



# AGAPE

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**Kristian Chhungkua leh chhung inkhawm**

*Phek – 2*

**Thihna hnehin a tholeh ta**

*Phek – 7*

SERMON

KRISTIAN CHHUNGKUA

ARTICLE

EI SIAM DAN

HRISELNA

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**A chung a thu awmte**

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## Editorial

I piangthar tawh em, tiin kan inzâwt ðhin. Chutih rual erawh chuan keini Kristiante zinga zawhna pawimawh tak chu ‘Pathian thu awih i ni em?’ tih hi a ni. Pathian hian sual lakah min chhandam a, A Fapa Isua Krista kan tana thia tholeh rinna avangin thiam kan lo chang ta a ni. He rinna hi piantharna chu a ni a, chhandamna kawnga a bul ðanna a ni, a tawpna a ni lo.

Lal Isua chuan, “*Kei hi kawng leh thutak leh nunna chu ka ni,*” a ti a. Kawng chu kalna tûr a nih angin Isua hian a zuitu ni tûrin Amah ringtute, piangtharte hi min ko va. Ni tin kraws pua Amah zui turin min ko. Hei hi ringtute nun dan tur Bible-in min zirtir, chhandamna kawng kan zawh dan tûr chu a ni.

Pathian duh anga nung si lo hian eng tik lai emawa kan lo pianthar tawh vang ringawt hian chhandamna hi kan chang thei ang em? Pathian duh dana kan nun loh chuan sual laka Pathian min chhandamna hi kan chang tawh kan ti thei dawn em ni?

Kristian nun hi kawng awlsam a ni lo; mahse, keimahni maia he ringtu nun kawng hi zawh tur erawh kan ni lo. Kan hnênah Thlarau Thianghlim chu a awm reng a, A aw hre tûr hian kan rilru A lama kan hawn hi a ngai ðhin. Ni tina Bible zir chian te, ðawngtai te, inkhawm te leh Pathian thu zir zauna lehkhabu ðha kan chhiar ðhin te hi Pathian aw kan hriatna, kan nun vawngtu a ni. Ringtu nun kawnga pawimawh tak mai pakhat chu – mahni inngaih pawimawhna leh inngaihhlutnate dah bova, Pathian hmaah inngaitlawmin Amah chauh chu Lal leh Thuneitu atana pawm hi a ni.

He khawvelah hi chuan ringtute hian chak loh chang te, tlûk chang te pawh kan nei ðhin, chhandamna hi a famkimin kan la chang rih lo a ni. Amaherawhchu, thih thlenga rinawma kan awm chuan Lal Isua zarah Vohbik Chawimawina Lallukhum chu kan la chang ve dawn a ni. Chu Lallukhum hlu tak chu chang ve tûrin kan ngaihtuahna te, kan thusawi te leh kan thiltih te Pathian lawm tlâk ni turin ðan i la sauh sauh ang u.

*Kristian Chhungkua***KRISTIAN CHHUNGKUA: PATHIAN CHHUNGTE**

*Dr. Lalthansangi Fanai  
Bungkawn*

Krista thisena din, thutak ban leh inngahna ‘Kohhran’ hi ‘Pathian Chhungte’ tia sawi thin, tisa khawvel leh a piah lam chatuan thlenga awm tûr ‘ram hlun’ chentu ‘chhungkaw hlun’ a ni a. Kohhran chu Pathian in, Pathian chhungte, Pathian nung chenna, Thutak ban leh inngahna, Krista mo, Krista taksa a ni. “Miin Pathian hi ka Pa tia a ko a nih chuan kohhran hi Nu berah a nei tûr a ni,” tia sawitu John Calvin-a leh, “Nu atana kohhran nei lotu chuan Pa atan pawh Kohhran a nei lo vang....Kohhran pawnah chhandamna a awm lo,” tia sawitu Cyprian-ate hian kohhran ropuina an sawi fiah hle. Kohhran bul ber ‘Chhungkua’ pawh chutiang chu a ni - Pathian din, Pathian in, Pathian chenna, zirna in hmasa ber, sawrkar tê ber, rawngbawlna hmun hnai ber a ni. Nunphung dik leh tha, rorel dan leh inkaihhruai dan kan zir chhuahna hmun, leh thlarau lam chaw tha kan hmuhna hmun pawimawh chu Chhungkua hi a ni.

Kohhran leh chhungkaw ropuina leh hlutna ber chu a chhûnga awm Pathian a ni. Amah chu malsawmna a ni a, hnehtu a ni bawh. Kohhran bul chhungkuaah Pathian nen min thlunzawmtu Pathian ñhna leh zahna, thu awihna leh inngaih-tlawmna, dikna leh rinawmna te a awm reng em? Chhungkuaa mi tinin chhungkaw chawm hna kan thawh tlan a ngai a ni. Josua

anga chhungkaw pa ber nihna dinhmun luah zo, “Kei leh ka chhûngte erawh zawngin Lalpa rawng a nia kan bawl dawn ni,” titu tam tak Mizo Kristian zingah kan awm hi a va lawmawm em! Chutih laiin chhungkaw dinhmun phet, tisa leh thlarau lama harsatna tawh kan tam bawh.

Chhungkua Kristiana inchhal a har loh laiin ‘Kristian Chhungkua’ sawi fiahna luah

zawh a harsî. Biak ina inkhawm thulh lo leh thilpêk pe reng siin Kristian Chhungkaw tha - Krista lalna, Krista thunun - kan ni ziktluak thei lo hi a pawî a ni. Fate'n ringtu nu leh pa hnung an zui tawh loh avangin Kristian chhungkua kan ni ta lo vem ni? Kan chhungkua kan pianthar vek loh vangin Kristian chhungkua kan ni ta lo vem ni? Kan chhungkaw zinga chak lo awm vangin Kristian chhungkua kan ni ta lo vem ni? Awm khawlohna hrang hrang - hlemhlet, duham, mipat-hmeichhiat hman khawloh, zu leh ruihhlo zawrh leh ngaih- leh a nghawng tha lo (dawt pawisak loh, rukruk, tualthah, mahni intihhlum leh a dangte) hian chhungkua min luh chhuah a, mang a ang teh zawng a nih hi. Beidawng mai tur erawh kan ni em aw? Kan hmaa mi huai kal tate pawhin harsatna an tawk ve a, an tuar a, Pathian rinchhana neiin an bei ve hram hram a nih kha. An chanchin atanga thlarau lam chaw ei tûr i han en teh ang.

Abrahama chhungkua te, Jakoba chhungkua te, Davida chhungkua te, Elia chhungkua te

leh Samuela chhungkua teah Pathian chhungte/chhungkua famkim lohzia a lang. Davida, Pathian thinlung ang pu mi pawh khan a dam chhung nun chu a fapa nena indo nan a hmang tho mai.

'Chi tam tak thlahtu' ni tura koh Abrahama hian Ur chhuahsan tura koh a nihin a kawng hre lo mah se, a kotu Pathian a ringhlel lo va, ramtiam a thleng dawn tih a hria; a nupui Sari nen erawh fa an nei lo va, Sari bawihnu Hagari lakah fapa a neih phah hial a ni. Ram tiam a panna kawngah harsat mangana leh buaina tam tak tawh thin mah se, Abrahama chuan hma lam a en tlat a, 'ram tha leh zual' chakin Pathian rinchhanin hma lam a pan zêl. Keini Pathian chhûngte hian min kotu Pathian kan hria a, kan zawh tur kawng hre lo mah ila, Abrahama ang hian Pathian kohna chhangin kan zui thei em le?

Jakoba nunah hian a chhe lai (bumtu, fa u nihna chuhtu) sawi tur awm mah se, a tha lam (Pathian buantu) a tam zawk hle. A pu leh a pa Pathian a vuan tlat a, a thlah phal lo. Keinin engtin

nge kan tih - kan vuan tlat nge kan thlah mai? Tu leh fate tan ‘ka pi/pu Pathian’ ‘ka pa/nu Pathian’ tih tur kan siam reng em?

Davida, “Ka in chhûngah thinlung tha famkim puin ka awm ang a, thil tha lo reng reng ka mit hmuhah ka dah lo vang,” titu inchung chu sualin a run a, thil tha lo tak tak a thleng tho mai. A kalna tur ral donaa kal lova mi nu uirea, a pasal nunna laktirtu Davida khan a dam chhûng nun chu a fapa nena indo nan a hmang a. Mahse, a thil tihsualte sima inchhirin Pathian hnênah ngaihdam a dil a, a tlûkna ngaiyah a let lo va, sual a haw êm êm a. Ama theihnaah inngat lovin inkiltawih tak chung siin Pathian rinchhanin A hnênah a tlu lut zêl a ni. Amah anchhia lawhtu lam en lova Lalpa en nachang hria Davida hian a hmelma/amah hawtute (Saula, Simeia, Mephibosetha, Absaloma) hmangaihin a ngaidam a, lo tisual tawh mah se ‘Pathian thinlung ang pu mi’ a ni. A thil tihsual avangin dam chhûngin a chhungkua a buaipui - a fapa Absaloma hlauvin a tlanchhia a,

ral beia a feh chhuah hlanin a nupui fanaute salah manin an lo kalpui a, a puithiam kawr haa umin a va chhanchhuak leh vek a ni. A thu hnunnungah pawh “Kan chhungkua chu Pathian hnêna mi a ni lawm ni? tiin Pathian thuthlunga awm a nihzia a tar lang.

