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Editorial**HUN KAN NEIH CHHUNG HIAN**

Zalên taka Pathian biao, a rawng kan bawl theih hun tur hi India rama sakhaw zalenna inlumlet dân thlir hian eng chen nge la ni ang tih hi ngaihtuah theih tak a ni ta. Chhuanlam eng eng emaw hmangin thil danglam tak tak a thleng tam tial tial dawn a ni mai thei e.

Tû ma mitmei veng lo leh, zalên taka Pathian rawng kan la bawl thei te leh Chanchin Ṭha hrila hmun hrang hranga kan la luang chhuak thei te hi a hlutzia kan hre thiam tial tial dawn niin a lang a. Hun inher dân en hian ṭhahnem kan ngaih leh zual a ṭul hle tih pawh a lang a ni. Hun kan neih chhung hian Lalpa hna ṭhahnem ngai takin i thawk sauh sauh ang u.

Kum hnih chhung teh meuh hripui leng avânga Kohhran mal leh Bial anga huhova thil kan tih ṭhin a rem chên loh hnuah kan nunphung a lo pangngai leh ṭan ta a. Hmun tam tak aṭangin Central hruaitute rawngbâwla sâwmna a lût a; tihhlawhtlin theih chi zawng zawngte tihlawhtling turin Central Committee pawhin ruahmanna a siam mêk bawk. Hei hian kan rawngbâwlnaah rah duhawm tak a chhuah ngei beisei ila.

Agape Chanchinbu enkawl hna pawh enkawltu atâna ruat tharte kutah hlan a lo ni ve leh ta a. Mawhphurhna pawimawh leh hautak tak hi kan hlen chhuah ngei theih nan chhiartute ṭawngṭaipuina kan ngen e. Kan Chanchinbu hlutna chu chhiartuten kan ngaihhlut leh ngaihhlut lohvah thui tak a innghat a. Neitu rilru pûin Kohhrana hmeichhia zawng zawngten kan inṭawm Agape Chanchinbuin hma a sâwn zêl theih nân i ṭangrual zêl ang u aw.

*Kristian Chhungkua***SIKUL HMASA BER ZIRLAI**

- Rev. Dr. L.H. Rawsea

Chhûngkua hi sikul hmasa ber a ni, kan ti teh fo va. A nih leh chu sikul, sikul hmasa ber, naupangten zirtirna an dawn tanna sikulah ngei chuan eng thilte nge kan zirtir chiah thin lo ni reng le? A bik takin tunlai khawvêl changkang tak mai, danglam chak bawk siah hian din chhuahpui tham kan lo zirtir reng em? He zawhna lian leh hrawl tak hian chiang faka chhanna fel fai a tak neih sa chiah loh pawhin, ngaihtuahna chawk tho tur thil pawimawh tak tak kan sawi dawn a ni.

AD 2050 piah lam khawvêl:

Thlir teh, i fate tual an la lenna tur AD 2050 piah lam khawvêl saw! Zabi 21-na hi heti tak hian zabi hmasate aiin a danglam tih keini zabi 21-naa a kum sawm bi hnih lo tem tawhte chuan hrilh ngai lovin kan lo hre ta. I fa, tuna i pawm lai mêk, duat taka i kaih kualan an ni tin sikul kal tur i thlir liam thinte tual la lenna tur khawvêl saw i hmu thiam em le? An lo haw i lawm thin, lungchim taka i lo kuaha an bianga i chuk fote tân hian in lamah zirtir tha i pe reng em le?

Khawvêlah hian mi fîng leh hriat thiam theihna ngah bik

riau an lo piang thin a. Chung mite chu an hun laia mite kai harh tura lo piangte an ni ber a. Keini hunah pawh hian chutiang mi chu an awm ve ngei a rinawm. Tun hnaiah hian Israel ramah hian mi fîng tak leh thil chhut mi tak a awm a, a hming chu Yuval Noah Harari a ni a; ani chu Jerusalem khawpuia Hebrew University-a Professor ni pha ngat a ni.

Ṭum khat chu a lehkhaziah chhiar hlawh tak, 21 Lessons for the 21st Century (2018) a tihchhuah hnu lawk khan America rama computer thiamna lo chhuahna hmunpui, Silicon Valley an tih mai chu fangin a zin thla

a. Chuta a awm lai chuan mi thiam pung khawm hmaah Google lamin lo kawmin biang biakna an lo neihpui a. Amah kawmtu Wilson White-a chuan, “Fanu pahnih kum ngaa upa leh kum thuma upate ka nei a, i lehkhabuah te hian kan khawvêl hma lam hun i ziak ngaihnaawm si a, engtin nge ka fate hi ka zirtir ang tih min hrilh thei em?” tiin zawhna hmahruai a zawt a ni.

Harari-a chuan, “Kum 2050 piah lama kan khawvêl awm dan tur hi, tuna a awm dan aṅang hian nasa takin a danglam tawh dawn a ni, tih bak chu tu mahin kan hre pha lo,” tiin a chhang phawt a. Zabi 21-na chawhnu lam chu khawvêl danglam tak a nih tawh dawn avângin zirna pawh chumi mil tura kalpuia en fiah a ṭul thu te chu ngaihnaawm takin a sawi chho ta bawrh bawrh a.

Harari-a hi mihring ve bawk a nih avângin ama mi mal chanchin chu luhchilh thui lo ila. Mi thiam, fîng tak, rawn tlak, a thu leh hlate chu zir tlak nia khawvêlin a ngaih

a nih avângin a thil sawi ṭhenkhatte um zuiin chhûnkua kan enkawl zêlna tur atâna hman ṭangkai turte kan dap ang a, a bik takin hma lam hun atâna kan tu leh fate kan buatsaihna atân hman ṭangkai kan tum dawn a ni.

Harari-a hian thil tam tak sawiin thu tam tak a ziak a, sawi chhawn vek sen a ni lo; kan ngaihtuahna kaihruai tur thu panga chiah lo tar lang ila:

* Tun aṅanga rei vak lovah computer thiamna (Infotech) leh mihring taksa zungzam zir thiamna (Biotech), a hranga kal ṭhinte chu zai khata luangin a infin tawh dawn a, chu finna chuan AD 2050 hnu lam khawvêl chu a thunun hneh khawp ang.

* AD 2050-a chuan mihring thluak aia let tam taka fîng khawl a awm nawk tawh dawn avângin mihring hian duhthlanna zalen kan tih hi zalen takin a hmang tawh lo vang a, khawl finna, Artificial Intelligence (IA) thu hnuaiah a kun ang a, digital dictator rorelna hnuaiah a tu lut tawh ang.

* Heti tak maia khawvêl changkangah hian mihringin eng hna nge a thawh ang a, eng thawkin nge ei a zawn ang a, hna zawrhna bazar-ah hian eng hna nge an pho chhuah ang tih te kan hre pharh lo.

* Khawl finna hman a nih nasat tawh dawn avângin mihring dinhmun a nêp hle dawn a, mi lak tlak loh (useless class) an pung hluai ang a, hna hmu lo (unemployed) mai ni lovin, chhawr theih loh (unemployable) an pung bawkan ang.

* Tuna kan lo inbuatsaih lawk theih chu, a bik takin zirna bikah chuan, rilru finna (emotional intelligence) kan uar a ngai a, rilru lama nghehna (mental stability) kan uar a ngai bawkan a; a thar zêla anmahni hlutna inhmu chhuak (re-inventing) zel thei tura lo buatsaih a ngai.

Eng emaw hun lai khan ‘Zabi 20-naa khawvêl awm dan tur’ nia William Booth-an zabi 19-naa a lo sawi lawk nia an sawi kha buaipui hlut

tawkan awm a. Harari-an zabi 21-na atâna zir tur a chhawp chhuahte pawh hi kan bengkhawn ve a hun ngawt mai. Ani hian tun hma lama mite la sawi ngai loh leh an la hriat phak lohte a thuziakah te hian a phawrh hnem viau mai a, chuvâng chuan mite ngaihven a hlawh hle a ni.

Sikul hmasa ber chhûngkaw zirlai:

Sikul hmasa berah eng nge kan zirtir tak ang le? Tunah mah chhûngkaw tin hian tlakchham leh thawt rukna lai kan nei theuh va, khawvêl changkang tak main min nuai a, Artificial Intelligence (AI) tuipui kan dai luh hunah phei chuan a ngaihna hre lovin kan la hawi hil hle thei dawn a ni; chhûngkua aţanga thil dik tak kan zir chhuah a pawimawh hle.

Zirna sikul hmasa ber, chhûngkua aţanga kan zir chhuah ngei tur thil panga kan sawi dawn a. Hengte thilte hi America rama Pathian mi hman pastor hmingthang tak, Rick Warren-an, “Learn How to Fight for Your Family,”

tih thu a sawi aṅanga kan lak chhawnte pawh aawm dawn a ni.

