nung tur chuan thil tha aia Pathian zuia thlan tlat leh tlâwmna nun neih hi a ni.

St. Francis of Assisi hnenah khan, *“Rinna avangin thil ropui leh mak tak takte hi engtin nge i tih theih bik thin le?”* an ti a. *“Lalpa’n mi tê ber leh tlawm ber, thil tam tak pawh ti se chapo lo tur leh lansarh tum lo tur a zawng a, kei hi min hmu ta a ni,”* a ti a. St. Francis of Assisi thil sawi leh tawn atang hian kan tlâwm zawh poh leh Pathian ropuizia chu hmuhtirin kan awm ve mai dawn a lo ni.

Pathian tana kan nun reng theih nan *“Vawiin chu tlâwmna nun nen zawk aw...”*

KA PRAISE ON TESTIMONY



— Malsawmdawngzuali,
Praise on 2022 Winner

R Vanlalhruaia leh Lalrempuii inkarah Aizawl Civil Hospitalah ka piang a, kan unau hi pathum niin u mipa leh nau mipa ka nei a, kei hi a mi lai, hmeichhe awm chhun ka ni. Tunah hian kan chhungkuain Tlangnuam West-ah kan awm mek a ni. Pachhunga University College-ah 5th Semester ka zir laiin ka zir chak em em GNM Training turin exam ka pe a, ka inziah tlin tak avangin College bansanin kum 2018 October thlaah Apollo School of Nursing, Luangmual, Aizawlah Hostel-a awm turin ka lut a. Amaherawhchu, hun rei pawh awm lovin kawthalo leh luakin min zût a, Aizawl Hospital-ah admit nghal ka ni a. Damdawi in ațanga ka chhuah hnuah hostel lamah chuan ka lut leh a.

Dam lam ka pan dawn emaw ka tih laiin kar khat chhung tui pawh in thei lovin ka awm a, ka kaih tak avangin Ebenezer Hospital-ah hruai ka ni a, ni hnih chhung nikhaw hre lovin ka awm a, Investigation hrang hrangte tih a ni a, CT Scan, MRI, EEG te tiin Seizure (kaih) ka nei tih hmuh chhuah a ni ta a, ka zirna pawh chhonzawm thei lovin damdawi inah awm a lo ngai ta

fo va. Kum 2019 pheii chuan damdawi inah ka hun tam zawk ka hmang a ni ber mai.

Hetiing dinhmuna ka din avang hian Lalpan Kohhran leh khawtlang rawngbawlina min pek ve te erawh tlanchhiatsan ka tum ngai lo va. **KTP hnatlang leh inkhawm te damdawi in ka awm te a nih loh chuan ka thulh ngai lo va, ka natna inbawh behtir ka tum ngai lo.**

Chutih mek laiin Kum 2021 March thla ațangin ka awbawm lamah harsatna ka tawk leh a, ka aw a ri chhuak thei lo va. Kan in-check-up hnu chuan awbawm vung leh kau tih hmuh chhuah a ni a, ka zâi phal a ni ta lo va. Pathian hnenah vui chang te ka ngah ve thin khawp mai.

Mahse, indawm kun reng hian mihring hmasawna min thlen loh avangin keimahah

danglamna siam ka tum a, ka damdawi avangin ka taksa pawh a rih belh nasa a, ei leh in lamah ka inkhuahkhirh a, zing leh tlaiah taksa sawizawiin hun ka hmang ta ziah a ni. **Ni tin fianrial hun hmangin ni khatah thingthiin vawi thum ka jawngtai ta ziah a**, Pathian lakah beidawn ka tum lo va, chhan a nei ang tih ka ring tlat a ni.



Praise On a awm tih ka hriat tirhin ka rilruah tel tumna a awm hran lo va, Tuk khat chu Bible ka chhiar laiin Johana 11:40 ***'I rin chuan Pathian ropuzia i hmu ang'*** tih thu hi ka chhiar a, min deng dawt mai a, ka jawngtai nghal a, chuta chhanna ka dawn chu ka dam dawn tih hi a ni.

Ka hriselna dinhmun avangin Branch-in tel tur zingah min ruat ngam lo va; mahse, ka unaute leh Branch Committee member zinga miin tel tura min tih takah chuan Pathian awah ka ngai a, ka hmachhawn ngei a ngai a ni tiin ka tel ta a.

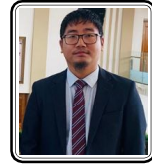
Intihsiak chung zawnga ka hla sak hote kha jawngtaina hmanga ka dawn vek a ni a, a then chu mittui tla zawih zawiha zingkara

ka dawn te a ni. Intihsiak rilru ka pu lo va, Pathian fak tur ka nihna lai chauh kha ka thlir a, Stage-a ka zai pawhin Pathian hian min awmpui Chiang thin hle mai. Final dawnah hritlang khawsik tlun ten min han tlakbuak leh a, intihsiak tur atan chuan ka aw kha a mawi lo ngei mai! Thil ka ei thei lo va, drip khai leh injection ngai tein ka awm a.

Mahse, rinawm leh nghet taka Kraws kan vawn chuan Pathian inpuanna ropui tak hi kan chungah a thleng thin a ni tih ka hmu Chiang leh hle mai.

Ka thiante an thiam hlawn em em vek a, pakhatna dinhmun hauh tura ka thiamna a san fal ka hre hauh lo. Mahse, Pathian hian engkim hi kan tan hian a lo ruahman fel sa thlap tih hi ka pawm a. He rawngbawl na hna chelh tur hian ka tlin lohzia ka inhria a, ka insit a, mahse ***Isua Khan kan tan saruakin Kraws-ah min chhandam nan a tuar a, kei a chhiahlawh ve mai hian eng chhuanlam nge maw ka siam ang le*** tiin lawm takin min kohna hi ka pawm thei ta a ni.