Joba tuarnate tuarpui tûra kal a thian pathumte khan an mihring finna hmanga chhuiin thiam loh an chantir a, na taka tawng khumin sual vanga tuar a nih an hrilh a, a nupuiin Pathian sawichhiaa thi mai turin a rawn baw. Chhaltute chhangin a thiltih thatte Joba’n a sawi ve ta hial mai! Pathiana inngah erawh a theihngihlh lo va, Pathian a phatsan lo. Fiahna nasa tak hnuaia Pathian a rinna chu nghet takin a vuan a, chhungten (kawppuiten) hlutpui lo mah se rinnaah amah a nghet tlat a ni.

Pathian mi Elia leh Samuela te pawhin an fate an thunun zo bik lo. Mahse, Pathian chhûngte an ni si! Fate thunun zo lo puithiam Elia leh Samuela-te chanchin atangin chhungkaw puithiam tih tur leh mawh-phurhna kan hmu. Pathianin sual

a huaa a pawmzam lo angin Kristian Chhungkua pawhin sual kan pawmzam tur a ni lo; chhungkaw puithiamin Thutak humhimtu leh puang chhuaktu hna thawkin chhungkaw nun leh hriselna tibawrhbangtu apiang a thian fai tûr a ni.

Elia khan a fate hau ngam/ phal lo leh an fel lohna ngaizama a en liam avangin Pathianin, "...keimah aia i fate i chawimawi zawk a..." (1 Sam 2:27-36) tia a chhûngte chungchang a hrilh lawkna - hun lo kal leh tûrah pawh an chhungkaw tlakchhiat zêl tur thu kan hmu. Fa fel lo nei ve bawk Samuela khan zahna engtiang taka nasa tuar ang maw? A fate awm dan dik lo avangin Israel mite ro reltu Samuela chu, "...i lo upa ta hle mai a, i fapate lah chuan i awm dan chu an la ve si lo va...." tia hnawlin roreltu tûr 'lal' an dil a nih kha.

Samuela hian a fate fel lohna a hriatpui reng em tih tar lan ni lo mah se, Elia ang erawh a ni lo tih a chiang - Pathianin Elia leh a chhûngte chungthu a rêl ang kha Samuela leh a chhûngte chung a thlen hriat a

ni lo. A aia ro rêl tûra thlan Saula thatna lai hmu thiamtu niin, a chanvo hlen chhuaktu, a tawp thlengin a ni. A fate fel lohna avanga tluchhe mai lovin Pathian a rinna nasa telh telhin, (Israel) chhungkaw kehchhia ni lovin chhungkaw chak tak a thihsan a ni.

Pathian chhûngte hi leia awm kan la nih tlat avangin a chhûnga harsatna a bo lo angin nun hi zir zawh theih a ni lo. Abraham, Davida leh mi dang tam takten dam chhûngin chhungkua an buaipui angin keini pawhin **Kristian chhungkua : Pathian Chhûngte** ni tûrin kan bei mêk a, kan bei zêl dawn a ni. Beidawnnain min hneh mai tûr a ni lo. Lalpa tih chu sual huat a ni tih leh, Pathianin sual a hua a, a pawmzam lo tih hre rengin Kristian chhûngkua pawhin sual pawmzam lo ila. Chhûngkaw nun hrisel kan neih ngei theih nan, "Tin, an ngaihlâ emaw, ngaihlâ lo emaw, an hnênah ka thu i sawi tur a ni," (Ezek 2: 7) tih thupek kan hmuh hi tipuitlingin, "Tho la, zanah ven tantirhan au chhuak rawh, i thinlung chu tui angin leih

chhuak ang che Lalpa hmaan; Ama lamah i kut phar la, i fanau kawthler tawntirh tina ril̄tama chaute nunna atan,” (Ṭah Hla 2:19) tia hriattir kan nih angin, tu leh fate hi Lal hmaah i dinsak zêl ang u.

Eng chen pawh thawka lo dil ṭhin tawhte hian sawtna hmu meuh lovin inhre mah ila, sawt

chin a awm a ni tih leh, lei piah lam ram kan thlen huna kan hriat chian chauh tur a ni tihte i inhrilh nawn leh ang u.

Lalpa leh kan chhûngkaw inkarah chhungkaw maicham mit lovin kan chhi zêl tur a ni a, kan tum van nuamah chhung kima lawi lut turin ṭan i la sauh sauh ang u.

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## HRIATTIRNA

### **(Leadership Training & Kristian Chhungkaw Campaign sawmtute hriat tur)**

Central Committee hi thingtlang lama kan feh chhuah hian Kristian Chhûngkaw Campaign leh Leadership Training neih kawp zêl hi kan tih ṭhin dan a ni a, Khawpui chhûngah erawh chuan a sawmtuten kal man te an tum ṭhin avangin Leadership Training chauh neia kal a ni bawṭ ṭhin. Chuvangin, thingtlang lamah chuan Leadership Training leh Kristian Chhungkaw Campaign hi neih kawp ṭhin tûr a ni e.

### **Hriattirna dang**

Kohhran Hmeichhe Office aṭanga programme pawimawh (W.D.P., P.W.F., Ṭawngṭai programme, etc.), Bial tina hman dan tûr kanrawn tihchhuah ṭhin hi chhan eng emaw avanga lo hmuh tlai palh te a awm theih ṭhin avangin, a hun takah kan hmanṭhei lo a nih pawhin a hma thei anga hman mai tûr a ni e.

- Gen. Secretary



## Sermon

## SIMNA

– *Upa R. Lallianzuala*  
*Chanmari, Aizawl*

**Chang thlan : Matthaia 3:1-3**

‘Sim rawh u, vanram chu a hnai tawh e’ tih hi Baptistu Johana thusawi a ni a, he thu chiah hi Lal Isua a rawn tlangaupui zui nghal zat tih Matthaia bung 4:17-ah kan hmu. Kan Lal Isua he leia a lo kal chhan, Bethlehem-a a lo pian chhan, Kalvari-a a thih chhan chu amah ngeiin a sawi angin, “Mi fel takte lam tura lo kal ka ni lo va, mi sualte lama simtir tura lo kal ka ni zawk,” a ti a nih kha (Marka 5:32).

Matthaia hian Baptistu Johana chanchin hun hmasa lam chu hriat saa ngaiin, a rawngbawl ðan thu aþangin a ziak a. Mi ðhenkhat chuan Baptistu Johana kha ‘Essin’ pawl zinga mi a nih an ring. Essin-hote chu inserh thianghlima Pathian dan zawm tuma ramhnuaia inkulh hrang ðhinte an ni a. Johana pawh hi chutianga fianriala a awm hran lai chuan Pathianin a ko a ni ang, “Thlalerah Zakaria fapa Johana hnenah Pathian thu a lo thleng a,” tih Luka 3:2-ah kan hmu. Baptistu Johana kha Samsona leh Samuela-te ang bawka a nu leh pa ðawngþai

chhanna a lo piang a ni a. A nu Elizabeti kha Isua nu Mari laichin hnai a ni a, Johana hi Isua aia thla ruka piang hmasa nia ngaih a ni. A pian hma aþang rêngin Lal Isua hma-hruaitu, a kawng buatsaihtu tura ruat a ni. A pawimawhna tak pawh a thuhiril leh a zirna ai mahin, Lalpa kawng buatsaihtu ‘Baptistu’ a nihna kha a ni.

Juda-ten Messia lo kal tûr thu an sawiin vawilekhkata rawn lang thut tur angin an inzirtir ngai lo. Hmahruaitu, tlangau, mipui lo inrinna tawtawrâwt rawn hàmtu lo kal ngei tûrin an sawi ðhin.

Hmahruaitu zawlnei lo kal tûr chu Elija a ni tih thu pawh Malakia 4:5-ah kan hmu. Baptistu Johana chu Elija thiltihtheihna leh a rilru puin, a kawngte lo sial lâwk turin Judai ram thlalerah a lo lang ta a ni. A inthuum danah pawh Elija angin sanghawngsei hmulpuan a sin a, savun kawnghren a hrêng a. Elija chuan Karmel tlang atangin Israel mipuite chu Jehova, Israel-te Pathian nge an zui anga Baala, milem pathian tih thlang fel turin a rawn tûr (2 Lalte 18:21) kha a ni a. Tunah hian zawlnei Elija hnuhnung, Baptistu Johana chuan mipui, a hnêna lo kal ruih ruihte chu thlaler atangin, sima Lalpa lam lo hawi tûrin a sawm ve leh ta a ni.

Matthaia sawi dan chuan Johana chuan Judai ram thlalerah thu a rawn hril tan a ti a. Luka chuan Baptistu Johana hi thuhmila zin velin a sawi thung a. Chanchin Tha bu dangte chuan mipuiin amah an rawn pan zâwk niin an sawi baw. A enga pawh chu ni se, Jerusalem khuaa mi te, Jordan rala mi te, Jordan lui dung vêla

vei zawng zawngte hnênah thu a hril ta a ni a. Baptistu Johana chu an bawh hle a ni. Kum 400 vel zet Judai ramah zawlnei an reh vang vang tawh a ni a, chutia Pathian zawlnei hmela lo lang ta chu an *welcome* êm êm mai. Khatih lai hun kha Juda-ten Messia lo kal tur an beisei êm êm lai a ni a. Hnam rilru pu taka Messia lo thlirtute chuan Rom ram awp behna nghawngkaw lrawn titliaktu tur, anmahni rawn chhan chhuaktu turah riak an dah a. Hnam dang mite awpbehna atanga zalenna famkim hmuh chu an beisei nasa zual a ni. Hun hnuhnunga Israel fate vanneihna tur leh an hamthatna chan tur beisei taka lo châng reng tan chuan Baptistu Johana kha ngaihsanawm tak a ni reng a ni.

