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KRISTIAN CHHUNGKUA

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Editorial

I THU NI SE

Pathian khawngaihna leh awmpuina changin kan chanchinbu pawh tuang takin a kal zêl a, he chanchinbu min hlutpuitu leh thu ziak tha tak tak rawn thawhtute leh tawnhriat ngaihnaawm tak tak rawn ziaktute chungah lawm thu kan sawi a ni. Mi eng emaw zât ațangin kan thu chhuahte an hlâwkpuî thu kan dawng a; hei hian enkawltute phûrna thar min pe țin a, a lawmawm tak zet a ni.

Eng emaw chen chu hripui (Covid-19) leh a kaihhnawih thu ziak ngaihnaawm tak tak kan tichhuak a. Hripui lêngin ziaawm lam a pan chho hret hret a, chu lam hawi thu ziak pawh a tîem țin ve ta. Kum hnih chung zet kan nunphung zawng zawng min tidanglamtu, mi eng emaw zâtin nunna hial an chôn pahna *hripui lêng* hian min nghawng thûk hle tih a lang chho zêl a, a bîkin kan nun hona leh huhova thil kan tih ținnaah nghawng a nei nasa zual dawn a ni mai thei.

August thla hi Mizovin *Thițin Thla* tiin kan sawi a; *Thlazîng* tia sawite pawh an awm. Mizo puithûnaah nupui pasal inneih him loh hun a sawi a ni țin. Kristian kan nih hnuah erawh hetiang hlauhna leh thla serh bîk neihna hi a bo tial tial a; hei hi Chanchin Tha thiltihtheihna a ni.

Kan khawvêl hun inher danglam zung zung hian mihringte himna derthâwnzia te, Krista tel lo nun a him lohzia te, Lalpa tel lo chuan eng mah kan nih lohzia te a lang fiah tulh tulh a. Chuvangin, nun kawng tinrenga Lalpa lam ena “*I thu ni se*” ti theitute an nihlawh zêl ang. Fak hla siamtuin-

‘I ruala kal thiam tûrin min zirtîr la,

Ka lei dam chhung hla hi i thu ni se;

Ṭawmkai lo puîh ngai Lalpa ka lo kal e’ a tih ang hian ‘I thu ni se’ tiin Lalpa lam i en tlat ang u.

*Kristian Chhôngkua***KRISTIAN CHHONGKUA**

– Rev. J. Lalremsiama
Dawrpui Vengthar West

‘Kristian Chhôngkua’ han tih mai hian eng tia hrilhfiahin nge Chiang ber ang le? Ngaih dan a inang lo. Kristian Chhôngkua chu, ‘Lal Isua ringtu chhôngkua, Biak Ina inkhawm thin, Pathian ram thilpêk pe thin leh ni tina chhôngkuaa Pathian be thin chhôngkuate hi an ni,’ ti ila. Kristian Chhôngkaw dinna kawnga hma kan sawn theih nân a hnuaia tar lan pathumte hmang hian tan han la thar teh ang u.

1. Inkaihhruaina mumal tak neih:

“*Inhruaina fîng awm lohnaah chuan mite an thu thin a; remruat thiam tamnaah himna a awm*” (Thuf. 11:14). Mihringte hi kan pian tirh aţang rênga enkawl leh kaihhruai ngai saa piang kan ni. Nu leh paten kan fate kaihhruai nân hengte hi vawn ni se :- “*Pathian chauh rina, amah hlauh ber tûr, thuneitua ruat apiangte thu awih tûr: mahni nu leh pate thu awiha pawisak reng tûr; mahni ute thu awih tûr; uten mahni naute duat theuh tûr; engtik*

lai pawhin kohhran belh tlat tûr; inngaihna suala tluk loh tûr; zu in loh tûr; mi rinawm nih tûr; mahni hnaah leh sum leh paiah rinawm tûr; thatchhiat loh tûr; dawt sawi loh tûr; thu dik sawi tûr” tih te hi.

Kristian chhôngkaw tha chuan kawppui zawn thuah te, inneih thu-ah te, in leh lo din thu-ah te; ei leh bar zawn kawngah te, sum leh pai hmuh leh hman thuah te inkaihhruaina mumal tak neih hram hram tûr a ni. Heng bakah pawh Pathian rawng kan bawl na peng hrang hrang

- Bible chhiar leh ṭawngṭai te, Pathian biak inkhawm te, thilpek tûr zatah te, fa neih tûr zatah te, inkaihhruaina mumal tak neih a pawimawh. Chhungkaw kaihhruaina kan neih ang ang te member tin ten zawm tum tlat tûr a ni.

2. Ni tin Pathian chibai bûk:

“Lalpa i Pathian chibai bûk la, ama rawng chauh bawl rawh” (Mt 4:10) tih a ni. Mihringte hi Pathianin Amah chibai bûk tûra a siam te kan ni (Sam 95:6). Kan kohhran Thurin 9-nain Ringtute tih tûr a sawi chu; *“Kohhran inpawlhona tel te, Lalpa Ni serh thianghlim te, Amah be tûra inkhawm te, a thuhiril ngun taka ngaihthlak te”* a ti.. Mahse, ni tina chibai bûk peih tawh lo, ṭul ti lem lote pawh an awm tawh a ni âwm e. Rev. Dr. Billy Grahama chuan, *“Pa berin chung inkhawm a kaihruai thei lo a nih chuan paw lian tak a khawih a ni”* a ti. Pathian biak peih lohna nun hi Pathian min siam chhan ṭhelhna, a pawisawina

leh dodalna lian tak a tling a ni. Khawvel hmasawnnain min chhawp chhuahsak thil chi hrang hrang heng - Computer, TV, Internet leh Social Media chi hrang hrang te hian kan in chung khurah thil ṭha lo tam tak a rawn thlen a. Heng thil ṭha lote hian Pathian min hlattir mek a, kan Pathian biakna nun ṭha min ruk saka; Pathian min hlattir mek a ni.

Heng hi vawng reng ang u : *“Ni tina Pathian be ṭhin bawk hi Pathianin a biak ṭhinte an ni. Ni tina Pathian be ṭhinte hi Biak Ina inkhawma Pathian be taimate an ni deuh zêl. In lama Pathian be tlemte bawk hi inkhawm thatchhia an ni leh nge nge ṭhin.”* Kristian chhungkuate zingah nu leh pa inkhawm ngai tawh lo neih hi thil zahthlak tak a tling ta.

Ni tina Pathian pawl ṭhin chhungkuate aṭangin kohhrana mi rinawm tam tak - rawngbâwltu ṭha Pastor, Missionary te, sawrkar hnathawk mi rinawm tak tak

an lo chhuak mek bawk. Mi mal nun leh chhungkuaa lo thleng tûr pawha kan ngaih loh harsatna leh natna, thihna kut vawt a lo thlen hun pawha kan buai lutuk loh nân ni tin Pathian i bia ang u. Zir Chiangtute chuan, “Khaw laia thi tlawá chhar ðhenkhatte hi ngun taka han zir chian chuan ni tin chhung inkhawm nei ngai lo leh ðawngtái puitu nei ngai lote an ni fo,” an tia lawm.

3. Pathian hnêna thilpek:

Thilpek hi kan Kohhran Thurin pawimawh tak a ni. “*Ringtu zawng zawng tih tûr chu Pathian malsawmna an dawn ang zêla pek ve thung te a ni*”. Pathian an kan duh chuan min mamawhtute hnênah thilpek i pe ve ang u. Kornelia, Italy sipai za hotu hnênah khan van chuan; “*I ðawngtáina leh i thilpek thute hriat reng tûrin Pathian hnen a thleng chho ta a,*” (Tirh 10:4) a ti. “*Hmangaih lohvin a pek theih a: pe lovin a hmangaih theih loh*” an ti. Pathian hnênah thil i pe dawn a nih chuan Kohhran kal

tlangin Pathian hnênah pe ang che.” Tunlai hian ringtu ðhenkhat chuan nun aiah thil an pe a, an lungawi mai ðhin. A tawk lo. Kan Pathian hian a nunna min pe hmasa a, a hnuah thil dang. Keini pawhin kan nunna pe hmasa ila, a hnuah thil dang kan pe ve dawn nia.

LALPA CHANPUAL BUHFAIÐHAM ðham theihngihl suh ang che u. Buhfaïðham hi nute chauh ðham tûr a ni lo. Chhungkaw member tinte ðham tûr a ni. I ðham chuan a ngai reing ðham suh. I hlim deuh deuh nân i thilpek pe pung rawh. Thilpekah chauh Lalpa a lungawi lo, nun pek a phut a, a lawmna ber a ni. “Kan Pathian hian kan pek ang zat hi min pe ve ta se eng nge kan an ang aw? A tal buai zawk kan ni khawp ang.

