



Chhuah fan

1986

# AGAPE

Vol. XXXV No. 356

MARCH 2022



Pathian din chungkua

*Phek - 2*

Rawngbawl hna

*Phek - 6*

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRIAT ZAUNA

Lak man : Kum khatah ₹ 100.00  
Copy khat ₹ 8.33

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*Agape Phone No.* : 0389-2326372 (Heng number-ah hian  
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*Editorial*

Pathian enkawlna leh kaihhruainain **Vau thla** kan lo chuangkai leh ta reng mai. Hun hian tu mah a nghâk lo. Rei lo tê emaw kan tih chhûng hian kan hmang ral duak duak mai a nih hi maw. Hripui lêng avângin nunphung a pângngai lo va. Kohhranho (Kohhran Hmeichhia) phei chu kan inkhâwm hun pângngai anga hun kan hman theih loh avângin lung a lêng lek lek mai a nih hi.

Kan hun tawn mêkah hian rilruah ngaihtuahna hrang hrang a lût thîn. Chhiartu tam zâwk pawh in nih ve ngei ka ring e. Huhova Lalpa pâwlina hun hmang thei lo mah ila, kei hian Lalpa lam engtin nge ka hnaih deuh deuh ang? Hripui avânga nun chhûngte hnêm tûr te, rethei taka hun hmang mêkte hi engtin nge ka chhawmdâwl ang? Hrilêng avângin Kohhran hnuaiia fellowship hrang hrangten hma kan lâkna thîn a tih theih rih si lo va, chutih laiin hmêlmapa Setana erawh a châwl ve si lo. Engtin nge hma kan lâk ang tih te pawh kan ngaihtuah ngeiin ka ring.

Rilrua lian êm êm pakhat chu Krismasa kan tâna Lal lo piang, kan lawm êm êm, kan nun ngui leh chau kaiharhtu kha mi tin thinsungah hian a la piang chhunzawm zêl ang em, kan ni tina ‘Lal ber’ a la ni zêl ang em, tih hi a ni. “Rinnaah chuan in awm emaw, nangmahni ngei inchhin thîn ula; nangmahni ngei infiah thîn rawh u. A nih loh leh, nangmahniah Isua Krista chu a awm tih nangmahni ngeiin inhre fiah lo em ni? Duh loh in nih nghal loh chuan” tiin a sawi a (2 Kor 13:5). Kei leh nang hi Lal Isua Krista-ah kan la awm reng em tia infiah fo tûr kan ni e.

*Kristian Chhôngkua*

## PATHIAN DIN CHHUNGKUA

(2 Sam 7:27 & Sam 68:6)

- *Upa Liansailova*  
*Bungkawn*

Kohhran Hmeichhiate hian kan rawngbawlna kipui bera kan neih chu Kristian chhungkua hi a ni awm e. Kan ram, kan hnam leh kohhran damna tura pawimawh tak pawh chhungkaw tha din hi a ni kan ti thei awm e. Chuti taka pawimawh a nih avang chuan a dintu leh a din chhan kan hriat chian hmasak a pawimawh hle. Chhungkaw dintu leh tobul chu Pathian a ni. Eden huanah khan chhungkua a din a, chi tam tak thlaha, leilung luah khat turin mal a sawm a nih kha. Chuvangin, Pathian hian chhungkua hi a ngai pawimawh hle a ni.

Nova kha a hun laia mi ngil awm chhun, Pathian nena leng dun thin a ni a, mahse, tuiletah khan amah maia chhandam lovin an chhungkuain a chhandam a. Tirhkohte 16:31-a kan hmuh ang khan Tirhkohte pawh khan tang vengtu hnenah khan, "...tichuan, chhandamin i awm ang, nang leh i chhungte nen," an ti kher kher a nih kha. Josua pawh khan, "Kei leh ka chhungte erawh hi zawngin Lalpa

rawng ania kan bawl dawn ni," tiin a chhungte a hmer tel kher kher bawk.

Chhungkaw awmzia leh hrilh fiahna hi chu kan hre hnemin kan sawi tam tawh hle a, chuti chungin kan thupui ber a nih miao avangin pahnih khat lek han sawi hram ila.

1. Latin tawngin '*femulus*' an ti a, chu chu Sap tawngin 'family' an ti ve thung a, a awmzia chu chhiahhlawh emaw, rawngbawltu emaw tihna a ni an ti.

2. Greek ἡσᄁngin ‘*oikos*’ an ti a, chu chu Rom-hovin ‘*familia*’ an ti ve thung a, chu chuan – thil neih, bungrua leh in leh lo, hmun/ram a huam vek a ni awm e.

3. Tunlai mi thiamte erawh chuan, “Thisen inzawmna emaw, inneihna emaw avanga chhungkhata inpawm tawna avanga khawsa ho” tiin an hrilh fiah bawk.

Heng hian a tar lan chu chhungkua chu mi mal mai ni lovin, a chhunga cheng mi hrang hrang leh an thil neihte kha a huam vek a, chu chu mawhphurhna hrang hrang leh awm ze hrang neiin fel takin a inrem khawm a ni. Chuti a nih chuan chhungkuaa member tin hian Pathianin a din chhan ang taka chhungkaw ᄁha ni turin mawh kan phur vek tihna a ni.

Chu chhungkua chu Pathianin eng atan nge a din kan tih chuan, Malakia 2:15- a kan hmuh angin, chi thlah Pathian ngaihsak a zawng a ni. Amah chibai buka, a

rawngbawla, amah chawimawi turin Pathianin chhungkua a dinin, a buatsaih a ni.

Nu leh Pa tam tak chuan chhungkua hi kan din leh kan siam emaw kan ti niin a lang. Chu chhungkuaah chuan Pathian a chen leh chen loh pawh kan lungkham lem lo. Kan duh zawng kan neiha kan hmuh theihna tur a nih chuan eng mah pawisak nei lovin kan hun kan hmang fo va, chhungkaw dintu leh neitu hi Pathian a ni tih kan hre chang lo fo mai.

Chhungkaw nghet leh tlo din tur chuan a lungphum kan rem dik a pawimawh. Chuvangin, chhungkua chu a dintu Pathianah a inngah a ngai. Inngahna dik lova chhungkaw din chu ᄁiaudupa insak ang a ni a, a sawp chhe thuai ᄁhin. Lalpan in a sak loh chuan a satute chu an thawk rim thlawn mai a ni. (Sam 127:1).

Chhungkaw ᄁha dinna kawnga mawhphurtu berte chu nu leh pa an ni lo thei lo va, Kristian chhungkua dinna kawnga kan hlawhchham

fona pakhat chu nu leh pain hmangaihna vawn nun loh vang a ni fo. Nupa chu an inhmangaih tur a ni. Nu leh pa an inhmangaih mai hian chhungkuaah boruak tha a siam nghal a, chu chuan fateah rah tha a chhuah thin. Tunlai khawvela Psychiatrist lar leh hmingthang Dr. Scott Pecka chuan chhungkaw damna atan hmangaihna hi a dah sang hle. “Rilru doctor thiam berte hlawhtlinna rate leh thingtlang kil khata pitar hmangaihna ngah tak hlawhtlinna hi a inang vel ang,” a ti hial a ni.

Nu leh pain in chhungkhura hmangaihna an vawn nun tlat chuan a chhunga chengte an hlimin an thla a muang a, chu chu Kristian Chhungkaw tha din tura kailawn tha tak a ni. Fate nena inkar inlaichinna tha siam tur pawhin nu leh pate an pawimawh. Fate thil tha hrilh nachang chu kan hre tlangpui, chutih rualin, kan hrilh dan ki hi a pawimawh. Dale Carnegia chuan, “Khawizu i lak dawnin an thlarah khawng suh,” a ti. Chumi awmzia chu mi nun

siam that tumin an thin kheh zawngin ti suh,” tihna a ni. Nu leh pate’n kan fate thu tha kan thun hleih theih lohna chhan pawh, intithu taka thil kan hrilh thin vang a ni tlangpui. Mi chungtlak tak leh hnuai chhiah taka thu kan hrilh chuan thu tha tak pawh sawi ila zawm a chak awm lo thin. Kan Bible chuan, “In tawngka chhuak chu chia al, khawngaihna tel ni fo rawh se,” a tih kha. Nu leh pa thenkhat lahin kan fate kan duat aleiah kan hlau leh lutuk a, thu tha pawh hrilh ngam lovin kan tlawm zawk mah mai. Fate chungah hian khawngaihna aiin hmangaihna kan dah chungnun zawk a pawimawh.