CHANCHIN ṬHA ZAHPUI LOTU CHRIS PRATT



— John Lalmuansanga,
Chatlang Branch

“Pathian hi a awm tak tak a ni” - Chris Pratt

Khawvela Film siam chhuah tawh zawng zawnga sum la lut hnem sawm (Top 10) an tar lan zingah tun ṭuma a chanchin kan sawi tur, Chris Pratt-a channa hi pathum lai an lang thei a, hei ringawt pawh hian mi ropui leh mi bik a nihzia a nemnghet kan ti thei ang. Chutiang khawpa mi lar leh langsar, a thil neih hlut zawng pawh Dollar Maktaduai 80 zet nia an chhut Chris Pratt hian Chanchin ṭha a zahpui tlat lo. Tun ṭum ‘An chanchin’ huangah chuan Super hero lemchang ṭhin, Chris Pratt-a’n a hero Isua a tawn dan leh chu a hero chu khawvel mithmuha a tar lan dan chanchin kan sawi dawn a ni.

A hun hmasa lam :

Christopher Michael Pratt hi June 21, 1979 khan Minnesota, U.S.A.-ah a piang a, a pa chu in sak tawh sa thawm ṭhat (house remodeling) hmanga eizawng niin chhungkaw vantlang hnuai lam deuh an ni. Kum 7 a nihin Washington-ah an pêm a, hetah hian wrestling lamah a hming a chher hle. Hetih hun laia a wrestling coach chuan a puitlin hunah eng nge nih a tum tih a zawhna chu, “Ka hre lo; amaherawhchu, hei erawh ka

chiang, mi lar tak niin sum tam tak ka la thawk chhuak dawn tih hi,” tiin a chhang.

A rawn tlangval chho va, Maui, Hawaii-ah chênna in nei lo (homeless)-in hun eng emaw ti chhung chu a han awm a; motor-a a riah loh leh lui kamah puan in te kaihina a riak mai ṭhin. Hetia in leh lo mumal nei lova a awm lai pawh hian, Christian Missionary pawl pakhat ‘Jews for Jesus’ tan a inhmang hle.

A lar chhoh dan :

Kum 19 a nih chuan Maui-

a Restaurant pakhatat Waiter hna a thawk a, hetah hian Director 'Rae Dawn Chong' nen intawngin film tawi leh serial lamah a inlan chho tan a. Khawvelin a hmehhriat tan tak takna erawh kum 2009-a NBC Comedy Series 'Parks and Recreation'-a a inlan atangin a ni a, he series-ah hian lemchan thiam bik a nihzia leh mi dangte hneh theihna riau (charisma) a neih chu mi nawlpui hriatah pho lan a lo ni ta a ni. Kum 2014-a release, James Gunn-a film 'Guardians of the Galaxy'-ah Star-Lord lemah a chang a, Avengers film-ah te inlan chho zelin heta tang pheh hi chuan Mizo thalai leh naupang zawkte chenin kan lo hmehhriat ta a ni.

Isua nen an intawn dan :

Vanity Fair Magazine-in a kawmnaah Chris Pratt chuan Isua nen an intawn dan chanchin hetiang hian a sawi - "Chawhmeh zawrhna dawr kawta ka thut laiin mi pakhat Henry-a inti hian min rawn pan ding a, ka hnen a rawn thlen chuan Henry-a chuan, 'Isua'n thil hrilh tur chein min ti a ni' a ti ta mai a. Chumi hnuah chuan Biak Inah te min hruai ta a, ni rei pawh a liam hmain ka thianta hnenah ka

nun ka thlakthleng tur thu ka hrilh ta mai a ni," tiin.

Pathian a awm tak tak :

Khawvel huapa a lo hmingthan tak hnuah chuan Award tam takin a rawn um zui a, chutia dinhmun sang bera a din lai pawh chuan Pathian a theihngihl lo va, a zahpui ngai hek lo. Disneyland Christmas Celebration-ah 'Merry Christmas' pawh ti duh lova 'Happy Holidays' ti thinte hmaa Bible chang a chhiar chhuah deuh kher chungchang leh chanchin ngaihnaawm tam tak a neihte tun tumah chuan sawi vek sen a ni lo vang. Kum 2018 MTV Movie & TV Awards-ah 'Generation Award' pek a ni a. He Award thlirtu mipui maktaduai 3 chuang zet hmaah hetiang hian thu ropui tak mai a sawi - "Pathian hi a awm tak tak a ni. Pathian chuan a hmangaih che a, i tana tha ber tur a duh a ni. Chu chu ring rawh, kei chuan ka ring a ni. Tu mah mi famkim kan awm lo, mite chuan mi famkim i nih thu an hrilh thin ang che; mahse, chu chu dawt a ni a, khawngaihna avang chauha famkim kan ni a, chu khawngaih thilpek chu thisena pek tlak a ni. Chu chu theihngihl ngai suh ang che," tiin.

An CANCEL thei lo :

Miin kan ngaih dan ang ni lova thu an sawi emaw, kan huat zawng taka an khawsak emaw vanga an hming lanna thil reng reng thlauhthlaa Boycott hial duhna (cancel culture) hluarna khawvelah Christian tlangval Chris Pratt pawh chuan amah cancel duhtu a nei ve ta thuai a, lemchan thiam lar tak Ellen Page, a pianpui hmeichhe nihna thlauhthlaa mipa nia inchhal, tuna Elliot Page inti ta te chu langsar taka Chris Pratt dotute zinga mi a ni a. Ani bakah mi tam takin Chris Pratt chu a film chan 'Guardians of the Galaxy'-a inlan zui lo tura an duh thu an tlangaupui baw.

Hetia cancel an tum lai mek hian Actor langsar tak tak, Robert Downey Jr., Mark Ruffalo te ho chuan Chris Pratt-a thlavang an rawn hauh ta tlat mai a; Guardians of the Galaxy

Director ber James Gunn phei chuan Chris Pratt chu thlauhthlak a nih loh tur thu leh, a chhuah chuan mi dang zawng zawng pawh a ruala an chhuah ve nghal tur thu a sawi hial a ni. Hetiang taka a film chanpuiten a thlavang an hauhna chhan hi chhut chian chuan a ropui hle. Chris Pratt hian a awmna hmun apiangah Isua Chanchin ṭha chu nunpuiin, chu chuan a bul hnaia awmte a hneh a, harsatna a tawh hunah pawh tuar huamin a tan an rawn pên chhuak ve ta mai niin a lang.

