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Kristian Thalai Pawl
Chanchinbu
Thla tin chhuak



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Sermon

IKPEKNA

- Pastor R. Lalrosiana

Article :

Kal dêm dêm - DAMNA

- Zirsangzela



An chanchin:

TYSON FURY

- V. Lalbiakmawla

Hriselna :
RUIHHLO,
NGAWLVEINA,
DONA LEH
TUAMDAMNA

- Laldinlana sailo



Zir bingha

SUSTAINABLE DEVELOPMENT LEH KRISTIANNNA

Dr Lalruatsangl



Sulhnu :
UPA LALTHANKIMA CHANCHIN



RUIHILO THAT LOHZIA INZIRTIRNA : KHAWHAI SOUTH PASTOR BIAL



LEADERSHIP TRAINING : CHHINGCHIP MUALPUI PASTOR BIAL



KTP THIL TUM INZIRTIRNA : ZONUAM EAST BRANCH



LEADERSHIP TRAINING : ARMED VENG NORTH BRANCH

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Rawngbawl tûra chhandam

Thupui inngahna

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

Thil tumte

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

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REMCHANNA

Thuhriltu lar tak pakhat chuan Samsona'n Philistia mi sangthum thahna atan engvangin nge sabengtung khabe ruh kher kha a hman tih chungchang a sawi a. Khatih hun lai khan indona atan leh mi thahna atana hriamhreian hman tlang lawn ber chu ngunhnam te, chem te, fei te, thal te a ni a. Khatiang hmanrua hmang lo a sabengtung khabe ruh kher kha a hman chhan chu 'a awm remchan vang' a ni tiin a sawi a, a dik thei viau awm e.

Keini KṚP member- te pawh hian kan ngaihtuah ngai em le? Rawngbawlna chanvo hrang hrang mahni awmna Branch ah kan chelh ṭhin a. Ṭhenkhat chu Branch O.B, Branch hruaitu te kan ni ang a, Ṭhenkhat ve thung chu group hruaitu kan ni ang a, a ṭhen sub - committee hruaitute pawh kan awm ang. Tin, a ṭhen erawh chu chutianga committee peng hrang hranga mawhphurhna chanvo chang ve lem lo, rawngbawlna chanvo pawimawh tak tak - zai hruai, usher, thawhlawm khawn leh a dangte chelh a, theihtawp chhuah ṭhinte kan awm bawk a. Heng kan tarlan lem loh rinawm taka member lo ni ve ngar ngar, hnatlan nikhuaah te, activities hran hranah pawh mahni phak tawka tel ve ṭhin kan awm bawk ang.

Heng mi te zingah hian mahni insit tak leh huphurh taka mawhphurhna chelha hlen ṭhin kan ni ve fur tho in a rinawm a, Samsona'n sabengtung khabe ruh a awm remchan avanga a hmang ang khan Pathianin amah kan hnaih ve ṭang ṭang avanga remchang min siamsak a ni tih hi pawm ila, chu remchanna chu theihtawp chhuaha bawhzuia, a rawng kan bawl chhan ang taka Isua rinna leh amah anna kawnga ṭhalaite hruai kawngah te, Kohhran kutke ni tura kan inbuatsaihna kawngah te, Kohhran hnathawh tihpuitlinna kawngah te leh Krista Chanchin Ṭha puan darhna kawngah te chak zawk leh hlawk zawka ke kan pen ṭheuh theih nan Pathianin remchanna min pekte i hmang ṭangkai zel ang u.

Refugia
Editor



Sermon

INPEKNA



Pastor R. Lalrosiama, i/c ITI Veng Pastor Bial

Inpekna tih ṭawngkam hian a huam zau hle mai a, sap ṭawnga Commitment, Devotion leh Sacrifice tih te hi inpekna sawina ṭawngkam vek a ni awm e. Pu JF Laldailova dictionary-ah chuan heng sap ṭawng thumal te hi ‘thil ti tura intiamna,’ ṭahnemngai taka rawngbawlina,’ ‘mahni inphatna’ ti tein dah a ni. Pastor Rick Warren-a chuan ‘Your Commitment shape your life’ a ti a, chuvangin Pathian tana kan inpek dan a zir zelin kan nunah hian Krista hmel a lang fiah zel dawn a ni.

Mizo Kristian hmasa te kha Pathian tana an inpekna a lo thuk hle mai; tirhkoh Phaisama phei chuan, “Pathian Thlarau Thianghlim puihna tel lo pawhin Zoram hmarchan hi chu ka vai eng hrim hrim ang” a ti ṭhin e an tih chu. Pathian a hriat dan leh Thlarau Thianghlim pawimawhzia te chu la hre fiah chiah lo mah se, Pathian tana a inpekna erawhchu a tarlang Chiang hle awm e.

1. Kristiante tana INPEKNA nghahchhan
Khawvel Indopui II-na laia Ṭangrual Pawl Lawngrual ten

an chhiatpui em em chu Japan thlawhna khalhtu rual Kamikaze an tih ho kha an ni. Kamikaze tih awmzia chu van thli (divine wind) tihna a ni awm e. Heng Japan thlawhna khahtu rual (kamikaze) te hian ṭangrual lawng lian-ah te thlawk lutin an thihchilh ṭhin a ni. Heng mite hian an ram tan, an emperor tan an nunna an hlan a, an inpekna hi an ram leh hnam tan chuan a ngaihsanawm viau maithei, mahse an inpekna nghahchhan chu khawvel thil vek a ni a, Pathian lamah chuan awmzia a nei awm lo

ve. Chuvangin ringtute tan chuan kan rawngbawl chhan leh kan inpeknate hi Kristaa innghat a ni tur a ni.

1.1 Krista inpekna

Kristiante inpekna nghahchhan chu Pathian hmangaihna, Kalvari tlanga fapa Isua Kristaa lo lang chhuak kha a ni. Hmangaih Johana chuan, *“Amah chuan kan tan a nunna a pek tak avangin; keini pawhin unaute tan kan nunna kan pe ve tur a ni,”* (1 Joh 3:16) tiin a sawi. Tirkkoh Paula pawhin, *“Unaute u, Pathian khawngaihna avangin inthawina nung leh thianghlum leh Pathian lawm tlak ni turin in taksa chu inhlana ka ngen a che u,”* (Rom 12:1) tiin a sawi baw. Paula hian Kristian ten kan taksate Pathian rawngbawl nana kan pekna chhan tur a sawi chu Pathian khawngaihna, Kristaa lo lang baw kha a ni tiin a sawi. Rev Lalnghinglova, K.99 (R.I.P) khan ti hian a sawi, *“Teikhang Pastor Bial ka vawn laiin ka bial fan*

kawngah Sakei te, Savawm te a la tam hle mai a, tum khat chu ka thinlungah, kei Aizawl tlangval hi engatinge heng lai ram pilrilah hian ka vah ka vah mai le tiin ka ngaihtuah a, chu veleh ka thinlunga chhanna lo thleng chu, ‘Isua ka tan a thih vang a ni’ a ti.

1.2 Inpekna chu Pathian nena inzawmna rah chhuah a ni.

R a w n g b a w l n a kawnga mi inpe kan tihte reng reng hi thlarau lam nuna Pathian nena inzawmna thuk tak nei an ni deuh zel. Hemi rual chiah hian rawngbawl na kawnga inthlahdah, phurna leh a nawm dawn leh dawn lohva innghat, nuam dawna hriata phur taka kal, nuam dawn lova hriata thulh leh mai ang chi te hi, Pathian nena inzawmna tha taw. Lote an ni duh em em a ni. Chuvangin kan inpekna vawng nung reng tura pawimawh em em chu Pathian nena kan mimal nun inlaichinna hi a ni.

Ringtu mimal tin nunah hian indona a awm a, Tisa hian Thlarau dona lam a chak thin a, Thlarau pawh hian Tisa dona lam a chak bawh si thin, tiin Paulan min hrilh kha. Keimahniah hian Krista duh dan ni lova tisa dana nung tura min nawr ngar ngartu hi a awm a, chu chu Pathian nena kan inlaichinna tichhetu, Pathian tana kan inpekna daltu lian tak, damchhung daih si chu a ni. Lal Isuan, “Tupawhin mi zui a duh chuan mahni hrehawm pawisa lovin, ni tin a kraws puin mi zui rawh se. Tupawh a nun humhim duh apiangin a ch n ang a, tupawh keimah avanga a nun ch n apiangin, chu mi ngei chuan a humhim ang”(Lk 9:23) a ti a. Chuvangin Isua zui tura kan inpek tak tak dawn chuan nitina mahni thihna kraws put a ngai a ni.