Kan chhungkua hian eng nge nei ila kan tih ber a, khawi nge hruai thlen kan tum tih hi ngaihtuah tul tak a ni. Finna leh sum leh pai, in leh lo tha em ni pek kan tum ber? Nu leh pa hawi lam lam hi chhungkaw hawi lam a ni fo. Kan fate hian an nunah eng nge nei se kan tiha, an lo puitlin hunah eng

nge ni se kan duh? Sum leh paiah Hausa se, ruih theih thil leh soal langsar ti lo se, a mawi tawkin vantlang leh kohhranah inhmang se kan duh tawk mai em ni? Lal Isua tel lo hlawhtlinna hi thil hlauhawm a ni thei a, finna hi Pathian hriatna tel lo chuan tûr hlauhawm takah a chang thei. Kan chungkua theuh hi Pathian hnen thlenpui ila, Pathian hmangaih dan zirtir ila, engkim neitu hnen hruai thleng turin tan i la ang u.

Chhungkaw nuam siam tur chuan inbiak tam te hi a pawimawh. Chhungkaw thenkhat hi chu kan inbe tlem lutuk a ni mai thei, tanrual, inpumkhat a harsa. Mahni pindanah kan tawm reng a, mi zinga nelawm leh tawng duh viau si, mahni in chung a tawng duh lo, chhungkaw tana tângkai tum lo, pawn lama mi fak hlauh viau si a awm theih. Hemi kawngah hian thalaite kan pawimawh. Mobile phone kan khâl a, computer hmaah kan hun tak tam tak kan hmang a, chhungkaw

member dangte pawh ngaihsak leh be hman lo lêka kan hun mahniin kan hmang a nih chuan chhungkaw boruak kan tichhe thei. Chhungkua kan thlir dan pawh a dik a pawimawh. Hotel ang maia mut nan, chaw ei nan leh duh zawng lam nan ringawta chhungkua hi kan ngai a nih chuan a fel lo hle ang. Chhungkua tinuamtu tur, malsawmna thlentu tur kan ni.

Naupangte pawh an pawimawh, chhungkaw tha leh nuam siam tur chuan nu leh pa thu awih a ngai. Pathian thu chuan, “Naupangte u, Lalpaah chuan in nu leh pate thu zawm rawh u,” tih kan hmu (Eph 6:1). Naupangte chang ni lovin, a te ber a tanga a lian ber thlengin chhungkuaa kan mawh-phurhna theuh LALPAAH rinawm taka kan hlen theuh chuan chhungkua Pathian chenchilh, Pathian din kan nei thei dawn a ni.

## Sermon

**RAWNGBAWL HNA**

Luka 5:4; 2 Tim 2:15

- C. Lalbiakluangi  
Central Committee

Kohhran Hmeichhiaten Kristian chhungkua thupuaia kan neihna hi a rei ta khawp mai. Kum 50 lai a lo liam ta, kan ram dinhmun leh awm dan, chhungkua kan enin kan hlawhtling lo nia ngaiin hlwhchham viauah pawh kan inngai mai thei a. Kan beidawngin thenkhat tan chuan he lam hawia han campaign te pawh hian min lo kham tawk an awm mai thei a, a campaigner te ngei pawh kan beidawng rum rum thin awm e. Engati nge kan rawngbawl hna hi duh ang leh tum anga kan hlawhtlin theih loh kan ti thin em?

Israel fate Aigupta sala kum 400 lai an tang kha Lalpan Mosia hmangin a hruai chhuak a ni a. A hruai chhuak tacheng a, an kalkawng kha ni rei lo tea thlen theih mai, kum 40 lai kalkawngah a hruai leh kha a ni a, nuam taka an awmna tur leh a hruai thlenna tur an panna kawng kha a va thui em! An kalkawngah khan harsatna an va tawng nasa em! Hruaitu Mosia lah hmelma mai ni lo, a hruaiate atang te, unaute atangtein beihna hautak tak a hmachhawn thin. Chu mai a la ni lo, a mite tana Mosia

inpekzia leh an laka Pathian a lungawi lohva, tih chimit vek a tum pawhin Mosia chuan ngenngawl takin, a nunna thapin, van lehkhawia a hming ziaak pawh thai bo hial turin a dil a nih kha. Chutiang khawpa amah Pathian hnam thlan ngei, a fate tana inpe chu a tiam ram a thlen ve a phal lo lehngal tih kan hria. Pathian remruat hi ‘a mak mang e’ tih mai a awl chang a awm thin.

Keini hun nen han khaikhin dawn teh ang. Theihtawp kan chhuah thin,



chutih rualin harsatna chi hrang hrang, kan chhungkua, pasal fanaute leh kan rawngbawlpuite atang ngei pawhin a ni ang, kan chungah a lo thlen chang a awm thin tirawh u. Mosia pawh a unaute hnen atangtein sawiselna leh hmuhsitna a tawng thin a nih kha.

Heti zawng hian ngaihtuah teh ang. Kan rawngbawlna te hi eng chenin nge kan kalpui thin le? Theih-tawp chhuah kan intih lai hian a rawng kan bawl thin Lalpa hian engtin nge a ngaih ang le? 2 Timothea 2:15-ah chuan “Hnathawktu, thutak thu fel taka hmangtu chu zak tur a ni lo angin, Pathian ngaiha thaa inentir turin thahnem ngai rawh,” a ti. Min kotu duh zawngin thahnem kan ngai em tia Pathian ngaiha thaa kan inentir fo a tul, kan peih tawk, a mawi tawkin kan thawk thin mai em?

Chanchin Tha Luka 5:4-ah chuan, “Li thuk lam pan la, sangha man turin in lente deng rawh” a ti a. Petera'n engtin nge a chhan kha, “I

thuin lente ka deng leh ang e,” a ti. Hlawhtling ngei tura Thlarau thara hma kan lak leh hi a va tul em! Hripui avangin hmalak a la harsa tulh tulh mai thei, mahse kan rawngbawl hna hi min kotu duh danin, thahnemngai leh-zualin kan lente i deng ang u hmiang.

Tunhma angin kan kal chhuak thei lo va, kan tih thin dan ang hi min kotu hian min thlaksak a tum a ni mai thei asin. Zan tin ngenngawl taka kan bi tumte tana Lalpa hnena dilna thlen zawngtein tan la thar ila. Kan campaign, kan thu sawi aia thain Lalpan min hlawhtlintir ngei ang tih ringin a rawngbawl turin min ko ta sa sa, kan mite, kan rawngbawlsakte tana thahnem kan ngaih thar a tul ta hle mai.

Habakuka 2:3-ah chuan, “Rei deuh mah se nghak rawh, a lo thlen ngei dawn avangin” a ti si a. Chutiang taka rawng bawla, thahnem ngai thar theuh turin Lalpan min tichak theuh rawh se. Amen.

*Sermon***INTHAWINA AIIN THU AWIHNA****(Is 1:19; Heb 5:8; 1 Sam 15:22)***- C. Lianhliri**Asst. Secretary**Khawrihnim Kohhran Hmeichhia*

Hripui leng karah Pathian hruaina leh ven himna avangin kum thar kan lo chuangkai leh thei ta a, min hruaitu Lalpa chu fakim awm rawh se.

Aw le, kan thupui ‘Inthawina aiin thu awihna’ tih hi kumin kum thara kan NUN-ah thupui atan kan neihi hi ÷ul leh pawimawh hlein ka hriat ve avangin ka thiam ang angin ka han tar lang ve rāwih mai dawn a ni.