He khawvel hun hmawr tawh takah, Tirhkoh Paula'n 'Chanchin ṭha chu ka zahpui si lo va...' *Rom 1:16* a tih ang maia Chanchin ṭha zahpui lova tlangaupuitu Chris Pratt-a chanchin hian Kristian ṭhalaite Chanchin ṭha puandarhna kawngah huaisenna thar min pe ṭheuh rawh se.

MIPA THIH TAM CHHAN



- Debbie Rinawmi,
Ramthar North Branch

ZIR BINGNA

Kan Zoram riang teah hian ni tin maiin thu thar leh thil thleng a awm a; chhiatna pawh rei tak kan sùn thei tawh meuh lo a nih hi. Chutih laiin, hun rei tak ata min chenchilh tawhtu mipa thihna tam em em ringawt mai hian thinlung a ti na a, mang a ti ang a, hei zet hi chu nuai liam ve mai mai chi a ni ta hauh lo mai le. Chhungkuaah mi pakhat damlo an awm chuan chhungkuain kan tuar a, hlim a har òin; chhungte leh chênpuite na tuara an awm laia hlim taka nui huah huah thei an awm a nih chuan a chhungkua a hmangaih lo tawp a ni ti ila kan sawi sual kher lo mai thei.

Kumin MTKP 69th Rorel Inkhawm Tuipui D lama neihah chuan kum 2022 chhunga TKP member thi 150 zinga 131 hi mipa an ni tih report a ni a, 87.3% mipa an thi a ni. CKTP Rorel Inkhawm 2023 Zemabawk Kohhran Biak Ina neih zawh tak khan kum 2022 chhunga KTP member thi mi 643 zinga 567 chu mipa an ni tih a tar lang ve leh a, mipa thihna hi 88.18% a ni. KTP member hi kum 15-40 an ni a, TKP member hi kum 14-40 an ni baw a; hei hian mipa kan chàn mai a ni lo va, òhalai tam

tak kan chàn a ni tih a entir a. Mizorama kohhran pahnih kan han tar lan aṅang ringawt pawh hian kan tawrhna a nasa hle a, kohhran dangah pawh a danglam tam a rinawm loh a ni.

He thu hi politics-a kaih luh chi a ni lo va, hmeichhia leh mipa thu hla a ni hek lo; Mizo hnam anga min nghawngtu leh Mizo òhalaiite zawng zawng tawrhna a ni a; chuvangin a lo awm chhan leh a tihdamna tur kil tin aṅanga kan dap khawm a ngai a. He thuziakah hian ngaih dan pakhat tar lan a ni a, thutlukna siam a ni lo.

Ruihtheih thil vanga thi kan tam a, ruihtheih thil hrin natna hrang hrang avanga thi pawh kan thahnem hle. Amaherawhchu, ruihtheih thil hi kan thih tam chhan a nih rualin a lan chhuahna, a pawnglang ber mai a ni. A aia chhungril zawk kan khawrh chhuah a tul awm e. Hnam hrang hrang leh khawtlang hrang hrang awm- in chung khura hnathawh tur insem “Domestic division of labor” an tih chu kan ramah pawh kum tam tak atangin kan lo ching ve a. Chutah chuan hmeichhia leh mipate ziaak loh dana inkaihhruaina neiin tih tur chanpual an nei theuh thin a. Hmanlai chuan Mizote kha lo nei thin an ni a, lo neih bakah mipate khan ram an vak a, tih tur tul a nih bakah an intihlimna a ni pah a, chuvang a ni ang Mizo mipate kha an thahrui thei hle niin a lang. In chung lam erawhchu hmeichhe kuta dah a ni deuh ber a, zing ni chhuah hma atanga zan mut dawn thleng an kut a awl lo a ni a. Chutiang chuan Mizo mipa leh hmeichhiate kha an taima a, an thawkrim em em a ni.

Hun kal zelah khawsak dan a lo inher danglam khan mipa

chu zirna lamah an kal uar a, Kum 1901 chhiarpui neihah khan ziaak leh chhiar thiam mipa 736 lai an awm laiin hmeichhia chu 25 chauh an la awm thung. Mizorama sikul ding hmasa palina Zosaphluia sikulah pawh khan a zirlaite chu tlangval leh rawlthar an ni deuh ber tih a ni a, hmeichhe lam chu an awm a nih pawhin sawi tham an ni lo a ni mahna. Zirna avang leh hmasawna avangin ramsa kah te chu zawi zawiin an kalsan a, chuvangin, an intihlimna leh an chhuah vahna ber chu an bansan tih theih a ni a; chutih laiin hmeichhia erawh chu an hna a ngai reng a, mipa chuan an hnaa an ngaih a awm loh hnuah pawh in chung lam hna chu hmeichhe chanpuala an la dah tho avangin a hma anga chet lakna an ngah lo va, thatho lamah pawh tun hma an tluk lo deuh em aw tih theih a ni.

Hengte hi sawi a ngaihna chhan chu mipate hian “Physical activities” an nei tlem ta em em a, an lo tih thin sa kah te chu changkanna chuan humhalh lam a kawh tlat avangin an thei ta lo va; an inawmteina thenkhat chu dan bawhchhiatna

a lo ni ta a. Taksa chet tam hi mihring hian kan lo mamawh khawp mai a, kan chet tlem chuan nghawng tha lo hi a nei awlsam khawp mai.

Khawthlang lamah kluan stroke te, lung na avang te, thaw hah leh chutiang lam avanga thihna a tam hle a; hemi chungchang hi C.D Reimers, G. Knapp leh A.K Reimers te chuan zir chianna an nei a. Heng natna hi chhan hrang hrang avanga awm thei an ni a, chung zingah chuan meizuk te, zunthlum te hi a langsar pawl tak an ni a. Heng natna nei ho ah hian physical activities nei tha te hian 20%-35% in a nei tlem te aiin an dam rei zawk a, kum 3.4-4.0 in an dam rei zawk niin an tar lang a ni. Heng natna bakah hian thin tha lo te, ril natna leh cancer natna vei teah pawh 30%-35% in an natna do kawngah an chak zawk a ni.