Lalpa chanpual Sawma Pakhat hi kohhranah mi pek rualin a tlem emaw, a tam emaw pe ve ngei ðhin ang che. Ba suh, i theihngihl palh a nih pawhin a hnuah pe ngei

ang che. *I pek tlem chuan a pe tlem ang che, i pek tam leh a pe tam ang che. Pekah i hneh bân thei lo vang.* Pathian chibai bûk nâna i thilpek chu duh tui rawh. A ngai ngawr ngawr pe suh. I pek vêk vêk chuan i neih zinga a thar thar/a ̣a ̣a pe ang che. Pekah Pathian i hneh bân thei lo vang. Pek hi i tu leh fate ̣ahnemngai takin zirtir la, zawm tûrin nghet takin fuih la, an thlah ngai tawh lo vang. Zirtir atâna ̣a ber chu PATHIAN TANA THILPEK HI ANI. I inchhir ngai lo vang. Hmeithai pakhat chuan, *“Sawma Pakhat ka pek loh chuan mihringah hian harsatna a lo thleng zut zut mai a ni,”* a ti.

Eng ang chhungkua pawh ni mah ila, member kan tlem emaw kan tam emaw, kan rethei emaw kan hausa emaw, kan fing emaw kan mawl emaw, in leh lo kan nei ̣a emaw, nei ̣a lo emaw, Krista zarah he leia ‘Pathian Chhungte’ kan ni. He thu hi kan Chiang a nih chuan kan pawm ang a, kan ngaihthah

ngai lo vang. Kan man fuh lo a nih chuan kan ngaihthah ang. ‘Pathian Chhungkua’ nihna ropui tak avang hian Pathian hnênah lawm thu i sawi fo ang u.

Kristian chhungkua hi ‘Van Chhungkua’ nena inzawm tlat a ni. Kan hmelmapa Setana erawh chuan he leia Pathian chhungte min tihchhiat hi a tum ber a ni tih i hre reng ang u. Kan bei nasa tawh a, kan bei te hi a dawng rum rum tawh pawh a ni mai thei, beidawn a thiàng lo. Kan sawi kan sawi ang a, kan bei zêl ang a; Pathian avangin kan hlawhtling ngei ang. Chhungkaw member pakhat chauh pawhin Chhungkaw Maicham mei hi mit lova kan chhawm nun tlat phawt chuan Pathian hmingin hnehna puanzâr kan la zâr ngei ang. Chhungkaw inngahna lungphum atâna Pathian hmangtu leh kawng engkima Isua Krista rin râwla hmangtu kan lo pun nân a thu Lalpan malsawm rawh se.

Sermon

NGAIHDAMNA

(Gen 45:5, I Sam 24:17-19, Mt 25:28)

*- R. Laltlai
Tuikhuahtlang*

He thupui NGAIHDAMNA thlan chhan chu hetiang hi a ni. Ngaihdamna changtupate leh changtunute hian ngaihdamna kan nih hi kan lo inhre lo ang tih a hlauhawm em a, hriat loh hi a pawl lutuk baw si nen, rilru a luah ve reng mai a, ka han sawi ve dawn ngawt mai a ni e. Chhiartu zawng zawngten Pathian min ngaihdamna hlutzia leh ropuizia leh a ngaihdamna chungtu ni âwm renga nun kan zir theih nan Patianin mal min sawm theuh rawh se.

1. Josefa ngaihdamna (Gen 45:5):

Josefa nun aţangin i lo zir hmasa ber teh ang. Josefa chu a unauten an itsik hle mai a, a thawnthu chipchiar chu sawi vek lo ila. Genesis-ah Chiang takin a lang. Khuarkhurumah te an paih a, a hnuah Midian khualzinte hnenah an hralh ta a, hun a lo kal zel a, Chiang taka kan hmuh reng chu, ‘Josefa hnenah Pathian a awm’ tih hi a ni zel a ni. Hun harsa tam tak a pal tlang hnuin, Aigupta ram ropui takah Aigupta ram

Lal ber chuan a in chung hotu berah a dah ta, he chanvo luah tura a pal tlang harsatna erawh kan sawi kim sêng lo ang. Hun a lo kal zel a, Kanaan rama a pa leh a unaute awmnaah chuan tam nasa tak a lo tla ta a, ei tur an nei ta lo. A pa chuan a unaute chu Aigupta ramah buh phur turin a tîr a, chuta an zu hmuh, buh phurh tur lo petu chu an unaupa Josefa kha a lo ni a. Anni chuan hre tawh lo mah se Josefa erawh chuan a lo la hre reng a ni (tichuan a tawi zawngin sawi zel ila).

A unaute hnenah chuan a inpuang ta. He a inpuanna thu hi kan Bible-ah chuan thu ngaihthlak nuam leh thu mawi ber pawl a tling âwm e, “Heta kal tura min hralh avang hian lungngai suh ula, mahni inhaw duh hek suh u, mite nunna chhandam turin Pathianin in hmaah mi lo tîr hmasa a nih hi.” A va ropuiin a va ril em!

Kan pawl sawi hauh lote pawh ngei mai thin leh kan pawl sawia kan hriat chu eng nge a nih bik ti thuai thin kan nih laiin, a unaute amah tihboral pawl ti hauh lote chung a tawng chhuah dan hian Pathian a hnena awm reng thin khan a hun takah a tawng chhuahtîr ta a ni. Pathian a tanga ngaihdamna lo chhuak hi chu mihring ngaihdamna chuan a chhui chhuak phak lo a ni.

2. Davida leh Saula inngaihdamna (Sam 24:17-19):

Saulan Davida thah tuma a veh reng laiin Saula chu Davidan, “Kei chuan i chungah kut ka thlak lo reng

reng ang” a tih avangin Saula chu lungchhe takin a t̄ap ta a. Saula chuan, “Kei ai chuan i fel zawk em em a ni, nang zawng ka chungah thil t̄ha i ti a, kei erawh chuan thil t̄ha lo ka ti a ni,” a tih t̄awngkam te hi Pathian a tanga t̄awng kam chhuak a va ni em! Thah tuma zawng rengtu Lal Saula chuan, “Ka chung a i thil tihah hian Lalpan thil t̄hain r̄ul che rawh se,” a tih theihna hi chhungrilah a sawi chhuah t̄irtu hi Lalpa a ni. Davida chuan amah thah tuma zawng rengtu Lal Saula hi thahna tur remchang a hmuh pawhin Pathian hriak thih tawh Lal Saula chungah kut thlak chu a duh lo va, a kawrfual hm̄awr f̄em a hlehsak pawh a in chh̄ir a ni, he mite pahnih inkar thuah hian Pathian ngaihdamna a lo lang Chiang hle mai.

Hetah hian Davida ngaihdamna chu Lal Saula hian ngaihdamna changtu a ni tih a hria hi a ropuiin, a chh̄an dan tur dik takin a chh̄ang let hi entawn at̄an a va t̄ha em!

3. Lal Isua ngaihdamna (Mt 26:28):

Lal Isuan, “Hei hi ka thisena sualte ngaihdam nana mi tam tak tâna chhuak tur thuthlunna chu a ni.” Lal Isuan kan sualte ngaihdam nan, ama thisen ngei a chhuah tur thu a sawi a ni. Krawsah a tuar a, chu krawsa a tuarna leh a thisen chhuak chuan kan sualte eng anga nasa pawh min ngaidam ta. Lalpa chu fakim awm rawh se. Lal Isua thisena ngaihdam kan nih inhriatna leh kan pawmna hi a ni. Mi, a sualte ngaihdamsak ni mah sela, chu ngaihdamna chu a chang a ni tih a pawm a, a inhriat si loh chuan, engtin nge chu ngaihdamna chu a dampui theih ang a, hlim takin a rawng a bawl theih ang? Mi

lei i bâ a, i batna chuan a ngaidam che a, pek leh a ngai ta lo. Mahse, a ngaihdamna che i pawm lohva, leiba nei tûn anga i awm reng chuan i hlim chuang lo ang a, i leibatna pa lakah chuan i lawm thei dawn lo va, lawm thu hrilh pawh i tum hek lo vang. Hetiang chiah hian Lal Isua ngaihdamna changtute hian min ngaihdamna leh kan tana min tawrhsakna hi hre Chiang ngat ila chuan, kan hlimin kan lawm lo thei lo vang a, Amah fak leh chawimawi hi kan tih turah kan ngai lo thei lo vang. A tana thilpek chu phurrit ni lovin lawm thu sawina a nihzia kan lo hre zawk dawn a ni.

Ngaihdamna changtute kan ni angin mi dangte i ngaidam ve ang u.



