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Agape Phone No. : 0389-2326372
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 agapechanchinbu@gmail.com

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*Editorial***INKHAWMPUI**

Kum 2021 khan Puitling Sunday School-ah ‘*Kohhran leh a rawngbâwl hna*’ tih kan zir a. Hripui leng avangin zirlai tam zawk Biak Inah zir thei lo mah ila mahni in lamah chhungkaw kimin kan zirho thei a, a zirtu pawh kan tam phah theih zâwkna chen pawh a awm thei awm e. Kan kohhran inrêlbâwlina thil pawimawh tak tak kan zirte ațang khan keini Kohhran hmeichhe tân pawh zirchhuah tûr a tam hle a ni. Presbyterian Kohhran rorêlna inkhaidiat dân chu Tualchung, Bial, Presbytery, Synod leh General Assembly a nih thute kan zir a. Kan Kohhran hi committee leh inkhawmpui hmanga rorêla thawkho thin kan ni.

Bial Hmeichhe Inkhawmpui kan neih hun February thla alo inherchhuak ve leh ta a. He hun hi bialchhunga hmeichhiate kan inhmuhkhawm ve theihna hun remchang leh rawng kan bâwlhona hun tha ber a nih bakah Pathian thuchah keimahni puala kan ngaihlhâk theihna hun a ni a, a hlu em em a ni. Bial tam takah hmeichhe zaipawlin hla kan rem ve thei thinte hi a hluin kan fak Lalpa pawh a lâwm ngei ang. Inkhawmpuia tel thei tûra kan la damte hi a ropuizia hriain lawmthu sawi chungin tel ve ngei i tum ang u.

Kohhran Hmeichhe puala Inkhawmpui - Rorêl Inkhawm leh Inkhawmpui Lian te pawh hi kan dam chuan ngai pawimawh thar zêl ila. Kohhran inchhiarna hnuhnung bera a lan dânin Kohhran member zawng zawng 6,26,958 zinga 3,05,201 chu hmeichhia kan ni. Kohhran Hmeichhe member ten kan awmna hmun theuhva thahnemngai taka rawng kan bâwl chuan kan ram hmasâwnna tûrin awmzia kan nei thei ang tih leh Lalpa tân thil ropui tak tak kan ti thei ang tih ring ila, mahni hmun theuhvah phûr takin rawng i bâwl ang u.

Kristian Chhôngkua

CHHÔNGKUAA – NU LEH PÂ MAWHPHURHNA (I Tim 5:8, Exo 20:12)

– Thanhliri
Tuikhuahtlang

Chhôngkua Pathianin min dinsak hi a va lawmawmin a va hlu êm. Kristian chhôngkua dinna châng hria, a bultan tha-te chu an nihlawhin an va awhawm tak êm! Mi tam tak, chhôngkuaa a bultan thatna châng hre lo leh ngaih pawimawhna châng hre lote chu kan dam chhông nunah harsatna, buaina, manganna leh mualphona ten min tuam vel thin. Amaherawhchu, chhôngkaw dinna kawngah hian mi fel fam kim kan awm lo tih kan hria a, harsatna chi hrang hrang pawh kan tâwk fo thin a nih hi. Kan Lal Isua pawh khân harsatna kawng min lo zawh khalth tawh a, tu pawi mah sawi lotu khan a tuar nasa hle a ni. Kan tih dik loh siamthatna tur hun tha erawh kan bawh bo tur a ni lo. Chhel taka tuar chungin kan siamtha zel ang. Chu chu a kawng awm chhun a ni e.

Nu leh pate Lalpan fanau ro chan min pe thin hi a va lawmawm tak êm. Chhông kan fate zingah chuan fel zik tluak, inngahna tlâk an awmlaiin, a then fel lo leh khawlo tak tak an awm bawk a. Eng tin nge kan tih tak ang? Kan thlarau nun leh chhôngkua hian mawh kan phur si a. Nu leh pate thu

awiha, Lalpa duh dana sual sim mai an awm laiin, a then te erawh chuan kum tam tak chhông pawhin an sim hlei thei lo. Hei hi eng nge a chhan ni ta ang? Lalpan kan tuar a la phal a ni tih mai hi a taw e. An tana tawngtai mai loh chu eng mah tihtheih kan nei lo. An tana bâng lova kan tawngtai reng chuan Lalpan

a hun a tihah a la siam tha ve mai ang. Amah kan ring tawk em tih te pawh a fiah ve thin alawm. Lalpan eng kimah min hria alawm le, an thlarau a boral lohna turin tawngtaiin i tang zel ang u.

Pathianin, ‘Ka thinlung ang pu mi” ti mah se, chhungkaw enkawl na kawngah Lal Davida pawh a hlawhchham. Amah-erawhchu, a tih dik lohnaah a inchhir ngawih ngawih a, Lalpa lam a hawi tlat. Keini pawh Lalpa lam i hawi tlat ang u. Thinlung dik tak pu chung a tawngtaiina hi kan hmanraw tha ber a ni fo ang.

Jakoba pawh a fate zingah duhsak bik a neih avangin a fate inkarah inhuatna a thlen phah a. Kan Pathian hian tu mah duhsak bik a nei ve lo. Keini nu leh pate pawh hian kan fateah duhsak bik kan nei tur a ni lo. Rebeki leh Isaka te pawhin an fateah duhsak bik an nei ve ve a. Chuvangin, Esauva leh Jakoba-te inkarah inhuatna leh initsikna a lo

piang a, inthah mai duhna te pawh a lo piang ta hial a ni.

Kan chhungkaw kal zel dân turah Lalpa hnênah finna dil zel ang u. Sari pawh kha fa a neih lawk loh avangin a hmanhmawh lûatah a bâwihnu Hagari kha a pasal a pe a, an buaipah ta hle a nih kha. Keini pawh hian Lalpa thu chu nghâk hman lo leh râwn lova hma kan lâk fo avangin, buaina, manganna leh hrehawmna te kan insiam fo a, a nghawng pawh a na thin hle mai.

Joshua kha a fakawm hle mai. A dam chhûngin tihtak zetin Lalpa rawng a bâwl a. A chhûngte leh Israel fate tha takin a kaihruai a. An chhungkuain Lalpa rawngbawl an thlang ber a ni. Kawng tam takah ringtu ni lote pawh hi kan tluk lo. Nu leh pa chawimawi te hi an thiam zâwk emaw tih tur an ni fo mai. Thu sawm pêkah chuan Nu leh Pa chawimawi tur a nih thu kan hmu. Israel fate pawh nu leh pa sawisel chu lunga denhlum

tur tiin thu a pe bawk. Tin, nu leh pa thuneihna pawisak loh hi a tlo lo fo.

Nova anga pa berin Lalpa thu zâwma chhungkaw lungtual, Lalpa be ho thei a siam ang khân, inhmangaih tlân hi i zir ho ve ang u. Kan chhungkaw chhe lai siamtha turin Lalpa chakna ringin kan siamtha ve zel ang. Isua zuitu ten hrehawm tam tak an tuar a, vânah ro an nei tih an inhria a, an hlim êm êm a ni. Keini pawh kan chhungkuaah Lalpa la nei lo, sual rawngbawla Setanan a hrual mekte tan hrehawm mah se, tuar a tûl pawha tuar tlângin kan bei zel ang. A hun lai chuan Tirhko Paula pawh Krista zuitute tiduhdahtu, thah pawh duh hialtu a ni. Mahse, Thlarau Thianghlim êngin a chhun meuh chuan a lo harh a, a Lalpa tân hrehawm tinreng a tuar thei angin, kan chhungkua pawhin tuar a tûl leh kan tuar ve mai ang. Sualin a tihbuaite pawh Lalpa Thlarau Thianghlim chuan a la khawih harh ngei ang.

Lal Isua thiltihtheihna hmu tur chuan, a thu kan awih a ngai a. Nu leh pate pawh entawntlâka kan nun a ngai a. Tunlai changkânain a hrin chhuah lakah pawh kan venhim a tûl hle mai. Fate bula hun hman tama, kan theih tâwpa kaihhruai tlat hi nu leh pa mawhphurhna a ni. Harsatna eng nge an nei tih te hriatpuia, an tlin lohna laiah pawh a tha zawnga fuih mawlh mawlh te hi kan tih tur a ni. An hmuh phâk an nu leh an pate hi entawntlâka kan nun a ngai khawp mai. Min hmangaihtu Krista avângin Kristian chhungkuaa bul tan fo hi a pawimawh tak zet a ni.