Physical exercise kan tih te pawh hian a hrana taksa insawizawina a kawh rualin ni tin nuna kan taksa a chet tam chuan kan insawizawi a ni ve tho a, chung ang chuan insum theihna te (Weinberg and Gould, 2015), mahni inrintawkna te (Marsh and

Sonstroem, 1995; Fox, 2000; Zamani Sani et al., 2016) te leh a tha zawnga mi dang nena inkungkaihna min pe a (Raedeke, 2007; Bartlett et al., 2011).

National Cancer Registry Programme (NCRP) in a tar lan danin kum 2012 atang khan Aizawl district chu mipa cancer tam berna a ni a. Kum 2020 kuma report-ah chuan mipa 43.3% zelin zuk leh hmuam kaihhnawih cancer an vei a.

Kan tar lan tak atang khan mihringin physical activities kan mamawhzia a lang a;hmeichhia chu taima lutuk lo pawhin ei rawngbawl leh hmun tihfai hi chu kan awl lo tlangpui a, mipa ah chuan inhlawhfaa hnathawk lo chu an che tlem ta khawp mai, hna tam tak chu computer hmaa thuta chin fel theih a ni a, lirthei kan hmang uar bawknen, in chhung khur hi kan insawizawina tur remchang tak a ni. He kan kalphung hi a tuar bertu chu mipa an ni a tih theih awm e. Kum tam tak chu kan vai liam a, mawhpuh tur dang kan zawng a; mahse, kan thi ta zawih zawih a ni. Ruihtheih thil kan do a tul a, kum tam tak kan do a, kan do zel bawknang;

chutih rual chuan kan inkhap sêng dawn lo va, chuti chung chung chuan engtin nge hei aia rei zawk mipa kan nun theih anga, kan hrisei theih ang tih ngaihtuah a ÷ul hle a. Kan hmuh theih ÷euhah pawh ruihtheih thilin a ei chhiat tak tak an awm a, chung zingah pawh chuan inhlawhfaa hna thawkte chu an dam rei deuh zawk em aw a tih theih a ni. Heng dan kan siam te hi chu khawtlangin kan duan chawp a ni a, khawtlang chu chhungkuain a siam a, chhungkuaah chuan mi mal tinte kan awm a. Chu chhungkua enkawlna kawngah chuan thutlukna siam kawngah chauh ni lo kan zavaia tel a ÷ul em? In chhung sekrek khawih hi mipa leh hmeichhia inthliarna tur a ni lo va, kan dam khaw chhuah theih nana thiamna kan mamawh (survival skills) a ni zawkin a lang. Eng pawh ni se, Ian Hart-a chuan kohhran pa zinga mi John Calvin-a zirtirna ah pawh kohna kan dawn chu mihringpuite rawng inbawlsak tawn a ni tiin a sawi (126). Heng kan sawi takte avang hian mipate an thatchhia kan tihna a ni lo va, kan hnathawk dan pawh a danglam ta zel a, chuvang

chuan kan taksa te sawizawina tur kan ngaihtuah a ngai a ni tih hi ka thuziak laimu a ni.

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HMANGAIHTU NUN



-- Jenny Zomuanpuii,
Samthang Branch

Marka 12 :30-31 ‘Lalpa i Pathian chu i thlung zawng zawngin, i thlarau zawng zawngin, i rilru zawng zawngin, i chakna zawng zawngin i hmangaih tur a ni’, tih hi. A dawttu chu hei hi a ni nangmah i inhmangaih angin i vengte pawh hi hmangaih tur a ni’, tih hi. Heng aia thupek ropui zawk reng reng hi a awmlo tiin a chhâng a.

Ringtute hian engnge Rawngbawltu inti siin kan kan tlakchham ber thin ni nunin Pathian a hlat si a, ang le? Theihtawp kan nunin Pathian a chhuahin rawng kan bawl a ni mai lo maw? a, kan hun leh tha, kan Pathian chawimawi nun ngaihtuahna sêngin tak tak nei tur chuan amah rawngbawl naah kê kan pên kan hmangaih a ngai a ni. ve a, mahse ngaihsan kan Pathian hmangaihna hmu hlawh lova, sêlna kan chianga hmangaih lêt vetu dawng hnem em em lawi nun chu a danglam thin. si. Kan ngaih pawimawh Eng ang mi pawh lo ni em em thin, kan tawh mah se, Pathian tawngtaisak fo thin mi hmangaihna chuan a nun hlate pawh hian min a thlak danglam a, a ngaisang bik hauh silo. hmangaih tan chuan Kan nunah Krista hmel an engkim a huam a, a nun hmu lo zawk em ni ang le?

chu ni tin chinralin a awm a, a tih theih ngai hauhlohte a lo ti thei tawh thin. Hlep ru thin khan a lo sim tawh a, mi rel thin, rui buai thin, Pathian ngaihsak ngai hauh lo nun kha siamtharin alo awm a, aw h tham nun nei khawpin hmangaihna chuan a thlak danglam a, Pathian duhzawng tih chu a chaw tui ber alo ni tawh zawk thin.

Rawngbawlnate hi phur rit ang maia ngai kan va tam ta em! Kan rin Pathian hi kan hmangaih tak tak lo a ni thei mai angem le? Keini Kristian ramah ngei pawh hian inkhawm pawh hnaw k kan ti tan chu a ni si a. Kan hmangaihte kiangah chuan awm kan chakin kan thlahlel ngawih ngawih thin a ni lawm ni? An mawi zia leh kan duhzia te, an thatna te sawi nuam kan tiin miten min hmuh pui ve se kan ti thin a ni lawm ni? Kan Pathian

kan hmangaih aia nasaa min hmangaihtu, sawisel bo, kan nihna ang anga min pawmtu, a nihna dah thaa kan level a rawn inhnukhniam ngam khawp a min hmangaihtu hi kan hmangaih ve tak tak em le? A kianga awm leh a hnathawh hi kan nuam tih ber a ni em? A chanchin hi kan sawi tam ber leh kan chhuan ber a ni em le? Mahni inhlal raih khawpa min hmangaihtu hi kan hmangaih let ve loh zawngin a duhzawng tih leh a hnathawh hi kan thupui ber a ni ve thei ngai hauh lovang. Kan hmangaihte tan chuan kan hun leh kan engkim kan hlan phal thin a nih kha.