Inthawina chu Thuthlung Hluia kan hmuh danin Pathian leh a mite an inbiakna leh indawrna ber a ni a, an bawhchhiat leh sualna avangin Pathian thinurna leh hremna laka an him theihna tur leh amah nen an inrem leh theih nan inthawina an hlan ÷hin a. Pathian pawhin a lo ngaihthlain a chhang ÷hin a, amaherawhchu, hlain, *‘Juda maicham chungā, Ran*

*thisen luang tawh chuan, rilru a thlamuan zo lo va, sual kai a tibo nang,’* a tih angin, sual tih an bang chuang lo. Lal Saula nunah hian chiang takin kan hmu, Pathianin tih tur a hrilh leh a tirh ang a hlen chhuak lova, Israel hmelma Amalek-ho lal Agaga a zuah a, ral lak sum Pathian hnena lawm thu sawi inthawina turin a hawn ta mai kha Pathian a lawm lo hle mai a. Lal Saula khan ama remhriatna leh ÷ha tih zawnga Pathian biak leh rawngbawl a tumna kha Pathianin a pawm tlat lo a ni.

Keini pawh kan hun tawn leh hman mek zelah hian kan inbih chian zel hi a va ÷ul ta

em! Pathian min kohna leh a hnung zuia, a rawng kan bawlnaah te hian Thlarau Thianghlimin kan thinlunga a sawi anga kan tih loh thin hi a awm ve nual lo maw? Rawngbawlna kawngah te hian mihring hi chuan a sang leh hniam te, a te leh lian te, a langsar leh langsar lo te, a nuam leh nuam lo te pawh kan thliar fo thin a, min tirtu leh kotu lam ngaihtuah lova mite min ngaih dan tur kan thliar luat avanga nuai liam leh palzut te hi kan lo nei ve tawh em? Pathian chu a thu-ah a chengin a ding tlat a, talent dawngtu tehkhin thuh pawh tlem te chungar inawm kha tam tak chungah a awmtir ta a nih kha.

Pathian min koh chhan te, tih tur min tuk leh hrilh ang te hi ti lo leh hlen zo lova namnûl kan neih thin chuan Lalpa hi kan chungah a thu awih lohna vangin a lawm lo tih te hi i in hre phal ang u. Thu awih nun nei si lova soal thupha chawing reng kan nih chuan Pathian mit hmuhah inthawi nun Kristian kan lo ni reng thei a ni. Thu awihna lawmman: Thu awih

chu mahni thua awm lo, a chungar mi thu thua awma, a sawi anga ti, mahni duh dan leh ngaih dan rawlh ve lova a tirtu leh kotu duh dana awm leh ti kan ti thei ang. Kan Lal Isua pawh kha Pa Pathianin a tirhna Kraws thihna hial pawh ni mah se, a thil tuarah chuan thu awih a zir ta zawk a, thu awihna vanga Pa Pathian tirhna chu thihna thlenga a tleitlak avang khan lei leh vana thuneihna zawng zawng leh hming chungnung ber pekin a lo awm ta a nih kha.

Keini pawh hian heng hripui kan tuar mekna atangte hian kan Pathian duh zawng, thu awih hi i zir ve ang u. 'Tihnuam tak leh thuawih taka in awm chuan in rama thil thate hi in ei ang' tiin Zawnei Isaia lehkhawia kan hmuh ang hian, ram leh hnam dam nan te, khawtlang leh kohhran, chhungkua leh mi mal damna leh malsawmna ka chan theihna tur leh Pathian ropuina leh chawimawia a awm theih nan, a lawm zawng thu awih hi i zir thar leh ang u. Pathianin a thu malsawm rawh se.

## Article

## ZOFATE KULHPUI CHU

– C. Vanlalsiama  
Khatla

Mizote hi hnam naupang tak kan ni a, Hnam dang nena kan inpawha khawvel eng kan chhimna chu hman ni lawk, kan pi leh pu kan hmuh phak mai kha a la ni. Kan hun hi chi hnih Kristian hma leh Kristian hnuin a then phawk thei awm e.

Kristian kan nih hmaa Mizo nun kha a sang lo hle mai. Chumi akarrah chuan hmeichhiate kha rah behin an awm ti ila a sual awm lo e. Chu chu heng tawngkam te hian a tilang thei ang. “Hmeichhe thu thu ni suh, chakai sa sa ni suh” tih te, “Hmeichhia leh palchhia chu thlak theih an ni alawm,” “Hmeichhe finin tuikhur ral a kai lo,” “Hmeichhe vau loh vau vau loh chu an pawng tial tial,” tih te hi. Mizo nuna hetia hmeichhe rah behna lo awm thin kha a chhan eng nge ni ang? Mizote kha kut hnathawka eizawng, tlangram lo neih, tharum ngai tak mai kha a ni a, hmeichhia aiin mipate hian tharum an ngah

zawkwangin ei bar zawwna kawngah pawimawh zawk chan an chan vang a ni thei. A dang lehah chuan, Mizote kha khaw tinin mahni ro inrelin an awm a, Tun hma Greek City State ang chi khaw khat thu kha thu tawp a ni mai zel a. Ram pum huapa dan leh dun zawm tûr a awm chuang lo. Tichuan, khaw khat zelah lal awmin khawnbawl upa an awm a, chungte chuan khawtlang ro an rel mai thin. Hemi rual hian thuneitu anga ngaih ni chiah si loh vantlang thununtu pawimawh tak ZAWLBÛK kha a awm bawkw. Zawlbûkah chuan mipa hlir awm khawmin mipa pawl lian tak kha khaw tinah a awm vek

a, ral venna remchang leh khaw chhan himna atan ni mah se, a phena thil awm, a awm chhan ni miah si lo chu hmeichhe rapbettu a lo ni ta kha a ni. Kha Zawlbûkah khan hmeichhia an lut thiang lo va, an rorelnaah hmeichhia an inrawlh thiang hek lo. Lal rorelnain a ngam lo va hmeichhe chanvo leh dikna a a pal zut nasain hmeichhiate kha an chep em em a ni. An chanvo humhalhtu Zawlbûk tiatpui hmeichhe pawl kha awm hek lo.

Kha Zawlbûk kha tunah lo chimin hmuh tûr awm tawh lo mah se, Mizo nunah hnuhma a hnutchhiah zel a. A bikin khawtlang nuna hmeichhe dinhmunah tun thleng hian nghawng a nei zui ta a ni. Mizote Kristian kan lo nih khan kan hriat angin nun tam tak a rawn inthlakthleng ta a. A tir teah Sap Missionary khan hmeichhiate kha lehkha zirtir mah se nu leh pa tam tak leh khawtlangin hmeichhe lehkha zir ve kha tûl an ti lo a. Mahse,

Chanchin T̄haah chuan mipa leh hmeichhia a awm lo tak mai kha Mizo hmeichhe tan Chanchin T̄ha lawmawm em em a ni zual ta a ni. Pathian thu Mizo hmeichhiaah a lo tla na ta bik a nih pawhin thiam loh tûr a awm âwm lo ve.

Ka han sawi chhuah tum tak chu, Mizo hmeichhiate hi kan khawtlang nunah hniam zawk leh chep zawk angin lang mah se, Zofate din chhuahna kulhpui an ni tih hi a ni. Hun hmasa lama nun han thlir thuak ila. Zingah an tho a, buh den pahin ei rawng an bawl a, tuichawi leh thingtuah lak zawng zawng an hna a ni a. Mutbu ngaihtuah leh naupang enkawl zawng zawng an kutah a awm a, an ran vulh zawng zawng nen. Feh kal lamah chawfun leh tûl zawng zawng an phur a, haw lamah pawh mipa aiin an rit haw zawk bawk. Lo vah tih loh (hei pawh a then chuan an ti tho) ram hna zawng zawng pawh mipa tiatin an thawk vek a ni.

Mipa lansarhna ral leh sa niin hming ṭhat zawng zawng tum mah se, a phena hmeichhe pawimawhna khawtlang leh chhungkaw phuisuina chu hmeichhiaah a innghat tlat a ni. Ral leh sa pelh chu a thawm a len viau rualin, chung hun chu a chhangkhat em avangin Mizo kulhpui chu hmeichhiate kha an ni ti zawng pawhin sawi ıla a dik lo hran lo vang.