1. Rilru lo so phut thunun dan:

Hei hi kan zir loh leh kan zirtir loh chuan ‘rilru lama rual ban zo lo’ (emotional cripple) kan ni dawn a ni. Mihring ti-mihringtu chu kan emotion hi a ni a. Thil lungchhiatthlak a lo thlen a, kan lungngai thei te, lawmawm lam a lo thleng ve leh a, kan nui leh mai thei te, rilṅâm tuihal hre theia kan awm te, lum leh vawt kan hre thei te hi khawl aia kan ropuina a ni a.

Kan chung a thil thleng, a nihna tak zêla kan lo chhan dik theih nân zirtira kaihhruai kan mamawh a ni. I fa chu a ṭah a chhuak a, a ṭap ta mai a; mahse, engtin nge i lo chhan let ṭhin? Hetah tak hian naupang kianga awmte an pawimawh. “Ṭap suh, Bawihte!” tiin zaidam takin a thlem thei a. A nih loh vek leh, “Ṭap ṭap suh, i ninawm lutuk,” tiin i ânkhum chiam thei bawk.

Ṭap theia kan awm hi a hlu

a, kan mittui hi Pathian min pêk a ni a, a hlu asin. I fate khan eng emaw an tawh thutin, engtin nge an rilru rawn so bat bat kha an lo tih dan tur i zirtir loh chuan a puitlin hnuah rilru thunun dan a thiam lo vang. Kan rilru rawn so but ṭhin hi thlir liam mai lo ila. A theih phei chuan eng nge an nih thliar hrang thiam ila. “Kha kha chu good feeling,” tih te, “Kha kha chu bad feeling,” ti tein an chung a thil thlengte an lo dawn sawn dan tur kha kan zirtir a ngai a ni.

2. **Buaina chin fel** : “Buai turin mihring hi a lo piang a ni zawk” (Job 5:7) tia Bible sawi ang hi a ni a, buaina hian ni tin min chim tak meuh va. Buaina kan tawh tam tak phei hi chu ‘ṭul buai’ pawh ni mai lo, intaina avânga buaina (conflict) a ni zawk mah. Isua meuh pawh khan a nunah khan nawk buaitu a ngah hle a, Chanchin Ṭha buah hian hlawm lian tak kan hmuh chu ‘intaina chanchin’(conflict stories) a ni hial a ni. Buai hi hring nun peng khat a nih

avângin a chin fel dan tûr leh hmachhawn dan tûr hi chhûngkua aţangin kan zir tûr a ni ang.

Buaina hian chhûngkua a rawn chîm a. Chhûngkuaa nu ber leh pa ber an intihbuai chang a awm. Thil eng emaw avânga in nupa in han chiar dun nak nak ţum kha han mitthla teh le. Buaina chin fel dan nia kan hriat hi a lo inang lo thei viau. Nupa ngei pawh kan inang lo va, nu skill leh pa skill a inang tlat ţhin lo. Pakhat chu kulhpui ang mai a ni, hnung lam chhawn zawngin a duh zawng zawngin inti parhin a inhrosa dur dur a ni thei; chutih laiin pakhat zawk chu thinrim lungawi viau lo chungin chengkawl angin a ngawi kar thei bawk.

Hetia buainain chhûngkua a chîm a, nu ber leh pa ber an han inhmachhawn hi, kawng leh lamah chuan an fate tân chuan buai chin felna sikul a lo ni reng a. Kan awm dan chiah kha kan fate an hmu vek a. An nu skill nge an lak chhawn ang a, an pa

skill zawk kha tih a ni tawh mai.

3. **Chet chhiat leh chet that laia awm dan:**

Kan fate hian an nun kal chho zêl tûrah eng emaw an la chôn dawn. Eng tikah emaw chuan an nuna thil hlu ber nia an hriat pawh an la hloh ngei dawn a ni. Thil lian tak leh pawimawh tham an chôn thei a, thil tê tham leh pawimawh lo nia lang te an an la chôn ang. He dinhmunah hian engtin nge ding se kan tih? Kan thil duh tak kan chan loh hian engtia awm tur nge? A chak lo zawka ţan changte hian engtia awm tur nge?

Hengte hi pawimawh deuh a ni. Infiamna khawvêlah te hian a chak pup pup reng theih bik loh. A thiam ber leh a ţha bera ngaihte pawhin tlawm zawr dêr ni an nei tho ţhin. Chak loh hi an nun kawng tawpna a ni lo tih an zir thiam ngei ngei a ngai a ni.

Chhûngkuaa game khelth ţhinte hi a lo ţangkai thei viau a lo ni a. Tun hmaa ‘rûl indawlh’ (chutes&

ladders) kan tih thinte khan hring nun kawng chhuk chho fiah takin min lo zirtir a. Chu game-ah chuan nambar za thleng a awm a, a za-na thleng hmasa ber chu an chak ber dawn a ni. Mahse, za thlennna kal kawngah rul leh leilawn a lo awm fur mai si a. Nambar inziahna lung kan han vawrh nalh ang a, chuta lo lang nambar zêl chu kan dai chhoh tur kawng chu a ni a. Leilawn zawn rah chang chuan kan invawrh san avangin hlina auvin kan hmel a uang a; rûl lu zawna kan tluk luh tum erawh chuan kan tla vawn vawn thin a, chapo tur kan awm lo.

He game hian nun min zirtir a, chet that laia awm dan leh chet chhiat ni a lo thlena awm dan min zirtir a ni. Mahni chet hun zêla lung kan han vawrh nalh ngawt te pawh kha zirlai tha tak a ni. Tunlaiah zawng mahni hmasial naupang an lo chhuak a, engkim hi pum bilh duh an tam ta, an lo puitlin hunah chuan engkim hi mal khalh tûr emaw ti tlatah an la

chhuak thei a ni.

Kan fate hian hring nun kawng hi chhuk leh chhovin a khat tih hria sela, a nuam leh a hrehawm a awm dawn a ni tih hi pawm thiam sela, chak loh tum pawha thawh leh zêl dan an thiam a tul. Harari-an mahni inhmuh chhuah zêl a tul dawn tia a sawi hi a pawimawh tak zet a, Bible pawhin chu chu min zirtir dan a ni. “Mi fel chu wawi sarikh tlu mah sela, a tho leh zêl thin; mi suak sual erawh chu chhiatnain a tiboral thin,” (Thuf 24: 16) tih a nih kha.

4. Ngaih hlut tur dik

Hei hi chhûngkaw sikul atanga kan zir chhuah a ngai. Kan fate hnênah, “Hei hi i nunna atâna thil pawimawh a ni a, i ngai hlu tûr a ni.” tia kawhmuh tur kan neih a ngai. “Hei erawh hi chu i nun atâna pawimawhna a neih loh avângin i ngaih pawimawh a ngai lo,” tia ngaih hlut tlak loh, nun atanga nawr liam chi thliar thiamtir an mamawh bawk. Chhûngkuua an zir loh pawhin ngaih san tûr hi hmun

dang aţangin an zir tho tho vang.

Hei hi lo hre lûl teh khai. Khawvêl hian kan tu leh fate hi ngaih hlut tûr a zawrh mawlh mawlh reng a ni. An nunna atâna thil ţa ber ber zirtirin ngaih hlut tûr pawh a fah mawlh mawlh reng a; mahse, a thil zirtir erawh chu Pathian duh dan a ni vek si lo. Khawvêl hi chuan lan nalh theih dan tur te, sum hai luh dan tûr te, lalna leh thuneihna ngawt ngai sang tûr tein mi a zirtir ber ţhin a ni mai a. Khawvêl chuan hmingthanna leh fakna kan dawn tam hi hlawhtlinna tiin a zirtir ang; mahse chu chu a ni ber si lo.

I fate khan TV aţang te, video games aţang te, hla leh rimawi an ngaihthlak aţang te, an ţhianta aţangten thil hlu leh ngaih san tûr an dawng mêk si a; mahse, hetia tlâng chawm an nih ngawt hi a tawh reng reng si lo. I fate hnênah thlemna thang hlauhawm pathum a awm thu hi lo zirtir ţhin ang che. Chungte chu kan Bible chuan “tisa châkna” tih te, “mit châkna”

tih te leh “chapona sual” tiin a sawi. Hengte tho hi Sapho chuan “S pathum” hmangin an sawi ţhin - sex, salary, status tiin. TV leh media danga fakna rêng rêngte hi han thlir ila, heng thlemna pathum zinga pakhat tal hi chu a keng tel ngei ngei a ni. Thil ţa neih theih zawng zawng chu neih vek tûr, thil nuam nia kan hriat zawng zawng chu tih zêl tur, mi pawimawh niha dinhmun ţa luah tûr tihna rilru hian mihring nun a khalh kal nasa hle. Heng thlemnate hi Adama hneh loh thlemna, a tlukupi tak kha a ni. Hêng thlemna pathum tho hmang hian سوالin Isua a bei leh a; mahse ani erawh chuan a hneh ta! Kan fate chu thil ngaih san tur dik tak kan zirtîr ngei ngei tur a ni a; tichuan, ngaih san tlak loh an hre thiam dawn a ni.

