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Hawh u, Lalpa hnenah I kir ang u

Phek – 2

Tihtakzeta ñawngñai

Phek – 6

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Editorial

INCHEINA

Mizote kan inchei dan leh thawmhnaw kan inbel dan hi kristian kan nih hma leh kristian kan nih hnu hian a danglam hle, hei hi thlalak hlui harnghrangte thlirin a hriat theih. Tunlaia kan inchei dan te phei hi chu khawvel ram hausate nena khaikhin pawhin a zahpuiawm lo khawp tawh mai.

Dawrkai pakhat chuan inkhawmpui dawn hi chuan hmeichhe thawmhnaw kan zawrh hi kan hralh nasa tlangpui tih thu a sawi a. Nuho hian inkhawmpui, inneih, pian cham leh thil dang lawm denchhena thil thar lei hi kan uar ta khawp mai a, a that hle rualin thenkhat tan phur rit a tling thei. Kan khawsak phu lo va thawmhnaw leh tlereuh inbel kan ching ang tih a hlauhawm ta,

Pathian Biak Inkhawm Hruaina Bu-a Kristian Nun Kaihruaina 3(2)-ah chuan *'Mi tin mahni phu tawkin fai tak leh fel takin inchei tur a ni. Chapona tur leh tlakranna tur lam emaw, sual lama min hruai thei tur lam emawa incheina chu pumpelh tur a ni'* tiin a sawi a. Incheina kan uar lutuk leh thawmhnaw man to uchuak kan inbel hian mi harsa zawk ten kan rawngbawl honaah tel ve an inthlahrung thei tih kan hriat reng a pawimawh awm e.

'In incheina chu pawn lam incheina - sam phiar te, rangkachak thi awrh te, silhfena inthuum te chu ni lovin, thinlunga mihring thuhruk chu, rilru thuhnuairawlh leh nunnem, silhfen chhe thei lova inthuum ni zawk rawh se, chu chu Pathian mit hmuhin a hlu em em a ni' (1 Pet 3:3-4) tih hi Incheina thu kan sawi hian hriat reng i tum ang u.

Kan neih ang leh kan phak ang tawka zahawm taka inchei tur kan ni a. Chhungkaw khawsak buai phahna tur leh leiba neih phahna tur khawpa inchei hi pumpelh i tum zel ang u.

Kristian Chhungkua**HAWH U, LALPA HENNAH I KIRANG U*****Hosea 6:1-3****- Rev. C. Zoramawia*

Kohhran Hmeichhiaten Kristian chhungkua din tura hma an lak tanna hi a rei tawh hle a. Kristian Chhungkaw intehnaa ti tha ber Pastor bial hnenah Kohhran Hmeichhe Inkhawmpui Lian chuan lawmman a pe thin. An hmalakna hi a ropuiin fak an phu hle. Kum tam tak rim taka hmalak anih chung pawhin kan ram nun hi a chhe tawlh tawlh emaw tih mai tur a ni.

Ruih hlo ngaite enkawl na In (Home) a punga, enkawl na hmun te chuan duh aia tam enkawl tur an nei vek a. Ruih hlo ti an pung zel a, sim erawh sawi tur an tlem hle thung. An puala camp buatsaiha lut tam zia kan sawia, a tawp thleng peih erawh an tlem hle si a. Ruih hlo ngai kal hlei thei lo khawlai dungah hmuh tur an punga, rukruk leh inthah a hluar a, nun a ralmuang ta lo hle. Hetiang taka Mizote zinga sual a ngampat a, nun a tlak hniam mek lai hian a chhan inpuh khaw tlai lovin kan za vaiin ram damna tur ngaihtuah a hun tahle ani.

Zawlnei Hosea chuan, Hawh u, Lalpa hnenah i kir ang

u, min lo pawt sawm tawh na a, min tidam leh dawn si a, a ti a. Hosea hun lai hi Israel mipuite sualna avanga ramin natna a vei, tihdam an mamawh em em hun lai a ni a. Tihdama an awm theihna tura an tih tur pawimawh tak hriattirna leh sawmna a ni. Hetih hun lai hian an zingah inkhawngaihna leh Pathian hriatna a awm lo va (Hos 4:1-3). Milem Pathian biakna avangin mipuite chu an tlu a, an thlarau nun a chau em em a ni. Tisa lamah chuan malsawmna an dawng a, sum leh paiah an hausain, an khawsak a nuam a. An khawsak ziawmna chuan nawm chenna leh Pathian

ngaihsak lohna lamah a pen bo tira, chu chu Pathian huat zawng tak leh sual lian tak a nih avangin Pathian hremna pawh tuar thin an ni reng a. Chumi atanga an himna turin zawlnei chuan Lalpa hnena kir turin a sawm a ni. Kan ram damna tur hian Lalpa hnena kir hi kan mamawh ve ani lawm ni?

1. Lalpa hnena kir kan mamawh chhan chu – mipui nawlpui thinlung hi Pathian thu aiin khawvel hmasawnnain a luah tam zawk niin a lang a. Rawngbawltute rilru put hmang ngei pawh hi a thlak danglam nasa hle a. Pathian thu chhiar leh tawngtaia Pathian pawl thlakhlehna a bo tial tial a, tam takin tih loha kan tlak ta mek a. Mobile khawih hman tak rawngbawltu, Pathian thu chhiar hman si lo te, status update zat zat hman, tawngtaina hun nei theih hauh lo rawngbawltu kan pung zel a. Hei hian chhungkaw nun hona a nghawnga Kohhran hmeichhiate hmalakna nitin chhung inkhawm tura infuihna pawh a hlawhtling mawh ta hle

niin a lang. Lal Isuan, ‘in lamlet a, naupangte ang in lo nih loh chuan, van ramah in lut tawp lo vang’ (Mat 18:3), a tih ang hian Lalpa hnena kan vaia kir chu kan mamawh a ni.

Mihring hian hlimna emaw tiin Pathian aia thlan zawk neih mai hi a awl hle. Mahse, kan tuipui tak leh min tihlimtu nia lang pawh hi rei tak daih a awm chuang lo. A tawpah chuan ninawm a lo chang leh mai thin. Chhungkaw nun hona khawih danglam khawp khawvel hmasawanna hian min chim a, Pathian biak leh amah pawlna hun nei hman lo, damlo hman, rilru hah hman, mangang hman kan ni vek baw si a. Chuvangin, kan thil ngaihtuah dante hi thlakin duhthlanna dik kan neih theih nan Lalpa hnenah i kir ang u.

2. Lalpa hnena kir kan mamawh chhan dang leh chu- mahni thu leh duh dan ang chiaha awm tumna leh a ber nih tumna hian tun lai mite rilru hi a luah thuk hle awm e. Nawm duhna rilruin kan nun a

luaha, khawsak awlsam, hahdam leh chawlh der duhna chuan nun a kaihruaia, fa nei tlem zawngin kan kal a. Thawhrim leh hah, taimak leh hrehawm tuar kan hlau a. Chutianga nuam leh hahdam umna rilru enkawl leh chawm seilenna chhungkua ațang chuan mahni inphata Krista rawngbawltu chher chhuah chu a harsa duh hle awm e. Hahdamna um ringtu chhungkua ațanga taima taka Pathian pawl thin, bang lova țawngțai fan fan thin ringtu chher chhuak turin Lalpa hnenah i kir ang u. Rawngbawltu hlawhtling Lal Isua chuan ‘tupawhin mi zui a duh chuan mahni hrehawm pawisa lovin, a kraws puin mi zuirawhse’ (Mat 16:24), a tihkha.

3. Lalpa hnenah kir kan mamawh chhan chu- Ei leh bar zawngtu sawrkar hna thawk te, sumdawngte, contractor te, zirna hmuna thawk te, zirlaite leh țhalai tam tak te hi mahni tum ang thleng phalo, rilru hahna nei an awm nual awm e. An damdawi tur

an zawnna lamah beisei hmu lo a, mahni nunna hial lata pawh a awm theih a. Chawplehchilha hausak duhna avanga dikna leh rinawmna hralh a awm theih a. Hei hi vawiin thlenga ram hmelm a ni. Beisei ang hmu lo leh thleng pha lo, rilru hah an tam hle a. Chumi laka damna beiseia drugs leh zu leh ruih theih thil chi hrang hrang hmang khaw lo an tam hle.

Heng harsatna chi hrang hrang min chimtute hi hla taka thil thleng a ni lo va. Kan chhungkuaa thleng te, kan rawngbawltu chhungkuaa thleng te, kan laina hnai takte chhungkuaa thleng te leh kan thenawmte chhungkuaa thleng kan bihruksan theih hauh loh a ni.