Hudson Taylor-a, China Inland Mission (tûna Overseas Missionary Fellowship) dintu chuan Missionary-a kal tûr naupang tak mai hnênah hetiang hian thu a chah a, “Harsatna tam tak i hmaah a awm a. Chûngte chuan tu nge i nih a rawn tilang dâwn a ni,” tiin.

~*Kristian Encyclopaedia*

Sermon

KÂR MIN DANTU

(Eph 2:11-18)

- Rev. V.L. Luaia Hranleh
Executive Secretary
i/c Kohhran Hmeichhia

Thuhmahruai:

Covid hripui leng chuan kum hnih zet min chenchilh ta a. A thawh thumnain min nuai zui leh mek te hi a chimawm ngei mai! Thenkhatin zangkhai deuhva an tawrh chhuah laiin mi tam takin an thihpui tho bawk si. A inven leh enkawl danah pawh hriat thiam theih loh thil tam tak a awm laiin indem hleih theih lah a ni bawk si lo. Hmangaihtu leh hmangaihte then hranga dai dangtu he hripui zet hi chu a va tawrhhlhawm tak em! Kan ngam loh he hripui sulhnuah hian thlarau lama zir tur kan chhar chhuah zel erawh a pawimawh ngawt mai.

1. Mi ta chu kan nei ve:

Ni 2nd Feb., 2022 (Nilaini) khan RAgT hmanga sample test-in ka nupui leh kan fa tlum ber chu an positive ve ta tlat mai a. Mission Veng LLTF-te nen inbe pawpin a tul apiangte tifelin room hrang daihah kan indah fel ta a. Kan inkaihhruai danah hian chhungkuaa chenpuite positive an lo awmin a positive ve lote pawh khung hran tur an ni

miau mai si a. Keini, positive ve lote pawh chu enthlak mek, ni 5-10 hnua RT-PCR hmanga en leh tura dah hran kan ni ta a.

Tunah chuan Covid vei **chhungkua, mi tlawh serh kan ni ve ta reng mai.** Mi tam takin an lo chan tawh thin chu kan chhungkaw chanvo a lo ni ve ta a. Mi chhungkaw thil tawn kan hmuh leh hriat,

kan sawi ðin chu kan ta a lo ni ve ta. Mi rama thleng chu kan ramah pawh kan tawng ve mek bawk a. Hmangaih ngawih ngawih nupui fanaute nen nun inpawh thei lova hrehawm ti taka ka awm lai chuan Eden natna hripuiin min luhchilh avanga min hmangaihtu kan Pathian thinlung na tur kha ka dawnpui thleng ve ta hial a.

2. Thlahlel hle mah ila:

Italy rama nu pakhat Covid hripui vanga thi mai tur khan a thlakhlelh ber chu a thih hmaa vawi khat chauhtal a fa duat lai han pawm vawng vawng chu a ni. Hripuiin a kar dan tlat avangin tih theih leh phal a ni bawksi lo. Mahse a ngen ngawih ngawih avangin, amah chu sarangin an tuam vek hnuah a chawi lai nau chu a chungah an zu nghat a. Hri vanga thi mai tawh tur a nu chuan thlahlel leh duat taka kuah vawng vawngin rei lo teah a thihsan zui ta a ni. Chu chanchin hria leh thlalak hmutu tam tak thinlung a khawih hle.

Hri kai zingah nausen/naupangte an lo awm a. Nu leh pa lak atanga lak hrana enkawl mekte chu an va lainatawm ðin tak em! Amah ðap bawk, nu leh pa ðap bawk, enkawltute mittui tla bawk. Mi rama thil thleng ha hîpa kan sawi ðin ang te chuan kan ramah ngei min chîm nasat tawh avangin a sawi pawh kan sawi peih tawh lo zawk a. Hmangaihnh thlahlel ngawih ngawih mah ila kâr min dantu hripui avangin duh takte ruang pawh kil thei lovin kan awm ðin a nih hi!

3. Kâr min dantu ngei chu:

Covid hripui laka himna ki pawimawh tak pakhat chu mi dang hlata awm (Social distancing) a nih miao avangin Biak In chhung leh hmun dangah pawh mi dang hlat thei ang bera awm turin kan inzirtîr reng a. Hun bik thilah pawh hmehriat ðhian ðha leh rawngbawlpuite ngei mai kut vuana kan inchibai ngam ta lo te hi a va hrehawm tak em! **‘Kâr min dantu hripui vang maw lo ni’** tia ka ngaihtuah lai chuan hmasang Eden huan lam kha min thlirtir ta zawk a..

Pathian hmangaihna ang chhunga hlim leh thlamuang taka leng thin hring fate chu Eden natna hripui an lo kai tak avangin hmangaihtu Pathian laka then hranin an lo awm ta a. **“Adam, khawiah nge i awm?”** (Gen 3:9) tia zawng ruaitu Pathian khan a hmangaihna dai chuang lova anmahni zu pawl leh pawl la duh reng mah se, a hmangaihte chuan thu awih lohna vanga hri tha lo an lo kai tak avangin dai danin an lo awm ta si a. Hmangaihtu leh hmangaihte chu **kâr dantu Eden natna hripui avang chuan an inpawl zui thei ta lo.**

4. Daidanna thiattu damdawi chu:

Tunlai khawvelin a mamawh ber mai chu Covid 19 hripui damdawi tha tak siam chhuah a ni. Khawvel pumah mi thiam an tam tawh tehreng nen a ngeih ngei tur damdawi siam chhuak thei an la awm si lo. Hmu chhuak tehreng pawl ni se ngeih lem lo pawl a la awm theih cheu ngei ang. Chutih laiin Eden

natna hripui laka himna damdawi phe chu maw siam chhuah a hautak lutuk a. Vanah te, leiah te, lei hnuai lam thleng pawhin lei mihring leh van Angel-te zingah ngei pawh mihringte chhan chhuak thei tu mah an awm mawlh si lo (Thup 5:3&4).

Mahse hmangaihna dai thei ngai lo kan Pathian chuan, Adama thlah mihringte chu Eden natna hripui kan vei chung pawhin hmangaihna min la thlahlel ngawih ngawih reng a. Chuvangin, **chuti khawpa pawimawh hripui laka kan fihlim ngei theihna tur damdawi awm chhun chu Amah ngei baw chuan hmangaih luat vanga mahni insengso ral raih khawpin min thawh chhuahsak leh ta zel a** (Phil 2:6-8). **Mi tin damna tura a thlawna min pek Krista thisen hlu chu kan tan a va hlu chuang tak em! Ngeih lo an awm ve lo va, eng anga sual rapthlak leh langsar pawl ni se vur anga var thianghlim leh, sen duk anga sual kumhlun tak pawl ni se beram hmul anga**

ngainatawm taka tleng fai theitu Krista thisen hlu hian tlen fai zawh loh a nei bawksi lo (Is 1:18).

Tlangkawmna:

Covid-19 hripui vei chu hmangaihtuin eng ang pawhin thlahlel ngawih ngawih mah se an len dun leh theihna tura damdawi inpe a, tidam thei tu mah an la awm loh avangin thinlung na tak chung a thlir liam vawng vawng bak tih theih kan nei lo. Dai dangtu hripui laka himna tura inkhuahkhirhnain a phal chin bak eng mah tih theih a ni chuang bawksi lo. Keini Eden natna vei vanga Pathian laka mi hrang, boralna rama leng tawh hnute tlan nan, min hmangaih luat avangin kan Lalpan, khawvelin a hriat thiam theih loh khawpin daidanna chu a rawn su tlang pawp mai a. Chumi avang ngei chuan daidanna awm

tawh lovin mi thianghlimte nen tual khat leh Pathian chhungte kan lo ni thei ta te hi a va hlu em! (Eph 2:19).

Kan dam lehna tura kan chhandamna ropuizia hi ngaihtuahin min tlanna Krista thisen hlu hi thil narânah i ruat mawlh suh ang u.

Covid hripui aia hlauhawm zawksi daih *Eden natna hripui vanga hmangaihtu Pathian laka dai dana la awm zawng zawngte tan he damdawi awm chhun chak leh hlu tak, Krista thisen hlu hi a thlawnin a la luang reng e.* Mi tu pawhin rinnaa a in chuanin a dam ngei ngei ang. Covid-19 hripui vei mek leh la vei lo zawng zawngte u, he Eden natna hripui laka damna tura damdawi awm chhun Krista thisen hlu hi lo chang ngei ula, dampui ngei bawksi ang che u.

Tihdikna: June thla chhuak Nu Hmangaihna (Tawrhna) ziaktu Shillongpari, Dawrpui tih chu Thuampui tih zawksi tur a ni e.

~ Editorial Board

Article

NAUPANG ṬAHBELH

- Pi Malsawmi
Kulikawn

“Naupang chu a hrisela,
A muthilh ṭat a,
A puar tawk chuan a tlei a,
A ṭahbelh ngai lo a ni.”

