



S. MUNNUAM PASTOR QUARTERS
THAK SAKZAW HI TA

To.

If undelivered please return to - Manipur Area Office,
P.O. Box - 107
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Churachandpur - 795128
Manipur, India



LUNGTHIM LAM DAMTHEINA (MENTAL HEALTH)

- 2021 PSS ZILLAIBU REVIEW
- Damna Kim
- Pathian I Kiang Un A Um
- Mission Field ah Semtute Chanchin leh a dang dang



Kipak Thugenna Ni

Kipak thugen ti thumal hin thil tamtak a chûn thei ah: ei petu hiatpina (*recognition*), ei thilpiak zia ah chawihawina (*honor*), chan guallo malsawmna (*grace*), zia malsawmna chu ka dawng ngei hi ti kisuklatna (*acknowledgment*), ei petu kianga batnei guala kingaina (*indebtedness*), leh a dang dang a kaw k thei vek hi. Zia zosia hin kochuamte lungthim in thaithak lawp leh buthak lawp tite hi a piandaw sak sek hi in a kilang hi.

America gam ah chun November tha Ningani 4-veina hi Thanksgiving Day, Kipakthugenna ni a h'em Buthak lawpni ti'n a la mang sek uh a hi. Ei lam ah hin ni bik guat a hi pua, mani kochuam in vengsung ah thai tun dan en in thaithak leh buthak lawp hun hi a guat mai sek uh a hi. Nidang lai ah chun Khanglai Pawl te'n Biak In chei ding tawh Lo lam ah thai paw ding kisepkhen in phul takin pan a la sek ua, nu leh pate'n le anche lohing lampang te chu hung pua in Pathian biak kikhawp hun leh a hung pawkhawm sek u'i. Thaithak lawpni bik ahin changmai a h'em nekthei dang dang te kha semin Pathian chawihawi ah lêngkhawm kawmin a ne sek u'i.

Zia hun ahin loma thai a nei teu chu Biak In ah latzaw a hi takleh loma hawi leh hawilo tele limtâng takin a nekhawm ua, Pathian pawlna le a dawng sek uh a hi. Tukum Lo leh huan thai ah te, sungkuan nek leh chak hawlina leh zilna lam, sepna lam leh a dang dang ah malsawmna la dawn te haw zia ah khan Pathian kiang ah kipak thugenna in midang pakhat bekin limna leh kipana a chan thei chun kipak thugenna hawi tak hi'n a.



KOCHUAM HUANG

Office hawn leh khak thu

Covid 19 Wave II zia kin *Lockdown* bep hi talo in *curfew* kawi a hung hia, Office staff khenkhat gamla deu ah kipan te lamkâl ah buaina a tuak sek zia kun hun bang h'em sung kha Office kai mumallo in a ki-um hi. Maleh tuhin *curfew* pass te haw kisiamin hawi takah Office in hawn a hi kit ta a hi.

Hinna Vâk tawh kisai

Covid 19 zia k ma in June & July tha kha Hinna Vâk le gawpkhawm ahia, tuhin chu Pathian puihuaina zalin tha tin ah hung kisua zawm kit ding a hi tai. Chuleh, Article thu ah simtute zosia Pathian hopina chang ah kihe, article zia k nuam zosia kiphalam lo hial ah hung zia k ah Editor a h'em Business Manager kiang a h'em ah piaklut thei zing a hi.

Kochuam Upa sun thu

Tu sawng in i kochuam sung ah Pathian belampu Kochuam Upa 4 leh i missionary lui uh pakhat in lopina gam ei la

zawt san tau hi. Amau hi i sùn takzet ua, a insung miteu Lalpa umpina i dawt piak ngal uh a hi.

Amau chu:

1. Upa P. Mawia, Imphal
2. Upa Satzanek, S. Munnuam
3. Upa Chinsuanmang, Muallum
4. Upa Kaizapau, Leisang
5. Upa Thiankhogin, V. Kawlmun
6. Upa Damzakhual, Compound Veng
7. Missionary Wintin, Nansongpuh (Myanmar)

Sister Synod te tawh kipawlkhawmna

July 14, 2021 (Nilaini) khan Thangkai & Lungpau Hall, Manipur Area Office ah Manipur sung ah um Sister Synod te tawh kipawlkhawmna guanggal a hi. Zia hun a hin Rev. Hangpi Manlun, Executive Secretary, Zou Synod in pauchapna'n hun a hawng ah, Administrative Secretary in Vaidawmna thucha a gen a, Synod lawi upate haw'n kipak thu leh dawisakna thute tampi a gen ua, Upa PH Lalduhawma, Statistician, Tuithaphai Presbytery in pauchapna'n hun a

Hiṅṅa Vâk

khak hi. Kipawlkhawmna programme hun chawmcha mat zaw in Office tualzawl ah kingainatna ankuang lim tak ah sawkkhawm a hia, kipak takin hun matkhawm a hi. Synod leh Prebytery puitu hung pang thei dan chu:

- | | |
|--|------|
| 1. Zou Synod apat | - 6 |
| 2. Manipur Synod | - 3 |
| 3. Tuithaphai Presbytery | - 3 |
| 4. KSP apat | - 1 |
| 5. EMP apat | - - |
| 6. Manipur Area khawpi
sung pastor te | - 4 |
| 7. Office Staff | - 14 |

Relief piak thu

Covid 19 Wave II a hung hât ziakin Panglian Pastor Bial sung ah Muallum, S. Zezaw leh MT Geltam te hi khaw pumpi ah *lockdown* in a buai ma mau ti thu hiat a hi ziakin Office in panpina thei dan dan in a kihawm hi.

B.D. & M.Th. zilzo thak

Pathian mapuina zalin i Kochuam in Bible zilzo thak i nei belap zel ah, tu kum ah hin le B.D. zilzo thak 2 leh M.Th. zilzo Pastor 2 i nei thei ua, kipak

um i sa ma ma hi. Amaute chu -

1. Tv. Lamgouliau, s/o Rev. T. Zuanlal, ATC ah B.D. zilzo.
2. Tv. Kailianson, s/o (L) Mangtinlal, JRTS ah B.D. zilzo.
3. Pastor Lalpiaklian, ATC ah M.Th. zilzo
4. Pastor Khaisonthang, ATC ah M.Th. zilzo.