Billy Grahama nupui Ruthi khan a pasal chu a rawngbawlanaa zui reng mai a duh a. Amaherawhchu, Billy Grahama chuan, Evangelist Billy Sunday-a pawh a nupuiin rawngbawlanaah a zui fo avangin a fate hremhmun kawnga an kal thu leh a mah chu zui ve lo tura a duh thu a hrih a. Ruthi chuan zui chhâk

hle mah se, in lamah a fate a lo kilkaw i ta zawk a ni. Chhungkaw ropui tak an din ta reng a ni. Keini pawhin Lalpa chakna ringin kan bei zel ang. Thenkhat tan chuan a lo tlai deuh tawh pawh a ni mai thei e, a bul tan that erawh i hreh lo ang u.

thenkhat pheih chu an ni mek a ni. Beidawng lovin kan tang zel ang a, Lalpan min pui zel dawn a ni. Thil mak ve tak chu, Lalpa tana kan theih tawp kan chhuah ve a, tan kan lak nasat ve leh hian sual hi a punlun emaw tih tur a ni.

Sual hnehtu chu kan Lal Isua a ni. Khawvel ropuina leh nawmna kan buaipui em em laia, kan rochan, kan fate nun kan chik peih loh leh, kan ngaihsak tawk loh avang hian, kan dam chhung nun tihrehawmtu an ni thei a,

Pathian thu chhiar kan peih rual hian kan zawm tel nghal a ngai a, thlarau nuna kan thanlenna tur a ni si a. Min pui turin Isua leh a zirtirte, Galili dila lawnga an chuan laia thlipui leh tui fawnte hau rehtu Pathian kan nei tih i hre reng ang u.

FAKNA

Mi chu a chungchang sawipui la, darkar tam tak i titi pui thei ang. ~ *Disraeli*

Ringtute hian Pathian kan fak zawh poh leh khawvelin an ringhlelo. ~ *Charles E. Jefferson*

Mi tinin fak an lawm theuh. ~ *Abraham Lincoln*

Khawvela mi lian leh ropui ka hmuh phak chin reng reng hi sawisel aia faknain a tihphur zawk loh tu mah ka la hmu lo. ~ *Charles Schwarz*

Sermon**NUN FIMKHUR**

Deut 5:32, 33; Eph 5:15

- Rev. Vanlalthlamuana
Aizawl Theological College

Pathian hruainain kum 2022 kan lo chuangkai ta a, Pathian hnenah lawmthu i sawi ang u. Tun kum hnih kalta chhung kha kan ngaihtuah let chuan hripui avangin khawvel pum kan buai a, a manganthlak hle a nih kha. Kumin pawh hi engtin nge kan hman zel dawn kan hre lo. Chuvangin he thupui 'Nun Fimkhur' tih hi kan hun hman zel dan turah ngaihtuah ngun ngai tak thil a ni zel dawn a ni. Kan thupui hi kawng liin lo en ho ila.

1. Pên bo theihna laka fimkhur

Lalpan min hmangaih em avangin sual leh thihna lak atangin min chhandam a, kan thih hnuah pawh a hnen thleng ngei turin min duh a ni. Chuvangin, rinna kawnga kan kalnaah hian pen bo theihna tam tak lakah kan fimkhur a ngai hle mai. Kan Bible chang tarlan Deuteronomy 5:32f thua kan hmuh angin Pathianin Israel fate kha ramtiam a hruai luh hunah pawh an fimkhur a ngai dawn hle mai a. An

hmuingilna tur leh chu ramah chuan rei tak an chen theihna turin LALPA thupek an zawm a ngai a, chu kawng chu fimkhur taka an zawh chhuah a ngai dawn a ni. Ding lamah emaw, vei lamah emaw peng bo hauh lo turin a chah lawm lawm a, chutiang baw chuan vawiina ringtute pawh hian hei hi kan hriat thar leh a ngai hle mai.

Lalpa rawn hauh lova, mahni duhna lama chak taka kal a awl khawp mai. Mahni nawmsakna, mahni hmasialna

leh khawvel thil duhna te hian min pawt nasa si a, chung lam en hman miah lova kan kal mawp mawp chuan kawng kan bo dawn. Chuvangin, Juda lal Hezekia anga, *“Ka dam chhung kum zawng zawngah chuan zawi tein ka kal dem dem tawh ang,”* (Is 38:15) tia rinna kawnga kan kal hi a pawimawh hle mai. Lalpa rualin kal tum ila, amah ngaichang ila, a zai ngaiin fimkhur takin i kal ang u. Chuti a nih loh chuan ram tiam thleng zo lovin kan peng bo dah ang e.

*I ruala kal dan min zirtir la,
'I thu nise,' ka dam
chhung hlaa'n.*

2. Pathian aia thil dang ngaih pawimawh theihna laka fimkhur

Thuthlung Hluia LALPA thupek chu - *“Fimkhur hle rawh u, LALPA in Pathian thuthlung, in laka a thlun chu in theihnghil ang a, LALPA in Pathianin eng anpui maha siam a phal loh milemte in insiam chawp dah rual ang*

e.” (Deut 4:23) tih hi a ni. LALPA theihnghilha, amah aia thil dang leh pathian dang siam chawp a phal lo a ni tih Chiang takin kan hmu a ni. Englai pawha Pathian duhthusam ber ni thina lang chu amah hi a hmasa bera kan dah thin hi a ni. LALPA aia thil dang kan lo pathian zawk theihna lakah hian keiniho pawh hi kan nun kan fimkhur a va pawimawh em!

Milem biakna hi Thuthlung Thar zirtirnaah chuan duhamna hi a ni (Kol 3:5). Duhamna hian khua min hmuhtir lo thin a, ngaih pawimawh tur Pathian lam aiin kan duhna lamin min nawr kal a, chu duhamna chuan chin lem min neihtir thei lo thin a ni. Covid-19 hri leng avangin tun kum hnih chung chu mumalin Biak inah kan inkhawm thei tawh lo a ni a, kohhran pawhin rawngbawl-na lam kawng hrang hrang kan tih thin ang ti thei lovin kan awm a. Khang hun zawng zawngah khan Pathian thil ni lo, khawvel thilin min chim buaiin kan rilru a la bo

thin em? Biak inah inkhawm thei lovin awm mah ila rinnaah kan chak tha em? Ringtute inpawlkhawm thei lovin awm mah ila chhungkua leh mi mal nuna Pathian dah pawimawh ber thin kan ni em le?

Kristian, kal fimkhur rawh, hlauhawm a hnai ,

Hemi khawvêla i awm chhung zawngin.

3. Nun dan leh khawsak phunga fimkhur

Kan Bible chang tarlan pakhatah khan mi fing lote ang ni lova, mi finge anga awm zawk tur leh, kan awm dana fimkhur tura min chahna thu kan hmu a. Hei hi kan boruak tawn mekah pawh hian a va dik tehlul em! Sawrkar lama kan hotute leh kohhran hruaitu ten hri leng laka kan him theihna tura ruahmanna leh kaihhruaina an siamte hi kan zawm tha viauin a lang a, a lawmawm khawp mai; fimkhur taka zawm zel hi a tha khawp mai. Kan lo fimkhur ve mai hian mi fing kan ni mai dawn a, chu chu keini tan leh kan chenquite tan

malsawmna, min hnaihtu apiangte tan himna a lo ni nghal dawn bawh a ni. Lalpa ring chungka kan tawngtai te, a venhimna dila Pathian kan auhte hi chu sawi zui ngai lovah dah ila. Hri laka kan him theihna tura kan tih tur leh tih loh tur an sawite hi thil har tak pakhat mah a awm lo va; kan fimkhur leh fimkhur lovah kan himna hi thui tak a inngat ve a ni tih i hria ang u.

Thupek vawng tha chuan a nunna a vawng tha a ni a,

A awm dana fimkhur lo erawh chu a thi ang (Thuf 19:16).