Ninevi khawpui sualna nasa tak avanga Pathian hremna tuar ngei turin an pumelhna chhan kha lal ațanga mipuiten Pathian hnenah sual thupha chawia, sai ip puan sin a, an sim avang a ni a. Pharisai leh Chhiahkhawmtu țawngțai thuah pawh Pathian laka a sual

inhria a khawngaihna diltu zawk chu thiam chang a ni. Zakaia ang in lamlet a Isua hnena inpuang te, Petera anga, mi sual kan ni Lalpa mi kalsan rawh, ti hial khawpa Isua kianga in tulut thinte hnenah Pathian hnathawh a lo lang thín. Chutiang mite chuan Pathian hnathawh a tihdamna an chang thín a ni.

Lalpa hnenah i kir ang u: Kan ram natna hi a thuk hle niin a lang a. Kil hrang hrang hi han chhui ila, dam anga lang, mahse; hliam na takin a bawm khah tlat ang hi niin a lang. Heng duhamna, hlemhletna, mahni hmasialna,

itsikna leh help rukna te hian min fan chhuak vek niin a lang. Nitin hna thawhnaa kan thawhpuite min sawi dan leh Kohhrana kan lan dan hi a dang daih a nih chuan awihawm taka thusawi hi a harsa awm mang e. Eng pawh ni se, kan ram natna hi tihdama a awm theihna turin Lalpa hnena I kir ang u,

*‘Lalpa ka lo kal,
nangmah bel turin,
Bualin silin, min tleng la,
I thisen hlu luang khan,’*

tiin Lalpa hnenah zep awm hauh lovin i inhlan ang u.
Amen.

*“Hawh u, LALPA hnenah i kir ang u
Min lo pawt sawm tawh na a,
min tidam leh dawn si a;
Min lo vaw tawh na a,
min tuam leh dawn si a.*



Sermon**TIHTAKZETAṬAWNGṬAI***- Vanneihthangi**Luangmual*

Ringtu in rinna kawng a ke a pen na hmanrua pawimawh ber chu ṭawngṭaina hi a ni. Mizo Kristian te zingah hian ṭawngṭai ngai lo kan awm awm love. Kan awm pangngai a kan ṭawngṭai lo anih pawhin harsatna te natna kan tawh chang te chuan ṭawngṭai in Pathian hnenah tanpuina kan ngen fo. Chumi piah ah chuan Pathian ringtu te chuan kan vanpa, kan engkima engkim, nunna min petu anih vangin kan be tur a ni. Pathian be hman lo khawp a buai te, chhunginkhawm nei hman lo khawp a buai te hi kristiante tan chuan thil hlauhawm tak ani.

Bible ah hian ṭawngṭai dan chi hrang hrang kan hmu a, chungte chu: Ding chung a ṭawngṭai te (Nehemia 9:4, Luka 18:9, II Chronicles 20:5) Lal Isua ṭawngṭaia ṭawngṭaite (Luka 22:41) chawnghei a ṭawngṭai te (Nehemia 9:1, Estheri 4) bawkkhup a ṭawngṭai (Esra 10:1, Thupuan 11:16 – wawi 5 lai) te kan hmu ani.

Engpawh nise, kan zui Lal Isua in ṭawngṭai tura min

duh dan chu tihtakzetna nen ani tih kan hre thei awm e. A chhan chu mi vervek te anga mi fak hlawh beisei a ṭawngṭai lo tur te, Jentail te anga sawi nawn mai mai lo tur te in min ti a ni.

Tihtakzetna hi a pawimawh a, tihtakzet a ṭawngṭai hi chuan kan position te pawh hi kan rilru hian a lo hruai danglam thei khawp mai. Tih mai mai a kan ṭawngṭaina nen chuan mahniah pawh hian a dang deuh ani. William Cooper-a

chuan “Mi chaklo takte thingthi a an tawngtai lai Setan’an a hmuh hian a khur thin” a ti ani. Isua zirtir zinga mi Jacob-a pawh kha “The man with camel knees” an tih khawp hial a thingthi a tawngtai mi ani. Tawngtai a a thingthitna avangin a khup te chu sanghawngsei khup tih khawp a char ani. Lalpa tan hmuh ava nuam dawn em!

Kohhran pakhatat chuan revival an neihna turah speaker an dil a. Revival Director chuan ‘Eng mi nge in duh?’ tih a lo zawt a. An Kohhran secretary chuan ‘a thingthit a, van tawng mi nise kan duh’ tiin a chhang an ti. Lal Isua khawvel a lo len lai pawh khan rawng a bawl nasa em em a. Chutih rualin tawngtaina a hman nasatzia kan hmu thei a ni. Fianral ah te tawngtai tur in a kal a, tlangah te, Biak In ah te, ni 40 leh zan 40 tawngtaina te a nei bawk.

Keini ringtute pawh hian eng ang takin nge tawngtaina kan hman thin? Kan chhungkaw tan te, kan ram dam nan te, kohhran tan leh midang tan te, mahni inzawt ila. Chhungkaw damna te, ram damna te, kohhran a harhna tur te hi Lalpa kutah a awm a ni. Kan fate sal a tang mekte pawh keini chuan thu tha tamtak hrilh mah ila kan tidam thei silo. Johana 15:5 ah ‘Keimah lovin engmah in ti thei silo’ tih kan hmu a ni. Titheitu hnenah hian kan duhna te, kan harsatna te hi i thlen mawlh mawlh ang u.

Rawngbawltu zingah pawh Biak In-a a huhova kan tawngtaina duhtawk mai, fianriala Pathian pawl ngailo te hi kan awm ang em? Kan lo awm anih chuan chutiang mi te tan chuan kohhran hnenah engtin nge eitur tak, in tur tak kan pek ang. Tawngtai chauh a ni lo, chawngheia tawngtai te hian

kan thusawi tur te hi Pathian hnenah i dil thin ang u. Thu tha takte pawh hi han sawi thin mah ila, ti nungtu in a tih nun loh chuan awmzia a awm lo a ni.

Lal Isua min zirtir ang hian, dil ngut ngut tur te (Luka 11:8), beidawng lova tawngtai tur te (Luka 18:1) chawngheia tawngtai tur te in (Matthaia 6:16) inbuatsaih zel ila. Kan zui Lal Isua hi tihtakzetin tawngtaina a nei thin a, a mangan ber lai phei chuan bawkkhup in a pa hnenah a tawngtai a ni.

Tawngtaina hi rawngbawlina pawimawh tak ani a. Kan tawngtaia hian kan kal phak lohna hmun hrang hrang a thleng thei a. Missionary hmun khawhar tak tak a awm te tan te, natna khuma mu mek tan te, sual phuara awm mek mahni in leh Jail ah te home hrang hrang a awm mek te tan te pawh awmhmun atangin tawngtaina in kan lo pui ve thei a ni. Chuvangin beiseina nungin tih tak tak na nen tawngtai in hma u la zel ang u. Kan thawhrimna te, Lalpaah chuan a thlawn dawn si lova.



In manganna zawng zawng ama chungah nghat vek rawh u; a ngaihtuah em em che u a ni.

1 Petera 3:7

Sermon**MARI**

- PC. Lalbiaktluanga
Nursery Veng

"Ka pu, amah heta ta i kalpui a nih chuan i dahna chin mi hrilh ang che, chutichuan ka la ang," a ti a. Isuan a hnenah, "Mari," a ti a (Johana 20:15,16).

Isua kha tho leh ta lo se a uih hial tawh ang em? Mihring kan thih hian kan lo rimchhe hma viau a lo ni. Mi thiamten an sawi danin kan ruang hi puana tuam a nih lohva, boruak lum lam 25°C chin a nih hian darkar 36 velah chuan a rimchhe ãan tawh an ti. Khatih laia Palestina ram nipui lai lum zawng kha 20-25°C vel ni turah an ngai.

Isua kha thlanah ni khat leh zan hnih vel awm turah ngai ila, chu chu darkar 36 vel tihna a ni. Chuti chu, an tuamnapuankha azai sin chimai ani si a, a taksa pawh ãawih turin a puam ãan tawh mai thei a ni.

Ruang chhe vek tawh pawh thlahthlam phal lo khawpa hmangaihna hi eng angin nge kan ngaih? Tholeh Isua ngaihah chuan hlu tak a ni; chu chuan hming ngeia koh a hlawh phah a, Isua hriat chianna duhawm leh a Chanchin ãa puangtu nihna a keng tel asin!

