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Editorial**KUM TAWP**

Pathian hruainain kum 2025 KUM TAWP kan lo thleng ta reng mai. Kumin chhung hian chhungkaw thenkhat chuan lu an sun a, damdawi inah vawi duai lo an lut a. Thenkhatin khua rel chhiatna avangin in leh lo an chan bawk a, chhungkaw thenkhat chuan dam ni reng an nei thei lo. Chhungkaw thenkhat erawh chuan kumin hian in thar an nei a, hnaah an kai sang a, tu leh fate zirnaah an hlawhtling thar a, hna tha tak takah te an inziak tling bawk a, malsawmna an dawng mawlh mawlh mai. A tawi zawngin kumin hi - thenkhat tan kum tha, thenkhat tan kum chhia a tih theih awm e.

He khawvela kan awm chhung hian thil tha zawng zawng a neih vek theih loh va, thil tha lo, vanduaina tawp kan tih thleng hian kan chungah a thleng thei vek mai a lo ni. Kan vanduaina lam leh kan chan chhiatna lam chauh kan ngaihtuah fo chuan hlimna leh lawmna a tlêm a, nuihna a vang thin. Vanduai bika kan inngaih tlat chuan Pathian pawh dem mai a awl thin. A inkhawngaih zawng leh a vanduai bik zawnga inngaihtuah lovin, Pathianin a thlawn liau liauva min pek hi a mal malin chhiar nawn leh teh ang u, Pathian thatna kan hmu thar ngei ang.

Mihring chu tihsual nei thei, pawh khawih palh thei, chesual pheng phung kan ni. Kum 2025 chhung pawhin tihsual palh leh chetsualna te pawh kan nei a ni mai thei e. Kum tawp hi insiamthat nan hman ang ila, hmasawn nan leh puitlin lam pan nan hman i tum ang u. Pathian hruainaa Kum Tawp kan thleng hi lawmthu sawi ila, thupha chawina tur kan neih chuan Pathian hnenah thupha chawi ila, lawmthu sawi sen loh kan neihah erawh lawmthu sawi zel ang u. *‘Lalpa nghaktute erawh chuan an chakna an siam tha leh ang a; mupuite angin thlain an thlawk chho vang a, hah lovin an tlang ang a, chau lovin kein an kal ang’* (Isaia 40:31).

Kristian Chhungkua

IN CHHUNGKUA IN DAM EM? I PASAL/I FATE AN DAM EM?

*Rev. Jonathan Pachuau
Counsellor FG&CC., Serchhip*

2 Lalte 4:26 Amah hmuak tûrin va tân la, a hnênah, ‘I dam em le? I pasal a dam em? Naupang kha a dam em?’ lo va ti tawh khai, a ti a. Tin, ani chuan a lo chhâng a, ‘Dam e,’ a lo ti a.

Kan inbiakna ÷awngkam lar tak chu in dam em? tih hi a ni awm e. He thu hi thu pawimawh leh awmze ril tak nei a ni. Chibai inbukna anih rualin inngaihsakna ÷awngkam a ni. I dam em? tia mi kan zawh hian a tam zawk chuan kan nihna loh zawk “dam e” tiin kan chhang tlangpui ÷hin.

Chumi awmzia chu min zawttu zawng zawng hian min ngaihsak zui lemlo nia kan hriat vang pawh a ni mai thei e. Mi ÷henkhat chuan rilru lutuk lemlo pawhin kan inzawt ve fo reng a ni. Vawiin hian chhungkaw ÷henkhat chu kan damlo mai pawh nilo, “*kan thi*” te a ni zawk mai angem aw tiin a ngaihtuah theih a ni.

Indonesia rama khaw pakhat *Ke’te Kesu’* an tih ah khian hnam mak deuh mai an awm a, chung hnam te hming chu Toraja an ti mai a. Mitthi hi an in phum ve mai ngai lo, rei tak tak an inkawl ÷hin a ni.

A hausa deuh pheih chuan kum khat aia rei te an dah ÷hin. An rin dan chuan chung mitthi te chuan vanneihna an thlen a, chu mai bakah chuan a la dama te nen inzawmna la neiin an hria a, vuina hun mumal tak an hman hma zawng chu an taksa ah khan an thlarau kha la chambang tlatin an hria a ni. Mitthi chu eng anga rei pawh kawl mah ila awmzia a awm lo. A rei poh leh a rim a chhia a ni mai. Vawiina chhungkaw ÷henkhat hi chuan rim kan nei ÷an tawh mai thei a ni. Dam lai te hi kan hlut nen mitthi chuan hlutna an nei tlem hle mai.

Zawlnei Elisa kha Sunem khua ah a zin a, chu khua ah chuan nu hausa tak a awm. Chumi chuan a pasal phalna thlapin Pathian mi tan chuan hmun a buatsaih sak a ni. Elisa chu a lawm hle mai a, an tan engemaw tihsak ve a duh ta a. Lal emaw sipai hotu emaw biak sak a duh leh duh loh a zawt a, Sunem nu chuan a chipuiten an ngaihsak thuin a chhang a, mahse thil pakhat a neihloh chu Elisa chhiahhlawh Gehazia hian alo hria a, chu chu fapa a ni. Elisa chuan Pathian hnenah a dil a, fapa pek a ni ta. Kan Bible hian chi thlah malsawmna hi a ngai hlu em em a. Vawiina nu te hian fa kan hring thei tawhlo a nih pawhin kan tu leh fate hi chu fa hring tam tura kan zirtir a tul hle. Vawiin hian nu tam tak chuan fa neih tam te hi kan hlau nge, kan peih ta lo hle mai. Hei hi Pathian malsawmna hmuhsitna leh ngaihnepnna lian tak a ni.

Sunem nu chuan a fapa thi chu Pathian mi pindanah a kalsan: Sunem nu hian a fapa a thi tih a hriat khan Pathian mi tana pindan a buatsaih ah khan a hnutchhiah tawp mai a,

zawlnei pan turin a tlansan vang vang mai. Helai thuah hian zir tur a awm tlatin ka hria. Sunem nu hian zawlnei in Pathian a pawl a, a hahchawlhna tur hmun a siam sak a. A fapa thih chiah khan pindan dangah pawh dah lovin Pathian mi pindanah khan a han dah ta a ni. Vawiin hian kan fate, kan chhungkua leh kan pasal te hian natna an tawh hian khawi hmun nge dahna tura tha ber ni ang le?

Mi thenkhat chuan Pathian in kohhran leh Pathian miten amah an pawlna hmun (Biak In) emaw, Kohhran programme emaw a kalpui ai chuan sum leh khawvel ropuina hmanga kan chhungkua tihdam kan tum mai em? Thiamna, finna leh hriatna hmanga kan chhungkua rem fel kan tumna hian thui tak chu awmzia nei ve bawh mahse a tluantling zo tak tak lo a ni.

Sunem nu chuan a fapa ruang chu Pathian tana hmun bik a buatsaih ah chuan a dah a, Zawlnei Elisa pan in a tlan ta vang vang mai a ni. Vawiin hian kan fate hi sual avangin an na a, a then te phei chu an thi pawh a

ni mai thei e, min petu Pathian hi kan pan pui ngai em le? An thlarau lam hriselna turin Biak In ah kan kalpui thin em? A then chuan kawng laka min lo hmutu satliahte hnenah hian kan inbunruak a, kan duhtawk deuh mai em? A then te erawh chuan kan chhungkua dam hauh silo hi dam anga lantir kan tum a, tidamtu kan pan pui lo a ni mai lo maw?

Sunem nu chuan Elisa hnen a thlen hma kha chu a fapa chungchang a sawi duh lo. Elisa hnenah erawh chuan a ke vuanin a kalsan loh tur thu chiang takin a hrilh a, ‘Tin, naupang nu chuan, “Lalpa nunna leh i nunna chhâlin ka sawi e, ka thlah dâwn tawp lo che a ni,” a ti a. He Sunem nu hi a tum a ruh hle mai. A fapa a thih rual khan khawidang mah a pan lo, Pathian hnathawh hmu turin Pathian mi a pan nghal vang vang mai. Mi thenkhat chuan kan fate tan Pathian kan au lo chu a ni lo, mahse kan au na tawk lo a ni mai thei.

Kan chhungkua damna tur hi sum hmanga lei tur nise kan in

seng huai ngam khawp ang. Mahse sum hmanga tihdam tur a ni lo ve, kan damna tur hi a ho lutuk a, a man a tlawm lutuk a, kan ring zo lo a ni mai lo maw.? Pathian hnen pan pui, Krista leh a Kohhran lam hawi pui hi kan damna tur zawk chu a ni. Mosian thlaler dar rul a khaikan kha a en a piang an dam a, thil ho tak angin lang mahse an damna tur Pathian pek a ni tlat si. Suria sipai hotu Naamana kha Jordan luia vawi sarikh inchi ah mai kha a damna tur a ni. A ho lutuk kha a tih mai theihloh phah a nih kha. Isua kan pan mai te, thinlung taka kan sawm mai hi kan damna tur a ni.