4. Tâwpna ni a lo thlen dawn avanga fimkhur

“Nimahsela, thil zawng zawng tawpna chu a hnai tawh a, chuvangin, in tawngtai theih nan rilru fel tak puin fimkhur rawh u.” (1 Pet 4:7) tih thu kan hmuh angin tawpna ni a hnaih tawh avangin nun fimkhur a va ngai em! Lal

Isua hi a lo kal leh dawn avangin amah tawh turin kan inpeih a ngai a, chumi tur chuan hun tha kan neih lai hian nakina kan inchhir loh nan fimkhur taka nun hmang tur kan ni. Tirhko Paula chuan Timothea a fuihnaah, *“Nang erawh chu engkimah fimkhur la, hrehawm tuar la, Chanchin Tha hriltu lam hna thawh la, i rawngbawlna kha hlen rawh.”* (2 Tim 4:5) a ti hial a. Keini pawh hian kan rawngbawl hna kan hlen theih nan leh tawpna ni lo thleng dawn pawh nise thlamuang taka Lalpa angchhunga kan awm theih nan kan vawiin nun hi fimkhur takin i hmang ang u.

Tlipna

“In kawngte chu chhut ngun rawh u,” (Hag 1:7) tia Pathian thu kan hmuh angin kan kawng zawh mek hi kan chhut ngun a ngai hle mai. Khuarel chhiatna lo thleng rup rup mai te, lirnghingin vawi tam tak min sawi vel te, khawvel pum min chawh

buaitu hri leng lo thlengte leh thil dang dang han thlir hian mahni theuh inenlet a, Lalpa lam kan hawi hi a va hun em! Lalpa lam en lova thil dang kan en chuan kawng kan bo mai dawn. Kan kalna kawng fimkhur taka kan en loh chuan kan in pal thlu ang a, duhamna tuipuih pilin Lalpa kan bosan ang tih a hlauhawm. Thlarau lam thila fimkhur mai a tawh lo, tisa thil tak pawha nun fimkhur a ngai hle. Hri leng mek karah pawh hian fimkhur taka nun kan hman a va pawimawh em! Lal Isua a lo kal leh dawn avang pawhin ringtute hi inthlahdah thei kan ni lo ve. Fimkhur takin nung ila, thahnemngai takin kan rawngbawlna hi hlen ila, Lalpa lam i hawi ang u.

Chutichuan, mi fing lote anga awm lovin mi finge anga awm zawkin, in awm danah fimkhur rawh u.

Lalpan a thu malsawm rawh se. AMEN.

Sermon**COVID-19 MALSAWMNA**

– Zionparlawma
Chanmari, Aizawl

Rom 8:28 “Tin, Pathian hmangaihtu, amaha ruat anga a kohvate tan chuan an thatna turin engkimin a thawhsak hlawm thin tih kan hria”

Covid 19 hrileng avanga kan tawrhna lam hi chu kan hmuh leh hriat tlan vek anih avangin kan sawi hman loah ngai ila, he hrileng avanga hawina lam apiang a thim emaw tih mai tur a nih laia kan Pathian remruatna felzia leh amah hmangaihtu te tan chuan kan thatna tura engkima min thawhsak thin zia heti zawng hian i lo ngaihtuah teh ang.

1. Mamawha lungawi

Mihring tan hian TUI hi thil hlu leh pawimawh em em a ni, mithiam te chuan mihring hi chaw tel lovin ni 21 vel kan nung thei a, tui tello chuan ni 4 bak kan dam thei lo an ti. Chutiang taka hlu leh pawimawh a nih avang chuan Pathianin tui hi a ti tlawm em em a, mitin ban phakin a siam, kan lei aiin a thlawna kan dawn a tam daih zawk, thlakhata kan tui bill leh kan dawn hi chhut ila a

man hi a tlawm hle a ni. Hetih lai hian Tuialhthei hian mihring tan tangkaina tam tak nei a, mahse tui ang chuan kan mamawh lo, mahse a to em em thung si a ni. Tui litre 1 leh tuialhthei litre 1 man hi khaikhin ila inthlau tak a ni. Thlai leh thei chu mihring hrisel nan a tha a, mitin ban phakin a man a tlawm, ke pali nei sa chu kan mamawhna a hniam avangin a man a to leh. Lal Isua Krista hi kan taksa mai nilo kan thlarau thlenga kan mamawh a nih

avangin mitin ban phak turin RINNA maia kan neih theih turin min tih tlawm sak. Lal Isua nei tur hian a man bithliah awm ta sela. Entirnan - san zawng, vun rawng, thiamna etc. nei ve theilo hi kan va tam dawn em! Mihring kan nih chhung hian kan mamawh hi chu a tam lo, a to lo bawk. Mahse kan duhzawng leh nuam tih zawng te hi a tam a, a to hle bawk a ni. He hrileng hian duhzawng leh chak zawngah nilovin mamawha lungawi dan min zirtir theuh rawh se.

2. Pathian thuah i kir leh ang u (Back to the Bible)

Mi thiam ten khawvel hun an then danah chuan Industrial Revolution atanga kum 1960 thleng kha Modern Period an ti a, a hnulam kum 1990 thleng kha Post Modern Period an ti leh a, chumi hnulam tuna kan awm mekna khawvel hi Post Post Modern Period tiin an vuah. Modern period ah chuan huho nun an ngaipawimawh a, inpumkhat leh tanrualna lam an hlut. Post modern period ah chuan

mimal nun an dah pawimawh a, mahni hlawkna turah chuan midang an ngaipawimawh tawh lo, it's my life khawvel a ni a, hei hian ram changkang zawkah chuan harsatna a thlen nasa hle. Post post modern period-ah chuan an lo kalsan tawh Modern period hun laia inpumkhatna leh chen hona kha mihringin a mamawh a ni tih an hre thar leh tawh a, chumi hunah chuan khawvel hi a let leh mek a ni an ti.

He hrileng mek pawh hian mihring nun awmzia, mihring awm chhan leh nundan tur dik hi min zirtir thar leh sela, chu mimal nun dik chu chhungkuaah, khawtlangah leh ramah lo lang chhuak se, chu chuan khawvel nuam zawk leh ralmuang zawk min thlen ngeiin a rinawm. Khawvel thiamna avangin kawng hrang hrangin hma sawn viau mahila hei hian thlamuanna tak tak min thlen lo fo, Pathian thua kan kir leh a, kan hmangaihna hmasa kan neih leh tluk a hlu a awm thei lo.

3. Ringtu mimal nun

Khawvel ram zau zawk chu kan sawi hman lohah ngai ila kan ram chhung chauh thlir hian a huhova rawng kan bawl theih leh zalen taka kohhran kan kal hi kum 50 chu a tling tawh ngei awm e. Mahse tunah chuan hrileng avangin punkhawm a theih lova, kan zalenna tam tak pawh hman theih a nilo. Hei tak mai hian ringtu mimal nunah nghehna, thang zel tura chakna min neihtir se a va hlawk dawn em. A huho chauh nilovin mimal ang hian Pathian a biak theih a, a fak theih a, a rin theih a, a zui theih a ni tih hi kan zir chhuah nise a ropui ngawt ang. He tlangah kher lo pawh, Jerusalem khuah kher lo pawh Pa chibai kan buk hun a thleng ta niin a lang.

4. Kan damna lam i en ang u

Hrileng avanga kan tawrhna leh harsatna lam hi chu kan sawi tamin kan hre tam ta viau mai, tunah chuan kan hlawkpuina leh dam puina lam kan ena kan sawi tam a

hun ta, he hrileng avanga mimal leh chhungkua anga malsawmna kan dawn hi ngaihtuah ila, sawi tam ila chu chu kan mamawh zawk niin a lang. Nitina a vei thar zat chauh in hrilh kual lo hian a dam zat pawh sawi tel zel ila. Rul chukna miin a chuk ten a na lam an en a, an thihpui a, dar rul khai kan ente chuan an dampui a nih kha. Petera pawhin Lal Isua a en chuan tui chungah a kal a, tui fawn a en chuan a pil dawn a nih kha. Lal Isuan chhandam hna a thawh zawh tawhah hian kan thlarau chhandamna chauh nilovin kan rilru leh taksa damna zawng zawng pawh a tel vek a ni. Kan damna Lal Isua i en zel ang u.

