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Chhûngkaw ngaihsak leh naupang psychology

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KRISTIAN CHHUNGKUA

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Editorial**KOHRAN TANA ƧANGKAI**

Kumin hi hruaitu inthlan kum a ni a. Tualchhung Kohhrana hruaitu, Pastor Bial hruaitu leh Central hruaitu kan inthlan kum a nih angin hruaitu tharte thla zar hnuaiiah ke kan pên chho mek a; Pathian hruainain hma lam hun êng tak i beisei ang u.

Committee hmanga inkaihruai Kohhran kan ni hi kawng thenkhatah a kher kher châng awmin lang zauh zauh mah se a lo him ber a ni tih hun kal tawhin a tichiang a. Member-ten Committee thurêl kan ngaichâng thiam Ƨhin te, kan hruaitute pawhin mi mal duh dân ni mai lova committee thurêl ang thlapa min hruai Ƨhin te hi a hlu êm êm a, chhonzawm zêl atân a duhawm khawp mai.

Kohhran huang chhunga rawngbâwlna hi Pathian khawngaihna avâng a kan chan a ni a. Tú'mah inchhuang thei kan awm lo ang bawkin tlanchhiatsan thei kan awm lo va. Kan kova hêng chanvo min petu Lalpa hian kan inpêk dân te chik takin min en zui ang tih ring ila. Kan theih tâwk hlen chhuak tûra kan thawh a ngai a ni.

Hruaitute thawhpui thiam, hruaitute hnung zui taima leh inpe tak takte zarah Kohhran Hmeichhe rawngbâwlna hi hmun tinah nung takin kan kalpui a. Pathian hruaina ropui tak changin vawiin thleng hian kohhran hnuaiia Pawl (fellowship) Ƨangkai kan la ni zêl thei a ni. Krista thu hretu, Krista ram zauna atâna thawktu Pawl rinawm tak nih i tum zêl ang u.

Tûn hi Agape enkawltu ni mékte tan issue hnukung ber dawttu a lo ni ve dawn ta reng mai a. April thla chhuak hi kan tân a hnukungber a ni ve tawh ang a, April thla hnu lamah chuan enkawltu tharte kutah Agape enkawl mawhpurhna hi a awm ve tawh dawn a ni.

Kristian Chhungkua**CHHÛNGKAW NGAIHSAK LEH NAUPANG
PSYCHOLOGY****-Kevin Lalhriatpuia***“Naupang chu a kalna âwm kawngah chuan zirtîr ula, A upat hun pawhin a thlah lo vang.***KAMKEUNA : CHHÛNGKUA NGAIHSAK**

Kristian chhûngkuaah hian thumal pahnih ‘**Kristian**’ tih leh ‘**chhûngkua**’ tih hi a pawimawh ve ve a, a eng emaw zâwk pawh hi ‘Kristian chhûngkaw tha’ dinna kawngah hian kan la hrang thei lo. Isua hi duh êm êm mah ila, **chhûngkaw inrelbâwlina** kan thlahthlam leh si chuan, ‘Kristian chhûngkaw tha’ hi a din theih chuang miah loh. Upa Ngurthantluanga khan a sermon thupuih, “In inah chhûngkua a awm em?” tih a hmang a; Biak Inah rau tak chung pawh hian kan inah hian ‘chhûngkaw nun’ a awm lo thei tlat a ni. Kristian chhûngkuaah chuan ‘Isua a awm’ a, ‘chhûngkaw nun’ a awm bawk thin. Mizo te’n he chhûngkaw nun hi kan ngaihthah fo thin.

**1. RAWNGBAWLNA LEH
CHHÛNGKUA:**

Rawngbâwlina dah pawimawh chungah chhûngkaw ngaih pawimawh hi Mizo Kristiante thiam loh zawng tak a ni a, chhûngkaw ngaihsak hman miah lova rawngbâwlina t̄ul pui hi ‘Isua zirtîrna’ ni bik riauvin kan ngai deuh tlat a. Bible erawh chuan, chhûngkaw ngaihsak a t̄ulzia a sawi uar hle a; chhungkaw inrelbawl dan tur thlengin a sawi zawk a ni.

Bible-a Isua’n mahni inphat tura min zirtîrna hi ‘chhûngkaw ngaihthah’ tura zirtîrna emaw tih a awl viau mai. **Mahni inphat** leh **mahni ngaihthah** hi a hrang a, Isua hian chhûngkaw ngaihthah turin min zirtîr ngai lo. Isua ngein, chhûngkua kan intih thiam lohvin maichama thilpêk hnutchhiah a, unaute rem phawt zâwk t̄urin min zirtîr a (cf. Matt 5:24). Mahni Chhûngkaw buaina chin fel hi a ngai

pawimawh tih a hriat hle. Chhûngkua ching fel hman lo khawpa kan buai a ngaih chang awm mah se, chhûngkaw thuthlung tibuai thei khawpa hun inpek loh erawh Isua duh dan a ni hauh lo. Isua hian Amah thlang thei lo khawpa chhûngkaw dah pawimawh hi a remti lo va, amah thlang chung a chhûngkaw ngaihsak tlat turin min duh tih a Chiang hle.

2. IQ leh EQ:

Tunlaia nu leh paten kan fate tâna kan ngai pawimawh ber chu ‘IQ’ (intelligence quotient) tha neih tir a ni a; chuvangin, zirna sikul-a kan fate ‘Pakhatna’ nihtir hi kan duhthusam ber a ni fo va. Mahse, mi thiamte chuan hlawhtling tur chuan IQ tha aiin ‘EQ’ (Emotional Intelligence) tha neih a pawimawh zawk, an ti a. EQ chuan mahni rilru thunun thiam dan te, nunphung zir te pawh a huam vek ang. A dikzia chu, kan faten harsatna an tawh tak tak chuan ‘1+1=2’ hian an harsatna a lo solve/chin felsak si lo va, an tal buai fo va, rilru lamah te harsatna an nei a, nun kawng dik lo an zawh mai thin.

Nun dan ber hi an thiam loh chuan IQ tha ringawt hmang hian a hlawhtlin theih chuang hauh loh mai. Chuvângin, Bible chuan, **“Lalpa tih hi finna bul ani.”** tiin a sawi a. ‘Finna’ a tih **hi chhiarkawp thiamna emaw lehkha thiam êm êm na emaw** lam ni lovin, ‘Wisdom’ - **nun thiamna, remhriatna, duhthlan tur dik hriatna leh dik taka khawvêl thlir thiamna** lam a kawkw a. Chu chu mihringin hringnun kawng zawh thiam tâna a mamawh ber a ni zâwk. Naupangten duhthlan tur dik an hriat nan te, nun an thiam nan te ‘Pathian hnaih dan’ kan zirtir hi khawvêl finna kan zirtir aiin tunlai khawvêlah an mamawh tawh zâwk a. Mental Problem tam takin kan fate a tihbuai tawhna khawvêlah hian Pathian hnaih dan zirtir hi tun hma aiin an mamawh tawh zâwk a ni.

Chhûngkaw awm chhan chu, ‘Pathian ngaihsak tur chhuan din’ a ni tih Malakia-ah kan hmu a.

Sam ziaktu pawhin, “Fanaute hi LALPA laka kan ro chan an ni” (Sam 127:3) a ti

tawp mai. Van thlenga kan chhawm theih ro awmchhun hi engkim dang aia kan ngaihsak a tul.

3. KRISTIAN CHHÛNGKUA-NAUPANG RILRU THUNUNTU :

Thufingte 22:6-ah chuan, “*Naupang chu a kalna âwm kawngah chuan zirtîr ula, A upat hun pawhin a thlah lo vang.*” a ti hial a. Naupang hnênah, ‘*Krismas putar a awm*’ kan tih chuan awlsam takin an awih nghal zêl a; nun zir tûra an rilru a inhawn êm êm lai hian Bible chuan, “*a naupan laia i thil zirtir te chu a upat hnuah pawh a thlah lo vang*” a ti. Mahse, mihring rilru a inhawn ber lai hian chhûngkuaah Pathian thu kan zirtîr lo fo va, rinhlelhna nen nun an hman hnuah Pathian thu hi kan hrilh chauh zâwk thin.

Hei hi Rilru lam zirna (Psychology) aţang pawhin kan ram chhûngkaw kal sualna ber pakhat niin a lang. Rilru lam zirnaah hian, ‘Sub-conscious’ tih ţawngkam hi a awm a, chu chu eng emaw kan tawn, kan hriat

zui si loh kan thluakin a lo hriat kar si sawina a ni a.

Kan naupan laia thil thleng kan theihngihlh tawhte hi kan thluakah a la cham avângin mumangah te pawh kan hmu leh thin a ni. Chu chu ‘sub-conscious’ an ti thin a. Kan thil tawn kan hriat zui kher loh te hi kan mizia leh kan rilru sukthlek siamtu a ni tiin rilru zir mite chuan an sawi.