5. **Thil ţa ţhan hnan**

Kan chin ţhan (habits) hi kan nungchang siamtu a ni a. Tih ţhana kan neih rêng rêng chu kan nungchang kengtu a ni zêl ţhin. Miin zu in hi tih ţhana a neih chuan zu ngawl

veiah a chhuak thin a; inkhawm tih thana neih tlat mi chu sakhaw mi a lo ni thin. Chin thana neih ngei ngei tur hi hnawlin, kan hnawl tur zawk hi chin thanah kan neih leh hlauh thin a. Naupang tha za lai an ni a, hun awlah chuan infiam tak tak reng tur an nih laiin, phone buaipuiin an mu zen zen a. Zana hma taka mua, zingah hma taka tho tur an nih laiin, tlai taka muin tlai tak bawkah an tho va. Thei leh thlai ei tam an mamawh laiin junk food leh chaw dang ralin an inhnawh pur fo va. Ni tina tuisik tam tawh in ziah tur an nih laiin soda leh juice an intulh khulh khulh reng mai bawh si. Thil tha chin thana an neih tur hi siamsak ila. “Hei hi chu ka nuin a sawi zing em mai a, ka ti lo thei lo a ni,” an tih tur te, “Hei hi chu ka pain min hrilh nawn fo va, ka nunah ka vawng ta tlat a ni,” tih sawi tur nei khawpa kan fate kan kilkawi taimak a ngai a ni.

Engtin nge i zirtir zêl dawn?

Kristian chhûngkua chu an

inþanpui a, hma lam pan zêl a, þang lian thin kan ni a. Chutiang ni thei tur chuan engtia tan lak tur nge ni ta ang le?

Habit tha zirtir dan chu kawng hnih a awm. Pakhat chu a taka kaihhruiin a ni a. Isua khan mi dangte hmangaih leh an tâna luan chhuah kha zirtiru ke silsak hmangin a entir a ni. “Kei Lalpa leh Zirtiru mahin in ke ka sil chuan, nangni pawhin in ke in insilak tur a ni. In chungka ka tih ang hian nangni pawhin in tih vena turin ka tihmuh che u a ni si a,” (Jn 13:14-15) tiin fiah takin a hrilh a, zir thiam se a tih chu a nun ngein a entir a ni.

Kawng dang awm leh thei chu sawipui a ni thung. Fate nen hian thil pawimawh hi sawi ho fo tur a ni. Nu leh pa tam berin fate an biaka kan sawi hi chu lehkha zir tura tirh a ni deuh tawp reng a. Deuteronomy 6:7-ah khan, “In fate thahnemngai takin in zirtir ang a, in ina in thut lai te, kawnga in kal lai te, in mut lai te, in thawh hun tein

in sawi ṭhîn tûr a ni,” tiin thupêk pawimawh zet mai kan hmu a ni.

Heta zirtir hun tûr a sawi palite hi naupangte hnêna thu sawi theih hun lai, rilru pea thinlung taka thu an ngaihthlak ṭhat theih hun lai a ni a. “In ina in ṭhut lai” tih hi hna thawh loh lai, hun awl sawina a nih hmel a; “kawnga in kal lai,” tih hi insawizawia kea kal lai te pawh a ni thei ang a; “in mut lai” tih hi chu naupangin ngaihthlak tûr an zawn lai, “Thawnthu min lo hrilh...,” tia an nu leh pate an ngen duh hun lai, thu ṭha hrilh hun a ni a; “in thawh hun te” tih hi zing kar rilru fim lai tak a ni a, hriat reng pawh a awl bîk ang. Chhûngkaw tam tak chu he Pathian thupêk pawimawh hi

an zawm loh avângin Pathian malsawmna an chên a ni.

Kan sawi thui ta viau mai, a hmawr bawkw dawn tawh ila. Naupangte zirtir nân hian sawisel hi a ṭha lo va, a ṭangkai lo va, naupangin hma an sawnpui lo. Phunchiar hi a ṭha lua lo va, ankhum hian naupang rilru a ṭha zawngin a kaihruai thui lo va, sawisel chiam chiam hi kan hmangaih fanaute rilru chawh thawh nân a tlak loh. Eng vang nge? Kan sawisel hian kan duh dan aiin kan duh loh zâwkah kan chenpui chiam vang a ni ber. Paula’n, “Nangni pate u, in fate tithinur suh ula, Lalpa thununnaah leh zilhnaah chuan enkawl zâwk rawh u,” tiin fiah takin a sawi a ni (Eph 6:4).

Lehkha chhiar hi Saving Bank Account-a pawisa dah nen a inang khawp mai. Kan pawisa dahin pung a nei chhawng zêl angin lehkha chhiar hlawkna pawh hian pung tam tak a nei chhawng zêl ṭhin. Nimahsela, lehkhabu chhiar hlawkna chu a dang daih thung. A hlawkna leh a pungte chu hmang chhuak hiau hiau mah ila hman bang lam khan a kiam phah chuang miah lo.

E.M. Maguire

Sermon**AMAN ENKIMAH MIN HRIA E**

– R. Saichhungi,
Chanmari, Aizawl

Ka Testimony kimchang lo taka ka ziah kha in lo chhiar ka ring a, a chhunzawmna ka han ziak leh thei tûr hi ka lâwm hle a, Thlarau malsawmna tam tak min petu kan Pathian chungah ka lâwm êm êm bawk a ni.

Pathian khawngaihna avângin chhandam hlimna kha kum tak tak chhûng ka chang a, kum 2003 a lo inher chhuah chuan Lalpa hnênah heti hian ka ÷awngt'ai a, Lalpa chhandam hlim lâwmna hi min pe rei lutuk ta, ka chên rei lutuk tawh, i hnung zui ve tûrin hrehawmna, tuarna kawngah min hruai ve tawh rawh, ka hlimna ringawt hi i tân a tâwk lo ka ti a. Amah anna kawnga ÷hanlen/hmasâwn châkin ka tuihal nasa êm êm a, ka thlen chin kha ka induh khawp lo lutuk a, ka rualawt ngawih ngawih mai a ni. A mak khawp mai, a tûk ka zing tho chu huanah ka tlang nghâl a, chumi kum chuan ka maian chin hi a ÷ha êm êm mai a, a rah bawk a, lo ila, mi dangte pawh pe ve

ila, tih ka rilrûk a. Ar in ft.7 vela sângah a zâm nasa mai a, leihlâwn siam chawp, thing la thar, rit tak mai hi a indawh a, chutah chuan kan lâwn a, mai chu ka lo va, chhuk ka tum chu leilawnah ka ke ka nghat hman tawh tihah chuan a tawlh ta a, ka tla dâwn tih pawh ka hria, tih ngaihna awm tawh hek lo, “Lalpa, min ÷anpui rawh,” tiin ka ÷awngt'ai a, leihlâwn chuan min tlâkpui a, min delh bawk si, ka ÷awng thei lo va, ka che thei tawh bawk si lo, mi min hmu an awm hun ka nghâk ta tawp a. Nâ ka ti khawp mai, min zâwn chho a, motora min hlâng lût tûr pawh tuar a hrehawm khawp mai. Hemi ni hi 18.Sept,2003 a ni. Civil Hospital min panpui a, Casualty-a min han

muttir chuan ka rilru hian Lalpa, a va mak ve, ka mumang lah ni si lo, hospital-ah ka awm ta reng chu a ni tiin ka ngaihtuah a, ka dil chhuah a ni miau bawk si a. Ka thinsungah hian Chiang êm êmin I Kor.3:21-23 thu hi a lo thleng a, “Engkim hi in ta a ni vek si a. Khawvêl emaw, nunna emaw, thihna emaw, thil awm sa emaw, thil lo la awm tûr emaw a zavaiin in ta vek a ni.” tih hi.. E, Lalpa, min ngaidam rawh, ka ti sual a ni, engkim hi ka ta a ni, lâwm thu ka hrill a che, i khawngaiha a ni e, tiin rilru ãawngtaina ka nei a. Chutiang anga ka ãawngtã zawh chuan thlarau thianghlimin ka pumin min rawn luah khat a, ka lawm lutuk hi ka mittui ka hru sêng lo. Casualty-ah pawh Lalpa awmpuina avângin lawmna sawi sen lohvin ka khat a, kan fate thian Doctor ho pawh an lo kal a, “Ka pi, a pawh hle mai,” an rawn ti tliar tliar a, “Ka lawm lutuk, Pathian khawngaihna a nih hi,” tiin ka chhâng zêl a, hre thiam tak maw! Casualty-a ka

awm chhung hi lawm avânga ãah nân hun ka hmang tuan parh a ni. A mak tih mai loh chu sawi dân ka thiam lo, Lalpa nêh chuan hmun hrehawm hi a lo awm lo, khawi hmunah pawh Lalpa hi a lo awm zêl si a. Kan va nihlawh êm! Lalpa chu fakin awm rawh se. Isaia’n a lo sawi angin, Ani chuan kan natnate phurin kan lungngaihate pawh a phur ngei a; nimahsela, keini chuan lungngaihna tlakbuakah, Pathian vuakah, tihretheihah kan ngai si a. Nimahsela, ani chu kan bawhchhiatna avangin hliamin a awm a, kan khawlohnate avângin vuak thi tlinin a awm a, kan thlamuanna tura thununna chu a chungah a tla a, a vuakna vualtea tihdamin kan awm ta. Amen (Isaia 53:4-10). Tuarna, harsatna leh mangannate kan tawh lai pawh lâwmna, thlamuanna leh lungawina kan neih theih nân, tuarna râpthlâk ber tuara a nun zawng zawng min petu Lalpa chu fakin awm rawh se.