I chhungkua ah khan i thiam ang angin i theih ang angin Isua chhandamna leh a hnathawh te, a zirtirna te hi sawi thin rawh. Beidawng suh, vawiinah thawk nghallo angin lang mahse thawh hun a la nei dawn. Vai thirchhe zawng te, cooker washer zuar mai mai pawhin in tin an kik peih a, an kik zawng zawngin an leisak lo mai ni lovin kawng pawh an hawn lo. Mahse ni hnih khat hnu lekah an kikna ngai ah khan an kal leh peih tho, an

beidawng duhlo. Keini hian kan chhungkaw damna turin kan bei a ni, beidawng tur kan ni lo ve.

Marka 7:27-28 ah khan Suro phoiniki nu chanchin kan hmu. A fanu ramhuai man tidam tura Isua a auh dan kha ava ropui em!! Uicho tluk leka Isuan a lo chhanna pawh kha a pawm ngam nia. A fanu damna tura a tlawmna thûk zia hi kan ngaihtuah ngai em? Uicho angah pawh lo ngai mahse a fanu damna tura a beihna ah hian a tlawm duh chuang lo. Chu tak chu Isuan a hmuhhmai h lo. Vawiin hian kan chhungkaw damna tur hian tlawm ngam ila, beidawng lovin i bei zel ang u.

Kan fate zirna kawnga thahnem kan ngaihpui tluk hian an thlarau tan kan beiin kan hria em? Kum za em pawh daihlo tur he khawvel nun atana kan buatsaih dan leh kan vei pui dan te hi chatuan daih nun nen hian kan kaikhin ngai em? Tạng leh deuh tur chu kan awm ka ring a ni. An zirlai hi a pawimawh a, an eizawn nan te, an hmalam hun atan a pawimawh. An thlarau erawh chatuana nung tûr

a ni. Chulam chu kan ngaihtah a thiang lo a ni. Nitin an khawsakna atan an mamawh aiin chatuan atan an mamawh hi a pawimawh zawkin ka hria” a ti bawk. A ropui hle mai.

Kan pasalte pawh sualin a hliam mai thei e. Krista leh a kohhran lamah kan tãn tlat hi kan dam tlanna tur zawk a ni. Mi thenkhat chu sualin an kawppuite a hliam avangin zu in ve ta mai te, Kohhran lam hnar zui ta hauhlo te an awm. Sual in min hliam tawh hnuah hian a tihdam nan soal a tlak loh. I chhhungkua tichhetu kha soal a ni a, soal lamah chuan tãng ve duh suh. I pasal chhuhsaktu che kha, zu, drugs, sex a nih kha. Nang chuan kalsan daih rawh.

Vawiin hian kan chhungkua, kan fate, kan pasal te leh kan vëla mi te hian puih an mamawh a nih chuan kan chet nghal a tul hle mai. Kan tlai palh ang tih a hlauhawm em em a ni. Theihtawpa Krista leh a kohhran chhungah ruai lut tûra kan beih chuan Pathian hian min pui duh em em ang. Hmun dang kan hawi san emaw, tunah chuan

sum leh pai, in leh lo kan buaipui rih phawt a ngai kan tih chuan kan tlai palh ang tih ava hlauhawm em.

Titanic lawngin chhiatna a tawh lai khân a kiangah lawng pathum an awm. Pakhat chu ‘Sampson’ a ni a. Mêl 7 a hlâa an awm laiin Titanic tanpui ngenna kah chhuah an hmu a. Mahse, lawng mite chuan dân phal loh (hunting seals) an tih avângin man an hlau va, a ni lo lamah an kal ta daih a. Lawng dang leh chu ‘Californian’ a ni. tanpui tûra ngenna an hmuh lai chuan mêl 14 a hlâah an awm a. Mahse vûrin a hual vêl avâng leh a thim bawk si avângin captain

chu mu lehin khawvâr hun a nghâk leh rih a.

Lawng hnuhnung ber chu ‘Carpathia’ a ni a. Mêl 58 a hlâ a awm, chhim lam pana kal a ni. tanpui ngâi thâwm radio atanga a hriatin captain chu thingthîin Pathian hnênah a tanngtai nghâl a. A lawng pawh vûr zîngah a chak thei ang bera kalin Titanic a chuang mi 705 lai mai a va chhan chhuak hman a ni. Lawng hnuhnung ber ang hian tunah kan chet nghal a ngai. Kan chhungkua hi kan hmangaih a, chhanhim hi kan tum tak tak anih chuan nghak hman kan ni lo.

Lalpan a thu malsawm rawh se. Amen



HRIATTÛR PAWIMAWH

Kum thar January, 2026-ah Agape lak tûr zât dik tak kan dâwn theuh theih nân, kum thara lâk zât tûr hi kan lak mek copy zat ti danglam tur chuan report nise a lawmawm ngawt ang.

Report na tur
Mobile No. 9233437689

Krismas Sermon**KRISMAS RILRU – THILPÊK**

Châng thlan: Johana 3:16-17

*Rev. P.B. Zosaphara
Mission Veng*

Kumpui lingleta kan nghah Krismas chu kan lo thleng leh dâwn ta reng mai. He hun ropui hmang tûr hian kan theih ang angin kan inbuatsaih thîn a. Thingtlâng aţangin Aizâwl lamah kan liam zut zut a, khawpui aţang pawhin mi thênkhat chu India ram khawpui lian zâwkah an bazar bawk a. Nu leh paten kan faten thil an neih that loh kan hlau va, nula leh tlangvâlden thil thar eng emaw tal neih kan tum theuh bawk a. Kan phe suau suau mai chu a nih hi maw!

Mihring lamah chuan kan inbuatsaih nasa tih a lang reng mai. Amaherawhchu, kan inbuatsaihnaah hian Pathian lam hawi hi a tlêm deuh thîn em aw? Tisa lama kan inbuatsaihnaah hian kan inleng chau zo mai ang tih a hlauhawm thîn a nih hi.

Ringlote chuan an hun puiah mi rethei zâwkte tân eng nge an tihsak theih ang tih an ngaihtuah thîn a. Mi rethei zâwkten an lei ve theihna tûrin an thil zawrhte an ti tlâwm thîn a. An puja nikhua te hian mi rethei zâwkte pual ngatin, berâm leh kêlte an talh a,

chûng chu mi rethei zâwkten an kîl luih luih thîn. Mi retheite chuan hetiang hun hi an ngai hluin an nghâkhlel êm êm thîn a ni.

Kristiante hun pui pawimawh lai vêla kan rama thil man a to êm êm mai zêl hi kan inngaihtuah chian a ngai a ni. He hun pui hi mi rethei zâwkte tâna hun hlimawm leh nghahhlehawm a nih theihna tûr hian kan inhawn zau deuh deuh a tûl niin a lang. Eng emaw chen aţang khân kan sûkthlêk a dang ve ta deuh a. Pâwl hrang hrang leh mi mal te pawh mi rethei zâwkte tân

an che chhuak ve thîn a, a lâwmawm khawp mai. Hei hi kan chhunzawm zêl pawh a tûl a ni. Kohhrante pawh kan theih ang angin kan che chhuak thîn a, hei aia nasa pawh hian kan la che thei ngein a rinawm.

1. Pathianin a chatuan Fapa mal neih chhun min pe

Krismas thilpêk kan dawn hi a va hlu êm! Kan thilpêk dawn hian chatuan a hawlh tlang zawk mai a nih hi. A thilpêk ropui tak avângin mi sualten chatuan nun kan nei thei a. Ro hlu ber mai chu kan ban phâkah a rawn awm a, chatuan kawngkhâr min hawnsak leh ta a ni. Boralna rama lêng tawh hnu kha, vân khua min chantîr a, a fãa vuah kan ni! A va ril êm! Hei aia thilpêk hlu hi a awm leh tawh chuang lo vang.

Mihringte chuan kan thil kan inpe ve thîn tak naa, chhe leh mai thei, ral leh mai thei a ni thîn. Mahse, Pathianin min pêk hi chu a ral ve tawh dân lo. Chatuan hawlh tlang a ni zâwk.

2. Pathian chu eng nge kan pêk ve thung ang?

Thilpêk hlu tak mai kan dawng a, boralna rama lêng tawh hnu khân chatuan nun kan nei leh thei ta a. He thilpêk ropui tak min petu Pathian hi eng nge kan pêk ve thung ang? Pathian thu chuan, “Lalpa i Pathian chu i thinlung zawng zawngin, i thlarau zawng zawngin, i rilru zawng zawngin, i chakna zawng zawngin i hmangaih tûr a ni,” a ti tawp mai. Fakna hla phuahtu chuan,

*“Ka nun i tân ka pe,
Ka thisen hlu a luang;
Nangmah tlanna tûr che,
Tihna i chhuahsan nân.*

*I nun i neih zawng pawh,
Pe thung la, rang takin;
Khawvêl dân paih vek
rawh,*

Hrehawm nasa huamin.