Kan pi leh pute chuan, ‘Naupang chu an ṭap ṭhang a, naupang ṭahbelh chu an ṭhang duh nge nge,’ tih te, ‘Naupang ṭap bang thei lo chu an mawngah saum tât ila, an bâng hlahh mai alawm,’ tih te an lo sawi ṭhin a. Chuvangin, naupang ṭapin ngaihthah an hlauh phah hle a ni. Nimahsela, tunlai ṭhangtharte chuan thutakah leh awih tlakah kan ngai lo tulh tulh a ni, a awihawm loh rêng a.

Chhungkaw tin hi naupangten min tihlimin, min tilawm em em vek mai ti rawh u! Nimahsela, kan nau chu a tlei loh a, a ṭahbelh viau chuan chhungkuain kan buai a, eng nge a ṭah chhan tiin kan inzawt a, kan awm a nuam thei ṭhin lo a ni. Chaw ei tui lai taka nau an han ṭah chiam chiam mai pheii chuan nu ber chu kham nghal a ṭul mai ṭhin a ni.

Nausen pian tih ṭanga kum khat chung lo chhut

deuh ila, i fa chu a lo pian tih ṭangin a ṭahbelh viau em? Engtik hunin nge a ṭah ṭhin? Ṭah satliah ni lo, manganthlak khawpin em ni a ṭah ṭhin? A chhan i hria em ? A tihreh nan engtin nge ṭan i lak tawh rêng? I hlawhtling em? I fate zingah ‘zan ṭah vei’, ‘thimhmul sual’ tih ang chi an awm em? Taksaah nâ nei ni âwm takin nge a ṭah i chhut ṭhin em? Eng pawh ni se, nau an ṭah rêng rêng hian eng emaw chhan a nei ngei turah ngai phawt ila, an la ṭawng

theih loh avangin an tihlan thiam dan ber chu ÷ah hi a ni miau si a. Eng nge a chhan, engtin nge kan tihreh ang, i lo chhut teh ang u.

Naupang chu a pian a fuh a, mi ang pangngai a nih chuan, hnute ÷a takin a hne a, ÷a takin a muhil a, a tlei êm êm a. Chu chu nu leh pa tan en ninawm loh a ni a, nimahsela, an ÷ah belh êm êm mai chuan a manganthlak duh hle thung ang.

1. Nau ÷ahbelh chhan

(1) Nausen pian tirh a÷anga kum khat chhung lo chhût ila. Nausen chuan hnute khawpkham a hnêk loh te, a mut ÷at loh te, a lum lutuk te, a vawh lutuk te leh a khawsik emaw, a mutna huh leh hîng lutuk, boruak hîp tur tam loh vang te pawhin an ÷ahbelhin an tlei lo thei tih hriat hmasak phawt tur a ni. An thawmhnaw leh mutna te enfelsak a, an mut puan leh thawmhnaw te ni saah pho chhuahsak ÷hin a ÷a. Bâl lutuk emaw, a sehtu awm thei-khumfa, uihlî, thosite an

lo awm vang te hian an muhil tui laite hi an lo harh zawk zawk a, a châng chuan an lo ÷ap chhuak hial a, an harh fel hnu pawhin, an tlei ÷a duh lovin an ÷ahbelh phah êm êm a ni. Chuvangin, nausen pawm laite kan neih hian theih tawp chhuahin kan invawng reng tur a ni.

(2) A pian fuh loh vangin a ÷ahbelh thei tih hriat bawt tur a ni. Hun bîk neiin a ÷ah chuan, (nâ nei ni âwm tak leh tawp thei lo tawpa a ÷ah ÷hin chuan) Doctor emaw Nurse emaw hnai bera mi pan vat a ÷a. Thingtlang hmun ÷henkhat kilkhawr deuhah chuan damdawi lam thiam an awm lo mai thei a, veng chhunga chinchâng hriate râwn a ÷a bawt. Damdawi leh thil dang mahni thua pek loh tur.

(3) An taksa hrisel lohna kawng dang dang avangin an ÷ahbelh thei bawt. Pum nâ, âwm nâ, lâi dam ÷a lo, (êk khal hian pumna a siam thei) a thil khalhah fai tawt lo a÷angin natna a kai chawp thei

a, kawṭhalo leh luak te a thlen thei. Bengkherh leh lai nâ te pawh fimkhur loh vangin a awm thei tih hriat a, thil khalh tur pek leh bual lai tein fimkhur hle tur a ni. Nu thenkhat chu an thatchhiat vang te leh an inthlahdah vangin an fate pian fuh ṭha tak si ten natna an kai chawp thei ṭhin a. Chuvangin, nang chuan i fate chu taima tak leh fimkhur takin i enkawl dawn nia.

Entir nan nu pahnihte chanchin i lo ngaihla teh ang: Pi Liani chuan a fa 3-na a pawmlai chu a ṭahbelh êm êm mai a. Inleng a neih lai te leh chaw ei lai te, zanah te leh chhun lamah pawh a ṭap reng mai ṭhin a, a mangangin a buai êm êm mai a. Pi Liani lah chu nu taima tak hna duh mi tak a ni a. Ram hna hi a thawk tui em em reng a. Ni khat erawh chu a nau ṭahbelh em em leh tlei duh lo em em avangin feh chhuahsan lovin a awm ta a, a thenawm nu, nu fel tak mai a lo leng hlah mai a, “Pi Lian, engti zia nge maw ni le, in nau hi eng lai mai pawh hian a ṭahbelhin a

tlei loh em em le? tiin a zawt a zawt a; ani chuan a ngaihna a hriat loh thu leh hrehawm a tih thu te a lo hrih nual a.

A thenawmnu chuan, “Tui han lum la, i bual fai teh reng ang,” a ti a; tichuan nau chu a pawmsak a, a thawmhnaw te, a taksate an en chian nâk chuan thawmhnaw tâwt tak mai leh hnâwm deuh a lo ha a, a taksah chuan thil sehna hnu a bawl ṭeuh bawk a. A kap kâr leh mawngte lah chu a lo lâwng nasa bawk si a, a tin a sei lutuk a, a mit a khawih palh a, a meng ṭha thei bawk si lo va; tin, a mutna lah chu a ipikin, thawmhnaw inbâng kûr lût mai boruak ṭha dawn (hîp) tur awm ṭha mang lo ni bawk si. “Pi Lian, in nau hi han tlei ngaihna a awm lo reng reng, han en teh,” a ti a. “Hei, thingtlang mi, hnathawka chhuak reng kan ni a; nimahsela, nau no pawm kan ni a, kan in chung leh nau mutnate leh naute te hi kan hna aiin kan ngai pawimawhin, eng lai pawhin kan vawng fai ṭha reng tur a

ni. Ni tin tui lum pip pepin bual ziah la, a bengah tui i tih loh loh nan fimkhur ang che. I bual zawhah hru fai/hul la, hriak emaw powder emaw hnawih la, thawmhnaw haktir vat ang che. Hei, i nau hi a lei te pawh a nâin ka hria, hnute i pek dawn chuan sil fai thin tur a ni. Ni tinin tui thianghlim (tui chhuan so dah vawh) wawi thum aia tlem lo pe ziah bawk ang che,” tiin thurâwn tha tak a pe a. Pi Liani pawh chuan thurawn anga a tih chinah chuan a nau pawm lai chu a lo hriselin, a ni telin a tleiin, a thabelh lo tial tial ta a ni.

(4) Hnute kham loh vang leh puar loh vangin an tlei lo va, an thabelh hlen thei tlat a ni. Hnute tui hi nu thenkhat chuan an ngah lo thei a, chu tiang a nih chuan, thil dang, Amul te leh thil dang a tam a, a siam dan dik taka siam a, dal lutuk lova siam te pek tur a ni, chini pawh telh belh loh tur a ni. Bawnghnute pek dawn chuan ngun taka chhuan so va, dah daih deuh hlek hnuah pek tur a ni. Tin,

hnekna bur pawh pek hmian chhuan so hmasak tur a ni. Tunlailin chhuituten an hmuh chhuah hmasak ber an sawi danin, Nu Hnute hi naute tan a tha ber fo, hun bi neia pek pawh a thul lo, nauin a duh hun hunah pek zel mai tur an ti. Mizo nuten kan tih dan hi an duhthusam dan a nih chu. Tin, thla 6 velah chuan hnute tuiril ringawt pe lovin, Mizo buh chhangphuta siam chawp hi chhum hmin hnuah bawnghnute nena chawh diakin pek a tha bawk a ni. A nih loh pawhin buh hâwp hmin taka chhum pek tur a ni.

