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Fanau enkawl : Quality nge Quantity?

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SERMON

KRISTIAN CHHUNGKUA

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*Editorial***KUM THAR HMATHLIR**

Hun leh kum te, leilung leh a chhûnga thil awm zawng zawngte hi Lalpa thu hnuiaia awm kan ni a. A remruat ang zêlin engkim hi a thleng thîn. Kum thar 2023 min petu pawh hi Lalpa a ni. Dam taka he kum thar kan chuangkâi thei pawh hi a zahngaihna vâng a ni.

Hun pui inthlâk hian mihring nunphungah engtin emaw tak danglamna a thlen fo a. Mi tam tak chuan kum a lo thar hian hm athlîr fel tak insiamin an thil chîn tha lo bansan tûr te, an tih ngai loh thil tha ti thar tûr te leh hmasâwnna zêl tûr tein hmachhawp an insiam thîn. Hei hi kum thar hmachhawn dân tha tak a ni âwm e.

Kohhran hmeichhiate hian kum tharah hian Lalpa rawngbâwl na kawngah hm athlîr thar kan insiam ve thei ang em? Ni tina Chhûng Inkhâwm la hmang thei loten kuminah hian thutlûkna fel tak siamin hmang ve thei tawh ila; chhûng tinte rawngbâwl na-buhfai thamah pawh kum dang aiin hmasâwn tum ila; kohhran inkhâwm leh kohhran chêt vên na hrang hrangah kum hmasa aiin neitu rilru pu thar ila, kum thar hmachhawn dân duhawm tak a ni ngei ang.

Hruaitute pawhin pâwl hruaina kawngah hm athlîr fel tak nei ila. Member huikhâwm leh kaihhruai kawngah kum hmasa aia tih dân tha kan hria em? Kan tih dân mêk tha tak kan chhonzawm thei ang em? Engkim chung a lalber kan Lalpa hna thahnemngai taka thawk tûrin he kum tharah hian i inhlân thar ang u. Kan khawvêl hian Lal Isua a mamawhzia kan hmu; khawvêl mite mithmuhah min chhandamtu Krista Isua hmêl i tar lang sauh sauh ang u.

Agape enkawltuten chhiartu zawng zawngte kum thar chibai kan bûk che u a. He kum tharah hian Lalpan in tân malsâwmna duhawm tak rawn thlen che u rawh se.

Kristian Chhôngkua

FANAU ENKAWL: QUALITY NGE QUANTITY?

- Rev. Dr. B. Lalnunzira
Aizawl Theological College

Fanau enkawl chungchâng kan sawi dân a. Kan thpuiah ‘Fanau enkawl: quality nge quantity’? tih kan han thlang a. Mizo ƣawng hman uar kan sawi mêk laia thuziak thupui meuhva Sap ƣawng han hman chu kan ti deuh mai thei e. Quality chu ‘that dân’ tihna a ni ang a, quantity chu ‘tam lam’ sawina a ni a. Fanau enkawl hi kan enkawl that dân nge pawimawh, enkawlna hun kan pêk tam zâwng tihna te pawh a ni âwm e. Hun inher zêlah hian nu leh paten fanau enkawl tûrin hun kan nei tlem ta hle a. Chuvângin, hun kan pêk tam lam aiin kan enkawl that dân (quality) hi a pawimawh leh zual ta em? tih hi ngaihtuah ngai tak a ni ta.

1. Tûnlai Khawvêlah - a ni tawh lo. Nupaa hnathawk kan tam telh telh Fanau Enkawl:

Fanau enkawl hi thil awl a ni lo va, a harsatzia sawi a. Kan thawh dân pawh a ni ta lo. Thingtlâng lamah chuan a nih nupui/pasal neih hmaa sawi vek loh pawhin khawpui chi a ni,’ an ti thîn. Hmanah lamah chuan mi tin kan tûl a. khân a awl lo va, tûnah phei Sum lâk luhna kawng kan hi chuan a awl lo leh zual em zawng a, a hmei a pa-in kan ni a tih theih. A chhan chu - kawh chhuak a ni ber mai. tûnlai khawvêl chu mi tin kan Ram a changkâng a, tûl êm êm hun a ni a. Tûn mamawh kan ngah telh telh hmaa pa ber hrawk chawma a, sum mamawh pawh a lo chhôngkua kan awm ang kha pung a. Hei vâng hian fanaute

tâna hun pêk a har tial tial a ni. T̄l̄nain a nan ch̄n tâk nu leh pate hian fanau enkawl hi engtin nge kan thawh z̄el ang tih hi beng sika ngaihtuah a ngai ta a ni.

2. Quality nge Quantity?

Fanau enkawlnaah hian hun kan ngah tâwk lo a nih pawhin kan hun neih te t̄ha tak leh t̄angkai taka hman hi - quality neia fanau enkawl tiin vuah ta ila. Chutih rualin hun tam z̄âwk anmahni ch̄nchilha, t̄hutpui chung a enkawlna hi quantity neia fanau enkawl kan ti ve mai ang. A pahnih hian kawp theih ni se a t̄ha ber a. Nuho z̄inga tl̄m az̄âwng hi chuan hneh takin fate tân hun pein kan t̄hutchilh mai thei e. Uluk taka fate zirt̄ir reng thei pawh kan awm ang. Chutih rualin t̄unah hi chuan fate tâna hun tam pe thei kan tl̄m ta deuh niin a lang. Chuv̄angin, fate tâna hun tam tak pe thei lo pawhin hun kan pêk theih chhun hi t̄ha leh t̄angkai taka hman ni se. T̄awngkam dangin sawi ta ila, fanau kan enkawlna chu a ‘quality’ t̄ur a ni.

3. Engtin nge quality takin fanau kan enkawl ang?

Sawi t̄ur tam tak a awm awm e. Ch̄ung z̄inga pawimawh zual nia ka hriat thil panga chauh t̄ur lang ila:

1) Hun neih ang ang fanau t̄ana pêk:

Kan fate tân hun tam kan pe thei lo mai thei, an bulah kan t̄hu tam hman lo a nih pawhin kan hun neih chhun chu an tân kan pe phal t̄ur a ni. Z̄ana an lehkha zirnaah te, z̄inga an chhuah hma hun te hi nu leh paten fate bula awm n̄an hmang thei ila a duhawm hle mai.

T̄henkhat chu chh̄unah rim takin kan thawk a, fate bula t̄hut hun kan nei vak lo. Z̄ân a lo nih chuan kan chau viau mai bawk. Mahse, rei lo t̄e tal kan ngaihsakna lan̄t̄ur t̄ur a ni. An chh̄un hun hman dân zawh te, harsatna an neih leh neih loh zawh te, an lâwmna leh lâwm lohna te hriatpui t̄ur a ni. Hostel emaw, hmun dang daiha fate dah chuan phone hmanga biak hr̄âm hr̄âm hi an tâna inp̄ekna hlu tak a ni.

2) Ngaihtlâk ngun leh ngaihsak:

Hei hi fanaute tâna hun pêk dân tûr pawimawh tak a ni. Kan fate chu naupang chumchiap mai emaw, lian deuh tawh emaw, college kal mêk pawh an ni thei e. Ngaihsak dân ̄tha tak chu an thu sawi leh an rilru ngaihtuahnate ngaihtlâk nguna, ngaihsak tûr a ni. Hmânni khân kan ̄thianpa pakhat chuan an fate sikula an hauh nasat avânga rilru hlauthâwng leh mangang taka an awm thu a sawi a. Tûnlai ̄tawng takin ‘depression’ an neih phah hial a ni a ti. Kan ̄thenawm pitar pawhin a fapa chu a naupan laia “Pastor ka la ni ang,” a tih ̄thin chu an nuih pui mai mai thu a sawi a. Chu a fapa chu Pastor a nih tâk hnu hian naupang ̄tawnga ̄tawng mai mai a lo nih lohzia a hriat chhuah thu a sawi. Kan fate hi ngaihsaka, uluk taka ngaihtlâk tûr an ni.

3) An hma lam hun (career) ngaihtuahpui:

Tûnlai hunah hian kan fanaute hma lam hun

ngaihtuahsak a ̄tûl zual ta hle mai. An hnathawh tûr te, an eizawna tûr te, an nupui pasal tûrte chenin ngaihtuahna sênga an tân kan inpêk a ̄tûl. Lehkha thiam nih ngawt a tâwk ta lo va, an hma lam hun ngaihtuahpuiin kan hun tlem tê neih hi hman ̄tang kai tûr a ni. BA/MA pass-tîr chu a ̄tha e; mahse, chumi zawhah eng nge an thawh ang? Kan fate chu kuangkuah tam thei lo mah ila, an hma lam atâna duhsakna sâng tak nêh, an kawng zawh tûr uluk taka thlansaka, an theihna leh thiamna (talent) hai chhuahsak hi a pawimawh êm êm a ni.