I neih zawng zawng hlanin

*Chhandamtu zui nghâl
rawh,”*

a ti a ni. Tin, “Thinlung a lamah hawn ila, ro thil dang a ngai tawh lo vang,” tih te a ni baw k a. Keini pawhin khawvêl dân paih vekin,

kan nun kan neih zawng zawng hi Pathian tân i hlân ve ang u. Pathianin min hmangaih avânga thilpêk min pêk ropuizia hre chiangu apiangte chuan Pathian tân ui an nei ngai lo. An nun, an neih zawng zawng hlânin Chhandamtu hi an zui ngam thîn.

3. Riangvaite hnênah Krismas thilpêk i hlân ve ang u

Pathian thilpêk ropui tak avângin mi sualten/riangvaiten chatuan nun kan nei leh thei a. Chuvângin, keini pawh khawsaknaa rethei zâwkte tân hian kan luang chhuak ve tûr a ni. Nuam ti taka hun pui an hman ve theih nân, an tân i pên chhuak ang u.

Mi retheite tisa mamawh phuhrûksak mai ni lovin, hei

aia ril leh thûk zâwk hian, thlarau lama riangvaite hnênah kan luang chhuak ve dâwn lo'm ni? Kan bul maiah Isua chu a piang tih hria, an tâna thilpêk hlu a nihzia erawh chu hre miah lo hi an tam khawp mai. Hêng mite hi thlarau lam thilpêk kan hlân ve dâwn em?

Hawh u, keini biak in thleng pha, hlim taka Lalpa fak thînte hian i bei sauh sauh ang u. Ti liam luam, vui tâwk chauhva rawngbâwl mai lovin, theih tâwp i chhuah zêl ang u. Pathian chuan a Fapa mal neih chhun min pe tawp mai a ni a. Eng nge i pêk ve dâwn le? Krismas vuakvêtah chauh pawh ni lovin, kan awmna apiangah, kan remchân ang zêlin riangvaite hi thilpêk i hlân zêl ang u.



NGENNA

Agape man la pe lo te a man pe hram turin kan ngen e. Kum 2024 man la pe lo tlem azawng kan la awm a. 2025 man la pe lo kan awm nual bawk a, kum thar hmaa a man hi pe hram turin kan inngen e.

Article**A THIAM VE LO TE KHAWVEL
ENGTIN NGE NI TAANG?***Upa Lalmunsiam Khalthang
Chhinga Veng*

A kum ka lo chhinchhiah ta chiah lova. Aizawl-ah Reader Digest lar vanglai tak kha chu a ni tih ka la hre chiang viau mai. A thiam ve lo te khawvel engtin nge ni ta ang? tih thupui ni nghe nge in ka hria. A thu in min fun tel ve miao avangin ka rilruah a thi thei ngai lova. A thei thei te dinchanna khawvelah hian midangte ngaihsak lo leka nuam tawl ringawt lova khawsak ho thiam pawimawh zia zir chhua kthei hlah ila alawmawm ngawt ang.

Mahni nihna han ti dawn ila a dik famkim chiah si lo va. Mahse ka nihna thui tak min hai lan sak ang lawi si. A thuziak in naupang dinhmun a sawi chian êm êm te zing a chhiar tel ve tur ka nih miao avangin, ngaihtuahna thui tak min neih tir kha a ni a. Ka chhiar lai ka ngaihtuah let pawhin an dinhmun ang zawng zawng tem ve tu ni ve chiah lo mah ila, ka thinglung lairih a cham zui vawng vawng niin ka hria.

Chu khawvel kan sawi tum chu thiamna duha zirna rûna lawi naupang sang tam tak te chanchin hi a ni a. Nu leh Pa zawng zawng hian fa lehkha

thiam thei neih satliah mai pawh nilo, naupang dang zawng zawng khum fa neih kan tum theuh a. Amaherawh chu, kan fate zawng zawng hi chutiang chu an ni thei vek si lo. Kan ÷obul a in an loh ang chiah hian kan ban phak a thilawm tam tak pawh a dang lam vek a. Thenkhat mawng vawmba an sawi ang mai a varñian ațanga thlansa phul kaia hnathawh ngai an awm laiin, a vannei deuh te chuan faisa ringin damlai an chên hi a ni ber a. Chutiang chhungkua ațanga lo selian te ve ve chuan zir lai thuhmun leh zirna thuhmun an dawng vek a. Chulaiah chuan sawisel tur leh han vui viau na

tur a awm lo deuh pawh a ni mahna le!

Zirna runah an han lawiza ta tehreng a. Thenkhat in an vawikhat chhiarchhuaha an hriat vek theih laiin, thenkhat thung erawh chuan, 'Akbar was' an tih zankhua thak pawhin zing nichhuah rual in 'Akbar is' an ti thung a. Naupang dinhmun leh an theihna inchen lo tak tak kal khawm te chu in elna sang ber chi kan hmachhawn tir vek a. Pathian thil thlawn pek dawng theuh theuh ni mahsela a tam zawk te tan chuan thiamna hi rim taka beih hnuah pawh changel a sawi bel an sawi ang hrimin an thiam a nghet lova. A thiam thei deuh mi tlêm zawk te tan erawh banga hlum vawm bei ang thlarh thlarh a ni thung si.

Chutiang tehnuaih a thiamna leh theihna in ang lo te chu, dinhmun sang ber luah tura beisei an ni vek bawk si hi a buai thlak lai tak chu a ni. A thiam leh thei deuh te khawvel a par vul viau laiin, a thiam theite pawl pha ve lo ho khawvel thimzia chu thah tichhuak khawp in a lungchhiat

thlak a. An tan khawvel hian thil tha reng reng a chhuah ve lo tih mai tur a ni a. Sira hnaw! dinhmun an luah hnu pawhin sawipuitu an nei lo fo hi a mawh lo ve. Chutiang khawvelah chuan naupang sang tam tak zinga vanneihna par tlante chu chhiar tham lek an ni a. A bak vana arsi zat dâwn te dinhmun tur hi ngaihtuah ngai lai tak chu a ni.

Matric exam ngaihsan zual lai khan, kan hotuten hostel-a lut lo chu sikul hmingin exam theih loh an ti bur mai si a. Ka dam chhunga hostel ka luh vawikhatna ni turin mutbu nen ka in pu lut ve a. Kum liamta lama zawhna chhuak tawh aţangin min han vawn tir a. Thiam hma chu mut theih ni hek suh. Kan warden nen kan in men rei siak kha a ni ber a. A tawpah chuan thiam thei ve hek lo chu zing dar 3 velah te khawngaihna vang liau liau in min han mut tir ve hram a. A tuk nileng chu mut chhuakin min han zem zui leh a, thiam theih loh nak alaiin rilru chanve in zirlai kan han zir chhunzawm leh thin kha a nia. Tunlai hun ang hi nita se rilru hah

avanga khawvel chhuahsan chak awm rum rum na tham tur niin ka hria. Tunlai hun a ni lo hlauh kha malsawmna ropui tak a lo ni reng.

Exam a lo hun a, kum pui linglet a kan lo zir aṅanga mi thiam tak tak ten zawhna an rawn tihchhuah chhang kha kan ni bawk a. Thiam tia sawi tur nita lo chuan ziah tur kan vān thei ngei mai. Kum tawpawh Matric result a lo chhuak dawn hnai a, hlauh a in ṅan nghal a. Rilru la pengtu kan neih chhung kha rilru nuam a kan awm hun chu a ni deuh mai zel a. Result chhuak tur hriatchhuah apiangin sawn hla se ka tihna kha Phawngpui tlang tiat hian a lian ṅhin. Three Idiots film a Raju leh Farhan ten a hnuai lam aṅanga an hming an zawn chhoh dan kha ka intehkhin ber. F tih awmna zawnah ka hming a awm leh awm loh ka kut zungchala ka kawh chhoh zai zai laia ka lungphu han rik nasatzia mai chu, Khuangpui leh khuangte inthum rawn ang tluk tluk hi a ni berin ka hria.

Vanneih thlak takin Pass theihna hniam berah ka hming a

chuang ve vang a. Chumi ṅuma ka pa hmangaihna leh a fapa tlum ber hlawhtlinna chhuan tham loh te min ngaihhlut sakna chuan ka khawvel thlirna a khaikhup thawk ni ber hian ka hria. Mahni inrintawkna nei ngai reng reng lo kha, Vawkpui meuh talha ṅhen leh rual, chhungkhat laina hnai te nen buhmal min han thlah pui meuh chuan, a thiam zinga chhiar tel ve loh kei ang tan pawh khawvel a lo awm ve reng a ni tih min hmuhchhuah tir a. Dam chhung ni chhiar dan ka thiam ve ta.