Kristian kan nih hnu hian hmeichhe dinhmun chu zawi zawiin a lo inher rem hret hret a. Zawlbûk hnuhma chu tun thlengin la lang mah se Mizo Hmeichhe Insuih-khawm Pawl (MHIP) te, Hmeichhe Ṭangrual Pawl te, Kohhran Hmeichhia te a lo ding chho ve zel a. Hmeichhiate chu khitah vawrh kânin an lo awm ta a nih hi. Tunah chuan mipa aiin lehkha an thiam zawk a, office hmun thua te, sum dawna hmun leh ei leh bar zawna kawng hrang hrangah hmeichhia baw an ṭhahnem leh a. Chanchin Ṭha hi Mizo hmeichhiate tan a

va hlu zual em. Chu Chanchin Ṭha zara Mizo hmeichhiate an lo ṭhan chhoh mek lai hian sawrkar leh thil hrang hrangah hmeichhia thliar tawh lovin kan leng za ta a nih hi.

Hetih lai hian mak deuh mai chu kha hmanlai Zawlbûk tluchhia/ram ta kha Kohhranah hian tundinin zu awm tlat lawi a. A bik takin Presbyterian kohhranah. Hei hi a mak hle a ni, kan ngaihtuah ngai em? Khawvel ṭhan ruala hmeichhiate pawh an ṭhan lai hian Kohhranah erawh hmeichhiate nihna chelh kawngah hma an sawn mawh hle. Zawlbûk hun laia mipa rorelna tiatpui hmeichhe pawl a awm lo ang deuh khan tun kan Kohhran kal mekah hian rorelnaah hmeichhiate an la ṭhu thiang lo ta zel zawng a nih hi. Kohhran pakhata, rawngbawltu inhmu khawm chuan, “Inrinni zanah hian hmeichhiate thu sawina hun chang ve tawh se a ṭha lo maw” tih rawtna a lo awm a, Upa pakhat chu lo dingin

“Kan kohhran chuan kan ti ngai lo,” a ti a, a ṭhu leh daih a. Sawi zui theih a ni ta lo. Hetia kan sawi rual hian hmeichhiate lo pawng-pawrha han tih ve vak chu a Pathian thu lo palh thei. Hun hmasa lama mahni chan tawka lungawi taka phur taka hna an lo thawh ṭhin kha hre rengin, kan dinhmun Pathian min pekah hian lungawi taka rawngbawl zel hi Pathian duh dan a ni ngei ang. Tun thlengin ṭha tak chuan Kohhran chu a la kal ve zel rih zawng a nih hi.

Eng pawh ni se, Mipa ropui tak phenah hian hmeichhe ropui tak an awm ṭhin tih a nih kha maw. He zoram, Lalpa zawn chhuah ramah hian Pathianin hmeichhiate a hmang nasa hle tih hi phat rual a ni lo. Mipa tam tak an vanglaiin an tluchhia a, hmeichhiate chu tluchhe tawk lo awm mah se a tlem zawk an ni a, in chhung, khawtlang, kohhran leh ramah nihna

pawimawh chelhin mipa aia rin tlak zawk tam tak an lo chhuak ta. A hranpaa hmeichhe dinhmun chawisan vak emaw, nihna va sual chiam emaw hi he rama Pathian thil tum a ni lo palh thei a, fimkhur a ngai hle.

Kristian nih hmaa Mizo chhungkaw kulhpui chu mipa phena hmeichhiate an ni a. Kristian hnu pawhin Lalpan kulhpui atan a la chher zel tih hi a lang reng a ni. Kan Lal Isua khan tlawmna puan sinin he khawvelah rawng a rawn bawl a, chu tlawmna hmang chuan khawvel a hneh ta a nih hi. He ramah hian Lalpan hmeichhete hi chhungkua, khawtlang, kohhran ramah te nasa takin a hmang chho zel dawn tih hi a chiang a. An rawngbawl na erawh hnuaihning zawk anga lang si rawngbawl na pawimawh tak chelh zel tûr ni ta berin a lang e.

## Article

## TLEM TE A TÂWK, PEN KHAT PAWH NI MAH SE

– K. Chhana

Matthaia 25:15 – Bâwih pakhat hnenah talent nga a pe a, bâwih dang hnenah talent hnih a pe a, bâwih dang hnenah talent khat a pe a; an tih theih tâwk tûr ang zel theuhvin a pe a; tichuan a kal ta a. Marka 14:8 – A tih theih tâwk a ti a ni; ka taksa hi phum tûrin a lo hnawih lâwk a nih hi.

Kan pipute hun atangin chung rual deuh leh pa rual awmna chungkua chu an kum khat thlawhhma pawh a zau deuh nge nge thin a. Hmeithai leh parawl thawhhma erawh a zau thei ve lo. Mi tinin an tih theih tâwk theuh tiin mi dang pûr buai lova ei leh bara intodelh hram an tum tlat a, an tih theih tâwk theuh an ti thin.

Kohhran mite hian In chungah kan fate pawh hi awm mai maitir reng lovin, an tih theih tâwk tihtir thin hi a tha. Anmahniah inrin tâwkna a neihtir a, an hma hun atan a tha hle a ni.

Rawngbawltute hmelma lian ber zinga mi chu chapona a ni a, mahse, hemi tiatpui deuhthawa tha lo chu mahni insitna, thiante pha lo bik leh tling lo bik ni tlata inngaihna hi a ni. Mi tin hian Pathian tan kan awmna kohhran theuhah tih theih tâwk kan nei vek mai. Kan dinhmun, thiamna, finna inchen lo mah se tih theih tâwk kan nei vek tih hi hre reng ila, i tang sauh sauh ang u.

Juda-te zingah hmeichhia an dah hnuaihngung deuhin a lang tih mipui sangnga hrai thuah pawh kan hmu, mipui



zingah chhiar tel an hlawh lo tlat. Simona inah mipa zingah hmeichhe pakhatin zah pawh dâwn lovin hriak rintang man to tak bur sawh kehin Lal Isua a rawn leih a, a tana a tih theih tâwk sang ber Isua chungah a rawn ti. Thinlung sawh keh meuha Lalpa tana tih theih tâwk ti thinte hian a tha zawngin hriat reng an hlawh thin.

Kha Lal Isua chaw eina hmuna lo kal hmeichhe awm dan tûr kha ka suangtuahna mitthlâ hmangin ka han ngaihtuah let a, a thiltih tum kha ti tûrin Isua kha a veh rei ngawtin ka ring. Khawlaiah êm chuan a ti ngam si lo. A tawpah mi tlemna hmun, phâr Simona inah zah pawh dâwn chang lovin, tirila khûr ru dar dar chungin a thinlung lo tih keh sawmsaktu tana a thil tih tum ti tûrin a rawn úm lut ta a. A thil neih hlut ber mai Hriak rintang man to tak chu a rawn sawh keh ta rap mai a, mi dang lo awm vete

chuan mak ti leh hmuhsit hmel taka an mit ngo râng an lo hmuh hnuah, inchhirna chhetê mah nei lovin thlamuang takin a chhuak leh ta nal nal mai a nih ngei ka ring.

Kan tih theih tâwk hi a tê emaw, a langsar lo emaw a nih pawhin Lalpa tana ti kan nih chuan kan Pathian hian lawm takin a lo pawm a, mite hmaah pawh min zahpui ngai lo.

He khawvel mite hmaa kan tih theih tâwk ama tana titute hi Lal Isuan a Pa, vana mi hmaah min la tan ve dawn a ni tih amah ngeiin a sawi (Mt 10:32).

Hla siamtu chuan, ‘*Ka pumin ka inpe mai teh ang, chu chauh chu ka tih theih tâwk a ni,*’ a lo ti thlawt mai..!

*Ka thiltih sualte avangin,  
Kraws chungah a rûm a;  
Ka pumin ka inpe ang e,  
Chu chauh ka theih tâwk.*

## HNAM HLA LEH A MITE

- Lalrinmawii Fanai (Teteii)

Aw nang, kan Lal, kan Pathian,  
 I hming ropui ber se,  
 I hmaa kan lo kûn hian,  
 Kan dîl ngaithla ang che;  
 Kan awm dân tûr ngaihtuaha,  
 Mipui kan inkhâwmin,  
 Finna ropui min pe la,  
 Ro min rêlsak ang che.

I finna leh theihna leh  
 I hruaina loh rêngin,  
 Ropuina leh lal̄hutthlêng  
 An ral leh thuai si t̄hîn;  
 Nang erawh chu chatuanin,  
 Hnam tin tân kulhpui nghet,  
 Lalberte lalber chuanin  
 Ro min rêlsak ang che.