COVID-19 & Vaccine Chung-changah District Medical Team in Office hung taw

August 8, 2021 03:00 p.m. in Thangkai-Lungpau Hall ah District Chief Medical Officer Team in Area Office a hung ve tha'u ah, zia hun ah hung te chu:

Medical team apat:

Dr. Paulunmang Vaiphei, DFWO
Dr. Romeo Sinate, DAO
Dr. Baby, MO, PHC Sagang

Kochuam lam apat khawpi sung pastor, Pro. Pastor leh Bial lawi upa khenkhat kigawm in mi 27 tawh hun mat ahi.

Covid 19 chungchang ah kipawlkhawmna hun mat a hia, Pastor-ten amau bial dinmun report a pia'u ah, bawl hawi ma ma tau ah hiat a hi.

DAMNA KIM

Rev Nicky Lalremmawia
New Lamka, Manipur

Insung a lut phat chun mitthum te chule a hung ua, Jesu'n a kiang un, "Zia hi hithei ding in la gingcha'u ah ahem?" ala tia. Ama'u chun, "Gingcha e Lalpa," a tiu a. Zia phat chun, Jesu'n a mit uh a khawi ah, "La ginchak gual un la chung un tungta hen," a tia. - Matthai 9:28-29

Damna kim chu bang a hi em? Damna kim chu mihing lungthim, taksa leh thagau hinna ah te, a hi didan tak ah a chikhawm theina a hi. Mithiamte chun damna kim chungchang a gennau chu, "Mihing hinkhua bak tincheng huap pha 'damna' hi damna kim chu a hi, i nun pumpi damna [*Wholeness of life*] a hi" ti a hi. Taksa dam ngal hilehle lungthim a dam lo chun i tunna di chan uh i tung zo ngai puau ah, lungthim dam maleh taksa a dam lo chun a bukim lo khat a um ah, zia chun thagau nun a khawikha kual vek thei hi. Thagau damlona hial chun vang kumtuang nun tiang a chawkbuai thei a. A khawk ma ma hi.

Bangti'n damna kim chu i chang thei ta diam uh? Damna kim nei theina ding ah lampi pawimaw tak pakhat chu Pathian i ginnau ah dindet a hi. Lal Jesu'n "I ginnau hi i dampi uh a hi" a tia. Damlo te'n Jesu a ginnau chu a dampi ta sek uh a hi. Pathian tawh i kimelhiatna a diklo lai sia chu, i gin dan uh le a dik zolo hi in a kilang. Ginna ah i um uh em umlo ti

hi mani ngei kipatep zing sek a pawimaw hi [II Kor 13:5].

I thagau nun damna hi Jesu'n a ngai pawimaw ma ma ah, lei taksa chu bei ziang thei a hi. I thagau uh chu vang kumtuang ah um ding a hi ngal ah. Ginna tak tak ah chun lungthim, taksa leh thagau damna kim a um ngei hi. Bible ah le damlo te'n Jesu a gin ziak ua damna chang a um sek u'i ti i mu uh a hi.

Hin̄na Vâk

Chapa neisun Jesu pauchapna, “Aw ka pa, a thei chun zia no hin ei pel mai hen” ti le sukpitin piak lo, ama dawidan chauh supiting sek Pathian hin ei haw dawtna te chu i dawidan ua sukpitin hi a ba kêi puai i ti thei u’i. Jesu pauchapna kha lawting lo maleh Jesu thîldan apat chun Pathian lemkuatna fel tak a mu thei hi. Ziaziak ah chun thu mang tak leh thuk hât tak ah Jesu’n pa thu a sukpitin gual in Pathian thiltup thîl thiam tu Pathian nasemtute, puitute beidawng lo ah beiseina ah malam thîl zing ziang gingu i hi uh a pawimaw hi.

Hinkhua kibuktuak tak nei hi a pawimaw ma ma ngal a. Lungthim, taksa leh thagau damna chan theina ding ah le nekhawl̄na mumal leh det i nei uh a kûl hi. Chiadan mumal tak nei ah nekhawl̄ dan thiam a pawimaw to zel hi. Nun dawî um zawk nei ding ah chu ‘kisiamlem’ thiam i zil uh le a kul ma ma hi. Hipi’n ei chenchil ta ngal ah. I nasepna kawng ah i kisiamlem thiam to zel le a ngai ta a hi.

Titakna nun i nei uh hi a pawimaw ta ma ma ziang ah. Khawvel ah milopi te lawtinna thuguk he ma ma in gen gen leuhin le, titakna leh buan tak takna tawh lawting ding ah kha-pet zen ah i pan lo chun phachuamlo ding a hi. Pathian thu hetna sang tak nei ngal ah i hinpi lo uh chun phachuamlo a himai hi. Pāngai gual tak ah mawk um thei a, a hin vang ginna nun tak tak nei ding ah chun nitin Pathian aw he ding in ginna zin kawng hi mi hat te chauh zingkawng a hi diak pua, ‘Lalpa la kiang lo chu khawi ah chia diak ding ka hem’ ti ah Jesu taisan ngamlo khawp ah mihing hina dengdel tak te zinkawng a hi ngei hi ti hezing kawm ah i titak tak uh a hun takzet tai.

Pawm thiamna hi i mamaw ma ma’u hi. Tulai boruak giksak tak hile i pawm thiam dan a zil in i thadam un i chunggik thei bawk u’i. Zia chun i nun ua thu gen zawm zel din a kilang hi. Naaman chun phâk a hi ti a kihetchet apat chun damna a chang ah. Ei uh le i hi na chiat uh i kihetchet

ah, masawna ding ah kal i kochuam damna a tut sek hi.
suan zel uh chun damna'n ei
zui ding a hi. I mimal nun
damna'u chun sungkuan
damna a siam a, sungkuan
ah damna chun khawtang leh

Damna kim i chan theina
ding ua damna kim tuntu
Khrista chu ginna ah hing zing
kawm in nai hitiu. AMEN

THIP HIAT HIAT THEI

Thupil 17:28 Mingawlte chule a thip hiat hiat ua leh pil gual in a kingai in; a mûk huktup zo te chu, hetthiamna nei ah ngai a hi sek u'i.