Pathian hmangaihna tak tak nena rawng kan bawl anih ngat chuan, hrehawm na, tawrhna, tlakchhamna leh retheihnate chu lawm takin kan tuarin kan hmachhawn thei ang. Kan mihring puite hmangaiha,

saltâng mekte chhan chhuak tur hian a pawimawh ber chu hmangaihna nena kan tih a ni si a, tupawh mai hian kan hnar theih hauh loh leh dawnsawn nuam kan tih ber mai chu hmangaihna hi a ni asin. Kan Pathian, sualna nei hauhlo, kan thatna tur chauha ro min relsak a, engkim kalsana min hmangaihtu, alaka vuina tur awm hauh lova hmangaihna famkim min hlantu pawh kan hmangaih theilo anih chuan kan mihringpuite engtin nge kan hmangaih theih ang?

Pathian kan hmangaih na kan tih lan theih dan tha ber chu a thupekte kan zawm hi a ni. Marka ziaka kan hmuh ang hian Pathian thupek zawm a, kan zawng zawnga amah hmangaih hi kan tihmakmawh a ni. Pathian thu anga kana awm chuan,

inkhawm thinte pawh hi engmah an ni lo, Biak In pawnah chuan angkhat vek kan ni min ti tute ngei hian kan nunah ei tur an lo hmu anga, kan danglam ngamna chuan Kohhran, KṚP leh rawngbawlna pêng hrang hrang an hmuh dan alo thlak danglam anga, thlarauva tuihalten chawlhna an rawn zawng tawh zawk ang. Krista tana kan danglam ngamnain Biak In pawn a thlen chuan kan thusawi leh kan rawngbawlna miten an lo bengkhawn ang a, kan nun in an rilru alo hnehin alo thlak danglam tawh zawk dawn a lo ni. Hawh u, Isuan thupek min pek hi ngai pawimawhin hmangaihna tak tak nen rawng i bawl ang u, hmangaihtu nun chuan Pathian a chawimawi thin.

KAN LO HRISEL ZAWK NAN

(Thih thut theihna hi kan pumpelh thei em?)



Hriselna Huang



– Dr. JC Lalramchhuanga,
MD, Medicine

Er Lalṭhakima (Ramhlun North) a lo lêng a. “Tun hma deuh aṭang khan damdawi thiamna lam (medical sciences) ah hian lo tui ni ila, ka Zun a thlum ka ring lo” a ti a. Tunah Zunthlum mah se a insawizawi ṭha a, zuk leh hmuam a bansan vek a, ei leh inah a insum a, pension hnuah pawh a hriselin ala fit viau mai. Kan nu hmuh laiin a in show a, a bawp sâng tak takah a la khâi zak zak thei. COVID 19 hripui lêng hian hriselna lam min ngaihven tir a, hetiang ngaihvenna hian min ti hrisel sawt dawn a ni.

Medical chanchinbu rintlak ‘Annals of Internal Medicine’ chuan i ṭhut rei poh leh i thih thut theihna a tam zel a ni tiin a sawi a. Ṭumkhata minute 30 aia reilo ṭhu ṭhinte hian thih thut theina an pumpelh nasa ber an ti. American Heart Association chuan ‘ṭhu tlem la, che tam rawh’ an ti bawk.

Chuvangin, minute 30 vel i ṭhut chuan han tho chhuak la, minute 5 vel han vei thuâk thuâk la, hetiang kan taksa kan tih chet reng hian natna tam tak kan vei tur a vêng a ni.

Kan lo upat telh telh hian, kan lo che tlem telh telh a, chu chuan kan taksa leh rilru a tichaklo telh telh ṭhin. Kum a lo tam zel pawhin kan taksa kan ti che tam ve zel tur a ni. Kan chhungkuuaa upa zawk te ṭhu mai mai tura kan tih fo hi a lo ṭha ber lo. Ṭhenkhat pheii chuan kan lo hau titih fo mai. Ṭhut mai mai nan nilêng hi an tan a rei lutuk a, len khaw-thawn emaw an phak tawk an thawh hian nî an tum tawi a, an hriselna a tan a ṭha a ni. An awm awl lutuk chuan natna hrang hrangin a

tlak buak duh a. Inkhawmte, thenawm khawvêng tlawhte, damlo kân leh khawharin len te, an phâk tawk hna thawh phal sak te hi an taksa leh rilru hrisel nan a lo ða zawk daih mai. An chet sual loh nan leh nisa lutuk emaw ruahsur hnuai a an thawhloh nan ruahmanna siampui zawk in, phur leh thô takin an ni tin nun hi hmanġ ðin rawh se.

Kum upa ah pawh taksa che vel tamte hian tar ât an pumpelh duh a, hriatrenġna, beng leh mit pawh a chak zawk a ni.

Che sawn mang lo va rei tak tak ðu ðin te hian thih thut theihna an nei sânġ hle a. Natna tam tak an vei hma zawk bawk a ni. REGARDS zirchianna in a sawi dan chuan, darkar 13 ðu ðinte hian darkar 11 mhuhinte aiin thih thut theihna a letin an nei sânġ zawk a ti a. Tin, che sawn miah lova minute 30 aia rei ðu ðinte hian minute 30 aia rei ðumkhata ðu ngailo te aiin a letin (55%) thih thut theihna an nei sânġ zawk a ti bawk.

Mithiamte'n duhthu an sam dan chuan, ni tin pên (step) 10000 kal thei ila, pên 5000 amanga 10000 pawh a la pawmawm a, pên 5000 aia tlem erawh taksa tan a pawh a ni an ti.

Kan chet vel tlem chuan, thisenah thau a lo inchhekkhawh a. Chu chuan Lûng-a thisen zâmte hnawh pingin heart attack kan tihte a siam a. Tin, thluak-a thisen zâm a hnawh chuan Stroke kan tihte a siam bawk a. Chutiang zelin taksa bung hrang hrangah natna tam tak a thlen thei a ni.