Naupang zirtirma tha dawng chu a puitlin hnuah hum sual han dai deuh mah se; Naupang a naupan lai aţanga a rilrua an lo tuh ngheh ‘Pathian thu’ chuan sual lamah rilru nghet pu thei lo tûrin a nun a kaihruai thei tihna a ni. Hei vang hian a ni ang, “Naupang zirtirna tha dawng chu a tluk pawhin thawh leh dan a thiam bik,” an tih thin ni! Kan tu leh fate hma hun hi kan chiansak vek thei bik lo va; tlu palh thei vek an ni; mahse, an tluk pawha thawh leh dan an thiam bik theih nân naupan lai aţanga an thluak lo thununsak hi a tul a ni. Naupan laia aţanga Chhûng Inkhâwm nei thinthe hi chhûng Inkhâwm nei ngai miah

lote aiin an tluk hunah thawh leh dan an thiam bik thin tihna te pawh a ni tel awm e.

Chhûng Inkhâwmte hian kan thluak hi a lo thunun tlat tih hi Kohhran Hmeichhiain Golden Jubilee puala Chhûngkua an zir chiannaah hian a chiangin ka hria. Questionnaire mi singhnih velin an chhang a, a chhangtu 87% chuan chhûng inkhâwm an neih avângin chhûngkaw

inlaichinna tha an nei bik niin an sawi a. 84%-in an fate Pathian thutak hriatna kawngah an nghet bik, an ti bawk. Chhûngkua hi inneihnain a ken tel thil pakhat chauh a ni lo va, Pathian ngaihsak mi an lo pun theih nâna a din a ni a, kan thiam ang tawka Pathian maicham kan din hi a thlawn lo a ni. Kan tih theih bak a phut lo, kan tih theih piah lamah chuan Aman min hruai zêl ang.



Mizoram hian-

Mosia anga dinhmun tha leh ropuina aia Pathian duh dana kal ngam hruaitu tha a mamawh a.

Pathian tih chungarorêltu-Josefa anga tãmpui mitthia mipui chhanhim thei a mamawh a.

Petera anga thuhritlu tha, hlau lo leh tim hauh lova mipuite sualna puanga sim tûra thlem ngam a mamawh bawh a.

Nu tha, Hani anga tãwngtai thin leh a fate Pathian tâna hlan ngam a mamawh bawh.

Zan lama Pathian aw ngaihlathin naupang tha Samuela ang kha a mamawh a.

Doctor thiam, Luka anga pantute Isua hnêna hruai thin, thlarau lam nuna harsatna neite pan tlak, thlarau lam specialist pawh a mamawh hle a ni.

Sermon**I CHHÛNGKUANGAI PAWIMAWH RAWH**

-Rev.P.C. Pachhunga
Mission Vengthlang

A tir aţangin Pathianin chhûngkua a din danah hian tum fel tak leh mumal tak a nei nghal ang tih a rin theih a ni. Duh sela chuan Pathian hian leilung luah khat tur puitling hlir a siam nghal thei êm êm mai; a dang siam belh emaw pian belh zel emaw ngai lovin khawvêl awm chhunga luah khat thei tura dam reng tur pawhin a siam thei zan mai. Mahse, chutianga ti lovin khawvêl zau pui mai luahtu tur, chi thlah pung turin mipa pakhat leh hmeichhia pakhat chiah siamin bul a ţan a ni.

An thlahte lo piang zêl tur pawh Kel anga be dan tur nei sa leh nunphung leh zia nei sa nghal tur an ni lo va, a hringtuten an zirtîr ang zêla ţawng tur leh thil tih dan leh nunphung thlenga zirtîr ngai turin a siam a ni. Thil nung dangte lakah chuan mihring siam phung hi danglam tak a ni a; hlum bel siamtuin a duh leh a bialin a siam a, a duh leh a sawlin a siam ang deuhin mihring pawh hi nu leh pa, a enkawltuin a zirtir leh a kaihhruai dan a zirin ţawng a hriat dan leh a ţawng dan te, a nun zia leh a thil tih duh dan te, ei leh in a duh zawng thlengin a in ang lo a ni. African nu leh pa enkawl seilen leh Mizo nu leh pa enkawl seilen chu an ţawng te,

an ei duh zawng te, an nuam tih zawng leh an nun zia te a inang thei lo; chu chuan sen tet aţanga nu leh pa te zirtîra leh kaihhruaina pawimawhzia a tichiang a ni.

I fa lo piang kha Sap ţawng emaw Mizo ţawng emawa ţawng nghal ngawt tura siam a ni lo va; dawt sawi hmang tur emaw thu dik chauh sawi tur emawa siam a ni lo va; sum leh paia rinawm lo êm êm tur emaw rinawm êm êm tur emawa siam pawh a ni lo; ruih theih thil eng mah ti ngai lo tur emaw ngawl vei tur emawa siam pawh a ni lo; a enkawltu hian eng ang nun nei turin nge i chher chhuah dawn? I mawhphurhna atân Lalpan a pek che a ni e.

Thir hi thil sakhat, chang êm êm a ni a, miin siam danglam a duh chuan meiah a rawh nem a, a lin lai, a nem laiin tuboha chhuin an duh ang angin an siam danglam thin. Hlum bel siamtu pawhin hlum chu a nem laiin a duh ang angin a siam thin a, a lo char tawh hnuah chuan engti kawng mahin tihdanglam theih a ni tawh lo va, a rawng te tihdanglam ngawt loh chu. Nau a lo pian aţanga kum 10 chhung vel chu an thluak insiam hun lai, a nem hun lai a ni a; nu leh pa, a enkawltuten an chi tuh tur ang ang te tha taka tuh nana hun tha ber a ni.

NUN ZIRNA SIKUL - Chhûngkua hi nun zirna sikul, mi tin luhna hmasa ber leh pawimawh ber chu a ni a. Chu sikula zirtirtute chu nu leh pa, pi leh pu, an chenpui, an aia upate chu kan ni vek mai. ʔawng dan, bawhkhup dan, ʔhut dan, din dan, kal dan, engkim chhûngkuain kan zirtir a. Kan zirtir dan apiang kha an zirlai, subject leh zirlaibu chu a ni mai a. An chenpuite ʔawngkam leh chetze tinreng kha an tâna zirlaibu chu a ni a; an lo puitlin

huna an awm dan tur leh nun dan tur chu he sikul hmasa berah hian tam tak an zir a ni.

ʔawngkam mawi leh zaidam nge kan zirtir a, ʔawngkam vin leh ngeiawm; lawm thu sawi leh mi dangte ngaihdam dan nge, mi dangte sawi chhiat leh thinur dan; mi dangte fak leh chawimawi dan nge mite rel dan leh sawi chhiat dan; mi dangte hmangaih dan nge huat dan; mi dangte ngaihsak leh duhsak dan nge huat dan leh hawisan dan; hmangaihna leh duhsakna thu inhril dan nge inhauh dan; eng lam hawi nge kan in chhûng aţangin naupangin a zir tam zawk ang. ʔawngtai dan leh Pathian biak dan te, Pathian rin dan leh a thu awih dan te chhûngkua aţangin an zir thiam a ngai.

Sahdah, khaini leh tuibur hmuam dan, kuhva ei dan leh zial zuk dan, zu in dan leh ruih dan thlengin kan chhûngkua aţang hian an zir thiam em? Dikna leh rinawmna, thil tha tih leh ʔanpui ngaite tanpui dan te kan chhûngkua aţangin zir chhuah tur an nei em? I chhûngkua aţang ngeia a zir kha a nun chhuahpui

dawn a ni? Eng ang mi nge i in aṅanga lo sei lian tura i beisei le?

HOSPITAL HNAI BER - Chhûngkua hi taksa, rilru leh thlarau damna leh hahchawlhna hmun pawimawh ber a ni a. Hna thawhna hmun leh khawilo chhuahvahna hmuna kan va thawh hah viauna leh rilru natna kan neihte pawh hi mahni in, chhûngkua kan thlen chuan kan dam sawng sawng a; taksa, rilru leh thlarau a hahchawlin a thlamuang ṭhin a ni. Rilru na pawh chhûngkua inhmangaihna, inlaintatna leh induhsakna avângin a lo dam ṭhin a. Chuvângin, chhûngkua hi rilru na enkawlina hospital ṭha berniin an sawi ṭhin.

Rilru na intihdamsakna tur hmun a nih laiin chhûngkaw ṭhenkhat chuan rilru na insiamsakna hmunah kan chantir a; chhûngkua hi rilru na tihtamna hmun ni lova rilru intihnatsakna hmuna a chan tawh chuan a tihtamna tur hospital dang a awm tawh lo va, chu chhûngkua chuan hremhmun rim an nam tihna a ni tawh.

ENG ANG CHHÛNGKUA NGE KAN DIN DAWN - In

hmangaihna, infak leh inchawimawina, inngaihsakna, inngaihdamna, ṭawngkam mawi leh zaidam taka indawrna hmun, van nun tem lawkna hmunah nge kan siam dawna, inhuatna leh inhauhna, insawiselna leh insual buaina, ṭawngkam vin leh ngeiawm tak taka inbiakna hmun, hremhmun tem lawkna hmunah? Van nun tem lawkna hmun a ni emaw, hremhmun tem lawkna hmun a ni emaw, pawn lam mi tu mahin min siamsak tur ni lovin a chhûnga cheng, chhûngkaw member-te ngeiin kan siam tur a ni e.