A thiamte chawimawi ṅhulh chuang si lovin, an thla zar hnuai a awm naupang tam tak, a thiam ve lo te hian hmangaihtu leh hrethiamtu chhungkua an mamawh a. An tan khawvel parmawina tlān ve turin mite pangpar zū tlan hnu an dāwt a ngai a. Chutiāng karah chuan dawhthei taka chawiliantu an va mamawh teh lul em!? An vanduin ti thuahhnih tu nu leh pa nih mai hi thil hlauhawm tak a ni!!! I fa, ka fa a ber kai phak ve lo te tan an khawvel tur i buatsaih ve tawh ang u hmiang Chutiāng kan ti a nih phawt

chuan kan awmna lei hi chenna tlak khawvelah kan chan tir ngei ang.

Ka nu leh pa te khan en remna nen min lo enkawl seilian lo ta se. Ka hmalam hun thim tur zia kha ka ngaihtuah ngam lo. Hmelchhia kan tihte pawh hi hmeltha te pholang tu atan an pawimawh a, chutiang deuh chiah chuan a thiam thei lo deuh te pawh hi a thiam theite lansarh nan an lo pawimawh reng a lo ni. A ber ni thei vek se kan duh

kan fa te hian dinhmun sang ber luah se kan tih kha an luah vek thei dawn si lo va. Chung dinhmun luah pha ve lo te chuan i hmangaih enremna beisei takin an thlir mek. An theih ang tawka chhawm nung chung zel in, an thlen san theih ber thlenpui turin tanpui zel la. Thomas Alva Edition a pawh kha an zirtirtu pakhat chuan mi pangai pha zan lo tiin a sawi thin an ti. Mahse vawiin thleng a engchhit tur kan neih theih na tur a eng hmu chhuaktu a lo ni thei reng nia.



MISSIONARY TANA AGAPE CHANCHINBU LÂKSAKTUTE (Chhunzawmna)

SNo.	Bial/Kohhran/Mimal hming	Lâksak zât
172.	Lungleng I Bial Kohhran Hmeichhia	24
174.	Venghnuai Kohhran Hmeichhia	25
175.	West Lungdar Hmar Veng Kohhran Hmeichhia	14
176.	Maubawk Sikul Veng Kohhran Hmeichhia	25
177.	Kawnpui Bial Kohhran Hmeichhia	30
178.	Chanmari West Chhim Veng Kohhran Hmeichhia	13
179.	Sialhawk Bial Kohhran Hmeichhia	20



Article**BETHLEHEM : ISUA PIANNA I THLIR ANG****(Thlirna tlang dang ațangin)***Henry Lalrinliana**Damdep***Kamkeuna**

Pastor Lalsawma'n, "*Mizo kristiante an lunglêng thin.*" a ti a. Kan lunglêna ramri inang vek lo mah se, krismas leh sikpui lunglên intawng hian Mizote nunah hmun a khuar thûk a, kan nun hi a kuah bet chiat a, thlaha tlansan har kan ti a ni. Mizo kristiante hian a awmna hmun leh a ram leilung kan rah hma hauh in, Bethlehem leh a chhehvel hi kan thleng phâk a, kan hlaah te hlei hlei hian kan thlen phâkzia a lang chek chuk a. Lal Isua pianna hmun Bethlehem hian kan lung a lên a, kan khua a tihar pha tlat a ni. '**Bethlehem: Isua Pianna I thlir ang**' tih hmangin Lal Isua piannain a nghawng te, a pianna khua Bethlehem dai chanchin ngaihnawm leh mizote rilrua a tlâk nat dan, thlirna tlang dang ațangin zir kan tum dâwn a ni.

1. Bethlehem (Dai) leh a behbawm

*Bethlehem dai a nghawr
vel e,
An lawm hla ri zam vel te
chuan,*

Prof. Siamkima'n, "*Dâi zawng zawnga dâi hmingthang ber leh ropui ber chu **Bethlehem dâi** a ni, ti ila kan sawi sual lo vang.*" a ti a. Ni, ngun taka ngaihtuahin a dikna a tam hleang. Pawtlak thla a lo her chhuah a, Krismas a lo hnaih

tawh hi chuan kan mitthlain Bethlehem dâi chu kan thlirin kan hmu theuh thin awm e. Kristian ngaihtuahna ațang chuan khawpui lian leh mi tam ber ber awmna hmuna chêng pawh ni se, Judai rama khaw tê tak tê Bethlehem dâi hi wavi khat tal chu ngaihtuah chhuak lovin Pawtlak thla hi an hmang ral phal lo mai thei.

Bethlehem chu chhim lam Judai ram chhunga khaw lian lo leh hriat hlawh loh tak a ni a. Jerusalem khawpui ațanga mel

5-a awm, khawpui dâifêma awm tih mai tur a ni. Chumi akâra a khaw dâi hmun reh leh chhâwng tawh lehngal chu, Isua pian lai (kum B.C. 5/6 velah) te kha chuan, mi tam takin an ngaihtuah kher lo vang. Mahse, a daifem zawka awmte hmaih ngai lo Pathian chuan a fapa pianna hmun atana ‘a bel ruat’ a ni a. Bethlehem leh a bul vêl hi a duhzâwng ti mite chênna a lo ni fo tawh thin rêng a. Davida pawh Bethlehem-ah ngei a tleirawl laiin Israel lal ni turin Zawlnei Samuela’n hriak a lo thih a ni tih Bible-in min hrihl.

Zir mi thenkhat chuan **Bethlehema Isua pianna hmun tak, ran in awmna lai pawh hi Davida pi leh pu, Boaza leh Ruthi-te in leh lo awmna kha** niin an sawi a. **Isua pian zana thil ropui tak thlenna - Bethlehem dai hmun, berampute beram veng phula an riaha hmun ruam pawh hi, Isua thlahtute Boaza leh Ruthi inhmuh hmasak berna hmun** kha niin an sawi. Chuvangin Remruattu Maka chuan Bethlehem khua hi langsar tak si loin a lo chawi lar

a. Thil ropui tak thlenna tura a **khaw serh hran** a ni.

Bethlehem dai thlanmual ?

Pastor.L.H. Rawsea chuan, **“Bethlehem dai kha thlanmual a ni”** a ti a. A thlirna tarmit vuahin han thlir ve ila. Genesis-in min hrihl danin Bethlehem dâi, kawng lakah hian Benjamin-a, Jakoba fa naupang ber chu Rakili’n a hring a, a nu zawk a thih phah a (Gen. 35:16-20). Chu hmunah chuan Jakoba’n a nupui thlan chhinchhiah nan Bethlehem daiah lung a phun a, Thlan lung awmna hming chu **“Rama”** tia sawi a ni. Jakoba tan chuan Bethlehem chu thihna hmun, a nupui thlânlung awmna a ni a, Heroda chibai bukna rapthlak neih a nih lai khan, nausen rual nu ngaia ðap thawm chu a nasa ngawt ang. Mizo krismas hla phuahtute hian Bethlehem hi insûnna hmun, mi tam takin an fa an hmangaih tak tak an sûnna hmun angin kan hmu lo deuh em aw a tih theih a. Mahse, chunglamin a Thlarau mit a mentir, thusawi thiam tak, ðawngtai pawh thiam em ema zir mite’n an sawi Patea erawh a

danglam leh tlat. Bethlehem daiin khawharna leh lusunna a ken hi a hmu thiam a, Van zaipawl zai a lo reh a, lusunna avanga t̄apa Bethlehem daia awm hmun khuar mekte kawharna hnem turin n̄em dam takin:

*Cham rih ula, Berampute,
Hmun khawhar kalsan su;
Lungngaih lohna arsi piah
ram nuamah,*

Tual kan leng za tawh ang.
a lo ti a ni. Bethlehem daia lusun/
khawharte a hmah lo a, an hre
reng maite hi a thlarau mit a fiah
teh asin. Krismas leh lusunna hi
inkuah nghal chat an ni, kan
lunglen a thianga, kan hmangaih
kal ta te Krismas-a ngaih an
zualte hi thil inhmeah tak an ni
zawk.

2. Isua Chibai Buktute

Bethlehem hmunin a ken
pawimawh tak chu Lal Isua
piang chibai buktute kha an ni.
Tawi tein han thlir leh ila:

1) Mi fingte

Mi fingte chanchin hi hriat
theihna a tam vak lo. Grik
Historian ropui Herodatus-a

sawi dan chuan mi fingte hi a
tirah chuan Median hnam an ni
a. Median chu Persia ram
chhunga mi a ni a. Persia ho hneh
vek a, Median-ho laltir duha
beitu an ni. An hlawhtling lo va,
chumi hnuah chuan Persia rama
puithiam hna thawktuah an t̄ang
ta hlauh a ni, an ti. Persia lalte
zinga zirtirtuah an t̄ang zui zel ta
niin an sawi. Hun lo kal zelah
chuan mi thil hria, mi fing an lo
ni a, arsi chanchin pawh an hria
a ni. An awmna ber chu
Mesopotamia ram a ni a, heng
mi fing ho pawh hi he ram a t̄anga
lo kal an nih a rinawm hle a ni.