(5) A hrisel em? Nau chu a hrisel em tih hriatna awlsam tak te chu:

- i) Hnute a hne tha em?
- ii) A thil ei a tui em ?
- iii) A upat phu tawkin a ritin a thang em? A thil tih theih danah leh hawiherah te.
- iv) A dul a kiaw lutuk em? A chêr em? A mit a eng em? A kâ leh beng a hrisel em?

Heng ziah lante hi chhinchhiah la, i fate c h u

eng lai pawhin ngun takin enkawl i tum dawn nia. Hengah hian that lohna an neih chuan Doctor emaw, mi thiamte râwn nghal thin tur a ni ang.

2. Naupang tap thlêm dan tur

Tunlai hian naute hi an nikhua hma hle mai a, thla 3-ah te chuan han lawmin min chhâwn thei mai a ni. An han lian deuh va, an thil lawm zawng leh duh zawng te a lo hriat theih tan a, nute chu kan phurin an lawm zawng kan zawng ruai thin. Hetih lai atang hian fimkhur tan a tul a ni. An nuar emaw, an tap vak vak emaw a ni thei a, tap satliah, pangchan vangte a nih pawhin a hriat mai thei a. An lawm zawng atan thil khalh tur thar han pek emaw te hian an tlei mai a, han pawmin han be liam luam ila, an hnungzangah te han beng thek thek ila, an awmna ngaia awm te an nin thin avangin pawn boruak dang te han dawnpui ila an tlei duh thin a ni. Thil an duh leh an kawh apiang ngaihtuah Chiang Lova

pek mai mai loh tur a ni. Hâk theih chi leh inhliam theihna chi chu pek loh tur a ni. Rawngbawl na tapchhak hnaih lutukah awmtir loh a tha. Chu chuan thihna hial a thlen theih avangin fimkhur a tul hle a ni.

Nu thenkhat chuan kan kal chhuahsan a tul thin avangin kan fate kan awm reng hman lo va, kan kal chhuak tur min ngen a, an tap chung a kalsan kan hreh vangin thlem nan kan bul hnaia kan hmuh hmasak apiang kawlthei rah hmin lutuk te, bâl chhum thing khal tawh lutuk te, balhla hmin tha lote kan han pe thlarawk a; nimahsela, nauin a chhiat phah ang tih te ngaihtuah a, an tap thlem nana kan thil hman turah hian nuten fing zawka kan ngaihtuah thiam a tha a ni. An thil ei tha lote avangin naupangin an tuar chuan nute kan buai leh tho si a.

3. Nau duat soal

Nu leh pa kara fate hi nupa inthurual leh inngeih tak ten

fimkhur taka an enkawl hian an sual vak ngai lo. Nimahsela, pi leh pute an neih hian duat dan chin tawk an thiam loh avangin harsatna a awm thei. Naupang kum khat an lo tlin aṭang chuan nikhua an hre ṭan a, duat leh duat loh te an hre hle a. Puitling mizia pawh an man chak em em a ni.

Thingtlang leh khawpuiah ngei te pawh nupaa sawrkar hnathawk leh sumdawngte tam tak kan awm a, in leh lo pawh luah lum hman lovin hna kan thawk lo thei lo va, kan fate chhuahsan a ṭul ṭhin. In leh lo, sum leh paiah kan intlansiak a, kan tlan chak lai tak hian kan fate erawh chu awm ṭha duh lovin, zu zawrhna dawrah te, veng kilkhawrah hmeithai inah te awm tlat si sela, kan hlim dawn lo a ni. Kan fate kan duat danah hian an tana ṭha turah chuan ṭhahnemngaih thiam a ṭul a, anmahni pawhin ngen nachang an hriat loh thil sumdawng zawrh te kan neih chhun chhuna leisak mai mai lovin,

keimahni ngei hi an zingah awm tam ila, an lungawi loh changa pawisaa thlem chin te, thil leisak te, intiamkam te hi nu leh pa fing chuan an sim ṭan ta mek a ni.

Thingtlang hmun ṭhenkhatah pawh hmeichhia ten in chhuahsan ṭulna a lo awm ve zel ta mai. Kohhran thil ṭul bakah MHIP, Society, Party thil thlengin, zanah te chhuakin kan fate kan awp lum hman lo va, kan pawimawhna ber kan hlamchhhiah ve ṭan a ang ta. Fate ṭap chung a chhuahsan ai chuan an tana ṭha tur leh ṭha lo tur pawh thlu lovin thil eng emaw kan han pe a, a lehpekah chuan a aia tam an lo phût a. Neih aia tama chet a lo ṭul ta ṭhin a ni. Fa duat thiam hi i zir ang u.

Kan sawi tak aṭangin tih tur leh tih loh tur tam tak kan hre ta a, kan naute chu an ṭahbelh chhan te zawng chhuak ngei ṭhin tur leh taima taka fate enkawl peih ṭheuh i tum ang u.

Article

SILCHAR TUILIAN LEH A BEHBAWM: LALPA ROPUI NAN

- *Dr. Rualthankhuma Renthlei, ENT
Camp : Silchar Mission Compound
(Tahrik 13-23 Nikir Thla 2022)*

Silchar tui lian ka zuk nan dan te, Silchar YMA leh Mizoram IR Battalion, Vairengtea mite bakah, chumi hma chuan eng vanga Silchar tuilian chu zuk tawng nge ka nih kan tarlan rual rualin, ka rilrua lo lang thil dang a kaihhnawih ni lêm lo mah se ka ngaimawh chhe têt kan sawi ve ang e.

Kumin kum tir lam khan (Ni 10 Vau thla ațanga 23 Tōmir Thla 2022) Aizawl ațanga kan kohhran mission rawngbawlna hmun leh para church-a thawktute leh an thawhna ram mipuite hnênah a remchan dan ang anga a thlawna inentirna neihsak turin keimahin ka feh chhuak ve țhuai mai a. Chumi avang chuan India ram khaw lian leh khaw têt, thingtlang khua tam takte nen lam fangin ka hrut kual a.

Pathian zarah tluang taka ni 70 ka thang bo hnuah ka lo haw leh ta a. Chuta ka thil

hmuh, kohhran lam ni lem lo Covid-19 chungchang hi tlêm têt kan sawi hmasa lawk teh ang.

Aizawl ka chhuahsan thla (Vau Thla) khan he Covid-19 hri hi kan Zoramah chuan kan la hlau hle a. Mipui pun khawmna lamah chuan sawrkar thu awihin kan la fimkur êm êm a nih kha. Hri kai zat a la tla hniam thei tak tak lo. Mipui chuan hmai khuhna vuah leh puipun nikhuaa duh anga hun kan hmang thei lo kha sawi ngai lovin kan kham a, kan ning hlûi tawh a ni. Lengpui thlawhna țum hmun ațangin

hmai khuhna nen Zoram chu phai lam panin kan chhuahsan ta vang vang a.

Pathian zarah kan missionary-te thawhna hmun hrang hrangah thil dang ngaihsak hman miah lovin a thlawna inentirna chu kan nei ta char char a. India ram state eng emaw zat chhunga khawpui lian leh khaw tē tam tak sawmnga (50) aia tamah hun kan hmang ta a. Lalpa chu fakin awm rawh se. He tiang hun ka hmanna zawng zawngah hian Covid-19 vanga hmai khuhna hmang ka hmuh chu tlēm tē, kutzungtang pawh ka thliak kim lo mai thei tih vel a ni. Tu man hmai khuhna an hmang tawh lo va, Covid-19 hri sawi ri ka hre bawk lo a ni.

Mi tam tak a thlawna inentirnaah chuan ka lo en a. Kei, anmahni lo entu doctor ber pawhin hmai khuhna ka hmang lo va, damlo rawn inentirte pawhin an hmang bik lo.

Ni 70 hnuah Covid-19 theihngihl thakin ka lo haw

www.mizoramsynod.org

a, Lengpui leh Guwahati thlawhna tumhmunah chiah hmai khuhna an lo la hmang. Ka lo hman ngai tawh loh avangin Guwahati-ah chuan vai pakhat ka dil chawp nghe nghe a.

Zoram ka lo thleng a, sawrkar chuan an lo la ngai thutakin, mipui pawhin an lo la ngai thutak tho nachungin a boruak chu a lo ziaawm ve deuh tawh a. Mahse, Biak In leh puipunnaah te chuan kan lo la ngai pawimawh hle a ni tih kan hmuh hian min ti awm thiam lo hle.

Eng vangin nge chuti teh chiama ka zinkual tak mai? tia min zawh hmian kan sawi lang law law mai ang e. Ka pension a, ka duh duhin hun ka hmang thei tawh tlat alawm maw le.