Tirhkoh Paula chuan Pathian hmangaihna nasatzia a ngaih tuahin thawk lo thei lovah a inngai a, Krista hmangaihna chuan min tîr lui a ni, a ti (2Korinth 5:14). Isua hma ngaihna a fan chhuak vek tihna a ni. Mari Magdalini- i'n Isua a hmangaihna hi hei ai hian a nep chuang bik hauh lo ang. Kha thawhleha tuk zing vartianah khan Isua ruang chu rimtui chulh turin Mari Magdalini chu thlanah a va kal a (Luka ziak lamah chuan hmeichhe dang nen an nih thu kan hmu). Khatia thlan lung lum sawn saa a va

hmuh khan Isua ruang chu tuten emaw an la bo ni turah ngaiin, mangang takin Petera leh Johana te a va pun a nih kha. Thlan ruak an va hmuh khan Petera te pahnih chu an beidawng mai, Mari erawhin a hawsan thei ve tlat lo, lungchhe takin thlan pawnah a ding reng mai a ni. Thlan enkawltu emaw a tih hnena a thu sawi kha a mawi ngawt mai, "Ka pu, heta ta amah i kalpui a nih chuan i dahna chin min hrilh ang che, ka la ang," a la ti cheu a nih chu! Ruang puam ûk tawh chu enga tan nge maw a la tih cheu le? Isua'n a tana a tih kha a nasa êm a, Mari pawhin a hmangaih a ni. Marka leh Luka ziaka kan hmuh dan chuan, ani hi Isuan a kawchhung ata ramhuai pasarih ngawt a hnawh chhuahsak kha a ni; a chung a Isua thil tih hi a nasa êm a a hmangaih lêt ve a ni. Isua lu chung a hriak rimtui to tak thihtu hmeichhe sual kha, ruaithehna hmun atangin ei

ve miah si lo khan puar takin a chhuak. Isua ruai kilpuitute leiba kha duli sawmnga lek a nih laiin, kha hmeichhe sual leiba erawh duli zanga ngawt a ni a, chu chu Isuan a ngaidam vek. Pharisai-te nge lawm zawk ang, chu nu chu le? Kan leibat hi eng zatah nge kan ngaih ve le, duli sawmnga lek niin kan ngai em ni, heti leka kan awm le? Mari chuan a leiba Isuan a tlaksak hi tam a ti lutuk a, a ruang dai mai pawh a kalsan thei ngang lo a ni.

Heti khawpa hmangaihtu hnena Isua a inhriattir hmasa ber hi thil tih awm rêng a ni, hengte hi kan hnu zui bawk:

1. Isuan a hmingah a ko: 'A hmingin a ko' tih tur alawm kan ti mai thei, tawngkam tluang pangngaih chuan a dik zawk bawng, mahse ka rilruah he tawngkam hian awmze thûk tak a nei tlat. Isua'n Mari a hminga a koh hian, a nihna

zawng zawng a hria a, amah thlahleltu leh hmangaihtu a nihzia zawng zawng a hre vek tih a hriat; khawngaihna ri mawi tak pawh a tel ngei ang. Keini hi kan hmingah ngei min ko ve tawh em? Chu a mi kohna avang chuan kan nunin Isua nihna hi eng kawngin nge a puan chhuah ve tawh le? Ka tu leh fateah, ka thenawmte hnenah, ka hnathawhnaah ka hriatîr ve mêk em le? Amah hmangaihtu nia inngai hi ka hmingah ngei min ko ve tawh em?

2. Thawhlelna thu hriattîrtu: Mari chu thawhlelna thu hriattîrtu hmasa ber a ni. He thu, Mari hnenah a sawi, "Ka unaute hnenah va kal la, ka Pa, in Pa, ka Pathian, in Pathian hnenah ka lawn chho dawn e," tih thu hi min hriattîr ve tawh em? He thu hi ka tu leh fate hian an va mamawh em! Ka hnen aţangin hre ve tawh ni se kan chhungkua chu kan

va hlîm dawn em! Hre ve tak tak ni se, Ropuina Lal khengbet nawn zawngin an pai chhê chhê lo tur, nun tlakbalna zawng zawng hi a bo ngei ang! Lalpa hnen aţanga dawng si lo hian ka lo puang ve thin a ni lo maw? He inkohna mawi tak *'Mari'* tih mai tê hian rîl takin keimahah thu a sawi fo thin. Amah thlahleltu nia min hriatnaah ka hming ngeia min koh ka hlawh ve tawh em? A thawhlelna thu hi khawi khawiah nge ka puan chhuah ve tawh le? Hming ngeia a koh leh a thawhlelna thu a hriattîr tawh, he ka nun ngei hi ka chhungten an ngaithla châka, heram leh Kohhranhian mawi a ti ber baw, chumi chu tu ma'n an hnial thei lo baw ang.

'Mari' tih tluka chianga kan hming ngeia kohna kan dawn theuh theih nan, Lalpa'n a Thu malsawm rawh se.

Article**BUHFAITHAM TESIMONY**

- Zokhumi
Tlangnuam

Mizorama pianga Kristian Chhungkuaa seilian panggai tan chuan Buhfaitham awmzia chu kan hre theuh awm e. Tuk tina tukthuan tur chaw kan chhum dawn apiang leh tlai lam zanriah kan chhum dawn apianga Lalpa chanpual Buhfaitham kan dah hran thin hi a ni mai a, engmah harsa leh hriatthiam loh tur a awm lo. Amaherawhchu miin Pathian malsawmna a dawn a chhiar thiam loh tlat chuan Pathian hnena thilpek hi a uiawmin a harsa a ni.

Naupang tē kan nih laiin ka nu hi Buhfaitham khawntu a ni ve a. Ka nu hman loh chang chuan kan khawn chhawk ve fo thin. Chuvang chuan kei pawh Buhfaitham dan chu hrilh ngai lovin ka hre sa ve mai a ni. Chhungkaw nu ber ka lo nih ve pawhin ka tham ve mai a ni. Ammaherawhchu, tha hmem ngaihna tur a awm ka hre lo. Hmasawn zelna tur a awm ang tih ngaihtuahna pawh ka nei bawk lo. Dan angin kati vemai ani.

Kum 1996 khan Buhfaitham Bêl atan kan rawngbawlpui nu pakhatin min pek Red Cow bur ruak a thar tha tak pawh ni lo, a hlui lam deuh hi kan hmang a. Ni khat chu ka thinlungah kan

inchhungah Lalpa chanpual bungraw awm chhun chu Buhfaitham Bêl chauh hi a ni a, enga ti nge he Red Cow bur hlui tawh tak mai hi kan hman reng, a thar ngaihtuaha lei a ngai tih hi ka thinlungah a lo ri dawt mai a. E, a lo ni tak maw, thawmhnaw - kawr te, puan te thil dangte pawh a hlui deuhthe chu a tharin kan thlak fo si a, ka ti a. Chu ka rilru a thil lo thleng chu ka pasal hnenah ka hrilh a, ani'n lawm takin min lo dawnsawn sak a, insiam ila Bazar-ah Buhfaitham Bêl tur chu kan va lei dawn nia a ti a. Kan pain ka thinlunga thil lo thleng nuho lah hi in ti ngawt zel a, a ho mai mai ti miah lova min hriatthiampuina avanga Lalpa Chanpual Buhfaitham Bêl

thar kan nei thei kha ka ngaihtuah nawn apiangin ka lawmna a zual fo thin.

Kum nga lai a lo vei hnu chuan Buhfaithamah hmasawmna thar ka nei leh a, Lal Isua hi kan chaw chhum dawn apiangin chaw eipui atan kan sawm thin, mi chaw ei tura kan sawm chuan buhfai kan thlak kep thin si a, Lal Isua chu tlangval puitling kum 30 mi a ni si a, tham khat lek chu a kham dawn lo, chuangin no 1 in ka tham kep a ngai ka ti a. Chuta tang chuan no 1 in Buhfaithamah hmasawmna ka lo nei leh thei a ni.