Eima leh midangte â ding ah thil khawk tak i gen zing sekna ziaak uh chu i pau tam takluat ziaak uh a hi zing hi. “Mihing melma chu eima hi a kihi sek hi” tia a la gen uh hile i pau kam ua i ki-awk sek ziaak uh hi maithei a hi. Mi thip hiat hiat thei tak chun mi huatna thu te a gen lo him him sek u'i. Pau ding hun ah thip ziang vang chu a pil kai diak puai ti he chiat hitiu.

Nupan kikhenna tam tak hile thip hiat hiat hun hita ah le a thip thei lo ziaak uh a hi zing sek hi. Ziagual zel a chun kisialna tam tak hile eima kikitim ah, i thip nuam sek lo ziaak uh a hi tangpi sek hi. Sepkhawmna leh lalgam nasepna ahin le a hun tak ah thip thei hi sephawmpi nuam hina pen a hi sek hi. Thiamthu gen zing mi chu a gen gual ah thiam chang tâk a hilo ziaak ah a chû tun tun a hi sek hi. Kochuam Office ah semte hin le a chung ua kochuam hotu Upa te leh Minister te a um u'i ti helo ah Upa te leh Minister te a la hosiat ngam sek u hi thip hun a het lo ziaak uh a hi. Lungnat kisum thei hi thupina a hi.

Sermon

**KHAWI MUN AH
KICHAWLDAM LA HI EM?
(2 Samuel 11-26)**

*Pu K. Thangluai
Guwahati*

Pathian in a kisuampi, dawichuam ma ma mi, min lak ah le kigen mun pen, khawvel ah le min dinga minthang pen - David. Leng David hinkhua apat zildaw ding ah um thei nalai diam? Pathian thu kigena te lak ah la het mun pen khat le hi maithei in a, maleh tuni hin zat chuam deu in vak sui kit hitu aw.

Lung sunatu

Leng David in a bawl ding a bawl lo ziakin Pathian lunggimna a tun sak in, ama hinkhua bep hilo in, a insung leh midang insung natiang in haksat leh thina tiang a la tunsak khawlaw a hi kha.

Ei mihingten le i ngainat, dawisak bîk diak te'n thilsia, thil phalo leh i zakda lam a hung bawl phat uh leh i lung a gim in, i pawna ma ma sek tho uh hilo maw? Ziagual ma chun David inle Pathian lung a la suna talua a hi.

Bawl ding bawl lo

Leng gâl do ding hi zing lai chu, ama thasang in Joab a

sawl ah, ama ahileh nuam tak in Jerusalem ah kichawl ding in a la um tai. Chutia a chawldam lai ah chun, a vak dâk vel vel leh Uriah zi kisil a vak mu thut ta mai a hi. Gâldo dinga khan a la kipandawk thiat thiat leh buai keilo ding hiven maw.

Pathian in Leng David kha gâl mala ding ah a guat hinapi in, a sep lo ding pen a sep tak ziakin a buai kipatna a hung hita a hi.

Thilpha tamtak ka semdawk ta'n, sem tawk leh bawlpha tawk ma ma ka hi tai, tuhin chu kichawldam leng le Pathian in ei hethiam na'n a ti lung gel nei le hi mai in a. Zia a chawldam

nawpna lungthim kha ama ding ah thina gu gual a hi ta mai hi.

Ei haw le ziagual ma chun, i sep ding teu mi dang i ngansia'u ah, ei nuam takah i la um khak phat uh le mun tam tak in buaina'n ei chûm sek hi.

Minsiat selkhu guallo

Ziagual ah ama nawpsakna ding ngaitua takluat nalam in, siatna sang pen leh thanghuai thang in a la awk ta a hi kha.

Uriah zi a luppi ah nau a hung vawp phat in, a minsiat ding launa ziaak in, a selkhu ding dan ngaitua in a buai tai. A lenggam mipite leh gâldo ah chiate ngaitua man di chi a hi tapuai. A sukkhial selguk, ipguk, sukmanng na ding ngaituana in sun leh zan in a buai ta mai a hi kha. Leng thuneina theitawp ah mangcha in a سوالنا a sel ah, mihing mâi in vang a sel zo na kha. A سوالنا selkhuna dingin a sepai hangsan, mi gin um leh thumang ma ma Uriah kha a thina ding lekha a chawisak in, pu thumang a hi dungzui in a va thi ta a hi. Aleh David in

Uriah thi a het ah khan a kipak diam? A dah diam?

Bang selguk gua ah buai la h'em?

Ei hawn le mihing mâi in i dinmun let/san ziaak, thuneina nei ziaak, i pil ziaakin i سوالنا, phatlonna leh gitlonna te i la sel zo tho sek u'i. Pathian in a hung dawpsangna mang in nang soal selna dingin mi nu, mi pa, mi cha leh suapi in gentheina a thuak khawlaw sek hi.

Pathian kipak keilo ding ahi aw!

Thilpha bawl ah kingai

David in Uriah zi a kichenpi ah khan mihing mitmu in thilpha bawl in a kilang hi maw? A kiang kim tenle pakcha in kipakpi ma ma maithei a hui. Uriah zi ngei kha le meithai hi tak nungah Leng khat tawh kicheng ding chu a la eng gu numei a la tam ma ma nalai di ahiu in, kua a h'em a nuamlo, kipak lo ding? Ziagual hi a pawlam ah ente mu dan a hi, amau sunggil takin a kipak tak tak dingin la gingcha eh,

Hingna Vâk

David hi in Uriah zi hitaleh? A naisai pua’i. A nek leh dawn uh tui pua’n tin, tui takah imut zan le vang ma ma nalai ding a hi ei. A nupan hinkhua mat dan le chianguang lo nalai di a hi. A gim ding dan uh. Ahinla upai um talo a hi.

Kua thep gua maw?

David hin Pathian in a thil bawlkhial kha mulo ding ah ngaituana nei a diam? Ahiloleh Uriah zi a kichenpi kit a khan Pathian kipak dinga ngaituana leh suangtuana a la nei le himai thei a’i vei maw? Zia gual ma chun, lei mihing ten le thil i hikhial teu hi thilpha gual ah kilang i vak bawl leh pha mai mai dinga lunggel i la nei sek uh a hi. Thil kibawlkhial chu a tamzaw midang chung a kibawl a hi, a phalo chu a phalo ma ah enle kiluak kit sek a hi.