Lâwm thu sawi chungin ka ãawngtã zêl a. Lalpa, thla

thum chhûng che thei lovin (bed rest) zun êk pawh thiar thei lovin awm a ngai dâwn si a, min awmpui tlat ang che; a thlâwnin min tuartir suh ang che tiin Lalpa ka dil a, min chhâng Chiang hlê mai. Pathian thuin ka thlahthlam tawp lovang chia, kal pawh ka kalsan tawp lovang che tia min hrilh angin min thlahthlam lo va, min kalsan lo, min awmpui reng a ni. A rinawmzia min hmuhtir nasa hle mai. Fak tlâk Pathian chu a lo ni e.

Ni tinin thu leh hlain min pâwl a, ka hlim êm êm reng mai a ni. Thian thâ min kantute pawhin mak an ti a, min lâwmpui hle mai. Lalpa'n ropuina chang rawh se.

Ka changkan deuh hnu chuan phai lam kan pan ta a, MRI te min tihtir a, test chi hrang hrang nen, Doctor chuan, "Ka pi, i insawh nasa êm a nih hi, i nerve-te pawh a khawih a, i zeng lo hi a mak a ni, i vannei hle mai," min ti a ni. Aizawl Doctor thiamte pawhin i kawng ruh a sâwp a nih hi, min ti bawk

a, kum khat chhûng chu in ah hun ka hmang a ni. Mahse, Lalpa'n min tidam ta tlat mai, engkim ti theiin ka awm leh ta a ni. Lalpa hian engkim hi a lo va ti thei êm! Lalpa chu fakin awm rawh se. Heng natna, harsatna hmang hian Lalpa'n thil tak tak min zirtir a lo duh a, a thiltihtheihzia te, min hmangaihzia te, min thlahthlam ngai loh zia te, a tam lutuk sawi sen a ni lo tih min hmuhtir a lo duh a ni. Lalpa hi a va thâ em! Tuarna phena malsawmna tam tak ka neih theih nan tuar te hi a lo phal a ni. Lalpa ropui rawh se. Ni khat chu Thlarau Thianghlim pawlna duhawm tak mai a lo thleng a, Sam 139:1-6, Aw Lalpa, nangingun takin mi en chhuak a, mi hre ta. Nanging ka thut leh ka din hi i hre thîn a, ka ngaihtuahnate hi hla tak aţang pawhin i hre thiam thîn, ka kal leh ka mu hi mi en ngun thîn a, ka awm dan zawng zawng hi i hre vek a, I hriat fai vek loh chu ka leiah hian thu reng reng a awm lo.

Nangin ka hnung lam leh hma lamah min hual a, ka chungah i kut i nghat bawk a, chuti kauva hriatna chu ka tân a mak lutuk a, a sâng êm a, ka phak lo a ni. He thu hi ropui ka ti lutuk a, a châng tâwp thleng hian ka duh êm êm a ni. Chang 3-na ka kal leh ka mu hi mi en ngun thin, min en mai ni lovin min EN NGUN thin tih laite hi a ropui tak zet a ni. Engkim ti thei Pathian en ngun leh hriat kan han ni te hi kan ve nihlawh êm! A thlamuanthlâk a ni. Lalpa hi fak mawlh mawlh tûr kan lo ni e. Ka lâwm lutuk hi nilengin keimahin ka lâm a ni. Lalpa heti khawp hian a ni maw min lo hriat chiente kan ti leh thûl, a mak a ni. Sam 8:4 “Mihring hi eng nge maw a nih a, i hriat reng thin ni? Mihring fapa pawh hi eng nge maw a niha i kan thin ni?” ka ti thin tia Davida'n a lo sawi ang hian. Hre Chiang ila chuan sual hnathawh avânga kan lungngaih thin na te, natna leh thihna, retheihna avânga kan rûmna te hi a

ziaawm ngei ang. Kan thatna tûra kawng engkima min thawhsaktu a ni si a.

Kan Pathian hi hriat chian deuh deuh châka, hmangaih zual zêl duh a, kan tuihal a va tûl êm! Amah anna kawnga thang lian zêl tûrin Lalpa'n a thlarauvin min hruai theuh rawh se.

Lalpa'n a ropui nân malsâwm rawh se.

Hmangaih zual che ka
duh, Lalpa Isu,
Ka duhsam ber ni se,
Hmangaih zual che
Hei hi ka dil fovang
Hmangaih zual deuh
deuh hi,
Hmangaih zual che,
Aw, hmangaih che.

Lawmna leh thlamuanna
Ka zawn thin kha
I hnenah chauh ka hmu,
Lawmna kim chu
Hei hi a ni fo vang
Ka tawngtaina te zawng
Hmangaih zual che
Aw, hmangaih che.

Article

HURAITU ROPUI MOSIA KA NGAİ

- Dr. Vanlalvanga Ralte

Hruaitu ropui Mosia khan Kanaan ram thleng lo mahse hruaitu ropui hming put a thulh chuang lo. Aigupta finna zawng zawng zir zo ni mahse chu finna hmanga lal tupa nih ai chuan a mite nena tihduhdah thlang zawktu kha a ngaihawm ngawt mai.

Mosia khan Israel fate ram tiam pana a hruai lai khan a hruaia te kha an phun nasain hruai an hahthlâk ve khawp. Mahse, kha'ng ho hruai kha a thulh chuang miah lo. A hruai miah miah mai a ni. A tâwpah Mosia thachhang dawltu Josua hoin ram tiam Kanaan chu an thleng ta nge nge a. A harsa lai leh t̄it̄oh lai zawng zawngah khan Mosia khan a mite hruai kha a bansan lo.

Mahni chungchâng han sawi ta ila. Synod HSS Boys' Hostel-ah kum tinin rawlthar rual sawmriat bawr ka enkawl ve th̄in. Kum riat dawn chu ka enkawl ve ta. Hlim châng a tam, harsat châng a va han tam!

T̄un hnaiah phei chuan social media a lo chak tawh si, a th̄a lam aiin a th̄a lo lam thehdarh kan ch̄ak bawk si. A nihna tak aiin kan han uar deuh salh z̄el bawk a. Lu hai chang a va tam th̄in em! Kei mihring chak lo ve tak, thinchhe bawk si hian ka zo lo lek lek th̄in chu a ni e.

Kan boruak v̄el avangin zan lam ka mu th̄a lutuk lo. Ni 17/7/2022 (Pathianni) phei kha chuan inkhawm pawh ka ch̄ak lo êm êm a, "Computer ang hian vawi leh khatah in *refresh* theih ni se, ka va han ch̄ak tak em," ka ti hial. Mahse, "Inkhawm nge nge zawng a th̄a e," tiin, ka inkhawm hram a. 'Hmanlai Farawa bawihte kha' tih hla

kan han sa chiah kha hruaitu ropui Mosia kha ka ngai ta ngawih ngawih mai a ni. Chu chuan ka nun pawh min ti harh nasa ta viau mai. Ka lâwm hle. Lal Isua tuarna leh min tlanna thlengin ka ngaihtuahnaah a lo lut zut zut a. Keia lo tawrh ve leh tawn ve te chu a lo nep hlê mai. He Warden hna hi a tira ka pawm ang chiahin, ‘rawngbâwl naa ngaiin tlawmngaih chhuahin’ ka thawk zêl tûr a lo ni (Hotuten tlinga min ruat chung chu!). “Kristian ka ni a, Mizo ka ni bawk a, ka tlawm thiang lo,” tiin ka infuih sauh sauh ta thung a ni.

