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Lo chêng ve la, kan rûn chhûngah

Phek – 2

I rin a bo loh nân, ka ʒawngʒaisak che

Phek – 5

SERMON / KRISTIAN CHHUNGKUA / ARTICLE / EI SIAM DAN / HRISLNA

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Editorial**INHRIATTHIAMNA**

Rawngbâwl honaah hian ‘Inhriatthiamna’ neih hi a tûl ber te zînga mi a ni âwm e. Inhriatthiamna neih hi finna hmanraw pakhat a ni. Thufing 4:5-ah chuan ‘Finna nei la, hriatthiamna nei rawh’ tih kan hmu.

Rawngbâwlthu pakhat chu a zai thiam vak lo va, a lam ngai lo, thu a sawi thiam lêm lo bawk. Amaherawhchu, sum vawn kawngah a rinawm a, a fîmkhur a, mi zawng zawngin an ring tlat mai. A zai thiam vak lohna leh thu a sawi thiam vak lohnaah hriatthiam a ngai a ni.

Hruaitu (Office Bearer) ni tûr chuan beisei chi hauh loh, inkhâwm, sum tuak leh hnatlânga thawh hlâwk tak awm theih a ni bawk. A kal lohna lama beisei chi a nih loh avângin hriatthiam a tûl a ni. Hruaitu nihna hrang hrang ze tak leh hneh taka ti thei, kawng leh lama sitawm ru riau pawh awm theih a ni. Tha thawh, thawhlâwm thawh leh Buhfaiþhâma mi thahnem vak lo pawh lamtual mawitu ber leh zaipâwl neih ni khuaa kohhran timawitu ber a ni leh hlauh thei bawk. Chutih rualin mi hriat leh lansarh hlau ngawih ngawih, chanvo pêk apiang pha nghal zêl, thil pêk leh khawntesêp hrang hranga thahnemngâi tak awm theih a ni bawk.

Kan rawngbâwlna leh nun honaah hian inhriatthiamna kan neih loh chuan rawngbâwlnain a tuar thei. Sam ziaktu chuan hriatthiamna a mamawh tih a inhria a, a famkim loh zia a inhmuhin Pathian hnênah ‘Hriatthiamna mi pe ang che, tichuan, i dân chu ka vawng tha dâwn nia’ a ti hial a ni (Sam 119:34).

Tih theih zâwng a inang lo, thiam zâwng a inang vek lo bawk. Tihsual palh leh hmaih palh nei thei kan nih avângin, inhriatthiamna kan neih hi a pawimawh hle a ni.

Kristian

LO CHÊNG VE LA, KAN RÛN CHHÛNGAH

John 4 : 5-9; 27- 30; 39-42

- Rev. K. Lalanzova
i/c Maubawk Pastor Bial

Lal Isua rawngbawlina chanchina kan hriat lar tak pakhat chu Samari hmeichhia nen an indawrna thu hi a ni. He Samari hmeichhia leh Isua chanchin aţang hian Kristian chhungkuate hian zir tur thil pawimawh tak tak kan neiin ka hria a; mahse, kan sawi vek seng hauh lo ang a, tun ţumah hian thil pathum han tarlan ka'n tum dawn a ni.

1. *A tuibêl chu a kalsan a...* (4: 28):

He Samari hmeichhia hi tui chawi tura lo kal nimahse, Isua kha an beisei Messia a ni tih a hriat khan a lawm lutuk a, a khawvel nunhlui kalsanin a *tuibêl chu a tlan hawsan ta daih mai a ni*. Ni e, Isua hi Chhandamtu - *Messia* kha a ni tih hmufiahtu chuan a khawvel nunhlui a kalsan a, Pathian ram thu hi ţahnemngai takin a tlangau pui nghal thin a, *kalsan neiin rawng a bawl thin a ni*.

Kristian chhungkua hi kan buaipuina a rei tawh tehlul nen engati nge kan tu leh fate nunah hian kan beisei anga hmasawwna kan hmuh theih loh ni le? Nu leh pate hian reserved chin neiin Kristian chhungkua hi kan buaipui thin a ni mai em? Kalsan phal loh kan neih hi kan tu leh fate hian an lo hmu khiau a, chumi avang chuan kristian chhungkua din hi kan harsat a ni mai em? He Samari hmeichhia hian a tuibêl kalsanin Isua a hmuh thu a

tlangau pui a, chhun pachangah lehngal mi tam tak Isua hnenah a rawn hruai thleng ang khan keini pawh kan khawvel tuibêl kalsanin Isua kan hmuh thu hi i puang ve ang u.

Engkim kalsana Isua hnung zui tur kan nih lai hian *engkim nei vek chung a rawngbawl hi kan tum a, 'ni tin kan ei khawpin chaw min pe ang che'* tia tûk tin tawngtai chung hian kan fairel bêlah kar khat tla tur buhfai kan neih loh chuan kan mangang a, rawng kan bawl hman meuh lo a nih hi. Kan tuibêl kalsan a, Isua hnung zui ai chuan, ni tin kan tuibêl hi a thara chhun khah zel kan tum a, khawvel thil lungkhamnaa kan khah thin avangin kan chenpuite hnenah hian Isua chanchin hi kan hrih hman meuh lo chu a nih hi!

Keimahni avanga engkim kalsana khawvela lo kal a, chhandamna min petu hi engkim kalsanin zui ila; chutih hunah chuan ni tina kan

chenpuite hian a zar an lo zo ve tawh ang a, Kristian chhungkua din turin bul kan tan thei tawh dawn a lo ni. Kan khawvel tuibêl kalsanin Isua kan hmuh thu hi hmanhmawh takin i tlangau pui ve thuai thuai ang u.

2. *Khuaah a kal a, mite hnenah (4:28):*

Isua Krista hi min chhandamtu a ni tih hmuchiangtu chuan amah chhandamtu chanchin hi eng emaw ti tala sawi lo chuan a awm thei lo. Keini ve hi inen let ta ila, kum li mi kan nih ațanga khawvela School tha bera an sawi Sunday School-ah kal a, Pathian thu puitlin thlenga zir chho te kan ni a, mahse Pathian thu te hi kan va han hre lo tak ! Mut hmunah kan tu leh fate bula thawnthu hrih hrih tur pawhin sawi tur kan hre mang lo chu a nih deuh ber mai hi maw!

Keini ve hi chuan kan Pathian thu hriatte hi a rukin kan vawng tlat a, kan chenpuite hnenah takngial pawh hian kan puangchhuak

ngai meuh lo chu a nih hi. Kan piangthar a, khawhar in leh Biak inah te thu tha tak tak kan sawi laiin mahni in chhungkhurah chuan ‘Thereng hrâm lai hup beh ang’ maiin kan reh leh daih thung si. Petera leh Johana te chuan, *‘keini zawng thil kan hmuh leh hriatte hi sawi lovin kan awm thei lo a ni’* (TT 4:20) an ti hmiah mai a ni. Keini chuan thil kan hmuh leh hriatte hi sawi lovin kan ngawih bo pui a, kan tu leh fate kiangah takngial pawh hian kan sawichhuak ngai lo niin a lang. Lal Isua kan hmuh thu hi ni tina kan chenpuite hnenah hian kan puangchhuak ve tur a ni.

Lal Isua kan hmuh thu hi kan chenpuite hnenah hian kan puan ngai loh avangin kan tu leh fate hian nungchang tha dante pawh hi an hloh zo tawh ni maiin a lang. Kohhran belh nachang an hre lo a, Biak in kawng lam zawh tum lah chu an tlem tial tial mai bawk si . *‘A ni lo lamah an peng ta vek a’* tih ang mai kha kan ni zo ta a, kan tu leh

fate hian kan beisei loh kawng lamah mi an kalsan ta mek a nih hi!

Kan ngawih rei luat tuk hi kan tuar a, a tawpah kan buai zo a, kan that lai leh theih lai hunah sawi nachang kan hriat loh kha kan thih dawn a ruaiah thahnem kan han ngai thar leh a, kan chakna leh theihnain a tlin tawh si lo! Pathianin a hnenah hruai haw leh tura fanau rochan min pekte hi Isua hnen hruai thlang hman lovin he khawvel hi kan chhuahsan leh thin a ni.