Chunglam ah Pathian in vang bangkim a mu suak kei ah, i lei ah thumal pakhat chale a pawt masanga hesuak keipa

Pathian a hi ngal a. Ama dingin sun leh zan, thim leh vak chu kibang a hi ngal in. Pathian in bangkim a mu suak kei hi. David chawndan leh khawsak kha a lung lam a hi ta kei pua’i. Aw khai, David gual Khristian i tam talaw tau hi.

Midang chung a la vaihawm piak gual ma in, nang chungah le ziagual ma chun hung tung ding a hi. Ama têna ma ah tê in a um ta’n. Kisikna sangpen ti mai hitiu, David kisik gual ah bawlkhial kisik mi ah um diam aw tithei khawp hial in a kisik phat in Pathian in a ngaidam ah, maleh a cha te sîn in hinkhua genthei takin a la mat bep hilo in a sualna ga a nek sak kit nalai tho tho hi.

Khawitak ah chawldam?

Lalpa guatna na sem lo ah chawldam mai mai la hi em? La chawldamna mun leh hun kha David Jerusalem ah a chawldamna gual a hi em a la ki-enchian in.

“Khawvel leh a sung ah thil umte haw hile thangai diak kiu in. Kua’n le khawvel a thangai chun, Pa hepina chu ama ah chun a um pua’i” ~ 1 Johan 2:15

PATHIAN I KIANG UN AUM HI

~ Rev. T. Zuanlal

*K*hatvei chu mi hausa tak hi a um a, chapa dawu um tak a nei chu a genhak in a thunun zo pua, zan khat chu a In a common room ah a la chut lai in a chapa chu zukham pum in In ah a hung lut a, a lungnatna chu a kisum zo ta pua, In apat in a nawdawk ta. A cha chu khuathim nuai leh daplak chun a pawtdawk ta, a pa chu a kingaitua leh a imu thei tapua, hiti hin a geldawk ta a hi.

‘Ka chapa hi genhak in, zukham in um in, lungna’n nawdawk maleng min kei ei ngaw tho tho ding a hi’ ti in a ngaitua dawk ta. Tichun, ama le zanthim nuai ah chun a chapa hawl ding in a pawtdawk ta a hi. Khawpi sung ah kawthel tin a hawl a, mi a mu taphawt a dawng vel a, police te haw a dawng vel a, a tawp ah chun zingkal khuavak phat in munkhat in a chapa a va mudawk a, In lam in a pui a, a chapa zukham a phat masia common room ah chun a lupsak a. A zukham a phat phat in, a chapa kiang in, ‘Bawipu, ei ngaidam in la, la umdan phalo zosia hi keima ziak a hi’ ti’n a chapa ang ah chun ngaidam a dawt leh, a chapa

kisik in Lalpa Pathian bel in, zia khel khel chu a umdan lui a zawm kit talo a hi. A chapa chu a pa’n va hawldawk in, a hepina chun In lum a puitung a hi.

Van ah i Pa Pathian chun migilote chu a Chapa Jesu aj chun ei hung hawldawk a, ei haw gitlona chu Lalpa’n ama chung in a nga ta a hi (Isai 53:6). Ama chu gitlona neilo, natna te, khawvel leh a sung ah um te, thitha buakte chung ah thuneitu a hi. Ama chu ei haw kiang in a um a, ama’n i lungkhamna’u zosia a hia, ei umpi a hi. Ama ginna pawmtute â ding in beidawwna ding a um pua’i. Lalpa Jesu’n, “Kei ka hi leh chu mi tamtak

Hinna Vâk

in hinna a nei ua, tamtak a nei theina ding ua hung ka hi (Joh.10:10b). “La samzang natiang uh simsuak dim diam a hi,” (Mat.10:30). “Nang haw semgim leh puakgik paw zosia te haw, ka kiang ah hung un, keima’n ala chawldam sak ing ka. Ka ngawngkaw! hung pua’u inla, ka kiang in zil un, lungthim ah nunnem leh kingaitawm ka hi, tichun, la thagau â ding un chawldamna mu’n lau, ka ngawngkaw! a nuam in, ka puak le a zâng hi, ka kiang ah hung tapo chu deldaw lo hial ding ka hi”, a tia (John 6:37b)

Pathian kiang zuan leuhin Lalpa Jesu’n chwldamna

ei la pia ding a hi. Tuni hin Jesu chialna pawm in gitlo kisik in Lalpa kiang in i hina gual gual in, (I sualna pum in) Lalpa kiang ah, “Lalpa ka hung hi nang bel ding in” ti in pauchapna’n ama kiang in kipia leuhin Lalpa umpina chu hiachian ta ding i hui. Tuhin ama chu la pawm nuam em? Tuhi hun kipak um, hukdamna ni chu a hi. (IIKor 6:2)

Tulai Covid-19 natpi lak ahi lenlai ua, Lalpa chu i kiang ua um zing a hi. Ama beltute a ding in ama chu lum leh phaw a hi. Lalpa’n simtu zosia â ding in malzawl ta hen.

Sam 91 hi sim in

PATHIAN LEMGUAT DAN MAK

John Bunyan khan a damlai in, a thugen ngâitha nuamte kiang in thu a gen nuam ma ma ziang sek a, himaleh gên theilo dingin suangkul in a khumchak kêi uh a hi. Zia suangkul sung ah chun lekhabu lopi tak “*Gam Thiangtho Zawtna*” kiti chu a hung zik a, zia lekhabu mang ah chun ama khang ah mite bep hilo, tuni tiang ahin le mi tamtakte kiangin thu a gen zing ta mai a hi. Pathian thil lemguat dan hi chu a mak sek ngêi hi maw!

Tuni tiang ahin pau 200 vâl in ledaw a hita, China gam ah zawk ding ah a hawndaw ua khan ni 3 sungin copy 2,00,000 sêt a zuakdaw ngal uh a hi kha!