Mizo zinga Mt Everest tlang lawn chhuak hmasa ber David Zohmangaiha khan Everest lawn chhuak tur khan Oxygen bur 6 a pai a ngai e

an ti, a hnawh ngawt ang!!! Mahse Everest tlang chhipah oxygen tel lovin a nun theih loh. Pathian tana inpekna tak tak hi chu nitina mahni thihna kraws putute nuna lo thleng, Pathian nena an inzawmna rah chhuah a ni.

2. Inpekna dal thei thilte

Sadhu Sundar Singh- a chuan, “Setana hian Isua zui lo tura min thlem hneh lo a nih chuan Isua kan zuina kawng hi hrehawm thei ang bera siam a tum thin” a ti. Chuvangin Pathian tana kan inpek dawn veleh hian kan rilru lamah hian thu a rawn sawi vat thin a, thiam tak leh fing takin kan inpekna thinlung ti khawlo turin virus chi hrang hrang a rawn thun thin.

2.1 Chhuanlam

Rawngbawl tura pen chhuah a tul ve leh a rilru lehlama lo lang nghal thuai thin chu chhuanlam hi a ni. Ka hman lo tlat mai, ka huphurh em mai, ka tlin ve lo vang, ka zak tlat tih tawngkam te hi KTP ten kan

hmang rim viau awm asin. Luka 9:57 ff. ah khan Isua zui duh mahse chhuanlam tha deuh deuh neite kan hmu. Pakhat chuan Isua hnenah a pa vui tir zawk a dil a, mahse Isuan a phal lo, Mi dangin a chhungte tawng thaa thlah lawk a dil bawk a, mahse chung chhuanlam te chu Isuan a pawmsak chuang lo. Chuvangin chhuanlam hi Pathian tana kan inpekna dal nana setana hmanrua a ni duh hle.

2.2 Ngaia neih

Industrial Sociologist hovin Industry-a thawkte dinhmun an zirchiannaah, thilsiam chhuahnaa thawktute hian an hna ngai an thawh rei lutuk chuan chhungril lama phurna leh thathona te an tlachham hret hret thinin an sawi a, hetiang hi Occupational Monotony Syndrome (OMS) an ti a ni awm e. Rawngbawlnaah pawh hian OMS hi a awm ve thei tho dawn niin a lang a, chutiang a nih chuan kan

inpekna chuan hniam lam a pan hret hret dawn tihna a ni. He natna biru tak ‘ngaia-neih natna’ vei lo tura kan fimkhur hle a ngai a ni.

2.3 Materialism

Dema chuan tunlai khawvel a ngainat avangin Paula leh a rawngbawlna a kalsan tih kan hria, keini pawh hian tunlai khawvel ngainat avang hian Isua Krista hi kan kalsan fo ang tih a hlauhawm hle. EPL inkhel hi weekend a ni deuh zel a, inkhawm lova inkhel en ta zawk hi KṚP member zingah engzat tak awm thin ang maw?

Mizo Kristian hmasa te zinga mi Duma khan, “Khawvelin Isua zui hi kirsan vek mahse, keimah chauh pawhin Isua ka zui ang” tiin a sawi a. Keini pawh mite inkhawm leh inkhawm lohah te, mite phur leh phur lo ah te inngat lovin a tawp thlenga Isua zui tura inpekna thinlung thar kan put a tul hle a ni.

3. Tunlai khawvel chona chhâng tura inpekna

3.1 A tak ram

Delhi-a Mall leh factory outlet lian pui pui bul hnaiah khuan dawr lian ve tak tak-ah thil i lei dawn chuan original product dik tak i hmu ang a, a to pawh a to alh ang. A aia tlawm deuh i duh chuan first copy, original first copy leh nearest tih thlengin lei tur i hmu bawh ang. Adidas a awm a, Adibas/Adidos/Adike te an awm bawh. Puma a awm a, Fuma/Huma/Pumike te a la awm zel bawh. Heti taka duplicate product tamna ramah hian mi ten an duh leh an ngaihhlut chu original tho a ni, a lei pha lote hlei hlei hian an ngaisang.

Tunlai Ṭhalaite zingah hian khawvelin a zawn chu a tak, a lem nilo, original, chawhpawlh nun nilo chu a ni. Kumin 2026 KṬP General Conference Fakna inkhawma tlangval pakhat mittui tla chuan Zoram khawvel a deng chhuak a nih kha!! Engvang

nge? tunlai khawvel, duplicate leh fake tam em emna hmunah hian nun tak tak nei, Pathian tana mi hlang, a tak rama chengte hi miten an zawn vang a ni ang.

3: 2 Ṭawngṭai leh Pathian pawl

Inpekna kawnga tunlai khawvel chona chhâng tura pawimawh ber chu ṭawngṭai leh Pathian pawl hi a ni. Tunlai khawvela kohhran ṭhangduang bera ngaih theih chu Korea rama Yoido Full Gospel Church hi a ni awm e. Tunah hian member mi nuai 8 leh sing 7 vel an awm, an pastor Paul Yongi Cho-a chuan, “Kan nuna thil pawimawh ber chu ṭawngṭaina a nih avangin hma taka mut kan thiam tawh a. Zirtawpni zanah tlaivarin kan ṭawngṭai ṭhin a. Kan biak in khat tlata tlaivara ṭawngṭai an hmuhin min tlawhtute chuan mak an ti hle ṭhin” a ti. Ṭawngṭaina hi Pathian ro dahkhawmna kawngkharpu hawnna chabi a ni a, thlarau nuna ṭhanlenna zawng zawng-

thlemna hnehnate hlauhawm leh harsatna kara muanna te, channa emaw chhiatna lo thlen changa chawlhna leh hahdamna hi ṭawngṭai fonaa innghat a ni.

3.3 No.1-ah Isua

Naupang pakhat hi Sunday School kal turin a kal a, a nu in cheng sawm note pahni a pe a, pakhat chu thawhlawm tur a ni a, pakhat chu ice cream leina tur a ni. Chutia hlim taka a kal lai chuan thli a rawn thaw phut a, a cheng sawm ken pakhat zawk chu khamah a len thla ta daih mai a, chhar rual a ni ta lo. Chu naupang te chuan, “Aw Lalpa i chan tur a len bo ta” a ti ta reuh a. Pathian aia i in dah pawimawh chhung chuan Pathian tan i inpe thei lo vang. Khawvel chuan rawngbawl na ai chuan zirna a dah pawimawh zawk a, rawngbawl na ai chuan chhungkua a dah pawimawh zawk a, rawngbawl na ai chuan hnathawh a dah pawimawh zawk. Mahse ringtu diktak chuan No.1-ah Isua an dah ṭhin. Mi zawng

zawng hi Pathianin ni khat-ah darkar 24 theuh min pe a, chuvangin rawngbawl nana ka hman lo kan tih chuan ngaih pawimawh zawk kan nei tihna a ni. Tu nge i nunah number one i pek ṭhin le?

4. Tlangkawmna

Inpekna tih te, taihmakna tih te, thawhrimna tih te hi a ṭawngkam chu hrang mahse a tum chu a thuhmun tho awm e. Mi inpe te chu mi taima an ni a, mi taima te chu an thawkrim ṭhin a ni. Thufingte 14:23-ah chuan “Thawhrimna zawng zawngah hian hlawkna a awm a, Kaa sawi mai mai erawh chuan tlakranna mai a thlen a ni” a ti. Paula pawhin Korinth mite hnenah, “Chuvangin ka unau duh takte u, nghet takin, tihchet rual lohvin Lalpa hna ṭahnemngai taka thawk fovin awm rawh u, in thawhrimna chu Lalpaah chuan a thlawn ngai lo tih in hre si a,” a ti bawk.

‘Inpekna kimah lawm a kim ṭhin, Ka Chhandamtu ka lawmna tikimtu’ Amen.