Tin, Italian civil engineer, sociologist, economist, political scientist leh philosopher ni bawk Vilfredo Pareto-a *Pareto principle* hian nasa takin min tiharh bawk a. Theih tâwp chhuah pawhin thawk ila, min ngaisang lotu, ni mai

lo, enga maha min ngai lotu hi zaa sawmhnih vêl chu an awm reng dawn tho tho. A lehlamah keia kar hi min lo ngaina dertu, ni lo, min ngaina ve tak taktu hi (sawi chhuak kher lo mahse) zaa sawmhnih vel hi chu an awm reng dawn tho. Thawk tha lo min titu hi zaa sawmhnih awm se, (an thawm pawh ring zawk hial mahse), zaa sawmhnih vel hi thawk tha min titu an awm dawn tho. Zaa sawmhnih chhe lam ai hian zaa sawmhnih tha lam hi ka hmu lian lui ta zawk zêl a ni. Pathianin min tanpui anga, tha takin leh rim takin ka la thawk ve zel ang.

Kan rawngbâwl hna kawng hrang hrangte pawh hi, (min demtu awm mahse, chu mite thawm chu rin viau chang awm bawk mahse), Pathian duh zawng a nih phawt chuan hnual loin, rinawm takin i thawk zêl ang u.



Article**KAN BAWM A TAWT EM NI?**

- Dr. Zohmangaihi
Co-ordinator, Peace Centre
NEICC., Shillong

Tuhmahruai:

Nikum May thlaa Kohhran Hmeichhia Rorel Inkhawm Vawi 11-na kan neih khan “Kohhran Hmeichhe Committee-a awm tûrin a theih chin chinah kum 70 aia upa lo ni rawh se” tih kan rêl tlu ta kha a ni a. Kohhran Hmeichhe kaihhruaina dân nghawng a nih avangin Synod Executive Committee pawmpui tûra chhawp chhuah a ni zui ta a. SEC chuan zai zâp taka thutlûkna siamin tûn vut vuta hman nghal ni rih lo se an rawn ti ta zâwk a. He thu kan ngaihtuah lai aţanga tûn thlenga ka rilrua riak reng rawn tar lan ka tum dawn a ni.

Kohhran Hmeichhiate rawngbâwlna hi:

Kohhran dinna hmun apiangah hmeichhe member thahnem tak leh tlemtê awmnaah pawh kalpui zêl a ni a, a kul a taia inhmang te pawh kan ţul thei viau a nih hi. Kan awmna hmun azirin kan senior member-te hlûtna leh pawimawhna pawh a inthlau viau a ni. Kohhran lian member sang chuang awmna leh kohhran tê member sawmnhih sawmthum lek awmna te mamawh dân leh duh dân pawh a inang thei

hek lo. Chuvangin, kan awmna hmun azira kan inpawh fâna, kan insiam rem thiam a ţul hle mai.

Eng vanga he thu hi ngaihtuah ţul ta nge ni?

He zawhna hi kan ngaihtuah chian a ţul viauin ka hria. Rorêl inkhawmah khan ka awm ve a, he thu kan ngaihtuah lai pawh khan kan thu kha a inep deuh niin a hriat a. Kum 70 tling tawh la valai leh inpe, hman tlâk, la hman mêk tam tak kan awm nuk a, kan rawngbâwlna tihlutute kan ni. Kum

naupang zâwkte tân kan chhuanawm, kan hluin kan zahawm ngei mai. Chutih lai erawh chuan kum upatnain a ken tel taksa chak tâwk lohna leh ngurchuaina avânga kum naupang zâwk leh thothang la tha zawkte duh khawp kan tlin lohna pawh a awm ve ngei tih a hriat theih bawk a nih kha.

Dik tak chuan

Kohhran Hmeichhe rawngbâwlnaa inhmang chho ngar ngar, mahni Kohhran leh Bial huapa Committee ni pha zak zak leh Central Committee-a tel pha chin te hi chu kan smart, kan rawngbâwl hna pawh kan tlin a, kan zeï hle tawh a ni. Dik tak chuan kan Pastor leh Upa te pawh hi an thawh/nih rei hnuah meuh chuan Kohhran kaihhruai leh rorêl kawngah an zeï/thiam tawlh tawlh ve bawk a nia. Hei vang hian member dângte'n min chung en a, kan tel ve tek tek chhung chuan hruaitu chanvo kha kan chanpual tûr emaw an ti tlat ve bawk a. Thenkhat hi chu kum 20/30 dawn

thawthang hruaitu chanvo chelh ngat ngat, kum lamah pawh chawhnu ve raih tawh, ùan fum ve tawh tak tak te kan ni nuk a nia. Kum upate nge kan dem dawn anmahni thlang chhuaktu member-te?

Hruaitu thar kan chher lo deuh em ni?

Hei zawhna pawh hi ngaihtuah chik ùl tak a ni. Tûna kan kal dân han en hi chuan kum tam fe chung chu a mihring thuhmun, chanvo/mawhphurhna lama insiam rem zêlin hruaitu thar chher miah lo hian a kal theih fê mai tih kan hre furin ka ring. Hei tak mai hi kan agenda lo luh chhan pawh kha niin a hriat a. Mi pakhat khan kum 10 chuang zên zawn hruaitu nihna chanvo a chan kual zak zak chung khan hruaitu atâna chher nahawm tak tak mi eng emaw zât chuan an hun tha an hloh thei a ni. Hruaitu chanvo chelhtu a ngai an nih rei lutuk hian pawl a ti thothang lo a, phur tharna awm lem lo hian kal dân pangngaia kal mai a awl hle. Hruaitu tha chuan

amah anga hruaitu tha tûr mi dang a chher chhuak ngei ngei tûr a ni tih kan hriat nawn a pawimawh hle mai.

Tûnlai changkâna thil kan ban pha ta lo em ni?

Zêp thu a chêng lo e, kan hruaitu thenkhat hi chuan tûnlai changkânnain a ken tel inbiakpawhna hmanrua te hi hmang nal ve thiam lo mai ni lovin kan um pha ta meuh lo a ni. Hei hian kan chênna khawvêl mila rawngbâwlna hâk ti zau thei lovin min siam a. Chutih laiin kum naupang zawk tûnlai thiamna hmang thiam pha chin tân chuan kan lo tûnlai lo hle thei reng mai a nih hi. Covid-19 hrilêng khan hemi kawnga kan dinhmun chiang takin a rawn pho lang tih kan pha thei lo vang. Tûnlai thiamna changkâng biak-hmuh-theih (Zoom, Google meet etc) kaltlanga rawngbâwlna pawh kan ban pha ve ta meuh lo a nih kha.

Kan rawngbâwlna huang-ah kan tâwt lutuk ta em ni?

Kan hriat tân theuh angin kan Kohhran kalphunga kan rawngbâwlna peng hrang hrangah hmeichhiate chim chin hi a la hniam hle mai a. Kohhran thenkhatah chuan hmeichhia hrim hrim tawh phawt thuhiril rawngbâwlna la pe thei lo pawh kan la awm a ni. Kohhran chhunga Committee peng hrang hrangah hmeichhe tel ve miah lohna pawh sawi tûr a la awm nual mai. Kohhran member zâtve zet mai chu kan buzawl neih chhunah chêp tak maiin Committee china tel tûr pawha kum bithliah siam ngai khawp hialin kan inhnawh tâwt ta niin a lang. Chuvangin, Kohhran pawh hian kohhran hmeichhe member fel leh inpe tak tak te hi tûn aia thûk zâwka rawngbâwlna an pên theihna kawng hi sialsak zêl sela a duhawm hle mai.

Hetiang hian ti ta ila

(i) Committee huang zauh:
Rorêl inkhawma he agenda kan ngaihtuah laia ka rilrua rawn lang nghal leh kan mamawh nia ka hriat chu

Tualchhung leh Bial Hmeichhe Committee-ah kan huang kan zauh ÷ul tihna hi a ni a. Kan member ÷henkhat kum lama lo upa ve ta (kum 70 tling tawh), Tualchhung leh Bial huapa kan hruaitu la ni mêk, an tawnhriat leh an kaihhraina kan la mamawh si mi an awm a ni. Hetiang mi bik Committee-a la tel tûra kan mamawh te kan rîn luh theih nan Committee huang zauh hret ila, **Senior Adviser** chanvo pe ila a ÷hat viau ka ring a ni.

(ii) **Zahawm leh Ngai hlu tak chung a inthlah:** Hmeichhe rawngbâwlnaa kan mamawh hmasa nia lang chu kan hruaitu (hlun) te an lo upat deuh hnua an inpêkna leh an rawngbâwlna ngai hlu leh zah tak chung a kan thlah liam thiam hi a ni. Hun rei tak chhung an ngaihtuahna, tha leh zung bâkah sum leh pai thlenga hmeichhe rawngbâwlna atâna lo inhmang ÷hin an nihna hriatpui chung a zahawm tak leh ui tak chung a kan inthlah liam thiam a ÷ul ta a ni. Hetiang tûr hian kum

naupang zâwkte'n a nachang kan hriat a ÷ul hle laiin kum lama upa zâwk te pawn hâi/ phat hun an hriat pawh a ÷ul ngei ang.