Chuvângin, aw, kan Pathian,  
 Hei hi kan dîl ber che,  
 Kan ram, kan hnam min hruaia'n  
 Nang chauh kan thlang a che.  
 Chhûng lam leh pâwn lam hmêlma,  
 Indona thleng mah se,  
 Hneh zêl tûrin min pui la,  
 Ro min rêlsak ang che.

American-ho hi kan tan mi thar vak an ni lo. Rawngbawlina lamah pawh kum tak kan lo che hoin ka kilkawina hnuaiyah pawh an awm ve t̄hin. An chhiatna leh an t̄hatna hi a takin ka lo tawng ve angreng.

Tuna Afghanistan-a an chet dan khawvel leh anmahni ram chhung ngeiah pawh engtin chiah nge nghawng tha lo a rawn thlen dawn tih hriat a la nih loh lai leh, anmahni chhungkuaah pawh indemna te, insawithiamna te a rik nawk nawk laia an fakawm ka tih ve em emna a awm a. Tunlai hian FB velah rin loh tak tak hmunah spontaneous taka an hnam hla ‘National Anthem’ an sa rual dual dual mai hmuh tur awm hi a ni. Inkhelhna hmun a ni emaw, Restaurant a ni emaw, bazar hmun lian a ni emaw, tuin emaw ruat lawk awm miah lohvin an National Anthem an sa tan ve tawp a, an zavaiin an thinlung zawna kut nemin an lo zawm hmuh tur awm hian an ram an hmangaihzia a tilangin ka hria a, a va mawi em!

Hman deuha CAB chungchanga hnam hnatlang kan neih tuma Treasury Square kawng thla zawng zawng leh kawng dung khat mupa mipui kal khawmina kan hnam hla “*Ro min relsak*

*ang che*” tih Pu Rokunga phuah spontaneous deuha kan sa ri hum hum kha min hriat chhuahtir a. A ropui lutuk a, hmulthi a ding ur ur mai kha a ni a!

Tunhnai ni 22 July 2021- a thil thleng pawh khan min suih khawmin kan tanrual theihzia kha hnam thenawm unauten min awt a, min fak kha an awm ve nawk a nih kha. Chutih rualin kan hnam chhungkuaah chuan duh khawp lohna, beiseina leh rinhlelh deuh bawk sina a awm lian hle ni hian a lang a.

Hman ni deuha group pakhata post pakhatah khan ‘Mizo zia’ tih kha member pakhat khan kan ram hruaitu atana thil pawimawh ber niin a rawn tar lang a. A eng zia hi nge ‘Mizo zia’ tunlai hian kan han tih tak ang aw, tih ka ngaihtuah zui ta vang vang a. Tuna kan nin, kan hne em em tawh, duhamna/ pamhamna te, dawt sawi te, mahni inhmangaihna te, lalna te, rukrukna te, hlemhletna te, pawnlawi em emna te,

ngaihnam na te hi em ni ta ang aw... tiin. Kan hnam ziaah hian ‘Sun tur’ neite hian ka inhria a. ‘Vui liam tur’ nei bawk te hian ka inhria.

Thil tam takah kan ‘perception’ (thil hmuh dan) piangsual leh sawngnawi tawh awm te hian ka hmu a. Chu tak chu a laimu ni hian ka hre ta ber nghe nghe. Entir nan, thu tak sawi aiah thu sawi thiam, Pathian aiah ‘Pawl,’ (Kohhran lamah), ram leh hnam rawngbawl aiah a khelha khelh (politics-ah), Pathian min hmuh dan aiah ‘mi’ min hmuh dan.. chutiang zelin.

Kan hnam hla ka’n ngaihtuah hian keini Mizo tan chuan hman deuha Bible Study kan neih tuma mi pakhat thu sawi min hriat chhuahtir a. “Pathianin kan mi mal nuna a thil tum ber

chu a fapa Isua Krista keimahnia siam puitlin hi a ni,” a tih kha. Finna naran ni lo, Pathian tihna atanga finna (sual huatna keng tel ngei), Pathian ziaa rorelna, heng dikna, tnatna leh thutak (justice, righteousness and truth)-ah te hian han tngang uak uak ila a va han tna dawn em! “Mihring hmelma lian ber chu mahni hi a ni,” an lo tih tngang angin, mitin hian ‘chhung lam hmelma’ te hi hneh hmasa ber phawt thei ila chuan kan ram leh hnam min pui tura kan dil leh kan auh Pathian hian, Ama ropuina leh chawimawi a nih nan “Aw Bethlehem, Judai khawpuite zingah i te ber tawp lo ve,” Bible-in a tih ang deuhin, hnam te ber, tawp lovah min va han chawisang dawn em, tih hi rilruah a lian ta ber a ni.

‘Pathian mitah a dik em?’ tih hi ka ngaih dan hruai fotu a ni.

~ Rev. Thansiam

## Article

## TESTIMONY

- *Lalbiakliani  
Chhiahtlang*

Ka Testimony hi puan chhuah ve ka duh a, ka puan chhuahna chhan pawh mi dang harsatna tawkten tangaikaipuina an lo neih nan leh Isua ropui nan ka ti a ni.

Ka fa upa ber hian kum 2004-ah nau chungah (damdawi inah) min boralsan a, fa pahnih a nei a, a pathumna tur chu a thihpui a ni. Chumi a fate pahnih chu ka pawm ta a. Ka rilru a na em em a, damna ka hmu lo va. Pathian thuin, “An thatna turin engkimin min thawhsak thin,” tih te chu kan thatna tur a nihna hi ka hre lo. Rilru dam lo takin a fate pahnih chu kan inpawm chho zel a, rawngbawlpuite leh mi thenkhatten min demin, a thenin lung lian deuh, a thenin lung tê deuhin min vawm niin ka hre ber mai; mahse, thiam thu sawi ngaihna pawh hre lovin ka tuar chho zel a.

Ka nau pawmte pawh an lo lian ve zelin, ka hahdam

ve dawn ta nia ka inhriat laiin ka fanu pathum zinga a naupang berin fa pahnih bawk neiin Dt. 7<sup>th</sup> March, 2020 -ah cancer natna avangin min boral ve leh a. Ka na leh hle ta mai a, ka natna chu a kawpin a kal chho a ni ta ber mai a. Pathian chu ka ringhlel lo va, keimah ka inringhlel ta a, a chhan chu Pathian hi ka be pawp lo a ni ang, Pathian hian ka aw a hre lo a ni ang ka ti a. Ka fanu upa zawk chu damdawi inah nau nei tura a veina an pek tuar lova thi thut a ni a, kan tawngtai hman lo a, kan inring hman lo a ni. Hemi hnu lawkah Upa B. Lalrinkima, mitthi tho leh kha kan kohhran Sailam veng biak inah rawngbawlin kan ruai a. Ani chuan a nat thu-ah kohhran

ho leh mi mal an ṭawngṭai nasatzia leh chumi avanga Pathianin chhanga dam leha, thi tawh hnu tho leh niin a insawi a. Chumi thu ka'n hriat chuan ka fanu, nau chung a thi chu kan ṭawngṭaipui hman miah lova thi a nih avangin ka rilru a tinain kan rilru a luah lian hle mai a.

Chumi hnuah a nau cancer natna veiin kan buaipui leh ta a, Pathian hnena ṭawngṭai nasat avanga dam leh an awm tih kan hriat avangin theihtawp chhuaha kan ṭawngṭai chuan ka fanu cancer vei pawh chu a dam chhuah ngei ringa keimahni mai ni lo, kohhranhote, khaw chhunga kan chhungkhat leh mi mal eng emaw zat hnenah ṭawngṭaipui turin kan sawm a. Hetianga kan ṭawngṭai hun chhung hi kum 3 vel lai a ni a. Chemo wawi tam tak khaiin kan inenkawl a; chuvangin, ṭawngṭaipuina pawh kan dawng nasa hle a ni.