4) An tâna sum leh pai sên inhuam:

Tûnlaia kan intlansiakna ̄tha lo tak chu sum leh pai neih tam te, in leh lo neih ̄that te, hmun leh ram neih zauh te hi a ni âwm e. Chu ai chuan kan fate hma lam thlîrpuia, an zirna leh mi puitling an nih theihna tûra buatsaih hi uar sauh sauh tûr a ni. Hnam pui zâwkte chuan an fate zirna atân sum tam tak an pûk hreh lo. An fate rulh leh tûr hial

pawhin ‘education loan’ an la ngam a. Fate tâna in leh lo din ai chuan fate siam puitlin chu an duh zâwk a, chumi atân chuan sum sên an inhuam thîn. Kan fate tâna hun tam pe thei lo ni mah ila, thiamna tak tak paw chhuak thei tûrin an tân kan sum leh pai te ui lovin i hmang phal ang u.

5) Pathian hnêna hruai:

A tâwp berah chuan fanau enkawlina tha ber chu Pathian hnêna hruai leh amah tîh tûra zirtîr hi a ni. Kan fate chu Biak inah kan hruai reng thei lo mai thei, kan hnên atâna tla hrangin kan hmuh phâk lovah pawh an awm thei. Hei erawh kan ti thei: Pathian tîh tûra zirtîr tlat leh chah mawlh mawlh hi. Tûnlai boruakah hian an hna leh zirna avângtein kan fate Biak ina hruai diah diah a lo har ta. Amaherawhchu, Pathian

tîhna thinlung hi an thinlungah tuh tlat ila. An awmna apiangah kohhrana rinawm tûrin i zirtîr zêl ang u.

Tlângkawmna:

Kan sawi tâk ang hian fanau enkawlinaah hian an tâna hun kan pêk tam lam aiin anmahni enkawlinaa kan thawh that hi a pawimawh zâwk a ni. Tûnlai hunah hian mi tin kan tûl tawh a. Nute pawh hna thawkin kan chhuak dâwr dâwr a, kan fate kan kuah tam hman lo. Chuti chung chuan hun kan neih chhunah chuan tih tak zetin an tân inpe ila, an thu sawi leh an duh zâwng te ngaihthlâksak ila, an hma lam hun thlîrpuiin a tûl phawt chuan kan sum leh pai te pawh fate tân i ui lovang u. Lalpa tîh hi finna bul a ni tih hi an thinlunga riak reng tûrin fuihin i zirtîr zêl ang u.

I NIHNA

Heng aţang hian i nihna a lang: I tîhan, i tawngtai dân, hun awl i neih dân, i sum hman dân, i inhuam dân, i nuihzat zâwng, harsatna i hmachhawn dân, i ei dân, i lehkhabu chhiar duh zâwng, i chanchin i sawi duh dân aţangte hian.

*Sermon***KUM THAR THUCHAH****Thupui: Zawh ngai loh Kawng (Jos 3:1-8)***- Rev. Dr. C. Chawngmingliana
Moderator*

Kum thar 2023 chu Pathian khawngaihna avângin kan lo chuang kâi leh ta dêr mai. He hun hlu tak min hruai thlengtu Pathian chu fakim awm rawh se. He kum thar lo inher chhuakah hian Agape Chanchinbu buatsaitute leh chhiartu zawng zawngte kan Lalpa Isua Krista, Kohhran hotu leh Lalber hmingin chibai ka bûk a che u. Agape chanchinbu pawh a lo upa ve leh sawt a, a kum 36-na a hmang tan ve leh ta. Mihring hi kum a tlin hian a vânglai tak a ni a, chutiang bawk chuan Agape Chanchinbu pawh hi a vânglai tak hun a hmang ti ila kan sawi sual lutuk lo vang chu maw!

Kumin kum thar thuchah thupui atân chuan ‘Zawh ngai loh Kawng’ tih hi i han hmang teh ang. Joshua hovin Sittim hmun ațanga insawnin Jordan râi kâi tûrin an inbuatsaih a. Puithiamten Thuthlung bâwm an zawn ang a. Mipuiin tawng sanghniha hlaah an zui ang. Tûn hmain he kawng hi an la zawh ngai si lo. Lalpan kum thar 2023 min hruai thleng a, tûnah hian zawh ngai loh kawng kan zawh tan dâwn a ni. Ram ropui leh thiltitheiten

advance-in an hmang thei bîk lo. Ram hnufual pawhin an hmang tlai bîk chuang hek lo. Inang renga kan hmuh theih leh hman theih chu kum thar hi a ni a. Zawh ngai loh kawng hi engtia zawh tûr nge ni tih hi i lo ngaihtuah ho teh ang u:

1. Zawh ngai loh kawng chu kawng ralți a ni a, Rinna leh thuawihna nêna zawh tûr a ni: Israel fate khan Aigupta ram ațanga

ram tiam an pan tum khân an zawh ngai loh kawng an zawh a. An kalna apiang kha an hmelhriat ram a ni vek mai a. An tân chuan hmun ralṭi a ni vek mai. Chu hmun ralṭia kal tûr chuan Pathian rinna tak tak leh thuawihna an mamawh a ni. Rinna an tlâkchhama Pathian thu an awih loh chuan harsatna leh chhiatna an tâwk zêl a ni. Pathian an rina, a thu an awih veleh Pathian ropuina leh thiltihtheihna an chang leh thîn.

Pro. Pastor ka nih lai khân tum khat chu Aizawl aṭanga Khawliana ka hawng chho tûr hi Kepran leh Suangpuilawn inkârah keimah chauhvin kein ka kal a. Ipte zângkhâi tak ka ak a, nihliap dum kaih thleh theih ka keng bawk a, chu zawng chu ka thil ken chu a ni mai. Jeep kawng tûra laih, mahse, la laih zawh loh a ni a. Pumpelh pakhat hi a awm a, chu pumpelh chu ka zawh ta a. Chu kawng chu ka la zawh ngai hauh loh kawng a ni a. Buruk hrui chat chu nep te, a

reh hian a reh tlawk tlawk a ni ber mai.

Pumpelh kawngah chuan kalin lui tê ka zuk thleng a, lui tê tui vawt raih mai chu ka in a, ka insil thlan dai vêl a. Tlâng dung lam pan chuan ka kal leh ta a. Tlâng dung chanve vêl ka kal tihah chuan tlâng dung tan zâwngin thil hi a rawn ri thep thep a, ka han en nâk chuan savawm sôm nga vêl tûr hian lei hi a rawn hnâm pheih zet zet mai a. Hmanrua eng mah keng ta lo chu Pathian bâk rin tûr hi a va han vâng tak êm! Rilru ṭawngṭaina ka neih lai chuan Pathian min hriattîr ni ngeiin ka ring a, ka nihliap dum ken chu kap parh phut pahin ‘E khai, E khai’ tiin ka’n au mai chuh savawm hlau lutuk chu a lum thla tawp tawp mai a, kei lah chu au zêl pahin tlâng dung lamah ka tlân chho bawk, savawm nêh chuan kan inhlat sâwt khawp mai. Kawngpuoi ka han chhuak chiah chu ka ṭhu chawt a, Pathian hnênah lâwm thu ka sawi ta mawlh mawlh a. Rin tûr dang awm tawh hauh lohna khawpa kawng ralṭiah

chuan Pathian rin loh theih a ni lo.

Kha kawng râlti-ah khân mihringin min thlamuan zo lo, min thlamuan theitu awm chhun chu Pathian a ni. Pathian chauh lo chu rin tûr leh inngahna tûr a awm lo. rin tlâk Pathian a nihzia a lo lang thuai mai. ‘Rinna chu Pathian ngenchhanna a ni a. Pathian ngenchhanna hi mahni inrintâwkna a bo hun chauhva lo awm ãan ve thei a ni’ tia James McLankey-an a sawi hi a dik ngawt mai.

Jordan lui kuang khat pût reng mai dâi kâi chu rinna nêl lo chuan tih chi a ni lo. Jeriko kulh an lâk dâwn khân Puithiamten tawtawrâwt hâmin kulh ni ruk chhûng an hêl ang. Ni sarihnaah wawi 7 an hêl ang, a wawi 7-naah tawtawrâwt ham veleh mipui an au dur dur ang. Kulh a chim ang. Israel faten hmêlma an beihna hmunah thu awih taka Pathianin tih tûr a kawhhmuh ang zêla an tih avângin Jeriko kulh chu awlsam tê-in an la thei ta a

nih kha. Keini pawh kan khualzin kawng râlti takah hian Pathian ring chung a thu kan awih phawt chuan hmêlma chu kan hneh zêl ang.