Juda mipuite chuan Baptistu Johana an hmuh khan zawlnei ni lovin, Krista - a Messia tak taka kha a ni tawh mai emaw an ti hial a ni. (Johana 1:20-27). Mahse, ani chu, “Krista chu ka ni lo ve” tiin a inpuang a. Anni chuan a hnenah, “Tu nge i nih le? Elija

i ni em?” an ti a, an zawt a. Ani chuan, “Ka ni lo ve,” a ti leh a. “Zawlnei kha i ni em?” an ti leh a, ani chuan, “Ni lo ve,” a la ti zel a. Krista, Messia tana kawng sialtu mai a nih thu sawiin a zawlnei thu ken chu a puang chhuak ãan ta a. A han puang chhonzawm zel a, Zawlnei Amosa ang mai khan a thu a khauh va.

Lalpa ni beiseitute hnenah chuan an nun sual avangin Lalpa ni chu ‘thim’ a ni dawn tia zawlnei Amosan a sawi ang khan, Baptistu Johana chuan “Vanram chu a hnai ta! Hun thar a lo thleng dawn. He hun thar lo thleng tur hi hnam thil emaw, pawn lam thil emaw a ni lo; thlarau lam ram, thinlung lama Pathian tum bulpui rawn inpuanna a ni zawk. Chu chu a lo thlen theih nan sim rawh u,” tiin a au ta piap piap mai a ni. Baptistu Johana hian Elija rilru puin, ãhahnemngaihna sâng tak nen, a hnenah mipui lo kal khawmte chu tu mah thlei bîk nei lovin, sakhaw lam hotu an ni emaw, ni lo emaw, mi tê leh sawrkar mi liante pawh thliar hauh lovin, an rilru

inbuatsaiha, sima, inlamlê turin a fuih a. A thuchah laipui berah mahni mihringpui leh Pathian lakah rinawmna lantir tur leh, an thinlung Pathian tana buatsaih turin a sawm (appeal) ta a ni.

Mi tin ta tur chanchin Tha hi eng nge ni? Lal Isua leh Baptistu Johana chuan an Chanchin Tha hril chu simna thuin bul an ãan a ni. Juda-te khan simna thu hi an ngai pawimawh hle. Pathian nena inzawmna leh sakhaw thurin laipuih an dah a ni. Khawvel damna atan leh Pathian lal thutthleng thlenna atan simna hi a pawimawh ber an ti ãhin. Sual sim hi Pathian nena kan inzawm lehna a ni a. Sual sim lo leh zêp rûk nei tan chuan eng ti kawng mahin Pathian hremna pumpelth theih a ni lo. Tirhkohte Thiltih bung 5-ah Anania leh Saphiri-te chan kan hmu. Rom 2:4-11-ah chuan heti hian zia k a ni: “A nih loh leh Pathian ãhatnain simna turin a hruai ãhin che tih hre lovin, a ãhatna ngahzia leh a en theihzia leh, a dawhtheihzia te chu i ngainêp em ni? I luhlul leh i

thinlung khauh avangin, thinurna leh Pathian rorelna fel tak lo lanna nî atan chuan, i chungah thinurna i inkhâwl khâwm chawp a ni. Pathian chuan mi tin an thiltih ang zêlin a relsak ang; thil tha ti fan fana ropuina leh chawimawina leh boral theih lohna zawngtute hnenah chuan chatuan nunna a pe ang; amaherawhchu, kawhmawl bâwla thutak zawm lova, fel lohna zawm zâwkte chungah chuan thinurna leh thinrimna te, hrehawmna leh lungngaihna nasa tak te a awm ang, mihring thil tisual apiang thlarau chungah a awm ang.... *chang 10-ah* ‘amaherawhchu, thil tha titu apiang hnênah chuan ropuina te, chawimawina te, thlamuanna te pêk a ni ang, Juda mi hnenah pêk hmasak a ni ang a; tin, Grik mi hnênah a ni leh ang a. Pathianin mi duhsak bîk a nei si lo va,” tih ziak a ni. Ka Pathian hi hnehtu Pathian a ni a, amah dodaltute, mi luhlul leh a thupêk zawm duh lote chu a dim ngai lo. Engtin nge kan Mizo hla pakhatin a tih kha?

*A hmelma zawng pawh a ngam ta,  
Mi chapo an tlawm ngei ang;  
Leia Pathian ngaihsak lohna  
An tawp hremhmun a ni ang.*

Simna chu sual avanga inchoir leh pawt tih a ni satliah mai lo va. Sual hawisana, nun inthlak danglam hi a ni. Simna chu piantharna kawngkapui a ni.

A nih leh sim awmzia chu eng nge ni ta le?

A pakhatnaah chuan, mahni dik lohna, thiam lohna hmuchhuaka, sual vanga pawt tih leh inchoir lungngaihna a ni phawt a, chu chu a tawpna erawh a la ni lo.

A dawt lehah chuan, Pathian hmaa sual puan “Mi sual ka ni Lalpa, min ngaidam rawh, Thupha ka rawn chawie, i ke bulah” tiha, a tul anga mite hmaa puan a ni leh a.

A pathumnaah chuan, Pathian hnênah kir leha, nun dan kawng dik lo bansana nun kawng thara nun a ni. Chung

mite chu he khawvel dan ang hian an awm tawh lo va, Pathian duh zawng, ṭha leh Ama lawm tlakin an nung a, thil siam thar (new creation) an lo ni tawh a, thil hluite chu a ral ta a, ngai teh u, a lo thar ta tih ang khan. Chung mite chu thisen hrin an ni lo va, tisa duh zawnga hrin an ni hek lo, mipa duh zawng pawha hrin an ni hek lo, Pathian duh zawnga hrin an ni zawk e (Johana 1:13). Thil ṭha ti atan Krista Isuaah chuan siama awmin, ama kutchhuak kan ni si a, chu thil ṭha tih chu kan awmna turin Pathianin a buatsaih lâwk a ni (Eph. 2:10).

*Isua rinawm taka zui ka tum ta*

*Ka hawi kir lawng. (2)*

*Ka hma lamah kraws, ka hnung lam khawvel,*

*Ka hawi kir lawng. (2)*

*Ka tih ṭhinte ka tih a rem tawh lo,*

*Ka tih ngai lohte tih a ṭul zawk a,  
Thinlunga (a langa mawi maiah ni lovin) Lal atan ka lo thlang ta a,  
A duh zawng anga awm atan min duh.*

*Ka chhandamtu chu ka sual bosan tawh lo vang,*

*Ni tin a rawng ka bâwl fo zawk ang;*

*A hming thianghlim chawimawi nan fak hla ka sa ang,*

*Ka ngaina êm e ka Chhandamtu.*

Kan Lal Isuan, “Nangni pawh in sim loh chuan in boral vek ang,” min ti. Baptistu Johana leh Lal Isua thupui ngaih pawimawh, Simna thu hi kan puanzar zêl theihna turin Lalpan a thu malsawm rawh se. Amen.

# Rome Emperor Valentinian-a khan a thih dawnin, “Hmelma ka hneh zawng zawng ai chuan ka thinlung sual ka hneh hi a pawimawh zawk,” a ti a.

- Leslie B. Flynn Kristian Encyclopaedia by Lalngaihawma

## KAN HNENA AWM RENG LALPA

*Isaia 43:2; Luka 24:25-29*

– *Lalrinpuii, Treasurer,  
Central Kohhran Hmeichhe Commitee*

Ringtu, Kristiante kan nihlawh êm êmna bik chu – chawplehchilhin, kan mamawh hunah leh kan mamawh laiin kan hnênah Lal Isua a lo awm ðhin a, a Thlaraubin min thlamuan a, min tihlim a, min tilawm a, min tiphûr ðhin hi a ni. Khawvel harsatna hrang hrang leh sual avanga lungngaih ngawih ngawihna hmunah pawh thlamuanna lawmawm kan thinlungah a dah tlat mai te, finna kan mamawh êm êm laia amah aþanga chhuak finna a min han thuam tlat ðhin te hi a va ropui ðhin em!

Kan chang tar lan, Luka 24:25-29-a kan hmuh angin Lal Isua a thawhleh hnua Emmau khaw kalkawnga kal, Kleopa te ðhian dunte khan an lo thlamuanpui êm êm ðhin, Israel tlantu tûr nia an lo beisei, an hnam chhanchhuaktu tûr ni ngeia an rin Nazareth Isua, Pathian leh mi zawng zawng mit hmua a thua leh thiltiha zawlnei hmingthang tak ni ngeia an hriat kha puithiam lalte leh hotuten krawsah an kheng bet ta mai si a. Lungngai beidawng taka Jerusalem chhuahsana, Emmau

khua an pan laiin Lal Isua an hnênah a kal ve a, an thu hriat thiam lohte a hrihfhahin an thinlung a tihvarsak a nih kha. Lungaihna kan tawh lai te, kan thlaphan mangan lai te hian Lal Isua hi kan hnêna awm tûra kan sawm phawt chuan min thlamuan a duh ðhin. Kleopa te ðhian dun pawh khan Lal Isua kha an hnêna awm ve tûrin an sawm a ni. Kan hla pakhatin, “Kan hnênah awm loh chang ni a nei em? Vawi khat mah,” a tih ang hian, kan sawm phawt chuan min awmpuia min chenpui reng a duh ðhin.