5. I thu ni se

Chhandamna chungchang hi chu kan sawi hnem khat viau, chhandam ten kan tih ve tur lam kan sawi tam hi a ngai. Israel fate Aigupta ram atanga hruai chhuah an nih khan Tuipui sen an kan dawnin engmah tih an nei lo, mahse Kanan ram an luh dawn chuan Jordan lui kha

dai phawt a kam a ni, hei hi ringtu nun a ni. Chhandam tawh ten Pathian hnathawh nghaka awl der tum reng hi a dik lo. Kan rama kristianna a lo luh atanga chhutin dilna ringawt thlen reng mai hi a hun tawh lo, kan dil tur a ni a, mahse dilna ringawta tawp lovin ‘mahse i thu nise’ tih tel zel hi a hun tawh. Tawngtai thupui atana Covid 19 hri leng reh nan tih reng mai te hi, a reh nan kan dil a nih pawhin, mahse i thu nise tih hi belh ngam zel ang u. A reh rihlo a nih pawhin Pathian thu a nih chuan kan tan a tha zawk tho tho ang. Dil rawh u, tichuan in hmu ang tih te, dil tlut tlut avanga hmuh theih a nih thu te chanchin tha buah kan hmu, mahse, Pathian remruat ang lo zawka dil tlut tlut hian a hmu theih tho tih hriat tur, chu chu kan tan a tha hauh silo. Samson pawh a nu leh pate duh loh zawng Philistia mi nupuih a nei a, ‘Min neih sak mai rawh u, ka duh em a sin maw le’ (Roreltute 14:3). Kan tana tha lo tur hi kan lo dil tlut tlut thei, kan lo hmu a nih pawhin chu chuan

hrehawmna leh lungngaihna bak min thlen lo fo.

6. Alpha & Omega (a bul leh a tawp chu Pathian a ni)

Pathian rorel dan hi a FAIR kan ti em? Mi tha leh fel ten an tuar a, an chan a, mi diklo leh thalo tih kan hriat chian tak ten lei malsawmna an dawng hlahu thung kan hmuh hian Pathianah hian zawhna kan nei thinin a rinawm. Nirbhaya case an tih mai kum 2012-a Delhi-a pawngsual rapthlak thleng te kha kan la hre vek awm e, amah hmulo leh hrelo tan pawh a chanchin hriat ringawt khan kan tim uai uai thei a ni, khatiang taka rapthlak tuar tur khan Jyoti Singh khan tihsual a nei em ni ang, tihsual chu lo nei tehreng pawh nise a thil tuar kha a rapthlak lutuk deuh lo maw, ani aia rapthlak zawk tuar tur pawh hi an awm nual mai lo maw, zawhna a tam thei hle mai. Hrileng vanga naute thla 6 pai laiin a fate pahni a thih san te, a nuin an fapa cancer Vellore ah a awmpui a, a pasal chu hrileng vangin a thi a,

rawn haw pui mek a ni tih te kan hria, hetiang em hi chu hmelmte tuar atan pawh kan duh awm love. Juda ten natna hi thil tih sual vanga awm niin an ring a, mahse Lal Isuan mit del saa piang kha amah emaw a nu leh pate tihsual vang a nih loh thu a sawi (Johan 9:3). Siloam in sangin mi 18 a delhhlumte pawh kha, Jerusalem khuua awmte aiin an sual bik loh thu Lal Isuan hian a sawi baw (Luka13:4).

Universe zau zia, ropui zia hi scientist ten hahipa an sawi reng a ni a, a ropui zia hi an la hmuhchhuah belh zel baw a, tunah hian universe chanchin hi mithiamte chuan 1% vel chauh la hre theiin an inhria. Chutiang khawpa zau leh ropui chu amahin a lo awm ngawt thei ang em? Lo awm ngawt dawn tase an kalkawng intibuai lo hian hetiang chena rei hi an kal thei ang em? Heng zawng zawng ngaihtuah hian universe hian siamtu leh an awmdan tur mumal taka ruahmantu a nei tih hi a Chiang a ni. Pathian thilsiam

zing ami Universe chanchin pawh 1% chauh kan la hria a nih chuan khawvela thil thleng kan hriatthiam loh avanga Pathian hi fair lo emaw rorel dik taw lova kan ngaih mai chuan keimahni zawk hi kan fair lo hle tihna a ni ang, a chhan chu amah kan hriatthiam leh hriat phak chin atangin a thiltih kan tehsak tihna a nih dawn avangin.

Thlawhna chu hla taka a awm lai chuan kan kutphah pawhin kan hliah bo vek thei, mahse a lo hnai tial tial a, a lian tial tial a, kan bul a lo thlen meuh chuan keimahni aia lian fe a lo ni. Kan hriat phak chin 1% pawh heti khawpa a ropui a nih chuan kan hriat lohah hian enganga ropui nge la awm ang! Chuvang chuan awmze neilo leh a chhan tha tak awmlo chuan Pathian rorelna hi kan chungah emaw midang chungah pawh a thleng lovang tih hi a Chiang a ni. Amah hi engkim bul leh tawp a ni. *Pathianin malsawm rawh se. Amen.*

Sermon

KAN HNÊNA AWM RENG TIAMTU PATHIAN CHU

– Pi Lalmuanzuali
Central Committee (2017-2019)

“Hlau suh u, ka tlan tawh che u hi, in hmingin ka ko che u a, ka tâ in ni asin. Tuite in dâi kê lai pawhin kei in hnênah ka awm ang a; luite in dai kai lai pawhin a chim pil lo vang che u. Meia in kal tlang lai pawhin in kang lo vang a, meialhin a tialh hek lo vang che u” (Is 43:1-2).

Daniela 3:25 – Ani chuan, “En teh u, mi pali, phelha mei laia vei veia, na hauh lovin ka hmu a; a palina lan dân phe chu pathiante fapa ang a ni,” a ti a.

Bible zir mite sawi dânin zawlnei Isaia lehkhabu hi B.C 740 leh B.C 686 inkara ziaak a ni a. Zawlnei Daniel-a thu hi B.C.586 vela thil thleng niin sawi a ni bawk. Pathian thu hi thutak a nih avang leh amah leh amah a inhrilhfiah avangin amah Pathian ngei hian a hun dik takah a hlen chhuak thin. Zawlnei Isaia lehkhahua Pathian thutiam, “Kei in hnênah ka awm ang,” tih hi he lehkhabu ziaak a nih aṭanga kum 100-na vêlah Daniela ṭhianta pathum

rawhtuina meipua paihte chungah chuan a takin a lo thleng ta a ni.

Pathian mithmuhah kan hlu – Pathian fapa mal neih chhun, Lal Isua hi Emmanuel, kan hnêna Pathian awm a nih thu Chanchin Ṭha Matthaia 1: 23-ah kan hmu a. Sual bawiha tângte min tlan chhuakin a fa duh takah te min vuah a, a ma lama min ti hnaiin vân khua leh tuiah min siam a, a ang chhungah min

pawmin a chatuan ro luah puituteah min siam a. Thlarau ngei chuan, keimahni thlarau nen Pathian fate kan ni tih min hriattir thin a, “A nung, ka thinlungah” tiin amah chu fakna hlain kan pawl thin a nih hi.

Pathian fapa mal neih chhun thisena leite hi Pathian mithmuhah hian kan hluin kan mawi a ni tih hriat reng a va tul em! Pathian hian ama tate hi a hria a, a hum a. Hmasang atangin anmahni dotute chu a man a do sak a, a tiduhdahtute chu a hrem a, a thungrul thin. A mite diriamtute chu a mit naute khawih ang hialin a chhâl a ni. Kum bul atanga kum tawp thlenga a mit fûknate chu a mite hi kan lo ni e.

Matthaia 28:20- ah chuan Lal Isuan kumkhuain khawvêl tawp thleng pawha kan hnêna a awm zêl tûr thu a sawi a. “Anmahniah ka awm ang a, anmahniah ka lêng baw ang, tin, an Pathian ka ni ang a, anni pawh ka mite an ni ang,” tiin amah

ringtute chungchâng a sawina hi 2 Korinth 6:17-ah kan hmu baw a ni.