Ṭanpuitu hi ka dap nasa a, harsatna tawk te, harsatna an tawh avanga Pathian ṭanpuina leh thiltihtheihna an

dawn nasatzia te hriain ṭanpuitu dangte ka dap zel a. Chumia ka hmuh chhuah pakhat chauh han sawi ka duh a ni. 'Hnehna thuruk' tih lehkhabu Pu C. Laizawna ziah ka chhiar a, chumiah chuan Officer pakhat zu heh takin zu a ngei dan leh a tum dan te leh a beih nasatzia te a ziak a. "Eng nge zu ka ngei theih lo vang, Officer ka ni alawm," tiin zu a ngei thu a sawi a. Chu thu chuan min khawih fuh ta a. Kei hi Sahdah duh tak, rei tak hmuama, ngei thei tawh lo ka ni a, ka kalna apiangah theihngihl hlaw em em ka nih avangin ka theihngihl ngai lo reng a. Officer pakhatin, "Eng nge zu ka ngei theih lo vang, Officer ka ni alawm," tia a ngei theih si chuan kei eng mah ni lo hian eng ngei sahdah ka ngei theih lo vang, Officer ka ni alawm, 'Pathian Officer' tiin ka intiam ve ta a, Pathianin ka aw hriain a zarah ka ngei ve ta a.

Lal Isua thisen hian Van khua leh tui nihna mai ni lovin kan thil chin ṭangkaina nei lo,

taksa tan ṭha lote pawh min hnehsakin a taka chhawrtu ka ni hi ka lawm hle a ni. Tichuan, Pathian hruaina ni tin hmu chho zelin Pathian thu tlawh chhan tur min pe zel a, ka fanu cancer vei mek pawh chu a pe ve zel a, hlim takin Pathian thu kan sawi dun ṭhin a ni.

Ka fanu chu a dam ngei beiseina lian tak neiin Pathian thiltihtheihna hmuh ngei ka inring tlat a, ṭawngṭai dam thei leh hriatna neite leh mar aṭanga hriatna neite rawnin, Mizo damdawi leh Vai damdawi kan tih mai te leh miin ṭha an tih apiangte chu kan theih angin kan ti zel a. Pathian khawngaihna pawh hengte aṭang hian kan dawng nasa hle a ni. Pathian kan hnena a inpuan dan aṭang hian a taksa hi a dam ngei ngei dawn a ni tih hi ka ringhlel hauh lo va, chuta ka tlawh chhan tura Bible thu min pek chu Matthaia 15:21-28 thu hi a ni a, chuta thu tlangpui chu. Kanan Hmeichhe rinna tih thua “Lalpa, Davida fapa, mi khawngaih rawh, ka fanu ramhuaiin a man tlat a ni...”

Isuan, “Israel hnam beram bo hnenah lo chuan tirh ka ni lo,” a ti a; nimahsela, hmeichhia chuan, “Lalpa, mi pui rawh,” a ti a. Isuan a hnenah “Hmeichhia, i rinnaa nasa em mai, i duh ang takin i chungah awm rawh se,” a ti a.

Hemi thu min pe hi ka lawm em em mai a, chuvangin, mi hriatah pawh ka sawi tam hle a ni. Mahse, ka fanu dam loh thua chuan rin loh takin a natna chuan dam lam pan ta lo chuan zual lam a pan ta zawk a; mahse, chuti chung chuan beiseina lian tak ka nei ta zel a, a thih dawn minute-ah pawh Pathian ropuina hmuin damna kan chan ka la ring zel a; mahse, thuneitu zawk kan Pathian thuneihna a lo lang a, a lo boral ta a ni.

He kan fanu thihnaah hian ka na hle mai a, ka inringhlel ta a. Pathian hian min hre lo a ni ang, a thu min pawlna nia ka hriat kha Pathian min pek a ni lo a ni ang ka ti leh ta a. ṭawngṭai pawh hi ka peih lo va; mahse, ka ṭawngṭai lo ngam chuang

si lo. Ṭanpuitu ka dap a, Family Guidance & Counselling Centre-a Counsellor Rev. Rolungmuana, Serchhip ka pan a, ani chuan min lo dawngsawng ṭhain min lo kawm ṭha hle mai a, mahse, keimah ka inrinhlelhna chu a reh thei chuang lo va, ṭanpuitu dang ka zawng ruai reng mai.

Ka fanu thihsan fate pahnihte hi an la te si a, rilru an tina em em mai a, a pasal tuar na tak ka hmuhte hian min tina zual ṭhin. Beidawng takin hun ka hmang chho zel a, a zahthlak zawngin ka rilrua a thawh chang a awm a, rawngbawlpuite leh ṭhiante zingah pawh hian ka zak ngawih ngawih ṭhin.

Amaherawhchu, kei mi te ber tawrhna hi Lalpan min lo hriatpui a, kumin 2nd April, 2021 Good Friday tlaiah Pi Lalthlamuani, Speaker, Zion Commando, Mission Vengthlang-a awm (ka nî a ni a) min hmangaih em emtu, ka tawrhna pawh min hriatthiampuia, ka tan leh kan chungkaw tana nasa

taka min ṭawngṭaipui rengtu chuan min phone a. “I lusun tawrhna kha Lalpan a hriatpui che a, nangmah anga tuar vete i ṭanpui theih nana tuar i nih kha, Lalpan a hriatpui che,” a rawn ti, hei hi Pathian aw a ni tih hriain ka pawm a, ka thinlung a zangkhai huai a, min chawi dawrh hian ka hria a, ka lawm tak meuh meuh a ni.

Pathianni Easter Sunday (4.4.2021) a lo thleng a, zingah Bible ka chhiar a, Bible ka chhiar lai chuan ka thinlungah he thu hi a lo thleng a. Luka 15:29 thu, “Ka ṭhiante nena hlimna ka siamna turin kelte pawh mi pe ngai si lo va,” tih hi. Hemi thu hi keimah ngei ka ni tih ka inhre chhuak a. Pathian lakah ka lo vui ṭhin a, ka vuina hian rei tak min lo tihrehawm a, chu chuan Pathian hausakna chen thei tura thisena tlan ka nih te min rinhlelhtir bawka. Pathian khawngaihna ka lo chan tawh te, tisa leh thlarauva Pathian hruaina ka chan zawng zawng te thlir thei lovin Setanan thihna ruamah min hruaiin a vui



zawng hlira kalin mite lakah ka lo vui thin a ni. Pathian erawh chu ka dem ngam lo va, mahse, a rorelnaah ka lawm pawh a ni chuang lo. Keima inrinhlelnain nasa takin ka kal a, chuta Pathian aw - Fapa tlan bo thua, a u zawk chan kha ka thinlungah ka chang a ni tih Pathian thlarauin min hriattir chu ropui ka ti hle a ni. Ka dinhmun ang hian mi tam tak an din ve ka ring a, Setana hian min lo bum hlum tep a lo ni a, tunah Pathian khawngaihnaa chhan chhuah ka lo ni hi ka lawm tak meuh meuh a ni. Tin, ani chuan a hnenah, “Ka fapa ka hnena awm reng i ni alawm, ka neih zawng zawng hi i ta a ni e,” tih thu hi min hriattir a, ka fanu thia hi ka ngai lo ni lovin Pathian hausakna zem zen chungah lusun ka ni tih ka inhria chu ropui ka tiin ka lawm hle a ni.

Ka fanu dam loh leh theih lohna chungchangah hian tisa leh thlarauvah malsawmna

tam tak ka dawn phah hial ta zawk a ni. Damlo ka buaipui leh lusunna te hian Lal Isua thisen thiltihtheihna ropuizia a ring ngamte tan engkim nih theihna ka hriat phah a ni. Kei pawh Isua zarah Officer (Pathian Officer) ka ni a, Lalpa neih zawng zawng kha ka ta a ni tih hriat thartirin ka awm a, ka lawm tak zet zet a ni.

He ka Testimony hi mi tan chuan eng mah tham ni lo mah se kei lusunnaa tang mek tan chuan ropui leh hlu tak mai a ni a, Pathian hnathawh ropui tak lo thleng hi ka rawngbawlpuite lo hriat ve atan AGAPE kal tlangin ka rawn puang chhuak ve a ni e.

*“A thutiam hlen zel foa  
khanin,*

*Min tiam thlawn dawn lo tih  
ka hria;*

*Ka taksa hi ral mah selangin,  
A mah ka la hmu dawn si  
a” (KHB. No. 177)*

Lalpan a thu malsawm rawh se. Amen.