Ka naupan lai atang tawhin missionary-te ka ngaisang a, nih ve ka chakin ka duh ve thin. Synod Hospital ka thawh laiin mission lamah min dah turin wawi 2 ka dil a; mahse, a rem

lo va. Pathian remruat vek a ni ang tih ka ring, ka pension hnuah pawh ka dil leh a. Chu pawh chu a rem tak si lohah chuan ka duhna leh châkna te chu a rehin a bo mai ang tih ka hlauh avangin keimahin ka chhuak ta tawp mai a ni. Lalpa chu fakim awm rawh se.

Tun thla ni 13 Thawhtanni khan Pathian tâna tling lo taka ka inpêkna te, a Chanchin Ṭha puang darh tura ka inhuam vena te chu hriain Silchar Barak Area Mission chuan an kohhran hma lakna bial eng emaw zât chhûngah a thlawna inentirna nei turin hun min duanpui ta a. Ni 14 – 27 thleng hun ruat sa kan nei a. Chutiingin a thlawna inentirna chu Karimganj, Noxatilla, Machalpunji, Winchester School, Silchar mission campus-ah te kan hmang ta a. Khaw 5 kalna tur kan la neih laiin India ram hmarchhak state-ah te ruah sur tam lutuk avangin tui a lo lian a, kan nei chhunzawm thei ta lo a ni. Sawi chhuah ka duhte zingah chuan tuilian

avanga mahni in leh lo chhuahsan, refugee an tihte Assam sawrkar-in Mission compound chung Oriental High School-a an rawn dah ho zinga inentirna hun kan lo nei remchang thei kha a lawmawm ka ti.

Silchar khawpui chhûng leh a chhehvelah te hian tuilian eng emaw zat chu sawi tur a awm fo ṭhin. Mahse, tun ṭum ang êm êma len hi chu sawi tur a awm vak lo. Kum 40 liam ta, kum 1989 kuma mi kha a ni mai ang.

Kum 1989, July thla kha Lawngtlai PHC ka awm lai a ni a. Sawkara ka thawh laia min dahna hmasa ber a ni. Hemi kuma ruah sur nasa avânga Chhimtuipui a lenzia kha turu tak a ni. Khami ṭuma a kuang sanzia kha a hre Chiangtute chuan tun thleng hian an la hrilhfak a ni. Khatiang rêng rêng khan a la lian ngai lo. Kha Chhimtuipui lian khan Tuiruang a tilian a, a kuang liam chuan Silchar khawpuiah tuilian a thlen ve leh chhawng a. A hlauhawm

dan tehfung aṅanga chhut chuan khami ṭuma tuilian kha tun ṭuma mi ai pawh hian a chim sang zawk. Tuilian chu kawng engkimah a hlauhawm. Chutih rual chuan tuilianina mahni ina haw thei lova min dan beh tlat chuan lung a leng duh bik an ti. Dik tak maw!

Khami kuma ruah sur kha an nasa khawp a. Lawngtlai khaw chhung veng pakhat (Bazaar bul)-ah chuan lei min avangin In 14 lai a chim a, mi 9-in an thih phah bawk a. Kei, an Doctor ber kha Saiha-ah meeting pawimawh nei tura ka kal hlan a ni si a. A hrehawm tih chu sawi loholum, mahni mi leh sate an mangan laia bawih sawm thei lova awm chu rilru a hrehawmin a hah duh hle.

Lawngtlaia ka quarters-ah chuan min awmpuitu ka pi, pitar amah chauha in ngkak kalsan kha ka ni a, ngaihtuah a na duh hle. Tuilian chu a kâm tawh lo maw tiin Saiha DC tlang aṅangin Chhimtuipui chu ni

tin kan zuk thlir a, “Râl leh lama bawngchawte saw, ah lohvin an awm ta si a” tia bawngpu lungleng thu an sawi fiamthu ṭhin ang khan ka lungleng hi ka kiu ruai reng mai a ni. Tuilian lah chuan kar khat hnuah pawh kiam zâi a rêl si lo.

Tun ṭum ka zin laia (14-24, Ni kir 2022) Silchar tuilian zet chu a va dangdai tehlul em! A tirah chuan ruah tui baw hawk, rei lo têah luang ral leh mai turah kan ngai vek a, tu mah lo inralring kan awm lo. Mission Compound chhungah in 5-7 vel kha ngal rêk thleng velin an chim hmasa têtê a, ni 2-3 hnuah a kâm leh mai a. Ruah a rawn sur leh vak a, a hmaa mi ang tho khan a kâm leh mai ang tih kan ring a, mahse kan ring sual ta. Hemi ṭuma lo luang lut hi chu ruah tui tling khawm satliah ni lovin a kuanga leng ta lo, Tuiruang aṅanga rawn luang liam a ni tlat mai. Silchar khawpui chhûng hmun hniam lai, a bikin Sonai kawng, Mizoram House leh a chhehvel veng eng emaw zat chu khûp chen

chen te, âwm leh nghâwng
chen chen te an ni ta mai.
Mipui kan mangang ta,
ţanpuitu kan ngai.

He thu min ziahtirtu, ka
rilru khawih, min tilâwmtu ni
bawk chu kan hrilh tawh ang
che u. Ka va lawm em! A
hmutu leh hretu ka ni hi
vannei ka va inti em! Tuilian,
min tikhawhar, min tilungleng
ka tawng tawh. Tun ţuma
Tuilian hi chuan mangan laia
ka chipuite hmangaihna,
khawngaihna, eng lai pawha
ţanpui peihthu kan Mizo mizia
dik tak min hmuhtir asin. A
va Ropui em! “Aw Lalpa,
Mizo ni tura min lo ruat hi
ka lawm e” tiin wawi tam
tak sawia au vak vak mai
min va ti chak êm!

Tahrik 21 khan tuilian
khan sân lam a pan zêl avânga
Silchar YMA chuan ţanpui
ngai leh chhan chhuah ngai
rawn inhriattir tura hriattirna
a ti chhuak a. Chu chu mi
mal leh chhûngkua eng emaw
zatin an rawn hrilh a. An
awmna leh an veng te, an
dinhmun te an rawn sawi chu

engtia hma lak nge ţha ang
tiin ro a rel nghal a. Silcharah
chuan kan mi leh sa tam tak,
lehkha zir, sawrkar hna
thawk, sumdawng leh mi chi
hrang hrang tam tak an awm
a. Zin veivak an awm reng
bawk avangin tu mah an inhre
chiang tak tak thei lo.

He tahrik 21 hian kei chu
a ni hmasa lamah khan
Karimganj-ah nilenga a
thlawna inentirna neia hun
kan va hman tawh avangin
ka lo hah deuh a ni mai thei,
ka mu rei a. Ka va thawh
chuan kan YMA member
zawng zawngte chu tuilian
avanga mangangte ţanpui
turin an lo feh chhuak vek
mai a ni tih tlai khaw hnuah
ka hre ve chauh a ni. Silchar
YMA hruaitute leh an
member-te chu naupang tete
an ni. Mahse, mahse maw,
an va puitling em! Kan mi leh
sa mangangte tana
theihpatâwp an chhuah dan te
a hmun ngeia ka mit hian a
hmuh avangin ka fak lo thei
lo va, ka lawm hlih hlih a
ni. Ruahpui vânwân hnuaiyah
zan tairêk thleng thlenga mi

nunna chhan chhuah dan tur ngaihtuaha an in̄túk khawm te kha an thâwm hriat a nuam asin. Chung zingah chuan mission compound chhunga kan Pastor te an duai bîk lo. A ÷ul apiang tih inhuamin an lo pen chhuak a. Mi tam tak chu an thlamuan phah siai siai in a rinawm.

Tuilian kha! Tuilian mawlh mai kha! Tuiruang aṅanga a kuang lo liam chuan an leilet, kawngpui leh kawthler tin hniam bik laite chu chak takin a rawn tuam hlup hlup a. Kawng pengthuam a tamna apiangah a tui luang chu na takin an rawn insu sawk sawk a. Kawngpui lian ve deuh leh sang zawk lam aṅanga rawn luang chuan Mizoram kawngpui ber chu rawn finin suar zangkauh hlauhawm tam tak an siam a. Kawngpui laiah lo chuan kal ngam a ni lo. A chhan chu tui luan kawr khuhna chhe laiah te kan tlakhawlh hlauh chuan kan pil thut mai dawn a ni. Tuilian chuan a awh zau mai bakah kawngpui dung thui tak 2-3

km vel a chim an ti. Chuta ṅang chuan chumi, khami thleng chu khûp chen, kâwng chen, nghâwng chen a chîm tawh tiin min hrih ve mah se ka kal ngam dawn chuan loh avangin ka chhiahchhiah thei ta lo.