Pathianin a mite a chênchilh reng – Thuthlung Hlui hun atang tawhin Pathianin a mite a chênchilh reng thin. Hei hi Daniela thiante pathum- Sadraka te, Mesaka te, Abednegoa ten Babulon lal Nebukadnezzara lim an biak duh loh avanga rawhtuina meipua paih an nih chungchângah hian Chiang takin kan hmu a ni. Daniela thiante hian Pathian awmpuina leh chhanchhuahna chu rawhtuina meipui laiah an chang a. An taksa chungah hian meiin thiltihtheihna a nei lo va, an sam pawh a kang kir lo va, an kawrfual te a danglam lo va, mei rim rêng rêng pawh an nam lo a ni. Meipua anmahni paihtute ngei pawhin chu chu an hmu a, lal Nebukadnezzara pawhin vân Pathian chu a fak ve ta a nih kha.

Vawiin thlengin Pathian, kan hnêna awm reng min tiamtu hi a la pangngai reng

a. (Heb13:8). A thutiama ding nghet reng Pathian hi kan rin tak zeta, min tihnawktu rin lohna soal hi keimahni aṭanga paih a nih phawt chuan tuarna ‘meipui’ hrang hrang aṭang hian chhanchhuahin kan awm ngei ang. Lalpa thilmak tih kha rawhtuina meipui pâwnah emaw, meipui chhem hma emaw khan hmuh tûr a awm lo va. Meipui laiah ngei khan amah chu lo tel vein Daniela ṭhiantē pathum bulah, meipui laia vei veiin an hmu a, lal Nebukadnezzara khan lo hmuin an ṭhian za chuan a ko chhuak ta a ni.

Pathian min hruaina – Pathian aṭanga chhuak thlamuanna mak tak tem ve tuah aman min siam dân hi han tarlan ve hlek ṭhain ka hria a. Kum 2012-a ka pasalin chatuan ram min lo pansan thut khan Pathian hnênah zawhna tam tak ka zâwt a. Mahni lam ka inen a, khawvêl hmachhawn hi ka ngam lo tak zet a ni. Pathian ringtu inti siin Pathian ai mahin kan paah khan ka lo

innghat zawk a. Ringtu ṭha tak a ni a, thui tak a rinna chu ka lo rinchhan ve mai ṭhin tih ka hrechhuak a ni. Innghahna leh rinchhan tûr ber min laksak tâk siah chuan amah Pathian ngei chu “Lalpa, innghahna tûr reng reng ka nei lo, ka ring tawp mai che,” tiin ka be ta fo va. Chu rinna tlêmtē chu Pathian hian a hria a ni. Hun lo la awm zêl tûr hlauva awm ṭhin kha, “Hlau suh la, zâm hek suh; Lalpa i Pathian chu i kalna apiangan i hnênah a awm zêl dawn a lawm,” (Jos 1:9) tih thu hian min thlamuan ṭhin. Chuvangin he hla-

*“Engkimin an âwih ṭhin,
Isua hnênah hlauh tûr a
awm lo,”*

tihi hi ka thinlungah a rawn tinungin waviin thleng hian min tithlâwn ngai lo tih hi min hriattir ṭhin.

Khawvêl mamawh ber Isua- Ringtute hian tunlai khawvêl hun harsa takah hian kan Pathian hi kan hnêna awm reng min tiamtu a ni tih hriat nawn fo a va ṭul em! Kan

nunphung zawng zawng a khaihlak a, a tê ber ațanga a lian ber thlengin hlauhna thlarau hian min man ta ni berin a lang. Pathian biak inah amah pawl hun hman ho te a tih theih ta lo va, mahni inchhunga tawm a țulzia te, mi dang hnaih loh te, kut sil ngun te leh hmaituamna hman țhat a țulziate chu kan ngaihthlâk tam pawl a lo ni ta. Hri kai kan pung a, damdawi in leh damlo enkawl na hmun hrang hrang te a khat chho zêl a, thihna pawh a thleng ta zut mai a nih hi. Thlamuantu, tidamtu leh inngahna kan va mamawh tehlul em!

Hripui leng mai bakah hian khawvêl hian buaina dang dang, sawrkar leh sawrkar inhmuh thiam lohna te, ei leh bar chungchânga harsatna leh khawvêl boruak inthlak danglam nasa lutukin a nghawng chhuah - tuilian, leimin, ram kang leh a dang te, a hma chhawn chho mek bawk a. Khawvêl finna leh thiamna hian kan khawvêl hi a tizim ta sawt nia kan sawi

kan sawi lai hian, Covid-19 vanga ram leh ram zalên taka kan intlawh pawh țhin te pawh a lo tih theih leh tâk loh avangin kan khawvêl hi a zau leh ta sawt ni te hian a hriat leh ta. He lam hi sawi tûr tam tak a awm âwm e.

A mite chanvo ropui – Hun khirh tak kan tawng chhoh mek lai hian Pathian fate nih hlutzia leh eng dinhmunah pawh ding ila, “hlau suh u, ka tlan tawh che u hi, in hmingin ka ko che u a, ka tâ in ni asin...,” tiin kan Pathian hi kan hnênah a awm zêl a ni tih i hre nawn fo vang u. Amah nen chuan engkim tih theih a nih thu min hrilh a. Ringtute hian khawvêlin harsatna a hmachhawn zawng zawng hi kan hmachhawn ve a țul fo va. “Engkim in tâ” min tih veknaah hian nunna leh thihna pawh a tel vek a ni. Daniela țhianta pathumin rawhtuina mei an pumpelb bik lo ang hian, keini pawhin kan tarlan tak harsatnate khi kan pumpelb bik lo a ni thei e. Amaherawhchu, kan Pa hian chu tawrhna hmunah

ngei chuan a ni, min lo nghah reng thin ni. Kan tawrhna 'meipui' laiah ngei hian min thlamuan tûr leh min tuam dam leh tûrin amah arawn inhnuk hniam leh thin. Sam ziaktu in, "A tuite chu ri hum humin phûl bulh bulh mah sela, A fawn nasat avangin tlangte hi nghing dur dur mah sela, kan hlau chuang hek lo vang" (Sam 46:3) a ti a. Hlahna bâwih ata min chhuah zalênin, hlahna hmunah pawh nun thuhrûk, ama nunna ngei chu min pe a, mak taka chhanchhuahin kan awm leh thin a lo ni.

vei veia hi mi mal, chhungkua leh Kohhranhote hian tihtak zeta kan sawm hun a ni dawn lawm ni? Tûn hun hi Kristian chhungkaw awmze dik tak kan zir chhuahna hun lo ni se, thlarau leh tihtak zeta hmangaihnaa chhungkua suihngheta ama tân hmun thianghlim kan siam sak hun lo ni rawh se. Amah ngeiin, "Hlau suh u, kei in hnênah ka awm si a; mangang suh u, Kei in Pathian ka ni si a..." a tih avangin, Ani chu kan inhumhimna leh kan kulhpui, kan Pathian, kan rina chu a ni tih i hre thar leh ang u.

Tûn hun ngei hi Lal Isua,
kan hnêna awma, kan zinga

Lalpan a thu malsawm
rawh se.

HARSATNA HI CHAW

George Frederick Handel-a khan a hriselna leh sum dinhmun a tlakhniam laiin thil ropui a ti a. A batna ten lung Ina khungah hial an vau lai a ni a. Fianrialah Pathian a pawl a, a Oratorios ropui ber 'The Messiah' tih kha a lo phuah ta a ni. Harsatna hi chaw a ni fo thin.

Article

**THINLUNGA THIANGHLIMTE
CHAN TUR CHU (Mt 5:8)**

- A. Nazi

Central Committee

Khawvêlah hian tu mah hlun tûr kan awm lo. William Shakespeare(1564-1616) chuan heti hian a sawi a (a pastoral comedy ‘As you like it’ scene II), “Khawvêl hi intihhlumna hmuna dawhsân ang a ni a. Chumi dawhsân chunga changtute chu mihringte hi kan ni. Tûnah hian mahni chan (kan role) theuhte changin kan inlan mêk a ni a. Kan chan theuhte kan zawh hunah he dawhsân hi chhuahsan tûr a ni” tiin. Keini pawh kan damchhûng nite a ral hunah chuan kan duh emaw duh lo emaw, intihhlumna dawhsân (Khawvêl) hi kan chhuahsan a tûl ve dâwn a ni. Bible-ah mihring nunna derdêpzia kan hmu. “In nunna chu eng nge ni? Chhûm reilotê lo langa, ral leh ta mai thîn ang a ni si a”. Kan damchhûng nite hi a va rei lo êm aw!