2) Berampute :

(Kum zabi khatnaah chuan)
Ram vulh leh thlai chin hi
Palestina ram eizawmna lian ber
a ni a tih theih hial ang a;
Bethlehem dai tlang rama beram
vulh phei hi chu Jerusalem
a t̄anga mel 6 emaw vel awrh
chauh a nih avangin temple a
inthawina an t̄inzawn deuh
viauvin a rin theih a ni. Israel
history ziaktu tam tak zinga
langsar leh rin kai leh zual
Joachim Jeremias-a chuan
berampute nun chu heti hian a

ziak a: ram a khawro avangin beram leh bawng rualte chu nipui ruah sur loh lai ngat phei hi chuan tlat kualtir reng an ngai thin a. Chuvangin mahni in lumah pawh awm thei lovin thla eng emaw zat zet hi ram palailengah riah chilh an ngai thin. Chuvangin beram rual, ramsa koham leh rukru laka ven ngai zual tak enkawl phei hi chu hna hautak leh buaithlak tak a ni a, a hlauhawm viau baw. A chang chuan a neitu dik tak (Luke 15:6; John 10:12) emaw, a fapate emaw pawhin an veng ve bawk thin. Amaherawhchu dan naranin beram vengtute hi rawih chawp an ni tlangpui a, rintawk pawh an hlawh meuh thin lo mai bakah zahawmna pawh an nei teh chiam lo. **Juda Rabi-ho thuziaka a landan chuan berampute hi mi rinawm lo leh rukruk ching an ni duh hle a. An ran rualte chu mi ram/lovah khalh lutin an thlai chinte an ruksak fo thin a ni.** A neituin a endik lem lohva thla tam tak an awm thin avangin an pute ran zinga mi ngei pawh an ru thin a. Chuvangin sakhaw lama mi fir deuhte phei chu

berampute hnen aţanga beram hmul, bawngnhnute leh ran note te lei lo turin an inzirtir thin, rukruk ni ngeia ngaih a nih avangin. Berampute hi dan zawm famkim pawh an phal lo hial thin a, rorelna (court) hmaah pawh thuhretua hman phal a ni lo.

Chhiarpui neih laia tel ve lo Berampute :

Rome sawrkarin a ram bunga chhiarpui a neihna chhan ber chu chhiah lak dan tur a hriat nan leh sipai a hman tur a hriat theih nan a ni. Berampute hian khawtlangah hlutna an nei lo ni mai lovin endawng, en tleu leh hmuhsit an ni a. Dan hmaah pawh pawimawhna an nei lo hle mai. Englai mai pawha ram hnuaia an ran rualte veng an riah chilh a ngaih avangin, nachang hriain duh ve hle mah se, sakhua an ngaihsak tak tak hman/thei lo va. An thinlungin ngaipawimawh mah se Sabbath an serh hman hek lo. Sabbath serh lo chu juda sakhua leh khawtlangah misual, dan bawh chhia an ni mai a ni. Sakhuaah leh khawtlangah hlutna an nei lo hle mai.

Berampute beram neitu dik takte chu khaw chhungah an awm vek a. Chhiah an khawn dawn a nih pawhin berampute hnenah ni lovin beram neitute hnenah a ni ang. Ram hnuaia chinghnia leh beram kara tal na na na chu sipai atana itawm ngawih ngawih an ni bawk lo pawh a ni thei bawk ang. Hei vang hian chhiarpui pawhin an nunah awmzia a nei lovin Rome sawrkar tan pawh va chhiar ve talh kher a tulna a awm vak lo a ni ang. Hman dang/ramdang mi an ni tih pawh kan hre chuang lo. An pawimawh lo va; chuvangin ngaih pawimawh an ni lovin anmahni pawhin pawimawhin an inhre lo a ni ang.

Isua pian thu rawn hrilhtu Vantirhkovin **‘mi tin ta tur Chanchin Tha’** a rawn thlen kha a dawng hmasatute an ni. Isua pian thu beram pute hrilha an awm hi Pathian Chatuan remruat leh Isua lo kal chhan tih hlawhtlinna a ni nghal a, Isua chu rethei leh haus inkar thiat tur te, mi hnuaihnnung leh awp beha awmte chhan chhuak tura lo kal a nihzia a tar lang a ni. Hnawl leh ensan Berampute kha

Pathian chuan a ropuina lantir nan leh puanchhuah nan a lo thlang ta a. Bethlehem dai hmuna berampu ‘lung mawl’ riak khawmte chu Chanchin Tha hrilhna dawng hmasa ber an lo ni ta a ni. Dinmun chhia leh rethei ber, miten an endawng tawh, khawtlang leh chhungkhat lainate pawhin pawnhhe hnangkhai ang maia an hnawl tawh kan ni thei e, mi chhia leh thinlung lungchhiate tana lokal Lal Isua hi kan tan a tawk a ni tih hre thar leh teh ang.

3) Van Zaipawl

Khawvela zaipawl zai mawi ber leh tawi ber sawi dawn ila **‘Van Zaipawl’** hi eng zaipawl mahin an pha lo ang. An hla sak chu tawi hle mah se, a ropui turzia hi kan ngaihtuah ngai em?

**Chungnung berah Pathian
ropui takin awm rawh se,
Lei chung a lawm êm êm
Rem thu lêng rawh se.**

tih zawng hi a ni. Judate hi khawvela nau piang lawm thiam berte zing a mi an ni ngei ang. Nau a pian dawnin ri thei chi tinreng kengin laichin te leh thenrual thate an lo pung khawm

a. Nau piang chu hmeichhia a nih chuan thawm chhuah hauh lovin an awm a. Mipa a nih erawh chuan ri thei zawng zawng nen lam an thai thin. Mari hian nau mipa fa nei ve si, lawmpuitu tur a ruai zo ve lo a ni ang, chu chuan an mi chhiat zia a tarlang bawk.

Bethlehem khualbuk velah nau lawm thawm a reh ruih lai chuan, Bethlehem aṅanga hla vak lo, mi hnuaihnnung leh tlawm zawkte hnenah rin loh takin nau lawm thawm a awm ta hlah mai. Khawvel Chhandamtu lo piang lawmin, lei mite sak ve phak loh van hla mawi chu van mipuiten an rawn sa ta zawk a ni. Eng dang zawng ai chuan a hmuna awm, Berampute tana hian van zaipawl haw chho leh hi a va khawharthlak dawn em! Chu khawharna inzep tel chu Thingsul Tlangnuam Pa, Zasiama chuan:

*Aw, angelte chu lo zai
nawn leh se,
Bethlehem dai hnun
khawhara ka awm lai hian*
tiin van zaipawlte chu zai nawn leh turin a ngên (request) tawp mai a ni.

3. Bethlehem leh Mizo (Patea) Krismas Hla

Mizo rilrem taka Krismas hla phuah hmasatu chu Patea a ni. Thekte tlâng chhak Lurh tlâng lama tlaizawng pâr vul chûk mai chu a han hmuhin -

*Lal pian hun pangpar a vul
leh ta,
Thinlai mu hnu lunglen a
kai tho ve,*

tiin, a han chham ta mai a. Prof. R. L. Thanmawia chuan, “*German-ho hla hmasa leh lar tak chu, (Lo, How a Rose E’er Blooming) tih a ni a. Mizote Krismas hla hmasa ber leh chuai thei lo chu Lal pian hun pangpar a vul leh ta tih a ni a... Michael Practorious-a lunglenna chawk thotu chu Rose par a ni a, Patea Thinlai mu hnu lunglen kai tho-tu chu Lurh tlang panga tlaizawng par vul chûk chu a ni thung*” a ti a. B. Lalthangliana pawh in, “*Tlangsam te ang bawka krismas dawn apianga vul thar leh thin hla a phuah a ni,*” tia a sawite hian a sawifah na ngiang mai.

***Boralna ram leng tawh
hnu kha,***

Van khua min chantir a.

tihte hi Thuthlung Thar thu laimu nen a inzawm tlat a. Hei aia sawi ropui leh zual ngaihna hi mihring tawngah chuan a awm tawh lo mai thei a ni.

Tipna:

Kum 1981 favang chawhnu lam, thlasik vîn tak la her chhuah hmasi a Pastor C. saikhuma rêl (train) chuang khawhar chu a suangtuahna hmanga a rêl chuanpuite laka lak hran leh chawi sawna awmin, lei leh van insuih zawmna chhan Pathian inbun ruak kha hla dai tawh lo tur hmangin a rawn puang chhuak a:

***A tlawm lai ber kha a mawi
lai ber,***

Lei leh van lalber a ni si;

Chhandamtu a ni I

chawimawi ang,

A hnenah thinlung hlanin

tiin. Thu kawkalh, inhmeh si, ‘*a tlawm lai ber kha kan chhandamna a nih miau avangin a mawi ber lo thei lo a ni*’ tiin (paradoxical interpretation hmangin) lei leh

vana Lal ber inpekna chu a hla tawpah a rawn hmanga, a hlutna a belhchhah hle.