Kan chet vel tam hian kan Lûng tihrawl a tichak a, kan Bp a ti normal thei a. Thau (Cholesterol) ða a tipung a, Cholesterol ðhalo a paih thung a. Kan thisen a thlum lo sânġ tur a veng a, zunthlum lak aţangin kan him thei a. Kan taksa rih zawng a tawkah a dah thei bawk. Heng bakah hian ngaihtuahna a tichak a, mi a tihahvânġ a, mut a titui. Hei hian depression leh anxiety kan tih lakah pawh nasa takin min vêng thei.

Ni tin darkar 6 aia rei ðut mhin hian, thih theihna zaa 19 zetin a ti sâng tiin American Cancer Society chuan a sawi bawk. An hunawla ðu reng ðhinte hi natna chi hrang hrang 14 ngawt an vei hma zawk tih hriat a ni a. Depression nei tam takte pawh hi che vel tamlo an ni duh a. Tin, Alzheimer leh Parkinson natna nei tam tak pawh ðu nasa zawkte an ni.

Regular taka insawizawi ðhin hi taksa leh rilru hrisel nan a ðha a. Lûng na, Zunthlum, Bp sâng leh Cancer thlengin a titlem thei a ni.

WHO chuan puitling 4 zinga 1 zel hi taksa che vel tam tawko kan ni a, ðhâng lai tleirawl/ rawlthar zingah pheii chuan zaa 81 laiin taksa chet velna an mamawh ang an ti zo lo a ni tiin a sawi. Ram a lo changkang a, chetvelna atan lirthei kan lo hmang tam a, ðu chungah hnathawh tur a lo tam a, hetah tak hian mitin kan fimkhur a mul a ni. Kan taksa in a mamawh

tawko chettir hi kan mawhpurhna a ni. ðu reng lova han thawh zawk te, mahni ðhutna bula bawhlawh bawm dah mai lova, hla deuh zawka dahte an ching ta a. Tunlai khawvelah lirthei nei pawhin ke a kal ni te siamin, an taksa ti fit turin anmahni hun neih milin ruahmanna an siam ðhin. Step kal tamte a mha a, inchung inhnuai nei tan han vei tawn fo te a lo ðha hle.

Tin, ni tin mut hunah darkar 7 -8 mut ðhin tur a ni. Hei hian taksa leh rilru a tiharhvâng a, hriselna a tan a mha êm êm a ni. Mut tlem fimlo te, lirthei a chetsualna thlengin a thlen thei a. Kham khawp kan mut hian kan taksa alo hah chawl a, phur leh tha tho takin a hian chauh ngawih ngawih te, chhûn lama mutchhuak te, ngaihtuahna tûk kan hmachhawn theih phah bawk a ni.

I taksa hi i enkawl tura Pathian pek che a ni a, a hrisel leh selloh ah pawh mawh i phur ve a ni.



MODEL VENG BRANCH

Model Veng Branch KTP te chuan, November Ni 3-6, 2022 chhung khan kan member missionary NI. C. Zoramthari thawhna, Karbi Anglong Mission Field huamchhunga Koilamati Pastor Bial kan tlawh a, KTP member mi 26 lai an kal thei.

Zirtawpni tuk thuan eikham ah Chekso Kohhran Biak In rawng hnawihin hna an thawk tan a, tlai lamah Mission School thutthleng chhia te an siam tha leh bawk. Zanlamah compound a awm ho zawng zawngte nen Fellowship programme siamin hun hlimawm tak an hmang thei bawk a ni.

Inrinniah Rongkangtui Kohhran Biak In rawng hnawihin tlai lamah Kohhran mite nen zanriah an kilho bawka. Zannah Rongkangtui Kohhran-ah inkhawmin, an branch atanga kal zawng zawngte'n '**Lalpa nghak rawh**' tih hla an rem a, Kohhran miten thilpek (Muffler) an lo pe theuh a an lawm hle a ni.

Pathianni chhunah hian Kohhran hrang hrang 12-ah sem darhin, heng Kohhran 12

ah hian thusawina hun an pe theuh a ni. Zannah School Hall-ah Koilamati Bial thalaite nen Fellowship neiin, thalai bakah pitar putar leh naupangte thlengin Hall-a leng lo an pungkhawm a, hun hlimawm tak an hmang ho a ni.

Fellowship banah thingpuite an in zawh hnuin haw turin an inbuatsaih a, Pastor Samuel Lalmuanpuia Pachuau in tawngtaia thlahin Pathianni zan zanlai, dar 12:30-ah Koilamati an chhuahsan ta a ni. Model Veng Branch te hian Rongkangtui Kohhran a hman tur Ahuja Speaker 100 Watts leh Microphone stand 3 an pe bawk a ni. Koilamati Pastor Bialah hian Kohhran puitling 10 leh Preaching Station 2 awm mekin, dan zawkim 794 an awm a, Kohhran member zawng zawng chu 1252 an ni a, thalai member zat hi 187 an ni.

Pu C. Lalkhawngaiha
Central KTP Committee Member



HUAITUTE
Chan chin

Pu C. Lalkhawngaiha hi Pu C. Lalramchhana leh Pi C. Laithuami te fa pahnih zinga a upa zawk niin, August ni 11, 1986 khân Civil Hospital, Champhaiaha a lo piang a, kum 2022-ah Christina Lalfakawmi nen inneiin, Model Vêng, Aizawlah an khawsa mêk a, eizawna lamah chuan Mizoram University, Tanhril-ah a thawk mêk a ni.

Naupan lai ațanga Kohhran ngaina mi a ni a, kum 14 a tlin kumah KTP member atân inpe nghalin, a phâk ang tawk tawkin a tel ve thin. Hruaituten chanvo an pête a theih ang anga tihlawhtling ve zelin, Group hruaitute anih hnuah Kum 2010-ah Branch Committee atân ruat a ni a, Kum 2012-ah Branch OB atân thlan niin post hrang hrang a chelh kual a, Kum 2017, 2021 leh 2022 ah te Branch Leader niin, tûnah hian Assistant Leader a ni mêk a ni.