Pathianni vawi khat chu kan Bial Hmeichhe hruaituten Pastor Bial fang zuia Kristian Chhungkua leh Buhfaitham Campaign pui turin min rawn sawm a, kal ve thin ka hria a, mahse kan ngaihtuah chiang deuh a, eng nge ka feh chhuahpui ang, dawn thar eng mah ka nei si lo tiin kal leh loh mai thin ka hre leh ta a. eng pawh ni se, ka'n tawngtai phawt ang ka ti a. Ka tawngtai zawha thu lo thleng chu a mak khawp mai, Bible chang lam pawh ni lo, TV-a Veraz Company-in an

dawr an fakna, kan sawi thin, kan sawi nawn leh dawn, a aia tha thlan tur dang a awm lo tih thu hi a ni. Tichuan, chu thu keng chuan kan pa chu ka zui ve ta a. Inkawmkhawmnaah chuan he thu ka dawn thar hmang hian ka sawi ve ta a. Kan mi hmasa Pi Malsawmi te, Pi Saptawni te hun lai atanga kan lo hriat tawh thin leh an sawi thin buhfai tham chungchanga an sawi thin baka tha sawi tur dang a awm chuang lo. Kan sawi ngai hi kan sawi leh mai thin a lo ni. Mizoram pumpuia chhungkaw tin tena kan rawngbawl hona mi rethei leh hausu, mi mawl leh mi thiam ten inangrenga Pathian rawngkan bawl tan theihna hman rawngkan takani.

Kum 2009-ah chuan Buhfaitham Bel thar lei a lo lang leh ta a. Ka rilruah chuan mi neih loh ang tha deuh hi ka duhthusam chu a ni a. Tuk khat chu Pastor chhungkaw pakhat inah kan leng lut a, kan hawi vel chuan an Buhfaitham Bel ka va hmu a, khawi a mi nge, khawi atanga an lei nge tih ka zawt ta a. Siliguri-a an awm laia an lei a nih thu min hrilh a, chu chu ka mitthlaah a cham ta reng mai a.

eng tin nge kha tiang kha kan neih ve theih ang tih ka ngaihtuahna ka hman lai chuan kan fate thian Siliguri-a Contract Missionary thawk mek hi an lo kal a, zanah an riak nghal a. Buhfaitham Bêl tur mi ina ka hmuh thu leh Siliguri-a an lei a nih thu te, leh a awm dan te ka hrilh a, a haw thlak huna Bazar-a min zawn sak turin ka ngen a. Chuta tanga kar hnih hnuah Pro. Pastor a a interview result a lo chhuak a, a hlawhtlin thu a rawn sawi a. A lo haw chhoh thuai dawn thu min rawn hrilh a, ka duh ang ka sawi a lian ber no 50 vel leng min rawn hawnsak turin ka ngen a, rawngbawltu a ni bawk a, lawm takin min rawn hawnsak a, ka lawmzia chu lawm tak ka ni. Red Cow bur ruak hlui tak atangin “Stainless Steel” Buhfaitham Bêl-ah hmasawna kan lo nei leh ta a ni. He kan Buhfaitham Bêl hi Lalpan mal a sawm a, kar tin kan tham khat thei zel a ni. Lalpa chu fakim awm rawh se.

Buhfaitham Centenary kum 2010-ah a lo thleng ta hial a. Kum 100 lai mai a tlin hriat reng nan hian eng anga hmasawn tur

ng kan nih tih ka ngaihtuah leh ta a. Centenary hriat reng nan no chanve in hmasawn tum ila a tha ang tiin no chanve in hmasawna kan lo nei leh ta a ni. Ka ngaihtuah apianga mak ka tih leh a ropui ka tih chu Buhfaitham kan pek avanga chaw chhum tur kan neih loh te, chaw kan nghei te wawin ni thlengin sawi tur kan la nei lo te hi a ropui ka ti thin.

He rawngbawl na danglamna tak hi ka ngaihtuah thin, kal chhuah ngai lo, tapchhak bul maia rawngbawl theihna, tawng thiam ngai lo, lehkhathiam ngai lo, mi rethei leh mi hausa berte nena inang renga rawngbawl na tlawm tê leh ropui tak chu a ni.

Buhfaitham rawngbawl na hi Lalpan mal a sawm em avang hian setana hian kan kut hi kan buhfai ei lai leh man to pek ai chuan Ration Buhfai tui lo leh chhe zawk te pe turin kan kut hi a rawn hmang thei tih i hria ang u.

Pathian hnena thilpek reng reng hi a pe tam apiang an inchhir ngai lo, an lawm zawk thin. Hekna leh channa lam ni lovin Pathian malsawmna dawna hnar a ni zawk.

Buhfaitham hi mi tam takin an hre thiam lo, a chhan chu Tham tih ni si a, enga ti nge no 1 te no 3 te an dah, an tham hleinem ti te pawh an awm thei. A hming chu Buhfaitham a ni tlat a, mahse buhfai hmanga thilpek a nih tlat avangin miin a thinlunga a phal zat zatin no hmangin a dah mai a ni. Mi hausain an tham tam kher lo, a chhan chu thilpek a rawngbawl na tlawm tē a nih tlat avangin mi thinlunga a thawh ang zelin an tham mai zawk a ni.

Kum 2012 Zoram Hmeichhia Khawmpui Lian Committee Rorel Vawi 6-na, Tlangnuam Kohhran a kan thlen khan eng nge a hriatreng nan ka tih ang tih ka ngaihtuah a, Buhfaitham ah hian No 1 in hmasawn leh ila a tha ang tih ka rilru ah alo lang leh ta a, hmasawna thar kan lo nei leh ta ani. A mak khawp mai hmasawna tur hi ho tē a lang si hian a lo awm zel mai ani. Hei hi Buhfaitham hlutna leh ropuina lai tak chu alo ni.

Buhfaitham chungchanga kan rawngbawlpui nu pakhatin a sawi thin chu, 'Mizoram in kan

kum khat ei tur Buh kan thar chhuak lo, Mizote chu buh ring mi kan ni a, Zokhaw lama kan unau hnathawkte pheh chuan ni khatah chaw wawi 3 lai an ei a. Mahse kum tluana ei tur buhfai chu state dang atangin kan dawng reng a, hei hi eng vang nge tih kan chhut ngai em? Kan Buhfaitham rawngbawl na vang hi a ni lo thei lo ka ti a ni, 'tiin a sawi thin. A dik hle lo maw? Kan ngaihtuah ngai em le!! I chhūt tlang teh ang u. A dik nia kan hriat chuan kan buhfai tham rawngbawl na hi i uar sauh sauh ang u. Sawisel mai lovin tan ila thar zel ang u Buhfaitham - Lalpa chanpual, rawngbawl na tlawm tē hi a va ni em!! Chhung tin leh in tin luh chhuaktu, buhfai tham hi a va hlu teh lul em!!

Chawhlsan mai mai leh bansan phal mai chi i ni mawh lo. A hlutna hretu leh a zar zotute lo pung zel rawh se tiin tan wngtainain i hlan zel ang u.

Zoram dung leh vang mai ni lo, khawvel hriat loh lawh zel rawh se.

Kan thlen chin atangin hmasawn zel tur kan ni tih hre rengin tan i la thar zel ang u.

Article**CHHUNGKAW SUM ENKAWL CHUNGCHANGA
NU MAWHPHURHNA***(Mat. 6:33; Heb. 13:5; 1 Tim. 6:7-10; Thuf. 19:17; 31:10-31)**- Upa Lalmalsawma
Chawnpui*

Chhûngkaw sum : ‘Chhûngkaw sum’ tih hian sawi kan tum chu chhûngkaw thawh chhuah sum, chhûngkaw inrêlbâwl na tûr bîk hi a ni. A thawk chhuaktu chu a tlângpui in chhûngkaw pa a ni a, a hmanna lama mawhphurtu lian ber chu chhûngkaw nu a ni thung. A dehchhuah dân fel, ram leh sorkar dânin a phal chin, Pathian hriatpui leh malsâwm tlâka dehchhuah a ni tûr a ni. Chuvang chuan a enkawl hna pawh a pawimawh a, chu mawhphurhna chu chhûngkaw nu kovah a innghat. Enkawl tih hian a hman dân vawn fel, a hmanna chin hriat theih, chhûngkaw mamawhna ngeia hman, renchem leh daihzai taka hman, rethei tanpui nana hman leh dam mawh hritlân leh rîkrum thil thlen huna invên nana khâwl neih te a huam vek ang.

Thlarau lam thil a pawimawh ber : Chhûngkaw tâna mamawh sum kan neih theihna bul chu Pathian a ni tih hi Kristian chhûngkuain hriat a tul. Pathian thu chuan a ram leh a felna zawng hmasa tur leh kan suma Lalpa chawimawi tûrin min ti. Sâwma pakhat pêk hi kan tih ngei tûr a nih thu Bible-in min hrilh a, Thuthlung Tharah pawh Lal Isuan sâwma pakhat chu felna te, khawngaihna te leh rinawmna te tela pêk tûr a ni tiin min zirtîr bawk. Chhûngkaw

nu chuan chhûngkaw sum a enkawl naah hei hi a rilru kaihruiatu hmasa berah a neih ngei tûr a ni. Kan thlarau lam nun chu kan sum neih leh kan khawvêl ro thilte aiin dah lian zâwk ila, engkim a tahtawlin a fel dâwn a ni. Hei hi chhûngkaw sum enkawl naah chhûngkaw nuin a vawn ngheh tlat tûr pawimawh hmasa ber a ni.