Kum 2004 July thla khan Dawrpui Bial Kohhran Hmeichhiaten, Patna Field hnuaiia Kohhran Hmeichhe Inkhawmpui hmanpui tûra min sawm avangin kan zu hmanpui a. Kan haw kawngah chuan Sonapur kawng min nasa tak avangin Guwahati-ah zin mite an lo tangkhang ðeuh mai a, kan rilru a bangbo hle mai a. Zannah Guwahati-ah kan riak ta a. Ka thinlungah Isaia 43:2 thu, “Tuite in dai kai lai pawhin kei in hnênah ka awm ang a, luite in dai kai lai pawhin a chim pil lo vang che u,” tih hi a lo lang ut ut mai a. Khatih lai khan a awmna bung leh chang pawh ka hre mai lo va, ka rilruin ka ðawngtai a, “Lalpa, lui dai kai ngai ni lovin, lei min dai kai ngai zawk a ni si a,” tiin. A tukah khua a lo var chuan ni te a rawn sa a, Sonapur pan phawt turin sumo-in kan chhuak ta a, chirhdiak pawh a lo ziaawm deuh va, kein kan dai kai ta a. Lehlama sumo lo kalte nen chuan kan inbanlek a. Kan lawm hle a,

kan rilruin Pathian hnênah lawmthu kan sawi mawlh mawlh hlawm a ni. Tluang taka kan kal lai chuan tlai thim dawn ðepah Kalain kan thleng a, tui a len nasat êm êm avangin motor kawng te chu a lo chim vek mai a. Kan rilru a mangang êm êm a, kan chuanpui tleirawl pahnih pheichu an ðap hial a. Hlau lo tûrin kan hrilh a, Pathianin ka hnêna, “Luite in dai kai lai pawhin a chim pil lo vang che u,” a tih thu te chu ka hrilh a. Zan khua a thim avangin kalkawng chin hmuh a har a, muangchangin kan kal a, Pathianin Silchar chu dam takin min hruai thleng ta a. Pathian rinawmna hi a va ropui tehlul em! Kan thla-phan te, kan mangan te hi a lo phal lo a ni.

Abrahama Pathian, Isaaka Pathian, Jakoba Pathian, vawin thlenga amah ringtute Pathian nih zak lotu chuan a mite hi a kut chak takin min hruai a, kan mamawh hun laiin a thu hmangin min thlamuan ðhin a, hlauhawma kan awm laiin

Aman min veng ðhin a, Kristian Hla Bua “Kan Pathianin min hruai zêl ðhin” tih leh “A kutphah ropui chhungah; Thil eng pawh lo thleng se ka him a ni,” tih hla an lo phuah te hi a tak takin min chantir ðhin.

Khawi hmunah pawh eng pawh tawh ila, kan

lungngaihna leh kan natnate min hriatpui ðhin a. Kleopa te ðhian dunin Lal Isua an hnêna awm tûra an sawm ang khan, eng lai pawhin khawi hmunah pawh, “Kan hnênah awm ta che,” tiin sawm ila; a awmpui theih, a chenpui theih tûrin i hnaih ðheuh ang u. “Keia tan erawh zawng Pathian hnaih hi a ðha a ni” (Sam 73:28).

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### AGAPE CHUNGCHANGAHRIAT TUR ðULTE

1. Agent tan a copy a thlawn (free)-in kan pe ve lo.
2. Kum tin kum tawp December thlaah a kum leha lak tur zat copy Office-ah report ðhin tûr a ni. Tichuan, kum thar tir January atangin kan duh zat copy kan dawng dik nghal thlap thei dawn a ni.
3. Kum tharah kan lak duh zat copy kan report lo a nih chuan a hma kuma kan lak zat hi kan inthawn leh mai thin a. Tun atang chuan thla laklawha kan copy lak zat kan tihtlêmin, kan tihtlêmin hma thla (Kan dawn tawh chin) zawng a man kan chawi tawh dawn a ni. Chuvangin, in-report hma hi agent-ten kan ngaih pawimawh a ðul êm êm tawh dawn a ni. Agape chhut man hi a lakna man hian a tum zawh tawh loh avangin copy tam tak a thlawna a kal ral ðhin hi kan tihbo a ngai ta a ni.
4. Agape hi kum 2016 lakna man la pe lo tlêmin kan la awm a, kum 2017 lakna la pe lo kan la awm nual bawh. A rang lama pêk tlak tum ðheuh ang u khai. Kumin 2018 lakna pawh pe tla tawh kan awm nual bawh. Agape lakna man ðha tak leh hma taka pe tlate chungah kan lawm êm êm a, a man hi ba lovin a kum chhûng ngeia pêk tlak hi kan duh dan a ni bawh.



*Article*

## KHUA LEH TUI THA

– Rev. Dr. B. Lalnunzira  
Aizawl Theological College

Khua leh tui tha nih pawimawhzia hi sawi uar lutuk theih a ni lo vang. Khua leh tui tha ni theuh ila chuan kan ramah hian eirûk te, rûkrûk te, thenawm khawveng inhmuh mawh te a awm lo vang a. Nun ho a nuam ang. Ram leh khawtlang pawhin hma a sawn phah ngei ang. Kohhran hmeichhiaten khua leh tui tha nih pawimawhzia hriaa he lam kawnga thahnemngai taka kan thawk hi a lawmawm hle mai. He article-ah hian – “Khua leh tui tha chu eng nge ni?” tih leh, “Engtin nge khua leh tui tha kan nih theih ang?” tihte kan luhchilh dawn a ni.

**Khua leh tui tha :** Khua leh tui (citizen) tih hi awmze zau tak neia sawi theih a ni a. Paul Barry Clarke-a chuan khua leh tui tih hian thil pahnih: (1) Chanvo leh dikna, leh (2) Chen honaa tih tur leh mawhphurhna te a keng a ni a ti. Mi tin hian khua leh tui kan nih anga awmna hmun leh chenna ram kan nei. Chu kan chenna hmunah chuan dikna leh chanvo kan nei a. Chutiang bawkin tih tur leh mawhphurhna kan nei. Khua leh tui kan nih anga kan mawhphurhnate hi sawi nawn fo a thul thin.

American film star leh khawtlang thatna vei em emtu Blythe Danner-i chuan, “Mi tinin khawvel khua leh tui kan nih avangin kan tu leh fate tan kan chenna khawvel hi tun aia nuam zawk, thianghlim zawk leh hrisel zawka siam turin mawh kan phur a ni,” a ti. Kan chenna khawvel luah tlaka siam chu khua leh tui tha mawhphurhna a nih chu. Khua leh tui tha nihna chuan awm dan dik hriat te, chen honaa eng nge kan tih tur tih hriat te a keng tel. A thawha thawh tur a awm a, nunphunga bet tlat tur thil tam tak a awm bawk.

Khua leh tui ṭha kan nih theih nan heng thil pathum hi vawn reng a pawimawh:

**1. Hawihhawmna** : Hawihhawmna hi khua leh tui ṭha ni tura rahbi pawimawh tak a ni. Mi hawihhawm chuan tu pawimawh a sawi lo va, a bula awm a nuam a, mi dangte a zah thiam a, inrem a duh a, nun ho a tinuam ṭhin.

**2. Mawhphurhna hlen** : Khua leh tui kan nih angin mawhphurhna kan nei theuh. Sawrkar laka kan mawhphurhna a awm a, pawl leh kohhrana kan mawhphurna a awm bawk. Inṭhenawm khawvennaa kan mawhphurhna a awm. Heng hi ṭha takin hlen ila, khua leh tui ṭha kan ni ang.

**3. Dikna tungding tura huaisen** : German thuziak mi Gunther Grass-a chuan, “Khua leh tui ṭha chuan a ka a âng tur a ni,” a ti a. Mi huaisen chuan tute emawin dik lo taka an tuarna a ngawihpui thei lo. Ram leh khawtlang tana thil ṭha a duh avangin a ṭul phawt chuan huat leh sawisel pawh a hlau lo.

**Khua leh tui ṭha tih turte** : Khua leh tui ṭha ni tur chuan tih tur leh mawhphurhna eng emaw zat kan nei. Hetiang hian kawng thumin sawi ila.

**1. Sawrkar laka kan mawhphurhna hlen** : Sawrkar chu min veng himtu leh kan ṭhatna ngaihtuaktu a ni a. Chutih rualin mipuiten sawrkar lakah thil tam tak kan ba a. Khua leh tui ṭha chuan sawrkar chu ṭawiwmin a laka a mawhphurhna a hre tur a ni. Hetiang hian han sawi ila:

(1) **Sawrkar hnaa rinawm** : Rinawm leh dik taka hna thawh hi sawrkar laka kan bat a ni. Office-a hna thawk kan nih chuan a hun takah office thlengin a hun takah bang ila. Kan hna (file)-te taima taka thawkin, pending mai mai lo ila. Mamawhtu apiang tana dawr theiha awm tur a ni. Office hun chhunga chhuanlam siama kal bo daih te, lo bazar daih emaw te hi a fel lo hle. Mi tha leh sum tam tak kan sen thlawntir a ni.

(2) **Sawrkar thupêk zawm** : Sawrkar thupêk zawm hi mi tin tih tur a ni. “Mi tin an chung

roreltute thu thuin awm rawh se,” (Rom 13:1) tih hian sawrkar laka kan mawhphurhna a sawi fiah hle. Bawlhhlawh paih chungchangah te, sawrkarin a khap thil neih leh zawrh thuah te, tih tur leh tih loh tur a tihte dik taka zawm tur a ni. Traffic dan zawm te hi a va pawimawh em!