Kan thu laimu ber kum 70 tling chin Committee aṅanga chawlhṅtîr tih kan hriat thiam dân hi a inang lo thei viau niin a hriat a. Kan Kohhran kalphungah hian rawngbâwltua ruat leh thlan te hi mualphona bîk eng emaw tak an tâwk a nih ngawt loh chuan chawlhṅtîr hi kan ti lêm lo hle a, eng emaw avanga an chhawr tâk loh te hi 'rawngbâwlna aṅanga tlâ' tiin kan sawi ÷hin. He rilru hi kan lo ÷han hnan thûk tawh em avangin kum 70 tling chin Committee aṅanga chawlhṅtîr kan han tih pawh hian rawngbâwlna aṅanga tlâ ang thaw thanga ngai pawh kan awm niin a lang. Kan member zahawm leh inpe tak takte hi ui tak chungin naupang zâwk te'n an hnu kan chhui zâwk dawn a, tlin loh leh tlâk loh vanga châwl ni lovin ÷hangthar zuan la zang zâwk te tân hmun an kian a ni tih

kan hriat thiam a ʔul hle awm e. Kan senior member duhawm tak takte hian zo leh tlin, fak leh entawntlâk takin an rawngbâwlna an hlen ta a, ui takin kan chhawk ta a ni ti zawnga kan infuih leh zirtîr a pawimawh hle mai.

(iii) *Mi thar chher thiam*: Chîk taka kan kalphung hi kan bihchian chuan Kohhran Hmeichhe rawngbâwlna hian a member zawng zawngte a huapzo lo mai ni lovin, member naupang zâwkte tân pawha han tel châkawm tak ni pawhin a lang lêm lo. Chuvângin, kan rawngbâwl dân hi kan en ʔhat a, member naupang zâwkte tân pawha tel ve châkawm leh hîp khawm thei zawnga kan her rem ve pawh a ʔul viau awm e. Kan chênna khawvêl mamawh mila kan rawngbâwlna pawh kan her rem ve zel a ʔul a, thiamna leh hmasâwnna te a zuana an zuanna hunah hian hêng thil hmang ʔangkai thiam zâwk mi thar kan hruih luh zêl hi a ʔul tawh a ni.

Hemi kawnga hma kan lâk theih dân awlsam ber ni tûra ka beisei dân chuan Bial leh Central Committee-a tel pha chin leh Office Bearers mawhphurhna lo chelh fo tawh chin hi chu Tualchhung Kohhranah chanvo bîk nei tawh lovin vilvangtu/uaptu dinhmunah awm thiam ila, kan hmun awlah mi thar, phurna thar nen rawn lût zêl sela chuan kan rawngbâwlna pawh a nung thar leh zêl ngei ngeiin ka ring a ni. Tûna kan kal dânah hi chuan ʔhenkhat hi chu mi thar tân dânna lungpui (stumbling block) lian leh hnawk tak, hun sawn harsa tak kan ni ve thei tlat a nia. Uap lumtu aia uap hlumtu dinhmuna ding ve mai thei kan ni tih kan inhriat a pawimawh khawp mai.

(iv) *Tûnlai thil awmzia chhiar thiam a ʔul*: Mat.16:3 ah “Tin, zîngah chuan, ‘Vawiin chu khua a chhe dawn a ni ang, kawl a sen a, khua a dur em mai’ in ti ʔhin a. Vân awmzia in hre fiah thiam si a; nimahsela, hun chhinchhiahnate hi in hre fiah

thei lo” tia Lal Isua sawi kan hmu a. Kan hun tawn awmzia hre thiam tûra kan chung a thil thleng hrang hrang kan chhiar thiam a, kan inrin thiam a, chung thil thlengte mila kan lo insiam rem ve zêl a tûl hle mai. Hmeichhe rawngbâwl na huanga kum bithliah fel tak neih duhna lo piang chhuak ta mai hian kan rawngbâwl na kan bihlêt a, insiam tha tûra kan san mar that leh a tûl hle tih a lantîr a. Kan hmaa he chona rawn chhuak hi kan rawngbâwl hna tihmasâwntu atâna kan hman thiam pawh a pawimawh hle mai.

Tlangkawmna:

Hmeichhe rawngbâwl na kawng hrang hrangin rah duhawm tak tak a chhuah zêl

a, member tinte kan thawhhona leh tan tlânna kawngah kan fakawmin a hlu thin hle mai. Kan rawngbâwl nate'n hma a sâwn zêl theih nan keimahni kan inbih chian hmasak a, kan insiam rem tûl chang pawh a awm ve thin. II Kor.6:3-4-a “*Kan rawngbâwl hna hi an dem lohna tûrin eng kawngah mah tûk phahna tûr reng kan siam lo va; Pathian rawngbâwl tute angin engkimah mi mit tlungin kan awm zawk thin*” tih kan hmuh ang khan kan awmna hmun theuha Lalpa thawhpuitute kan nih theuh theih nân leh thuhretu rinawm kan nih zêl theih nân kan thuziak Lalpa'n malsawm rawh se.



Khawvela thil tangkai ber chu Lêi (tongue) a ni a,
 Khawvela thil khawih chhe thei ber pawh
 Lêi (tongue) baw a ni.

Aesop

KAN PUT TUR KRAWS CHU

- K. Chhana
Khawlailung

Tu pawh mahni kraws pûa mi zui lo apiang chu ka zirtir a ni thei lovang (Luka 4:27)

Kraws kan put chuan khawvêl thila kan buaipui heng:-

- Sum neih belh zêlna lam ni lovin chàn then zelna tur a ni.
- Mihring duh zawng apiangte, kal leh hmuh kan chák lam apiang hawi theihna lam ni lovin mahni min delh bettu tur a ni zawk.
- Chakna leh damna lam ni lovin chhûng lam leh pawn lama mi dang hmangaihna avanga lungngaia rùmna a ni zâwk.
- Hmingthanna leh ropuina kawng a ni lo a. Mite hmuhsit leh chil chhak leh diriamna dawnna a ni.
- Helmet chhûng lam dúp nuam tak ni lovin kraws pu chung a kan khum tur Lukhum chhung lam chu kan khum ngheh poh leh min chhun natu tur a ni zâwk.
- Kraws put hmaa zahawm taka min chibai thintute chuan min tihêlna chibai min buk der vel mai thei.
- Kraws rit tak kan putna kawngah hian tuihal leh chauin kan la tlu fo dawn.
- Ka inbel thin thawmhnaw mawihnai thleng hian min la hlihsak pawh a ni thei.
- He kraws hi ka taksa min tidamtu tur ni loin keima thihna tur a ni lehngal.

Rinawm taka mahni thihna kraws putu tan hlawkna a awm ve lo em ni ? Awm tehreng mai. Kraws putute chu

- Sualin a hneh ngai lo.

**SYNOD BOOKROOM LEHKHABU THAR
THENKHATTE**

1. **Naupang Hla Bu** : A man Rs. 120/-
2. **Ka Lenna Ram** - Rev. Thansiyama chanchin. A man Rs. 200/-
3. **Engtia Nun Tur Nge?** - Upa K. Lalbulliana. A man Rs. 200/-
4. **Lentlang Bingbi** - Mizo Kristian hla phuahtu hmasate chanchin - Tlanglawmkima Chhakchhuak A man Rs. 200/-
5. **Ni Thar Lalpa Nen** : Zonunsangi Khawlhiring. Aman Rs. 400/
5. **Mami Tahna** - Lalrammawia Ngente A man Rs. 300/-
6. **Hmanlai Zokhuua Naupangte Nun Dan**
- Lalbela A man Rs. 150/-
7. **Nau Awi Mu**: Naupang pual thawnthu
- Zirtei Mangpa. A man Rs. 100/-
8. **Mizo Hla Thu**: Mizo hla thute leh a hrilh fiahna
- Lalhmachhuana Zofa . A man Rs. 100/-
9. **Puan Thui Leh La Phiar Zirna**
- C. Lalneihkimi. A man Rs. 150/-
10. **Sap Tawng Leh Hindi Tawng Zirna Bu**
- F. Zoramsanga A man Rs. 200/-
11. **Khua**: Kum A.D 1900 hma lama Zofate khaw langsar deuhte chanchin - Lalhmachhuana Zofa. A man Rs. 1000/-
12. **Mizo Chanchin** - B. Lalthangliana. A man Rs. 800/-
13. **Biate Chanchin** - Laltanpuii A man Rs. 300/-
14. **Ram Zun Ngaih Leh Di Zun**: Rambuai kara an thil tawn ngaihnaawm tak tak - B. Vanlalvuana. A man Rs. 200/-

Hriselna Huang

KHAW LÛM LEH A KAIHHNAWIH NATNA TE.