Mihring hi robot emaw computer emaw kan nih loh avângin tîsual thîn, ngaihtuahna sual pu thîn kan ni. Hei hian ‘famkim lo’ kan nih a tilang chiang hle âwm e. Thinlung hi a thianghlum chuan hriat lohna avânga tihsual te, ngaihtuah fuh loh avânga sawi sual te awm thîn mah se a siam that leh theih a, a tihsam leh theih a ni, sim a har lo. Thinlung thianghlum loh erawh chuan tih dik loh te thup nân thil tha lo zâwk ngaihtuahin, chu ngaihtuahna sual chu tihpuitlinin a awm a, thil pawl zâwk a thlen fo thîn a ni. Chu chuan mi dangte a hlum a, a tinâ a, mahni ngei pawh a intichhia a, sim a har. He damchhûng reilotêah hian mahni leh mi dangte tâna malsâwmna ni tûrin thinlung thianghlum neih a pawimawh tak zet.

‘Thinlunga thianghlimte chu an eng a thâwl e, Pathian an la hmu dâwn si a’ (Mt 5:8)

Hriatzauna

PROTECTION OF WOMEN FROM DOMESTIC VIOLENCE ACT. 2005

- C. Vanlalruaia
Tlangnuam

He dan ‘Domestic Violence’ hi India ramah hian mihring insawisak a tam avang hian dan kengkawhtute hian an bengvârin an ngai pawimawh ta hle a. Khawi danah mah hian kut inthlak phalna hmuh tur a awm lo.

Dan pui hrim hrimah pawh mihring insawisak leh tharum hmanga inkhawih te, inrikrap te khap a ni reng chung hian chûng danin a phal loh dan pela innghaisakna, nupa inkarah te, nula leh tlangval inngaihzawn karah te a tam thei em em a, thikthu avang ringawt pawhin tual thahna a thleng chamchi a. Khawvel ram tinah hian sex, zu leh sakhuana chu mimawl apiangah a tla nâ a, a hleihluaka Dan pela chetna a tam ta em em a, mimawl tak mipa tharum ngah zawk baw si ten thikthu avangin tual thah mai an ching a. An duh anga an ngaihzawngte an

awm theih loh chuan tual thahna te a tam em em thin. A bik takin vai zingah an nupui ten fapa an hrin sak loh avang ringawt ten an nupuite an that ta hial thin rêng a ni. Mipa mawl ten an nupui te an sawisak theihna Right nei tlata inhria an tam viau awm e. An thlavang lo hauh sak tute hnenah “lo inrawlh suh” tih mai mai chinga hmeichhe awmnem zawkte sawisa ta chiam thin an awm a. Heng hi sawrkar dan siamtu ten hremna Dan tha tawh tak an zam a ni. Thihna awlsam tea a thlen theih avangin court leh dan kengkawhtu ten an ngai pawimawh em em a, a dan chipchiar lutuk lovin a

tlangpui leh a pawimawh lai leh a nih dan kal phung kan sawi thuak ang a.

chuan Magistrate pawn Jail, Lock up-ah bail theih loha dah luh nghal thuai theih a ni.

Hetiang thil Domestic Violence hi a awm a nih chuan Nupa karah pawh a tuartu chuan a report vat mai theih tih hi hriat reng tur a ni. Tawngkam inhmuhisitna (insulting) ringawt ‘Thi rawh’ tih ang chi han chelek te pawh hi he dan hian a phal lo. Tawngkam mai ni mah se kha tianga mihringin anchhia emaw intih duhna, anchhia cheh duh khawpa thinrim piah lama kut inthlak duhna a awm thin avanga vengthawng taka he dan hi hman a ni a. Miin domestic Violent kut thawh duha a thinrim baw si chuan Police hnai ber emaw khawtlang Y.M.A, M.H.I.P hotute hnenah report mai tur a ni. ‘Khang khan dan an kengkawh ang’ tihna ni lovin thuneitute hnenah an zualko sak thuai dawn a ni.

Mihring hi an thinrim lai hian mi â, mi anglo, butut, thinso, khua hmu lo a nih avangin ven a ngai a. Chuvang

I n c h h u n g k h u r a hleilenna: He Domestic Violence hian inchungkhura hleilenna tih a ni deuh baw a. A chhan chu mipa hmeichhia, nupa inkarah inhrek hrehawmna, indiriamna, tawngkam chhe tak taka indeu, anchhe lawh leh rilru hrehawm taka insiam te, nupa tam tak inkarah insawisak vak vak te, kut inthlakna, insawisak hlum hial te pawh a awm thin. Chung ho sawisak hrehawm tuar thin te chuan tlanchhiat nan Judicial Magistrate First Class/Metropolitan Magistrate hnenah a report ang. Hei hi ‘Protection of Women From Domestic Violence Act 2005’ tih a ni.

Section 3-na hian Domestic Violence chuan eng chin nge a huam tih a sawi a, pawn lam mi va inrawlh theih mang si lova in chungkhura hrehawm taka intuartirna rilru nâ te pawh a huam vek a.

Tin, taksa intihnat, kut inthlak, inhnek, invuak, inben, inpet, inchhir, intlawh, etc a huam vek. Tin, mipat hmeichhiatna lama insawisak, indiriam, zahmawh sawisak sak, intawrhthirna chi hrang hrang, etc. Rilru intihnat sak avanga indiriam mipa tam tak, a bikin vai zingah te mipa fa a hrin sak loh avanga nupui te haw tlat, thah duh hial pawh an tam a, an that fo rêng a ni.

Domestic Violence han tih hian nupa kar chauh ni lovin family chhunga chenpui fa, pa, pasal, mo, fanu, pasal nu, pasal pa, makpa, tam tak a awm thei a. U leh nau aṭanga tawrhna te pawh a awm thei vek a.

Complain: Inchhungkhura i chenpui tu pawh kum 18 chung lam tawh phawt chu an chungah hleilenna thilah complain i thehlut thei a, court chuan venhimna leh chhandamna a lo pe dawn a ni.

- 1) Judicial Magistrate First Class-ah
- 2) Police Officer-ah pawh a thlen theih a.

- 3) Protection Officer
- 4) Service Provider–Woman Commission leh Human Right and Law Network thlengin a thlen theih a ni.

Service Provider hnuaiiah hian, pawl NGO District level angin pawl din pawh a awm thei a, chung chu hrilhin annin Court lamah an lo put luh sak mai dawn a ni.

Tin, **Section 17-ah** (Right to reside in a shared household) tih a awm a. He Section Court emaw roreltu ten tua pawh kha mo a ni emaw, pitar a ni emaw, venhimna a pe thei a ni. Court chuan chutianga kut tuar emaw, hrehawmna mang-anna a tawh chuan daidanna pawh a siam thei a, khuahkhirhna pawh inhmu lo tur pawhin a siam thei a.

Court chuan chutianga daidanna dah hram an nih chuan a mipa emaw, pa emaw (respondent) kha, eng mah ti lo turin bungrua te, ram te, asset reng reng khawih che miah lo turin a ti thei a. A

tuartu kha naupang a nih chuan inhmu miah lova dah hrana, a sikul kalna lamah te pawh hmuh theiha a awm tur kha a khap tlat thei bawk. Tin, a tuartu tan lam pawl chungah thleng khan venhimna a pe thei a ni.

Hetianga Domestic Violent inrikrapna, insawisak duhna a awm ngei hriat a nih chuan Magistrate chuan chu mi sual tih tumtu chu Bail theih loh emawin Police Custody/ Jail-ah thleng a dah nghal thei a ni. Tin, hliam tuar emaw kut inthlakna a lo awm a nih pawn, chung enkawlna tur chu a chawi vek tur a ni. Sum hlâwm emaw thla tina pe zeuh zeuh tur pawn tih theih a ni. Enkawlna senso zawng zawng pawh chawi tir vek theih a ni. Tin, Protection Officer leh pawl hruaitute (Service Provider te hian, a tuartu chu hmun him leh ven himna hmun an siam sak thei bawk a ni. Damdawi lam pawh an hmuh ngei theih nan an ngaihtuah sak thei nghal a.