2. Intithianghlim chung a zawh tûr a ni: Heta ‘intithianghlim’ kan tih hi thinlung thianghlim thu a ni. Thinlung thianghlimna chuan nun thianghlimna a siam a. Nun thianghlim hian thu a sawi a, kan ngawih reng lai pawhin nun thianghlim chuan thu a sawi reng a ni. Kan Pathian hi Pathian thianghlim a ni a, thianghlimna hi a duh bawk a. A mite pawh hi “In thianghlim tûr a ni, kei ka thianghlim si a”a ti (1Pet. 1:16). Kan ram thianghlim lo kan tih pawh hi rilru thianghlim tâwk loh vâng leh thinlung bawhlhlahw vâng a ni. Inhuatna te, Corruption te, natna hlauhawm AIDS te hi thinlung thianghlim lohna rah a ni.

Tho mitchhah hi ni khat lek a dam an ti a. A dam chhûng hun rei lo tê hi mi a tihbuai nân ringawt a hman

a, a dam chhûng zawngin a hnawksak zâwng hlîrin a che a ni ber mai. Pathian thuin ‘mi dangte tâna malsâwmna ni tûra min duh laia, mi dangte tâna hnawksak zâwng leh mi nun tibuai zâwng ngawta awm hi mi bawlhhlawh zia a ni. Mi rilru thianghlim leh hrisêl chuan mi dangte tâna malsâwmna nih a duh a, mi dangte thatna tûr zawngin a hmanhlel thîn. Chuvâng chuan Pathian lam kawnga mahni intithianghlim chungin kum 2023 kan la zawh ngai loh kawng hi i zawh zêl ang u.

3. Thlen chin ațanga hmasâwn zêl duhna thilung nên zawh tûr a ni: ‘Awle hi a pian ațanga a thih thlengin a țhang reng a, țhan

tâwp a nei lo’ an ti. Ringtu nun pawh hi țhang zêl tûr a ni a, Awle anga țhang zêl tûr a ni. Ringtu nun țhang lo chu tui/dil luang chhuak lo ang a ni a, a bawlhhlawh thîn. A țhan dân tûr pawh Pathian lam hawiin a țhang tûr a ni. George McDonald chuan, “Hmasâwnna rêng rêng Pathian lam hawi ni lo chu chhiatna tûra hmasâwnna vek a ni.” a ti a, a dik hle a ni. Kan țhanna tûrte chu- Inkhâwm te, Pathian thu lam ngaihsakna te, Rawngbâwlna ngaih pawimawh te, Sunday School zirtîr kawngah te, Bible chhiarah te, Ni tin nunah te, Nu leh pa thu awihna kawngah te, ringtu nun pêng hrang hrangah te kan thlen chin ațang hian hma kan sâwn zêl tûr a ni.

RINNA

Pathian rinna chuan hmuh theih loh a hmu a, thil theih loh a ring a, thil ni thei lo a dawng. ~ *Augustine*

Pathian kan rin zawh loh lai, kan rinna chak loh lai, kan derdep lai a awm thîn. Mahse, kan rinna chak lohna lam ringawt ni lovin, Pathian rinawmna mawlh hi kan hriat reng a tûl. ~ *Hudson Taylor*

Article

BATTERY DOWN MAH SE, KEIMAH KA DOWN LO

- *Lalzuimawii Tlau*
Teacher, Synod Hr. Sec. School

Kan school (Synod HSS) ah hian kum hnih liam ta vêl aṭang khân Neckband PA System, ken kual theih, lâk sawn theih ṭawng rinna (portable speaker/microphone) kan hman ṭhîn a, kan hman rim avângin charge ve reng a ngai a.

Class ka laknaah ṭum hnih chu battery low-in ka lo keng lût pek a, ka tinung tûr kha a hman theih ta lo va, ngaihtuah lâwk lêm lovin, “Battery down mah se, keimah ka down lo” ka ti a, kan nui dar dar a, class pawh tluang takin kan nei zo va.

Ka thil sawi chu ka ngaihtuahnaah a awm zui ta zêl a, a ṭha ka ti ta riau va, kan thil tawn hrang hrangah harsatna kan tawh châng a awm a, chhûngkua ang te, nupa, fate, inngaihzhâwnna, sum leh pai, zirna, eizawna, natna, thihna leh thil dang dangah kan nunphung

tikhaih lak thei kan tawng fo va, kan taksa pêng pawh a nih tûr ang ni lo leh a thawh tûr ang thawk hlei thei lote’n a awm a, kan taksa leh kan nun tinuamtu, timawitu, tiphûrtu, tichaktu battery a down châng a awm fo mai.

Mahse, hêng hi tâwk mah ila, kan rilru lam erawh down lo se, hnual lo hrâm hrâm sela, intichakin intihuai ila, rilru lam a zâm loh phawt chuan kan hneh zêl dâwn a ni. Chûng zawng zawng piah lamah harsatna leh hun khirh takah pawh min tichaktu Lal Isua kan la nei fan si. Tirh koh Paula ngei pawhin tân ina a

tân laia Philippi khuaa mite hnêna a lehkhathawnah, harsatna a tawh lai pawhin, ‘Mi tichaktuaah chuan engkim ka ti thei a ni’ (Phil 4:13) a la ti tlat a ni. Tân ina a tânnate khân a nun a pawt hniam lo va, a rilru a tihnuah duh chuang lo, tân inah khungin awm mah se, a rilru khung behin a awm lo va, Krista a chakna a nih thu chhuang takin a sawi zêl thei

a ni. Tirhkoh Paula Pathian kha vawiina kan Pathian hi a ni reng a, a chakna, engkim a tih theihna Krista kha vawiina kan Krista hi a ni reng bawk a ni.

I nun pêng leh a chheh vêlah thil kal tuang lo mah se, i hringnun châwmtu battery lo down pawh ni se, nang chu Krista vângin lo down (lo hnual) suh aw.

J. Hudson Taylor-a, China rama missionary-a kal thîn chuan ti hian a sawi:

“Ka hlawhchham tawh thîn.

Ka hlawhchham mêk bawk.

Ka la hlawhchham leh ngei ang.

Mahse, Lal Isua a hlawhchham ve ngai lo,” tiin.

Kan rawngbâwlina rah hmuh kan duh thîn. Kan hmuh loh chuan kan beidawng mai thîn. Mahse, a hlawhtlinna chu Lalpa a ni.

Thlarau mi chuan Pathian hmanrua mai a ni tih a inhria a, Pathian hman tûrin a inpe mai thîn.

Lalpa, i thu ang ni zêl rawh se. Belvawtu i ni, kei bel lei chu, i duh ang ngeiin min rawn siam la, i thua awman ka inpe e. Amen

Sermon**NGAWI LA, AWM HLE HLE RAWH.
(Mk 4:39)**

- R. Lalbiakluangi
Central Committee(2021-2023)

Kan Lal Isua he khawvêla a lo kal lai khân Galili dil kamah a zirtîrte nêan an lo thleng a, mipui tam takin an zui huai huai a, natna tinrênga damloten an rawn pan a, a lo tidam hlawm tih kan hria.

Chutih lai chuan Isua leh a zirtîrte chu râl leh lam pana lawnga an kal laiin, thlipui leh tuifâwn nasa takin a rawn nuai a, zirtîrte chu an mangang hle mai. Lawng sîra Isua muhil chu kaithovin, “Zirtîrtu, kan boral hi paw i ti lo vem ni” tiin an zînga awm reng Lal Isua chu an sâwm a. Lal Isua chu a lo tho va, thli chu a hau va, tuifâwn hnênah pawh chuan he thu, ‘Ngâwi la, awm hle hle rawh’ tih hi a sawi a, tichuan thli chu a bâng ta a.

Ringtute hian he khawvêla kan cham chhûng hian harsatna, manganna, buaina leh thihna kan duh loh

thlengin kan chungah a lo thleng fo thîn a, engati nge maw hetiang hi kan chungah a lo thlen thîn le, eng emaw ka tihsual thîn le kan ti fo thîn a, Pathian chungah pawh kan vui lek lek fo mai.

Vawi khat chu, kum 2013 kum khân kan fapa naupang ber hi B.A. final a zir mêk a, a pum lamah insawisêlna a nei a, Durtlang Hospital-ah kan han entîr a, ding chung nâ ni maia kan ngaih laiin an lo admit a, reilo tê-ah a chhuak leh mai a, kan chhuah dâwn chuan, Biopsy kan la a, kâr lehah rawn ngaihven rawh u min tih angin a kar lehah chuan kan han lam chu

‘Ril cancer’ an lo ti ta mai a. Zemabawk lamah min refer ta a, rilru a nâin min shock nasa hle mai. Zai tûrin Doctor-in an buatsaih a, zai ni tûr an tuk a, tleirâwl tē-in cancer a hmachhawn kha ka ngaithiam lo hle a, a zirpuite leh a ðiante lo kal khâwm pawh ka ðah khum reng mai a, ka buai hle a ni. Kan ðianpa leh ðenawmpa Dr. Zothankima (Cancer Doctor) in phai lama kal tûra min râwn avângin Mumbai lamah kan nupain kan chhukpui ta, khawvêl hi ka hmu thim ruih mai a, hlim zai rêng ka rêl thei lo. Cancer min shock chu a hautak hle. Chutih lai chuan ‘Lalpa’ han ti ðîn mah ila a reh vek hian a hriat a, kan chanchin hria rêng rêngin Vên Pathian min auhpui a, ðawngtâina hi vên lamah a chho chur chur ni hian thlarauvin ka feel thei tlat si.