Chhûngkaw nuam leh hlim siam tur hian hausak a ngai kher lo va, in ropui tak neih a ṭul kher hek lo; mi rethei kan ni emaw mi hausa kan ni emaw kan chhûngkaw nun zia siam tur hian bazarah lei tur a awm lo va, keimahni ngeiin kan siam leh kan thawh chhuah tur a ni. A hmanrua chu ṭawngkam mawi leh hawihhawm te, induhsakna leh inngaihsakna te, inhmangaihna leh inchawimawi thiamna te, inṭanpui tawn ṭhinna te mai hi a ni.

KRISTIAN CHHÛNGKAW DANGLAM BIKNA MAWLH HI – Hindu leh ring lo mi kan tih chhûngkuaah te hian chhûngkaw nun hlim leh awhawm tak tak, kan chhûngkuain kan tluk loh an va tam em!

Hmana ka thian pakhatin min hrilh hriat reng ka nei a, India laili (Central India) lamah a fapa lehkha zirin a dah ve a, Hostel-ah a awmtir a. Vei vah velna a hautak em avâng leh thian fel tak a neih bawk avângin Sikul chawlh lai pawhin Zorama lo haw lovin a thiante inah a awm ve mai a. A thiante chu Hindu chhûngkua an ni a; an zînga Sikul chawlh a hman chhûng zawng chuan eng mah pawisa chawi nei hran lovin a thiante chhûngkaw zingah a tel mai a, an len chhuah dawn apiangin nu leh pate chuan an fate nen pocket money inzat theuhvin an pe vek zêl a, an fate nen en hranna an nei hauh lo. Chutiang chhûngkaw fel leh entawn tlak, ka tluk loh êm êm chu Sakhaw dang betute zingah pawh hian thahnem tak an awm a ni.

Keifang Upa Zosiaman min

hrilh, ka thinlunga cham reng a awm bawk a. Guwahati-ah a ti ni tain ka hria, a fanu kal (kidney) an thlak a, an nupain an awmpui a. Kal thlak (Kidney transplant) a nih avângin Zorama hawpui mai theih a ni dawn lo va, hun rei tak chhung, a zaitu Doctor-te bela enkawl a ngai dawn a ni. Damdawi ina awm reng theih a nih si loh avângin in luah tur zawn a ngai tih Doctor-ten an hrilh a.

In luah tur kan zawn dawn zan chuan kan nupain kan mu lo, tawng kan thiam loh avângin in luah tur zawn hmuh kan huphurh lutuk chu kan tawngtai tlaivar a ni ber e” a ti. A tuka in luah tur zawnga an chhuak chu in sak thar hlim pakhat hi an va luhchilh a, a neitupa hnênah, kan tawng thiam tawka kan han sawi chu, kan hmelah kan manganzia a hmu a nih ngei ka ring a, a hna thawktu pakhat a ko va, ‘luah theih turin naktukah a tul zawng zawng lo dah lut ang che u’ tiin a hrilh a, ‘in rawn luah dawn nia’ tiin min phalsak ta mai a. Chuta kan lawmzia chu sawiin a siak lo a ni, Fridge thlengin, gas leh bungbel nen kan mamawh tur

chi chu an lo dah vek bawk si” a ti.

Kan haw theih dawn hnaiah chuan in luah man pe turin kan in luah neitupa chu kan va hmu a; ani chuan, “Luah man eng mah pek a ngai lo ve, Kidney transplant in ni a, nakinah pawh in lo la kal fo vang, awmna tur in mamawh phawt chuan ka hnênah in lo kal zel dawn nia, lungngai suh u, min han ti mai chu Isua hre lo mah se vanramah an kal lovang tih hi rin phal chi a ni lo” a ti hial a ni. Sakhaw dang betute zingah pawh hian kei, kristian chhûngkua intiin ka tluk loh an va tam tak em!

Mizote hi a tam ber chu kristian kan ni a. Pathian biak inkhâwm kan ngai pawimawh êm êm a, Chawlhkar khat chhungin kohhran inkhâwm hun vawi nga kan nei a, Kohhran Hmeichhia, KTP leh Kohhran Pavalai inkhawm nen phei chuan Chawlhkar khat chhûngin inkhawm programme vawi riat lai a awm tihna a ni. Heng bakah hian zing leh tlai lam ãawngtai inkhawm nei ãhin kohhran eng emaw zat an awm bawk a. Heng ngawt hi duh khawp lovin

Camping/Campaign/Crusade tih te khawi lai laiah emaw chuan awm reng ang a ni. Pathian thu kan sawi nasa a, Pathian fakin kan zaiin kan lam nasa êm êm bawk a. Hengte ka ngaihtuah chang hi chuan khawvêlah keini Mizote aia ãha leh fel, dik leh rinawm hi awm miah lo tura mawi a ni; mahse, a ni teuh si lo. A nih lohzia ka ngaihtuah chang phei chuan ka Pathian lakah ka zak êm êm ãhin a ni.

Kei leh ka chhûngte, miin rawngbâwltu, sakhaw puithiam anga an sawi ãhin, zing leh tlaia chhûngkuaa khel lova Pathian be ãhin, a bakah pawh fianriala Pathian pawl fo ãhin hian ngun taka ka han inbih chian hian ka Pathian be ve ngai lo chhûngkua, kristian pawh ni lo zingah keini chhûngkua aia fel leh ãha zâwk tam tak an awm tih ka ngaihtuah chang te hian a ruvin ka zak veng veng ãhin a ni. Eng nge kristian chhûngkua nih hi a hlawkna nia, kristian nih hi eng nge a hnemhnanna aw tih ngaihtuah chang a awm fo ãhin a ni. Mahse, chuti chung chuan ka kristianna leh ka Pathian biakna hi chu ka bansan thei thlawt lo

va, bansan ka phal nahek lo; henge hi bansan ta ila eng ang chauh nge ka nih dawn tih hi ngaih pawh ka ngaihtuah ngam lo a ni zawk. Keimahni ang baw, khawvel thilah chuan keini aia tha leh ropui tam tak ring lo mi zingah awm baw mahse an neih loh neih kan nei hi an laka kan danglamna mak leh ropui chungchuan chu a ni. Kristian chhungkua nih hlut em emna chu Van nena inzawm kan nih bikna hi a ni a. Chu chu khawvel mi'n an nei lo. Lal Isuan, "Kei hi kawng leh thutak leh nunna chu ka ni, keimaha kal lo chu tu mah Pa hnen an thleng ngai lo" (Jn. 14:6) a ti a. Vana Pathian hnen thlen theihna awmchhun chu Lal Isua Krista rin/neih hi a ni. Chu chu Vanram chabi chu a ni a, chu chabi kawltu kan nihna chu kristian chhungkua kan chungnun em emna awmchhun chu a ni.

KALAWMNA BER - Ka hlimna leh lawmna, lungngaih leh manganna, engkim ka thlenna, min longaithlaa min longaihsaktu Isua ka nei a. Hei hi ring lo chhungkuate laka ka chhuan tur neih chhun chu a ni. Ani chu ka

engkima ka engkim, ka lawmna leh hlimna, ka inngahna ber a ni a. Kan lungngaih mangan leh kan lawmna, engkim kan sawipui thinte nena kan inzawmna hi chu a thuk ngawt mai. Nufa theuh theuh pawh hi an inzawm dan, an inhnaih dan inang lo tak a ni. Nufa thenkhat chu an inngai em em a, thil engkim an in-share tawn a, ngaihzwawng thlengin an sawi dun thei a; chutiang nufa inlaichinna chu nghet tak a ni. Nufa thenkhat erawh chu an inbe tlem em em a, an rilru tak tak pawh an inhrilh tawn ngai meuh lo, an inthlim tawn fo zawk a ni. Chutiang nufa chu in khatah cheng mahse an thinlung chu inhlak tak a ni si.

Kan thinlung taka kan ngaihlak, kan thinlung tak kan share phalna ni bawkte nen hian nun a inzawm a, chutianga kan zawmpuite chu kan tan an hlu em em a, in khatah cheng ho lo mah ila, kan inthlahlel tawn a, kan inngai chawng tawn a, kan inngaihsak tawn thin. Lungngaih mangan te, lawm leh hlimna kan neihte pawh an hnena hrilh hlan kan nghakhlel ber a, an kianga sawi lovin kan awm thei lo. An

nat leh kan natpui a, an lawm leh kan lawmpui thin. Chu chu inlaichinna awmzia chu a ni. Kan duh zawng tinreng an hnênah kan thlen ngam a, an duh zawng pawh kan ngaihthlaksak a, kan inngaichang tawn thin a ni.

Ringtu tak leh Lal Isua inkar pawh hi chutiang chu a ni. Ringtu tak chuan a chung a thil thleng, a chhia a tha, Isua hnêna thlen hlan a nghakhlel a, Isua hnêna sawi lovin a awm thei lo. A nuna thil thleng tinreng chu Isuan a hriatpui turin Isua hnênah a share thin a ni. Kan chhûngkaw nun leh awm dan tinrengte hi Isua

hnênah kan share ngai em le?