PATHIAN GAM

~ Upa Doua
New Moreh

Romte 14:17 “*Pathian gam hi nek leh dawn thu a hi pua’n Thagau Thiangtho ah dikna thamuanna leh kipaknate a hi zaw ngal in*”

Sthupiu Pathian gam ti a hia, gam hi a pawimaw ma ma ah, khawvel ah le gam thu a kigen tak leh mite ngaiven leh mite nakhang a thawng sek hi ti leu hin kiti khial pua’na. Bible ah pat leh khawvel khangthu ah le buaina kidona a la tungte leh tu hun ah gam khat leh gam khat kibuaina umte hile gamgi chungchang gam kichuna tamtak a um hi.

Vak het thei ding in South China Sea ah buaina, Israelte leh a kiang kîm ah Muslim gamte a buainau, India leh Pakistan buaina, China leh India buaina, Assam leh Mizoram buaina, Assam leh Nagaland te nasa tak in gamgi ziak in a la buai ua, Naga leh Meitei, Kuki leh Naga te buaina leh a dang le gam ziak ah buaina tampi gen ding um in ah, zia hin muthei leh hiat thei um chu gam pawimaw zia leh khawvel ah mite’n le gam hi i ngai pawimaw u’i ti i he thei u’i. Ziagual ah chun Lal Jesu’n le Pathian in ama mang ah a lalgam thak a tundin kit ding chu a gel pawimaw ah,

a nungzuite kiang in La gam hung tung hen ti ah pauchap ding in a zilsak a hi. Mathai 6:10 ah zia gam chu khawvel lalgam leh a kivaihawmna gual a hi pua. La dawigual van ah mi’n a hi gual un lei ah mi’n le hiu hen, ti a hia. A Lalgam tung ding ah a dawt sak chu a Pa dawî gual bawlna gam chu a hi. Zia chu khawvel gamte gual hilo a hepi a mite ah Setan in lalna a chan tak chu ama lalgam ah tundin kit ding chu a hi. Lal Jesu’n a ngaikhawk chu nang leh kei ah Pathian gam a tun ding chu a hi. Zia dungzui ah chun Pathian gam chu mihingte ah a hung tung ta ngei ah, penticost

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ni ah khan Thagau Thiangtho le piak in i um ua, Kochuam le a hung ding ta a hi. Ziaziak ah chun eimau ah a gam chu a hung tung zo ta, bang zia ah “La gam hung tung hen” ti ah kipauchap nalai ding a h'em ti ah Lalpa pauchapna manglo kêi Kochuam le a ki-um a hi.

Tuni i gen nawp a hileh Pathian gam chu a hung tungta ngei ah tu hin le a tung zing ah, a tun nailona mi le khawvel in a tam nalai hi. Ziaziak ah chun Kochuamte hi eimau ah diktak ah Pathian gam tung ah Khrista Lalna huang sung ah khawsa zing kawm ah, Pathian gam a tun nailona mite â ding ah Lal Jesu zilsakna gual ngêi ah “La gam hung tung hen” ti ah pauchap sekte hi leuhin a dawî um a hi. Ziagual chu i hi chiat phat u leh insung leh kochuam sungkuan le i gam sung uh nuam ma ma ding a hi. Pathian gam chu Thagau Thiangtho ah dikna, thamuanna, kipaknate a hi ngal ah, zia chu Khrista lenggam chu le a hi. Zia khawvel hi chu Khrista lenggam a hi pua'i. Johan 18:36 ah “Ka lenggam

chu zia khawvel hi a hi pua'i” Jesu'n a tia. Mathai 4:17 Jesu'n “La gitlo uh haisan un, van gam chu a nai ta'i” a tia. Zia van gam a ti hi gitlo haisan ah sual simte khawsakna ding mun, ama'n Lalgam a din chu a hi. Zia Lalgam chu khawvel gam leh a kivaihawmna tawh kilebul tawp a hi. Khawvel gam a hin chu mi'n thil a hikhial leh a thiamchanna ding in a sukkhial man tawh kituak piak a ngai ah, Lal Jesu'n a lenggam sung ah um ding dan ziagual hin a gen hi. Mathai 5:38 – 42 ‘Mit sik ah mit, Ha sik ah ha kiti sek kha la he tau hi. Himaleh keivang in ka hil la hiu, migilo thuk kiu in; la biang changlam beng tapo chu a langkhat le daw zâwn la, kua'n le a hun hek ah la puanak a hun lak piak chun la puanak chung le lak sak ngal in, melkhat chia ding ah mi'n a hun sawl chun mel ni chia mai in, la thil hun dawnte chu pian la, a khel nuam le kilepsan kiu in' ti in a gen ah, zia hi Khrista lungthim chu a hia, Khrista'n lalna a channa mite lungput leh khawsak dan chu a hi. Zia chu

hileh insung leh Kochuam ah a dikna, thamuanna, kipakna chu um ngei in a. Zia hi i gam leh sungkuan leh kochuam in i pawimaw a hi. Unau dawî tak nangma ah Jesu'n Lalna a chang na em, dikna'n hinkhua

la mang in, la kipak in, la thamuang na em? Pathian gam chu nek leh dawn thu a hi pua, Thagau Thiangtho ah dikna thamuanna kipaknate a hi ngal a. Amen.

ZILTÎLNA DIKLO LAK IN CHINGTHEI UN

Lal Jesu'n pilvâna ding tam tak ei hil lak ah pakhat chu ziltîlna diklo lak apat kivên ding thu hi a hi. Kochuam a dindaw ah kipat sawt lo cha nung in ziltîlna diklo in Kochuam chu a hun subuai pan ngal a, tu tiang ahinle Setan chun matchak pawimaw tak pakhat in a mang zing hi.

Ziltîlna diklo i hiat theina ding un a langsal diak te vak gen hitiu.

- a) Ziltîlna diklote chun kochuam a ngaisang pua'u
- b) Mi suk lâu ah, puihuai a gua sek u'i.
- c) Khenkhatte chun kikhawp leh thilpiak a ngaisang puau.
- d) Mi In ah lèn a hât ua, a kimutua mun sek ua, thi In leh tuaksiate In chu pâwl hawlna leh a gindan uh thugenna in a mang sek u'i.
- e) Missionary leh Chanchinpha hil sangin a pawl uh a ngaisang zaw'u.
- f) Khrista sang in amau a kikawi pawimaw zaw'u.
- g) Kochuam chiadan pangai pawm utlo te hin a chateu hinkhua ding le a ngaitua thiam pua'u a, a khawk ma ma sek hi.