(3) **Chhiah leh bill dik taka pêk leh loan dik taka hman leh rulh** : Ram leh in chhiahte hi sawrkar sum hnar a ni a, dik takin kan pe tur a ni a. Electric leh tui bill dik taka pêk hi khua leh tui ðha chuan a tih ngei tur a ni. Khua leh tui ðha chuan dik takin loan a hmang ang a; rinawm takin a rul tur a ni. Rawngbawltu chhungkua loan rul ðha lo kan awm a nih chuan a hria apiangin min nuih mai dawn a ni.

(4) **Sawrkar thil humhalh leh dik taka hman** : Sawrkarin kan mamawh, heng – kawng te, sikul te, hall te, park te, electric te leh tui connection te hi min pe a. Heng hi dimdawi taka enkawl tur a ni. Sawrkar bungraw vawn him

te, kan in bul kawng enkawl te, electric ban leh tui pipe venhim te hi kan tih ngei tur a ni. Sawrkar thil humhalh tur leh vawngnim tur hian kan tu leh fate pawh kan zirtir tur a ni.

**2. Inþhenawm khawvennaa khua leh tui ðha nih** : Inþhenawm khawvennaah hian khua leh tui ðha nih a pawimawh hle. “Þhenawm ðha chuan thenawm ðha a nei a, ðhenawm ðha lo chuan ðhenawm ðha lo a nei,” an ti thin. Lal Isua thusawi, “Chutichuan thil engkim miin in chungah an tiha in duh tur ang apiang chu, mi chungah pawh ti ve rawh u,” (Mt 7:12) a tih hi inþhenawm khawvenna atana dan rangkachak (*golden rule*) a ni. Hetiang hian han sawi ila:

(1) **In leh a vel enkawlnaah** : Ram leh hmun duhthawhna avangin in kan insak hnaih hle. Heng kawngah hian ðhenawmte tana hnawk siam lo tura awm tur a ni. Kan ðhenawmte ram neka ramri hungna sawn te, ðhenawmte ram chhunga kawm fartir leh tui paihna luantir te, ðhenawmte tana hrehawm khawpa in sak

te hi tih loh tur a ni. Thenawmte nen kan inkara tuichhe paihna takngial pawh hisap lova in sak te hi a tha lo hle.

(2) **Hriselna leh faina thuah** : Thenawmte tana rimchhia leh bawhlhlawh siam hi thil tha lo tak a ni. Ruah a sur laia ek paihna (septic tank) sah mai chin te hi a pawh hle. Hei hian thenawmte leh chuanhnuai lama awmte tan rimchhia a siam a, a hrisel lo em em bawh. Kan in leh a vel vawn fai kawngah entawn tlak kan ni tur a ni. Ei leh in thuah thenawmte tana hnawksak nih loh tur a ni. Thil uih leh rim na lutuk kan sawngbawl danah te fimkhur ila.

(3) **Ran vulh leh enkawl** : Ran vulh hi mihring nuna bet tlat, thenkhat tan phei chuan sum hnar a ni a, a tangkai hle. Chutih rual chuan thenawm khawvengte tan an hnawh em tih hi ngaihven tur a ni. A bikin vawh leh ar vulhte chuan an ek leh zun te kan tihfai that a pawimawh. Ui leh zawhte nei pawhin kan tifaiin, thenawmte tana hnawh lo thei ang berin kan enkawl tur a ni. Kan ran

vulhte hi thenawm leh inlengte tana hlauhawm leh inlengte titimtu a nih chuan a tha lo hle.

**3. Ram leh khawtlanga khua leh tui tha nih** : Khua leh tui tha chu kawng tinrengah entawn tlakin a nung tur a ni a. Ram hmasawmna atan te, khawtlang thatna turah te kut a sil tur a ni lo. Chutiang mi ni tur chuan heng thil hi a pawimawh hle.

(1) **Rinawmna vawn** : Khua leh tui tha chu a rinawm tur a ni. Rinawmna thua pawimawh tak pakhat chu sum leh paia rinawmna hi a ni. Kan ramah eiruk sawi a bang thei lo hi a pawh hle. Sapho nuna entawn tlak tak chu an rinawmna khua a ni. America ramah khuan dan a khauh avang leh an rinawm em avangin eiruk sawi tur a awm meuh lo. Dawrah te, motor chuannaah te, office-ah te rukruk leh hlemhle taka thil tih sawi tur a vang hle. An bus pawhin conductor a nei ve lo. A man khawn a awm lo va, rinawm takin mahniin an pe mai. Hetianga rinawm tur hian kan tu leh fate i fuih sauh sauh ang u.

(2) **Dikna dipui ngam** : Thil dik lo dodal ngam leh tihmualpho hi khua leh tui tha tih tur pawimawh tak a ni. South Africa-a Anglican bishop ropui leh hmingthang Desmond Tutu-a chuan, “Thil dik lo i hmuha i ngawih reng chuan thil dik lo titute i thurualpui a ni,” a ti. Kan ramah hian thil sual titute hmu reng leh hre reng sia ngawi tlat kan va tam em! Kan office-a eirukna te, kan khawtlanga sum dik lo taka hman te, kan inthenawm khawvennaa dik lo taka ti te kan hmuh chuan i dodal ang u. Lal Isua pawh khan sual a hua a, a dodal a nih kha.

(3) **Thil tha tih** : Ram leh hnam tana thil tha tih hi kan mawhphurhna lian tak a ni. America President John F. Kennedy-a chuan, “I ramin eng nge a tih sak theih che zawt suh. Eng nge ka ram tan ka tih theih ve tih ngaihtuah zawk rawh,” a lo ti a. Hetiang rilru pu hi kan ramah mi eng zat nge awm ang aw? Khua leh tui tha chuan ram leh khaw-

tlang tan theihtawpin a bei ve thin a. Hnatlangah te, khawtlang siam thatna tura hmalaknaah te phur takin a tel ve thin. Mahni hma chauh en lova, nun hona atana thahnemngaih hi khua leh tui tha zia a ni.

Khua leh tui tha chu ram leh hnam, khawtlang leh kohhrana tan mi tangkai a ni a. Sawrkar hmalakna tihlawhtlingtu, khawtlang hmasawmna ngai pawimawh mi a ni. A hawihhawm avangin thenawm tha a ni a. Mahni chan chauh en lovin ram leh khawtlang hmasawmna tura thawh leh pek a ui lo. Khua leh tui tha chuan sual leh thil diklo a en liam mai mai lo va, siam that tumin theihtawp a chhuah thin. Keiniho hi khua leh tui tha ni theuh ila, kan ram a lo nuam ang a; ram hmasawmna tur pawhin thil tam tak kan ti ve ngei ang.

*(Hei hi Electric Veng Bial Kohhran Hmeichhia Bial Huap Seminar Paper-I lak tawi a ni e. – Ed.)*

**MIZORAM PRESBYTERIAN KOHHRAN HMEICHHE  
INKHAWMPUI LIAN  
ROREL INKHAWM VAWI 9-NA REPORT**

*– Lalmuanzuali  
Assistant Secretary  
Central Committee*

**A hun : March ni 9-11, 2018**  
**A hmun : Tuikual Kohhran Biak In**  
**Thupui : Ram chu Lalpa ta a ni (Sam 22:28)**  
**Speaker : Rev. Dr. K. Lallawmzuala, ATC**

Ni 9.3.2018 (Zirtawp) zan aṅging Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm hi ṅan a ni a. Inkhawmpui lian Chairman Pi K. Lalliantluangi min kaihruai a. Ni 9.3.2018 zanah hian Reports – General Secretary Pi Lalpianthangi Hrahsel leh Bial Report khai khawm, Asst. Secretary hnên aṅging ngaihthlak a ni a. Rev. F. Lalrinnunga, Synod Moderator-in Pathian thuchah a sawi.

**PALAI ROREL**

**Ni 10.3.2018 (Inrinni)**

**Dar 9:30 am- 4:00 pm**

**PALAI ZAT -**

Pastor Bial hrang hrang aṅanga rorel palai zat hi 393 kan ni a. Synod Puipa te, Central KṚP Palai te, ATTWIM Member te, Pastor te, Central Committee Member-te leh Hmangaihna In Superintendent leh Women Centre Superintendent-te nen kan vaiin 458 kan ni.

**THUREL TLANGPUITE**

1. Kum 2019 Mizoram Presbyterian Kohhran Hmeichhe Inkhawmpui lian hmanna tur ruahmanna chu hetiang hi a ni –  
A hmun: Kolasib  
A hun : March 8-10, 2019
2. Kum 2020 Mizoram Presbyterian Kohhran Hmeichhe Rorel Inkhawm neihna tur hmun leh hun ruahmanna hetiang hi a ni:

A hmun : Ramhlun North  
Kohhran Biak In  
Ramhlun North Pastor Bial  
A hun – March 6-8, 2020

3. Inkhawmpui Lian Budget  
2018-2019 ruahmanna-

***Budget Head Amount***

1) Central Budget- Rs 14,00,000

2) Women Centre- Rs 25,00,000

**Total -Rs 39,00,000**

4. Kum 2018-2019 Inkhawmpui Lian sum hmuhna leh hmanna tur ruahmanna hetiang hian siam a ni -

Departmental Receipt-

Rs 24,31,000

Synod Grant- Rs 22,17,000

**Total Rs 46,48,000**

5. Thla thar ÷awngtai rual thupui kan hman m êk hi a thupui tidanglam lovin, tlêma her danglam hreta hman chhunzawm tura tih a ni.