Pathian nena inbe tawn ngai lo chhûngkua nge kan din dawn, ni tina Pathian nen engkim in share tawn thin chhûngkua? Zing lam leh tlai lamah chhûngkuaa Pathian kan han pawl a, kan nuna thil thleng leh kan thinlungin kan veite a hnêna kan han thlen mawlh mawlh thin hi chu a va nuam em? Anin min lo ngaihthla a, tha a tih ang zelin kan duhna te min tihhlawhtlinsak thin si a. Hawh u, kan chhûngkua theuh hi kawng dik zawhpui turin i ngaihsak tha ang u, kan inchhir lo vang.

Hun hi- a nghaktu nih chuan a kal muang a, i tlai palh vaih chuan a kal chak êm êm thung.

I lungngaih lai chuan a rei duh êm êm a, i hlim lai chuan a liam zung zung thin.

Na tuartu tân a ding ta emaw tih tur khawpin a kal muang a, rilru hah lai phei chuan rei duh tak a ni.

Tichuan - hun chu a ngai reingin a kal a, a rei leh rei loh chu kan dawnsawn dan a zir mai a ni zâwk.

Hun nuam leh hlimawm tak hmang zêl turin duhsakna kan hlan a che.

Sermon

AL MEDIA LEH THINLUNG ROBAWM

Luka 6:45, Mathaia 12:35

– *Lalremruati Tlau,
Chaltlang*

Khawvêl hmasawna tlan chak tak hi um pha ve turin hmanhmawh takin kan phe dawr dawr hlawm a ni ber a. Mi thiamte ziak kan chhiar pawhin technology ðang chak lutuk avângâ khawvêl danglam nasatzia chu kan thlir thiam ve awm e. Internet khawvel ah kan zuang lut sup sup a, kawng tinrengin hnathawh a tiawlsam a, hmasawna nasa tak a nih rualin kawng lehlamah chuan hmasawna tiðuanawpua a ni ve bawk a. Kan tu leh fate chauh ni lo, nu leh pate pawh min nghawng nasa ta hle a ni. Mizoram kilkhawr tak pawhin kan hmang ðangkai a, kohhran whatsapp group hrang hrangte hi kohhrana rawngbâwl nân a ðangkai êm êm a ni. Social network site hrang hrang bakah thu leh video pho chhuahna remchang (Content sharing platforms) Youtube, Tiktok, etc te chu sum hai luh theihna a nih vangin kan hmang uar ta a, thu tak leh belchhian dawl lo pawh a inpawlh tam, thliar thiam lo tan chuan rilru tichiai thei a tam ta hle a ni. Tunah phei chuan Artificial Intelligence (AI) te nen kan khawsa ho a ni ta reng mai! Kan tih loh mi a tihtir thei a, thil ni miah lo pawh a ni emaw kan ti fo dawn ta a nih hi!

Kan hmui aiah kan kutzungtang: Luka 6:45-ah chuan, *Mi ðha chuan a thinlung robawm ðha ata thil ðhate a theh chhuak ðhin a; mi sual chuan a thinlung robawm chhia ata thil chhiate a theh chhuak ðhin; thinlunga khat liam chu kâin a sawi ðhin a ni si a, a ti a.* Tunlai khawvêlah chuan kan thinlunga khat liam hi kan ka mai ni lovin, social media-ah kan kutzungtang hmangin kan thehchhuak nasa ta a ni. Mi ðawngmawh ve tak, titi thiam vak lo emaw kan tih te pawh a kutzungtang hmangin a ðawng duh hle thei a, ðawngkâa kan sawi chhuah hreh viau pawh phone hmang chuan kan sawi bawl bawl ta hlawm mai a nih hi! Chuvangin, Social Media-ah

hian mihring mizia a lang Chiang a, hla pakhatin, *Isawi zawngin Inihna a lang e* a lo tih ang mai khan kan thil comment danah hian kan mizia a lang Chiang êm êm a ni. Mi chanchin tha lo lam pawh thehdarh zung zung a ni ta a, a hnuai aia h a sawi zawngkam dengkhawng tak taka comment-na za tam tak a tlar tuar zel mai a ni. Mizo hnam nun mawi aia upa zahna a bo zel a, thalai leh kum naupang deuhte hlei hlei hi h a sawi zawngkam duhtui lo an va tam ta em! Thawnthu leh thu lawilovin hmun a aw h zau ta a, kan duh duh kan sawi a, kan nunah thu neitu ber ni ang maiin kan h a sawi zawngkam chu khawngaihna tel lo, chia al loh, lem har a tam ta a ni. Isua zuitute kan nihna angin Bible atanga kan inen fiah a thul tak meuh mai. Isuan, (Mathaia 23:36) *“Miten thu lawilo an sawi apiang, chu thu chu Rorêlna niah chuan an sawi fiah a la thul ang”* a lo ti a. Thu lawilo awmzia chu rah tha chhuah lo, tangkai lo tihna a ni awm e. Social Media a thu lawilo kan sawi zozai hi Isua hmaah sawifiah a huphurhawm dawn mang e!

Thinlung robawm chhia:
Hmanlai Greek mi, drama chan thiam Menader chuan, *Mihring nungchang chu a h a sawi zawngkam atangin a Chiang thuai thin*, a lo ti a. Drama chang thiam a ni a, miin a rilru lo ang pui a sawi pawhin a h a sawi zawngkam atangin a nungchang a lang fiah tho a tihna te pawh a ni thei ang chu. Kan thinlungah hian tu ma min hmuhpui theih loh thil tam tak kan khawl khawm a, thinurna te, huatna te, thikna te, chapona te, mahni hmasialna tein a khat tun thei. Heng thil tha lo hi Thlarau Thianghlim tanpuinaa nuai bo a nih loh chuan kan thinlung kil khatah kan khawl khawm flat a, a lo tawt viau tawh phei chuan chhuahna an zawng nasa mai thin a ni. Chung thil tha lo chuan kan hriat loh lain kan nun a lo hruai a, thlirna (perspective) hahthlak tak te, phunchiarna te, ngaihtuahna leh thil tum (Attitude) dik lo min neihtir a. Chung kan ngaihtuahna leh thlirna dik lo kan thinlung robawma kan khawl khawm atang chuan thil tha lo kan lo theh chhuak ta thin a, a pawh thui thei hle a ni. Rilru hriseel lo chuan

taksa thlengin a nghawng a, kan bul vela mite a nghawng bawka, Inrem lohna a thlen a, Setana tum a lo hlawhtling ta thin a ni. Bible-in thinlung robawm chhia a tih, Thlarau Thianghlimin hmun a chan lohna thinlung neih hi a hlauhawm hle mai, ringtu ni si, rawngbâwltu ni ve reng si hian Setana hmanraw tha tak kan lo ni thei reng dawn a ni.

Thinlung robawm tha:
Thufingte 15:2-ah chuan Mi fing lei chuan finna thu dik a chhak chhuak thin a, mi â kê erawh chuan thu âthlak a chhak chhuak thin, a ti a. Pathian thuin **mi fing** a tih te hi Pathian thitute, Pathian duh dan dah laltute, Thlarau Thianghlim kaihhruainaa nung te a tihna a ni awm e. Pathian thih chu finna bul a nih avângin lehkhathiam leh mi mawlte pawh a tifing thin a. Hetiang mite hi an thinur ve ngai lo a ni lo va, an thinurna leh an natnate khawl khawm zêl lovin

Pathian hnênah an leih bua a, Thlarau Thianghlim chuan thil tha zawkin a lo thlak thlengsak thin a ni. An thinlung robawm chu hmangaihna te, mi dang duhsakna te, lainatna tein a lo khat a, an thinlung robawm ațanga an theh chhuah chu mi dang tan damna a lo ni a, Isua hmel a lo lang thin. Ni tina kan hmuh leh kan thu hriat ațang hian thinlung robawma khawl khawm tlak loh thliar tum ila, khawl tlak loh keimahni chanchin ngei te pawh Pathian hnênah leih bua ila, khawl khawm tlak thil thain min lo thlengsak dawn a ni. Ngaihtuahna dik leh hrisel chuan inremna a thlen ang a, Isuan min chah ngawih ngawih inpumkhatna min thlen dawn a ni.

Kan thinlung robawm te enfiah ila, thinlung robawm tha kan neih a, kan bul vela mite tan damna theh chhuaktu ni thei turin Pathian Thlarau Thianghlim chuan min tanpui theuh rawh se.



Article

I DAWN NGAI EM?

*Lalbiakthangi Ralte
Lecturer DTI,
Sihphir Neihbawih.*

Ruah sur bana khaw thian mawizia, Ruahtimpuiin a ken tel chhimbaw rawng ngainatawmzia te, Ruah sur cherh cherhin a nan hnawn lei rimtuizia te pawh. Khuarel thil tinrengten hringnun zirlai an hrilh fiah thinzia te hi! Nasa mangkhenga ruah a sur tluk tluk lai te hi chuan, a sur ban huna khawvêl mawi turzia leh engkim mai thar sura a lan dan tur suangtuah thiam a har thîn a ni. Chu lam ai chuan ruah sur nasat lam leh harsatna min siam hnemzia mawlh hmuh a awl zawk thîn. Ruahtimpui a sur buan buan a, kawl phe zawr zawr kara tek a tlak rik rum rum lai chuan, a ken tel chhimbaw rawng ngainatawmzia leh a duhawmna lam reng ngaihtuah a har mai. Mahse, ruahtimpui ban hnuah a ni chhimbaw rawng mawina a lan thîn ni.