Ziagual ziltîlna diklo mang, ama leh ama kingaisang, midang Pathian biakna bangma' ngâi lo te lak in kiveng pha'i tiu.

Book review

KOCHUAM LEH A NASEPNA
2021 Piting Sunday School Zillai

Ziaktu: Rev. Lalzuithanga, B.Th., B.D

Page: i-xviii, 1-294

Review tu: P/P Khuplemlal
Lamka Pastor Bial

*K*um 2021 Piting Sunday school zillai ding MSSU lam in a hung guangal gual “Kochuam leh a nasepna” ti chu ziaktu hin, zillai bu hi lawmlian tak pagiat in a khen a. Zia zillai lawm lian tak mai pagiat te haw chu zillai neuca cha in hung khendan zel in zillai 47 in a khen hi.

Khen khatna ahin, ziaktun zillai bu chiadan leh zil a hina zia te gen in zillai apat ah Pathian leh a Kochuam lalna leh pawimawna zildawk din a hi thu gen in. Kochuam chu Thuthung Lui paukam, *Qahal/Edah* (zia chu mipi pungkawm), Israel inkuante, Zion/Jerusalem ti leh Thuthung Thak paukam, *Ekklesia/Kuriakon*, Khrista taksa, Khrista mo, Thagau Thiangtho mo leh Belam huang ti ah gen a hi dan i mu thei a. Pathian thiltup sukpitin leh Khawvel nam zosia kiangah a thu hiatpitu hi chu a mawpuakna

a hi. Kochuam chu mipi pungkawm a h'em, mihing in a din kawm a h'em mai mai a hilo dan i muthei a. Van tawh kizawp, mithiangthote tawh tual khat, Pathian Inkuante, Khrista thuneina kikawppi ah nasem ding ah phudaw a hi. Zia kochuam chu Khrista taksa a hi zia in Khrista tawh thuk tak kizawpna nei a hi. Zia kochuam chun zepi pawimaw tak tak a nei a, ziate chu, Pakhat, Thiangtho, Huapzo leh Apostle te thugin leh zilsakna kinga a hi thu chian takin ei kawkmua a hi. Zia kochuam Thiangtho leh Huapzo chu hun

hung chia zel in, hun lailung kum 500-1500 kikal vel a khan, kochuam ah thuneitute a bik tak ah Pope ten a thuneinau mang sual in, Pathian guat a kingai in mipi leh lal ten le a thu'u a zawp ding uh a hi ti ah ngaidan a hung piang tak ziaka chun, Bishop leh Pope te haw chu Pathian ai-aw ah ngai in, gitlo ngaidam theina natiang le a hung nei tau a. Kochuam ah luchang te leh hotute ti lo chu, Bible a nei uh leh sim ding phal a hilo ziaak un, kochuam mu thei kochuam chu siamphat ngai hial in a hung um ta a hi.

Khen nina ahin, Kochuam in a zepi tam tak a neite haw mansua ah, mimal thuneina a matsual ziaak ua Martin Luther, John Calvin, Ulrich Zwingli, John Wycliffe leh mi dang dang te hawn phatchuamngai tak leh hangsan tak ah kochuam a siamphat thu'u i mu thei a. Kochuam ah vaihawmtute hawn Pathian thu leh Kochuam chiadan pangai haw sang in mani mimal dawidan leh ngaidan a chiapi tak ziaak te'u, Kochuam luchang kichunate, biakdan leh thugin thu ah te,

kilemlona ziaakin Kochuam chu Khawthang Kochuam (Roman Catholic) leh Khawsak Kochuam (Orthodox Kochuam) in a hung kikhen a, zia chun huntawk lo in, Roman Catholic Kochuam chu Roman Catholic leh Protestant in a hung kikhen kit a. Zilsakna leh kikaihuai utna kibat lo ziaak in, Protestant Kochuam chule hung kikhenzak zel in, thugin chungchang ziaak ah te, kochuam kivaihawmna dan te leh nasep chiapi dan te ziaak in, kochuam chu hung kikhenzak zel in. Tichun zia kochuam pawl chuam chuam Congregationalist, Episcopal, Presbyterian leh Autocratic te chun chiadan leh kivaihawmna dan leh chiadan tangpi a kinei chiat u'i. Ziaak tun tu ah Apostle thugin leh Kochuam thugin khenkhat te hi khawmpi chuam chuam, Nicea Khawmpi (A.D 325), Constantinople Khawmpi (A.D 381), Ephesi Khawmpi (A.D 431), leh Chalcedon Khawmpi (A.D 451) a namdet uh a hi thu ei kawkmu hi. India gam Presbyterian Kochuam

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chun le Kochuam siamphatna chia zel chu mang phachuam in, John Calvin zilsakna chu kochuam thugin puandawna leh kingakna mang in tichun, thugin 10 leh Bible bu 66 chu pawmin tuni tiang ahin zia chu kingakna bulpen in a kimang ta a hi.

Khen thumna ahin Presbyterian kochuam chu John Calvin in kochuam kivaipuak ding dan a guanlawk te haw zuitu a hi thu i muthei a. Zia chu a limin Scotland apat in a um a, zia kivaihawmna, kochuam kivaihawmna chun khawvel mun chuam chuam ah, a bik takin Welsh Calvinistic Foreign Missionary Society ten hun pawlut in, tichun India gam ah Presbyterian Kochuam a hung dindaw khawlaw ta. Zia Missionary te nasepna chu chia theng zel in Mizogam le hung tung in, tichun Mizogam chu 1892 June tha in Welsh mission field ah puan in a hung um ta. Maleh vangsiat um tak in Mizogam ah missionary ding ah guat ah um Rev. William Williams chu khawsikpi zia in a hung

bei ta. Tichun The Arthington Aborigines Mission chun Rev. F.W. Savidge leh Rev. J.H. Lorrain chu chanchinpha hilding in a hun sawl ua, amau zaw a chun Welsh Mission chun Rev. D.E. Jones chu kum 1897 leh Rev. Edwin Rowlands chu kum 1898 in a hung sawl kit ua. Ziak a chun Rev. F.W. Savidge leh Rev. J.H. Lorrain in Welsh Missionary pani chu a nusia tau a. Kum 1897 apat in Mizogam chu Welsh Missionary te etkawl̄na nuai in a um ta.