A m a h e r a w h c h u ,
Magistrate thutluknaa lungawi

lo an awm chuan Court of Session-ah appeal theih a ni. Thubuai neitu hian Court thutlukna hi a zâwm duh lo a nih chuan Lungin tân, kum 1 tân leh Rs 20,000/- thleng chawi leh tântir theih a ni. Thil sual ti Dan bawh chhiat dan azirin hrem dan pawh chi hrang hrang a awm a. Mahse sawi sen a ni lo va. Inven nan heng dan hi kan hmang thei a, thil dik lo leh rilru natna kan neih chuan inhumhim nan kan hmang thei tih hriat hi duh tawh rih phawt ang.

He dan bakah hian hmeichhia sex chungchanga Court-in rang tak leh thutlukna Court-in a buaipui char char ang chi hi Delhi khawpuiah te chuan Fast Tract Court te pawh a la awm leh zel a ni. Tin, naupang lam sexual lama inbumna POCSO ACT 2012 te hian naupang chungah thil dik lo ti emaw, fiamthu pawlawh siam te hi kan complain thei reng a ni tih hi hria ila. Dan hian mi sual lakah khua leh tui te a vêng reng a ni.

*Ei siam dan***RUNHmui LEH ARSA HERSAWM KAN**
(Thai ho siam dan)**Bawlhlo:**

- * 2 tbsps Tel (refined)
- * 6 Purunvar denkeh sin te tea chan
- * 3 Hmarchapuisen (pakhat channawi ni se, pahnih dang a seizawnga chan)
- * 6 Hmarchate sin te tea zai.
- * 400 g arsa hersawm (minced)
- * 2 tsp Soy sauce
- * 1 tsp Fish sauce
- * 1 tbsps Oyster sauce
- * 1/2 tsp Caster sugar
- * 10 Behlawi rah hring chan tet
- * 4 purun hnah
- * 1 cup Thai emaw Zo Runhmuoi hnah
- * 4 Artui(a hlui huna chhipchhuan tur)

Sauce siam nan:

- * 4 Hmarchate sen channawi
- * 125 ml(1/2 cup) Soy Sauce
- * 1/2 Purunsen pan te te a zai
- * 1/2 cup Runhmuoi chansawm

Siamdan:

1. Tel khi bel emaw wok ah chhuang la.
2. Hmarchapui leh hmarchatesen chansa khi purunvar nen kang phawt ang che
3. Minute chanve vel hnuah a hmuoi chak chak ta tihah, arsa zuk thlak la chawkw reng chung leh a hlawm tur veng ni

pah fawmim(arsa kan hma hian cornflour tlem phula chawhpawlh a tha-a tui zul duh lo)

4. Minute 5 vel kang la, arsa a var chho tan e tih ah, chawk reng chungin sauce chi thum ho khi (soy, fish & oyster) zuk leih ang che. Chutah behlawi rah leh hmarchapui sen (a sei zawnga zai zawk kha) leh purun hnah zai sa nen khan zuk vawm lut leh la minute khat vel zuk chawk la- a sa chhuak ta tihah runhmuï tam tawk i dah that kha (tuiah zuk chiah zauh la) zuk theh la, stove off nghal ang che. Plate-ah chaw suak chhuak la. A chungah sa khi zuk suak darh la, a sirah artui kan khan han chhipchhuan la, sauce leh salad hring nen han hlui chhuak la... a ei theih a ni mai.

(Source: MIZO POT by Lalramthanga Tochhawng)

HRETHIAM LOVIN SAWISEL SUH

Vawi khat chu Clerk pakhat ngenna avangin chanchinbu mi Ann Lander-a chuan birthday leh thil dang lei vel a sawisel a. 'Inkhawhralna lo thlawn' tiin a dem a. A hnu kar khatah mipuiten an rawn chhang a. Nu pakhat chuan, "Kan pa hi ramhnuaia hnathawk a ni a. Min sawiseltute hian kea ka kal zah hi kal ve se an rilru an thlak ngei ang," a rawn ti a. Nu dang pakhat ve thung chuan, "Dollar 17 man cake ka lei a, ka farnu birthday hnahnung ber a mi tur a ni a. A chhan chu cancer a vei a, thla 6-8 bak min dampui tawh dawn lo a ni," tiin a rawn ziaak ve thung a. Hrechiang lo chuan sawisel ngawt suh, thiltih engkim phenah hian a chhan a awm thin.

Hriselna Huang

ZUK LEH HMUAM - SIMNA KAWNG

- *Dr. H. Lianthangpuia*

State Nodal Officer

National Tobacco Control Programme

National Health Mission, Mizoram

US Surgeon General (2006) report '*The Health Consequences of Involuntary Exposure to Tobacco Smoke*' chuan hetiang hian thutlukna pawimawh tak mai a puangzar a:

Mi mei zuk khu hip fo thin nausen leh naupangte chu nausen laia thih thut (sudden infant death syndrome), hritlang awm na benvawn, pneumonia, bronchitis, beng kherh leh lawng bakah asthma te an tan a pumpelh theih loh tluk a ni.

Naupang thanglaite rilru ngaihtuahna leh thluak hnathawh (mental development) a khawih buai nasa a ni. Puitling mei zu ngai lo, mi mei zuk khu hip fo thin zingah lung leh thisen zam natna chi hrang hrang leh chuap Cancer a hluar bik. Meizial khu hian hmeichhe naupai laiah nghawng tha lo tak a neih langsar zualte chu - naute thla kim loa hrin te, nau piang zang lutuk leh te bik (low birth weight) hrin te, naute hrisel lohna leh bawrhsawmna chi hrang hrangte a ni. Secondhand smoke hi kan hip lut tlem emaw tam emaw, a nasa emaw nasa lo emaw, taksa tana hlauhawm lo chin a awm thei tak tak lo a ni.

Zuk leh hmuam hi Mizo ten kan uar hle a, fihlim pawh kan vangin mipui vantlang tam takte chuan thil zahthlak leh mawi lo a ni tawh tih pawh kan ngaihtuah phal meuh lo a ni. Cancer vanga Mizoram in kan tawrh nasat zia leh chhungkaw tam takah a hun hmaa tawrhna leh

inthenna thlentu anih zia te hi kan hriat chian a, kan pawm a hun tak zet a ni. Cancer thlentu langsar em em chu Vaihlo zuk leh hmuam a ni tih pawh hi mi tam zawk chuan kan hre tawh a, amaherawhchu kan hriatna hian kan nunphung thlak tur khawpin min la kaihruai zo lo a ni. Chuvang chuan uar leh zual a kan inzirtir a, Kohhran leh tlawmngai pawl hrang hrangte pawh bang lovin uar leh zual a hma kan lak a hun tawh tak zet a ni.

Thalai leh upa zawkte pawhin kan zavaiin mawhphurhna pawimawh tak tak kan nei theuh a, kan mawhphurhna tha taka hlen thei tur chuan hriselna tha kan mamawh a ni. Kohhran hrang hrang a thalai memberte tan vaihlo (zuk leh hmuam) tih loh a pawimawhna tam tak sawi tur a awm ang. Kan hriat theuh angin thalaite chu tlawmngaih chhuah a hmun hrang hranga hma la thin kan niin mipuite pawhin min thlamuanpui em em a, kan awmna hmun leh harsatna kan tawh dan azirin kan hmalakna pawh a in ang

lo thei em em a ni. Kan hmalakna ah tha tho leh chak taka kal zel thei tur chuan hriselna tha kan mamawh a ni. Rawngbawlina kawng hrang hrangah theih ang tawk tawk a hma la thei tur chuan taksa hrisel tha kan mamawh a, rilru sawrbing tur leh ruahmanna fel tak siam thei tur chuan rilru hahdam leh hrisel kan mamawh tak zet bawk avangin hrisel lohna min thlentu zuk leh hmuam hi kan kalsan/sim a pawimawh a ni.