6. Kristian chhungkaw tehna lawmman pakhatna hi ‘No mawi’, thuziak awm pêk tura tih a ni a. Citation pêk tel ÷hin chu pêk tel tawh loh tura tih a ni. Kum 2019

Kristian chhungkaw tehnaah hman ÷an nghal tura tih a ni.

7. Health-care awareness chungchang campaign ram pum huapin neih ni rawh se, tih chu pass a ni.

8. Ram pum huap awmni khama ÷awngtai rualna neih ni se, tih a ni a. Central Committee-in ruahmanna lo siam se, tih a ni.

9. Synod Hospital, Durtlang leh John Williams Hospital, Lunglei tan ram pum huapin Thawhlehi zan inkhawm thawhlawm wawi khat ve ve pêk ni rawh se tih a ni.

10. Kum 2018-ah hian ram pum huapin ruihhlo ngaite enkawl dan inzirtirna neih ni rawh se, tih a ni.

11. Apostol-te thurin (Apostles’ Creed) Kristian Hla Bu No. 551 hi zirtirna dik lo laka inven nan ram pum huapin uar zawka hman ni rawh se, tih a ni.

12. Ram pum huapin fa neih tam inzirtirna neih leh ni rawh se, tih chu pass a ni.

13. Ram pum huap ṭawngṭai tlaivar programme hi a hming thlak in ‘Ram pum huap ṭawngṭai zan’ tih ni rawh se, tih a ni.
14. Kohhran dan thianghlina inneite mo incheina kawrfual hak ṭhin hi puan bih tura inzirtir ni rawh se, tih a ni.
15. Zoram chungah zu zawrh tihtawp a nih theih nan Central Kohhran Hmeichhia in hma la rawh se, tih chu pass a ni.

Heng bakah hian Bial hrang hrang atanga thulut, floor thleng lova inhrilhfhiah 18 a awm bawh.

### THLENGTULAM

Rorel Inkhawm thlengtu Tuikual Kohhran in hneh takin min thleng a. Palaiten nuam kan tiin an inpêkna ropui kan ti êm êm a ni. Kohhran Committee, Organizing Committee te, Kohhran Hmeichhia leh KTP-te an thawk rimin an fakawm takzet a ni.

Rorel Inkhawmah hian Pathian zarah programme ruahman sa angin tuang takin

kan kal thei a, a lawmawm hle. Kan Synod Puipate, kan Executive Secretary i/c Kohhran Hmeichhia, Rev. PC Pachhunga ten min uap reng a, a thlamuan-thlak êm êm a ni. Palliative Care chungchanga inzirtirna Dr. R.L. Sanghluna, Synod Hospital, Durtlang hnên aṭangin kan dawng a, hlawkpuiawm kan ti hle bawh. Tin, kan Speaker Rev. Dr. K. Lallawmzuala’n kan thupui – ‘Ram chu Lalpa ta a ni’ (Sam 22:28) tih chu nung takin a sawi a, a ropui kan tiin hlawkpuiawm kan ti êm êm bawh a ni.

Kum 2018 Kohhran Hmeichhe Rorel Inkhawmah hian kan intehnaa min zawmtu zawng zawng Bial 199 aṭangin report a lut kim vek thei a, a lawmawm hle a ni.

Ram puma Kohhran Hmeichhien kan rawngbawl dan hrang hrang inhriat tawn hi min fuihtu leh min tichaktu pawimawh tak a ni tih hriain, tha thlah lovin ṭang zêl ila, Lalpa Isua rawng kan bawl a ni tih i hre reng ang u.



**BUHFAIṬHAM DRAMA**

– C. Thanghliri  
Leitan South

Pi Kungi leh a tunu Damtei, kum 9 mi chu buhfaïṭham khawn turin an chhuak a. Pi Kungi chuan emping a phur a, Damtei chuan bag a ak a.

*(Pi Sangi te in an pan hmasa ber a, kawngka an kik a.)*

Pi Sangi : Lo lut rawh u. E, Pi Kungi te pitu lah ni.  
Pi Kungi : Nia, hei, buhfaïṭham kan khawn a.  
Pi Sangi : In va fel êm êm ve! Hei aw, no 10 a nia.  
Pi Kungi : Aw le, kan lawm e, kan kal leh mai ang e.  
Damtei : A pi, an buhfai chu a ṭha hle mai, a tui ngawt ang.  
Pi Kungi : A va lawmawm ve! Ka hmu chiang ve thei mang si lo va.

*(Pi Liani te kawngka an kik leh a.)*

Pi Liani : Lo lut rawh u.  
Pi Kungi : Hei buhfaïṭham kan khawn a  
Pi Liani : Aw le, hei aw!  
Pi Kungi : No 15 a nih hi. A lawmawm e, kan kal leh mai ang.  
Damtei : A pi, Pi Liani te kha an rethei viau em ni?  
Pi Kungi : Ngati nge, Damte? Officer lai an ni asin.  
Damtei : An buhfai kha a chhe lutuk a, a bawlhhlawh bawk sia.  
Pi Kungi : Kan vengah chuan hausa ber pawl an ni ang. An hrisel loh vangin buhfai ṭha an ei ngam lo a ni mai thei asin.  
Damtei : E, a ni mai thei. Mahse, api, bawlhhlawh deuh kha an taksain a ngeih dawn em ni?  
Pi Kungi : Bawlhhlawh deuh chu ngeih bik lo tawp ang. Eng pawh ni se, Pathian chanpuala an dah a ni a, an buhfai ei ang ang chu an dah ngei ka ring.

*(Pi Mawii te in an kik leh dat dat a.)*

Pi Mawii : Lo lut rawh u.  
Pi Kungi : Buhfaïṭham kan khawn a.

- Pi Mawii : E, a ni maw! Pi Kungi hi chu i ti tha em mai! Kum upa lam i nih ve tawh nen. Hei aw, no 18.
- Pi Kungi : Pathian tana kan tih ve theih tawk a nih hi. Thil dang tih theih kan nei ve tawh si lo va.
- Damtei : Api, api, Pi Mawii te hi an retheih hmel vei nen, buhfai an nei tha lutuk, a fai thianghlim si.
- Pi Kungi : Aw! A ni maw! Lalpa chanpual atan an buhfai thianghlim leh tha tha an pe a ni ngei ang, a lawmawm hle mai.

*(Pi Kimi te inah an kik leh a.)*

- Pi Kimi : Lo lut rawh...
- Pi Kungi : Buhfai tham kan khawn a.
- Pi Kimi : Aw kha, no 17 aw!
- Pi Kungi : Aw le, kan lawm e.
- Damtei : Api, no 17 a tia, ka teh leh ngat dawn.
- Pi Kungi : Teh nawn a ngai hlei nem. Puitlingin an sawi chu a dik ang.
- Damtei : A tlêm lutuk alawm (A teh nawn mawlh mawlh a). Api, no 11 chiah asin. A tlêm ka tih reng kha.
- Pi Kungi : A va mak awm ve aw.....

*(Pi Pari te in an kik leh a.)*

- Pi Pari : Lo lut rawh u.
- Pi Kungi : Buhfai tham kan khawn a
- Pi Pari : A....hei, lo teh chawp mai r'u aw? A no zat pawh ka hre lo, chaw chhum apianga ka tham a nia.
- Pi Kungi : Damte, han teh rawh le.
- Damtei : No 15 a nih hi. Api, an buhfai chu a tha hle mai.

*(Pi Hlimi te in an kik leh dat dat a.)*

- Pi Kungi : Buhfai tham kan khawn a....
- Pi Hlimi : Tunlai chu buhfai kan nei tlêm a, kan tham lo mai ang.
- Pi Kungi : Aw, a ni maw! A nih leh kan kal mai ang e.
- Damtei : Api, anmahni pawhin chaw an ei ngai lo amaw ni le? An thuamnaw te chu a nalh hle si a.

*(Pi Sawmi te in an kik leh a.)*

- Pi Sawmi : Lo lut rawh u. E, Pi Kungi te pitu nia.  
 Pi Kungi : Buhfaitham kan khawn a.  
 Pi Sawmi : In van fel em Pi Kung! Hei, a bag-in kan tham a.  
 Kan motor-in kan rawn dah mai ang e.  
 Pi Kungi : In va ti ropui ve, Pi Sawm! A pe tam thei mah in  
 awm a, a phurh chu kan pituin kan phur mai ang a,  
 a tul leh kan vei zing deuh mai dawn nia. Kan thiar  
 thei tho ang mawle....A lawmawm rualin a va  
 zahthlak ve maw le!  
 Damtei : Api, an va pe tam em em! A no zat pawh kan ziak  
 thei dawn em ni?  
 Pi Kungi : An hming zawnah khan ‘Bag 1’ kan ti mai dawn  
 nia.

*(Pi Hlui te in an kik leh a.)*

- Pi Hlui : Lo lut rawh u. E, nangni in ni maw?  
 Pi Kungi : Nia, buhfaitham kan khawn a.  
 Pi Hlui : Hei aw....  
 Damtei : No 20 a nih hi. Buhfai in va nei tha bik em em, a pi.  
 Pi Hlui : Damte, kan neih that ber hi Lal Isua ei ve atan  
 buhfaitham, Lalpa chanpualah kan dah thin alawm.  
 Lal Isua avang chauhva engkim nei kan ni a, kan ei  
 duh loh tur chu kan tham tur a ni hlei nem.  
 Damtei : Mi thenkhat hian chhe deuh leh bal deuh an pe si a,  
 khang kha chu Lal Isua pawhin a ei duh tawp lo  
 vang a! Api, keini chuan kan ei ang ang kan pe tiraw?  
 Pi Kungi : Ni e, Damte, buhfaitham belah khan ‘**Lalpa  
 Chanpual**’ tih kan bel kha i hmu ang a. Lalpa tana  
 kan pek a ni a. Kan buhfai neih man to ber leh tha ber  
 kan pe tur a ni. Chu chu buhfai tha lei phak lote pawhin  
 tlawm tein an lo inlei sem ang a, chu chu Lalpa duh  
 zawng tak a ni tih hi i hre reng dawn nia aw?  
 Damtei : Api, i thu mi hrilh chu ka vawng reng dawn nia.