KAL DÊM DÊM-DAMNA



Article



Zirsangzela, Kawrthah Branch

Kristiana piang leh sei lian nuna thil mak leh dangdai tak pakhat chu kan nun han inchhut let ila Pathian nena intawh dan hi kawng khat tal kan nei theuh thin a ni.

Kristian ni chung a khawvel hrehawm apiang leh sei lian kan nih hi hmu thiam lo tan chuan kurpui tham a ni a. Chutiangah chuan nunin zawhna chhanna a zawng a, a chhanna kan dap ruai thin zawng a ni. Chu thil ngaihtuah chung chuan nun hi kan chhiar ve a, a rawngbawl na chanvo pawh kan zawh ve zel a ni. Chutah chuan zawhna tam tak kan nei thin; chu nun kan neih tawh si chuan eng vangin nge kawng kan bo a, engati nge kan nun a hahchawlh theih si loh? Eng vanga nun kawng zawh dik hlei thei lo nge kan nih? Zawhna chhan sen loh a awm thei ang.

Kha intawhna mualah khan mi tam tak chuan

khawngaihna avangin kan tawh ve tawh ngei ang. Amaherawhchu, chu intawhnaah chuan kan kal pel thei ve tlat a ni. Intawh ringawt hi chu thil thleng ve thei a ni a, keimahniin kan lo pawm leh pawm lohah hian kan nun kal zel tur hi a innghat thui hle a, intawhna ringawtah khan thlarau damna a awm si lo a, kan pawm ve a ngai a ni. Chu intawhnaah chuan zawhna lian tak awm thei chu, lo pawm ta ila, kan inhlan a ngai dawn si a, inhlan ta ila, kalsan ngai kha kan ui thin si a ni. Mihring takin la tih ve chak te, hma lam hun suangtuahna te pawh chan a ngai dawn si niin kan hria a. Lo pawm ta ila, kan duh loh lam daihin min pawt peng ang a, zahna kawnah min kalpui

ang tih hi kan hlau a, hlauhna chuan kan nun a luah thin a ni. Chutah chuan kan dam dawn tih kan hre si lo lai hi kan mutan pakhat chu a ni awm e.

Tunlai thalai ringtu nun hi chu a hmanhmawh thin si a, damna hi wawi leh khata lo thleng vut turah kan ngai a, zawi muanga dam kan tum lo. Chutah chuan bel vawtu kutah kan awm tih kan hre lo, bel vawtu chuan hlum bel mawi tak a siam theih nan rei tak a hlum a hrual thin a ni (Jeremia 18:6). Bel siam tur chuan hlum a ngai a, a hma (kan intawhnaah) chuan hlum mai kan ni a, bela siam min duhnaah hian hah chang te, nat chang te, tluk chang te pawh kan lo nei dawn a nih tih hriaiin Pathian kuta inhlan tur kan lo ni.

Chu damna kawng kan zawha kan hriat tur pawimawh tak chu miin Pathian a tawh a, a pawm hnua damna a chan angin kan

chang kher lo ang. Inang lo veka siam kan ni a, mi damna chan dana chan vek kan tum a nih chuan mi nunah intehin kan buai mai mai zawk ang. Chuvangin hmanhmawh loa kal dem dem kan zir hi a pawimawh hle mai. Pathian ruahmanna palzutin Esauva chuan a fa tir nihnain a ken tel malsawmna tam tak chu a hun rei lo te chhung riltamna tihreh nan a chaw wawi khat eiah a hralh a nih kha (Hebrai 12:16). Chuvang chuan rilru fim tak puin, thinrim vanga rilru nu but paih kiangin kal dem dem i zir ang u. Chu kal dem demnaah chuan tluk chang a lo awm a nih pawhin kan nunna hi min siam thatsak a duh a, Amah chuan felna kawng, kawng dik zawh leh turin min hrui reng duh a ni (Sam 23:3) tih hi kan hriat a pawimawh hle a ni.

Ka nunna thawpikna avang khan ka dam chhung kum zawng zawngah chuan zawi tein ka kal dem dem tawh ang. (Isaia 38:15)

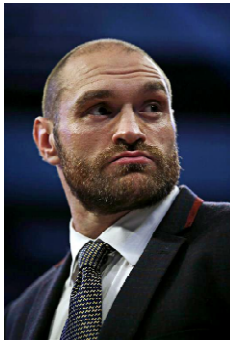
TYSON FURY



V. Lalbiakmawia, Thuampui Branch

Kum 1988 August ni 12 khan Tyson Fury-a chu England Rama Manchester khuaah a lo piang a. Hmanlai Irish nunphung vawng nung tlat t̄h̄n chhungkua aṭanga lo chawrchhuak niin Boxing an ngaina hle bawk a. A pa John Fury-a pawh boxer niin a fapa chu engtik niah emaw chuan boxer hlawhtling tak a lani venge ang tih hi a duhthusam ber ani.

A nu in a hrin hun hma thla thumah a lo piang chhuak a, a bawrhsawmin 1kg êm pawh a tlinglo a ni. Doctor-te chuan a dam chhuah beiseina an nei lo hial a, a m a h e r a w h c h u Pathian enkawl na azârah hrisel takin a lo ṭhang chho ta zâwk a ni.



hei hian a nuna hun harsa leh hrehawm tam tak a paltlang theih nân a pui nasa hle a ni.

Kristian chhungkaw ṭha tak aṭanga seilian anih avângin Pathian rinna kawngah a nghet êm êm a,

A naupan lai aṭangin a pa kaihhruaina hnuaiah boxing hi a khêl ṭan a, a thahrui chakna, a taksa lenna leh a bân sein a te chu mi pangngai aiin a ṭhat phah a. Nimahsela, hlawhtlinna zin kawng hi a lo awlsam reng bik lo, a boxing zin kawng a zawh ṭantirh

lam hian boxing huang chhûnghah sêlna a tawng nasa êm êm a. He sêlna hi a hneh theih nân nasa takin a inzir zêl a, hetih chhûng zawng pawh hian Pathian beisei leh auh a chawhlsan ngai lo a ni. Pathianin theihna sâng tak a pe a, amah hre reng chungah hmalam pana kal a tum tlat reng a ni.



Kum 2008 khan Fury hian eizawnna huanga boxing zin kawng a zawh chho tan a, tluang taka kalin a hmaa inlan te chu a hneh chho zêl

a. Kum 2015 khan a boxing zin kawng hun khirh tak a rawn her chhuak ve ta a, chu chu World Champion Wladimir Klitschko a hmachhawanna kha a ni. Klitschko hian khawvel heavy weight boxing a thunun hneh em em a, tuman Fury-a lakah hian a tlâwm an ringlo a ni. Nimahsela, Fury-an a sânnâ, ranna leh a thiamthil te hmang tangkaiin hnehna a chang ta a, khawvêl a rawn barakhaih chiang hle.

He a hnehna chan aţang hian Fury-a lârna chu a rawn pung zual thut a. Lârna leh mipui aţanga beiseina sâng zêl chuan a nun a delh rit nasa ta êm êm mai a. Rilru hrisel lohna lian tak chuan tlâk buak chho in, zu nasa taka in in nun khuahkhirhna a nei chhe ta êm êm mai a. Hetih

hunlai hian a nun chu nguaiin a beidawng êm êm mai a, khawvêl thila lârna leh sânna hian nun hlimna dik leh hahchawlhna nun a pe rêng rêng lo a ni tih a hmuchiawng ta a. A nun beidawn lai tak hian inlam lêtin Pathian hnênah a kîr leh a, ẵwngẵia Pathian hnêna ngaihdam dîlin Pathian dâwr nân a hun tam zâwk a pe chho ta a. A hnua interview-naah chuan Pathian beiseina leh rinna chuan a nun beidawng leh tlachhe tak aẵanga khâi chhuakin, *“Pathianah rinna neilo ila chu ka thâmral tawh ang”* a ti hial a ni.

Nasa taka insâwizâwiin, leh boxing zinkawng zawh leh tûrin hma a la chho leh ta a. Kum 2018 a rawn her chhuah chuan American boxer khauh tak mai Deontay Wilder nêan inhmachhawn a. Round 9-naah Wilder-an chiawng takin a hnek thlu a, mi pangngai

tân chuan thawh lehna âwm ni tawh loah mak tak maia rawn tho chhuak lehin hneh takin a bei lêl thei a. Tin, 2020 leh 2021-ah in hnek lehin, knock-out hmangin Fury hian hnehna a chang ve ve a ni.