Kan YMA te chuan hah pawh sawi lovin ṅahnemngai takin chhan chhuah hna chu mi dang phûtna nei miah lovin an thawk a. Phai lam aṅanga sawrkar sipai hmanraw ṅa zawk nen rip taka lo thawkte chuan an nê pawh an ek pha zo lo. A rûn dala lo kal ve mai mai an ang ka ti. An hmanraw ṅa tak takte pawh hmang thiam lo an ni tlângpui. An hmanrua buatsaih chhûngte khan Vairengte kal tum ta ila, ka thleng hman ṅhelhin ka ring nia. An lawnglêng ṅa chi rawn kengtute lah chuan suar an paltlang thiam lo, an letling daih. Chauhthubarawh-ah malpui chen vêla rawn dâikâi nu-nauho kha an phur a, an khâwl pawh tinung lovin an la nawr zui. Kan YMA-ten an hmanruate chu hman an

dil a, an lo phal lo. Kan YMA hruaitute zinga kum naupang ve deuh kha chu chung vaiho chuan an biak pawhin a chhâng duh lo. Vala, kei pawhin ka lo thinrimpui che a nia.

Chhûngkaw pakhat an va chhanchhuahte kha chuan an lawmzia an sawi bâng thei lovin ka ring. Ei leh in tur pawh an lo nei tawh lo. An tan lo chhuah ngaihna a awm tawh lo va, an khawngaihthlak hle. Mangang taka an awm lai chu kan YMA-te chuan an va zawng chhuak ta a. Chhanchhuah ngai nia rawn insawi ve, mahse an in leh lo lo hre Chiangtu awm lo, an in bul nia an rin laia va au vak vak a, koh eih zawh lohte pawh sawi tur a awm. Kha mite kha hmun dangah an lo insuan ve hman a nih ka rinpui. Kawlphetha a awm tawh si lo va, zawt Chiangtura biak pawh ngaihna an awm lo. Thênkhat chu lawng kal theih lohna laiah te an lo awm a, chhanchhuah hna chu a hautak hle. Nu pakhat, a

tunu nen chauhva awm, tân chhuah ngaihna hre lote chu an chhanchhuah mi 30 zingah an tel ve a, a lawmawm hle.

Mizoram aţanga kan Police leh Bairabi aţanga an lawnglêng khalhtupa kha ka va fak tehlul em! Kan police-te hmel hmuh a nuam a, phûr tak maia, hah pawh hre lova wawi tam tak suar hlauhawm tâwn tlanga va thang bo ta vang vangte kha keini lo nghaktute tan chuan an lo haw leh lam kha chu khawvel zawng zawngah an hmelţha ber vekin ka ring ni lovin, an hmelţha ber ka ti lo thei lo. Sawrkar lawng leh hmanrua ţha zawk nei pawhin an tluk loh, Bairabi khaw tlangval hnênah khan i lawng khalh thiamzia kha hun rei tak an la sawi fo ţhin ka ring. I hahzia te, i tlawmngaihziante kha a va ropui êm! In khua i thlen hunah in khua YMA-ten Nopui hlâna chawimawi nachang che an lo hriat loh vaih chuan YMA nih awmzia hre lo hruaitu in neiah ka ngai hmak ang. Anniin an hriat loh pawhin lo vui suh ang che

aw. Lei leh v̄an siamtu Lalpa Pathian chuan i hna thawh kha a chhinchhiahsak tlat che a ni tih i hre dawn nia.

Tui thiam lo, tui luang leh a ri hum hum hlaute chu awm ve bawk mah se, hotute thu âwiha kh̄ur chung chung a lo kal vete kha ka va ngaihlum em! Ka pu, i kut ka rawn vawn laia i lo khurh zawih zawih kha ka dem phal lo che. Nang aiin ka hlau zawk, mahse chung lam aṅanga thlamuantu ka neih avang khan ka kh̄ur lo ve chauh a nih kha. A ṅhiantu, a rilru tinuam lo turin lo fiam chhin r̄eng r̄eng suh ang che u tih ka rawn chah duh che u a ni.

Tuilian k̄am hun kan nghak law law ang tia ni 3-5 chu la tang tura ka rilru ka pek fel vek tawh hnuah kan Police leh kan YMA-te chuan an lawng haw turah chuan an ruala mi phurh an phal thu, thu mawi êm êm, lair̄il zawng zawng lâwma fan theitu chu min la fah ta deuh deuh a, ka lawm a ni. Tui hul chinah min hnutchhiah mai lovin Vairengte thlang duat takin

min la phur maw le. Lawm tak ka ni!

Lâwmna dang pawimawh tak ka la nei cheu mai. Mi tam tak tan chuan thil ho t̄e a ni mai thei, mahse keia tân chuan thil hlu leh dangdai, ka dam chh̄ung zawnga ka theihngihl tawh ngai loh tur, min z̄awttu apiang hn̄enah ph̄ur taka ka sawi nawn leh fo ṅhin tur he tiang tuilian ka tawng hi vannei ka inti, vanneihna mai ni lovin malsawmna a ni e. Tuilian wavi hnih ka tawng tawh a, ka tan chuan Pathian ropuizia leh min hmangaihna min hmuhtirtu leh hriattirtu an ni ka ti lo thei lo. Rev. Lalzuithanga, Bawngkawn pawhin, “Pathian remruatna leh hriatpuina lo chuan eng mah a thlang ngai lo” a lo tih dim diam tawh kha. AMEN. Lalpa, lo ropui ber zel rawh aw!

Tuilian vanga kan zofa harsatna tawh dan chiang taka kan lo hriat ve a, an tan kan ṅawngṅaisak dan tur kan hriat thiam theih nan he thruziak hi buatsaih a ni. An tan i ṅawngṅaisak zel ang u.

Hriselna Huang

TIANG ZAWK HIAN LE...

- *Dr. J. Lalramchhuanga*
MD (Medicine)
Civil Hospital

Tukin chu nu pakhat hian a fapa kaih char char hi Damdawi In Casualty-ah a kalpui a. Damdawite lo chiuvin a kaih reh hnuah min rawn hmu a. Ngun takin kan inen a. A fapa hi a tet lai aṅanga kaih nei a ni a. Hei hian a taksa leh rilru pawh vānduaithlāk takin a nghawng tel tawh a. Doctor ten kaih damdawi khêl lova ei reng tûrin an chawh a. Nimahsela, an chhûng lam hla deuha miin, “Mi pawhin an ngeih” tiin Doctor-te chawh ni chiah lo a lo thawn a, an damdawi ei lai thlahin, ni hnih chhûng chutiang ‘mi ngeih’ nia an sawi chu an lo pe a, a kaih pui a rawn chhuak leh ta a lo ni a. A pawh hle mai. Vawi khat kaih hian taksa leh thluak nasa takin a sâwi thei a, kaih nei ṭhîn chu kaih lo se kan duh ber a ni a. Tin, a sawi leh pakhat chu, “ṭhenawmten ṭawngṭai dam thei min kawhhmuh a, chu chuan a damdawi ken kual lai chu a chawh a, kan pe bawk a” tiin. A châng hi chuan dam kan duh luatah kan bawh pelh deuh ṭhîn a ni.

Damdawite hi inchawh mai mai tûr a ni lo va, ṭhenawmte ngeih ang ei mai mai tûr a ni hek lo. Mizote hi titia inkâwm khâwm ṭhîn kan ni a. Kan inpawhna leh inkungkaih ṭhatna chhan pawh a ni. Chutih rualin, dam lohna thilah hi chuan intihhriat hi a pawh thei a, mi dang nunna a khawih pawh hial thei tih hriain insûm tûr a ni. Miin Doctor zir tûrin nasa takin a bei a, tluang taka a zir pawhin kum 5 a ngai a, chumi hnuah Specialist tûr

pehi chuan inziak tling tûra beiha, inziah tlin hnuah pawh kum 3 zir leh ngai a ni a. Chuvângin, damdawite hi zir ve lêm lo tân mi dang lo chawh ve mai mai tûr a ni lo. An taksa leh rilru tân nghawng ṭha lo tak nei thei te, an ṭhanlen nâna pawh thei thlengin tihsual palh theih a ni a, nunna hial pawhin a tuar thei a ni.

Mîta lungte awm nâ ti reng mai, zai se tia duh deuh mai ka nei a. Zaitîr a ṭhat tûr thu ka hrilh mêk lai chuan ti hian min hrilh a, “Kan ṭhenawmnuin, Rodingi pawh khu an zai a, hei kum 3 a ni tawh a, bucket-a tui tak ngial pawh a la khâi thei lo a ti a, zai chu ka duh rih lo” a tih teh tlat chu, nâ ti reng siin a khawngaihthlâk ngawt mai. Mîta lung tê awm zai dam tawh an tam tawh vei nê, ṭûl lovah kan ṭawng duh luat avângin kan ṭhenawmten nâ an tawrh phah reng thei a ni.