Nasa taka khua a dur a, chhum chhah takin min tuam mup mup lai chuan, ruah mal farin a chiah hnawn avânga lei rimtuizia kan ngaihtuah thleng pha hauh lo ang le! Amaherawhchu, chung ruah bawhawk leh phingphisiau te, Chhum dum chhah tak leh chhum leivakte an kian meuh chuan kawl lo engin chhimbaw a lo zam a, khawvêl mawi hi hla mawi kan pe thîn a ni lawm ni?

Chutiang bawkin Mihring nunah pawh, lungngaihna chhum

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dum a lo zing a, manganna thli chhian min nuai vel a, vanduaina ruahpui vanawn ang maia a'n sur tluk tluk mai hi zawngin, buaina chhum kara ni eng chuan ka thinlung thim a rawn en, tih lam aini; beiseina kawl eng hmu thiam lo lekin nutling patling hi a kun tlawk tlawk theih nia maw le!

Mahse, chung lungngaihna zan thim chuan kian hun a nei ngei ngei thîn. Chuvângin, kan nun hian hun thim tak a hmachhawn lai pawhin, chu

thim piaha eng awm chu kan thlir fan fan a, thim a kian huna chu eng mawi turzia mawlh chu kan hlimpui thiam a pawimawh a ni. Chutiang ngaihtuah thiam tur khawp chuan Pathian nen hian kan leng dun thin em le?

Hetia Ruahsur leh khaw dur chungchang kan ngaihtuah m êk lai hian hei pawh hi kan ngaihtuah ngai em aw, Kan hunte hi Lalpa kutah a awm tih hi? Sam ziaktu chuan “Ka hunte chu i kutah a awm a;..”(Sam 31:15) tiin a hun vawngtu Pathian a nihzia a sawi a. Mi then khat chuan kan thil tih tum leh ruahman lawk te kan sawiin, “Kan dama Lalpa’n rem a tih chuan” tiin kan sawi thin a, chutih laiin mi tam zawk erawh chuan chumi khami chu naktukah ka ti ang a, kar lehah, thla tharah,

nakkumah etc tiin awlsam takin kan tih turte kan ruahman thil te kan sawi liam puat thin. Chutih lai chuan, kan hunte hi Lalpa kutah a awm a ni tih kan ngaihtuah ngai ang em le?

Engkim mai hi Pathian kuta awm a nihzia leh, a remruatna lova Mihringin eng mah a tih theih lohzia hi ni tina kan hun tawn hian a tichiang êm êm a ni. Chuvangin, buaina chhum kara ni eng kan thlir ang bawka Pathian kuta awm kan nihzia hi kan ngaihtuah fo a tha ang, chutah chuan lungawina a awm thin si a.

“Amah avângin kan nung, kan che, kan awm a ni si a; hla phuah thiam tute emaw pawhin, ‘keini pawh a thlahte kan ni si’ tia a sawi ang khan.” (Tirh 17:28)

Thir hman loh chu a tuiék thin a, tui luang lova tling reng pawhin a thianghlimna a hloh thin: khua a vawh loh chuan vur a awm ringawt thei lo va, chutiang bawk chuan mihring thinlunga chakna leh theihna awm zawng zawng hi chêt chhuahpui a nih loh chuan tihchhiatin a awm thin.

- Leonardo Da Vinci

Article

**MIZO ṬAWNG KAL SUAL CHHAN HI TUTE
VANG NGE?**

*Isaak Zoliana,
Ph.No.9436351567*

Mizo ṭawng hi Hnama min siamtu, Pathian min pêk a ni a. Sap ṭawng anga hnam hrang hrang ṭawng phuah khawm a, hmasawntir zêl ang hi a ni ve lo. Khawvêl ṭawnga har ber a ni a. Khawvêl ram hrang hranga University-te pawhin Mizo ṭawng hi Linguist-ho chuan an zir a, zir zêl turin an chhawp chhuak deuh vek a ni.

Mizo ṭawng hi thluk nei a ni a, kum 1871 hma lam te kha chuan Mizo ṭawng hi hnam dangin a la pawlh buai lo va. A tira Pathian min pêk ang angin min thlahtute kha chuan an hmang mai a ni. Sap ho leh Vai hote nen kan inawm pawlh aṭang khan vai ṭawng leh sap ṭawng kan la lut ṭan a ni.

Pu Buanga leh Sapupa te ṭhian dunin kum 1894 khan Mizo A AW B chu an siam chhuak a. Mizorama an awm chung khan Mizo ṭawng an zir nasa hle a. Mizo ṭawng thumal te hi Pu Buanga chuan a la khawmin, Sap ṭawngin a hrilhfiah a, Lehkhabu hial a lo siam ta a. Mizo English Dictionary hi a lo ni ta.

Pu Buanga khan a thiam ang angin Mizo ṭawng thumalte chu Sap ṭawngin a hrilhfiah a. Mahse, Mizo a rawnte kha Mizo mi fîng deuh leh vengva deuhte an ni lo va. An hrilh dik lo pawh a ni ve ang. Pu Buanga Dictionary-ah hian a dik lova hrilhfiah a ngah hle a. Dik lo a tam tih hre lovin Missionary Sapte khan Mizo ṭawng zir nân an hmang lo thei lo va, a dang awm hek lo; a dik lo an zir a, a dik lo kha an thiam tel ta ṭeuh mai a. Chung Mizo ṭawng an zir dik lo hmang chuan Bible leh Hla te an let ta zêl a. Primary School an hawng a. Chuta zir tur an siamah te chuan Mizo ṭawng dik lo chu kan hmang ta zêl a.

Tichuan, Mizo ṭawng kal sualna bul ber chu Pu Buanga Dictionary a ni kan ti tawh a. Pu Buanga Dictionary aṅga Mizo ṭawng zir chhuak Missionary-te hi Mizo ṭawng dik lo thehdarhtu an ni a. Hre lova thil ti dik lo an ni. Pu Buanga Dictionary hi a dik vek lo tih hria se, an hmang sual bik lo vang. Missionary-te leh Pu Buanga te kha kan dem thei lo. An thiam ang anga theih tawpa min chawi kangtute an ni si a.

Pu Buanga Dictionary-a Missionary hote'n Mizo ṭawng an hman sual tam ber chu a hnuaia thumal pahnih a hrilhfiah dik lohte hi an ni. I lo en teh ang.

Fo : Adv. always, often, constantly, frequently, continually, perpetually, ever, invariably, still, yet.

ṭhin : always, often, constantly, frequently, continually, perpetually, ever, usually, habitually, used to, in the habit of.

Hetia a hrilhfiah dik loh bakah hian, Missionary sap ho chuan Mizo ṭawng an chher chhuak chawp a. Awmze nei miah lo panga an chher chhuak a. An hmang rim bawk a, keini Mizote ngei pawh hian kan hmang rim tlat tlat hle mai. A dik nge dik lo tih pawh kan ngaihtuah ngai rêng rêng lo. Chung an puah chawpte chu: **Fo ṭhin, zel fo, zel ṭhin, reng fo, reng ṭhin te hi an ni.**

Heng hian awmzia an nei miah lo. Mahse, sap ho khan an hmang ṭangkai khawp a, keini a ṭawng neitute pawhin a dik a dawk thlu hlek lovin kan hmang ve char char mai zawng a nih hi. Missionary sap ho chuan Bible lehlin leh Hla lehlin naah te pawh heng awmze nei lote hi an hmang zel si a. Sam hlaah ringawt pawh hian 'ṭhin' hi lehlin hlui zawkah hian 476 a awm a. Bible lehlin tharah hian 472 a awm. Heng 476 zinga 15 te hi Mizo ṭawng chuan letling ta ila 'ṭhin' ti-a leh chi a ni lo. Chung 15 'ṭhin' ti-a lehte chu – always te, habitually tih te, eternally tih te, continually tih te, ever tih te an ni, 'ṭhin' leh 'fo' hian Mizo literature an tichhe thui hle a

ni. Hengte bakah hian Mizo literature tichhe nasatu dang leh chu i han en teh ang-

DIK LO**DIK**

- | | | |
|--------------------|-------------------|-------------------|
| 1. My/Our Saviour | Ka/Kan Chhandamtu | Mi/Min Chhandamtu |
| 2. My/Our Redeemer | Ka/Kan Tlantu | Mi/Min Tlantu |
| 3. My/Our Teacher | Ka/Kan Zirtirtu | Mi/Min Zirtirtu |

I LEH IN pawh che leh che u hian a thlak tur a ni.

- | | | |
|----------------------|-----------------|----------------------|
| 1. You/Your Saviour | I/In Chhandamtu | Chhandamtu che/che u |
| 2. You/Your redeemer | I/In Tlantu | Tlantu che/che u |
| 3. You/Your lover | I/In hmangaihtu | Hmangaihtu che/che u |

Mizo ṭawng kal sual tidik leh tur chuan MLA te'n Dan siamin, Mizo ṭawng chungah thu nei tak, an thu lo chuan lehkhahu pakhat mah chhuah awih loh, Chanchinbu pawh an thu lo chuan chhuah awih loh, Mizo ṭawng dik lo hman awih loh, ti thei khawp thuneihna nei, Burma rama an neih ang te khi nei ve ila. Kan literature chu a mawiin, a nalh leh hle ang. Whatsapp, Facebook leh SMS-a kan Mizo ṭawngte hi chu a chhe lutuk a, tidik theitu kan mamawh a ni.