Lal Isua khan amahin a tawrh bâkah, mi tlâwm te, mi tê te, kehsawm te, pachhiate tawrhna a hmuh khan thutak khûkin a khûkpui a, chu chuan a tilungngai a, a tawrhpuie êm êm a. Chung mite hnena a lalram thlentir chu a tum ber a ni. Chu vâng a ni ang, pianna atana khaw lâr leh lian lo - Bethlehem a rawn thlan a, mite’n eng atan maha an ngaih loh-Berampu te hnena a inpuan a; Indona hmuna hnehna chang lo, rilru, taksa leh thlarau chau taka awm-Mi finge hnenah a rawn inhriattir ni!

Wawi tam tak nguia lo chau tawh te, keimahni avanga Pathian hming sawi chhiat leh Lalpan min kohna phu angte pawhin kan nung tawh lo thin a ni mai thei. Mahse, kehsawma awm, tlawm tawh te chu Lalpan a lalram din hna thawk tura a sawm, ‘*qualified*’ a tih te an ni fo a ni. **Mihring lama kan tlâwm lai ber hi Pathian hmuha kan mawi lai ber a ni zâwk** ang tih ring in, Bethlehem: Isua pianna hmun I thlir ang u.

Hriselna Huang

EI ṬEH THEIH HI - MALSAWMNA A NI EM?

*Dr J. Lalramchhuanga
MD (Medicine)*

“Let food be thy medicine;
And medicine be thy food”

Hippocrates, Greek doctor thiam hmasa ‘Father of Medicine’ ti hiala an koh chuan, ‘Chaw hi damdawi ang chauh in ei la; a nih loh chuan, damdawite hi chaw ang mai in i la ei ang’ tiin kum 2000 zet liam ta-ah khan a lo sawi daih tawh a. Nu pakhat kum 40 vel mi a rawn kal a, “Ka pu, damdawi hi chaw ang maiin ka ei, ka ei tam lutuk a, ka ning” tiin. Nin avangin a ban then theih si loh. A zun a thlum a, a thisen a sâng a, thisenah thau a tam a, Thin thau bawh a nei a, rúhséh a nei bawk si. A khawngaihthlak hle mai.

A ni reng lah tak a, Kel chawl an sawi ang maia engtik lai pawha thial reng tura siam kan ni lo. Ei a, ei lo leh vâng vâng a, kan ei aṭanga chakna kha hmang ral leh thin tur kan ni zawk.

Kum 50 mi Thin rô CMC Vellore a ka refer chuan, “Ka pu, i sawi ang khan khuta doctorte pawhin, ‘kum 15 kalta aṭanga ei leh in i insum loh vangin i thin hi a rô a ni’ min lo ti” tiin a

sawi. Thin rô chu a tih dam theih a ni lo tih hi kan medical lehkhabu ziah dan a ni rih si a. Nimahsela, stage A, B leh C a awm a. Stage ‘A’ a awm reng tura kan inenkawl that chuan, Thin thlak ngai lovin kan awm thei dawn a ni. Thin thlak man hi a sângin, a buaipui a hautak em em si a.

India mi hausa tawntáw India’s Warren Buffet an tih thin Rakesh Jhunjunwala

kha August 14, 2022 khan Zunthlum, Lûngna, Kal tha lo (dialysis lak ngai) in a thi a. An sawi danin nitin Zû (Whiskey) peg 6 a in a, zial (Cigarette) tlawn 25 vel a zu a, exer a la lem lo a, Vawk ang maiin chaw a ei a ni an ti, a insûm lem lo a nih hmél. A hausa hle mai, nimahsela miten an sawi dan chu, “Hausakna chhek khawl dan a thiam ang tluk khan a hriselna vawn that dan lo thiam se chu, a thawh chhuakte hi a chên thei tur a” tiin. A hriselna a lo ngaihthah hi a pawî vawng vawng a ni. Tu a te pawh hian kan hun zawng zawng deuh thaw hi sum leh pâi zawn nan, kan nawmsak ve deuh nan tiin kan hmang ral a; kan hriselnain a tlin leh si loh chuan, awmzia a lo awm lo. Chuvangin, kan hriselna hi kan ngaih pawimawh a hun ani.

Thin rô nei kan tam sawt ta hle mai. Zu in mite'n an thihpui nasat em em chu Thin rô hi a ni a. Tunlaih zu in ve

miah lo, zuk leh hmuam pawh ti lo Thin rô in kan thi ta fo mai. Tun aţanga kum 5/10 velah pheî chuan, hei hi kan thih chhan tam berte zinga mi a nih chhoh rin a ni. A chhan chu kan taksa a che tlêm a, awmhmun aţanga thawh chi a lo tam ta a, ke-a kal aiin veivah nan lirthei kan chelek nasa ta hle mai. Ei leh in siam chawp a lo chhuak tam a, chungah chuan kan insum lem lo a, kan hriselna in a tuar ta a ni ber. Mi pakhat chuan “Ei tui reng hi tunlaih malsawmna a lo ni tawh lo, anchhia a ni mah tawh zawk” a ti a. A ni taka, insum lova ei ţeuh ţeuh hian natna min thlen tam ta hle mai.

Kan taksa hian mamawh tawh a nei a. Mamawh aia tam chu thil tha pawh nise, chhiatpui hlah theih a ni thung. International Diabetes Federation chuan kum 2040 ah chuan mi 10 zinga 1 zel hi Zunthlum vei kan ni tawh ang an ti a. Tun dinhmunah hian America mi

100 zela 45 hian Thin thau bawh natna an nei a, khawvel pumpuiah mi 100 zela 25 hian kan nei thung. Thin thau bawh hi Ultrasound hmanga kan en chuan, grade 1, 2, 3 tiin a nasat dan an thliar a. Grade 3 a awm a vanduaite hi Thin rō ah an lut ta thin a. A vanduai zual phei chuan Thin cancer an nei thei hial a ni. Chuvangin, Doctor-ah inentir in, enkawl dam theih a la nih lai a, Thin thau bawh kan nei em? tih inhriat te hi a tha hle a ni. Thin rô neih hnu chuan a buaithlak tawh thin.

Inentir ngai lo chuan, an stroke hunah Bp sâng an nei tih an inhre chhuak chauh thin a. Chutiang deuh chuan, Thin thau bawh pawh hi ‘silent killer’ an ti a. Thin rô kan neih a, a lan chhuah hma chuan Thin thau bawh chuan harsatna a siam lem loh avangin, kan ngaihthah fō thin a ni.

Thin thau bawh i neih chuan heng hi hre reng la.

Thina thau awmte hi darkar 10 aṅanga 12 tâl engmah ei lo, tui chauh ringa i awm loh chuan a inhmang ral (burn) thei lo. Tichuan, zanriah i ei aṅang khan thildang engmah ei/in tawh lo la, tuisik bak chu. Kuhva emaw hmawmsawm dang engmah ei loh tur a ni. Darkar 10 chhung tui chauh ring la, tichuan, Thina thau awm (glycogen) kha a lo inhmangral (burn) thei ang. Kan taksa hian kan thil ei te hi Thinah leh thau-ah te a dah tha a, nakina mamawh huna hman atan. Chhekkhawm sa hmang hman lo lékin kan ei zawm ve zat bawh a, a lo inchhek khawm belh zel a. Chu chuan Thin thau bawh, Lûng dawt/thisen zam thau hnawh leh thau lutukna te a thlen ta thin a ni. Darkar 14 aṅanga 16 thleng thildang ei lo va tui chauh ringa i awm theih phei chuan, i chakna (energy = glucose) mamawhte kha thau timur leh tihrawl (protein) aṅangin a rawn insiam ang a. Chu

chuan ketones a rawn siam chhuak dawn a ni. Chu ketones chuan kan taksa a han fan chhuah chuan kan lo ngeih em em a, kan hriatrengna a tichak a, vun a ti-êng(glow) a, min ti naupang sawt thei a ni. Petrol tha chi/man to (XP) Car-ah kan thun a, a rûm vang vanga a chak sawt a kan hria ang चाहिन ketones hian kan taksa a tichak sawt thin.

Heng chakna Thin leh thau-a kan dah thatte hi kan taksa a Insulin level a hniam chauhin kan hmang thei a. Thil i ei char char chuan, i taksa ah insulin level a hniam thei lo ang a, i chhek khawl tam telh telh ang. Ei leh in insum hun (fasting period) i neih loh pheih chuan hmang ral hman lovin i chhek khawl zel ang a, i chhiatpui dawn alo ni reng mai.

Thil i ei loh a, i insulin level a lo hniam khan heng i chhek khawlsate kha i hmang thei dawn chauh a lo ni zawk.

Heng thau te hi Thinah te a lo inchhek khawl a, Thin thau bawh kan lo nei ta thin a, Lûng dawl/ thisenzámte a lo hnawh a heart attack leh stroke te kan lo nei ta thin a ni.

Thil kan ei hian kan taksa a insulin hi a sâng zel a, kan thil ei atanga chakna/ glucose/energy kha insulin hmangin kan timûr (cell) ah dah loh zel a ni a. Chuvangin, thil i ei reng a, i taksa a insulin level a san reng chuan i rihna a tlahniam thei lo, i taksa ah a lo chhek khawm ngar ngar avangin. ‘Ka exer nasa, ka rihna a hniam thei chuang lo’ kan tih fo na chhan pawh hi ei leh in kan insum loh vang a ni fo. A nihna takah chuan, hrisel tha pangngai taksaah hian chakna/glucose dah that (store) sa hi 50,000 calories vel hman mai theih kan nei reng a, hei hi ni 40 vel daih tura chhut a ni nghe nghe.