Kum 2014 khân Bial KTP Committe Member atân ruat niin Kum 2016-ah Bial KTP OB atân thlan a ni a, Bial OB post hrang hrang chelh kim tawhin, tûnah hian Ex-Officio ani mêk a, Kum 2017 a Aizawl Chhimthlang Presbytery KTP Meet-ah Treasurer a ni bawk.

Sunday School lamah pawh a phâk ang tawka inhmangin Kum

2006-ah Department Secretary a bul tanin, department hrang hrangah Zirtirtu leh Leader te a lo ni tawh a, tûnah hian Senior Department Leader niin, Tleirawl Inkhawm Chairman a ni mêk a, Kohhranah Thuhriltu a ni mêk bawk.

Amah hi phâk ang tawka inpe leh rawngbawlna ngai pawimawh mi a ni a, a telna tûr rawngbawlna thila tel theih loh ai chuan, a theih chin chinah thildang a kalsan zawk fo thin. Pathian zârah Kum 2010 ațanga 2018 chhûng khân KTP inkhawmah a inkhawm kim a, hemi chhûng vek hian Branch Committee-ah tum 2 chiah tel theih loh a nei bawk. Rawngbawlinaah chuan inpêkna leh hun vawn dik a ngaipawimawh hle. Engemaw thila be pawp duh tân 9774638471-ah biak theih reng a ni e.

Pu Rossi Lallawmawma
Central KTP Committee Member



HUAITUTE
Chan chin

Rossi Lallawmawma hi Pu Zoengsanga leh Pi Lalrinmawii fa upa ber niin October 15, 1986 khan a lo piang a. Unau pathum niin nau hmeichhia pahnih a nei a ni. October 22, 2020 khan Lalhriatpuii Zote, Ramhlun North nen inneiin fapa pakhat Caleb Lallawmzuala neiin Thakthing Vengah an cheng mek a ni. Kum 2013 khan Mizoram Engineering Service ah lutin tunah hian Office of the Chief Architect Mizoram PWD ah a thawk mek a ni.

Pathianin a kova a nghah rawngbawl na chu a theih ang tawpa hlenchhuah tum mi niin, midangte nena rawngbawl na ngaipawimawha an zai ngai mi a niin, Pathian chakna nen chuan kan theihna piah bak min hruai thleng thintih ring flat mi a ni. KTP lamah Group hruaitu atanga bul tanin kum 2017 ah Branch Office Bearer a thlantlin niin, Leader, Asst. Leader, Secretary leh Treasurer post te chelhin Bial KTP ah Leader, Asst Leader, Secretary leh Finance Secretary post te a chelh tawh a ni.

Sunday School lamah Senior Dept. Sacrament Dept leh Intermediate dept ah Asst. Leader chanvote a lo chelh tawh a ni a. Sunday School rawngbawl na hi Kristian nuna

peng pawimawh tak a ni tih ring flat mi a ni.

Rom 12 :2 “ He khawvel dan ang hian awm suh ula; Pathian duh zawng, a tha leh lawmtlak leh, that famkim chu in hriatfiah theih nan, in rilru athara awmin lo danglam zawk tawh rawh u” tih chang leh a bung hi a duh hle a. Ringtute chu Krista avangin nun thara nung tur kan nihzia hi a thalaipuite vawng flat turin min sawm a ni.

Pa ze zawi leh ngawichawi tak ni a lang thin ni mah se fiamthu leh thenrual kawm nuamti mi a ni a. Infiamna lamah thiam leh tuina nei tlem hle mah se, lemziah, thil lem siam leh sculpting lama a tui hle thung a ni. Amah be pawp duh tan phone No. 9862145940 ah biak theih reng a ni.



HRINGLANG TLÁNG

Ramad-a Mission Field

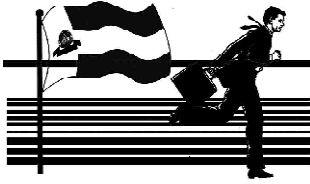
A hunlai chuan India ram pumah Ramad-a anga mi hlauhawm hi an awm kher lovang. A pawlte chuan thingtlang khaw hrang hrang an suam a, an rawk a, mi an tih thlabar thin em avangin amah leh a hote chu a thi emaw a nung chung a man pawhin lawmman tha tak hmuhna tur a ni.

Thingtlang khuua in pakhat an rawknaah lehkhabu dum tereuhte hi a hmu a, a tirah chuan han hnawl sawn mai a rilruk nain meizial zu mi a nih avangin vaihlo zial na'n a that a ring a, a la ta a. Zanriah eikham apiangin lehkhabu atang chuan phekkhat a pawt thla a, meizial atan a hmanga a zu khu vat vat thin.

Zan khat chu a han enchiang a, anmahni tawng a lo ni reng mai a. Phek khat a pawt thla, a chhiar zawh hnuin a zial a, a zu leh ta a. Chutiang hlira zan engemawzat a zûk hnu chuan zankhat chu a thingthi a, Isua hnenah a sual ngaihdamna leh chhandamna a dil ta tlat mai a. Chu lehkhabu chu Bible a ni.

Police kutah a inpe a, suahmang thibaiawm em em chu Krista tana mi tang a lo ni ta! Jail chhung chu Ramad-a mission field a ni a, Jail tangte hnenah Pathian thu a hrilh thin a, mi tamtak chu a rawngbawln avangin kristian an lo ni ta! Pathian thuin a nun chu a va thlak danglam nasa em!

“Pathian thu hi a nung a, thil a ti thei a, khandaih hriam tawn eng ang ai pawhin a hriam a, nunna leh thlarau, ruhtuah leh thling phel hrang khawp hialin a chhun theia, thinlung angaihtuah leh tumte hi a hre nghal thei a ni.” (Hebrai 4:12)



KANTU KANHMUN BRANCH

Kanhmun Pastoral Bial thut hmun Kanhmun Branch hi February Ni 4, 1955 khan din a ni a, Kum 2015 khan Diamond Jubilee hlim takin anlo hmang tawh a ni. Tunah hian Member Mipa-71 leh Hmeichhia-48 an vaiin Member-119 an awm mek a, Committee Member 23 (O.B. te nen) an ni.