Mizo ṭawng hi ka thiam ang angin ka chhui a. Pu Buanga Dictionary, Dictionary of the Lushai language hi tlar khat mah hmaih lovin a zavaiin ka chhiar chhuak dap a, A dik lo apiang leh, a dik leh dik lo ka hriat lohte chu lehkhathui senin a hnuaiyah ka rin sen vek a.

Mizo ṭawng a hrilhfiah dik loh zawng zawng hi tihdik a ngai a. Tuna a awm dan ang ang hi chuan dik lo a tam lutuk a, Mizoram Publication Board hian a tihdik hna an thawh a ngai a ni. Mizoram Board of School Education-a Language Committee hi a tawk lo hle a ni.

Ka lehkhahu duh ber leh ngainat ber, Bible leh Hla-a Mizo ṭawng dik lo zozai hian kan rilru a hruai dik loh tam tak a awm ang.

Mizo ṭawng hi A AW kan neih aṭanga hmang hmasatute hi Mizo an nih miao loh avângin dik ngaihna a awm lo a ni. Tunlaia zir laibu siamtute lah hian an thiam bik si lo va. Ṭawng Upa an hrilhfiah dik lo pui pui han hmuh hi chuan zir lai naupang an khawngaihthlak tak zet a ni. Ṭawng Upa an lam thiam loh leh a awmzia an hriat loh chu pitar putar zawt mai se a ṭha ngawt ang. Rawlthar, Milulam, Salulam, Mitthirawplam lam dik thiam lo M.A pass an tam mai. Radio leh Tv-a thu puangtute pawh hi lehkha thiam chu an ni vek a. Khaw hming leh hnam hming lam thiam lo an ni deuh vek mai. A lam dan hi mi zawt se an thiam ni mai tur. An chhiar hma hian lo chhiar lawk se, an thiam chian loh chu lo zawt dim diam se a ṭha ngawt ang. An thu puan ngaithlatu an tam si a. Naupang zâwkte pheh chuan a lam dan dik emaw an ti mai zêl si a.

Missionary sap hovin kan ṭawng an thu thu-a an hman avânga Mizo ṭawng kan hman dan dik lo lo inṭan a ni a, Mizo an nih miao loh avângin an thiamawm narawh e. Mahse, a tidik tur hian mawh kan phur a, kan bat a ni tih hriata, ṭan kan lak a ngai a ni. Kan ṭawng hmang dik tur chuan zirtirtuten kan thiam hle a ngai a. Kan hriat chian loh chu rin thua naupang hrilh mai lovin aia leh thiam zawkte rawn hmasak a ṭha.

Mizo ṭawng upa Middle School-a zir tur Lalchungnunga, Deputy Inspector of Schools leh Lalmama siam kha kum1952 aṭanga kan zir kha kan Headmaster khan a hre vek lo va. A hriat loh apiang Reiek khuua putar ho Hrangliana Pachuau te, Thanghnuna Chuaungo te, Hrangchhunga Hauhnar te kha a zawt zêl a. A tih dan kha a ṭha khawp mai.

Indopui II-naah khan Japan an tlawm a. An ram tung ding leh tur khan bul an ṭanna chu School-ah a ni. Mizo ṭawng pawh hi tidik leh tur chuan Primary School aṭanga University thlenga kan inen fiah, a dik lo lai apiang tidik tura hma thar lak a ngai a ni.

A bul berah chuan, Missionary sap hovin Mizo ṭawng kalhmang an lo tihsual tawh hi a dik hmang leh tur chuan a nghawng a zau êm êm dawn a ni.

Pakhatnaah chuan, Bible Mizo ṭawnga lettute hian Bible-a Mizo ṭawng dik lo an hman hi an tihdik vek a ngai phawt a. Hlaa Mizo ṭawng dik lote hi an tihdik vek a ngai bawk ang.

Pahnihnaah chuan sikul zirlai siamtute pawh hian ṭawng dik lo an hmang ṭeuh va, MBSE aṭangin lo ngaihtuah bawk se.

Pathumnaah chuan, chanchin bu chhuahtuten Mizo ṭawng dik hmang vek turin an pawl MJA aṭangin lo ngaihtuah bawk se.

Palinaah chuan YMA te, MUP te, MHIP ten an pawl hmingin ṭan la bawk se.

Panganaah chuan, School Education hnuaiah zirtirtuten pawl an nei ṭeuh va. An pawl ṭeuhhte hian anmahni chan chinah ṭan la bawk se. A bul thumah kan tihdik chuan kan hmang dik zêl ang. Zawi zawia ṭha zêl tur a ni. Kum hnih khat maia dik mai tur a ni lo.

Kohhran hrang hrang hruaitute hi an pawimawh khawp mai. Pastor-te, Kohhran Upate leh thuhritute tam tak hian intihpuithu nan, intihup nan emaw ni Sap ṭawng ṭawngkam tam fe hian Mizo ṭawng an run a. An ṭawngkam ṭhenkhat awmze nei lo an hman lar zualte chu –

1. Ṭawngṭaina i lo nei ang u.
2. Ṭawngṭai rualna i lo nei ang u.
3. Thawhlawm khawna i lo nei ang u.
4. Thawhlawm hlanna i lo nei ang u.
5. I lo ṭawngṭai ila.
6. Hla i lo sa ila.
7. Pathian Thu kan tihrik takte Lalpan malsawm se la.
8. Hla sak hona kan nei ang a.

Presbyterian Kohhran Synod hnuaia thawkte hi an pawimawh hle a. A bik takin Publication Board-a thawkte hi an pawimawh leh zual. Kan Hla bua hla thenkhatah chuan, Immanuela, Halleluia, tih te a awm a. Kan Hla bu duh berah hian tun hmaa kan ziak dan lo leh, a ziak dan tura ziak dik lovin, Emanuela, Haleluia, tiin kan ziak dik lo va. Kan hla hmang hian naupangte hi kan lo kaihruai reng mai a lo ni.

Mizoram Presbyterian Kohhran hi Kohhran upa ber a nih avâng hian Kohhran dangte pawhin kawng engkimah hian an entawn deuh vek a. An thil tih apiang hi uluk taka an tih a ngai a ni.

Kan ñawng kal sual tidik tur chuan kan Bible leh kan Hla Bua Mizo ñawng dik lo zawng zawng tihdik vek a ngai a. Synod hian hla phuahtute tihdik loh tidik turin an phalna an dil a ñul a. Bible lettute pawhin Bible Society-a Mizo ñawng tidik tura an dil a ngai ang a.

Zirlaibua Mizo ñawng tidik tur chuan MBSE-a Mizo language Committee-in Mizo ñawng thiamte a rawn a ngai ang.

Doordarshan-ah te, LPS-ah te, Zonet-ah te, Radio-ah te Mizo ñawng tidik tura ñan an lak a ngai nasa hle ang.

(Pu Isak Zoliana hi Agape-a Article ñha tak tak min ziahsak ñhintu a ni a, he article hi kan chhuah hmam 25.7.2024 khan Chatuan ram min lo pansan a, pawl kan tiin kan ui êm êm a ni. Lalpa hnênah thlamuang takin chawl rawh se.- Ed)

Hriselna Huang

TYPHOID FEVER (Khawsikpui)

*-Melody Lalhlunchungi,
Staff Nurse,
Synod Hospital.*

Tunlai hian Typhoid fever hi a tam êm êm a, khua leh veng hrang hrangah pawh buaipuiawm tak a ni a, chhûngkaw tinte kan fimkhur a ngai tak zet a ni.

Typhoid hi natna hrik chi khat Salmonella Typhi avânga awm a ni a. He natna hi ‘Rilpan khawsik’ tiin Mizo ÷awngin a dah theih bawk. He natna hrik hi mihringte chauhin kan natpui theih niin, zun leh êkah damlo leh damkawrin an tichhuak a (damkawr pheih chuan kar 6-8 zun leh êkah an tichhuak thei a) kan lo inkaichhawng ta thin a ni.

Typhoid hi khawvêl pumah pawh a hluar hle a, ram hnufual, tui thianghlim leh inthiama awm tha loah chuan kumtluanin a leng thei a, inkaichhawn a awl avângin a vei an awm tawh chuan a bul hnaia mite pawhin an kai zung zung tawh mai dawn a ni.

ALAN CHHUAH DAN:

Typhoid natna hi a lo lan chhuah dan chu khawsik (a bikin tlai lama sang zual) luna êm êm, a bikin chal bawrah a na a, chau hma êm êm, chaw ei tui lo, luak chhuak leh luak, hnungzang na leh pangkham them thum, kaw thalo leh ek thi leh e thei lo tein a lang a. Pum mar leh pum pai

nuam lo, hrawkna leh khuh, lei ro hull te pawhin a lang chhuak thei. Typhoid fever avânga thihna 75% hi treatment lak that loh vâng a ni.