Renchem leh daihzai taka hman tûr: Chhûngkaw sum hmanna tam ber chu - chaw

leh chawhmeh, tui leh electric hman man, eirawngbâwna gas man, bungbêl leh hmanraw mamawh, mutbu, naupang sikul fee, an motor chuan man, an uniform leh zirilaibu man, in leh a vêl chei leh siam thatna, kohhran thawhlâwm, mitthi râlna, khawtlâng pâwl hrang hrang thawhlâwm, thawmhna leina, damdawi man leh damloh nikhuua inenkawlina man te a ni. Hêng pawh hi kan mamawh nasat dân indawta kan tlin tâwka kan hman thin an ni a, kan sum lâk luh nêna inbûk tâwk zêla hman a ngai.

Hêng chhungkuain kan mamawh kan leiah pawh hian kan sum neih ang ang hi ren thiam tak leh daihzai thei ang bera hman thin tûr a ni. Chawhmeh leia bazaar pawhin kan ei sên loh leh dah chhiat mai tûr thlenga lei hi a awl êm êm a ni; pa zâwk hi chawhmeh bazaarin kal ila pawisa kan ren thiam deuh zâwk a, nuin ₹2,000/- a hmanralnaah hian pa chuan ₹1,500/- vêl hmangin a tih theih niin ka hria, in pawm zâwng a ni emaw ka hre lo. A bîkin chawhmeh lei tûra bazaar

kal dâwnah lei tûr ziak sa nei thlap ila, chutiang chauh chu lei bawk ila pawisa kan hmang tlêm thei thin; bazaar hmuna it zâwng thlêk kual thlêk kual chuan pawisa hman tam a awl bîk.

Chhûngkaw mamawh ngei chaw leh chawhmeh, têt, purûn, etc. chhe thei mai lo chi chu a hlâwma lei thin hian sum sên a tlêm duh, a hlâwma leiin thil zuartuten an tlâwm thin vângin. Tin, bungraw man tlâwma hralh lai (sales leh discount) denchhena mamawh tak tûr lei hi a tangkai bawk. Tin, chhûngkaw mamawh bungrua leiin a tha chi, tlo tûr tak lei hi bungraw man tlâwm tam zâwk lei aiin a tha zâwk thin. Thil thar, a bîkin furniture, etc. lei thuai aiin a hlui chei that (repair) lam hi uar zêl ila sum renchemna tha a ni. Sum enkawlina pawimawh ber mai chu a hmanna lam fimkhur hi a ni a.

Chhûngkaw sum emaw, sorkar sum emaw, pâwl sum pawh nise a hman ralna chu a neitute tangkai pui tûr leh that pui tûr bera fimkhur leh renchem taka hman (expenditure ratio-

nalization) hi thil pawimawh hmasa a ni.

Chhûngkaw mamawh tak chauh atân hman tûr :

Chhûngkuain kan mamawh tak chauh atân ni lova kan hman fo chuan kan indaih lo fo dâwn a ni. Mamawh loh deuh thil chhûngkaw nuin a lei fo chuan thla chanveah emaw, a aia hma pawhin chhûngkua an buai fo dâwn tihna a ni. Entirnân, nu bazaar kal emaw, office bângin secondhand thawmhnaw a thin haw ɽawk zêl chuan chhûngkaw sum thil dang mamawha hman tûr kha a hmang heu zêl tihna a ni ang a, a nghawng chu chhûngkaw sum indaihlohna a ni ang. Chutiang zêlin, nu ber hian kan mamawh ni lêm lo, ît zâwng kan ngah chuan kan chhûngkaw sum a khawih tlat ɽhin. Economics dânah chuan ‘Mihring thil duh hian tawp chin a nei lo,’ (Human wants are unlimited) tih a ni. Kan ît zâwng leh kan duh zâwng hian chin lêm a nei lo; ît leh awh zâwng thil pakhat nei ila, a dang awh leh ît a lo piang zêl ɽhin. Bible pawhin, **‘I vêngte thawmhnaw awt suh,’** min ti. ‘I vêngte in leh lo

awt suh; i ɽhian nupui pawh ît suh, a bawihpa emaw, a bawihnu emaw, a bâwng emaw, a sabengtung emaw, a neih engmah i awt tûr a ni lo, a ti (CL). Awh neih tlêm hi chhûngkaw sum enkawltu nu zia nise sum enkawl thiam nâna ɽha ber.

Sum hmanna tûr ruahmanna siam a ɽha :

Rilrua lo lang chawp leh ngaihtuah chawp, hmuh chawp apiang lei mai hi pumpelh a ɽha ber. Thil lei dâwnin mamawh dik tak leh mamawh zât chauh lei tûra kan sum hmanna tûr siam fel hmasak a ɽha. Hei hi ‘chhûngkaw sum neih leh hmanna tûr ruahman fel’ (Family budgetting) tih a ni a. Tûn thla chhûnga kan chhûngkaw sum neih theih tûr zât leh kan sum hman theihna tûr duan fel nise. Thla lehah emaw, kum tawpah chuan tûna kan neih theih rih loh ɽhenkhatte kan nei thei ang, tia kan mamawh si leh kan awh ve deuh te pawh hisâp nei taka sum kan hman chuan neih theih hun a lo awm ve mai ɽhin.

Bat pumpelh hrâm tûr a ni : ‘Bat pumpelh hrâm tûr’ kan tih hi chuan ni tin chhûngkaw

inrêlbâwlna atâna mamawh emaw, incheina leh kan ît zâwng, tlereuh lam thil te emaw a baa lei lam pumpelhi hi a ni. A lova kan la awm theih ang chi hi chu a bain la lo hrâm ila; chawhmeh leh sâ te pawh hi leina neih loh chuan insûm hrâm zêl a ða. Sâptawng chuan a baa nun hi ‘Living beyond one’s means’ an ti a, ‘Neih bâka khawsak’ tihna a ni. Shakespeare-a chuan, ‘Pûktuah ðang lo la, pûktirtuah pawh ðang hek suh,’ (Neither a borrower nor a lender be) a ti. ‘Pawisa hi Lal a ni’ an lo tia a; ‘Leibat hi tuiptui mawng nei lo a ni mai,’ an lo ti bawk. Bat loh an sawi mawina vek a ni. Mizo upaten, ‘Leiba leh saihlum a ngêt thei lo,’ an lo tih angin, chuti maiin leiba hi a bo thei si lo va, pumpelhi a ða ber a ni.

Chhûngkua inrâwn-khâwm a ða : Chhûngkaw member ten chungkaw thil pawimawh chu kan hriat tlân zêl a ða ber a. Kan fate hian kan chhûngkaw sum neih dân leh kan neih chin hi a tlângpui hre ve se, kan tlin leh neih phâk tâwk pawh hria se a ða ber.

Chuvâng chuan, tûnlai khawvêla rualawhna nasa takin min tuam vêl kârah hian kan chhûngkaw sum dinhmun leh kan neih theih chin kan hriat tlâna, kan chhûngkaw mamawh chung châng pawh sawiho va, inrâwnkhâwmna neih hi thil chin ða tak a ni ang. Chutianga kan tih chuan fateh thil man to leh kan el phâk loh pui awta ngen an chhîng lo deuh ngei ang.

Rethei ðanptui ve tûr : Kan Bible-ah hian mi rethei khawngaih leh ðanptui tûra fuihna hi a tam khawp mai. Kristian chhûngkaw sum hi mahni chhûngkaw bil tân chauh kan hman chuan kan tidik tâwk lo tihna a ni ang. Mi dang tel ve theih lohna, mahni chhûngkaw bil chauhva Pathian malsâwmna kan dawnte hmang zo vek ðhin chhûngkua kan nih chuan thil ða lo tak a ni ang. Chhûng khat lainate ðanptuitu, ngaihsaktu, ðhenawm khawvênga harsâte ðanptui ðhintu chhûngkua kan nih a pawimawh. Juda hnam chuan an zînga rethei te, an chi pui harsatna tâwkte chu an ðanptuia, an indâwm kâng zêl ðhin.