Fury hian hnehna a chan zawha a Lal leh Chhandamtu Isua Krista hnêna lâwm thu a sawi hi a bâng lova. Pathian tâna a beih ẵng ẵngna, Pathian chhanchhuahna leh Pathiana rinna ngah hi a thupui ber a ni.

Kan tûkchhiat lai ber leh kan chan chhiat lai ber pawhin Pathian laka vui mai lovin Pathian au ila, amah autu apiang a thlahthlam ngailo a ni. Amaherawhchu, Pathian hian mahni ẵntanpui thînte chauh a ẵntanpui thîn tih hi hre thar leh ila, kan tih tûr chin kan kova innghat erawh kan tihhlawhtlin ve a ngai tih i hre thar zêl ang u.

SUSTAINABLE DEVELOPMENT LEH KRISTIANNA



ZIR BINGNA

Dr Lalruatsangi, Tuikhuahtlang Branch

Sustainable Development chu eng nge?

Sustainable Development kan tih hi Mizo ṭawng thumala hrilhfhiah dawn chuan ‘hmasawnna chhenfakawm’ emaw ‘hmasawnna tluantling/hmasawnna tlo’ emaw tiin kan hrilhfhiah thei awm e. Sustainable development hrilhfhiahna lar leh hman tam ber chu kum 1987-a Brundtland Report-in a hrilhfhiahna hi a ni:

“Sustainable Development chu tunlai thila kan mamawhte min phuhruk sak thei tur hmasawnna, nakin zela kan tu leh fate’n an mamawh an la hmuh ve theihna tur daltu ni lo hi a ni.”

A tawi zawnga kan hrilhfhiah chuan tuna hmasawnna kan kalpui mek hian nakin zela kan ram leh leilung a tihchhiat loh nana hmasawnna kalpui thiamna hi a ni.

‘sustainable’ thu an tarlang tel chawh ṭhin a ni.

Sustainable Development leh Kristianna

‘Sustainable Development’ tih emaw ‘sustainable’ tih thumal emaw hi tunlai khawvelah kan hmang uar chho hle a. Sumdawng tam tak pawhin an thilsiam hlutzawng tehna atan leh an inhralh theih phahna (marketing strategy) atan an thilsiam chhuah te chu a

Kristiante hi kan rinna bulṭhut chu Bible hi a ni a. Bible kan chhiar chuan a bung leh chang hmasa berah, “A tirin Pathianin lei leh vana siam a,” tih kan hmu a (Genesis 1:1). Pathian thilsiam hrang hrangin a zui a, a tawpah Pathianin a thilsiamte chu a en a, ṭha a tih hle thu kan hmu a ni (Genesis 1:31). Tin, chumi kal zelah chuan

Pathian chuan a thilsiamte enkawl hna (stewardship) thawk turin mihringte hi mawhpurhna min pek thu kan hmu baw (Genesis 1:28-30). Heng bakah hian Pathianin a thilsiam dangte hmanga thil min zirtir leh kawhhmuh a tumna hi Bible chang tam takah hmuh tur a awm a. Entirnan Sam 24:1 te, Marka 16:15 te, Rom 8:19 te leh a dang te.

Sustainable Development-in a tum ber chu tunlai khawvela kan hmasawnna hian nakin zela kan tu leh fate chenna tur khawvel a tihchhiat loh nan hmasawnna kalpui thiam a ni. Mihringte leh Pathian thilsiam dangte inlaichinna thuk leh ril tak, a laimu a ni. He inlaichinna hi Kristianna atanga thlirin ‘enkawltu tha nihna’ (stewardship) a ni a. Pathian kutchhuak leh thilsiam dangte hi mihringten mahni hmasial taka kan tihchhiat hian a Siamtu kan zah lo tihna a lo ni.

Sustainable Development Goals (SDG) hi i lo hre ve tawh em?

Khawveah hmasawnna lo thang zel leh intlansiakna chak tak kal zelah hian he hmasawnna tlo leh thuantling kan neih pawimawhzia khawvel ram hrang hrang hruaitute pawhin an lo hre chho zel a. Chumi kal zelah chuan kum 2015 khan khawvela pawl lian ber United Nations chuan Sustainable Development Goals (SDG) a lo tichhuak a, chu chu UN member zinga ram tam zawkin an pawmpui (sign) a, India ram pawh chumi pawmtute zingah chuan a tel ve a ni.

He SDG kan tih mai chhungah hian ‘goal’ hrang hrang 17 lai a awm a, heng ‘goal’ te hi kum 2030 ral hmaa tihhlawhtlin tuma beih tur te an ni. Chung ‘goal’-te chuan a tlangpuii retleihna umbo te, kan chhehvela boruak leh thilsiam dangte enkawl te, remna leh muanna thlentir lam te a kaw k a ni.

SDG thupuia langsar tak chu retheihna umbo leh mi zawng zawngin hmasawna intluktlanga kan chan ve theih hi a ni. Lal Isua khan ‘mahni inhmangaih anga midangte hmangaih’ (Rom 10:9) turin min zirtir a, hei hian mahni hmasial lo hmasawna pawh a kawh hle awm e. Chuvangin, tui thianghlim, ei leh bar, leh hriselna tha mi zawng zawngin an neih theih nana hmasawna kan kalpui hian Krista zirtirna kan nunpui a lo ni a. Tin, he leia vanram kan tem theihna kawng, Pathian lalram kan thlentir theihna kawng a lo ni dawn a ni.

Sustainable Development daltu lian ber chu kan duhamna hi a ni. Khawvel changkang chho zela ram hausate leh mi hausate duhamna vanga leilung a chhiat hian a tuartu hmasa ber chu ram retheite leh mi retheite an ni thin. Hmasawna tlo kan kalpui hian mi tlemte hausak vakna aiin, mi zawng zawng tana hmasawna tur leh mi

retheite tana himna kan ngaihtuah a pawimawh a, chutianga kan tih chuan Krista zirtirna kan nunpui a lo ni ang. Bible chuan, “Tangka sum ngainat hi sual tinreng bul a ni,” (1 Timothea 6:10) tiin min zirtir a, hei hian duhamna a kawh viau awm e. Kristian kan nihna chuan thil neih tam lam aiin duh tawh thiamna leh tlawmna min zirtir thung tur a ni a. Hei hi hmasawna dik leh hmasawna tluantling kawng a lo ni a. Kan thlarau lam hmasawna leh changkanna kan thlir hian kan leilung leh a chhehvel kan enkawl danah rah a chhuah tur a ni.

Engtin nge Mizoramah hma kan lak ve ang?

Mizoram ang tlang ramah hian kan leilung enkawl dan hi kan fimkhur a ngai hle. Ram dang, a bikin phai rama an tih leh neih ang zawng zawng hi kan ram tana him ve vek lo tih hi Mizo Kristiante hian kan hriat tlan a, kan inzirtir pawh a pawimawh hle. Thing leh

hnim kan humhalh a, kan luite kan enkawl thianghlim hian Kristianna hi kan nunpui tihna a ni. Kan hmasawwna kan tih hian kan tlang nuam tak takte hi a tichhia em? Kan ram hmasawwna hian kan tui hna a tibuai em? tihte hi inzawt fo ila a tha awm e.

Mimal nunah

Nula pakhat chuan a bazar-naah bag thui chawp a pai a, hman khat daih polythene la lovin a ak haw mai thin a, a theih ang angin ruahtui a khawl a, a chuktuah huana thlai tui pekna atan leh a scooty silnan a hmang a, a tlan loh ni atan scooty thar la mai lovin ke in emaw bus-in emaw a kal mai thin. Chu nula chuan thil ropui tak a ti lo a ni maithei; amaherawhchu a nunphung ho te anga langah inrenchemna a kalpui reng a, kum 2-3 vel hetiang a khawsakna hian danglamna a va thlen nasa dawn em! Hetiang chiah hian mimal tinin keimahni zawn theuhah tih tur leh tih theih kan nei vek a. Kan thawmhnaw hlui paih

mai lova midang pek emaw thil hruk fai nana hman te, kan lui leh kawr tihbalh lova thenfai hnatlanga tel ve thin te, kawlphehta (electricity) ren te, tul lova thing kih mai mai lohte leh tul lova sa leh sava kah mai maite pawh kan tih loh ngam chuan kawng engemaw takin hmasawwna tluantling leh tlo lam kawng kan zawh reng a lo ni dawn a. Pathianin a thilsiam dangte duat taka enkawl tur min tihna kawngah tha kan lo thawh ve dawn tihna a lo ni.