Kristian chhungkaw chungchang kan sawi hian thil thar leh danglam hluaina lam thil eng mah a awm chuang lo a; Pathian hnen ata fanau malsawmna kan dawnte Pathian hnenah hruai let leh tura an Thlarau tan theih tawpa kan inpekna hi a ni mai. Chumi tur chuan kan chenpuite hnenah Isua chanchin sawi hi kan tih tur a ni.

Samari hmeichhia hian amah hrechiang em emtu, ni tin a khawsakpui thinte

hnenah Isua chanchin sawi turin rang takin khaw lamah a tlan haw a, Isua zirtir Andria khan a unaupa Simona hnenah, “*Messia kan hmu ta*” (Jn 1: 40,41) tiin Isua hnenah a hruai thleng a ni. Mite chuan an unaute Isua hnenah an hruai thleng a, Isua an hmuh thu chu duhsak takin an hrihl mawlh mawlh mai a ni. Keini hian kan chhungkua hi dinthar kan duh tak zet a, Kristian chhungkua bul tan kan duh tak tak dawn a nih chuan, a hmasa berin kan chenpuite hnenah hian Isua Krista Chanchin Tha hi zahpui lovin kan puang thin tur a ni.

Gerasin ramhuai zawl a tihdam Nuaia khan Isua kha a kalna apianga zui ve zel a tum a, mahse Isuan a phal lo, *Tinah leh i thiante hnenah haw la, Lalpan i tan thil a tihsak che hi a ropuizia leh a khawngaihzia che hi va hrihl zawk rawh*’ (Mk 5:19) a ti a ni.

3. *An hnena awmah an ngen chiam a.. (4: 40):*

Engkim kalsana an khaw lamah Isua chanchin a han

tlangpui hnu chuan Samari mite chu Isua hnenah an lo kal a, mi tam takin Isua chu an ring ve ta, ‘*an hnena awmah an ngen chiam a, tichuan chutah chuan ni hnih a cham a*’ (Jn 4 : 40). Sawmtute hnar ngai lo Isua chuan an sawmna chu a tihhlawhtlinsak ta a ni.

Thihna hneha a thawhleha ni-ah khan Emmau khaw pana khualzin kal pahnihte khan tlaiah ni a tlak dawn suar suar lai khan Isua kha an hnena zan riak ve turin an sawm a, ‘*kan hnenah awm ta che, khua a tlai dawn ta a; ni pawh a tlak dawn tawh hi*’ (Lk 24:29) tiin ka-in an chelh a, Isua chu an hnenah chuan lutin, zanriah a kilpui ta a nih kha.

Sawmtute hnar ngai lo Isua khan Samari te sawmna a ngai pawimawh a, an zingah ni hnih lai a cham a, mittel Bartimai kha mitvar a pe a, Emmau khaw pana thian dun zinte kha a thlamuan a, an zavaia hnenah khan an beisei Messia chu a ni tih a lantir a ni.

Kristian chhungkua chu din ve kan duh a; kan chhungkua hian Isua hmuh ve kan duh tak zet a nih chuan Bartimaia ang khan khawvel ri bengchheng tak, mipui zi nuai nuai karah hian, *“Isu, Davida fapa, mi khawngaih rawh.. keini chhungkua hian hmuh ve che kan duh e”* tiin au ve ila, Jerusalem nute ang khan zirtirten min lo hnar ve pawh ni se, kan tu leh fate hi Isua ke bula hruai thleng turin thahnem i ngai leh zual sauh ang u.

Vawiinah hian kan chhungkaw dinmun chu kan inhre vek a; kan chaklohna lai theuh pawh kan inhmu vek mai, heti chung pawha Isua auh nachang kan la hre lo fo a nih chuan nakinah tu mah kan dem thei lo vang. *“Isu. Davida fapa, mi khawngaih rawh”* tia Bartimaia a au ang khan..

*“Lo cheng ve la, kan run chhungan,
Hmangaihtu Lal Pathian,
Chungkaw puipa ber lo ni la,
Keini i hmangaih fa..’* i ti ve ang u.

Isua tel lovin chhungkua kan lo din ve tawhin, rei tak Kristian chhungkuaah hian kan lo muthlu tawh a ni mai thei! Vawiinah hian thahnemngai taka Isua kan sawm phawt chuan kan zingah chen a duh a; kan in chhungah, kan chhungkuaah hian a lalthutthlengrawn hûn a, kan chhungkaw puipa bera lo tan a duh a ni. Chuvangin, thahnemngai takin au ila, min tithlawn hauh lo vang tih hi i ring tlat ang u.

Khawvela kan awm chhunga kan thupui ber tur chu Chanchin Tha la hre lote hnena hrilh a, keimahni hmun theuha Kristian chhungkaw din zel hi a ni. Chumi atan chuan nang leh kei hian tih tur kan nei a -

- *Kan khawvel tuibêl hi kalsan ila,*
- *Kan chenpuite hnenah Isua chanchin hril ila,*
- *Amah chu kan hnena cheng turin i sawm ang u.*

Lalpan a thu malsawm rawh se. Amen.

Sermon**I RIN A BO LOH NÂN, KA
ṬAWNGṬAISAK CHE**

- Rev. Lalbiaknia
Tlangnuam West

Simon, Simon, ngai teh, Setanan buh thlei anga a thlei theihna tûr che uin, nangniho hi a dil che u asin; nimahsela i rin a bo loh nân ka ṭawngṭaisak che a ni; i hawi kir leh hunah nangin i unaute tinghet ang che (Luka 22:31).

Lal Isuan, man a nih tûr te, an tihduhdah a, krawsa an khenbeh tur te, a thih tûr thu te a sawi lâwk a. A hun a lo thleng dâwn ta a, a zirtirten an phatsan tûr te a hria. Chuvangin Simon Petera hnenah he thu hi a hrih a, “Simon... Setanan buhthlei ang maia a thlei (sawisak) theih nân a dil che u asin, i rin a bo loh nan ka ṭawngṭaisak che”, a ti a. ṭawngṭaisak a ṭûl hle rêng mai, Isua an man khan Petera hian a phat nasa hle a nih kha; mahse ṭawngṭaisaktu a nei ṭha êm a, a hawikîr leh thuai a ni.

1. Lal Isua lo phatsan tawh mah ila:

Lal Isua hi phatsan a awl hle ṭhin mai, Petera pawh hian a phatsan ve a. Phatsan mahse rinna bo lo tûra Lal Isuan a ṭawngṭaisak avângin, a bo hlen lo, a hawikir leh hnuin a ṭhiante, a ringtupuite fuih chaktuah a ṭang leh thei.

Keini hian vawi eng zat nge Lal Isua hi kan phatsan ve tawh ang aw ? Rinhlelhna hmangin, Zu leh ruihhlo hmangin, Inngaih leh hurna hmangin, Sum thianghlim lo leh duhâmna soal hmangin, Inthlahdah leh rinawm lohna hmang tein emaw kan lo phatsan tawh a nih pawhin amah kan rinna hi bo lo se, chhem nun tûr nei ila, mi

dangte puitu, mi dangte tichaktu ni tûra Krista rinna neih, amah t̄antu tûra hawikir leh nih hi a pawimawh a ni. In̄tanpui theihna hlu ber chu in̄ t̄awngt̄aisak hi a ni ang.

2. Chawlawlna leh ngaihthahna hi سوالin hmanruaah a hmang thei:

Hengte hmang hian سوالin nasa takin min bei bawk. Pathian pawlna thlahthlam ta hlauh leh, nun inthlahdah leh tih loh t̄ur ti tlat t̄hin te, Pathian Biak in leh Kohhran inkh̄awm thlahleh tawh hauh lo pawh a awm theih. Thinlung chawlawl tlat pawh a awm theih a ni. Chutiang mite chuan an rin a bo loh n̄an, an hawikir leh theih n̄an t̄awngt̄aisaktu an mamawh tak zet a ni.

Rawngb̄awltute zingah pawh, thlaphang ru leh Pathian biakna nung nei thei lova nun tlahniam, Biak inah pawh inkh̄awm peih lo, awm mai mai ngaia neih hi a awm theih viau ang. In̄ t̄awngt̄aisak a t̄ul, kan rin a bo loh nan in̄t̄awngt̄aisak mawlh mawlh zel ang u.

Rinnaa nung lo, t̄ha âwma awm, nung si lo. Sual kalsan lo, sim lo, ringtu anga lang si, pawh kan lo awm mahna le. Thi reng sia nung hmingpu , chutiang mite t̄an Kristaa tihnun an nih theih n̄an t̄awngt̄aisak an t̄ul em em bawk.