*Hriselna huang*

## **RILRU THLABAR RENGIN I AWM NGAI EM? (Anxiety Disorder bihchianna)**

– *Dr. Lalhriatpuia  
MD (Psychiatry)*

Mizo nuteah hian rilru thlabar reng leh rilru thlaphang renga awm hi an tam hle a, mi dang hriatpui lohvin a rukin hrehawm takin an tuar thin. Chu vang chuan he natna (Anxiety disorder) chanchin hi kan hriat chian a pawimawhin, enkawla dam thei a ni tih hriat a tul hle. He natna kan tih hnuaiyah hian Anxiety natna chi hrang hrang a awm a; amaherawhchu, a lar zual leh harsatna siam nasa pahnih: Generalised Anxiety Disorder leh Panic Disorder kan tihte kan zir chian dawn a ni.

### **1. Generealised Anxiety Disorder**

Mizo tawngin he natna hming hi kan nei chiah lo na a, kan tawrh ngai loh natna erawh a ni hauh lo. He natna zir Chiangtute chuan mi za zela panga vel hian kan dam chung ngeiin he natna hi kan vei tur anga chhut a ni. Hmeichhiaten a let hnihin an vei duh bik a ni. Mizo tawnga han sawi awlsam dan chu ‘Rilru chawl lo’ emaw, ‘Rilru thlabar reng’ emaw pawh a tih theih awm e.

A lo lan chhuah dan tlangpuite chu:

(1) Rilru thlaphanna, rilru leh ngaihtuahnaa dawn chi hrang hrang kal zut zut. In leh lo, eizawna, inlaichinna, chhungkua leh fanaute a buaina lo awm theite an dawn kual vak vakin, an rilru a thlabar reng a, hlauthawngin an awm reng thin.

(2) Chung rilru tih hlauthawng rengtu te chu ngaihtuah loh tum nasa hle mah se, dan zawh rual lohvin a lo thawk thin a ni.

(3) Heng avang hian an taksa leh rilru chu thil lo thleng thut tur awm ang maiin a inring lawk run a, hahdam takin an awm thei lo thin a ni. Ngaihtuahnaate a timang a, mut an

harsat a, thinchhiatna te a thlen a, taksa lam pawh a tichak lo thin a ni.

## 2. Panic Disorder

A chung a kan sawi ang lo takin he natnaah hi chuan mahni chung a thil tha lo lo thleng tur hlauhna nasa takin a rawn man thut a, darkar chanve atanga darkar hnih te a awh thin. Mi thiamte chhut danin mi za zela mi pahnih velin he natna hi nei tur ang a chhut a ni.

A lan chhuah dan tlang-puite chu:

(1) Vawilehkhatah hlauhna namenlovin emaw, awm nawm lohna riauvin emaw a man thut zel a, chu chuan an tha te tisakin, an lungphute a tirang vak a, an taksa pum khur zawih zawihin a siam a, pum atanga rawn hnawh up up ang ten an inhre thin. An taksa hmawrte khawngin tlu mai tur ang ten an lu a hai thin. Heta hlauhna lo kal hi chu pawn lam va hlauhna ai mahin thih hlauhna, â mai dawna inhriatna leh mahni chung a thil tha lo tak thleng tur hlauhna an khat thin.

(2) Hetia lungphu leh thawk te a khawih buai thin avang hian mi tam tak chu lung lam that lohna neiah an inngai thin a; amaherawhchu, lung lam that lohna eng mah an hmu ngai lo.

(3) A natna nasat dan azirin a chhuak zingin, a chhuah chang pawn a reiin a rei lo thin. Amaherawhchu, a chhuah inkarah pawh hian ‘A lo thleng leh mai ang a’ tiin an rilru a kap reng thin a ni.

## Eng vanga Anxiety hi lo awm nge?

‘Hei vang hi a nih hi’ han tih chat tur awm lo mah se, zirna hrang hrang atanga mi thiamten a awm chhan bera an puh chu thluaka hriatna thazama chemical chi hrang hrang intam hleih, in-balance loh vanga ngaih a ni. He an in balance loh chhan chu inthlah chhawnaa kan gene fuh tawk lo vang te, kan thluak than laia taksa leh rilru lama harsatna kan tawh vang tein a awm thei. Chutiang bawkin kan damdawi hmante pawh heng chemical-te a tul dan azira titema titam theite an ni. Hei hian natna lang chhuak nghal siam lo mah se hring nuna

harsatna kan tawhin kan thluak hian nasa zawka hnathawh a ngai a. Thluak chak lo sa chuan zo lovin, rilru natna a kaitho thin a ni.

### **Engtia enkawl tur nge?**

Heng natna atan hian tam takin damdawi a awm tih hre lovin rei tak hrehawm takin an lo tuar thin a. A natna hi a rei tawh chuan tihdam nan hun a duh rei bik tih hriaa inentir vat a pawimawh hle. Heng natna pahnihte hi damdawi leh counselling chi hrang hrang hmanga enkawl dam theih a ni. Amaherawhchu, a natna a nasat deuh chuan damdawi hmanga enkawl hmasak a ngai thin. Thluaka chemical imbalance lo han siam rem thei

damdawi chawh thin an ni. Damdawite hi ruih chi emaw, addiction siam thei emaw a ni lo va, damdawi thawk muang tak niin, damdawi dang huat vak a nei lo.

Damdawi erawh rei deuh hlek chhung (thla 6 tal te) eitir thin an ni a, a natna rawn kir leh vat thin vang a ni. Damdawi hian zawi zawiin a tihrehsak a, thla khat chhung lek pawhin a control-sak vek thin. Hetiang harsatna tawh chuan doctor pan vat ila, tul lova natna tuar leh rilru hah kan pumpelth thei ang a; tin, kan natna pawh a intan tirh atanga enkawl a nih chuan dam chian a awlin, a dam rang zawk thin a ni.

## **KUM 2017-A HMANGAIHNA INANAU CHAWMTE LEHAN CHAWMZAT (Chhunzawmna)**

<b>Sl.No.</b>	<b>Kohhran/Bial hming</b>	<b>Chawm zat</b>
166.	Puilo Kohhran Hmeichhia	1
167.	Kelkang Vengthar Kohhran Hmeichhia	1
168.	Khawhai N Kohhran Hmeichhia	1
169.	Vairengte Kawngthar Veng Kohhran Hmeichhia	1
170.	Zamuang Kohhran Hmeichhia	1
171.	Kawrtethawveng Bial Kohhran Hmeichhia	2
172.	Kolasib Venglai Bial Kohhran Hmeichhia	4
173.	Kolasib Venglai Kohhran Hmeichhia	4
174.	Chanmari West Kohhran Hmeichhia	4

**KUM 2018-A HMANGAIHNA INA NAU CHAWMTE  
LEHAN CHAWMZAT**

<b>SI.No.</b>	<b>Kohhran/Bial hming</b>	<b>Chawm zat</b>
1.	Vairengte Chhim Veng Bial Kohhran Hmeichhia	4
2.	Pi Neihthangi, Zarkawt	4
3.	Chaltlang Bial Kohhran Hmeichhia	3
4.	Mission Veng Kohhran Hmeichhia	20
5.	Tuikual Bial Kohhran Hmeichhia	3
6.	Dawrpui Vengthar Bial Kohhran Hmeichhia	6
7.	Bawngkawn Chhim Veng Kohhran Hmeichhia	8
8.	Electric Veng Kohhran Hmeichhia	6
9.	Armed Veng Bial Kohhran Hmeichhia	4
10.	Thakthing Kohhran Hmeichhia	5
11.	Lily Veng Kohhran Hmeichhia	2
12.	Govt. Complex Kohhran Hmeichhia	1
13.	Saron Veng Kohhran Hmeichhia	2
14.	Champhai Vengthlang N Kohhran Hmeichhia	1
15.	Kulikawn Kohhran Hmeichhia	5
16.	Khawhai S Bial Kohhran Hmeichhia	1
17.	Lunglei Ramthar Kohhran Hmeichhia	2
18.	Darlawn Venghlun Bial Kohhran Hmeichhia	4
19.	Kanan Kohhran Hmeichhia	3
20.	Khatla Bial Kohhran Hmeichhia	6
21.	Keitum Bial Kohhran Hmeichhia	1
22.	Saikhamakawn Kohhran Hmeichhia	1
23.	Tuikual Kohhran Hmeichhia	2
24.	Ramhlun Vengthlang Kohhran Hmeichhia	2
25.	Zamuang Bial Kohhran Hmeichhia	2
26.	Chawnpui Kohhran Hmeichhia	6
27.	Bungkawn Vengthar Kohhran Hmeichhia	2
28.	Dawrpui Kohhran Hmeichhia	10
29.	Bethlehem Bial Kohhran Hmeichhia	3

(Remchangah chhunzawm a ni ang. - Ed.)