Kohhranah

College pakhat chuan an campus chu 'Plastic Free' campus-ah an puang a. An campus chhungah chuan tul lova hman khat daih plastic reng reng ken luh an phal lova, tui in tur pawh mahni inpaian emaw cooler-ah dawh tur emaw an dah mai a ni. Chu chu Kohhran pakhat chuan lo hriain entawn tlak a ti hle a. An Biak In leh a chhehvel reng rengah inneih an awmin emaw, inkhawmpui an thlen tumin emaw, mitthi

vui leh programme dang an hmanna reng rengah plastic tui bottle sem an khap ta a. He hian plastic bawlhhlawh tam tak ti ziaawmin, Kohhran leh mimal sum pawh a ti hek lo sawt bawk a ni.

Kohhrante hian kawng hrang hrangin Pathianin kan chenna tura leilung min pek hi tha taka enkawl dan tur hi kan inzirtir thar a pawimawh hle a. Thlarau lam thupui kan tih nen pawh a inpersan hauh lo tih kan hriat pawh a pawimawh hle awm e.

Tipna

Tirhkoh Paula khan kan thlen chin atanga 'hmasawn' zel turin ringtute a fuih a. Hei hian hmasawnna hi ringtu nunah a pawimawhzia a tarlang. Chu hmasawnna chu mahni hmasial taka kalpui a nih chuan a khing bai a, a tlo lovin a tluantling dawn loh mai bakah a Pathian duhzawng a nih a rinawm lo hle. Kan leilung hi damdawi in (hospital) ni lovin, huan (garden) a ni a. He huan

enkawl tura Pathianin a bik taka a ruat mihringte hi vawiina kan hmasawnna hian naktuka kan hmasawnna tur a tichhe tur a ni lo. Krisitante hi Pathianin a duhtaka a siam leilung hi enkawl turin mawhphurhna pek kan ni a, chu mawhphurhna chu kan theihna zawn theuhah hlen chhuah i tum zel ang u.

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UPA LALTHANKIMA CHANCHIN (1923-2004)



KTP Vice Chairman (Asst Leader) hmasa ber

Upa Lalthankima hi March 7, 1923 khan Saitual khuaah a piang a. A pa chu Vanzika niin, a nu chu Murlenthangi a ni. A pa hi Manipur Senvawn rama chanchin tha hrila kal hmasa berte zinga mi a nih avangin ‘Kantu Vanzika’ tiin an sawi thin. An unau hi pariat (mipa paruk leh hmeichhia pahnih) an ni. December 18, 1946 khan hlaphuah thiam CZ Huala fanu Zaithangi nen an innei a, fa pathum (mipa pahnih leh hmeichhia pakhat) an nei. A nupui hian January 27, 1980 khan a thihsan a, a nupui thih hnu kum ruk naah Lalrosiami, Reiek khua nen an innei leh a, fapa pahnih an nei.

**A hun hmasa lam leh
hnathawh:**

Upa Lalthankima hi Indopui pahnihna lai khan Indian Army Medical Corp ah a tang a, sipai atanga a ban hnu hian zirtirtu hna thawk chungin lehkha a zir chhunzawm zel



a, B.A, B.Ed thleng tha takin a zir zo leh a ni. Champhaiah leh Reiek khuaah te zirtirtu hna a thawh hnuah kum 1957 ah Lushai Hills District

Council member atan thlan a ni. Kum 1965 ah Vaivakawn, Aizawl ah Aijal High School a din a,

Mizoram buaiin a nan tak avangin an khar leh a, kum 1968 ah chu High School vek chu dinthar lehin K h a w p u i a Memorial High School tiin a hming

an vuah ta a, Govt. K.M. High School, Dawrpui Vengthar tia kan hriat lar tak hi a ni a, he school dintu leh Headmaster hmasa ber a ni a, he school atang hian mi thiam leh mi hmingtha tak tak an

lo chhuak tawh a, he High School-ah hian a pension (March 8, 1988) thleng a thawk a ni. A eizawna zirtirtu hna bakah hian Serampore University ah paper setter & examiner ah te a tang a, Mizoram sawrkar hnuaiah One Man Boundary Committee, Village Council Tribunal, Mizoram Textbook Committee, Prohibition Council, Mizoram Board of School Education Selection Committee for Ministerial Staff, State Panchayati Raj ah te member a lo ni tawh a, Sub Committee on Language ah Convener a ni bawk.

Zirna tha ber ber dawng bik siloa Mizo zinga sap tawng thiam ber pawl, zirtirtu tha a sawi a tling. A hranpaa Pathian thu zirna a neilo nain Pathian thu thiam a tling a, thusawi a thiam a, a ziak thiam baw k a. Mam leh fel fai leh dak thlarh maiin, fun kim tak siin thu a ziak thiam a ni.

A rawngbawlha chanchin leh KṚP an din dan leh a sulhnute : Upa Lalthankima hi kum 1953 ah Synod Preacher Exam ah tha takin a Pass a, kum 1967 ah Dawrpui Vengthar Kohhran Upa atan nemngheh a ni. Chhimthlang Presbytery-ah Secretary ah kum 9 a tang a, Dawrpui Vengthar Pastor Bial Chairman-ah tum hnih a tang. Kum 1995 leh 1996 ah a kum zawnin Aizawl Presbytery Moderator ah a tang a, heng bakah hian - Synod Executive Committee, Synod Pastoral Committee, Synod Music Committee, Synod Home Mission Board, Synod Education Board, Assembly School Committee, Hospital Board ah te member a ni tawh a ni. Synod Revival Speaker ah te a lo tang tawh a, Mizoram hmun hrang hrangah Chanchin Tha hrilin a zin thin baw k a ni. Pathian thusawi a thiam a, a sawifiah thiam bik tia sawi a ni thin. A sermon bu pawh Dawrpui Vengthar Branch KṚP ten an lo tichhuak tawh a ni.

Reiek Presbyterian Kohhranah kum 1930-1937 vel aṭangin Ṭhalaiten inkhawm an lo nei tawh a, kum 1951 thleng ṭhalai inkhawm an lo nei a, amaherawhchu, a lo zuih leh ta hle a, 1952 ah Reiek khuua Middle School zirtirtu hna thawka a awm thar Lalthankima hnenah ṭhalai puala inkhawm lo chuai ta chu tihnun leh dan ngaihtuah turin an sawi fo va. Lalthankima tuipui zawng tak a lo ni baw a, hemi kum hian “Ṭhalai Pual Inkhawm” chu an tithar leh ta a ni. Lalthankima chuan Presbyterian Kohhran hnuaia Ṭhalai pawl din a ṭul zia a sawi uarin a vei hle a, Kristian Tlangau chanchinbu ah te pawh a chhuah fo ṭhin. Kum 1952 August thla Kristian Tlangau chhuakah phei chuan awmze nei takin ṭhalai pawl din a ṭulzia a ziak a, Wales rama “Presbyterian Forward Movement” an lo neih dan te, chu chuan Kohhran tha a tihchak dan te a ziak a, Kohhran hnathawh tichak tur

te, inkhawmpui leh tualchhung kohhran rorel chu lek kawh tlat a bei tur te, hla sak thiam zawk tur te-a bei tur te, thusawi zirna hun remchang a awm theih nan te, Kristian nula leh tlangvalte chu Kohhran rorelna hnuaia lawm taka rawngbawltu an nih theihnan ‘Kristian Ṭhalai Pawl’ (Christian Youth Movement) din a ṭul zia a lo ziak a. Chanchinbu hmanga rawngbawl tlan dan turte, Pastor Bial tina ṭhalai pawl inkhawmpui kan neih vek theih chuan awmzia a neih dan tur te, ṭhalai pawl tih awm ṭhenkhatte leh a pawimawhzia leh a ṭul zia kawng hrang hrangin a lo ziak a ni. Synod Standing Committee-ah Ṭhalai pawl din a ṭulzia chu lehkha a thehlut a, tichuan, chumi thu bawhzuiin kan Zosap Missionary Rev. O.W Owen chuan Reiek aṭangin a chah chho a, Kristian Ṭhalai Pawl (KṬP) an din ho ta a ni. Chutah chuan Rev. OW Owen chu Chairman a ni a, Lalthankima chu Vice Chairman (tuna Asst. Leader

kan tih hi) a ni. Kristian Ṭhalai Pawl tih hming hi ama phuah a ni. KTP thupui atan “Rawngbawl tura Chhandam (Saved to Serve) tih hi a lo thlang fel diam bawk a, Provisional Constitution pawh a buatsaih a ni. Ram pumah KTP chu a lo darh ta zel a ni.