3. T̄ a w n g t̄ a i s a k t u rinawm:

Setana hian buhthlei anga min thlei theih nan, hmanrua a ngah mai. A thl̄emna dol̄et a t̄ul reng.

- Tisa ch̄akna, hurna, inngaihna سوال hmangin nasa takin min bei a; mi tam tak chumi lama t̄lan an awm. Natna t̄ha lo HIV/AIDS vei phah thlengin.

- Zu leh ruihhlo hmangin mi tam tak a bei a, nun khaw lo leh chhiatna kawngah an kal mek. Ruih v̄anga pawh khawih leh accident tawkte hi an tam khawp asin.

- Sum ngainatna hmangin mi tam tak bumin an awm bawk a. Duham luat v̄anga Pathian t̄ih loh leh dikna hn̄awl hi awlsam tak a ni.

- Tûnlai hmasawna leh changkâna avânga rual awt, mi neih ang leh tih dân awta nun hmang sualte hi sawi tûr an awm fo mai. Kan kawppui te, kan tu leh fate kan chênpuite pawh chutianga nun hmang sual zingah chuan an lo tel ve thei reng asin.

- Sualah kan lo tlu palhin thlêmna do zo lovin Lal Isua kan lo phat a ni thei e, kan rin bo lo se. Hawi kira mi dangte tinghetu ni turin, chutiang mi chu Lal Isua an rinna a bo loh nân ÷awng÷aisak an mamawh. ÷awng÷aisak mamawh hi kan tam a, mamawhna a sâng hle bawk.

Natna khirh avânga damlote tân, châwl lova ÷awng÷aisak a ÷ûl, an lo dam thuai theih nân, an dam huna Krista tân an nun a, mi dangte Krista rinnaa tinghetu an nih theih nân, ÷awng÷aisaktuah ilo ÷ang ngar ngar phawt teh ang u. Lusun vânga nun beidawng, thinlung nâ, nun thawpika awm, ÷anpui ngaite hi an awm reng, ÷awng÷aisaktu an mamawh tak meuh a ni.

Rom 8:26 ah, “Thlarau chuan kan chak lohnate a pui ÷hin a, engtia ÷awng÷ai tûr nge tih kan hre si lo va; nimahsela Thlarau chuan rûm sawi hleih theih lovin min ÷awng÷aisak ÷hin.” tih kan hmu, a va ropui êm. In ÷awng÷aisakna hi a hlu tak meuh a ni.

- Tihna (lusunna) leh natna avânga kan rin a bo loh nân.

- Krista rinnaah kan thlarau lam nun chinfele a nih theih nân.

- Sualna tinrêngin a hliam leh mahnia kawng dik zawh thei lote rinna kawng dika an kal theih nân.

- Rethaihna a vânga kan rin a bo loh nân.

- Kan unaute, kan chungte, kan ringtupui leh kohhran mite tinghetu kan nih theih nân.

÷awng÷aisaktu rinawm lo ni ang che.

Kristian, ÷awng÷ai fo rawh,
thlêmte a hnai,

Lalpan a koh che chu
theihngihlil suh la;

I chhandamtu hnenah
i ÷awng÷ai chuan,

Thlêmna tinah him takin
i kal ang.

Sermon**CHHUNGKŪAA PATHIAN BIAK**

- *Pi Lalrinkimi*
Chairman

Kohhran Hmeichhia, Central Committee (2019-2021)

Kristian chhûngkua zawng zawng leh Agape chhiartu zawng zawngte Lalpa Isua Krista hmingin chibai u le. Ringtu chhûngkua zawng zawngtena kan tih ngei tûra pawimawh pakhat chu ni tina chhûngkuaa Pathian biak ho hi a ni a.

Bible-a ringtu hmasate chanchin kan chhiar chuan chhûngkaw pa berin ‘Lalpa tân maichâm a siam a’, tih kan hmu fo thîn. Pathianin Israel fate hnênah chuan, “Hmun thianghlim mi siamsak rawh se, an zînga ka chên ve theih nân” a ti a (Ex 25:8) Lalpa hian a mite zînga chên a duh a, kan âw hriat a châk a, amah kan auh hi a duh êm êm a ni. Kan chhûngkuain Lalpa tâna hmun thianghlim kan siam dân tûr chu chhûngkuaa amah kan biak ho hi a ni a; Lalpa chu amah betute, amah autute hawisan ngai lo Pathian a ni. Josua tawngkam mawi êm êm mai kan sawi chhâwn fo thîn

pawh amah leh a chhûngte zawng zawngin Lalpa an zuia, a rawng an bâwl tûr thu a puan chhuah kha a ni a. Keini pawhin kan duhthlanna siam fel a, amah kan thlan tlat chuan ni tina Lalpa pâwl hi kan ti thei a ni.

Chutih rual chuan, Chhûngkuaa Pathian biak hi a t̄ha tih hre mah ila, hmêlmapa bumna avângin harsatna tam tak kan chhuanlam thîn. Ni tina tih chu harsa riau tura ngaihna te, tlin ve lo tûra inngaihna te min siam fo thîn. Thênkhatin kan hnathawh kan chhuanlam a, thênkhatin “Kan lung rual lo” kan ti a, thênkhatin “Hun

kan nei lo”, kan ti a, thenkhatin “Chhûngkua kan kim thei lo” kan ti a, chhuanlam chi hrang hrang kan siam thîn. Mahse ngun takin i ngaihtuah ang u. Nunna min petu chu Lalpa a ni a, thil hrang hrang thawk thei leh buai thei khawpa hrisêlna min petu chu Pathian a ni a, Deuteronomy 8:18-ah chuan “Sum leh Pai dehchhuah theihna petu che u chu amah chu a ni zâwk asin” tih kan hmu; a dik khawp mai; kan hun zawng zawng pawh hi ama min pêk a ni a, thawh theihna min petu pawh a ni a, hrisêlna min petu pawh amah bawk chu a ni. Chûng zawng zawng min petu leh min enkawltu Pathian be hman lo va ni tin hun khawhral chu kan ngaihtuah chian loh vâng a ni ngei mai. Ani chuan dawhthei takin min nghâk a, ni tina amah kan pâwla, amah kan auh hun thlîrin min nghâk reng a ni. Kan chhuanlam zawng zawng kalsanin atân hun kian hmasa ila, kan hna zawng zawng chu aman a lo siamrem mai zâwk dâwn a ni.

John Fletcher-a chuan “Vawiin chu tih tûr ka ngah êm a, darkar thum tal ka tawngtai loh chuan ka tizo hman lovang” a ti daih mai a ni; a mak hle mai. Keini chuan kan buai chhuanlamin Lalpa kan be hman lo va, Lalpa rinchhantu tak takte chuan atân hun an pe hmasa a, an buaina leh hna tûl te chu a lo chinfelsak zâwk thîn a lo ni. Thufingte 16:3 -ah chuan, “I hnate chu Lalpa kawltîr rawh, tichuan i thil ruahman te chu tihnghehin a awm ang” a ti. Kan chhûngkua hian Lalpa hi dah hmasa phawt ila, harsatna kârah pawh, chhûngkaw kim kher lo pawhin, a remchân ang angin Lalpa hi pâwlin i be ho thîn ang u

Chhûngkuaa Pathian biak tûlna te:

1. Kan Pathian a nih avângin amah hi kan be thîn tûr a ni: Pathian ka ring ti sia amah be ho ngai rêng rêng lo chhûngkua kan nih chuan kan nunah Pathianin awmzia a nei ngai lo vang a,

keini pawhin amah kan biak ngai loh chuan Pathian tân chuan eng mah lo kan ni ang. Pathian ropui, min hmangaihtu kan nei hi a hlu êm êm a, amah nêñ kan nun a inzawm a, a âw kan hriata, a hruaina kan zui theih nân amah kan Pathian hi kan biak fo a tûl a ni.

2. Kan Lal a nih avângin amah biain chibai kan bûk thîn tûr a ni: Pathian kan biak thîn chuan kan Lal a ni tih kan lantîrna a ni a, amah chu kan zah a, kan ngai hlu a, chibai kan bûk a, amahah kan intulût tihna a ni. Khawvêl Lalte pawh an hnuaia mite chuan zah takin chibai an bûk thîn. Khawi hmunah pawh, kawnga an tawh lai te, an hmuhna apiangah chibai an bûk thîn. Lei leh Vân lal ber hi kan Pathian a ni a, kan Lal a ni a, kan hotu a ni a, chuvângin amah bîaa chibai kan bûk hi kan tih ngêi tûr a ni.