Krismas leh Kum thar te chu kan hman a, keini anga cancer vei hlîr maite zîngah chuan an natna kan lâwm ni lovin, kan inhnêm thei deuh va; mahse, zân kan mu tlêm

ðîn hle. A hlim hmêlin min vêl a, a ngawih deuhvin nâ a nei em tih rilruah a awm reng. Chutah le, min han en Chiang a, helaia cancer an hmuhna block te chu Zoram lama mi min chahtir a, a lo thleng a, an en leh a, chutah le, kan bula awm reng, mi tam tak ten Lalpa min kaihthawhsak ta, a result a lo chhuak a. “Cancer a awm lo, thla ruk hnuah in lo kal leh dâwn nia,” min ti ta, Haleluiah, Lalpa chu fakim awm rawh se. Hnam dang zînga sawi theih loh, engtik lai maha mi hriata Halelui ngai lo kha ka halelui ta ðuai ðuai mai a nih chu! Cancer hrik hlauhawm tak leh ðihbâiawm tak hnênah, “Ngawi la, awm hle hle rawh” a tih meuh chuan, hnûhma rêng rêng awm lovin a bo vêl mai. Thla ruk hnua kan zuk kal leh pawhin, “Lo kal a ngai tawh lo e” min lo ti a. Kan Pathian thiltihtheihzia hi a tak a ni. Engkimin a thupêk an awih ðîn.

Zirtîrten, harsatna, manganna an tawh khân auh tûr dik tak, engkim hnehsak

theitu, an kianga awm reng chu an sâwm ta a, an va sâwm hlawhtling êm! Thlipui leh tuifâwn hlauhawm tak chu a reh ta.

Keini nu hote pawh hi, rinna kawng kan zawh mêk lai hian kan nunah thlipui leh tuifâwn nasa takten a rawng kan bâwna kawnga min dâl

thei thil a lo thleng thîn a nih pawhin, kan hnêna awm reng, min puih peih reng, engkimtithei hi a hnênah tlu lût zêl ila, kan hneh theih loh harsatna pawh min hnehsak thîn si a.

Sâwmtute hnar ngai lo Lal Isua chu I hnênah awm zêl rawh se. AMEN.

Krismas tûk kha chu mi haus a tak chhûngte nei lo hian a hnuai hnathawkte chaw eiah a sâwm a. Chaw an ei zawh chuan an hmaah chuan Bible leh pawisa hi a dah a. “Hreh lovin in ngaih dân sawi ula, khawi zâwk nge thilpêkah in duh le?” tiin a zâwt hlawm a. Security guard hian a chhâng hmasa ber a, “Ka pu, ka chhiar thiam lo va, ka tân Bible-in awmzia a nei lo. Pawisa hi ka duh zâwk,” a ti a. Dawr enkawltu a lo lang a, “Ka nupui a dam loh avângin pawisa ka mamawh a. Chutiang ni lo sela chuan Bible hi ka thlang ngei ang,” a ti a. Huan enkawltu pawhin, “Ka pu, ka thawkrim lutuk a, Bible pawh ka chhiar hman lo. Pawisa ka duh zâwk e,” a ti baw a. A hnuhnung berah chuan ran enkawltu mipa naupang hi a awm a. Chhûngkaw rethei tak an ni. Ani chuan, “Pawisa chu ka mamawh hle mai a, mahse, Bible hi ka thlang e. A chhan chu ka nuin Pathian thu chu rangkachak aia hlu leh khawizu ai pawha thlum zâwk a nihzia min hrilh thîn,” a ti a. Mite chuan mak an ti hle mai. Naupang chuan Bible chu a la a, a han keu nâk chuan a chhûngah lehkha ip pahnih a lo awm reng mai a. Pakhatah chuan bank atanga pawisa lak chhuahna cheque a ni a, dawhkana pawisa aia a lêt sâwma tam a ni. Pakhat zâwk chu mi haus a pa ro a khâwmna tûr hi a lo ni baw a.

Thlarau mi chuan Bible a keu a, a chhiar a, a chhûnga ro tam tak a hmu thîn.

Sermon

A CHHE LAI SIAM THATU (Is 58:12)

- *Upa Liansailova*
Bungkawn

Kan thupui aṭang hian thil rêng rêng a nih tûr ang ni lo phawt chu eng emaw kawng tal chuan siam that a ngai chu a ni phawt mai a, chuvângin siam tha tih awmzia chu ‘thil a nih tûr ang nihtîr,’ tihna a ni mai awm e. Chutih rualin a chhe lai a awm chuan a tha lai pawh a awm tihna a ni a, siam that tlâk a la awm tihna a ni.

A Bible thu lam lo en hmasa ila, mi thiamte chuan Isaia lehkhabu hi then thum-ah an then a, Bung 55 – 66 hi Isaia 3-na an vuah a, kan thupui inngahna pawh hemi chhûnga mi hi a ni.

Isaia 3-naah hian a thupui ber chu Israel hnam siamtharna leh hun tha zâwk lo thleng tûr beiseina a ni. Hetih hun lai hian Israel-te hian an puithuna leh sakhaw lam thilte rêng rêng chu an kalpui rei tawh a, ngaiah an neih a, an nunah thu a sawi thûk tak tak tawh lo tih a hriat theih âwm e; chuvângin, Isaia

chuan Israel hruaitute demna thu a au chhuahpui a, an Pathian biakna te tlabalin hruaitute chuan Pathian hnên aṭanga thu dawn puan chhuah tûr pawh an nei lo va, an mite vaukhâna pawh an pe ngai lo, Zâwlnei hian ui ang maiin a tehkhin a, duhâmnain an khat a, anmahni hlâwkna chauh an ngaihtuah tiin a dem hle a ni. Chutih kârah chuan beiseina thar nei tûrin a au bawk a, Pathianin a thlan chhan chu hnamte hnêna a ropuizia puang tûr leh an mawhphurhna hlen tûra tun din chu a ni tih leh chumi hlen chhuak tûr chuan an chhûngril

lam nun siam thar a pawimawhzia târ lan chu a tum ber pakhat a ni.

Israel-te hian chaw nghei ni apui an ngah a, hnam pumin harsatna leh chhiatna an tawh te hian chaw an nghei a, Jerusalem leh Temple chhiatna hriat reng nân leh sun nân te chaw an nghei thîn. Chûng nite chu lungchhiat ni, thinlung taka tawngtaia inchiâna simna ni tûr a ni. Mahse zâwnei hian chutiang niah chuan thinlung taka simna leh inchiârna an neih loh avângin an Pathian chu a lungawi lo va, an chungah an duh angin a thleng lo, an dîlna chhânin a awm lo tih a hriattîr a, Pathian lâwm zâwnga chaw nghei dân a kawhhmuh nghal bawk.

Kan tûnlai hun atân hian lo bel lût ve ta ilar, Kohhranho, a thisena a leite, a chênna in leh a mite lakah hian khawvêl thar, Pathian hriatna dik awmna hmun siam tûrin min beisei reng a, zâwnei Mika'n a sawi ang khân dik taka ti a, khawngaihna ngainaa ni tin

Pathian nêna lêng dân tûrin min beisei a ni.

Kan ram thlîr chuan kan hnam lungphûm a ngheing mêk a, kan politics a bawlhhlawh zo va, kan sakhaw nun hian phat rual lohvin a thlen tûr ang a thleng pha lo va, kan khawtlâng nun a tluchhia a, kan chhûngkaw nun thlengin a buar chuar zo ta, siam thar a ngai hle a ni. Nehemia ziaka, “Jerusalem kulh chu a chim rem rum a, a kawngkhârte pawh a kâng asin,” tih ang deuh khân kil tin maiah siam thar tûr a awm a ni.

Kan ram kan hnam siam thar tûr hian mi tin mai hi kan pawimawh a, tu mah bâng thei kan awm lo vang. A chhe lai siam thar tûr hian Pathianin min buatsaihna hi hriat thiam a pawimawh hle mai. Sum leh pai ngainatna a hluar nasa êm êm a, kut tling lova hausak pawisak lohna te, mahni thawh chhuah loh leh chanvo ni hauh lo te pawh ngampa taka kan nei duh ta zêl mai te, kan sum hmuhna tûr a nih phawt chuan mi dangin tuar

dawn mah se pawl kan ti lo va, mahni hmasialnain kan khat a, mi rethei leh chanhai zâwkte chan ai thlenga kan eisak duh zêl ta mai te hi a chhe lai siam thatu awm dân tûr chu a ni hauh lo mai le.