Upa Lalthankima hi hla phuah lamah pawh a in hmang hma hle a, kum 15 mi lek a nihin zoram rimawi khawvel dengchhuak khawp hla lar a lo phuah tawh a, hla a phuah tam lo na a, a hla phuahte chu a ṭhain belhchian a dawl em em vek a ni. Mi thil chik mi leh ngaihtuah nasa a ni a. Thihna chungchang te hi rapthlak a tih avangin a ngaihtuah ngam ngailo a, “Pathian hi engvangin nge maw a lo awm le...Awm lo sela, keini pawh awmlo ila” ti tein a ngaihtuah ṭhin a. Mihring nun bul a ngaihtuah a, hahthlak a ti a, ngaihtuah tur tam a ti a. Natna te, tawrhate, thihate hian a ngaihtuahna a tibuai a. A nun chuan chawlhna a mamawh

a, a thlarau vakvai chuan vawn tur nghet a zawng a, nun buai taka a awm lai chuan kum 1950 khan Pathian khawngaihna leh thlamuanna chu amahah a lo thleng ta a. Chhandam nih inhriatna lawmawm tak chu a lo chang ve ta a ni. A nun vakvai chuan chawlhna a lo hmuh takah chuan :

*“Kraun hlu ber chu ka ta ni se,
Ka Isua ka khum tir ang;
Nunna lalah ka thlang ta e,
Lal dang rawng ka bawl lo ang”*

tiin hla thu hmangin a lo au chhuak a ni. Mizo hla pariat a phuah a, sap hla engemaw zat a phuah a, sap hla engemaw zat a letling bawk a, Kristian Hla Buah hian a hla lehlin pahnih a awm, KHB No.269 “Ṭawngtai hun hlu” tih leh KHB No.458 “Ṭlaitla eng mawi kawngkhar hawn tur chu” tih te a ni a, he hla pheih chu kum 2006 khan ram pum huap zaipawl intihsiakna atana hman a ni. English Literature ah a tui hle

a, Pu James Dokhuma novel, “Gabbatha” tih pawh sap tawngin a letling baw. Lehkhabu pariat a zia a, article pawh a zia hnem hle a, kum 1996 ah khan Mizo Writers Association leh Art & Cluture Department tangkawpin thu leh hla thiam chawimawina an hlan nghe nghe. Heng bakah hian All Assam Inter-College Debate leh Public Debate ah te Best Debator a lo ni tawh thin a, Cup leh Shield engemaw zat a lo la tawh baw a ni.

A hun hnuhnung : Ruhseh benvawn a nei a, tin, a kum a lo upa ve tan baw nen kum 2004 kum laihawl vel atangin a lo chaklo zuala, a chaw eite a tuilo a, a lo chaklo chho zel a, a khumbet chho ta tial tial a, October 10, 2004 (Pathianni) zing dar 6:30 khan ama duhthusam ang ngeiin Pathianniah a Lalpa hnenah a lo chawl ta a ni. A lo sawilaw tawh leh a duhthusam ang ngeiin a thihni hian Ex-Servicement hovin

tawtawrawt hama chawimawiin an thlah a, amah thlahna Kohhran hoten Dawrpui Vengthar Kohhran Biak Inah hman a nih hnuah thlanmualah ropui taka thlahliam a ni.

Kum 81 zet a nih tawh hnu KṮP Golden Jubilee kum, 2004 a Joint YMA Field Vaivakawn a Pandal hlan Inkhawma a thu tawi sawiah chuan KṮP te chu “Chhiahhlawh nih” zir turin thu min chah a, Lal Isua chuan a zirtirte ke a sil a, inhrukna puan a la a, a hru fai angin Chhiahhlawh nun Discipleship Training lampang hi Leadership Training tluk tho a uar mah mah turin min chah a ni.

R a w n g b a w l t u chhuanawm tak Upa Lalthankima chu chatuan mi ni tawh turin he khawvel hi a lo chhuahsan tawh a, a taksa chu awmtawhlo mahse KṮP te tana a lo thawh tawh zawng zawngte, a thu leh hla te chu a nung reng tawh dawn a ni.

RUIHHLO: NGAWLVEINA, DONA LEH TUAM DAMNA



Hriselna



*Laldiniana Sailo, MBBS,
Fellowship in Addictive Disorder Treatment*

Ruihhlo chuan kan taksa peng pawimawh ber pakhat- thluak hma lam(pre-frontal cortex) uluk tak leh chik taka thil kan ngaihtuah theihna hmun, chhia leh tha kan hriatna a khawih buai a.

Mihring thluakah hian hriatna thazam tam tak a inzawm khawm a, heng hriatna thazam hrang hrang inkarah hian hmun awl 'synaptic cleft' a awm a. He synaptic cleft hi neurotransmitter ho awmna lai a ni a. Neurotransmitter (thluaka thu pe chhawngtu chemical kal kual awm khawm) ho endorphins, dopamine, serotonin, oxytocin, noradrenaline te rawn sang hian mihring hriatna timur a titho a, thathona a siam a, a bikin dopamine- nuam/thawven huaina siamtu hi ruihhlo kan tih hian a sang em em a(mihringin nuam kan tih thil dang let tam tak aiin ruihhlo kan tih hian dopamine insiam kha a sang zawk a ni).

Ruihhlo kan tih hian kan nunah eng nge nghawng a neih, Pathian kan chawimawina daltu leh min siam chhan anga min nuntir lo tu a ni tih kan ngaihtuah nawn fo a tul. (I Korinth 6:19-20: A nih leh, in taksa chu, in chhunga awm Pathian hnen aṭanga in hmuh, Thlarau Thianghlim in a ni tih in hre lo em ni le? Mahni ta pawh in ni lo va, man a lei in tawh asin; chuvangin, in taksaah chuan Pathian chawimawi rawh u)

Kum 1956 khan The American Medical Association(AMA) chuan ruihhlo ngawl veina hi natna(disease) chi khat tiin a lo pawm a, natna reng reng chu enkawl a nih loh chuan a

zualkai zel a, a tawpah thihna a thleng thin, chutiang chiah chuan ruihhlo ngawl veina pawh hi a ni- nasa taka enkawl ngai a ni.

Chutih rual chuan thil reng reng hi ‘a ni’ kan tih dawn chuan tehfung felfai tak a awm a ngai a, ngawlvei leh vei loh tehfung atan DSM-5 in tehfung atana a hman chu heng te hi an ni:

- Ruihhlo a tih lohin a thîng let em?
- A duh duh danin a dose a thunun thei em?
- A nuna a ngaih pawimawh thin ten hmun an chang thuk tawh lo em?
- Ruihhlo chak veng vengna a nei em?
- A taksa, rilru hriselna a nghawng a ni tih hre reng chungin a tilui zel em?
- A sum leh pai a nghawng em?
- A hna a nghawng em?(Thiante/thawhpuite kep reng a ngai em?)

- Ruihhlo avangin a chhungte nen an inkarah buaina awm mahse a tilui zel tho em?

A chung a kan tarlan zinga point 2 tal khi ‘Aw’tia a chhan theih chuan ruihhlo ngawlvei anga chhal theih a ni.

ENG VANGIN NGE MIIN RUIHHLO A TIH?