- Dr J. Lalramchhuanga
Medicine Specialist
Civil Hospital, Aizawl

Tunlaiin khua a lum chho viau mai a. India ram hmun hrang hrangah khaw lum avânga harsatna thleng leh nunna chhân phah hial an awm thu thlengin kan hria a. Chuvângin, khaw lumin natna a thlen theihte leh a inenkawl dan kan hriat a pawimawh a ni.

Heng khaw lum avânga taksa lama harsatna awm theite hi kum naupang (kum 4 hnuai lam) in an tuar na zual a. An taksaah hriatna

thazam (nervous system) a la insiam puitlin tawk loh vang a ni an ti a. Tin, kum upa (kum 65 chung lam) in an la na bawk a, a chhan pawh hriatna thazam (nervous system) a lo chak tawk tawh loh vang a ni ber. Anni bakah hian natna benvawn neiten an tuar na bik bawk a ni.

Khaw lum avânga natna awm thei tlângpui te chu-

1. VÛNG: A hranpaa enkawl lutuk ngai lovin a reh leh mai ðhin a. Ke dah sân te, khan kân te, mutnaa ke han kam kân deuhte a ðha a. Tin, chhûn lamah mawza sei (compressive stocking) bun ðhin hian vûng a tiziaawm thei bawk.

2. THAK LEH BAWL: Khaw lum hian thak leh bawl a siam nasa ðhin a. Thak damdawi tlânglawn heng Ceterizine, Levoceterizine, Polaramine etc. te hi doctor-te'n an chawh ðhin a ni.

3. NIKHAW HRE LOA TLÛK (HEAT SYNCOPE): Nikhaw hre lova tlûk thleng hian hêng khaw lum lutuk hian a siam thei. Heng bakah hian ke aikhirh te, chawn tha chat na takte a awmtir thei bawk.

4. HEAT STROKE: Khaw lum lutuk hian Heat Stroke a thlen thei a. Khaw lum lutuk avângin kan taksa chhûng

lamah lum nasa takin a lo insiam a. Kan taksa chhûng lam lum lutuk kha thlan hmangin emaw thil dang hmangin kan taksa aţangin a pe chhuak a, kan taksa chhûng lam a lo vawng dai thin a. Nimahsela, Heat Stroke-ah chuan kan taksa lum leh vawt thununtu kha a lo chak lo a, kan taksa a tidai hlei thei ta lo va. Tin, taksa pawn lam boruak a lo lum lutuk avang leh humidity a san avângin thlan a chhuak thei lo a. Chuvangin, kan taksa chhûng lam temperature kha nasa takin a lo sâng ta a, chu chuan kan taksa khâwl pawimawhte - kâl, chuap, thin, lung, chawkawng leh tihrawlte chenin a khawih pawl ta thin a ni. Chu chuan kaih te, nikhaw hre mumal lo te, thihna hial pawh a thlen thei a ni.

INVEN/ENKAWL DAN TLANGPUI:

1. TUIRIL LAM IN TAM: Khaw lumah hian thlan te a lo chhuak nasa a, tui tlakchham (dehydration) a awm hma theih avangin, a ven nan tui in tam tûr a ni. Tui kan in tam hian a theih chuan ORS in tel thei ila, chu

chuan kan taksa electrolytes pawimawh - sodium, potassium leh chlorides kan tlakchham tur a pui ve thei dawn a ni.

Chutih rualin thil thlum lutuk te (Thingpui/Coffee thlum), zu leh beer lam te in loh tûr a ni. Heng hian kan taksa tui tlakchhamna a siam belh theih avângin pumpelth hrâm hrâm tur a ni.

2. THAWMHNAW HAK CHUNGCHANG:

Kan inthuum danah thawmhnaw thawl (loose) lam leh rawng var lam deuh inbel ni se. Tin, heng cotton leh linen-te hi nipui thawmhnaw an ti a, boruak lut tlang theiin kan taksa a vawng dai deuha sawi a ni. Kan thawmhnaw hakte hian kan taksa tilum lutuk lo se. Zirlaite pawh khaw lum zual lai chuan an uniform sweater/blazer te a ţul dana hak rih loh emaw ni dang aia an taksa lum lutuk laka vêng thei tura awmtir dan ngaihtuah ni thei se.

3. Kan lu leh hmai te, kan nghâwngte nisa in direct taka a em tur vêng turin lukhum leh nihliapte hman uar ila. Tin,

sunscreen (SPF 30+chin tal) kan taksa lang thei laiah ni tin vawi 2/3 inhnawih thin bawk ila, hei hian sun-burn lakah pawh min vêng thei ang. Sun-burn hian a hnu zelah kan vun a tichhe ve thei a ni.

4. Ni sat vanglai zing dar 10 aṅanga tlai dar 4 inkarah in chhungah awm tam thei ila. Tukverh leh kawngka te hawng in, Fan/Air conditioner-te a hman theih ang a.

5. Kut hnathawktute tân pawh ni sat vanglai takah hi chuan pawn lama hnathawh chawhlan theih ni se, zingkar leh tlai ni nem hunah thawh theih ni se. School naupang tan pawh pawn lama infiamna - outdoor games te leh drill te neih pui rihi oh emaw in chhung/indoor a neih dan kawng zawn ni se.

6. Inbual te, towel huhu inhruk te hian taksa a vawng dai thei bawk.

7. Khaw lum zual laiin ei leh inah fimkhur ni se. A bikin thak lutuk te, thau leh mawm pai tam chi te ei tam loh tûr a ni. Salad,

thei leh thlai lam ei tam tûr a ni. Vawi leh khata ei ṭeuh erawh a ṭha lem lo.

8. Khaw lum lutuk laiin infiamna emaw thlan nasa taka tichhuak thei tihloh nise.

9. Heat Stroke avanga temperature sâng/khawsik te hi nachhawkna pangngai - paracetamol emaw diclofenac pêk hian awmzia a neih loh avangin, pêk loh tûr a ni. Heat stroke chu tiang hian enkawl ni thei se :-

- Hahdam taka mut zangthaltîr a, an ke lam tihsan deuh ni se.
- Towel emaw blanket pan deuh tihhuha tuam.
- Vûr tlang (ice pack) zakzeh tir.
- Tui vawta an taksa chiah emaw phuh seng seng.
- An hnara Ryles tube vuah a, tui vawt thun.
- Cold saline infusion: drip vawt khai te.

Nikhaw hre mumal lo leh serious chu Doctor emaw damdawi in hnai ber panpui vat tûr an ni.

Eisiam Huang

ARSA PICKLE

Mamawhte:

- | | | |
|------------------|---|-----------------|
| 1. Arsa ti | - | 1 kg |
| 2. Tel | - | 2 pava |
| 3. Hmarchapui ro | - | 20 vel |
| 4. Aieng | - | 1 teaspoon |
| 5. Pickle Masala | - | 4 teaspoon |
| 6. Jeera masala | - | 3 teaspoon |
| 7. Purun var | - | bul 10 |
| 8. Sawhthing | - | kutzungpui tiat |
| 9. Vinegar | - | 2 tablespoon |

A siam dan :

1. Arsa chu tui tlem tlein cooker-ah wawi khat i phittir ang. Gas i off hnuah cooker a dai ta maw tihah arsa chu thur chhuak la, sin te tein chan ang che.
2. Tui tam vak lo chhuang so la, chutah chuan hmarchapui ro thlak la. rei lo tle sotir la, gas off tur. A tui paih fai la, thli hul tha hle ang che. Chumi zawhah hmarchapui chu i duh ang tiatin chan sawm ang che.
3. Tle i chhuang hmui ang a, purun var leh sawhthing den sawm thlak tur. A lo ro deuh thapah aieng thlak la, arsa chu i kang nghal dawn nia. Chi i telh ang a, a tam thei ang ber chawh tur.
4. Arsa a lo ro deuh thapah masala te, vinegar te i chawhpawlh ang a. A tawp berah hmarchapui chan sawm chu telh la.
5. Ngung takin vil la, chawh deuh reng rawh. A tui hnawng a awm chhung chu mei na lutuk lovah chhuang la, chawh ngung hle ang che. A tle a lo chhuah a, tui a awm tawh loh hunah suan ang che.
6. A daih hunah bur phui tha takah i dah dawn nia.
7. Sa lam pickle reng reng hi rei tak chhung a daih thei lo a, kar nhii ei vel a tam berah ni rawh se. Fridge-ah dah bawh tur.