Typhoid natna hi ni 7 aţanga a ni 14-na velah a lang chhuak a, a hrik ei tam dan a zirin ni 3 aţanga ni 60-ah pawh a lang chhuak thei. Kar hnih khat hnuah a dam mai loh chuan taksa dangah la leh thinah te a khawih thei a, pum puar na leh kawthalo leh êk thiin zuiin BP te hniamin marphu te a tirang a, khawsik chawl lo te siamin thluaka khawsik lut, Pneumonia leh thawk harsatna te, ril pawp leh Thal Be vung, lungna leh

kalna, rilru Chiang lo te a thlen thei.

ANATNA INKAICHHAWN

DAN: Inthiarna fel fai leh thianghlim awm lohna hmunah Typhoid a leng hma a, damlo ril leh kal, zunkawnga hrik awm chu ei leh in thianghlim lo, chhin phui that loh, tho bawm hnu ei te, ei tur hlui leh tuisik thianghlim lo leh kut fai lova eireltuin eirawng a bawl aţang te, taksa chak loten an kai hma a, sa leh bawngnhute chhuan that loh aţangin kai a awl bawk a, kawng kam ei tur thianghlim lo zawrh ei aţangin kai a awl hle bawk.

Typhoid kai tawh tân himna a awm chuang lo a, a vei nawn theih vek a, hmun vawt entir nan vur leh ice cream-ah te he natna hi thla khat lai a dam thei a, chawthing bawlhhlawhah te an inthlah pung thei. Typhoid Mary te hian thla 6 leh kum khat emaw an dam chhungin zun leh êkah a hrik an thehdarh reng thin avângin vei nawn leh inkai chhawn a awl hle.

Inenkawlna: Typhoid natna inrinhlelh chuan mi thiamrawn vat a, typhoid test vat a tha ber a, mut hahchawlh tam te, a huat

zawng ei chuan a punlun vak theih avângin mawm, thak, sa leh bawngnhute te insum a tha. Thlai thar leh thei hrisel, thei tui leh tui thianghlim te in tam a tha.

A enkawlna damdawi lar deuh deuh te-

1. Ciprofloxacin
2. Azithromycin
3. Ceftriaxone

Ainvenna: Typhoid hi vaccine lak theih a ni a, kum 3 danah leh dam chhung veng te pawh lak tur a awm a. Tin, chenna in leh a vel tihthianghlim leh kut sil fai ngun te a pawimawh a, ei leh in tur thianghlim taka sawngbawl hmasak a pawimawh bawk. Inthiar zawha kut sahbawn nêna sil, damlo zun leh êk tho bawm theih loha siam tûr a ni. Typhoid natna hi hma taka/a rang lama enkawl chuan tihdam awl tak a ni a, enkawl har chuan Ril pawp leh Internal bleeding leh taksa bung hrang hrang a khawih chhiat theih avângin kan khawsak dan te kan uluk zual chuan 'Tihdam aiin inven a pawimawh zâwk' tih hre rengin he natna te hi kan pumpelth thei ang.

Eisiam Huang

RUSSIAN SALAD

Mamawhte:

Alu	:	pum 3
Artui chhum hmin	:	3(pathum)
Bean	:	100 gm
Carrot	:	100 gm
Chana hring	:	100 gm
Mayonnaise	:	fian lian 4
Lakhuihthei	:	tlem
Apple	:	pum 1

A siam dan:

1. Alu kha hmin tha takin chhum la, dah dai la, chan nawi rawh.
2. Bean leh carrot kha chan sin la, Chana hring te nen khan rei vak lo chhum la, hmin lutuk lo turin. (soda tlem telhin a hring mawi duh bik)
3. Apple leh lakhuihthei tlem kha chan sawm la, a chung a mite nen khian tha takin chawhpawlh la.
4. Mayonaise Sauce telh la, tha takin chawhpawlh la, a ei theih a ni mai.

(Russian Salad hi chawhmeh siam awlsam si, tui ve tak a ni a, kan thil siam sa hi a lo tlem deuh a nih pawhin zikhlum sin te tea zai sa te telh belh theih a ni. Mayonaise khi dawrah lei mai theih a ni bawk)

MISSIONARY TANA AGAPE CHANCHINBU LÂKSAKTUTE

Bial, Kohhran leh mi mal eng emaw zâtin Missionary te tân AGAPE Chanchinbu in lâksak ðhin avângin kan lâwm hle a. Kum 2025 chhûng atâna lâksaktute rawn tihchhuah a ni e.

SNo.	Bial/Kohhran/Mi mal hming	Laksak zat
1.	Khawruhlian Vengthar Kohhran Hmeichhia	10
2.	Bawngkawn Brigade Kohhran Hmeichhia	30
3.	Tlanghmingthangi, Khawpuar	2
4.	Lalringi, Tuikhuahtlang	1
5.	Khatla East Kohhran Hmeichhia	76
6.	Mission Veng Kohhran Hmeichhia	38
7.	J.M. Lalmalsawmi	2
8.	Khlatla North Kohhran Hmeichhia	60
9.	Hlimen Kohhran Hmeichhia	30
10.	Lalrawngbawli, Changzawl	1
11.	Chanmari West Kohhran Hmeichhia	40
12.	Dawrpui Vengthar W Kohhran Hmeichhia	48
13.	Thakthing Kohhran Hmeichhia	10
14.	Zuangtui Kohhran Hmeichhia	30
15.	Champhai Vengsang Kohhran Hmeichhia	20
16.	Champhai Vengthlang Kohhran Hmeichhia	61
17.	Dinthar Vengthlang Kohhran Hmeichhia	85
18.	Chanmari Kohhran Hmeichhia	180
19.	Bukpui Bethel Kohhran Hmeichhia	15
20.	Phaizawl Kohhran Hmeichhia	10
21.	Pi Lalrinpuii	10
22.	Zotlang (Aizawl) Kohhran Hmeichhia	20
23.	Sihphir Vengthar Kohhran Hmeichhia	10

24. Electric Veng Kohhran Hmeichhia (mi mal)	187
25. Electric Veng Kohhran Hmeichhia	100
26. New Capital Complex Kohhran Hmeichhia	70
27. Khatla Kohhran Hmeichhia	50
28. Chaltlang Kohhran Hmeichhia	30
29. Zodinpuui, Chaltlang	10
30. Mission Vengthlang Kohhran Hmeichhia	40
31. Kulikawn Kohhran Hmeichhia	30
32. Samthang Kohhran Hmeichhia	27
33. E. Lungdar Kohhran Hmeichhia	60
34. Chawnpui Vengthlang Kohhran Hmeichhia	20
35. Armed Veng South Kohhran Hmeichhia	100
36. Sihphir Venghlun Kohhran Hmeichhia	10
37. Lily Veng North Kohhran Hmeichhia	25
38. Bethlehem Venglai Kohhran Hmeichhia	30
39. Champhai Venglai Kohhran Hmeichhia	10
40. Chawlhmun Kohhran Hmeichhia	50
41. Rangvamual Kohhran Hmeichhia	10
42. I.T.I. Vengchhak Kohhran Hmeichhia	50
43. Aizawl Kohhran Hmeichhia	3
44. Tuikual Kohhran Hmeichhia	30
45. Lily Veng Kohhran Hmeichhia	20
46. Model Veng Kohhran Hmeichhia	10
47. Model Veng Kohhran Hmeichhia (mi mal)	59
48. Zonuam Kohhran Hmeichhia	97
49. Bawngkawn Shalom Kohhran Hmeichhia	10
50. Dinthar Kohhran Hmeichhia	20
51. Chiahpui Kohhran Hmeichhia	1
52. Maubawk Kohhran Hmeichhia	20

chhunzawm tur

**KUM 2025 CHHÛNG ATÂNAHMANGAIHNA INA
NAU CHÂWMNA PETUTE LEHAN CHÂWM ZÂT**

SNo.	Bial/Kohhran/Mi mal hming	Chawm zât
1.	Upper Republic Kohhran Hmeichhia	1
2.	Dawrpui Vengthar Bial Kohhran Hmeichhia	8
3.	Tuikual Bial Kohhran Hmeichhia	3
4.	Saron Veng Kohhran Hmeichhia	4
5.	Assam Rifle Kohhran Hmeichhia	1
6.	Maubawk Kohhran Hmeichhia	2
7.	Electric Veng Kohhran Hmeichhia	13
8.	Mission Veng Kohhran Hmeichhia	25
9.	Venghlui Kohhran Hmeichhia	3
10.	Chhinga Veng 'S' Kohhran Hmeichhia	2
11.	Chawnpui Vengthlang Kohhran Hmeichhia	5
12.	Mission Vengthlang Kohhran Hmeichhia	15
13.	Pi Neihthangi, Zarkawt	10
14.	Kulikawn Kohhran Hmeichhia	10
15.	Model Veng Kohhran Hmeichhia	2
16.	Bethlehem Venglai Kohhran Hmeichhia	8
17.	Khatla Bial Kohhran Hmeichhia	8
18.	Tlangnuam West Kohhran Hmeichhia	1
19.	Bethlehem North Kohhran Hmeichhia	4
20.	Bukpui Bial Kohhran Hmeichhia	1
21.	Bethlehem Vengthlang Kohhran Hmeichhia	2
22.	Zarkawt Kohhran Hmeichhia	8

chhonzawm tur

Hruaitute Chanchin
V.SIAMHNUNI



Pi V. Siamhnuni hi Sailam khuaah Pu Laiveta(L) leh Pi Zulawmi(L) te fa 8 zingah 4-na niin, Sailam khuaah January 1,1964-ah a lo piang a. Kum 1966 rambuai avângin Chhiahtlang khuaah sawikhawm a ni a, Chhiahtlang khuaah a seilian a ni. May 28,1986-ah Pu Manthanga, Darlawn khua nen inneiin fa 3 leh tu 6 an nei a. Pa ber eizawmna a nih avângin kum 1988 atângin tun thlengin Zuangtui P.W.D Complex-ah an cheng a ni.