3. Kan zînga chên ve a duh avângin amah biak hona hun kan siam ngei a ngai:

Pathianin ni tin darkar 24 hun min pe a, mahni hnathawh nân leh kan duh zâwng tih nân hlîr kan hman zawh vek chuan hun min petu hi a zahawm hle mai. Ni khatah darkar chanve emaw, minute sawm (10) tal emaw pawh chhûngkuaa amah biak nâna hun kan pêk hi a va tûl êm! Kan zînga chên duh ngawih ngawih Pathian hi hun pe phal lovin kan hnâwl zêl mai dâwn em ni ? Ni lul lo ve, atân hun tlêm tê tal ni tin chhûngkuain amah biak nân i pe ang u.

4. Setana ûm bo nân chhûngkuaa Pathian Biak ho a pawimawh: Hla siamtu chuan Isua hming kan lamin Ramhuaiho an tlân a ti. Khawvêl sualnain chhûng tinte min chîm reng lai hian Lal Isua hi min pui tûrin kan sâwm a ngai, thlêmna kan hneh theih nân te, a humhimna kan chan theih nân te, sual laka kan him theih nân te, a vênna leh tanpuina hi kan mamawh takzet a, ni tinin Lalpa hi i sâwm thîn ang u, amah biain i au thîn ang u.

Mìn au la, ka chhâng ang che, thil ropui leh inthup i hriat ngai loh chu ka entîr ang che Lalpan a ti (Jer 33:3). Jakoba chuan, “ Diabola dodâl rawh u, tichuan a tlânbosan ang che u, Pathian hnaih rawh u, tichuan anin a hnaih ang che u” (Jak. 3:7-8) a ti. Diabola dodâlin Lalpa hming i lam tlat thîn ang u. Tichuan kan chhôngkuuaa سوالنا awm leh min chîmbuaitu Diabola chu ûm bovin a awm ang.

5. Chhôngkuuaa Pathian biak hi thlarau lam chaw kan eina a ni: Ringtu hian Pathian kan biak ngai loh chuan kan thlarau lam nun hi a chauvin a khawro fo thîn, kan tisa chaw chu ni tin wawi hnih kan ei thîn a, a kêr lakah thil hrang hrang kan ei bawk

thîn. Ni tin hian “Chaw ka ei peih lo, ka ei hman lo” ti fo ila, kan chau thuai dâwn a ni. Chutiang bawkin ni tina chhôngkuuaa Pathian kan biak ho hian kan thlarau lam chaw chhôngkuain kan ei a, a hnên aţangin chakna kan la thîn a ni. Amah kan biak hian kan duh tinrêng a hnênah kan thlen a, anin kan mamawh chu min pe thîn, kan tisa tân chauh ni lovin, kan thlarau tâna chaw tha, kan mamawh engkim hi amah biain kan dîl ang a, aman kan mamawh chaw-in min châwm thîn dâwn a ni.

C h u v â n g i n ,
Chhôngkaw tinten ni tinin wawi khat tal Pathian biain chhôngkuain a hmaah i kûn ho thîn ang u. Lalpan a thu malsâwm rawh se.

Kum tam tak kaltaah khan San Francisco, California- ah lir nasa tak a nghing a. Thil tam tak a tichhia a. Chutihlai chuan pitarte pakhat hi hlim em em hian a lo zai a. Mite chuan, “Hetiang chhiatna karah hian engtin nge i hlim theih?” tiin an zawt a. Ani chuan, “Ka Pathianin thil a tihdanglam theihzia ka hmuuh hian ka hlim a ni”, a ti reuh a.

- Theodore H. Epp

Sermon

KA PA, ANNI HI NGAIDAM RAWH**Luka 23: 24-25, 32-34***- Pi Lalkungi Hnamte
Luangmual Veng*

Good Friday vuakvet a, a lo thlen hma hapta khat vel la awmah hian, a bik takin “Sermon sawina hun hi nei thei ila aw” ka ti thin a. Hei tunah hun chu min lo pe ta a, ka lawm tak zet zet a ni. Khawngaihnaa min chhandamna ka lo pawm ve chinah, kohhran leh fellowship hrang hrang: PTC Lungverhah te, Mualvum Kohhranah te, North Delhi Mizo inkhawmah leh South Delhi Mizo inkhawmah te, kan veng Luangmualah te hian khawngaih rawngbawlna hna changin, ka lo ding ve tawh thin a, ka sawi tum chu kan Lalpa inpekna vawrtawp, Good Friday vuakveta ka sermon sawi tawhte, a thupui den den chauh han sawi lan ka duh a, chungte chu: ‘Chhandam hna chu Isuan Kros-ah a hlen ta’ tih te, ‘Lal Isua Kros kawnga mi chi hrang hrang te’ tih te, ‘Isua Kros’ tih te, ‘Zai khata luan zana chu Isua Kros-ah’ tih te a ni a, vawiin ni atana thupui ka’n thlan chu, “Ka Pa, anni hi ngaidam rawh, an thiltih hi an hre lo a nih hi” tih, Lalpa Isua tawngtaina hi a ni.

Kan Lalpa tuarna natzia leh nasatzia hi ngaihtuah ila. An man a, an beng a, a lu-ah hling lukhum an khumtir a, chuti chung chuan a lu-ah an vua a, a hmaiah an beng sawk sawk a, chil an chhak thul. Vuak pahin tih-elna leh tawngkam chhe tinrengin an

hau a, zankhuain an sawisa a nih kha! A tukah Pilata hnenah an hruai a, Heroda hnenah an kalpui leh a, Pilata hnenah bawk an kirpui leh a ni. Pilata hian hruihrualin a vuaktir a, Rom mi, ram awptu Pilata’n invuak nana hruihrua a hman ang hi, savun

hruihruai suih bâwk, a hmawra pin te, perek leh darthlang kehte nghet taka châr beh tlat ang chi a ni. A vuak han nat dan turzia chu! A hnungzang chu a thler daii duai ang a, thi hlir, thi hlirin a khat ngei ang tih a rinawm. Isaia'n, "A vuakna vual tea tihdamin kan awm ta" a lo tih kha. Pilata hian a vuaktir zawhin kros-ah khen beh turin a pe a, Golgotha an panpui laiin a chau tawh lutuk chuan, a kros put lai pawh zo lovin a tlukupui a, Kurini khua ami Simon-a'n a putpui ta a ni.

Kalvari an thleng ta. Mi suai khenbehna tur kros hi leiah an tlûk a, an khen beh tura chu zangthalin kros chungah an muttir a, an kai zangphar a, a kutphahah perek lian an chhu lut thin. Hetianga an chhut lai hian mi suai khenbehte chuan, khengbettu Rom sipaite chu ânchhia an lawh tuarh tuarh thin. Kan Lalpa erawh chuan a khengbettute kha, "Ka Pa, anni hi ngaidam rawh" tiin a tawngtâisak zawk a nih kha! He lai a tawngtâina thu hi

tawng bul lamah chuan 'continuous tense a ni' an ti. Chu chu vawi khat mai ni lo, tawngtâi nawn mawlh mawlh tihna a ni.

A kuta an khen chawrh chawrh laiin, "Ka Pa, anni hi ngaidam rawh" a ti ang a, kros tun din nan, lei laiin khuara kros bul an phun laiin, "Ka Pa, anni hi ngaidam rawh" a ti leh ang a, an tun din a, leivung an vur a, an sawh ngheh laiin, "Ka Pa, anni hi ngaidam rawh" a ti leh niin a lang. Heta Lal Isua tawngtâina hian mi suai khenbeh ve pakhat zawk thinlung a chhun ta tlat mai. "Keini zawng hrem zia reng kan ni, Isu, i ram i thlen hunah min hre reng ang che" tiin, a piangthar a, Paradis-ah Lal Isua hnenah a awm ve dawn a ni.

Keini hian vanduaiana emaw, lungngailhna tawp-khawk emaw kan tawhin, "Ka tawngtâi thei lo/tawngtâi sâwtina ka hre lo/he nu/he pa min tih dan reng reng hi ka lung a awi thei lo" kan ti ngai em? Lal Isua hi i lo thlir teh ang aw.

i) Pathian Fapa, fel famkim chu sakhaw hruaituten thiam loh chantirin, kros-ah khen behtir turin an hruai mek a.

ii) A zirtirten phatsanin, an tlanchnhiatsan.

iii) Sipaiten an nghaisa hrep.