*Ei Siam Dan*

– R.C. Lalhmingthangi  
Kolasib Venglai East

**BAI SIAM DAN**

Mizote hi bai ei ṭhin kan ni a, chawhmeh tam tak awm mah se, bai a tel loh chuan a kim lo tlat in kan hre ṭhin. Chuvangin, bai hian kan ei leh inah hmun pawimawh tak a chang a ni. Bai kan siam dan hian a tui leh tui loh te, a hmel mawi leh mawi loh te a hril êm êm a. Bai zawr nalh tak, hmel mawi bawk si hi chu ei a chakawm a, chaw ei a titui bawk. Chuti lova, bai kan thlâk ngai ngaia awm hung mai, duk chûr hi chu a tui lo va, ei a chakawm loh a ni. Chuvangin, bai kan siam dawn chuan saum leh soda telhna chi reng reng – behlawi, sihneh leh saisu ang te pawh hi - tui daiah thlak nghal vek zêl ila, zawr nalh tak leh hmel mawi takin a siam theih a ni. Tin, saum ngaina lo tan chuan atta, maida leh telte pawh hman a rem vek a ni.

**VAIMIM DAH ṬHAT DAN**

Vaimim hi rei tak a dah ṭhat theih a, a rem hunah pawh vaimim hring, tharlam tak angin a awm thei a ni. Vaimim chu a kawm nen chhum so bawrh bawrhin, thur dai leh ila; tichuan, a chhunga tui awm kha hmet/ sawr chhuakin, a hmawr lamah a kawmchu nghet takin ṭawn phui ila, chu chuan a chhûnga boruak lut tur a dang dawn a ni. Tichuan, freezer/deep freezer-ah dah i la, duh hunah vaimim hring tui tak eitur i nei a ni mai.

**EI LEH IN SEM DAN TUR**

Ei leh in zawrhna a ni

emaw, mi tana ei tur kan buatsaih emaw hian a ruala kan chhawp lo a nih chuan, a ei chi hi chhawp hmasak ṭhin tûr a ni. In tûr kan pêk hmasak chuan a lo dai emaw, lo in zawh mai emaw kha a awm ṭhin a; chuvangin, min dawrtute emaw, kan inlengte an ni emaw, an tan ei leh in kan siam a nih rau rau chuan, a ruala chhawp emaw, a ei chi chhawp hmasak emaw ṭhin tûr a ni. Hetiang kan tih chuan lungawi takin kan insiam thei ang. In tur kan pe a, ei tûr nghahtir leh vung vung hi chu i ching lo vang u.



***Hruaitute chanchin*****PI LALSANGLUAII**

Pi Lalsangluaii hi Pu Zaliangluanga leh Pi Biakmawii te fa panga zinga upa ber niin August 6, 1962 khan Aizawlah a piang a. Upa H. Vanlalfaka nen October ni 2, 1986-ah an innei a, fanu pahnih leh fapa pakhat neiin tu pakhat an nei a; Tuikual North-ah in leh lo neiin an khawsa mêk a ni. Eizawna lamah chuan Horticulture Department-ah Superintendent hna a chelh mêk a ni.

Rawngbawlna lamah hian a that lai hun ațanga inhmangin KTP Committee Member, Naupang Sunday School zirtirtu leh Bial Zaipawl Member-te a lo ni tawh thin.

Kohhran Hmeichhe rawngbawlnaah chuan kum

2007 ațangin Tuikual North Kohhran Hmeichhe Committee Member-ah a tel tan a, Secretary leh Assistant Secretary hnate chelh tawhin tunah hian Assistant Secretary a ni mêk. Kum 2010 ațangin Bialah lutin Assistant Secretary leh Secretary-te a lo ni tawh thin a, tunah hian Committee Member a ni.

Tualchhung kohhranah chuan Secretary, Refreshment Committee; Assistant Secretary, Kristian Chhungkaw Committee; Committee Member, Krismas & Kum Thar Committee leh Committee Member, Pangpar Committee bakah Puitling Sunday School zirtirtu leh Inrinni zan thuhrltu a ni bawk.

Bible chang a ngainat êm êm chu Philippi 4:13, “*Mi tichaktuah chuan engkim ka ti thei a ni,*” tih hi a ni a. KHB No. 398-na, “*Nangni chhandam fate tho r’u,*” tih hi a hla duh ber a ni thung.

“Keini nute hian Pathian tihna tak tak nen kan chhungkua hi i enkawlang u,” tiin min chah a ni.

**Hriat atan**

Central Kohhran Hmeichhe hruaitute chêt chhuah dan hetiang hi a ni:

1. Ni 9–12.3.2018 chhûnga Kohhran Hmeichhe Bial Inkhawmpui hmanpui dan hetiang hi a ni:

<b>Kalna Bial</b>	<b>Hmanpuitute</b>
(1) Chhingchhip Bial (Golden Jubilee)	(a) Pi Lalduthangi (b) Pi R. Lalrampari
(2) New Serchhip Bial	(b) Pi B. Bualchhumi
(3) Silchar Mizo Bial	(a) Pi R. Vanlalruati (b) Pi R. Nuzawni
(4) Tuipuibari Bial	(a) Pi Lalnunsiami (b) Pi Zoluri Sailo
(5) Darlawn Bial (Golden Jubilee)	(a) Pi K. Lalliantluangi (b) Pi Lalremruati

2. Ni 24.2.2018-ah Sumsuih Bial Silver Jubilee hmanpuiin Pi Sailuti leh Pi Lalthanruali-te an kal.

3. Ni 24.2.2018 khan ‘Calvin Seminar’ Ramhlun N Kohhran Biak Ina neihah Pi Lalnuntluangi, Pi Lalbiakhluni, Pi PC. Lalmangaihi, Pi Zonunsangi leh Pi Lalngaihzuai-te an kal.

4. Ni 8.3.2018 khan International Women’s Day programme-ah ‘Press for Progress’ thupui zir hovin Hawla Indoor Stadium-ah Pi Lalrinpuii (Trea) leh Pi Lalsangliani-te an kal.

5. Ni 22.3.2018 khan Zarkawt Presbyterian Kohhran Hall-ah HIV+ Care & Support Project Dissemination Meeting-ah Pi Thanghlupuii leh Pi Lalhliapi-te an kal.

6. Ni 24.3.2018 khan Hlimen Bial Leadership Training neihpuiin Pi Lalrinpuii (Trea) leh Pi PC Lalmangaihi-te an kal bawk.

**TIHDIKNA**

**Hospital tan Charity Fund lak khawm hun - John Williams Hospital, Lunglei tan July ni 5, 2018 tia Bial tin lehkha kan thawn chhuah kha July ni 10, 2018 tih zawk tur a ni e.**

**- General Secretary**

## KUM 2017-2019 CHHUNGA INKHAWMPUI LIAN HRUAITUTE

Chairman	:	Pi K. Lalliantluangi
Vice Chairman	:	Pi Lalnuntluangi
Gen. Secretary	:	Pi Lalpianthangi Hrahsef
Asst. Secretary	:	Pi Lalmuanzuali
Treasurer	:	Pi Lalrinpuii
Finance Secretary	:	Pi Lalbiakhluni

### COMMITTEE MEMBER-TE

- |                          |                        |
|--------------------------|------------------------|
| 1. Pi Lalsangliani       | 2. Pi C. Thanthuami    |
| 3. Pi Zangeni            | 4. Pi B. Bualchhumi    |
| 5. Pi Lalthanazami       | 6. Pi Denghmingliani   |
| 7. Pi Lalngaihzuai       | 8. Pi Biakchungnungi   |
| 9. Pi Zoluri Sailo       | 10. Pi F. Lalsangmawii |
| 11. Pi Liansangi         | 12. Pi Chuahmingliani  |
| 13. Pi Zonunsangi        | 14. Pi Thanghlupuii    |
| 15. Pi Lalpianzami       | 16. Pi Lalnunsiami     |
| 17. Pi Lalhliapi         | 18. Pi Lalthanruaii    |
| 19. Pi Sangthuami        | 20. Pi Zasangliani     |
| 21. Pi Lalrinpuii        | 22. Pi R. Vanlalruati  |
| 23. Pi R. Lalrampari     | 24. Pi Zodingliani     |
| 25. Pi P.C. Lalhmangaihi | 26. Pi Lalremruati     |
| 27. Pi Vanlalpari        | 28. Pi R. Nuzawni      |
| 29. Pi Lalduhthangi      | 30. Pi Rothangliani    |
| 31. Pi Lalsangluaii      | 32. Pi Lalramthangi    |
| 33. Ni. C. Lalrimawii    | 34. Pi Vanlalrovi      |
| 35. Pi Vanlalnghaki      | 36. Pi Lalbiaksangi    |

### Ex-Officio Member-te

1. Rev. F. Lalrinnunga, Synod Moderator
2. Upa R. Dengzikpuia, Synod Secretary (Sr.)
3. Rev. P.C. Pachhunga, Executive Secretary i/c Women
4. Pi Rinshawii, Ex-Chairman
5. Pi Sailuti (PWF)

### KOHRAN HMEICHHIA

*Thupui : Thuhretu atana koh (Tirh 1:8)*

- Thil tumte:
1. Kohran pum rawngbawlna tihlawhting tura thawh ho.
  2. Kristian chhungkua din nghehtir tura tan lak.
  3. Tanpui ngaite Krista hminga tanpui.
  4. Chanchin Tha puan darh.



Postal Regn. No. MZR/ 53/ 2015 – 2017 RNI Regn. 40876/ 88



Speaker Rev. Dr. K. Lallawmzuala



Kristian Chhngkaw tehnaa lawmman pakhatna latu Phainuam Bial



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To \_\_\_\_\_

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