Mizote hi a nâwlpui chuan sakhuana ngai pawimawh tak hnam kan ni âwm e, Pathian duhna leh hriatna hi chu kan thilung kil khatah hi chuan a awm ve tlat reng mai ti ru? Thil han ti khâwm hlek ila, hunserh hmangin tawngtainain bul kan tan deuh ngei ngei zêl a ni. Isaia 58:2-a kan hmuh angin, “Fel taka tih leh an Pathian rorêlna bânzan ngai lo hnam angin ka hnênah rorêlna fel tak mi dîl thîn” a tih hi kan nihna ni âwm tak a ni. Politics huangah pawh hunserh hmangin tawngtaiin bul kan tan thîn, mahni thiam inchantira pâwl dang mitthla rân chung a tawngtai kan ang thîn. Kan tawngtai zo va, mahni infak leh mi dang sawi chhiatnain kan chhonzawm thîn. Pathian chhân duh zâwng a ni ang em?

Kan ram politics hi sawi khâwm nikhua chuan kan duhthu a sâw lo theuh mai ti ru, mahse a siam tha zâwng ke pên chu kan harsat theuh si niin a lang. A chhan nia lang chu politics leh kan sakhuana hi kan dah hrang lutuk a, Kohhrana rawngbâwltu leh mi tha tak tak pawhin Kohhran huang chhûnga kan tih duh hauh loh tûr leh tih âwm pawha kan ngaih loh hi politics huangah chuan kan ti hreh hauh lo zêl hi a ni. Inthlan thuchah te kan siam a, a bawhchhetu tam ber chu kan ni leh tho si, kan vote thlâk dânah a lang reng a ni ti ru? Politics leh Pathian ram thu kan dah hrang lutuk hi kan tihsual siam that ngai lai chu a ni. Lal Davida chuan “Aw Lalpa, ram chu i ta a ni...i kutah hian mi zawng zawng tihropuina leh chakna pêk theihna a awm,” a ti. Ram chu Lalpa ta a ni tih a Chiang hle a ni. Ram chu Lalpa ta a ni tih hi hre Chiang ve chiah ila chu kan ram hi heti mai mai hi chuan kan enkawl hauh lo vang. Lal Nebukadnezzara erawh chuan

ram chu ama ta, a duh duha a tih theih emaw a ti a, “He Babulon ropui hi keima chakna ngeia Lal chênna hmun atân leh ka ropuina mawina tûra ka siam chu a ni lo vem ni? a ti a. Chutih lai la la chuan Lal thu a lo thleng a, “Lalna ram chuan a hransan ta che a ni, mihring zîng ata hnawh chhuah i ni ang,” arawn ti ta mai, a takin chawp leh chilhin a lo thleng nghal. Kan ramah pawh hian politics chu intih lalna, intih ropuina, inbumna, mahni tânghma hâina, mahni infak leh mi dang sawi chhiat pawh leng ve, mihring lalna ram, kohhran mite inrawlhna tlâk loh leh tel vena chi loh ni-ah kan ngai fõ. Politician tam takte lah hian Pathian duh zâwna ram kaihhruai ai chuan Pathian chu kan duhna min nemnghehsaktuah leh a hming lam chu mite hîp nân chauh kan duh niin a lang.

Kan ram siam that nâna pawimawh êm êm mai leh kristianten kan tih tûr chu ram chu Lalpa ta a ni tih leh politics tobul chu Pathian a

ni tih hriat a, Pathian laka kan mawhphurhna hlen chhuah a ni. Chumi tûr chuan kan thinlung hi Krista lalna ram a nih a ngai a; tichuan, Pathian hmangaihna thinlung atângin ram leh hnam kan hmangaih ang a, dikna a lal ang a, chu chuan kan vote thlâk dân pawh a hril ang a, hlemhlêtna leh sualna te a tlâwm ang, mi rethei leh chanhai zâwkten an chanvo dik tak an chang ang a, kan ramah hian rorêlna dik chu luipui angin a luang thei tawh ang.

Rawngbâwlna huangah ngei pawh hian siam that kan ngai tho mai. Kan ram sualna, ei rûkna leh hlemhlêtna kan sawi hian mahni inhmuh kâna mi dang mitthla zut zut a awl khawp mai. A chhe lai siam thatu ni tûr chuan mahni invei hmasak a, mahni insiam that hmasak ngam a ngai. Zâwlnei Nehemia chuan Jerusalem kulh chu a chhe rem rum tih a hriat khân tu mah dang a dem lo, mahni a inman hmasa a, vân Pathian hmaah “Kei leh ka pa chhûngte chu kan

lo soal ta si a” tiin tlâwm takin, lungngai leh chaw ngheiin Lalpa a au asin.

Kan ram kan hnam hi Kohhranhote hian kan vei a, ÷awngtai pawh kan ÷awngtai tam narawh e. Tûn hnai maiah pawh KTP-ten ram pum huap ÷awngtai rual an buatsaih a, kan Synod pawhin a buatsaih baw a, Kohhran Hmeichheho lahin Ram pum Huap Chaw nghei ÷awngtai te, tlaivara ÷awngtai te a buatsaih âwl lo va, kohhran tinah zîng ÷awngtai inkhâwm te, Biak inah ni se, chhûna ÷awngtai pâwl te, zân lama ÷awngtaite bâkah mi mal leh chhûngkuate kan ÷awngtai a, ÷awngtai chu kan uar khawp mai, a lâwmawm e. Amaherawhchu, heti taka kan ÷awngtai chung leh harhnain a chênchilh reng ram leh kohhran kan intih mêk lai hian sualna a pung tual tual mai te, AIDS vei leh Drugs ngawl vei tamna, eirûk tam avânga hmasâwn thei lo state kan ni si te hi eng nge a chhan ni ta ang le? Kan Biak in te lah a ÷hain a ropui tulh tulh a,

kan ngaina lo telh telh emaw tih mai tûrin inkhâwm kan phâi tulh tulh baw si. Chutih rualin Thlarau riltam leh nun tuihal, ei tûr hmu lo, mi beidawng leh mangang kan pung zêl a, mahni intihlum tamna state kan ni ta mai te hi a va manganthlâk êm! Kan ÷awngtaina zozai hi chhânin a awm ta lo em ni le? “In dîl a, in dîl dik loh avângin in hmu lo, in nawmsak nân hman in tum si” min ti ve mai a ni lo maw?

2 Chronicle 7:14-ah chuan, “Ka hming pu, ka mite chuan inngaitlâwma an ÷awngtaia, min zawna, an awm dân sualte an hawisan chuan, vâñ aţangin ka lo ngaithla anga, an ram chu ka tidam leh ang” tih thutiam kan hmu si a, engati nge kan ÷awngtaia kan dam theih si loh le? Hmaih kan nei a ni mai lo maw? “Inngaitlâwma, an ÷awngtaia min zawn chuan” tih ni mai sela chu kan dam mahna... mahse “an awm dân sualte an hawisan chuan” tih lai hi a pawimawh tlat. Zâwlnei Isaia chuan,

“Pathian kut chu chhandam thei lo tûrin tihtâwiin a awm lo va, a beng chu hre thei lo tûrin a ngawng hek lo, in khawlohnate chu nangni leh in Pathian kâra tlain a tiñhen zâwk che u a, beng a hriat duh lohna tûrin in sualna te chuan a hmai a hlihsak bawc che u a ni,” a ti. Hei hi kan chanpual a ni ve mai lo maw? Hawh u, Lalpa hnênah i kîr ang u, min lo pawt sawm tawh naa, min tidam leh dâwn si a, sim hming pu tlâkin i rah ang u. Kan puan ni lovin kan thinsung thlêr ila, Lalpa lam i hawi ang u.

A chhe lai siam ða tûr chuan Pathian chauh kan ngaichâng tûr a ni dâwn lâwm ni? A Thlarau Thianghlim hruaina kan zui a ngai. Ani chu kan chakna thahrui leh min awmpuitu a ni. Hmun rovah pawh min titlai a, kan ruhte min tichaktu, Lal Isua kawnga min hruaitu leh thiltihtheihnaa min thuamtu a ni. Kan nunah hmun laili kan chantîr a va pawimawh teh lul êm! Amah chauh hi

ni tina kan nun, chung lam duh dâna kaihruaia kawng dika min hruaitu a ni. Mi mal nunah leh a huho nunah Thlarau Thianghlim hi tûn ai hian hmun chantîr tam ila, siam ðat ngai lai kan hmu fiah ang a, kan siam ða thei ang.