(iv) Pilata'n, "A سوالنا کا ہمو لو" تی چھونگن تھام لوہا چانتر ا، کروس-ا کھن بہ تھرن ا پے. ہتیانگ ا نی چھونگ پھو ہیان، ا پا لام ہاوین، "کا پا" ا لا تی تھی رینگ ا نی.

Isua chu a Pa nena inpawhna tha tak neiin khawvelah pawh khan a leng thin a ni. Pa pawhin, "Hei hi ka Fapa duh tak, ka lawm em ema chu a ni" a tih kha (Matt.3:17). Inhmangaih tawn taka inpawhna tha tak an nei tih hriatna pakhat chu, "Ka Pa lawm zawng apiang ka ti thin" (John 8:29) tia Isuan a sawi kha a ni. Lungngaihna tawpkhawk a tawrh lai pawhin, a Pa thu a hnial lo va, a Pa hmangaihna a ringhlel ngai hek lo.

Nang leh kei hian taksaah emaw, thinlung lamah emaw, tuarna kan hmachhawn hian, "Pathian hian min ngaihtuah tak tak em? Min hmangaih tak tak em?" kan ti thin pawh a ni thei e. Tawrhna hi zawng a na em a ni. Thinlung lama tawrhna na tak tak hi chu, ban ruh tliak ai pawhin a na zawk daih an ti. Thinlung puak keh lek lek khawpin i tuar a nih chuan, "Ka Pa" tiin i Pa Pathian au rawh. Ani'n a lo chhawk ang che.

Lal Isuan min zirtir dan chuan, "Kan chung a thil tisualtute kan ngaidam angin, nang pawhin kan thil tih sualte min ngaidam ang che" tia dil tur kan ni. Lal biaknaah hian he lai hi kan chham fo va; mahse a takah chuan kan chung a thil tisualtute hi ngaidam harsa kan ti hle thin. "Ka ngaidam" ti thin mah ila, rilru chhung rilah kan pai reng thin. "Ka ngaidam" kan tih-a te khan hamthatna awhawm tham tak han dawng ta se, kan rilru takin kan lawmpui thei ang em? A nih loh pawhin vanduaina tawh ta se, kan

khawngaih ang nge, chawh kan ti rilru ang? Chu dinhmunah chuan kan chungathil tisualtu kha kan ngaihdam leh ngaihdam loh a lang Chiang ang.

Lal Isua chuan amah khengbettute kha a ngaidam hmiah mai a ni. A'n ngaihdam chianzia chu maw, Pa Pathianin a ngaihdam ve nan pawh a dilpui hial a nih kha! Chu mai a la ni lo, ukil-in lung ina tang tur a chhan chhuah nana hnialchhan (Argument) fel fai tak a siam thlap ang hian, ukil (Lal Isua) khan magistrate (Pa Pathian) hnenah, amah khengbettute tan, argument fel tak siamin, "Ka Pa, anni hi ngaidam rawh, an thil tih hi an hre lo a nih hi" tiin a ngensak a ni.

Aw le, Lal Isua khan a rawngbawl lai nite khan ngaihdamna thu a zirtir thin a, amah pawhin a practise bawk. Chhiahhlawh talent

sing khat ba leh duli za ba tehkhin thute kha kan hre theuh awm e. Ngaihdamna thu a zirtir ang ngeiin Amah pawhin a ngaidam a ni.

A tawp berah chuan unaute u, kumin Good Friday pual hian "Ngaihdamna" kan puang ve thei ang em? Kan zui ber leh entawn ber, kan Lal Isua pawhin, amah khengbettute tan ngaihdamna a dilsak chuan, keini pawhin kan huat zawngte leh kan hmelmate ngaidam vein, kan tawngt'aisak ve dawn lo'm ni?

Tun Good Friday pual hian, kan zui ber leh entawn ber Lal Isua, mi dangte tana a inpe ral raih ang hian, mi dangte tana malsawmna ni turin i inhlán thar theuh ang u. "Ka Pa, anni hi ngaidam rawh" titu kan Lalpa Isua ang hian, kan chungathil sual titute chu Pa Pathian hnenah malsawmna i dilpui ve ang u. Lalpan malsawm rawh se.

Mi hrem hi mihring anna a ni a, ngaihdam hi Pathian anna a ni.

- Peter Von Winter

Article

LUNGNGÂI HMÊL AN PU LO !

- *Upa Ngurthansanga
Mission Vengthlang*

Ni 30 April 2025 thleng khan khawvel mihring dam lai zinga upa ber chu Sister Inah Canabarro Lucas a ni a. A thih khan kum 116 leh ni 326 a ni. A ni (Sister Canabarro) a lo thih takah chuan mihring dam lai zinga upa ber ni ta mek chu England mi, Ethel Caterham i khu a ni ta a, ni 21 August 1909-ah a piang a, tunah hian a la dam a. Kum 116 leh thla nga chuang a ni mek.

Pi Ethel Caterham-i hi kum 2020 khan kum 110 mi a ni a, Covid -19 hri kha a vei ve a, a dam chhuak hlauh. Kum 111 a tlin, a pian champhaphakah BBC Radio Surrey-ten a dam reina thuruk an zawt a, “Eng pawh a chhe ber leh a tha ber pawh ka chungah lo thleng se, lungawi takin ka pawm mai” tiin a chhang. Associated Press-in a dam reina thuruk tho hi an zawh tuma, a chhanna chu “Mi tu mah ka hnial ngai lo, eng ang thu pawh sawi se la, ka ngaithla mai a, ka duh angin thlamuang takin ka nung mai” a ti. Ngaih dan leh sawi sep tam tak awmna

khawvelah hian zalen leh thlamuang takin a awm thiam a, chu nun hahdam tak mai chu a dam reina thuruk chu a ni maiah a ngai a ni. A dam reina thuruk hi a man a tlawmin a ril hle a, Vitamin tha leh damdawi lam thiamna piah lam daih a ni. A bula chen hi a nuamin a hahdamthlak viauin a rinawm.

Tin, heti hi a ni a, Lal Isua pian hma, kum 1400 hma lamah khan Israel ramah nu vanduai tak mai pakhat a awm a, a hming chu Hani a ni. Hani pasal chu Elkana a ni a, Elkana chuan Hani lo hi nupui dang a la nei a, a hming

chu Penini a ni. Penini hian Elkana tan fa a hrinsak a, Hani erawh chuan a pasal tan fa a hring ve lo. Penini chuan a pasal tan fa a hrinsak miau avangin Elkana chuan Penini leh a fapa te, a fanute zawng zawng chu chanvo a siamsak a, Hani erawh chuan chan khat chauh a chang thung. Penini chuan Hani chu a hmusit a, Hani chuan hrehawm a ti hle a, a rilru a na a, a lungngai em em a, fa a awt ngawih ngawih a ni.

A duh ber, a lungkham, fapa a hrin theih nan Pathian hnena dil turin biak inah a kal a. Biak inah chuan lungngai vawrtawpin Pathian a au va, fapa a pek chuan hnute hnek a ban veleh Lalpa tan a hlan let ang tiin thu a tiam a. Biak ina Hani țawngțai hian Pathian a kar na hle a ni ang, a awm dan phung pangngai a hloh vek a, biak ina lo awm reng Puithiam Elia pheh chuan zu a rui emaw tiin a kam khat hial a ni. Chuti taka nasa chuan țawngțai mah sela, Hani chuan tu tan mah phurrit a siam lo va,

bengchheng a siam hek lo, a phun sep sep chauh a ni. Rilrua khat liam, a lung nih lohna leh a lungngaihna vawrtawp leih buaa Lalpa au a ni tih a hriat hnu chuan Puithiam Elia chuan “Thlamuang takin kal rawh khai, Israel-te Pathian chuan i thil dil chu pe che rawh se” a ti ta a. Hani chu a tho va, chaw a ei a, lungngai hmel a pu ta lo va.

Hani chuan nau a pai a, a hring a. ‘Lalpa ka dil a ni’ tiin a hmingah Samuela a sa a. Hnute hnek a ban veleh Lalpa inah a kalpui a, a dam chhung zawng Lalpa tana rawngbawltu ni turin a hlan let leh ta a. Samuela chu a lo țhang lian deuh deuh a, a hnenah Lalpa a awm zel a. Tichuan, Dan ațanga Beer-Seba thleng raka Israel-mite zawng zawng chuan, Samuela chu Lalpa zawlnei atan tihngheh a ni tih an lo hre ta a.