Kum 2011 cencus in a tarlan dan chuan Mizoramah naupang 1,68,531 an awm a. Kan thenawm State ngaihtuah chuan kan ram leh hnamrawn enkawl chho tur naupangte hi an tlem em em a, naupang awm chhun ang angte hi hriselna tha tak leh zirtirna tha nen anrawn puitlin a pawimawh zual em em a ni.

Kan ram hmabak thlir chungin thalaite hian kan nun dan kan uluk em em a pawimawh a, nun dan tha kan

inzirtirna piaah lamah hmasawn tur a hriselna tha kan mamawh zia te, keimahni theuhah hma la a, hmasawnna leh danglamna thlen theitu kan nih zia kan in hrilh hriat fo a pawimawh takzet a ni. Kan inkawm khawm dante pawh hi hmasawn zawngin kalpui a, thil tha lo zir chhuahna ni lovin, thil tha leh inzirna hmun tangkai takah keimahni vek hian kan siam thei a ni tih i hre thar fo ang u.

Hmasawnna tam tak karah mithiam zawkten hriselna lam kawnga zirchianna chi hrang hrang an neih chanchin kan lo hre ve ta zel a, tunhma a kan lo ngaihawh em em loh te zinga mi vaihlo zuk leh hmuam pawh kan rin leh hriat phak baka hlauhawm, taksa tana harsatna leh bawrhsawmna nasa tak thlen thei a ni tih te kan lo hre chho ve ta zel a ni. Chu mai bakah meizutu mai ni lo, an bula mite pawhin Secondhand Smoke avanga harsatna kan tawh nasat theih zia pawh hi chiang taka kan hriat a hun tawh tak zet a ni. Global Adult Tobacco Survey

2016-17 chuan Mizoram chhungah mahni inchhunga Second-hand smoke tuartu hi 84.1% teh meuh an la awm tih an tarlang a. A hlauhawm zia leh harsatna min thlen nasat theih zia hre chungah hma kan lak a hun tawh takzet a ni. Nang leh i chhungte hriselna tur atana i tih theih pawimawh em em chu meizial khu lak atanga i chhungte venhim a ni.

Vaihlo simna kawng a hriat tur pawimawh te (Self help tips)

1. Tumruhna: Thil eng pawh kan tih dawn chuan tumruhna neih hi a pawimawh hmasa ber zel a ni. Kan chakna alo chhuah pawn keimahni tumna theihna hmanga hneh/do let kan tum thin tur a ni.

2. Kan nunphung thlak : Nitina kan tih dan phung kan chakna alo chhuah khan tlema kan thlak danglam atul thin a ni. e.g Zingthawh ve leh a inthiarna meizu thin kan nih cuan, a aiah lehkhahu chhiar tur ken te, thingpui in zawha i chak thin chuan in khat/tem hret hret te etc.

3. Lung ti leng thei chi dah bo : Nawalh, lighter, ashtray leh meizukna hmanrua reng reng I hmuh phak lovah dahbo vek ang che.

4. Mahni infuih : Nilenga zuk leh hmuam kan tih loh avanga mahni lawmman insiam thin. Chutiengin kar khat, thla khat kum ang zawngtein.

5. Exercise lak : Exercise tha taka lak hian simna kawngah mi a tanpuh nasa em em a ni.

6. Khawlbawm siam : Zuk leh hmuam i tih loh vanga i pawisa khawl theithe chhiar la, nangmah in a thildang hlu leh tha ni a i hriatte lei thin thung zawk la.

7. Rilru lak pen: I rilru la peng thei tur thil khawih inchhung, huan hnathawh, lehkhaziah, computer khawih, kut tih balh emaw nuam kan tih zawng tak khawih thin tur.

8. Mi dang hnena puihna dil : Kan chenpuite hnen a kan sim tur thu hrilh hriat te, midang nghei tawh te leh ngei tun ve te pui tura sawm.

9. Mahni remhriatna hman thiam : Nghei kan duh chhante chiang taka ziah a chak laia chhiar chhuah fo thin te muangchangin number 100 atanga a let zawng a chhiarin number pakhat thleng chhiar a tha.

10. Boruak tha hip vang vang : Hahdam thei ang ber a awm a, boruak hip luh vang vangin muangchanga thawk chhuah leh a wawi sawm bawr vel kan zuk chakna reh thlengin.

11. Tui in tam a, thlai hring leh theitui atam thei ang ber ei tum tur.

12. Beidawng ngai suh ang che.

(Note: Vaihlo zuk leh hmuam sim kawnga harsatna nei leh puih ngaite tan District Hospital hrang hrangah Tobacco Cessation Clinic pan tur a awm vek tawh a, OPD in entir hun chhungin pan theih reng an niin mamawhtute chuan hman tangkai i tum theuh ang u.)

INTHAWINA AIIN THUAWIHNA

Samuela chuan, “LALPA chuan LALPA thu zawm chu a lawm angin halral thilhlante leh inthawinate hi a lâwm em ni? Ngaiteh, inthawina aiin thu awihna chu a ṭha zawk a, berampa thau aiin a thu pawm chu a ṭha zawk a ni (I Sam 15:22).

Nu leh pain an faten an thu awih tura an beisei aia nasa zawk daihin Pathianin a fate a thu awih turin min beisei. Saula chu Amalek hote tihlum vek turin Lalpan a hrilh a (I Sam 15:3). Pathian thu angin Amalek mite chu a bei ngei mai, Pathian thu kha a duh chin chauh a zawm a. An lal Agaga leh beram ṭha ṭha, bawngpa ṭha ṭha leh a thau thaute an zuah avangin Pathian a lungawi lo.

Amah hriak thihtu Samuela leh LALPA an lungawi lo va, lal atan a hnawl phah ta hial a ni. Inthawina chu thu awihna lan chhuahna a ni tur a ni (Amosa 5:21-27; Mik 6:6-8)

Ka Pa, van in ata hlaan,

Lei kawng chhuk chhova ka vah hian,

Min pui la, hei hi hrilh theih nan,

‘I thu ni se.’

LALPA, i thu a vaia awih thei turin min ṭanpui rawh.

*Hruaitute chanchin***A. NAZI**

Upa A. Kiapo (L) leh Fartlemi te fa 11 zinga 4na niin Tisopi khuaah a piang a. Kum 1974-ah P.B. Ropara nen inneiin fa mipa 2 leh fanu 1 an nei. An fapa naupang ber hian kum 1977-ah khawsikpui natna avangin chatuan ram a lo pansan tawh a ni. Tu mipa 3 an nei a, Chanmari vengah an cheng mek.

Eizawna: Kum 1975-ah Mizoram Secretariat ah a lut a, kum 2015-ah Planning & Programme Implementation Dept. atangin Assistant Grade in a pension.

Rawngbawlina lam: Kohhranah Inrinni Zan

Thuhriltu, Puitling Sunday School zirtirtu a ni mek. Kum 2001 atangin Kohhran Hmeichhe rawngbawlinaah a lut a, Fin. Secy, Asst. Secy leh Secretary te niin Bialah pawh Fin. Secy, Treasurer leh Secretary mawhphurhna te chelhin tunah hian Kohhranah comt. member a ni a, Bialah Fin. Secy a ni mek.

Hla/Bible chang duh zawng: KHB 137, chang ngana ‘Thisen lui chu ka lo hmuhin khawngaihna a khat’ tih leh Johana 3:16-17 te hi a ngaina hle.

Thuchah: A rilru khawihtu Lal Isua thihna leh thawhlelna thu leh mi sualte chhandamna Chanchin Tha hi ropui a tiin mak a ti a, thawhlelna thu hian a hneh em em a ni. “Kan chhungkua kan dam tlan theih nan Lal Isua thisen mi sual faina luih inbualfai theuh ang u. Chu thisena bualfaite chauh chuan khawpui thianghlim chu an lut dawn si a,” tiin min chah a ni.

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Thupui : Thuhretu atana koh (Tirh 1:8)

- Thiltumte :
1. Kohhran rawngbawlina tihlawhtling tura thawh ho.
 2. Kristian chhungkua din nghehtir tura ʔan lak.
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To

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