Chutih hunah chuan i êng chu zîng ni chhuak angin a lo chhuak ang a, i damna tûr chu a lo chawr chhuak ang, i felna chuan i hma a hruai ang a, Lalpa ropuina chu i hnu dâltu a ni ang. Chutih hunah chuan i ko vang a, tichuan Lalpan a chhâng ang, i au anga, tichuan anin, “Heta hi ka awm” a ti ang. Rilţam leh retheiten i hnênah ei tûr an hmu tawh anga, i aw an hria anga, nangmahah Pathian hmangaihna hmêl an hmu ang. Kohhran an ngaina ang a, a chhûngah an thla a muang ang a, lungawi takin an awm tawh ang. Chutih hunah chuan nang chu, “A chhe lai siam ðatu, mi awmna tûra kawngte siam ðatu” an ti ang che.

Hriselna Huang

NAU CHAW PEK (COMPLEMENTARY FEEDING)

- *Dr. Lalmalsawmi Hmar*
Paediatrician
Ebenezer Hospital

“Naupang chu a kalna âwm kawngah chuan zirtîr ula; A upat hun pawhin a thlah lovang” -Thufingte 22:6

Nau chaw pêk chungchâng hi inzirtîr ngai leh pawimawh êm êm a ni a. Naupang hrisêl, taksa leh thluak ðang ða tûr chuan nuin nau a pai ðan aţanga naute kum 2 a nih thleng – ni 1000 chhûng (nau pai chhûng thla 9 leh nausen kum 2 a nih thleng) hi hun pawimawh tak a ni. Mihring thluak a puitlin thlenga a ðan tûr zât 25% chu a pian hlimah insiam tawhin, kum 2-ah chuan 75% a insiam a, kum 5-ah chuan 95% a ðan tûr ang a ðang tawh a ni. Hemi hun chhûng hian nausen/naupangin chaw ða leh enkawlna ða (Stimuli) a dawn a pawimawh hle a ni.

Nu hnute tui ðatna leh pêk hun chhûng tûr tâwi têin sawi hmasa ila. Nu hnute tui hi nausen pian hlim aţanga thla ruk a pum thlenga a tâna chaw famkim a ni. Nu hnute tui hi nausen tâna Siamtu Pathianin a pêk, naute tân liau liaua siam a ni a, a aia ða khawvêlin a la siam chhuak lo.

“Nuin nau hnute a pêk hian-nautein a mamawh chaw famkim leh ða ber a dawn rualin NU HMANGAIHNA a dawng tel a ni.”

Nau chaw pêk chungchânga kan hriat tûr pawimawh :

1. Nau chaw hrai laia phone emaw tablet/laptop/computer entîr loh a tha.
2. Nau chaw hrai hun hi naute tâna hun hlimawm a ni tûr a ni, an duh lo chung pêk luih (force-feed) loh tûr.
3. Nau chaw pêka harsatna kan neih chuan mi thiamte râwn thîn hi a finthlâk.

Nau chaw pek chungchang :

Nau chaw pêk chungchânga hriat tûr leh inzirtîr ngai tam tak awm mah se kan ziak sêng dâwn lo va. A pawimawh zual chauh hlâwm 3-ah kan sawi dâwn a ni:

A. Nau chaw pek tan hun

Naute chu thla ruk a pum hunah chauh chaw pêk tan tûr a ni, kum 2 a tlin thleng nu hnute pêk chhunzawm zêl tûr a ni. Thla 6 a puma chaw kan pek chhan:

1. Naute thla 6 a pum tawh chuan hnute tui chauhin a mamawh chaw tha (nutrition) a pe tâwk tawh lo.
2. Thilseh (bite) leh khalh a thiam tan a. Thla 8-12-ah a lei hâwl kualala, thil thial a thiam tan bawk a. Hemi hun hi chaw pekna atân hun tha ber (sensitive period) a ni a, kan bawhpelh chuan naute ‘hun khirh’ (critical period) ah lûtin, chaw pêk leh chaw khal (solid) ei a harsat thîn.
3. Naute ring leh lu a nghet tawh a, a hahni te lo changin, a ha te a to tan tawh a.
4. Naute pum leh rilte kan chaw pêk thial chip leh pai tawih tûrin a inbuatsaih tawh.

B. Nau chaw pek tur - Nau chaw pêk dâwna hriat tûrte:

1. Hautak lo, kan bulhnaia kan hmuh mai theih – kan thlai tharte, chaw hrisêl leh thianghlim, nautein a ei duh zâwng kan pe tûr a ni.

2. Siam awlsam, naute tân pai nuam leh chakna pe thei
3. Tlêmtê ațanga bul țana, naute a țhan leh upat ang zêla zâwi zâwia tih tam leh a chi pawh pêk tam hret hret
4. Taksa mamawh chaw chi kim (Complete food) kan pe tûr a ni.
5. Kan chaw pêk a inbûk tâwk (balanced food) a ngai, an taksa leh thluak țhang țha tûrin.

Chaw chi kim leh Inbûktâwk

Chaw chi kim chu-**Carbohydrate, Protein, Fats, Vitamins, Minerals leh Fibers** tel kimna a ni. Hêng hi a kim mai bâkah, taksa mamawh angin a inbûktâwk tûr a ni. Entîr nân vitamin A awmna-carrot, maitai leh thingfanghma te kan lo pe tam lutuk a, naute vun eng vek khawp tein kan pe țhîn a. Taksa mamawh dangte kan pêk tlêm phah pheih chuan naute țhan a țha lovin, a rihna pawhin hma a sâwn țha lo țhîn.

1. **Carbohydrates** – hei hi Mizovin ‘chaw’ kan tiha kan rilrua awm ber a ni a. Hei hi buh (rice), ața/maida (wheat) leh alu-ah te a awm a. Taksa chakna leh țhanna petu a ni a, nau chaw kan pêk pawhin kan pêk tam ber tûr chu a ni.
2. **Protein** – hi taksa tițhangtu a ni a. Dal, be, chana, artui leh sa-ah te a awm a. Nau chaw kan pêkah a tel ngei tûr a ni.
3. **Fats** – hei hi tel, nuts, butter, sathau-ah te a awm a, chakna (calories) petu a ni a, pêk tel ngai mah se pek tam a ngai lo.
4. **Vitamins**– Vitamin hi chi hrang hrang a awm a – A, B, C, D, E, K etc. Vitamin te hi thlai leh theiah te a awm deuh ber a, taksa natna hrik laka min vêngtu leh vun leh mit tâna pawimawh an ni. Vitamin D chu ni zung ațangin kan vunah a insiam bawk. Thlai leh thei hi pêk tam tûr a ni.

5. **Minerals:** Calcium, magnesium, iron, sodium, zinc, etc te an ni. Kan taksa tâna pawimawh leh ʔangkai an ni. Sa, sangha, bawnghnute, thei, thlai leh nuts-ah te an awm.
6. **Fiber** – Thlai leh theia hrui awm hi a ni a, ek tinuamtu a ni a. Fiber ei tlêm emaw ei loh chuan ek a khalin, ek an harsat thîn.

C. NAU CHAW PEK DAN TUR

Hnute tui ʔangin chaw pângngai kan ei ang ei tûrin naute kan buatsaih dâwn a ni a. Chhûngkaw chaw ei thîn – Chaw leh dal ʔanga bul kan ʔan a ʔha. Naute chaw kan pêkin an thla leh kum mila kan **Pêk zât tûr, kan pêk zin dân tûr leh engtia khala pêk tûr nge** tih kan sawi dâwn a ni:

a) Thla 6 pum – thla 9:

Chaw râwt/her sawm, kâwi mah se tuiril lo, mu/hraw awm lo kan pe ʔan ang a, ni tin vawi 2, zing leh tlaiah, ʔum khata chaw ei fian 2-3 pêk (tablespoonful) tûr a ni. Chhûnah thei hmin ʔha a pêk ʔan theih. Hemi chhûng hian an chakna dawn 75% chu hnute ʔangin a la nih avângin, hnute pêk ʔhat an la mamawh. Pumin a pai ʔawih awlsam leh taksaina huat (allergy) nei tlêm – chaw, dal/ be lam, thlai leh thei hmin ʔhate pêk ʔan nâna hman a pawimawh.

b) Thla 9–12:

Chaw râwt khal deuh, tlêma hraw tel, kut pawha sâwk theiha siam tawh tûr a ni. An hahni te a lo changin, an hate pawh a lo ʔo ʔan tawh a, chaw thial an zir ʔan hun pawimawh tak a ni. Ni tin chaw vawi 2 - 3 pein, ei tûr dang (snacks) vawi 1-2 a pêk theih. ʔum khata chaw pêk zât tûr chu no/ bowl chanve (125ml) pêk tûr a ni. Chhûngkuua ei thîn, artui, sangha, arsa leh thil dang ei kan zirtûr ʔan a ngai. Kum khat hmaa kan pêk loh chu a hnuah an ei ʔha duh tawh lo thîn.