*Hriselna huang*

## TLANG HRI LENG, HRI TLANG, KHUH

- *Chhingpuii*

*Zarkawt*

Boruak te a lo inthlakin hritlang leh khuh te a leng leh tan ang a, Covid-19 lah reh fel hlei thei lo bawk nen, kan fimkhur a ngai tak zet a ni. Heng hritlang, tlang hri leng ang maia inkai chhawn awl tak laka kan inven theihna ber tur chu Face mask vuah that leh len chhuah tam loh leh a loh theih loh vah lo chuan puipunnaa kal tam loh te, kut sil fai that leh fimkhur taka nun ho tlan thiamte a pawimawh hle. Kan hriat theuh angin, hritlang, awm na leh khuh te hi natna tlang awn tak a ni a, inenkawl that loh pheh chuan natna hlauhawm tak, thihpui theih a ni.

Hritlang awm na hi, thawkna dawt hnar atangin chuap thlengin, a chuap dawt khawi lai hmunah pawh natna hi a awm thei a ni. A natna lai azirin insawiselna leh a lan chhuah dan pawh a inang lo thei a ni. Covid-19 nen a lan chhuah dan hi a inang deuh thuak a ni. Chi nhihin lo then ila –

Upper Respiratory tract infection (thawkna dawt chung lam):

1. Hritlang hahchhiau
2. Hnap tui
3. Hrawk na
4. Beng na (bengkherh)

A chung lam pang natnate an ni.

Lower Respiratory tract infection (thawkna dawt hnuai lam):

1. Epiglottitis
2. Laringitis
3. Laringotrachitis
4. Bronchitis
5. Broncholitis
6. Pneumonia

A hnuai lam pang natnate an ni.

Natna lo lan chhuah dan tlangpuite:

1. Hritlang hnap tui
2. Hahchhiau
3. Khuh
4. Hrawk thîp
5. Hrawk nâ
6. Beng nâ leh Bengkherh
7. Thawk harsa
8. Âwm nâ khawsik
9. Chauh ngawih ngawih

Mi thenkhat Covid veite chu an hnap a tawlh vak lo va, thenkhat erawh chu hnap tui leh khuh leh khawsik an nei a, thenkhat chu hritlang miah lo pawh Covid positive an awm tho bawk. Mi tam zawk chu hritlang âwm nâ pangngaijah an reh fel mai laiin, mi thenkhatah chuan âwm nâ khawsikpui (pneumonia) a thlen thei a ni. Ram changkang loah pheih chuan heng âwm nâ khawsikpui te hian thihna a thlen thîin a. A bik takin naupang kum nga hnuai lam ten an thihpui nasa a ni.

Âwm nâ khawsikpui natna thlentu natna hrik chi hrang hrang – Bacteria te, virus te avanga lo awm a ni. Tin, hritlang âwm nâ hi puitlingah aiin naupangah a tamin an vei hma bik a ni. Natna do theihna nei tlem deuh tan kai a awl bik a ni.

Hritlang âwm nâ venna atana thil pawimawhte:

1. A bik takin naupangte hi thim hlimah te khawlai kalpui loha, khaw vawt leh ruah sur hnuaiah te kalpui loh a tha.
2. Nun uluk leh chet dan leh khawsak phung uluk leh nun dan a invawn fai leh thianghlim a pawimawh,
3. Boruak tha leh meikhu lohva awm,
4. Mahniin damdawi inchawh loh tur a ni a, antibiotics mahniin ei ngawt loh tur a ni.

5. Fimkhur tak leh uluk taka invawn faia, inenkawl tur a ni.
6. Hritlang satliahah chuan paracetamol ang chi leh ceterezine te ei hian a dam fel thei mai a, âwm nâ khawsik an neih chuan doctor râwna in-check up thuai tur a ni.
7. A theih ang angin chaw ða ei hi a pawimawh em em a ni.
8. Thei ei tam a ða a, kan taksaa natna do theihna tichak turin.
9. Pawn vawt leh thli thawah awm tam loh a ða.  
A enkawl dan: Drugs –
  1. Decongestants,
  2. NSAIDs
  3. Dextromethorphan
  4. Throat lozenges
  5. Inhalation with menthol
  6. Tui lum in tam
  7. Tui so hu hîp hi a tangkai hle bawk.
  8. A theih anga tam thei ei hi a ða bawk, thei ei tam tur kan hmuh loh chuan Vitamin C hi ni tin mum katin ei a ða, thla thum chhung tal ei tur a ni.

Eng pawh ni se, mask vuah ðat a pawimawh, mi ðenkhat chu mi ina an luhin an mask an hlip hlauh a, ðenkhat chuan an hnar an khuh lo va, ðenkhat chu an ðawng dawn veleh an mask an hlip hlauh va, mask vuah hun ða chu thu sawi lai te, miina kal lai te, mi bula awm lai te, puipunnaa kal lai te hian mask ða tak a vuah tur a ni. I bula mi khan mask i vuah ðat loh chuan hri a lo vei palh thei a, I kai thei, nangmah pawhin hri i lo vei thei a, i bula mi kha i kai thei tih hriain ða takin mask vuah ðin ang che.

PREVENTION IS BETTER THAN CURE

*Ei siam Huang*

## ANĀM LEH PANEER



Mamawhte:

Anām (French)	-	tel 1
Paneer	-	100 gms
Purun sen	-	pum 1
Tomato	-	Pum 1
Hriak	-	thirfian te 4
Chi	-	al tâwkin
Hmarcha dip	-	thirfian te chanve

A siam dan:

1. Anām chu sil fai la, sin tê tēin chan la, tui sa-ah thlak la, chi al la tui tlem tēin chhum hmin la, râwt sawm rawh.
2. Paneer chu killi neiin chan la (tunlahiah chuan chan sa, a pack-a lei tur a awm nual tawh). I paneer chan sa chu telah chuan kang la (tel hi a sat lutuk chuan a ut duh) tel sa lutuk lo-ah tlema a sen deuh thapin kang la, thur chhuak zel ang che.
3. Paneer i kannah telah chuam purunsen chan sawm chu kang la, tlema i kan vuai deuhah tomato chan sawm telh la, tomato tlema a hmin deuhah hmarcha dip chu telh la, paneer kan sa te nen chawhpawlh tawh mai tur a ni. (Ajinomoto duh tan tlem a thlak theih)

## MISSIONARY TANA AGAPE CHANCHINBU LÂKSAKTUTE

Bial, Kohhran leh mi mal eng emaw zâtin Missionary te tân AGAPE Chanchinbu in lâksak thin avângin kan lâwm hle a. Kum 2021 (chhuah hmabâk) leh 2022 chhûng atâna lâksaktute rawn tihchhuah a ni e.

<b>Sl. No.</b>	<b>Bial/Kohhran/Mi mal hming</b>	<b>Lak sak zat</b>
1.	Bawngkawn Shalom Veng Kohhran Hmeichhia	10
2.	Khatla Kohhran Hmeichhia	50
3.	Pi Rohmingthangi, Kulikawn	5
4.	Khatla East Kohhran Hmeichhia	73
5.	Bungkawn H/S Veng Kohhran Hmeichhia	30
6.	Kulikawn East Kohhran Hmeichhia	1
7.	Pi Thazuali, Saron Veng	4
8.	Kulikawn Kohhran Hmeichhia	30
9.	Kulikawn West Kohhran Hmeichhia	10
10.	Shillong Kohhran Hmeichhia	15
11.	Chanmari Kohhran Hmeichhia	77
12.	W. Lungdar Hmar veng Kohhran Hmeichhia	5
13.	Bukpui Bethel Kohhran Hmeichhia	10
14.	Pi Lalchhuanawmi, Zarkawt	10
15.	Electric Veng Kohhran Hmeichhia	322
16.	Chanmari West Kohhran Hmeichhia	20
17.	Model Veng Kohhran Hmeichhia	10
18.	Prof. Vanlalhruaii, Model Veng	10
19.	Pi H. Lalbiakliani, Model Veng	5
20.	Pi Lalparliani, Model Veng	5
21.	Pi Kamdingthangi, Model Veng	5
22.	Pi Saidingliani, Model Veng	1