Kum 3400 aia tam mah liam taa nu vanduai, ching, fa hring thei lo Hani’n a phurrit vawrtawp nena Lalpa

a dawr danah hian zir tur thil pawimawh tak tak a awm. Ching, fa hring thei lo nu vanduai a nihna phurrit laka tanpuitu tur atan tih theih nei lo, amah hmangaihtu a pasal ngei Elkana emaw, a thlarau nun chawmtu tura ngaih, Puithiam Elia emaw a pun lo va, biak inah Van Pathian a au. Thinlung nâ, lungngaihna vawrtawpa Pathian a auh hian mihring râwl ni lo, mihring thinlung ngaihla thintu Pathian a bia tih a inhria a, bengchheng leh ri ninawm siam lovin Pathian a au.

A thutiamah a ding nghet a, hnute hnek bang hlim nausen, a fapa Samuela chu a ngaihawm lai tak leh a lawmawm lai ber hunah Lalpa tan a hlan let phal a, Pathian a hnaih theih berna tur hmun, Puithiam Elia ke bula sei lian turin biak inah a hruai thleng a, chutah chuan Lalpa tan a hlan a ni.

Puithiam Elia'n "Israel-te Pathian chuan i thil dil chu pe che rawh se" a tih khan nau a la pai lo, a pasal

Elkana'n chan khat bak a la pek belh chuang lo, Penini'n a la hmusit reng, mahse a biak Pathian chu rintlak Pathian tih a hria a, lungngai hmel a pu ta lo. Lalpa avanga lungawi a ni.

A chanchin kan sawi hmasak zawk Pi Ethel Caterham-i hian chanchin tam tak a nei. Khawvel a dam rei ber a nihna bakah, a rilru puthmang dik, hahdam tak avang hian a lar hle. Khawvel dam chhung nun lungkham avanga buai leh chia mai lo a nihna te, a siamtu Lalpain a chanvo tura a peka a lungawi mai te, he khawvel ri bengchheng takin a thinlung a hliam phak lohna te avang hian rilru, a taksa leh a thlarau nun chu he khawvelah ngei hian Lalpa avangin a hahchawl diai diai mai a nih hmel. Heng nu ropui tak tak pahnih, kum sangthum zali zet inkara mite nun atang hian he hringnun hi zir belh ila, Lungngai hmel pu lo leh lungkham avanga phurrit phur meuh lovin Lalpa rawng i bawl zel ang u.

A BAWM CHU A TI KEH



Bethani khuaa phâr Simona inah a awm laia chaw a kil laiin, hmeichhe pakhat alabasta bâwma spiknard hriak rimtui to tak kengin a lo kal a, a bâwm chu a tikeh a, a lûah a leih a.

Mari'n hriak rimtui to tak Spiknard kengin Isua hriak a thih khân a zirtirten hriak rimtui to tak duli zathum man aia tam chutianga hman chu âwm an ti lo a ni. Chu ai chuan hriak rimtui chu hralh a, mi retheite pek a that zawk thu an sawi a ni.

“Eng vangin nge thil tha hi Isua tan kan ui? Mari chuan Isua tana thil tha a ui lo a, a bur to tak a sawh keh ngam a. Hei vang tak hian Isua pawhin a thiltih hi a hlut a, a theihtawk Isua tan a tih chu chawimawiin a awm a ni.

*Engkim mai hi ka ta ni se,
Pathian pêkah a tawk lo va,
Chuti-ang hmangaih nasa chuan,
Thlarau, nunna, engkim a duh.*

Lal Isua tan i neih tha ber i hlan phal ve em?

RESULT HMUH LAM A NI LO

Zan khat chu mi pakhat hian inlârna a hmû a. Pathianin, “I in bula lungpui kha tûk tin nam ðîn ang che,” a ti a. Pathian thû chu âwihin a nam tûk tin ðîn a. Kum 10 a lo nih chuan a ngaihtuah a, sâwt lo a ti hlê mai a. Setana a lo lang nghâl a, “Nam nam duh suh. Eng mah a thleng lo ang,” a rawn ti a. Mahse, chu pa chuan Pathian an râwn leh hmasa a. Pathian chuan, “A sâwt lo i ti maw? En teh, lung i nam avâng a i bân lo chak tawhzia te kha, i hnungzâng lo khauh tawhziat kha. I chak nân leh i puitlin nân lung hi nam tûrin ka ti che a. Nam sawn tûrin ka beisei ngâi lo che. Ka duh hunah ka tisawn mai ang,” a rawn ti ta a.

Ni, Pathian khawngaihna vek a lo ni. Kan rawngbâwlna result chu Pathian kuta mi a ni a. A rawng kan bâwl ve thei hi a khawngaihna a ni. Kan chakna tûr a lo ni a. Hlimna leh lâwmna famkim kan hmuhna tûr a lo ni zâwk a ni.

2 Kor. 4:1 - Chu mi avâng chuan khawngaihna kan hmuh ang zêla he rawngbawlna hi kan neih avângin kan dawl lo a. Amen.

- Pastor Bena

Thuhritlu Thlarau mi tehkhin thu

Hriselna huang

ZUNTHLUM LEH EI LEH IN

- Remlalfaki
Dietitian, Synod Hospital

Zunthlum (Diabetes Mellitus) hi tunah chuan natna thar leh mite tan pawh thil thar a ni tawh lo va. Zunthlum natna nei kan tam tulh tulh a, kan la tam belh zel dawn ni pawhin a lang. Mizote kan thil ei danah kan insiam remna tur leh thlak ngai kan nei ta nual niin a hriat.

A tlangpuiin Mizote hian ei leh in hi kan la ngaipawimawh tawh lo hle a, a tam zawk hi chuan a hriselna lam aiin, a tui leh tui loh hi kan la ngaipawimawh zawk niin a lang. Kan taksa tan a hrisel dawn em tih aichuan a tui avang a kan ei hi a tam zawk. Kan thil ei tur chu a tui tur chu a ni ngei a, mahse a hriselna lam kan en zawk fo a pawimawh hle. Chuvang chuan natna kan neih vang chauha kan thil ei fimkhur lovin natna eng mah kan neih loh pawhin, ei leh in hrisel lam thlang thin ila, hei hian nakin hun zelah natna tam tak kan pumpelh thei zawk dawn a ni.

Mizote chu a tlangpuiin chaw (buh) ei t̄euh a, chawmeh tlem azawng chauh ei thin kan ni a. Puar tak maia zing leh t̄laia chaw ei thin kan ni. Vawi khatah kan ei nghek a, kan ei lo leh vang vang a, t̄laia ei leh t̄euh hi a tam zawk tih dan a la ni âwm e.

Zunthlum damdawi ei tho chuan ei leh ina insum a ngai lo ni tein a then chuan kan hria a, mahse hei hi a dik lo. Damdawi kan ei tho vang a, ei leh in kan insum bakah taksa sawizawi nen, hetiang hi zunthlum enkawl dan tha ber a ni. Natna kan neih avang chauha ei leh ina

insum ni lovin, natna dang, heng - zunthlum, BP sang, Kal nâ, lung nâ etc. te ven nan hian kan ei leh in kan fimkhur hi a pawimawh a ni. Chak zawng leh duh vang a nih avanga ei ÷euh hi bansan a ngai. Zunthlum nei kan nih chuan kar hnih khat lek insum hian awmzia a nei lo bawk a, inthlahdah a ngaithei lo hle. Mi ÷henkhat chu insum viauin kan inhria a, thil mawm, sa zawng zawng te an ei lo a, mahse chaw ei hunah chaw kan ei leh ÷euh ÷hin chuan sugar a in-control ÷ha thei dawn lo a ni. Chuvangin zunthlum nei tan chuan kan thil ei hun leh kan ei zat hi a pawimawh leh zual hle a ni.

Kan natna azirin kan ei theih te, kan insum tur te, kan ei tam deuh ngai te a awm a, chuvangin, hetiang lama mi thiamrawn hi kan uar deuh deuh a ÷ul a ni.