Mihringte hi kan history han chhui let ta ila, Stone Age hunlai atangin Lung

hriamhrei hmangin ramsa an that a, thei/thlai an ei a, tui an in tam thin tih kan hria. Sa kha an tihlum chuan an ei mai a, ni tin ei tur an nei lem lo. Tichuan, an ei lo leh vang vang a, chumi hnuah an han veh leh a, an tihlum leh theih hlauh chuan, an ei leh chauh thin. An che vel tam a, an lo inhnawhpuar reng lem lo. Chutiang ang chu hmanlai atanga kan nihphung a lo ni zawk.

Mi fing hmasa Socrates-a khan fasting/chawnghei hi a lo ti thin daih tawh a. Engvanga chaw nghei thin nge a nih tia an zawh chuan, ‘Rilru fim (mental clarity) ka neih nan’ tiin a chhang an ti. Ei teuh hi hriselna a lo ni ta hauh lo mai.

Bible-in a tira chaw atana min pek (biblical diet)

chu thei, thlai rah leh thlai hring te an ni a. Kan hriselna atan an tha em em a. Khawvela dam rei ho an zirna ah pawh sa ei lo, thlai/thei ei ho (vegetarian) an tam ber a ni. Insum hi kan awmdan pangngai (default mode) tur a ni a. Ei leh ina insum lo te hi a hnua serious taka damdawi in panpui ngai an ni duh chawk. Kan ei leh kan in te thaua a inchhekkhawm tam loh nan, a tawk chauh ei kan zir ang a. Kan che-vel tamin, ke-a kal kan uar thar ang a. Kan ei leh inte a tam thei ang hman ral zel kan tum bawk tur a ni.

A tawk chauh ei hi kan awm dan tur ranga Pathian min duan dan a lo ni a. Duh duh ei thei ila, duh duh ei duh lo thung ila. Kan taksa tana tha tur leh kan tlo pui tur kan ngaihtuah a hun ta tak zet a ni.



Eisiam Huang**AR PUM/AR BAWP PRESSURE COOKER-A
HEM HMIN DAN**

Mamawh te :

1. Ar pum l (kg 2 atanga 2 ½
2. Dalda (Ghee)
3. Butter.
4. Red Chilli Powder.
5. Chi (salt)
6. Garam Masala/Meat Masala (mahni duh ang chi a theih vek)
Ai eng/Purun var /Sawhthing/Purun sen.

A slam dan:

1. Arpum chu a kawchhung phawrh vekin fai takin sil tur (a thin/thial te kan telh duh chuan kan silfai vek hnuah hnahin emaw aluminium foll in tuam a, a kawchhungah thun leh mai tur)

2. Aieng kan chulh chhuak vek ang. A thak duh tan Red chilli powder pawh a hman theih a, Butter in chulh chhuah leh tur.

4. Ghee (Rs 50 pack) ang vel kha chan tetin ar kaw chhungah kan thun ang. Cooker chu a beh loh nan Oil (tel) in kan chul mawm vek ang.

5. Ar pum chhungah hian purun var leh a dangte, masala rawsawm leh purun sen phel phawk phawk kan dah ang. Hei hian a rim a titui bakah a thâng (arsa rim) awm tur a ti reh a.

6. Ar chu Aluminium foil/changel hnah in kan tuam ang, Cooker-ah Ghee/butter/tel kan dah phawt ang a , ar pum fun kan dah lut ang. A tir lam 3/5 min. vel kha high heat-ah kan ur phawt ang a. A hnuah chuan a hniam berah dah char char tur a ni. Cooker chu lock lovin a khu chhuak lo thei ang ber tur a chhin phui tlat tur a ni. Arsa chu a khat tawk a leh tur a ni. Darkar chanve vel a tawk a. Ar upa deuh chu darkar 1-te pawh a hem theih. Tin a vun kha tlem fry deuh tura kan duh chuan chuan rei deuh a pawl lo. Ti chuan arpum hnip tha tak, tui bawk si ei turin kan lo peih ta der mai.

PWF 19TH BIENNIAL CONFERENCE REPORT

*Lalthansangi,
Assistant Secretary*

A hun : 24th- 26th October, 2025

A hmun : Rymbai Presbyterian Church, KJP Synod

Thupui : “Kan Ram ti dam leh rawh”

Chronicles II 7:14

Presbyterian Women Fellowship (PWF) hi Presbyterian Church of India hnuai mi niin PYF (Ṭhalai pawl) leh PWF (Nuho pawl) a awm a, tunah hian PWF-ah hian unit 11 leh Associate member 2 kan awm mek a ni.

Mizoram Synod aṭangin palai 147 kan kal thei a, lawmawm hle.

October Ni 23, 2025 (Nangani) zing dar 10:30 ah Synod Conference Centre aṭangin kan kal a, kan chhuah dawnah Pi K. Vanlalrawni a ṭawngṭai a. Nileng leh Zankhua a kan tlan hnuin a tuk zing dar 6:45 ah kan Inkhawmpui na hmun tur kan thleng a ni.

Rymbai khua hi East Jaintia Hills District, Meghalaya chhunga awm ani a. Rymbai Presbyterian Church hi kum 1887 ah a ding a. A tirah chuan kohhran member 12 chauh niin tunah erawh kohhran member 5009 lai an ni tawh a. Khaw hmun nuam tak niin an khawsak a harsa lutuk lo niin a lang bawk.

Hun hman dan tlangpui :

October 24, 2025 (Zirtawp) 6:30 p.m. ah Pathian Biak Inkhawm-ah Hruaitu - Dr. Lalthansangi Fanai a ni a, In lawmna leh inkhawmpui thupui sawi hawna Rev. S.T. Kaia, A/S i/c PWF in a nei a ni.

October 25, 2025 (Inrinni) - 7:30 a.m. - 8:30 a.m.
Bible Study. Hruaitu - Pi Zohmingliani, Mizoram Synod.

10:00 a.m. - 12:30 p.m. : Rorel Inkhawm.

Thu rel te:

1) **18th Biennial Conference October 28, 2023 in alo rel tawh PWF inkaihhraina ennawn** : Presbyterian Women Fellowship (PWF) tih hi Presbyterian Church of India Women Assembly ti a thlak rawtna chu, Presbyterian Church of India ah thlen ani tawh a, an thu leh hla hriat ala nih loh avangin, PWF Office lamin hma la se kan ti.

2) PWF Standing Committee aṅgina thu lut, **‘Nriachibangloa, CHT (Cachar Hill Tribe) Synod a thawk tur Envagelist Teacher rawih ni rawh se’** tih chu kan pawm a, PWF Standing Committee ten a ṭul angina hma lo la se kan ti.

3) Mizoram Synod aṅga thu lut: **‘PWF Biennial Conference hi NEICCWA Biennial Assembly neih loh kumah neih ni tawh rawh se’** tih chu kan sawi ho na hi a tawke kan ti.

4) **‘Mawdiang diang, Shillong Presbyterian Church of Inida-a Capacity Building-ah thingphun ni rawh se’** tih KJP Synod Sepnge aṅga lo lut chu kan pawm a, PWF Office lamin a ṭul angin hma lo la se kan ti.

Unit tin aṅgin Report ngaihthlak a ni bawk.

Inrinni zan aṅgin thupui kan ngaithla a, Inrinni zanah hian Dr. Rosy Zoramthangi, ATC hnen aṅgin thupui kan ngaithla.

Pathianni zing 7:30 ah Lalpa Zanriah Sakramen ṭeh a ni a, Pathianni chawhnu leh zanah Pathian Biak inkhawm neih a ni a, Pathianni zanah hian Rev. S.T. Kaia, Administrative Secretary i/c PWF in thu a sawi. Inkhawm apiangin zaipawl 2 zel an zai. Pathianni zanah hian Hruaitu thar hlan mai bakah hruaitu chhuak turte thlahna thilpek an ni bawk.

Kum 2025 – 2027 chhunga hruaitu tur te:

Chairperson (PCI ruat)	: Pi Rualkhumi Nampui, Biateram Synod
Vice-Chairperson	: Dr.Lodbasuk Lyngdoh, KJP Synod Sepngi
Secretary	: Pi Lungyile Pame, CHT Synod
Assistant Secretary	: Pi Zohmingliani, Mizoram Synod
Treasurer	: Pi D.T.Kharshiing, KJP Synod Mihngi

Mizoram Synod atangia Standing Committee member turte:

1. Pi K. Vanlalrawni, Inkhawmpui Lian Chairman
2. Pi Vanlalthlamuani, Vice-Chairman, IKPL
3. Ni. H. Vanlalruati, General Secretary
4. Dr. Lalthansangi Fanai, Ex- Officio

Nomination Committee member, Mizoram Synod atanga tel tur hi Pi Chuauzikpuii, Central Committee member a ni.