23. Pi Lalhriatchhungi, Model Veng	1
24. Pi Lianmawii, Model Veng	1
25. Pi Lalfakzuali, Model Veng	1
26. Pi Vanlalnglaki, Model Veng	1
27. Pi C. Zothangi, Model Veng	1
28. Pi F. Lalrinchhani, Model Veng	2
29. Pi Lalmalsawmi Varte, Model Veng	10
30. Pi Vanlalchhuangi Hnamte, Model Veng	2
31. Pi Laldingliani, Model Veng	2
32. Pi Crystal Rammawizuali, Model Veng	1
33. Pi Marilyn Lalhrulaitluangi, Model Veng	1
34. Pi Lalmalsawmi Sailo, Model Veng	1
35. Zuangtui Kohhran Hmeichhia	30
36. Mission Vengthlang Kohhran Hmeichhia	30
37. Pi F. Lalrochami, Lunglawn	1
38. Republic Veng Kohhran Hmeichhia	60
39. Thingsulthliah Kohhran Hmeichhia	30
40. Tlangnuam Bial Kohhran Hmeichhia	50
41. Luangmual Kohhran Hmeichhia	10
42. Champhai Vengsang Bial Kohhran Hmeichhia	20
43. Ramhlun Vengchhak Kohhran Hmeichhia	10
44. Zanlawn Chhimveng Kohhran Hmeichhia	10
45. Khawhai 'S' Bial Kohhran Hmeichhia	20
46. Dawrpui Vengthar West Kohhran Hmeichhia	20
47. Salem Veng Kohhran Hmeichhia	20
48. Zamuang Bial Kohhran Hmeichhia	20
49. Mamit Kohhran Hmeichhia	10
50. Zemabawk Vengthar Kohhran Hmeichhia	10
51. Piler Kohhran Hmeichhia	12
52. Sesawng Kohhran Hmeichhia	10

53. Ramthar Veng Kohhran Hmeichhia	20
54. Champhai Venglai Kohhran Hmeichhia	10
55. Mission Veng Kohhran Hmeichhia	17
56. Maubawk Sikul Veng Kohhran Hmeichhia	25
57. Champhai Vengsang Kohhran Hmeichhia	10
58. New Champhai Kohhran Hmeichhia	10
59. Kolasib Venglai Kohhran Hmeichhia	140
60. Chhipphir Kohhran Hmeichhia	15

*Chhunzawm tûr....*

## THILPEK

September 1997-ah khan Chanchinbuah hian Ted Turner-an U.N. kaltlanga tanpuina dollar tluklehdingawn a pek thu an chhuah a. Tin, chu chanchinbu vek chuan Mississippinami puansutu hmeichhe pakhatin \$150000 an veng college kal laite scholarship atan a pek thu an chhuah ve bawk a. An pahnihin an hlu ve ve a. Fak an phu ve ve a ni. Pakhat chuan a neih aţangin tam tak a pe a, pakhat chuan a neih aţangin a tam zawk a pe a ni.

Hausain a pek laiin rethei paw'n pek nachang a hre tur a ni. A pawimawh berah chuan ui lova Lalpa tana pek nachang hriat hi van malsawm dawna a ni.

Thlarau mi chuan a pe chhuak a, a thlarau nun a hausa thin.

*Kum tin in loa thlai haw zawng zawng sawma pakhat in ti hrang ngei ngei tur a ni (Deut 14:22). Amen.*

*Source: Thurhiltu: Thlarau mi tehkhin thu*



## PATHIAN THU ZIR DUH TAN

Presbyterian Bible School, Mission Veng, Aizawlah C.Th  
(Certificate in Theology) zir tur lak a ni leh dawn a, dil duh  
chuan heng hi hriat tur a ni e.

1. Admission Form hi Office-ah Rs.10 (cheng sawm)-a lei  
tur a ni a, **April 26, 2022** (Thawhlehi) **tlai dar 3:00** thleng  
PBS Office-ah theh luh theih a ni. Diltu chu Class VII pass/  
Middle School exam pass, kum 16 aia naupang lo, Kohhran  
dan chhunga awm a ni tur a ni.
2. **Interview:** April 28, 2022 (Ningani) zing dar 10:00-ah  
PBS Lecture Hall-ah neih a ni an **May ni 3, 2022** (Thawhlehi)-  
ah Class tan a ni ang.
3. Zir hun chhung thla li i.e **May – August, 2022** a ni. Hre  
chiang duh tan Phone No. **2317343/8296035491**-ah zawh  
fiah theih a ni.

**Sd/- Rev. Lalrinsanga**  
**Principal**  
**Presbyterian Bible School**

Pathian tel lova mahni chauha awm  
chu rapthlak tak a ni. Amaherawhchu,  
Pathian nena mahni chauha awm  
erawh chu van nun tem lawkna a ni.

~ Mrs. Charles E. Cowman

*Hruaitute chanchin***C. LALBIAKTLUANGI**

Pi C. Lalbiaktluangi hi Rev. C. Lalrampara (L) leh Pi Zaikungi Hmar (L) te fa 9 zing a upa lama pathumna niin Chhingchhip kuaah a lo piang a. A nu leh a pa rawngbâwlna avângin hmun hrang hrangah pêmîn ni 4.7.1982-ah Dawrpui Vengthar Biak Inah Pu C. Lalmazlova nênn ineein fanu 2 leh fapa 2 an nei a, tupa 3 leh tunu 1 neiin Zotlang, Aizawlah an chêng mêk a ni.

**Eizawna lam:** Kum 1981 January thlaah LDC-ah lûtin kum kal ta March ni 1 khân Asst. Registrar, Cooperative Societies (AW) office ațangin Head Assistant-in Superannuation Pension-in a chhuak a ni.

**Rawngbâwlna lam:**

1. **Kohhran malah:** Kum 1993-ah Zotlang Kohhran Hmeichhe Committee Member-ah lûtin OB post hrang hrang chelhin kum 25 chhûng a zâwna OB post chelh chawimawina a dawng hial a ni. Kohhran Hmeichhe Zaipawl Conductor niin Puitling Sunday Sikul zirțirtu, Pathianni chawhnu thuhritu a ni mêk bawk.

2. **Bialah:** Kum 1993-ah Vaivakawn Bial Kohhran Hmeichhe Committee-ah lûtin hotute hnung a zui ve țan a. Chawnpui Pastor Bial a din ațangin Bialah chanvo hrang hrang, Bial Buhfaitham Ziaktu, Asst. Secretary term 2, Secretary term 2, Vice Chairman term 1 chelh tawhin tûnah Bial Chairman a ni mêk.

**Bible châng duh zâwng:** Sam 73:28 “Keia tân erawh zawng Pathian hnaih hi a țha a ni,” tih leh Luka 5:4 thu, “Li thûk lam pan la, sangha man tûrin in lête dêng rawh,” tih thute hian a rilruah thu a sawi ring hle a ni.

## **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

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- |   |                         |
|---|-------------------------|
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| 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. Lalnuntluangi |
| 11. Pi Lamchhingi                             | 12. Pi R. Lalroliani    |
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| 15. Pi H. Zachhingpuii                        | 16. Pi Laldingliani     |
| 17. Pi Zothanpari                             | 18. Pi H. Lalrintluangi |
| 19. Pi Lalhlmpuii                             | 20. Pi Hmangaihzaui     |
| 21. Pi C. Lalbiaktluangi                      | 22. Pi Lalramzaui       |
| 23. Pi Lallungmuani                           | 24. Pi Lawmkimi         |
| 25. Pi K. Lalthakimi                          | 26. Pi Lalnunhlimi      |
| 27. Pi Lianzampuii                            | 28. Pi K. Rosiamliani   |
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| 31. Pi Lalrolluangi Sailo                     | 32. Pi Lalhmachhuani    |
| 33. Pi Vanrammawii                            | 34. Pi Lalhmangaihzuai  |
| 35. Pi H. Lalhlunpuii                         | 36. Pi C. Lalchungnungi |
| 37. Ni. Ruth Lalhmangaihi, Asst. Co-ordinator |                         |

### **Ex-Officio Member-te**

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2. Rev. Z.D. Lalhmachhuana, Synod Secretary (Sr.)
3. Rev. V.L. Luaia Hranleh, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Lalrinkimi, Ex-Chairman

### **KOHRAN 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



To

Published by Rev. V.L. Lucia Hranleh, Aizawl, Mizoram on behalf of Agape Association.  
Printed at Synod Press, Mission Veng, Aizawl - 796001. Copies – 43,000

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