Kum 1901 ah chun mihing 83,434 lah ah Khristian 45 lai a hung um ta. Welsh mission chun Simlam Mizogam chu London Baptist Mission khutah a latdaw tak zia un, Rev. F.W. Savidge les Rev. J.H. Lorrain te chu Lunglei chu 1903 a khan a hung tung kit ua. Tichun simlam chu Baptist Mission nuai in a um ah, Mallam chu Welsh Missionary te etkawl̄na nuai in a um den ta, Missionary masate zal a chun Mizogam ah chun gingu tung hung pungto zel in, kochuam a hung piang ah, tichun Kochuam masate zal in

kikhawpna mumal tak ah nei dan leh thilpiak lakkhawmna te a hung piangdawk ta a hi. Presbyterian kochuam hung dingdawk ta chun Lal Jesu nasepna pawimaw tak tak, zilsakna nasepte, sukdamna nasepte leh khawtang hinkhua siamphatna te ah theitawp sua in pan la'n, zilna school hawi tak tak te, damna in te sa in leh khawtang siamphatna lam in theitawp sua in pan ala zing in, chanchipha genna lam ah te leh kochuam kisukhatna lam ah theitawpsua in ma la zel in, committee chuam chuam te siam in, gam sung leh gam pawlam ah chanchinpha hilna nasem in, India gam bep hilo in foreign gam mun chuam chuam in chanchinpha hil in, Pathian gam kekletna dingin chancinpha gen lam in sepkhawmpi theite sepkhawmpi in Lal nasepna a keklian zel hi.

Khen lina ahin, Presbyterian Kochuam dindawna dingah bul phuttu John Calvin zilsakna leh lungthim gual tak ah Kochuam te nasepna mu thei in a um a. Gam kivaipuakna

leh vaihawmna lam ah gam a chiakhial lona ding ah kochuam ten i bawl ding leh bawl lo ding tam tak ziaktun ei kawkmua. Gam kivaipuakna dan in gam sung ah mi zosia leh kochuam sukkhak a nei ziak in, Kochuam chun gam vaihawmna chia sual dingte veng ah, a malaknate'u kithuapi ah, mawpuakna lian tak nei ah kigel a pawimaw thu te, khawtang hinkhua a le theitawp in kochuam chun mâ la'n, khawtang ah chenkhawm hinkhawm a nawpna ding te. Genthei leh liangvaite panpina lam ah te, leh khawtang hinkhua kipumkhatna ding leh khawtang hinkhua khaikhawmtu pen ah a pan ding a hi thu ei kawkmua hi.

Gam leh khawtang bep hilo in sungkuan tiang ah kochuam chun pan la'n, sungkuan hung chia zel ding ah, Khristian sungkuan siam ahi theina ding in Kochuam chun theitawp sua in pan la zing a hi thu ziaktu'n ei kawkmua hi. Khen lina hin ziaktu'n Kochuam te chu gamsung, khawsung leh vengsung khatona ding ah

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theitawp sua ah sep zel ding a hi thu ei kawkmua. Pathian apat i dawn malsawmna i chan te haw zia ah Pathian kiang ah thilpiak i piak ding uh a hi thu ei gen a. Chun, khawtang hinkhua siamphatna lam ah te, Corruption dona lam ah te, zilna lam ah theitawp sua ah pan lak a pawimawnate, hiselna lam ah te, leh sungkuan siamtupna lam ah te kochuam in i malak dan te'u ei gen bak in, zia lam a hi Kochuam in theitawp sua ah sem zel di'n ei fui hi.

Khen ngana hin ziaktu'n Kochuam te chu tulai hun ah khawvel changkanna'n a kenkhawm hausaknate, nawpsaknate, zu mun sa mun limna leh sum leh pai, nei leh lam ngainatna, khawvel thil ngainat takluatna lam leh politics diklo leh corruption lamah kisubuai lo ah, tulai khawvel thiamna, pilna, masawmna leh changkanna lak ah chingthei takah um ah, khawvel pilna leh changkanna i dawn te haw chu midang te tawh i kipumkhatna leh kitimatna'u suse lo lam

ah mat ding a hi zia chian tak in ei thuhil hi. Khawvel changkanna'n a kenkhawm zilsakna chuam chuam sakhua dang te pat leh Christian sakhua pat hin hung pawt zel ding in a lang a, zia lak a chu gingtute haw hin i Bible leh i kochuam thugin ah Chiang ah, zilsakna diklo leh pawmtak lo te haw hethiam thei ding ah Bible leh i kochuam thugin ah i chian ma ma ding uh a hi.

Khen gukna hin Kochuam chu mi chuam chuam, kum lamah upa te, khanglai, naupang, genthei, gualbanlo te leh dinmun kibanglo tam takte um khawmna a hi thu ziaktun a sulang a. Dinmun kibang lo leh hindan kibanglo chiat a hi zia un, ngaisak a pawimaw ma ma'u hi. Kum upa lamte hin, ngaisaktu leh kipawlpai ding a mamaw ua, kochuam in le amau a ding ah kipawl limna hun lemchang siam piak thei hi hawi in a. Khanglai leh naupang te hin le kum lamah upa te gual in ngaisak tu a pawimaw ma mau a, khawnung ah i kochuam leh i gam puitu ding te a hi zia

in ngaisak a ngai ma ma'u hi. Khanglaite leh kochuam te tawh kilaichinna pha siam a, i dawisakna het sak ah kipawlnêlpi a pha, zilsakna pha leh kochuam mi dettak hi ding ah kaihui ding a hi. Gentheite leh gualbanlo leh damlo te ngaisak hi Lal Jesu nasep kochuam in i sepzawmna'u na pawimaw tak ahia, zia lam a hi kochuam ten malam i sawt zel uh pha ma ma in a. I lak ah simna leh nasepna zia ah pang theilo i kochuam mi tam tak a um sek ah, Kochuam lulzia leh pawimawna hiatna lam ah tasam thei a hi zia un, ziate haw ngaisak leh limbawl hi kochuam in hi ding ah thilpha leh kilawm a hi.