Khawvêl khawi hmunah pawh chu chu an hnam chîn dân a ni. Bible zirtîrna an hre reng a, an zâwm tha êm êm thîn. An hnam zîngah khawvêl khawi hmunah pawh rethei berh tak an tlêm deuh an ti. Hetiang thilphalna, that chhuahna hi ‘Tzedakah’ an ti a, an chipuite chang lo, hnam dangte chungah pawh an chîng thîn. Pathian thu chuan, ‘Mi rethei khawngail chuan Lalpa a pûktîr a ni a, a thiltih that chu a rûl ang,’ a ti (Thuf. 19:17). Kristian chhûngkuate hian rethei leh chan chhe zâwkte hi kan tanpui thîn tûr a ni.

Hman bâng neih ngei tûr :

Thufing pakhat chuan, ‘Khaw chhiat ni atân i sum khâwl rawh,’ a ti (Save for a rainy day). Chhûngkaw khawsak tha chuan mamawh thut leh damloh nikhuaa sum hman tûr tlêma zâwng tal an nei thei thîn. Chu chu chhûngkaw nu mawh-phurhna a ni bîk. Sum neih ang ang hman zawh vek zêl chu thil awlsam tak a ni a, pawisa thahnem tham tak pawh hi hman a nawm êm avângin khâwl nei miah lova hman zawh theih a ni.

Tlêm tham tê pawh nuin nei se, mamawh huna laina leh thenawmte ban lova, tlêm tal khâwl a tum tlat chuan a theih a ni. Hetah hian nu fel leh fel lo an hriat theih ber. Neih tam leh tlêm a ni ber lo, tum leh tum loh thil a ni zâwk. Sum khâwl hrâm hrâm hi mi fing nihna, chhûngkaw sum enkawltu nu mawhphurhna pawimawh tak a ni. ‘Tu pawh tlêm tê khâwl thei chuan tam tak a khâwl thîn a, tu pawh tlêm tê pawh khâwl thei lo chuan tam tak a khâwl thei chuang lo vang,’ (Based on Luka 16:10).

Sum hmanna ziah fel zêl

tûr : Chhûngkaw sum hmanna hi ziak fel thlap thîn tûr a ni. Chhûngkaw sum chu a zahawm a, hman fimkhur tûr a ni a, a hmanna pawh chhui theih leh hriat theih a nih ngei a ngai. Hetianga sum ziah fel hi tih dân tha a ni a, Bible-ah pawh entawn tûr kan hmu (Exodus 38:21-31; 2 Kor. 8:20-21; 1 Kor. 4:2). Mi tin hi mahni chanchin Pathian hmaa la sawi tûr kan nihna te, Pathian sum enkawltu kan nihna leh kan thiltih ang zêla rêlsak kan nih tûr thu nêl pawh a inhmeh

hle a ni. Chhûngkaw sum hmanna pa ber leh faten an hriat theiha ziah fel hi a tha a ni.

Neih chhuna lungawi : Neih chhunah lungawi tûr a ni a, lungawina tel chuan sum tlêm tê pawh tha leh tângkai, daihzâi takin a hman theih. Duhâmna leh sum ûmna dik lo chuan sualah min hruailût thei. Tangka sum ngainat hi sual tinrêng bul a nih hi chhûngkaw nu chuan hriatrêng tûr a ni (Heb. 13:5; 1 Tim. 6:7-10).

Hmeichhe khawsak tha: Chhûngkaw nu zawng zawng

ten ‘nupui tha’ nih tum theuh sela. Hmeichhe tha chu - a taima, a tho hma, a dâwngdah lo, a thilphal, a ngilnei, chhûngkua a enkawl fel, Pathian a rin avângin a fîng a, a hlim thei bawk, a pasal leh a faten an fak a, ‘Nu duhthusâm i ni’ an ti (Thuf. 31:10-31). Nute hi chhungkaw sum (tangka) enkawltu an nih bakah, vânrâm thlenga chhawm tur leh sum tak tak zâwk, an fanaute thlarau lam nun kaihruaitu leh enkawltu an nih hi an inhriat a tûl a, chu lamah chuan thahnem an ngaih a pawimawh lehzual.



Thil dik lo tih zawng zawng
hi sual a ni vek a;
amaherawhchu, sual apiang
hi thihna khawp sual a ni
vek lo.

2 Johana 5:17

Hriselna Huang**IMITAKHAM THIN EM?***- Dr. Vanlalhruaii**Assistant Professor,**Department of Ophthalmology**ZMC&H*

Kum 2025 kan chuan kai meuh chuan mit lama harsatna avanga rawn inentir te hnena kan zawhna zawh zin ber pakhat chu “I mit a kham thin em?” tih hi a ni ta reng mai. Hna chi hrang hrang kan thawhna ah hian mit hman ngaih lohna a awm lo ti ila kan sawi sual awm love. Hnathawh zawha kan thut hahdam mai mai lai pawhin phone en, tv en leh computer games khelh te chu “relax’ nan kan hmang tlangpui a. Kan thian kawmna, kan titi na, chhungkua lam hlaa awm te leh lam hnai zawkte nena kan inbiakpawhna, thian kan siamna, chanchin thar kan hriatna, office leh committee thu pawimawh kan hriatna, tui sem ni a nih leh nih loh kan hriatna, ration buhfai sem dawn leh dawn loh te, khawchin thlenga kan hriatna chu phone-a social media hrang hrang atangin a ni. Chutiang taka kan mit fuk na chu bawm te reuh te eng pe chhuak thei, bawm chhunga thil eng rawng chi hrang hrang che zet zet thei a nih miau avangin mit a ti hah em em ang tih chu kan rin thiam tlan mai ka ring.

Pathianin min duan dan hi a mak ropui khawp a, kan taksa peng hrang hrang te hi hna chi hrang hrang thawk thei tur leh chu an hnathawh tangrual chu mihring kan damkhawchhuah na tur leh kan nitin mamawh puhrukna tura duan a ni. Kan mit-te pawh hi thluak tlafual pawnlam atanga kan hmuh theih an ti hial thin a ni. Mit hnathawh

ber chu hmuh theihna a ni a, a hla leh hnai hmuh theihna te a then hran a ni leh zel a. A hnai hmuh theihna kan tih chu lehkha kan chhiarna anga hla vel hmuhfiah theihna a ni a, phone kan enna hlat zawng ang vel tihna anih chu. A hla hmuh theihna kan tih ve thung chu ral khata mi hmel kan va hriat mai theihna hlat zawng ang vel hi a tih theih bawk.

Heng hla leh hnai kan sawi piah lamah hian tunlai chuan computer te kan hman nasat tawh avangin a laihawl vela hla ah pawh hian hmuh fiah kan mamawh leh ta zela. Heng hlat zawng hrang hrang kan sawi te hi kan melh kual char char thin a, a hla atanga a hnai leh a hnai atanga a hla han focus zung zung theihna kha kan mit ah hian a awm sa vek a ni. Melh ngai melh char char tura siam kan nih loh avangin hun rei tak chung a hnai en ngar ngar te, a hla chauh melh reng te hi kan mit hian a tuar phah thin a ni.

Computer vision syndrome/Digital eyestrain hi i lo hmehriat tawh em?

Phone leh eng pe chhuak thei digital device dangte kan en nasat lutuk avanga mit lama harsatna lo awm thei te sawina a ni. A hming kan la hre ngai chiahlo a nih pawhin hetiang harsatna hi lo tuar ve tawh kan nih fur ka ring. Khawvel changkanna in a ken tel harsatna te zing ami lian tak pakhat a ni. A hnuaia zawhna te hi mithiam ten research hmanga an duan computer vision syndrome questionnaire(CVS-Q) atanga

lak chhuah a ni a, CVS nei ten harsatna an tawh thin tlangpui lakkhawm a ni. Zawhna ho hi “aw” leh “aih” in han chhang chhin la, i chhanna tam zawk “aw” a nih chuan mit daktawr hnenah in checkup tura kal vata i harsatna hriatchiana enkawl na dawn a tha ang. Doctor hnenah in checkup tura kal vata i harsatna hriatchiana enkawl na dawn a tha ang.

- 1) I mit a thip/sa thin em?
- 2) Mit thak i nei ngai em?
- 3) Mit kam tu awm angin i hre thin em?
- 4) I mittui a tla thin em?
- 5) I mit i khap nasa em?
- 6) I mit a sen thin em?
- 7) Mit na i nei ngai em?
- 8) Mit men nuamlo thum, mit kham, men harsa emaw
- 9) I mit a ro em?
- 10) I khawhmuh a fiahlo em?
- 11) Thil i hmu phir mhin em?
- 12) Thil a hnaiah focus i harsat thin em?
- 13) Eng tawrh har i ti em? Eng ah men i harsat thin em?
- 14) Eng i hmu tial thin em?
- 15) I khawhmuh a fiahlo tulh tulh in i hria em?
- 16) Lu na i nei thin em?