Tun ÷umah chuan miin zunthlum a neih a, (natna dang nei lo an nih chuan) a ei leh ina a inenkawl dan tur tarlang ila:

- Vawi khatah eng mah ei ÷euh loh tur. Tlêm tê têa ei ngun zawk a ÷ha.
- Ril÷am lutuk leh thil eng mah ei lovin rei taka awm loh tur.
- Thil kan mawm lutuk, têl tam tak ei loh a ÷ha.
- Thei tui aiin thei, a puma ei a ÷ha zawk.
- Maida leh maida a÷anga siam ai chuan a÷a leh chana lam emaw, dal lam a÷anga siam thlan zawk tur a ni.
- Chaw kan eiin, a hmasa berah chaw bar lovin, thlai lam ei hmasak a ÷ha a, a dawtah dal emaw be emaw chana lam ei a, a pathumnaah chaw bar chauh tur a ni.
- Chaw ei kham veleh ÷h nghal lovin, minute 15-20 tal din emaw tei vel a ÷ha a. Hetia kan tih hian kan blood sugar sang lutuk tur a veng thei.

- Tui in tam a pawimawh a, amaherawhchu, kal (kidney) lama harsatna kan lo nei tel a nih chuan Doctor rawn hmasak a tha.

EI ATANA THATE:

- Thlai hnah lam chi reng reng.
- Thlai rah eng pawh; mai tai leh vaimim erawh ei tlem a tha.
- Thlai hel ei chi uar a tha.
- Thei tui aiin thei pumin ei thin ila (tum khatah ei teuh loh a him).
- Dal, chana leh be lam chi ei atan a tha.
- Sa heng - arsa, sangha leh artui chhung mu tel lo ei atan a tha (sa tui hawp loh, sa kawchhung ei loh tur).
- Bawnghnute, a khâr paihin, leh bawnghnute atanga siamte ei a him.

INSUM TUR:

- Processed food, sa tin ho hrim hrim, pickle leh amaha al sa lutuk ang te.
- Thei tui thlum, soda drinks leh cold drinks te.
- Chawhmeha al bak chi ei loh/liah loh tur.
- Saum.
- Bulbal nei chi heng - alu, bal, kawlbahra, pangbal te hi puar khawpa ei loh tur.
- Chini, khawizu, kurta.
- Theiah - theihai hmin, lamkhuang, grapes, balhla leh thei hmin tha deuh deuh.

A hmin poh leh sugar nei tan a tha lo, vawi khatah ei teuh loh tur a ni bawk. Zunthlum nei mi chu nei lo aiin riltam an tuar thei lo bik a, nilenga riltam hman lo, puar viau si lovin awm theih a tha. Thil pawimawh ber chu zunthlum nei tan chuan kan ei leh inah kan insum tha ang

a, kan theih ang ang in exercise kan la tha ang a, a khat tawka doctor hnena in check-up leh mahni duh thu a damdawi kan ei lai te lo ti tawp loh kha a tha.

HYPOGLYCEMIA (blood sugar hniam)

Hypoglycemia hriat theih dan-

- Thlantuiin a bual, thlan tla nasa
- Luna ngut ngut
- Khawhmuh fiah lo
- Luhai leh chau ngawih ngawih
- Khur der der

- Mar phu rang
- Ka chung ro

Enkaw! dan: A chungka kan sawi tak ang a kan awm chuan a theih hram chuan sugar check hmasa thei ila a tha. Thil thlum lam eng pawh chini, kurtai, sweet, chocolate, etc ei hmasak ber tur. A hnuah puarna tur lam kan ei leh ang. Kan len chhuahna emaw, committee pawimawh leh khawiah emaw kan kalin, kan inven nan thil thlum chi kan pai thin a pawimawh hle.

I hriselna kha en teh, hriselna i neih chuan Pathian fak la, chhia leh tha hriatna tha dawttu tluka hlu-ah ngai rawh; hriselna hi thi theiten malsawmna kan dawn theih pahnhna a ni si a, chu malsawmna chu suma lei theih chi a ni si lo.

- *Isaak Walton*

Hriselna venhim hi kan tih ngei tur a ni a. Mi tlemte chauhvin taksa lam thatna hi an ngaihven si a ni.

- *Herbert Spencer*

Rilru leh taksa hrisel lo chu hnehin a awm a. Hriselna hi hnehna awm chhun chu a ni. Mi tin hian an theih chen chu hriselna nei turin tan la teh se.

- *Thomas Carlyle*

**MISSIONARY TANA AGAPE CHANCHINBU
LÂKSAKTUTE**

2025

Sl.No	Bial/Kohhran/Mimal hming	Laksak zât
180.	Rawpuichhip Kohhran Hmeichhia	20
181.	Zawlsei Kohhran Hmeichhia	2
182.	Khawruhlian Vengthar Kohhran Hmeichhia	10
183.	Vairengte Hmarveng Kohhran Hmeichhia	15
184.	Khatla East Kohhran Hmeichhia	80
185.	Laltlanthangi (mi mal)	1
186.	Ramhlun Vengchung Kohhran Hmeichhia	20
187.	Champhai Venglai Kohhran Hmeichhia	10

2026

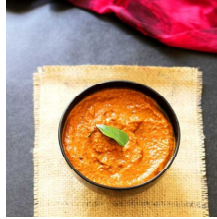
Sl.No	Bial/Kohhran/Mimal hming	Laksak zât
1.	Kanan Veng Kohhran Hmeichhia	30
2.	Dawrpui Vengthar West Kohhran Hmeichhia	50
3.	Chanmari Veng Kohhran Hmeichhia	98
4.	Khatla North Kohhran Hmeichhia	60
5.	Chanmari West Kohhran Hmeichhia	62
6.	Thakthing Veng Kohhran Hmeichhia	15
7.	Chiahpui Kohhran Hmeichhia	1
8.	Champhai Vengthlang Kohhran Hmeichhia	63
9.	I.T.I. Vengchhak Kohhran Hmeichhia	60
10.	Champhai Vengsang Kohhran Hmeichhia	23
11.	N. Lungleng Kohhran Hmeichhia	20
12.	Sawlung Kohhran Hmeichhia	15
13.	Electric Veng Kohhran Hmeichhia	104
14.	Electric Veng Kohhran Hmeichhia (mi mal)	175

15.	Lily Veng Kohhran Hmeichhia	25
16.	Phaizawl Kohhran Hmeichhia	15
17.	Dinthar Vengthlang Kohhran Hmeichhia	71
18.	Dawrpui Kohhran Hmeichhia	20
19.	Zuangtui Kohhran Hmeichhia	30
20.	Bawngkawn Kohhran Hmeichhia	50
21.	Kolasib Venglai Kohhran Hmeichhia	85
22.	Bethlehem Venglai Kohhran Hmeichhia	30
23.	Chaltlang Kohhran Hmeichhia	10
24.	Zemabawk South Kohhran Hmeichhia	25
25.	Lalramnghaki, Changzawl	3
26.	Bawngkawn Brigade Kohhran Hmeichhia	30
27.	Lunglei Chanmari Kohhran Hmeichhia	30
28.	Venghlui Kohhran Hmeichhia	78
29.	Dinthar Kohhran Hmeichhia	20
30.	Mission Veng Kohhran Hmeichhia	100
31.	Tuikual Kohhran Hmeichhia	133
32.	Thingsulthliah Kohhran Hmeichhia	30
33.	Samthang Kohhran Hmeichhia	28
34.	Bethlehem Vengthlang Kohhran Hmeichhia	30
35.	Sihphir Vengthar Kohhran Hmeichhia	10
36.	Bawngkawn Shalom Kohhran Hmeichhia	20
37.	New Capital Complex Kohhran Hmeichhia	70
38.	Armed Veng 'S' Kohhran Hmeichhia	70
39.	Kulikawn West Kohhran Hmeichhia	10
40.	Tuithiang Vengchhak Kohhran Hmeichhia	25
41.	Chhinga Veng Kohhran Hmeichhia	53
42.	Zotlang Kohhran Hmeichhia	20