c) **Kum 1-2:**

Chhûngkaw chaw ei ang, râwt sawm deuh sulh kan ei ãantîr a hun ãan tawh a. Anmahnia chaw ei zirtîra – kut emaw fian pawhin, an ei bua emaw an intibal a nih pawhin pawî tih loh tûr. Anmahni inenkawl leh hmasâwnna a ni a. Ni khatah chaw wawî 3 eitîrin, ãum khatah bowl khat (250ml) pêk a, a kârah chhang leh thei eitîr tel a ãha.

d) **Kum 3-5:** Chhûngkaw chaw ei ang an ei thei tawh a. Ni khatah chaw wawî 3 eiin, a kârah chhang leh thei ei tel bawk se.**Naupang chaw ei tuina thurûk:**

Hmawmsawm ei loh. An ei pawhin pêk tam loh leh chaw ei hmaa pêk loh a finthlâk. Naute leh naupang chaw kan pêk hi an taksa mamawh kim leh inbûk tâwk a nih loh chuan, an ãhan tûr leh hrisêl tûr ang an pha lo a, an thluak ãhang tûr te thlengin a tiãuanãhu thei a ni. Puitling pawhin kan hrisêlna atân chaw chi kim inbûk tâwk ei hi a pawimawh, a bîkin nu nau pai tân. Tui tih zâwng chu kan nei ãheuh, mahse taksa hrisêlna atâna kan mamawhte kan ei a, kan fate ei kan zirtîr a pawimawh hle. Chu chuan taksa leh rilru ãhanna, chakna, hrisêlna leh natna dona te a pe a. Kan chaw ei/pêk chu ‘*CHHIMBAL rawng angin, rawng chi hrang hrang a tel tûr a ni*’ kan ti ãhîn. Nau chaw pêk hun hi naute hrisêlna tûra chaw ãha pêkna hun bâkah an rilru leh thlarau tâna ãha zirtîrna hun atâna kan hman ãangkai thiam a pawimawh hle.

“Nau chaw kan pêk lai leh chhûngkaw chaw ei hun hi hun hlimawm, hun nuam leh inlaichhina ãha siamna hunah i hmang ang u.”

ZORAM HMEICHHE INKHAWMPUI LIAN 2023 COUNTER-A BIAL HRANG HRANG THLEN DAN TUR

COUNTER NO.- 1 (Upa R. Manliana kawt, Hospital Veng)

1) Chaltlang 2) Durtlang 3) Luangmual 4) Nursery Veng
5) Sakawrtuichhun 6) Kolasib Venglai 7) Ngopa 8)
Khawzawl Vengthar 9) Mamit 10) Reiek 11) Zokhawthar
12) Khawbung Vengpui 13) Phullen Vengthar 14)
Baktawng 15) Madanriting 16) Airfield Vengthar 17)
Pukzing 18) Rengtekawn 19) Bungtlang S 20) Zamuang
21) Rawpuichhip 22) Manikbond 23) Lengpui 24) Lunglei
Bazar

COUNTER NO.- 2 (Awmpui kawt zawl, Chhimveng)

1) Dawrpui 2) Venghnuai 3) Zemabawk 4) Venghlui 5)
Aibawk 6) Ruantlang 7) Hmunsam (Mamit) 8) Zohmun
9) Khawzawl Venglai 10) Bairabi 11) Champhai
Vengthlang 12) Vanzau 13) W.Phaileng 14) E.Lungdar
Venghlun 15) Chhingchhip Mualpui 16) Sairang Dinthar
17) Khawhai S 18) Kanghmun 19) Bungtlang 20)
Pangbalkawn 21) Lungsen 22) Himali 23) Tawipui N II

COUNTER NO.- 3 (Community Hall kawt, Vengpui)

1) Ramhlun North 2) Tuikual 3) Chawnpui 4) Sihphir 5)
Hunthar 6) Zonuam 7) Kawnpui 8) Sihfa 9) Chawngtlai
10) Muallungthu 11) Dampa Rengpui 12) Chhiahtlang 13)
Bilkhawthlir Hmarveng 14) Ratu 15) Khawzawl Dinthar
16) Darlung 17) Keitum 18) Mualpheng 19) Kaisanary 20)
Lunglei Venglai 21) Buarpui 22) Chawngte L 23) Delhi
Kohhran

COUNTER NO.- 4 (Pu K.C Lalhlimpuia kawt, Venglai)

- 1) Dawrpui Vengthar 2) Bethlehem Venglai 3) Bungkawn
- 4) Chawlhmun 5) Champhai Bethel 6) Kolasib Diakkawn
- 7) NE Khawdungsei 8) W.Phaileng Dinthar 9) New Serchhip
- 10) Nisapui 11) Kawnpui Chhimveng 12) Sesawng
- 13) Tuidam 14) Zote 15) Chhiahtlang Kawnveng 16) Phullen
- 17) Lungpho 18) Khuangleng 19) Siaha 20) Marpara N
- 21) Thaidawr 22) Cherhlun 23) Tuithumhnar
- 24) Mumbai Kohhran

COUNTER NO.- 5 (Pi Numami kawt, Kawnveng)

- 1) Electric Veng 2) Bawngkawn 3) Hlimen 4) ITI Veng 5) Ramhlun
- 6) Kanhmun 7) Serchhip 8) Sateek 9) Vairengte
- 10) Khuangleng S 11) Khawruhlian 12) N.Vanlaiphai 13) Saitual Chhimveng
- 14) Khawhai N 15) Sakawrdai 16) Thenzawl Vengthlang
- 17) Champhai Vengsang 18) Rabung 19) Guwahati 20) Suarhliap
- 21) Damdep 22) Tlabung Zodin 23) Zobawk 24) Hortoki

COUNTER NO.- 6 (Bazar)

- 1) Republic Veng 2) Bethlehem Veng 3) Chanmari 4) Leitan
- 5) Tlangnuam 6) Thingsulthliah 7) Keifang 8) Kolasib Hmarveng
- 9) Sialhawk 10) Khawbung 11) E.Phaileng 12) Kelkang
- 13) N.Vanlalpai D.D Veng 14) Lungdai 15) Biate 16) Lawngtlai Chanmari
- 17) Tlungvel Vengthar 18) Chalrang 19) Cachar Kahrawt
- 20) Bukpui 21) Sangau 22) Chawngte P 23) Kolkata Kohhran 24) Jugicherra

COUNTER NO.- 7 (Pu Rothara kawt, Thingkhaukawn)

- 1) Mission Veng 2) Chanmari W 3) Chhinga Veng 4) Thuampui
- 5) Maubawk 6) Tanhril 7) Lunglei Chanmari 8) Sialsuk
- 9) Thingdawl 10) Hliappui 11) Champhai Kahrawt 12) Chhingchhip
- 13) Sumsuih 14) Sairang 15) Khawlailung

16) Thenzawl Field Veng 17) Phuldungsei 18) Vaphai 19) Teikhang 20) Tlabung Chawnpui 21) Tuipuibari 22) Hnahthial 23) Kohima 24) Bengaluru Kohhran

COUNTER NO.- 8 (Forest Office kawt, Field Veng)

1) Mission Vengthlang 2) Ramthar Veng 3) Vaivakawn 4) Zemabawk N 5) N.Hlimen 6) Hnahlan 7) Champhai Kanan 8) Vairengte Chhimveng 9) E.Lungdar 10) Zawlnuam 11) Saitual 12) Darlawn Venghlun 13) Kawrtethawveng 14) Melriat 15) Lallen 16) Thenzawl 17) Lungleng I 18) Kawlkulh N 19) Silchar Mizo 20) Zaite 21) Vathuampui 22) Hmawngbu 23) Pune Kohhran 24) Hmuntha

COUNTER NO.- 9 (Pi Ramthari kawt, Hmar Veng)

1) Armed Veng 2) Khatla 3) Kulikawn 4) Ramhlun Vengthar 5) Zuangtui 6) Sihphir Vengthar 7) Bawngkawn Bethel 8) Kolasib Vengthar 9) Serchhip Vengchung 10) Phuaibuang 11) Suangpuilawn 12) Bilkhawthlir 13) Kawlkulh 14) Tlungvel 15) Kawrthah 16) Rengdil 17) Lawngtlai 18) Zawlpui 19) Shillong 20) Khawlailung Dinthar 21) Phainuam 22) Haulawng 23) Tipa 24) Farkawn

**MIZORAM PRESBYTERIAN KOHHRAN HMEICHHIA
INKHAWMPUI LIAN VAWI 50-NA PROGRAMME**

A hmun : GSA Play Ground, Darlawn

A hun : March 10-12, 2023

Thupui : 'Pathian nena len dun' (Mika 6:8)