RAWNGBAWLNA LAM : Kum 1997-ah Kohhran Hmeichhe Committee-ah tel tanin Chairman,Secretary, Asst.Secretary, Finance Secretary te a chelh tawh a. Kum 2023 Kohhran Hmeichhe Ni-ah kum 27 chhung chawl lova Kohhran Hmeichhe hruaitu Chawimawina a dawng. Kohhranah Pathianni Chawhnu leh Inrinni zan thu sawitu a ni a,
www.mizoramynod.org

Puitling Sunday School zirtirtu a ni mêk.

BIALAH : kum 2005-ah Committee-ah lutin Treasurer te, Buhfaitham ziaktute a lo ni tawh a, tunah hian Asst. Secretary hna a chelh mêk a ni.

CENTRAL-AH : Central Committee-ah hian 2023-2025 atân Zuangtui Bial aiawhin a awm a ni.

BIBLE CHANG LEH HLA DUH ZAWNG : Matt 6:38 “A ram leh a fêlna chu zawng hmasa zâwk rawh u; tichuan, chung zawng zawng chu a pek belhchhah dawn che u nia” tih a ni a. Hlaah chuan K.H.B No 197 “Aw Kalvari thing chungah chuan” tih a duh êm êm a ni.

THUCHAH : Chatuan nun nei tawh lote Chatuan hremhmuna kal mai tur, Vanram kan thlen theihna tûr atân, Thianghlim famkim sualna nei rêng rêng lo, keini mi sualte tâna Lal Isua inpêkna, lungngaihna vawrtawp tuara, A nunna hlu tak min pe hi a ropui ka tiin lawmawm ka ti a, a tân kan inpek let ve a, kan inhlan thar zêl hi ringtuten kan tih tur pawimawh tak a ni tih i hre thar zêl ang u.

Hriat atan

1. **Thlengtu Puihna pe** : January 29, 2025 khan Inkhawmpui Lian thlengtu tanpuina, Budget atangin ₹ 15,00,000.00 pek a ni.
2. **Inkaihhruaina** :Kohhran Hmeichhe Inkaihhruaina 2024 chu copies 10000 chhut belh a ni.
3. **Ziaktu tur ruat** :Kohhran Hmeichhe Ni wawi 29-na zir tur “Buhfaitham Rawngbawlna” tih ziak turin Pi Lalbiakchhawni, Khatla ruat a ni.
4. **Feh chhuahna** : Pastor Bial Hmeichhe Inkhawmpui February 7- 9, 2025 hmangin heng hmunah te hian kan hruaitute an feh chhuak a, Pathian hruainain tluang takin hun an hmang:-
 - (1) Sihfa Bialah Pi R. Lalrempuii, Finance Secretary leh Pi J.C. Ronghaki.
 - (2) Thaidawr Bialah Pi R. Lalnuntluangi, Pi C. Thanthiangi leh Pi Lalthangmawii.
 - (3) Lawngtlai Bialah Pi Lalchhingpuii, Pi Saiṭhuamluui leh Pi Lalrammawii.
 - (4) February 7, 2025 Zirtawpni Chanmari Pastor Bial Kohhran Hmeichhe Golden Jubilee lawmnaah OB-te an sawm angin Dr. Lalthansangi Fanai, Vice Chairman, Pi Lalmuanzuali, Asst Secretary leh Pi Zothansiami Treasurer te an kal.
5. **Inkhawm thawhlawm hmuh zat leh pek thu**- Synod Hospital Charity atâna wawi khat inkhawm (June 4, 2024) thawhlawm tling khawm zât chu ₹ 13,83,837.00 a ni a. John William Hospital tanpuina tura thawhlawm (July 2,2024) lak khawm zât ₹ 13,12,906.00 chu February 19, 2025-ah pek ve ve an ni. Kohhran Hmeichhe Ni thawhlawm tling khawm zât pawh ₹ 13,56,789.00 a ni.
6. **Hmangaihna In** : February 14, 2025 Zirtawpni khan Hmangaihna In Rising Day Wawi 39-na hman a ni a, Central Committee aiawhin Pi Lalhmingmawii leh Pi Saiṭhuamluui te an kal.

7. Women Centre-

- (1) January 24, 2025(Zirtawpni) 12:00 noon khan kum 2025 chhunga Women Centre-a zir turte pualin 11th Batch hawnna hun hman a ni a. Thawktute leh zirlaite, Women Centre Managing Committee leh Phunchawng Kohhran atanga sawmte nen hun hlimawm tak hman a ni. Kuminah Puanthui zir tur mi 50 an lut a ni. He hun hi Pi Sailuti, Ex Chairman-in a kaihruai a, Pi Zothansiami, Treasurer-in zirlaite lawmna thu a sawi a, Pi R.Lalrinpuii, Superintendent hnen atangin Centre Rules inhrilhfiarna hun hman a ni bawk. Rev. Dr. K. Lallawmzuala, E/S, i/c Kohhran Hmeichhia chuan zirlaite leh thawktute fuihna thu tha tak a sawi.
- (2) Kum tinin Centre-a thui tur puanthan hi Silchar-a mi lei thin a ni a, Kumina thui tur leiin January 28-29, 2025 khan Pi R. Lalrinpuii, Superintendent leh Pu H. Lalmuanawma te Silchar-ah an kal a, puanthan ₹ 8,24,633.00 man zet lei a ni.
- (3) February 17&18 chhung khan Centre-a zirlaite pualin Thlarau lam intuaitharna hun hman a ni a, Spreaker atan Upa Johny R. Lalmangaiha, Nehemiah Gospel Team rawih a ni a, hun tha tak an hmang.
- (4) December 4, 2024-February 11, 2025 chhungin Women Centre tan heng thilpekte hi dawn a ni :-
 - (a) Zemabawk Kawn Veng Kohhran - ₹ 3,000.00
Hmeichhe Group 2-na
 - (b) Zanlawn Kohhran Hmeichhia - ₹ 3,000.00
 - (c) Sairang Kohhran Hmeichhia - ₹ 1,000.00
 - (d) Luangmual Vengthlang Kohhran - ₹ 6,000.00
Hmeichhia
 - (e) Pi Lalmuanzuali, Zemabawk - Vawksa 10 kg

KUM 2023-2025 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	: Pi Zothanpari
Vice Chairman	: Dr. Lalthansangi Fanai
Gen. Secretary	: Pi H. Lalfakmawii
Asst. Secretary	: Pi Lalmuanzuali
Treasurer	: Pi Zothansiami
Finance Secretary	: Pi R. Lalrempuii

COMMITTEE MEMBER-TE

- | | |
|--|--------------------------|
| 1. Pi A. Nazi | 2. Pi C. Thanpari |
| 3. Pi H. Lalbiakveli | 4. Pi H. Lalhlunpuii |
| 5. Pi C. Thanthiangi | 6. Pi JH. Lalpekthangi |
| 7. Pi K. Rinthianghlimi | 8. Pi K. Rosiamliani |
| 9. Pi Lalbiakthangi | 10. Pi Lalchhingpuii |
| 11. Pi Lalengzami | 12. Pi Lalrinawmi |
| 13. Pi Lalhmingmawii | 14. Pi Lalmalsawmi Sailo |
| 15. Pi Lalnunhlimi | 16. Pi Lalrammawii |
| 17. Pi Lalramthangi | 18. Pi Lalthangmawii |
| 19. Pi Lalthansangi | 20. Pi Lalthanzami |
| 21. Pi Lalthanzauvi | 22. Pi Lalthawmmawii |
| 23. Pi Laltlanthangi | 24. Pi Lamchhingi |
| 25. Pi Lawmkimi | 26. Pi R. Lalnunluangi |
| 27. Pi R. Tlanghmingthangi | 28. Pi Rengramthangi |
| 29. Pi Rohmingthangi | 30. Pi Saithuamlaui |
| 31. Pi J.C. Ronghaki | 32. Pi Tlangthanpari |
| 33. Pi V. Siamhnuni | 34. Pi Vanlalhluni |
| 35. Pi Vanlalthlamuani | 36. Pi Zohmingliani |
| 37. Pi Lalnghakliani, Asst. Co-ordinator | |

Ex-Officio Member-te

1. Rev. R.C. Lalnghakliana, Synod Moderator
2. Upa Vanlalsawma Siakeng, Synod Secretary (Sr.)
3. Rev. Dr. K. Lallawmzuala, Exe. Secy. i/c Kohhran Hmeichhia
4. Pi Sailuti, Ex-Chairman

KOHHRAN HMEICHHIA

Thupui : Thuhretu atana koh (Tirh 1:8)

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



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