Secretary Women's Relation thar tur hi Ms. Bodasuk Lyngdoh, BSC, BD, M.Th, KJP Synod Sepngi a ni.

Kum 2026, PWF Consultation:

A Hmun : Nongthymai Presbyterian Church,
Laitumkrah Presbytery KJP Synod Pdeng.

(A hun tur leh thupui hi office lamin an la rawn ruat dawn ani.)

Kum 2027, 20th PWF Biennial Conference:

A Hmun	: Mizoram Synod
A Hun	: 22 nd – 24 th October, 2027
Thupui	: “Renew, Restore, Refresh” Isaia 40:31
Speaker	: Pi Rodiancy Rynngga, KJP Synod Sepngi
Bible Study	: Pi Insanneile Rame, Ex-Secretary Women Relation, CHT Synod

Inkhawmpui thlengtu ten min thleng hneh hle a, tun tum hi thlen in theuhah kan eiin kan in zel a, palai zawng zawng ten min leh min ngaihsak thatzia kan sawi theuh mai. Kan tan an theihna zawng zawng an hlan tak meuh meuh niin a lang a, mikhual thlen chungchangah hian an entawn tlak hle.

Pathian ni zan inkhawm ban zanlai dar 12:00 tawngtaina hun kan hman zawh hnuin kan chhuak a, Thawhtanni tlai lam dar 5:30 velah hlim takin Aizawl kan lo lut leh a ni. Zin kawng thui tak min hruainaah leh Inkhawmpui chhung zawnga Pathian awmpuina duhawm tak kan chan avangin lawmthu kan sawi a ni.

NAU CHÂWMNA PETUTE LEH AN CHÂWM ZÂT

		Chhunzawmna
SNo.	Bial/Kohhran/Mimal hming	Chawm zât
180.	Bethlehem Venglai Bial Kohhran Hmeichhia	6
181.	Govt. Complex, Thingawl Kohhran Hmeichhia	1
182.	Kolasib Venglai Bial Kohhran Hmeichhia	4
183.	Kawnpui Chhimveng Kohhran Hmeichhia	5
184.	Kolasib Venglai Kohhran Hmeichhia	4
185.	Armed Veng Bial Kohhran Hmeichhia	4
186.	Khatla Bial Kohhran Hmeichhia	8
187.	North Serzawl Kohhran Hmeichhia	1
188.	Zonuum Kohhran Hmeichhia	5
189.	Khawzawl Vengthar Bial Kohhran Hmeichhia	2
190.	Leitan Bial Kohhran Hmeichhia	3
191.	Darlung Bial Kohhran Hmeichhia	4
192.	K. T. P., Lawngtlai Chanmari Bial	1
193.	Mualpheng Kohhran Hmeichhia	1
194.	Sakawrdai Bial Kohhran Hmeichhia	1
195.	Bilkhawthlir Tuiþha Veng Kohhran Hmeichhia	2
196.	Tlungvel Vengthar Bial Kohhran Hmeichhia	1
197.	C. Lalrinliana, Durtlang Mualveng	1

SNo.	Bial/Kohhran/Mimal hming	Chawm zât
198.	Chhingchhip Bial Kohhran Hmeichhia	2
199.	Republic Veng Bial Kohhran Hmeichhia	4
200.	Chawnpui Kohhran Hmeichhia	10
201.	Khawhai South Kohhran Hmeichhia	2
202.	Ramhlun Vengthar Bial Kohhran Hmeichhia	1
203.	Thenzawl Vengthlang Bial Kohhran Hmeichhia	2
204.	Chalrang Bial Kohhran Hmeichhia	2
205.	N.E. Khawdungsei Bial Kohhran Hmeichhia	1
206.	Thingdawl Bial Kohhran Hmeichhia	3
207.	N. Hlimen Kohhran Hmeichhia	1
208.	N. Vanlaiphai Kohhran Hmeichhia	1
209.	N. Hlimen Bial Kohhran Hmeichhia	2
210.	Luangmual Vengthlang Kohhran Hmeichhia	3
211.	Tlabung Zodin Bial Kohhran Hmeichhia	1
212.	Kulikawn Bial Kohhran Hmeichhia	8
213.	Tlangnuam Vengthlang Kohhran Hmeichhia	4
214.	Khawhai North Bial Kohhran Hmeichhia	1
215.	Ṭhuampui Bial Kohhran Hmeichhia	4
216.	Tuikhuahtlang Kohhran Hmeichhia	6
217.	Venghlui Bial Kohhran Hmeichhia	3
218.	Maubawk Sikul Veng Kohhran Hmeichhia	3
219.	Bualpui Kohhran Hmeichhia	3
220.	Sihphir Bial Kohhran Hmeichhia	2
221.	Sihphir Venglai Kohhran Hmeichhia	2
222.	Ṭhiak Kohhran Hmeichhia	1
223.	Rangvamual Kohhran Hmeichhia	4
224.	Vairengte Chhim veng Bial Kohhran Hmeichhia	7

Hruaitute**C. ROSANGPUII**

Pi C. Rosangpuii hi Pu C. Seiluta (L) leh Pi R. Zairemthangi (L) te fa 3 zinga a mi lai niin November 5, 1958 khan Darngawn khuaah a lo pianga. Unau zinga hmeichhe awmchhun niin Lunglei lamah lehkha zirinina awm thin a. Heta a awm lai hian Upa R. Vanlalhluna (L) nen 1976-ah innei in fa mipa 3 leh hmeichhia 4 leh tu 8 an nei a ni. An pa hnathawhna avangin Lunglei, Champhai leh Tuivamit-ah te awmi thinin Tuivamit-ah hian In leh lo neiin awm hlen ta a ni.

RAWNGBAWLNA LAM: CENTRAL-AH : 2025-2027 hian Committee member-in a awm mek a ni.

BIAL-AH: Kum 2001 Tanhril Pastor Biala awm lai ațanga in hmang tanin Finance Secretary, Vice Chairman leh Chairman

nihna te a chelh tawh a, buhfaitham ziaktu a ni tawh bawk. Tunah hian Bial Chairman a ni mek a ni.

KOHRAN-AH : Kum 1991 ațangin Kohhran Hmeichhe Committee member-ah lut tanin Chiarman, Vice Chairman, Secretary, Asst. Secretary leh Fin. Secretary-te lo ni tawhin tunah hian Chairman a ni mek.

BIBLE CHANG LEH HLA DUHZAWNG : Rom 12:1 “Chutichuan unau te u, Pathian khawngaihna avang hian inthawina nung leh Pathian lawmtlak ni turin in taksa chu inhlana ka ngen a che u, chu chu in rawngbawlna awm reng a ni.” tih hi a duh hle a. Hla-ah chuan - KHB No. 173-na Imanuela thi zaman tih leh KHB No. 140-na “Aw hmangaihna khawvel Entu” tihte hi a duh hle.

THUCHAH : Tunlai kan ram dinhmun ngaihtuahin Kristian Chhungkua din tura tan lak hi a pawimawh hle mai. Nitina Lalpa pawlna leh Buhfaitham rawngbawlna ngai pawimawh ila, kan tu leh fate zirtirin tan i la thar theuh ang u.

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Vanlalrawni
Vice Chairman	:	Pi Vanlalhlamuani
Gen. Secretary	:	Ni. 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 Lalʼtanpuii |
| 11. Pi Lalbiaknungi Sailo | 12. Pi Lalhlimpuii |
| 13. Pi Lalmalsawmi Sailo | 14. Pi Lalmani |
| 15. Pi Lalmuanpuii | 16. Pi Lalrammawii |
| 17. Pi Lalramngaii Renthlei | 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 |
| 29. Pi Soni Pun | 30. Pi Tlangthanpari |
| 31. Pi Vanlalchhuangi | 32. Pi Vanlalduhi |
| 33. Pi Vanlalnunsiami | 34. Pi Vanlalsangi |
| 35. Pi Zodinpuii | 36. Pi Zohmangaihi |
| 37. Pi Lalnghakliani, Asst.Co-ordinator | |

Ex-Officio Member-te

1. Rev. R.C. Lalnghakliana, Modertor
2. Upa Vanlalsawma Siakeng, Synod Secretary
3. Rev. Dr. K. Lallawmzuala, Executive Secretary
4. Pi Zoathanpari, Ex-Chairman
5. Dr. Lalthansangi Fana, PWF Chairperson

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chhungkaw ʼtha din tura ʼtan lak.
 3. ʼTanpui ngaite Krista hminga ʼtanpui.
 4. Chanchin ʼTha puan darh.



Postal Regn. No. MZR/ 53/ 2024 – 2026 RNI Regn. 40876/ 88



Zonum Bial Kohhran Hmeichhia Leadership Training



Siaha & Tipa Pastor Bial Kohhran Hmeichhia : Trainers Training on HIV/AIDS



PWF 2025 - 2027 Hruaitute

To

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