Damdawi Doctor-ten an chawhte rêng rêng hi enchhinna paltlang vek an ni

a. Mihringa chawh hmian kum tam tak zir hmasak niin, a nghawng ṭha leh ṭha lo tûr te, pêk zât tûr te, a ei dân tûr engkim nasa taka zir chian hnuah pêk chauh te an ni. Chuvângin, vawi hnih khat experience kan neih avânga mi zawng zawng tâna fak chiam mai te pawh a chin tâwk kan neih a ṭûl. Mi dangin an lo chhiatpui palh hlauh dah ang e.

Damdawi ei reng tûra Doctor-ten kan chawhte khân, a theih hrâm chuan damdawi lo ei reng ula. Natna ṭhenkhat hi tihdam theih loh, a natna erawh thunun theih tam tak a awm. Entîr nân, BP sâng (Essential Hypertension) hi a chhan mumal vak pawh hriat loha BP lo sâng an ni a. Mi tlêm tê, eng emaw bik avânga sâng zawka normal leh tate awm bawk mah se, a tam berte hian damdawi kan ei reng a ngai a ni. Thisen sâng damdawi mum 1 i ei khân a tlângpuiin ni khat chhûng i BP a thunun a, i ei zawm loh chuan a sâng leh tual tual

mai dawn a ni. Malaria khawsik damlo chu Quinine kan pêk khân, malaria hrik a that a, damlo a dam hmiah thei. Hêngte nêh hian BP sâng leh zunthlum te chu a inang lo va, damdawi ei hun bi-ah ei reng khân, natna tha lo leh thihna hial a thlen theih lakah kan him phah thei a ni.

Hmâna ka damlo pakhat chu kum 50 mi a ni a. A BP a sâng hle mai a, BP damdawi kan inchawh ta a. “Dam chhûnga han ei em chu, ei lovin tih dân a awm ang” a ti deuh tlat mai a. Damdawi kan inchawh a, ei reng tûrin kan inchah a. Thla 1 vêl hnuah a rawn lang leh ta a. Clinic kawngkhâr a rawn luh aţang khân, a taksa vei lam a zeng deuh a ni tih ka lo hmu nghal a. “Khaw nge i damdawi ei lai kha?” kan ti a, a lo ei rêng rêng lo a lo ni a. Tichuan, hmunpui lama kala CT Scan-te tia inenkawl tûrin kan in-refer ta a. Kâr khat hnu vêlah a thi a, a pawî ka ti tak zet a ni, pa fel tak, pa taima, biak nuam tak a nih vei nêh. A chhûngte, khawtlâng leh

Kohhran tân a va pam hmâi tak êm! ‘Damdawi kha tha takin lo ei se chu aw...’ ka ti rilru vawng vawng a. Dam chhûng han tih khân a rilruah kum 70/80 vêl a awm ve ngei dawn si a; nimahsela, thla khat vêl lekah a dam chhûng hun a vui liam ta mai si a. Hei hian ka ngaihtuahna a tithui hle.

Nu pakhat ve thung chuan hlim sarh hian, “Ka pu, kum 30 BP sâng damdawi ka ei tawh asin” tiin min hrilh a. Amah pawh a hrisel tha rih khawp mai, rei tak dam atân ka duhsak hle. An in chung nute, an kawmchhaka mite Stroke avângin mual an lo liam tawh a, chuvâng chuan tha taka ei kha a tum tlat a, a khât tâwkin Doctor-ah a rawn inentîr thîn a ni.

Damdawi kan ei that tâwk loh avânga zeng tate, khum beta buaipui ngai ta reng te, ni tin hnathawka chhawr tlâk lohte kan va pung ta êm! Kan awm âwl a, kan ei a tui a, a pawimawh ber kan hrisêlna lam kan hlamchhiah ta thîn a ni.

*Ei siam dan***ALU PARATHA****Mamawhte:**

Alu pum laihawl	-	pum 4
Maida/Aṭṭa	-	no 1
Chi	-	1 teaspoon
Tui	-	2 tablespoon
Dhania sin te tea chan	-	2 tablespoon(a duh tan)
Tel	-	a kannu tur

A siam dan:

1. Alu chu chhum hmia a kawr kheh tur. Alu tihhmin nan hian Microwave emaw oven emaw hman hian tui tel lovin a tih hmin theih a. A ban ṭhain a hang duh bik.
2. Alu-ah chuan chi al la, uluk takin rawt sawm rawh. Alu rawt sawm sa leh dhania chan sin chu chawhpawlh rawh.
3. Maida/Aṭṭa chu tui nen hmeh pawlh tur. Alu nena chawhpawlh hian duh aia tam tui telh a awl viau a ni tih hriat tur.
4. Alu hi a ban sa avangin a ban duh êm êm a, kutah tel chulh mawmin kutah a kai lo deuh.
5. Chhang nuai nain pan lutuk lova nuai tur.
6. Thirbel chhahah tel thirfian lian khat vel dahin mei sa vak lova kan hmin tur. A khat tawka leh deuh reng a ṭha.

Hruaitute chanchin**K. LALTHAKIMI**

Pi K. Lalthakimi hi Ngurchhuana (L) leh Laltinkhumi (L) te fa 7 zînga 5-na a ni a. Kum 1987-ah Upa F. Lalthianghlina nênni infa 4, mipa 2 leh hmeichhia 2 an nei a, tu 2 an nei baw, Ramhlun Vengthlangah an chêng mêk a ni.

Rawngbawlina :

Ramhlun Vengthlang Kohhran Hmeichhia-ah Vice Chairman nihna chelh mêkin, Chairman, Secretary, Fin. Secretary nihna te a lo chelh tawh a ni. Bial Committee-ah Treasurer, Asst. Secretary te lo ni tawhin tûnah hian Bial Secretary a ni mêk a ni. Bial buhfaiþham ziaktu hna te

pawh a lo chelh tawh baw a ni.

Kohhranah Puitling Sunday School zirtîrtu, Pathianni chhûn leh Inrinni zan thuhritu a ni mêk baw a ni.

Bible châng/Hla ngainat zâwnng :

Johana 13: 16, KHB No - 160 na, *'Eng nge sual tifaí thei ang? Isua Krista thisen chauhvin'*.

Thuchah :

Pathianin khawvêl a hmangaih êm êm a. Chutichuan, a fapa mal neihchhun a pe a, tu pawh a ring apiang an boral loh va, chatuana nunna an neih zâwk nân. Khawvêl hi amah avânga kan dam theihna tûrin Pathianin a fapa min pe a ni. Chuvângin, Zoram chhûngkuate hian damna tûr dang zawng lovin Isua Krista hi ring ila, Pathian duh zâwngin nung ila, Ama rawng chauh bâwl tûrin Zoram chhûngkua zawng zawng te hi min chah a ni.

Hriat atan

Hêng hmunah hian kan hruaitute an feh chhuak a, Pathian hruainain hun ða tak an hmang thei a, a lâwmawm hle.

1. Human Nutrition & Dieteties Society Annual Conference ni 25.5.22-a Taxation Department Auditorium MINECO-a neihah Central Committee aiawhin Pi Lalramzauvi leh Pi H. Lalrintluangi, C/m te an tel.
2. Ni 3.6.22-a Association of Theologically Trained Women of India (ATTWI) Mizoram Branch-in Dawrpui Presbyterian Kohhran Hall-ah Contemporary Issues of Mizo Women: Theological Response tih thupui hmangin Seminar an buatsaihah Central Committee hminga kal turin mi pahnih intîr ve tura sawmna kan dawng a. Hetah hian Pi Zochungnungi leh Pi C. Lalbiakluangi, C/m te an kal.
3. Ni 7.6.22 (Thawhlejni) nileng leh zan inkhâwm hun hmangin Durtlang Venghlun Kohhranah Leadership Training leh Kristian Chhûngkaw Campaign neiin Pi Lalrinliani, Treasurer, Pi Lalrinkimi, Ex-Chairman leh Pi Zothansiami, C/m te an kal.
4. Ni 12.6.22 (Pathianni) khân Lungleng I Pastor Bialah Kristian Chhûngkaw Campaign neih a ni a. An Bial chhûnga Kohhran pathumah, chawhnu leh zan inkhâwm hunah te thusawina hun hman a ni a, Pi Vanlalhruaii, Vice Chairman, Pi F. Lalhmangaihzuali leh Pi H. Lalhlunpuii, C/m te an kal.
5. Ni. 15.6.22 (Nilaini) khân Leadership Training neiin Luangmual Pastor Bialah Pi R. Lalroliani leh Pi Lalenzami, C/m te an kal.

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KOHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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Sakawrtuichhun Pastor Bial Kohhran Hmeichhe Leadership Training



Electric Veng Pastor Bial Kohhran Hmeichhe Silver Jubilee

To _____

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