**MISSIONARY TANA AGAPE CHANCHINBU
LÂKSAKTUTE**

Bial, Kohhran leh mi mal, Missionary-te tâna AGAPE
Chanchinbu lâksaktute : (chhunzawmna)

Sl.No	Bial/Kohhran/Mi mal hming	Lak sak zat
119.	Lunglei Venglai Kohhran Hmeichhia	10
120.	Mualpheng Bial Kohhran Hmeichhia	20
121.	Thingdawl Bial Kohhran Hmeichhia	20
123.	Zonuam Bial Kohhran Hmeichhia	20
124.	Biate Bial Kohhran Hmeichhia	20
125.	Biate North Kohhran Hmeichhia	20
123.	Chaltlang Kohhran Hmeichhia	30
124.	Darlawn Bial Kohhran Hmeichhia	20
125.	Bairabi Bial Kohhran Hmeichhia	30
126.	Bairabi Kohhran Hmeichhia	20
127.	Bethlehem Kohhran Hmeichhia	20
128.	Bethlehem Venglai Bial Kohhran Hmeichhia	20
129.	Sumsuih Bial Kohhran Hmeichhia	15
130.	Tuidam Bial Kohhran Hmeichhia	10
131.	Pi Zothanguri, Model Veng	2
132.	Baktawng Venglai Kohhran Hmeichhia	10
133.	Khatla South Kohhran Hmeichhia	50
134.	Salem Mualpui Kohhran Hmeichhia	15
135.	E. Lungdar Bial Kohhran Hmeichhia	10
135.	Maubawk W Kohhran Hmeichhia	45
136.	Pi Zahmingpuii, Maubawk 'W'	15
137.	Pi C. Lalrinzuali, Maubawk 'W'	5
138.	Ratu Bial Kohhran Hmeichhia	10

chhunzawm tur

**KUM 2023 CHHÛNG ATÂNA HMANGAIHNA INA
NAU CHÂWMNA PETUTE LEH AN CHÂWM ZÂT
(OFFICE LAMA DAWN) chhunzawmna**

Sl.no.	Bial/Kohhran/Mi mal hming	Chawm zât
47.	Bilkhawthlir Bial Kohhran Hmeichhia	2
48.	Madanrtng Bial Kohhran Hmeichhia	2
49.	Darlawn Bial Kohhran Hmeichhia	4
50.	Champhai Vengthlang Bial Koh. Hmeichhia	2
51.	Champhai Vengthlang 'N' Koh. Hmeichhia	2
52.	Thenzawl Field Veng Bial Koh. Hmeichhia	4
53.	Phulbial Kohhran Hmeichhia	1
54.	Tualte Kohhran Hmeichhia	1
55.	Champhai Kanan Bial Koh. Hmeichhia	2
56.	Chawnpui Bial Kohhran Hmeichhia	6
57.	Zawlnuam Bial Kohhran Hmeichhia	2
58.	Tlangsam Kohhran Hmeichhia	1
59.	Serchhip Chhimveng Kohhran Hmeichhia	1
60.	Mualpheng Bial Kohhran Hmeichhia	1
61.	Tlangnuam Vengthlang Kohhran Hmeichhia	1
62.	Lawngtlai Bethel Kohhran Hmeichhia	1
63.	Kanan (Aizawl) Kohhran Hmeichhia	3
64.	Bairabi Kohhran Hmeichhia	1
65.	Ramthar Veng Bial Kohhran Hmeichhia	4
66.	Bethlehem Venglai Bial Koh. Hmeichhia	5
67.	Thenzawl Vengthlang Bial Koh. Hmeichhia	2
68.	Ramhlun Bial Kohhran Hmeichhia	2
69.	Sumsuih Bial Kohhran Hmeichhia	2

chhunzawm tur

Rawngbawlna Report:

1. **Retreat & Leadership Training** :April 17-18 chung khan Synod Conference Centre-ah Central Committee 2023-2025-ten Retreat leh Leadership Training an hman a, he Retreat-ah hian Committee member 42 an tel thei a. April 17, 2023 zanah riak lutin a tuk tlaiah an chhuak a. Resource person ten Training an pekte an hlawkpui hle.
2. **Feh chhuahna** : April 15,2023 khan Leadership Training Programme hmangin hruaitute heng hmunah te hian an feh chhuak:
 - (i) Chaltlang Pastor Bialah - Pi Zothanpari, Chairman leh Pi Lalnunhlimi, Comt. member.
 - (ii) Ramhlun Venglai Kohhranah - Dr. Lalthansangi Fanai, Vice-Chairman leh Pi Lalhlunpuii, Comt. member.
 - (iii) Mission Veng Pastor Bialah - Pi R. Lalnunluangi, Comt.member leh Pi Lamchhingi, Comt. member.
3. **Committee-a kalna** : April 13,2023-ah PWF Standing Committee, Shillong-ah neih a ni a, Pi Sailuti, PWF Secretary kal chhuak leh Ex-Chairman leh Dr. Lalthansangi Fanai, IKPL Vice Chairman leh PWF Chairman elect te an kal.
4. Kohhran Hmeichhe Inkaihhruaina-2018 chu a copy tihral zawh tawh a nih avangin copy 2000 chhut leh a ni.
5. Kum 2022-2023 chhunga Buhfaitham atanga sum hmuh dan hetiang hi a ni-

<u>Kum</u>	<u>Budget</u>	<u>Hmuh zat</u>
2021-2022	18,00,00,000	15,90,87,664
2022-2023	18,20,00,000	21,46,18,415
2023-2024	19,00,00,000	

Kohhran chhungkaw zat(2022) - 1,17,455

Chaw chhum apianga tham chhungkaw zat - 1,16,012

*Hruaitu chanchin***R. LALREMPUII**

Pi R.Lalrempuii hi Pu R.Siamkunga (L) leh Pi Lalrinthangi te fa pariat zinga pathumna niin November 25, 1971 khân Vaivakawnah a piang a. Kum 1996-ah Upa C.V.L.Tlanhlua nen inneiin fa pathum - mipa pakhat leh hmeichhia pahnih an nei a. Tûnah hian Vaivakawnah an cheng mêk a; Vaivakawn Vengthlang Kohhranah an lawi a ni.

Eizawna lam:

Kum 1992 khan a graduate a. Kum 1990-2015 chung ZOHANDCO-ah thawkin kum 2016-ah Voluntary Retirement-in a chhuak a ni.

Rawngbâwlina lam:

1. Kohhran malah: Kum 2012 aţangin Kohhran Hmeichhe Committee-ah telin Secretary leh Asst. Secretary a nih hnuah tûnah hian Chairman a ni mek a ni.

Tualchhung Kohhranah Puitling Sunday School zirtirtu, Inrinni leh Pathianni Chawhnu thuhritu, Kristian Chhûngkaw Committee leh Ramthar Committee member a ni.

2. Bialah: Kum 2015 aţangin Vaivakawn Pastor Bial Kohhran Hmeichhe Committee-ah a tel ţan a. Bialah hian Secretary, Asst Secretary a ni tawh a, tûnah Vice-Chairman a ni mêk.

3. Central-ah: Kum 2021 aţangin Central Committee-ah telin Tunah hian PWF-ah Nomination Committee member a ni mêk a. Tunah hian Finance Secretary hna chelhin Agape Editor a ni.

Bible châng/hla duh zawng: A Bible châng duh zawng chu Rom 2:6, Johana 17:4 a ni a. A hla duh zawng chu KHB No. 422-na a ni.

Thuchah:

Kan theih ang leh kan phâk ang tâwka kan mihringpuite tân thil ţa tiin kan hun hman ila. Kan tû leh fate Pathian hnên hruai thleng ngei tûrin theihtâwpin i bei ang u.

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

COMMITTEE MEMBER-TE

- | | |
|--|--------------------------|
| 1. Pi A. Nazi | 2. Pi C. Thanpari |
| 3. Pi H. Lalbiakveli | 4. Pi H. Lalhlunpuii |
| 5. Pi H. Zachhingpuii | 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 Lalhmimgmawii | 14. Pi Lalmalsawmi Sailo |
| 15. Pi Lalnunhlimi | 16. Pi Lalrammawii |
| 17. Pi Lalramthangi | 18. Pi Lalthangmawii |
| 19. Pi Lalthansangi | 20. Pi Lalthanzami |
| 21. Pi Lalthanzauvi | 22. Pi Lalthawmmawii |
| 23. Pi Laltlanthangi | 24. Pi Lamchhing |
| 25. Pi Lawmkimi | 26. Pi R. Lalnuntluangi |
| 27. Pi R. Tlanghmingthangi | 28. Pi Rengramthangi |
| 29. Pi Rohmingthangi | 30. Pi Saiṭhuamluaii |
| 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 rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chungkua din nghehtir tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
 4. Chanchin Ṭa puan darh.



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



Hlimen Pastor Bial Kohhran Hmeichhia
Leadership Training & Kristian Chhungkaw campaign



Lungdai Pastor Bial Kohhran Hmeichhia - Leadership Training 2023



Kohhran Hmeichhia Central Committee member Retreat & Leadership Training

To

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