**Sawitu : Rev. V.L. Luaia Hranleh, Executive
Secretary
i/c Kohhran Hmeichhia**

Thu zir : Nehemia Bu

Zirtirtu : Pi C. Januari B.D, Ramhlun South

**Ni 10.3.2023 Zirtawpni : Thlen kim ni
Zirtawpni zan dar 6:30 : Palai lawmna leh Report**

Hruaitu : Pi Sailuti, Chairman
 Ṭantu : Tuikual Pastor Bial aṭangin
 Reports : (1) General Secretary
 (2) Bial Report Khai khawmna
 Thusawitu : Pi Vanlalhruaii, Vice Chairman
 Zaipawl : (1) Kawnpui Chhim Veng Pastor Bial
 (2) Sihphir Pastor Bial
 (3) Hunthar Pastor Bial

Ni 11.3.2023 Inrinni

Palai Rorel : Ṭan hun chawhma dar 9:30
 A hmun : Darlawn Kohhran Biak In
HRUAITU THLAN

Hruaitu : Synod Moderator

Inrinni Rorel hlan inkhawm

Ṭan hun : Chawhma 10:00
 Hruaitu : Chairman, Darlawn Pastor Bial Kohhran Hmeichhia
 Ṭantu : Chhiahtlang Kawnveng Pastor Bial aṭangin
 Thuhriilu : Pi Saithangpuii Sailo, Evangelist, Borapansuri
 Zaipawl : (1) Chhingchhip Mualpui Pastor Bial
 (2) Zemabawk North Pastor Bial
 (3) Kelkang Pastor Bial

Inrinni chawhnu Thu zir

Ṭan hun : Chawhnu 1:30
 Hruaitu : Chairman, Darlawn Venghlun Pastor Bial
 Kohhran Hmeichhia
 Ṭantu : Thaidawr Pastor Bial aṭangin
 Thu zir : Nehemia Bu
 Zirtirtu : Pi C. Januari, B.D., Ramhlun South
 Zaipawl : (1) N. Vanlaiphai Damdawi Veng Pastor Bial

- (2) Kolasib Vengthar Pastor Bial
 (3) East Lungdar Venghlun Pastor Bial

Inrinni zan dar 6:30 : Pathian Biak Inkhawm

- Hruaitu : Pi Vanlalhruaii, Vice Chairman
 Ṭantu : Hmawngbu Bial aṭangin
 Chibai bukna :
 Thuhriltu : Synod Moderator
 Zaipawl : (1) Hnahlan Pastor Bial
 (2) Kawlkuh North Pastor Bial
 (3) Bilkhawthlir Hmar veng Pastor Bial

Ni 12.3.2023 Pathianni chawhma dar 10:00

Pathian Biak Inkhawm

- Hruaitu : Pi Sailuti, Chairman
 Ṭantu : Haulawng Pastor Bial aṭangin
 Chibai bukna
 Thupui : ‘Pathian nena len dun’
 Speaker : Rev. V.L. Luaia Hranleh, E/S,
 i/c Kohhran Hmeichhia
 Kristian Chhungkaw dinhmun tehna - ‘No Mawi’ hlan
 Hlantu : Synod Secretary
 Zaipawl : (1) Dawrpui Vengthar Pastor Bial
 (2) Synod Choir

Pathianni chawhnu dar 1:30 : Pathian Biak Inkhawm

- Hruaitu : Pi Sailuti, Chairman
 Ṭantu : Khawzawl Dinthar Pastor Bial aṭangin
 Chibai bukna
 Thupui : ‘Pathian nena len dun’
 Speaker : Rev. V.L. Luaia Hranleh, E/S,
 i/c Kohhran Hmeichhia
 Zaipawl : (1) Khawhai South Pastor Bial
 (2) Ramhlun Pastor Bial
 (3) Synod Choir

Pathianni zan dar 6:30 : Pathian Biak Inkhawm

Hruaitu : Pi Vanlalhruaii, Vice Chairman

Thuhriltu : Pi Sailuti, Chairman

Hruaitu thar hlan

Hlantu : Synod Moderator

Zaipawl : (1) Inkhawmpui thlengtu Bial Kohhran Hmeichhe
Zaipawl pui

(2) Phullen Vengthar Pastor Bial

(2) Synod Choir

Zing tawngtai Inkhawm (Dar 6:00-7:00)

Ni 11.3.2023 Inrinni zing Hruaitu : Pi R. Lalengmawii, c/m

Ni 12.3.2022 Pathianni zing Hruaitu : Pi Lalhmachhuani, c/m

Zan Inkhawm ban Thu leh Hlaa inpawlhona

Ni 11.3.2023 Inrinni zan Hruaitu : Pi Zochungnungi, c/m

Ni 12.3.2022 Pathianni zan Hlaa inpawlhona : Hruaitu Pi
Siampuii Pautu, c/m

HRIAT TUR PAWIMAWHITE

1. Inrinni zan leh Pathianni zan inkhawm banah hlaa inpawl ho a ni ang.
2. Inrinni zan inkhawm atangin Pathian hnena thilpek lak khawm a ni ang a, Pathianni zana thilpek hi a thlengtu pual a ni ang.
3. Inkhawmpui Lian hlawhtling taka kan neih theih nan i tawngtai ang u.

Hriat atan

1. Central-a lût tûr Bial Budget leh thawhlawm chi hrang hrang bâkah Agape chanchinbu man, Bank Transfer/Online Payment apps (YONO, Gpay, PhonePe, Paytm, etc) hmanga thehlûtte chuan a hnuai Kohhran Hmeichhe Department phone number târ lanah hian in-report zêl tûr a ni e.
 - i) **Central Budget, IKPL member fee, WDP, PWF, Rahbi tleu ãanpuina, Hospital puala inkhawm thawhlawm leh Kohhran Hmeichhe Ni thawhlawm thawna**
Account No. 35918210644
Customer Name: MPC Kohhran Hmeichhia
IFSC : SBIN0007058
 - ii) **Women Centre Budget/ãanpuina thawna**
Account No. 35576785404
Customer Name: MPC Kohhran Hmeichhia Women Centre
IFSC : SBIN0007058
 - iii) **Agape man thawna**
Account No. 35578510786
Customer Name: Agape - MPC Kohhran Hmeichhia
IFSC : SBIN0007058
2. Hêng kan sawi bâkah hian Bial Report Khaikhâwmna WhatsApp hmanga theh luh nân te, Agape lâk duh zât report nân te leh kohhran hmeichhe rawngbâwlina chungchânga biak duh nei tân Kohhran Hmeichhe Department phone number- **9233437689** ah hian biak theih kan ni e.

Kum 2023 hi Agape chhiartu zawng zawngte Editorial Board te chuan kum thar chibai kan bûk che u a, in chhûngkaw tân kum ãa lo ni mawlh rawh se.

KUM 2021-2023 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi Sailuti
Vice Chairman	:	Pi Vanlalhruaii
Gen. Secretary	:	Pi H. Lalfakmawii
Asst. Secretary	:	Dr. Lalthansangi Fanai
Treasurer	:	Pi Lalrinliani
Finance Secretary	:	Pi Lalhmingliani

COMMITTEE MEMBER-TE

- | | |
|----------------------------------------------|--------------------------|
| 1. Pi Zothansiami | 2. Pi C. Thanpari |
| 3. Pi Lalthakimi | 4. Pi R. Lalengmawii |
| 5. Pi Lalchhingpuii | 6. Pi Sailothangi |
| 7. Pi Lalengzami | 8. Pi A. Nazi |
| 9. Pi Siampuii Pautu | 10. Pi R. Lalnunluangi |
| 11. Pi Lamchhingi | 12. Pi R. Lalroliani |
| 13. Pi R. Lalrempuii | 14. Pi Zochungnungi |
| 15. Pi H. Zachhingpuii | 16. Pi Laldingliani |
| 17. Pi Zothanpari | 18. Pi H. Lalrintluangi |
| 19. Pi Lalhlimpuii | 20. Pi Hmangaihzaui |
| 21. Pi C. Lalbiaktluangi | 22. Pi Lalramzauvi |
| 23. Pi Lallungmuani | 24. Pi Lawmkimi |
| 25. Pi K. Lalthakimi | 26. Pi Lalnunhlimi |
| 27. Pi Lianzampuii | 28. Pi K. Rosiamliani |
| 29. Pi Lallawmkimi | 30. Pi Sawithangi |
| 31. Pi Lalrotluangi Sailo | 32. Pi Lalmachhuani |
| 33. Pi Vanrammawii | 34. Pi F. Lalmangaihzuai |
| 35. Pi H. Lalhlunpuii | 36. Pi C. Lalchungnungi |
| 37. Ni. Ruth Lalmangaihi, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. Dr. C. Chawngmingliana, Synod Moderator
2. Upa B. Lalmunliana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Lalrinkimi, Ex-Chairman

KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlna tihlawhtling tura thawh ho.
 2. Kristian chhungkua din nghehtir tura tan lak.
 3. Tanpui ngaite Krista hminga tanpui.
 4. Chanchin Tha puan darh.



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



Saitual Chhim Veng Bial Leadership Training

To

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