Kanhmun Branch KṚP aṅang hian Missionary 2 chhuak tawhin, tunah hian Synod Mission Board hnuaiah thawktu 3 an chawm mek bawk. Sub Committee pēng hrang hrang 6 din niin anni hian anmahni chanvo theuhah theihtawp chhuahin hma an la a, Branch hmel timawitu leh tha tichaktu pawimawh tak a ni.

Member te hi Group pathum ah an inṭhen a, Group Budget te siam a ni. Group pahnihte hi khawchhunga awm te an ni a, Group pakhat hi zirna leh eizawna avanga khawdanga awm te an ni. Member haw khawm lai hian inkhawm kim zan leh Branch Sport te an nei ṭhin.

Kum 2022 chhunga an Branch sum thawhchhuah zat hi ₹ 1,69,410/- niin, an sum thawhchhuahna te chu Group Budget, Faith Promise,

inkhawm thawhlawm, blanket suk, Electric Bill khawn leh remchang awm apianga sumtuak hnatlang neih te a ni. Kumin chung hian sound system upgrade leh SMB hnuaiah thawktu pathum chawm te chu an Branch Project-a lian zual a ni.

Krismas chibai bŭkna mi harsate hnenah kumtin an pe ṭhin a, kum over thlenga Branch O.B. ni te leh Biak In hawnga nupui/pasal neite hnenah chawimawina leh lawmpuina thuziak an hlan ṭhin.

Kohhran zaipawl hi KṚP in an enkawl a, Kristian ṭhalai chanchinbu copy 45 an la mek bawk.

Kohhran, CKṚP leh Bial KṚP aṅanga tih tur leh mawhphurhna te Pathian khawngaihna zarah an la hlen zel thei a ni.



- March Ni 3-5 chhung khan **KTP Rorel Inkhawm** Vawi -10-na Zemabawk Kohhran Biakin-ah neih a ni a, rorel palai hi mi 859 kan kal thei a ni. Kum 2025 Rorel Inkhawm hi Chawnpui Kohhran-ah February Ni 28 - March Ni 2 chhunga neih tura rel a ni.
- March Ni 8 khan East Phaileng Bial-ah **Leadership Training** neihpuiin Pu Jonathan Lalhruitluanga leh Pu R.Lalmalsawma, Committee Member te an kal.
- March Ni 25-26 khan Lallen Bial-ah **Leadership Training** neihpuiin Tv. Malsawmdawngliana leh Pu C.Hmingthanzauva, Committee Member te an kal.
- March Ni 10 khan Chiahpui Branch **Diamond Jubilee** hmanpuiin Upa Johny Lalawmpuia, Asst Secrtary leh Upa Lalchharmawia, Committee Member te an kal.
- March Ni 10-12 chhunga **Kohhran Hmeichhe Inkhawmpui Lian** wawi 50-na Darlawn-a neihah T.Upa PC Vanlalnunmawia, Treasurer leh Upa Lalchharmawia Committee Member te an kal.
- March Ni 14 khan HIV/AIDS dona atana UNAIDS/ UNICEF hmalaknaa ‘Multi Sectoral Stakeholders Consulation on HIV/AIDS in Mizoram’ - ‘**Faith based Organisation**’ te nena meeting- ah CKTP aiawhin Pu Lalrempuia, Committee Member a kal a ni.
- Heng lehkhabu te hi CKTP Office-ah lei theihin a awm e:
 - 1) Inkaihhraina bu – ₹ 10
 - 2) Leadership Training Booklet - ₹ 20
 - 3) KTP Kumpuan bu (Tawngtai tam) – ₹ 10
 - 4) KTP Handbook (2023 revised & enlarged) - ₹ 100



KANTU: Kanhmun Branch

CENTRAL KTP HRUAITUTE 2022-2024

Office Bearers

Leader	:	Rev. Dr. F. Pachhunga	9717371338
Asst. Leader	:	Pu LV Lalthantluanga	8974007486
Gen. Secretary	:	Upa Lalmuanpuia	9436142398
Asst. Secretary	:	Upa Johny Lalawmpuia	9612587039
Treasurer	:	T. Upa PC Vanlalnunmawia	7005885494
Fin. Secretary	:	Upa F. Zoherliana	9862846187

Committee Members

Tv. Malsawmdawngliana	9862344764	Pu Jonathan Lalhruaitluanga	8131984506
Tv. Vanromawia	9612215741	Pu Lalrempuia	9862857357
Upa Lalchharmawia	8014445696	Pu K. Lalfakzuala	9436733838
Pu H. Rosangzuala	7005283942	Tv. C. Lalbiakmawia	8794198948
Pu Lalnunsanga	8014415097	T. Upa Lalbiakthua	9862114383
T. Upa Robert Lalrinawma	9862365583	Pu R. Lalmalsawma	9862420406
Tv. Rinsailova Sailo	9862327187	Pu Lalruatfela	9774611124
Pu F. Lalremruata	9436362544	Tv. PC Lalthanmawia	8014697370
T. Upa TC Lalremsiam	9612777977	Pu C. Lalkhawngaiha	9774638471
Pu Rossi Lallawmawma	9862145940	Pu C. Hmingthanzauva	9436198787
Nl. F. Lallianzuali	9774764394		

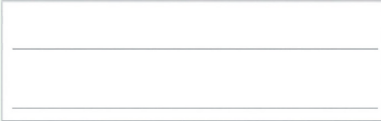
Tv. Lalringheta (Asst. Coordinator i/c KTP, Synod Office) - 9856804149

Ex-Officio Members

- Rev. Rev. Dr. C. Chawngmingliana - Synod Moderator
- Upa B. Lalhmunliana - Synod Secretary (Sr.)
- Rev. Dr. K. Lallawmzuala - Executive Secretary ic/ KTP

KTP Member dinhmun

Mipa	-	1,01742	Branch awm zat	-	898
Hmeichhia	-	63,347			(ram pawn 44)
TOTAL	-	1,65,089	Bial awm zat	-	217
					(ram pawn 15)



Postal Regn. no. MZR/116/2021-2023
RNI No. MIZMIZ/2009/29074



SBI Payments

SCAN & PAY



MERCHANT NAME: KTP
UPI ID: KRISTIALALAG001



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