43.	Lalrinpuii (mi mal)	10
44.	Lalrinchhani, New Serchhip North (mi mal)	4
45.	Luangmual Vengthlang Kohhran Hmeichhia	53
46.	Siahatla Kohhran Hmeichhia	5
47.	Kolasib Venglai North Kohhran Hmeichhia	42
48.	Laipuitlang Kohhran Hmeichhia	20
49.	Champhai Bethel Veng Kohhran Hmeichhia	20
50.	East Lungdar Bial Kohhran Hmeichhia	10
51.	Kulikawn Kohhran Hmeichhia	30
52.	Saikhamakawn Kohhran Hmeichhia	50
53.	Tuikual South Kohhran Hmeichhia	20
54.	R. Sangzingi, Dinthar	15
55.	Lily Veng North Kohhran Hmeichhia	25
56.	Hortoki Kohhran Hmeichhia	3
57.	Khatla South Vengthar Kohhran Hmeichhia	29
58.	Hlimen Veng Kohhran Hmeichhia	30
59.	Pi Rualchhingi (L), Laipuitlang	1
60.	Model Veng Kohhran Hmeichhia (mi mal)	90
61.	Model Veng Kohhran Hmeichhia	10
62.	Leitan South Kohhran Hmeichhia	50
63.	Lalmangaihi Varte, Ramhlun North	10
64.	Bethlehem Veng Kohhran Hmeichhia	20
65.	Chawnpui Kohhran Hmeichhia	30
66.	Sakawrtuichhun Kohhran Hmeichhia	5
67.	Bungkawn Vengthar Kohhran Hmeichhia	25
68.	Muallungthu Bial Kohhran Hmeichhia	50
69.	E. Lungdar Venghlun Bial Kohhran Hmeichhia	20
70.	Chawnpui Vengthlang Kohhran Hmeichhia	20
71.	Zonuam Kohhran Hmeichhia	103

Ei siam dan

TUMBU CHATNI



Mamawhte:

1. Tumbu
2. Purun Var
3. Chhawhchhi/Badam
4. Alu

A siam dan:

1. Tumbu khehsa kha chhum hmin tur a ni a, alu a puma chhum hmin bawk tur a ni. Chhawhchhi kha kan hmui hnuah densawm leh tur.

2. Alu chhumhmin sa kha a kawr kheh hnuah kan duh ang tiat a zai sawm tur. Tumbu hmin sa kha tlemin dingsawm deuh la, chumi hnuah alu chan sa nen rawt pawlh tur a ni. A inpawlh that hnuah chhawhchhi den sa emaw, badam den sawm emaw kan duh zawk zawk pawlh leh tur.

3. Tel tam vak loin chhuang la, purun var thlak la, a ut hmian kan thil pawlhwawp hovah khan tel chu leih tur a ni. Tha taka chawhpawlh tur a ni. A thak deuh duh tan hmarcha rawt sa telh mai tur a ni. A al tawk tur chi telha uluk taka chawhpawlh tur. Hetah hian a duh tan nimbu emaw, lemon emaw sawr deuhin a titui bik.

Hetiang deuh hian thil dang pawh tui takin a siam ve theih tih hriain lo tichhin zel la, tui takin lo ei ang che.

Hruaitute Chanchin
ZODINPUII



Pi Zodinpuui hi Upa P.C. Vanlalpara leh Pi Lalngheti te fa-5 zinga upa ber ni turin ni 5.12.1966-ah E. Phailengah a lo piang a; Pu Ramchullova (RCa) nen inneiin, fa 2 an nei. Zirna avangin Aizawlah awmin, Mizoram Secretariat Office-ah Assistant hna a thawk a; kum 2025-ah Superannuation Pension-in a chhuak a; tunah Thuampui Veng, Aizawlah an cheng mek a ni.

Rawngbawlna lam:

- (1) Central-ah: 2025-27 atan Committee Member.
- (2) Bialah: Fin. Secy., Treasurer, V/Chairman leh Chairman te ni tawhin, tunah Treasurer a ni mek.
- (3) Kohhranah: Kum 2012 atangin C/M niin, Chairman,

V/Chairman leh Secy. a ni tawh a; tunah C/M a ni mek. Thuampui Venglai Kohhranah Puitling SS Zirtirtu, Inrinni Zan Thuhriltu leh Kristian Chhungkaw Comt-ah Asst. Secy. mawhpurhna a chelh mek baw.

Bible chang & hla duh zawng: Kolossa 3:3 leh Ephesi 2:4-5 te hi a duh zual te an ni a. Kristian Hlabuah a nun khawih tu hla tam tak zingah KHB No. 509 leh Thalai Hlaa mi '*Kalvari tlang ka hahdamna, Tholeh Krista ka innghahna; Thlahthlam phal loh nun ka nei ta, Thisen thiltihtheihna Kraws ka tan damna*' tih hla te hi a duh em em a ni'.

Thuchah: He leiah hian kan châm hlen dawn lo va, chatuan rorelna hmachhawn tur kan ni. Chuvangin, Pathian rorelna hmaah hlau lo leh zak lo va kan din theih nan Isua Krista neitu, thlarauva zawmtu tak tak (Piangthar) kan nih a pawimawh tih hi hre reng ang u.

KOHHRAN HMEICHHE BUDGET PEK THEIHNA ACCOUNT NUMBER

**Account -a pawisa dahtu chuan a dah zat, eng tur
nge tih leh dahtu Bial hming chiang taka ziakin
phone no. 9233437689 -ah WhatsApp message
hmanga inhriattir ngei ni se.**

**1. Central Budget, Inkhawmpui Lian (IKPL) mem-
ber fee, WDP, PWF, Rahbi Tleu Tanpuina pekna tur**

Account hming : MPC Kohhran Hmeichhia
Account No. : **35918210644**
Bank Name : SBI, Mission Veng Branch
IFSC : SBIN0007058

**2. Hospital Pual Inkhawm Thawhlawm, Kohhran
Hmeichhe Ni Thawhlawm leh thil dangte pekna tur**

Account hming : MPC Kohhran Hmeichhia
Account No. : **97015036270**
Bank Name : MRB, Khatla Branch
IFSC : SBINORRMIGB

3. Women Centre Budget/ Donation pekna tur

Account hming : MPC Kohhran Hmeichhia
Women Centre
Account No. : **35576785404**
Bank Name : SBI, Mission Veng Branch
IFSC : SBIN0007058

4. Agape chanchinbu man pekna

Account hming : Agape - MPC Kohhran
Hmeichhia
Account No. : **35578510786**
Bank Name : SBI, Mission Veng Branch
IFSC : SBIN0007058

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Vanlalrawni
Vice Chairman	:	Pi Vanlalhlamuani
Gen. Secretary	:	Nl. H. Vanlalruati
Asst. Secretary	:	Pi Lalthansangi
Treasurer	:	Pi Vanlalhluni
Fin. Secretary	:	Pi Zohmingliani

COMMITTEE MEMBER-TE

- | | |
|------------------------------|----------------------------|
| 1. Pi C. Lalnunpari | 2. Pi C. Rosangpuii |
| 3. Pi Chuauzikpuii | 4. Pi H. Lalthasiami |
| 5. Pi H.C. Lalfakawmi | 6. Pi Hranghmingthangi |
| 7. Pi J.C. Ronghaki | 8. Pi K. Lalrinpuii |
| 9. Pi K. Remmawii | 10. Pi Lalṭanpuii |
| 11. Pi Lalbiaknungi Sailo | 12. Pi Lalhlimpuii |
| 13. Pi Lalmalsawmi Sailo | 14. Pi Lalmani |
| 15. Pi Lalmuanpuii | 16. Pi Lalrammawii |
| 17. Pi Lalramngaii Renthleii | 18. Pi Lalramthangi |
| 19. Pi Lalrawngbawli | 20. Pi Lalrindiki |
| 21. Pi Lalrizapi | 22. Pi Lalrokimi |
| 23. Pi Lalthangmawii | 24. Pi Lalthanzami |
| 25. Pi Lalthanzami | 26. Pi Lianhnuni |
| 27. Pi P.C. Lalmalsawmi | 28. Pi R. Tlanghmingthangi |
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| 31. Pi Vanlalchhuangi | 32. Pi Vanlalduhi |
| 33. Pi Vanlalnunsiami | 34. Pi Vanlalsangi |
| 35. Pi Zodinpuii | 36. Pi Zohmangaihi |

Ex-Officio Member-te

1. Rev. John Raldosanga, Moderator
2. Rev. B. Zohmangaiha, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zothanpari, Ex-Chairman
5. Pi Ruth Lalhmangaihi, Asst.Co-ordinator

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlna tihlawhtling tura thawh ho.
 2. Kristian chungkaw ṭha din tura ṭan lak.
 3. Ṭanpui ngaite Krista hminga ṭanpui.
 4. Chanchin Ṭha puan darh.



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HIV/AIDS Trainers' Training, Hnahthial District



HIV/AIDS Trainers' Training, Champhai District

To

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