Nu emaw pa ruihhlo ti an awmin(an fateah a let 2 atanga let 4 thlengin an than len hunah ruihhlo tih theihna chance a awm)

- Nu leh pa inthên kar atanga seilian
- Ti ve chhin chak hrim hrim
- Nachhawktu atan
- Harsatna theihnghilh nan
- Thian kawm fuh loh vangte
- Chenna veng/khuain a zir loh- a ti mek/ a zuar an tamin
- Ruihhlo lian tham ni a kan ngaih chiah

loh(gateway drug) heng,
meizial zuk, zu in zeuh zeuh
leh vaping, kum naupang tak
aṭanga lo ti ṭan an nihin

- Ṭhiante zinga len duh
vang(acceptance)

***Miin ruihhlo a tihchhin/a
tih ṭan kum tlangpui:
Meizial (kum 9-12), zu (kum
13), marijuana leh ruihhlo
dangte (kum 14)**

RUIHHLO KAN RAM MIN RUNTU:

Excise & Narcotics
d e p a r t m e n t (E N D)
chhinchhiah danin kum 1984-
2025 chung khan
Mizoramah ruihhlo vanga thi
zat chu mi 1990 an tling tawh
a, an zinga 1746 chu mipa
niin hmeichhia 244 an awm
bawk(heta ruihhlo han tih
hian proxyvon, heroin leh
damdawi mum a huam deuh
ber a, chutih rual chuan kan
thihchhan tam ber zu erawh
he data-ah hi chuan chhiar tel
a ni chiah lo a nih hmel a, zu
vanga boral chhiar tel chuan

thi zat hi a let tam tak a nih
ngei a rinawm)

Central sawrkarin a
zirchianna ‘National Survey
on Extend and Pattern of
Substance Use in India
2019’report-in a tarlan danin
Mizoramah heroin a inchiu
ṭhin, 2017-2018 khan mi
28,288 kan awm tih kan hre
thei a, hei hi 2018 kuma
Mizorama mihring awm zat
chhutin 2.22% a ni a. Kumin
2026 hian Mizoramah
mihring 1,430,000 vel kan
awm angah ngai ta ila, chuti
a nih chuan mi 31,460 vel
heroin a inchiu ṭhin an awm
tura ngaih a ni.

Mizoramah home leh
centre hrang hrang ruihhlo
ngai enkawlina(rehabilitation
center) 45 vel a awm a,
chungah chuan hnathawk thei
rual ṭhiau mi 4000+ an awm
mek anga ngaih a ni a, heng
enkawlina hmun kan neihte hi
an lunin an buk em em vek

hlawm mai a, eng hi nge dik lo ni ang le? kan ram hi a damlo takzet zet a ni.

RUIHHLO DO DAN TUR LEH TUAM DAMNA

***Supply reduction:** Supply reduction chu awlsam taka ruihhlo hmuh zung zung a nih lohna tura hmalakna leh bawhzuina hi a ni. Entirnan: Excise&Narcotics, YMA, JAC-te hmalakna

***Demand reduction:** Demand reduction chu drugs tih chakna leh tih nasatna tihziaawm tumna a ni. Entirnan: Awareness campaign, Rehabilitation service

***Harm reduction:** Harm reduction chu ruihhlo ti mekte taksa chhe zel tur venna hi a ni. Entirnan: Opioid Substitution Therapy(OST) semte, HIV leh Hepatitis C laka invenna tura needle exchange programme.

Mizo hnam anga kan hmasawwna tur lian tak pakhat chu ruihhlo ngai te hian sim tumna tak tak thinlung an put a, he mi enkawl na lama thawk te pawh hian tun ai hian tan kan lak nasat lehzual a tul. Enkawlna hmun atanga an lo chhuah hian after care support tha tak nena kan enkawl zui a pawimawh takzet.

Enkawlna zuina kawnga khawvel huapa hlawhtling em em Alcoholics Anonymous (AA) kum 1935 a din leh Narcotics Anonymous (NA) kum 1953 kuma din chungchang hi han sawi dawn ta ila, AA leh NA hi pawl hrang ni mah sela tum thuhmun nei an nih avangin an pawl kal hmang pawh a inzul em em a, tun tumah pawh hian an pawl nih phung tlangpui han sawi dawn ta ila:-

AA leh NA chu ruihhlo ngawl veitu pawh tel theihna pawl(fellowship)a ni,sumdawnna a ni lo a, sakhua leh politics sawi a rem

lo, anmahni hming thai lang
lova an inzawm theihna tura
siam a ni.

Thil tum langsar
zualte: Ruihhlo ngawlveina
atanga tal chhuah, ruihhlo
nghei duhtu pawh a nghei
theihna tura tanpui.

**AA leh NA kal
phung:** Member-te an
inhmangaihin an inngaihsak
em em a, ruihhlo an ngheina
kawnga an nuna harsatna chi
hrang hrang an paltlang dan
te sawiin mi dangten an lo
tangkaipui ve theihna turin
sawi hona an nei thin
(Physical leh online meeting).
He an inhmukkhawmnaah
hian rahbi 12 (12 steps) zir
hoin sawi hona hun an hmang
thin a, chu chu mihringin a
nun a siamthat a, nun kawng
dik a zawh theihna tur a ni.
Ruihhlo lo nghei tawh ten a
nghei duh te an pui thin a,
chu chu SPONSOR tiin an
sawi (S-sober, P-person, O-
offering, N-new comers, S-
suggestions, O-on, R-
recovery).

An pawl thil tum tam
tak hi Oxford Group(20th
Century Christian movement)
thurin atanga lak chhuah a ni.
An pawl tawngtaina hi han
tarlang ila (inhmukkhawm an
tan dawnah leh ban dawnah
an sawi rual ziah thin):

**‘God grant me the serenity
to accept the things I cannot
change, courage to change
the things I can, and
wisdom to know the
difference’**

A Mizo tawng chuan
heti hian lo dah ta ila: ‘Lalpa
ka tih danglam theih loh thil
te pawm thiam thei turin
thlamuanna min pe la, ka tih
danglam theih thil te erawh
chu tidanglam ngam turin
huaisenna min pe ang che.
Tin, heng thil pahnih
danglamna hmufiah thiam thei
turin finna min pe bawh ang che’

*(Galatia 6:2- In rit phurh te
chu inchhawk tawn rawh u;
chutichuan, Krista dan thu chu
in zawm a ni ang)*



HRINGLANG TLÁNG

CONFUCIUS LEH KRISTA

Kristian hruaitu pakhat, Chinese mi, CK Lee-a chuan America-ah rawngbawlina a nei a. A thusawi zawh chuan ngaithlatute lam atanga zawhna a awm leh awm loh a zawt a. Mi pakhat chu lo dingchhuakin ti hian a zawt ta a, “China ramah Missionary kan tirh luh a tulna eng nge awm ang, Confucianism sakhua a awm tawh reng a ni lawm ni? a ti a. Confucianism chu Chinese mifing, Confucius-a (551-479 BC) hmuhchhuah a ni.

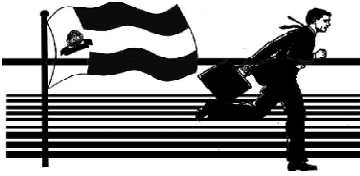
Lee-a chuan Missionary thawn luh a nihna chhan tur kawng thumin hetiang hian a sawi a :

(i) “Confucius-a chu zirtirtu fing tak a ni a, Isua Krista erawh chu Chhandamtu a ni. China hian Chhandamtu a mamawh a ni.”

(ii) “Confucius-a chu mihring a ni a, a thi tawh a. Isua Krista chu Pathian, thihnain a ngam loh Pathian nung a ni. China hian Pathian thi tawh ni loin Pathian nung a mamawh a ni.”

(iii) “Confucius-a chu engtikni-ah emaw Pathian hmaah rorelsak turin a la ding dawn a. China hian kan chung a roreltu tur kan hmuh hma hian amah chu Chhandamtu a ni tih kan hriat a, kan rin a ngai a ni,” tiin.

Ni e, China chauhin Chhandamtu Isua Krista hi a mamawh lo a, khawvela mi zawng zawng hian kan mamawh a ni. Judaism te, Sikhism te, Hinduism te, Buddhism te, Jainism te bakah sakhaw tam tak awm mah se eng ‘ism’ mah hian chatuan hremhmuna kal tur chhandamna an nei lo a ni.



KANTU

VAPHAI BRANCH

Vaphai Branch hi kum 1961 ah din tan a ni a, Farkawn Pastor Bial ațanga indang an ni. Tunah hian member-283 ni mekin mipa-170 leh hmeichhia-113 an ni a, Kristian Țhalai chanchinbu copy 70 an la mek bawk.