Engin nge Computer vision syndrome (CVS) chu ti zual thei? Mit thalo sa, tarmit vuah ngai vuah silo te, mit kalh nei te, mit ro (dry eye), phone emaw computer-ah te eng tha lo deuh emaw eng leh lutuk ang chi a thil en chin te hian CVS hi a ti zual thei a ni.

CVS leh Naupangte:

Heng kan sawi tak te hi puitling natna chauh ni bik lovin a pui a pang a tua te pawh phone, computer, laptop, tablet leh a dangte en nasa tawh phawt chuan harsatna hi neih theih vek a nihna lai hi kan hriat tlân a tha. Naupang ah te hlei hlei hian mit ah harsatna a thlen nasa emaw tih tur a ni a, an mit than laia hetiang an en nasa anih chuan mit thatlohna hrang hrang enkawl buaithlak tak tak an neih lêmloh tur an neih pah thei a ni. Chuvangin World Health Organisation chuan naupang kum 5 hnuailam tan hrisel taka an lo mhan chhoh theih nan recommendation a siama, hetiangin:

- Naupang kum 1 chin hnuailam in phone an en tur a ni

lo, nikhatah darkar chanve tal an infiam tur a ni, tui takin darkar 12-16 an mu thin tur a ni.

- Naupang kum 1-2 te chu nikhatah darkar 3 tal an infiam tur a ni a, darkar 11-14 tui takin an mu tur a ni a. Kum 2 chin chuan 60minutes aia reilo phoneen phal a ni a, en loh theih chu duhthusam a ni.

- Naupang kum 3-5 te chuan nikhatah infiamna chi hrang hrang darkar 3 tal an ti tur a ni a, chumi darkar 3 atanga darkar 1 tal chu infiamna hahtlak lam ti thei se. darkar 1 aia tam lo phone leh device dangte en phalsak theih a ni a, darkar 10-13 tui taka mut tur a ni.

CVS, Mit khap leh Mit ro (Dry Eye) inlaichinna: A hmasa in mit ro kan tih hi mit hrui ro nen a inang lo tih lo hre phawt ila. Phone kan en hian kan en tui poh leh kan khap tlêm a, kan khap tlêm chuan kan mit a lo ro a, kan mit a ro chuan mit kham, mit thîp leh a harsatna dang kan nei thin a ni. Chuvangin hna leh tul dang hrang hrang avanga loh theihloha phone leh thil dangte en nasat ngai kan nih pawn khap

theihngihl lo tura mahni inhrilh nawn fo te, a ʔul phei chuan phone ah reminder dah te pawh kan ch̄n ʔhan a mha awm e.

A tawp berah chuan CVS hi natna hlauhawm tak a ni lem lova, mit lama harsatna a ni. A lo awm chhan te leh a lanchhuah dan tlangpui te kimchang lo takin kan tarlanga, khing harsatna ang te khi ilo tuar ve tawh ʔh̄n anih pawhin hlauthawng lo phawt la. Harsatna thlentu ber chu phone leh device dang en nasat lutuk avanga mit hman rim a ni

tih hre reng la. Mi tam tak tana harsatna thlen pha lem lo kha i mit tan chuan nawmlohna thlen tham a lo ni maithei tih hriatthiam a ʔha. Eng ʔha tak hnuaiah phone en ʔhin la, ʔhu duhdah lutuk leh mu chung tea computer/phone en loh tur. Vawikhatah rei tak tak a hnai/ a hla en reng loh tur. I phone bih lai aʔangin hawi sawn zeuh zeuh la, mit pawh khap zeuh zeuh ang che. Hei hian i mit ro lutuk tur a veng a ni. Harsatna mahnia chin fel theih loh chin a awm avangin mithiamte rawn fo a ʔha.



Min Chelh Zawc Rawh

Hmeichhe naupang pakhat leh a pa hian lui lian tak chungla lei dawh hlui tawh tak hi an zawh dawn a. A pa chuan a fanu chu a tla palh ang tih hlauvin, “Mami, nghet takin ka kut hi chelh tlat ang che aw,” a ti a. A fanu chuan “Ni lo, ka Pa, nangman min chelh zawc rawh,” a lo ti reuh a. A pa chuan, mak ti deuhin “Engnge a danglamna?” a ti a. ***“Danglam teh reng e, keiin i kut ka chelh chuan, tihpalh thilin ka thlah palh thei a. Nangin min chelh ve thung chuan ka him dawn a ni. Nang chuan engtikawng mahin min thlah ve dawn si lo va,”*** tiin a chhang a.

Eisiam Huang

ARSA PAKORA

- Mamawhte:
1. Arsa mahni duh zat
 2. Maida/crispy fry mix
 3. Ajino (a duh tan)
 4. Dhania, bahkhawr etc.(mahni duh ang ang)

1. Arsa chan sa tui tlem teah chhuma chhin phui tur a ni. Mei na lo têah a hmin tan thleng chhuan tur, a hminah a tui thlit hul a, chi a al tawk turin hmeh tur.
2. Crispy fry mix emaw maida leh ajino tlem mix kha tuiyah a hnâng tawk vel/paste turin chawh tur. Chumiah chuan arsa hmin kha tal bawrh bawrh tur.
3. Tel tam deuh hlekah pahnih khat lek lekin kan tur. A rawng a mawi tawk awmah suah chhuah leh tawp. Dhania, bahkhawr leh duh ang ang chan sawm ten han phul ila, a tilang itawm bakah a ti tui ve.
4. Arsa chhumna tui kha soup tûrin duh chuan siam leh mai tur a ni, tuidai no khatah cornflour chawhpawl h a, arsa tui chhuan soah chuan tlem tlema chawh reng paha leih luh a, leafy vegetables a awm ang ang chan nawi telh leh tawp mai tur a ni. A al duh chuan chi tlem telh mai tur a ni.



PATHIANTHU ZIRDUHTAN
PRESBYTERIAN BIBLE SCHOOL ADMISSION NOTICE

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

1. Admission Form hi PBS Office-ah ₹ 10/- a lei tur a ni a. Synfo Website-ah download theih a ni bawk.
2. Dil hun chhung - **October 1 - November 25, 2025**
3. Dil thei chin - Class VII/Middle School exam pass, kum 16 aia naupang lo, Kohhran dan chhunga awm.
4. Interview hun- **December 2, 2024**(Thawhtanni) zing dar 10:00 PBS Class room-ah neih a ni ang.
5. Class tan hun-January 12, 2026 (Thawhtanni).Zir hun chhung thla li (**January-April, 2026**)
6. Zir chhunga Class neih dan tur - Dar 9:30 a.m. - 3:00 p.m.
7. Zir hun chhungin zir laite hnenah thla tin Stipend pek an ni ang.

Hrechiang duh tan Phone No.**8415852442/8794157618**-ah zawhfiah theih a ni. Hostel a awm lova, zir turte chu awmna inngaihven mai tura ngaih an ni.

Sd/- Rev.Lalengzika Siakeng
Principal,
Presbyterian Bible School

**MISSIONARY TANA AGAPE CHANCHINBU
LÂKSAKTUTE (Chhunzawmna)**

SNö	Bial/Kohhran/Mimal hming	Chawm zât
151.	Khawzawl Vengthar Bial Kohhran Hmeichhia	10
152.	E. Lungdar Bial Kohhran Hmeichhia	10
153.	Bairabi Bial Kohhran Hmeichhia	10
154.	Melthum Kohhran Hmeichhia	21
155.	Vairengte Chhim Veng Bial Kohhran Hmeichhia	15
156.	Baktawng Venglai Kohhran Hmeichhia	15
157.	Biate North Kohhran Hmeichhia	20
158.	Darlawn Bial Kohhran Hmeichhia	20
159.	Pi Zahmingpuii, Maubawk West	10
160.	Pi Lalrinzuali, Maubawk West	10
161.	Khawhai S Bial Kohhran Hmeichhia	20
162.	Ramhlun Vengthar Bial Kohhran Hmeichhia	50
163.	Chalrang Bial Kohhran Hmeichhia	3
164.	Kawlkuh North Bial Kohhran Hmeichhia	30
165.	Sumsuih Bial Kohhran Hmeichhia	20
166.	Melriat Bial Kohhran Hmeichhia	50
167.	Bairabi Kohhran Hmeichhia	25
168.	Hortoki Gilgal Kohhran Hmeichhia	5
169.	Vaivakawn Vengthlang Kohhran Hmeichhia	7
170.	Phullen Vengthar Kohhran Hmeichhia	10
171.	Durtlang Venghlun Kohhran Hmeichhia	10
172.	Sakawrtuichhun Bial Kohhran Hmeichhia	10