Kum 2026 hian Group hnihah an inthen a, Sub-Committee peng hrang hrang pasarih hengte hi siam a ni: Media and Decoration Evangelism, Missionary Cell, Ushering, Light & Sound , Țhalai Aw Editorial Board leh Junior KȚP te a ni.

Chanchinbu “Țhalai Aw” kartin an tichhuak a, an sumtuakna hrang hrang te chu-blanket suk, minute bu siamte, slab chhun te, sahbawn tui siam te, thingzai lak te, huan sam te, faith promise ațang te leh inkhawm thawhlawm ațang te in an thawk chhuak thin a ni.

Thawhtanni zan inkhawm hi chawh rualin member 50 Inkhawm thin ang an ni a, za zel ah 17 ang vel a ni. Thawhtanni zan hi Sermon,

Kumpuan Thupui zir, CKȚP ațanga zir tur lo kal zirho, Group Nite, Awarness Campaign te an hmang thin a, Pathianni chawhnu inkhawm banah ȚawngȚai inkhawm leh Fellowship an nei thin bawk a; chawh rualin member 35 vel tel thin ang an ni.

Tunah hian SMB hnuai ah thawk pakhat an nei mek a, thawktu SMB hnuaiah 14 an chawm mek. Group inelna hengachte hian neih thin a ni-inkhawm tam, Nilai zan, Inrinni zan inkhawm kal hma tihte a ni. Branch Project atan- Printer, Guitar, Solfa leh Hla Hril Training, Bial pawn tlawh, Member 150 inkhawm, Semchhuaka carol service te an nei mek a ni. CKȚP-in ti tura a tih ang te an la ti hlawhtling thei ve zel bawk a ni.

Keimahni



○ April 11 & 12, 2026 khan NE Khawdungsei Venghlun Branch KṮP ten an Silver Jubilee hman pui tura min sawm angin Pu Lalruatpuia Asst. Secretary leh Tv. Vanhmingliana C/M te an kal.

○ April 22 2026, Nilaini khan RM McCabe Hall, Aijal Club a One Day Programme on State Level Sensitisation, Awareness and Consultation on Socio-Cultural and Economic Impact of the KMMTTP and Railway Line from Bairabi to Sairang Programme ah CKṮP aiawh in 5 an kal.

○ April 23, 2026 (Ningani) khan Missionary Training College, 14th Graduation Service neih ah Tv Lalringliana C/M leh Pu Lalnunsiamia C/M te an kal.

○ KṮP Chhingchhip Mualpui Bial, Leadership Training Hualtu kohhran Biak Ina neihah T.Upa Lalremsiamia Khiangte C/M leh Tv. Lalbuatsaiha Khawlhiring C/M -te an kal.

○ May ni 5, 2026 (Thawhleghi) zan khan KṮP YRC Convention Centre-ah Mizoram Synod Choir 2024-2026 term te thlahna hun hman a ni. Programme hi Pu Nicholas Lalbiakzuala, Asst Leader CKṮP-in a kaihrui a, Rev Dr KM Vanlalpeka, Leader, CKṮP in thuchah a sawi. Zaipawl member-te hnenah Memento hlan a ni bawk. He hunah hian Central KṮP Committee member, Synod Choir member leh Choir member chhungte an kal.

○ Central KṮP Committee Member Orientation cum Retreat chu May 8 & 9, 2026 khan Aizawl Theological College-ah neih a ni.

○ April ni 27, 2026 (Thawhtanni) khan Kristian Ṯhalai Pawl Khawhai South Pastor Bial ten 'Ruihhlo Ṯhat lohzia Inzirtirna' Khawhai Kohhran Biak Inah an nei a, Upa Lalbiakfela, Treasurer leh Tv. B.Laldinpuia C/M te an kal.

CROSSWORD

Heng a hnuaia Bible-a hming 10 hi han zawng teh:-

- | | |
|------------|-------------|
| 1. Chaka | 2. Nephtali |
| 3. Galili | 4. Talhtum |
| 5. Rorelna | 6. Manase |
| 7. Nguina | 8. Sidar |
| 9. Zebulun | 10. Remna |

C	H	A	K	A	A	U	L	S	T
H	U	N	G	A	L	I	L	I	A
U	Z	U	A	N	G	M	L	D	L
R	E	M	N	A	M	A	N	A	H
I	B	U	H	I	T	N	A	R	T
H	U	A	N	H	N	A	R	T	U
N	L	U	P	M	E	S	I	A	M
I	U	E	R	O	R	E	L	N	A
M	N	G	U	I	N	A	T	U	R
S	U	N	H	L	U	T	H	O	A

ZAWHNA LEH CHHANNA HUANG

***KTP chungchanga zawhna neite chuan a hnuaia
phone number tarlanah hian zawhna a zawh theih a, a
remchan ang zelin kan zawhnate hi a chhanna nen Kristian
Thalaiah hian chhuah thin tum a ni e.***

Phone No: 97745 83804



KANTU : VAPHAI BRANCH



MIZORAM SYNOD CHOIR (2024-26) THLAHNA : YRC CONVENTION CENTRE



MIZORAM SYNOD CHOIR (2026-28) HLANNA : BIAK INPUT, MISSION VENG



CKTP COMMITTEE (2026-28) ORIENTATION CUM RETREAT : ATC

Postal Regn. no. MZR/ 116/ 2024-2026 RNI No. MIZMIZ/2009/29074

KRISTIAN THALAI MAN PEKNA

Account hming : KTP

Account No. : 30045422892

Bank : SBI, Mission Veng Branch

IFSC Code : SBIN0007058

Account-a Chanchinbu man pelulen Receipt Screenshot

Whatsapp No. 8787480280-ah Ihawn zel lur a ni e.

MIZORAM SYNOD CHOIR 2026-2028

CONDUCTOR

Pu Benjamin Thanglianmawia
Mission Veng Bial
Mission Veng Branch

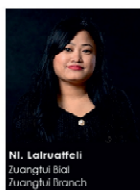


DIRECTOR

Pu Vanlalremliana
Central KTP Committee
Chanmari West Bial



Soprano



Ni. Lalruateli
Zuangtui Bial
Zuangtui Branch



Ni. Itadasi Lalropari
Chawipul Bial
Chawipul Branch



Ni. Lalrinchhah
Venghni Bial
Upper Republic Branch



Ni. C. Lalrinzuall
Challang Bial
Tly Veng Branch

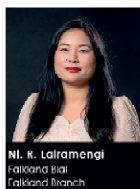


Ni. Esther Lalnunmawli
Siphr Vengthar Bial
Siphr Vengthar Branch



Ni. Lalremuati
Bungawn Bial
Bungawn Vengthar Branch

Contralto



Ni. K. Lalramengi
Falkand Bial
Falkand Branch



Ni. Lalhlanchnghui Renthel
Zanum Bial
Zanum Branch



Ni. Lalbiaknngi
Moubawk Bial
Moubawk Sikul Veng Branch



Ni. Marina Lalnamghalsaki
Ramhlin Bial
Ramhlin Branch



Ni. F. Lalnuampui
Bawnakawn Bethel Bial
Bawnakawn East Branch



Ni. C. Vansangkiml
Zemabawk Bial
Zemabawk Branch

Tenor



Tv. C. Lalchuanawma
Khalla Bial
Khalla East Branch



Pu Freddy Lalhmangalhzuall
Jellan Bial
Jellan Branch



Pu Lalhmakima
Dawpui Vengthar Bial
Dawpui Vengthar Branch



Tv. John Vanlalaka
Kulkawn Bial
Kulkawn West Branch



Tv. Vanlalailova Sallo
Ramhlin Vengthar Bial
Ramhlin South Campus Branch

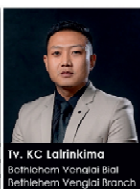


Tv. Fvis Lalduapua
Dawpui Bial
Dawpui Branch

Bass



Pu C. Lalnuansanga
Itangnum Bial
Itangnum West Branch



Tv. KC Lalrinkima
Bethlehem Vengal Bial
Bethlehem Vengal Branch



Pu Ryan Lalawmpuia Rallo
Chanmari Bial
Lapuplung Branch



Tv. Winkle Lalhlanchnghua
Vaivakawn Bial
Kanari Branch



Pu Lalangpuia
Nursery Veng Bial
Nursery Veng Branch



Tv. JF Lalruateli
Armed Veng Bial
Armed Veng South Branch

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