chhunzawm tur

NAU CHÂWMNA PETUTE LEHAN CHÂWM ZÂT

Chhunzawmna

SNö.	Bial/Kohhran/Mimal hming	Chawm zât
157.	Keifang Bial Kohhran Hmeichhia	2
158.	Kolasib Venghar Bial Kohhran Hmeichhia	2
159.	Delhi Kohhran Hmeichhia	8
160.	Chhiahtlang Bial Kohhran Hmeichhia	5
161.	Hnahthial Bial Kohhran Hmeichhia	1
162.	Leitan Kohhran Hmeichhia	2
163.	Mamit Hmunsam Bial Kohhran Hmeichhia	2
164.	Diakkawn Kohhran Hmeichhia	4
165.	Thingsulthliah Bial Kohhran Hmeichhia	3
166.	Champhai Bethel Bial Kohhran Hmeichhia	1
167.	Khawzawl Dintar Bial Kohhran Hmeichhia	5
168.	Lawngtlai Bazar Kohhran Hmeichhia	1
169.	Peren Kohhran Hmeichhia	1
170.	Lawngtlai Bethel Kohhran Hmeichhia	1
171.	Darlawng Kohhran Hmeichhia	1
172.	Kawrthah Bial Kohhran Hmeichhia	4
173.	Armed Veng Bial Kohhran Hmeichhia	4
174.	ITI Vengchhak Kohhran Hmeichhia	1
175.	Zonuum East Kohhran Hmeichhia	5
176.	Baktawng Venglai Kohhran Hmeichhia	1
177.	Kawrthah Kohhran Hmeichhia	4
178.	Lungdai Kohhran Hmeichhia	2
179.	Kawlkulh North Bial Kohhran Hmeichhia	2

chhunzawm tur

ADVERTISEMENT

Mizoram Presbyterian Kohran Hmeichhiate enkawl Women Centre, Phunchawng-ah kum 2026 chung atan Puanthui zir dilna hawn a ni leh ta a. Presbyterian Kohhran Dan chung a awm tan dil theih a ni. Puanthui zir tur mi 50 lak tur a ni ang a, kum khat chung zir tur a ni. Dilna Form chu Kohhran Hmeichhe Department, Synod Office-ah lam theih a ni ang. Dilna Form la chhuak remchang lote tan Bial Kohhran Hmeichhe Ziaktu hnenah PDF-a thawn chhuah a ni a, he mi hmang hian online pawhin a dil theih ang.

Dil theih hun chung - Ni 13.11.2025 (Ningani) thleng

Interview - Ni 17.11.2025 (Thawhtanni)
10:30 a.m. atangin

A hmun - Synod Committee Room I,
Synod Office

Online a dilna thawwna tur - Kohhran Hmeichhe Office
Phone Number - 9233437689

Sd/-

(Rev. Dr. K. Lallawmzuala)

Executive Secretary i/c Kohhran Hmeichhia

Hruaitute Chanchin**ZOHMANGAIHI**

Pi Zohmangaihi hi Pu R. Lalruata leh Pi F. Lianhangite fa pathum zinga a naupang ber niin Dt 31.7.1962 ah a piang a. B.A. zir zovin kum 1985 aṅangin Middle School Zirtirtu-ah lutin kum 2023 khan Headmistress-in a pension a ni. Pu C. Vanlalrivunga nen inneiin fanu pakhat an nei a. Kum 2004-ah Armed Veng aṅangin Chhinga Vengah in leh lo dinin an in beng bel ta a ni.

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

BIAL-AH: Kum 2015-ah Bial Committee-ah lutin Secretary leh Asst. Secretary post hi term 2 ve ve a chelhna niin, tunah hian Bial Secretaryhna a chelh mek ani.

KOHRAN-AH : Kum 2009-ah Chhinga Veng

Kohhran Hmeichhia-ah Comt. member-in a lut a. Hnathawhna avangin thingtlang aṅanga a lo let leh hnu, kum 2015 aṅanga tun thlengin O.B. post chi hrang hrang - Secretary, A/Secy, Treasurer, F/Secy. te chelh tawhin tunah hian Chairman lai mek a ni.

BIBLE CHANG LEH HLA DUHZAWNG : I Peter 5:6-7

“Chuvangin, a hun teah chuan a chawimawi theihna tur che uin, Pathian kut chak tak hnuaiah chuan intihnuai ula, anin a ngaihsak ṭhin che u avangin, in manganna zawn zawn ama chungah nghat vek rawh u.” duh hle a. Hla duh ber KHB No. 34 **“Thil ṭha kan hmuh ang hi tuman an hmu thei lo”** t

THUCHAH : Khawngaihna avanga rawngbawlna chanvo pawimawh tak, kan kuta a awm ve lai hian keimahni aiin kan rawngbawl hna hi Lalpan a ngai pawimawh zawk tih hriain leh kan rawngbawlna hi miten an dem lohna turin, ngaih pawimawh berah nei ila, rawngbawlna thilah kan theihtawp chhuahin keimahnia a ṭha ber Lalpa tan i hlan ang u.

Hrat atan**Fehchhuahna:**

1. July 31, 2025 (Ningani) khan Synod Hospital, Durtlang-ah MRI (3 TESLA) thar Pathian hnena hlanna leh hawwna programme-ah sawmna kan dawn angin Pi K. Vanlalrawni, chairman leh Ni. H. Vanlalruati, General Secretary-te an kal.
2. August 2-3, 2025 chhung khan Thenzawl Bialah Leadership Training & Kristian Chhungkaw Campaign hun hmangin Pi P.C. Lalmalsawmi, Pi Lalngkhakliani, Pi Lianhnuni leh Pi K. Lalrinpuii , Committee Member-te an kal.
3. August 2-3, 2025 chhung khan Sumsuih Bialah Leadership Training & Kristian Chhungkaw Campaign hun hmangin Pi Lalthansangi, Asst. Secy, Pi Vanlalchhuangi, Pi Lalbiaknungi Sailo leh Pi Lalthanzami, Committee Member-te an kal.
4. August 9-10, 2025 chhung khan Nisapui Bialah Leadership Training & Kristian Chhungkaw Campaign hun hmangin Pi Zohmingliani, Fin. Secy, Pi Lalrawngbawli, Pi Lalthangmawii leh Pi Hranghmingthangi, Committee Member-te an kal.
5. August 9-10, 2025 Bairabi Bialah Kristian Chhungkaw Campaign hun hmangin Pi J.C. Ronghaki, Pi Vanlalnunsiami leh Pi Lalmani, Committee Member-te an kal a ni.

Fehchhuakte hian Pathian kaihhruaina leh awmpuina-in hun tha tak an hmang thei a, a lawmawm hle a ni.

KUM 2025-2027 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

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

COMMITTEE MEMBER-TE

- | | |
|---|----------------------------|
| 1. Pi C. Lalnunpari | 2. Pi C. Rosangpuii |
| 3. Pi Chuauzikpuii | 4. Pi H. Lalḥasiami |
| 5. Pi H.C. Lalfakawmi | 6. Pi Hranghmingthangi |
| 7. Pi J.C. Ronghaki | 8. Pi K. Lalrinpuii |
| 9. Pi K. Remmawii | 10. Pi Lalṭanpuii |
| 11. Pi Lalbiaknungi Sailo | 12. Pi Lalhlimpuii |
| 13. Pi Lalmalsawmi Sailo | 14. Pi Lalmani |
| 15. Pi Lalmuanpuii | 16. Pi Lalrammawii |
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| 21. Pi Lalrizapi | 22. Pi Lalrokimi |
| 23. Pi Lalthangmawii | 24. Pi Lalthanzami |
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| 27. Pi P.C. Lalmalsawmi | 28. Pi R. Tlanghmingthangi |
| 29. Pi Soni Pun | 30. Pi Tlangthanpari |
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| 33. Pi Vanlalnunsiami | 34. Pi Vanlalsangi |
| 35. Pi Zodinpuii | 36. Pi Zohmangaihi |
| 37. Pi Lalnghakliani, Asst.Co-ordinator | |

Ex-Officio Member-te

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

KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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



Kawrthah Bial Kohran Hmeichhia Leadership Training & Kristian Chungkaw Campaign



Bairabi Bial Kristian Chungkaw Campaign



Darlawn Bial Kohran Hmeichhia Leadership Training

To

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