Khen sagina ahin ziaktun i Kochuam Thugin IX na, Gingtú zosia sep ding chu Kochuam mite kikhawpna'h pante, Khrista sacrament leh a ze chan dangte vawp phat te, a dan zuite, pauchap zingte, Lapa Ni chan thiangthote, ama hokhawm ding ah kikhawp te, a thugen gunchu tak ah ngaitak te, Pathian malzawl na a dawn dan gual zel ua, kipak

takah thuk zelte, amau haw lak leh midang te lakah Khrista nungchang gual suklat te, khawvel pumpi Khrista gam kekletna ding ah, a sep te, lopi tak ah a hungkit hun ngakte" hi Kochuam humbitna ding ah thil pawimaw tak, kochuam miten Kochuam humbitna ding ah thil i bawl ding ei kawkmú ah. Kochuam a bit zel na ding leh kochuam a khanto zel theina dingah kochuam mipiten kochuam nasepna ngai pawimaw ah, a na i seppiakpa'u thu awi ah, kochuam vaihawmna, khawmpi leh kochuam aw ngaikhawk ah, kochuam vaihawmna ah te, kikaihuiaina lam ah te, Pathian gam thilpiak lam ate leh kochuam mi hina lam ah kochuam ah ginum tak ah um ding in ziaktu'n ei fui ah, Pathian thu pawmdan leh gindan ah i thugin leh i Bible ah ginum tak ah um hi kochuam venbitna hawi tak a hi thu ei kawkmú hi. Kochuam chu chia sualna lak ah ei vengbittu leh lam dik ah i chiana ding ei kawkmú theitu a hi zia in kochuam pawimaw zia ei kawkmú bawk hi.

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Khen giatna hin ziaktu'n, kochuam in i khawvel hung changkang zel a hina ah Kochuam in mathil hawi tak nei a ngai thu'n a bul pan in, thiamna leh pilna hung sang zel ahin thilthak leh matchak changkang tak tak a hung piangdawk zel ah.

A bik in media lam ah changkangna in ma a sawn nasa ma ma'u a, media leh khawl chuam chuam te haw hi kochuam in bangti'n Lal nasepna ah mang phachuam ding a h'em ti ah ngaituana sen a ngai thu ei gen hi. Zia media haw hi Lal nasepna i mat phatchuam thiam uh a pawimaw hi. Kochuam in Lalna i sepna'u hi keklian ah, lampi dung leh daipam, nekhawlna mun leh politics kihelna mun ahte, sungkuan leh gam pawlam ate Lalna i sepna'u hi keklet zel ding hi i mathil ua i pansak uh a ngai ta.

Kochuam in mathil mumal tak nei ah khawvel masawn leh changkanna lak ah kochuam in a napi pen Khrista chanchinpha puan, Pathian gam tun sak hi i mawpuakna'u

a hi zia in, i nasepna huang uh i keklet uh a pawimaw in a kul takzet a hi. Kochuam ah member i tam takluat zia in kihatchian a haksas, kochuam ah mipha leh semtu pha sekawna ding leh migamlate kainai theina dingah kochuam inchuan a pawimawna thu ei kawkmua ban in, kochuam tamna a pastor a ding ah bial etkawh haksatna zia ah, bial in a thawh khawlaw thei thu ei kawkmua.

Kochuam Inchuan leh Bial khen hi, ziaktu'n Kochuam in Pathian gam i kekletna leh kochuam masawna ding leh venbitna dingah thil pawimaw tak a hi thu ei kawkmua hi. Kochuam te hi Khrista taksa, pumkhat hi maleu hin, i khawsak dan uh leh dinmun ua kibatlona tam tak a um zia in, kochuam zawngkhal deu leh Kochuam hatdeu a ki-um thei a, kizawpmat vek leh pumkhat i hina'u hi hiatmil lo ah, kochuam khawsak lam ah hi thei zaw deu te'n kochuam haksas zaw te panpi leh chawikanna lam ah pan i lak uh a pawimaw ma ma ah.

Pathian gam a let zelna ding ah, kochuam ten sepkhawmna pha i siam thei uh a dawu um a, Tualsung, Bial leh i kochuam pumpi huapah khanto dan i thiam uh a paimaw ma ma hi. Zia ding a chun Pathian in ei mang thei a, mat zel le ei nuam a, mat thei ah um ding leh, mathil kichian tak nei ah malam i zuan zel ding uh a hi.

Kum 2021 Sunday school zillai ahin Thuthung Lui ah

kochuam i mu dan ua pat in, kochuam sung ah siamphat ngai um te simaphat a hi thu te, thugin hung piandaw dan te, kochuam malakna chuam chuam te leh malam hun ah Kochuam a chia zel ding dan leh zia kochuam chun mathil hawi tak nei a pawimaw dan ei kawkmua. Kochuamte malam ah i chia zel na ding ua zillai hawi tak tak mudaw thei leh zildaw thei tam tak a um hi.

JESU A THAMUANG THEI PUI

Chiakân Kût, Judate kût pawimaw tak ah chun Jesu a va pang ve a. A thilmak bawlte ziakin mi tam takin a min chu a gingcha tau ti i heu hi. Chutia ama gingtute kiang ah chun le a tha a muang tak tak thei diak pua'i. A zia chu kuama'n hillo maleh mite lungthim zosia chu a hechian vek a, pawlam nawpsak di dawina zia ah léng ah siam nawpna lungthim a pu' u a, zia chu Jesu'n a dawilo ma ma hi.

I lungthim zosia hetu i Lalpa'u hi eimau hinkhua ah leh i insung ua hin a muang tak tak in i hia'u em? Nu leh pa leh in leh Lo chân ngam ah zui tupna lungthim sangin nei be zel tupna lungthim pu'n lamphei leh a nawpna bep in i zui ua, eimau ahin le Jesu hi tha muang tak tak pua kha'n a ti a lau-um hi. Ki-enchian thak hitiu.

INSUNG MAICHAM BU

Review Tu: Pro. Pastor T. Lalgín Vaiphei

Lekhabu Chungchang

Ziktu Min	:	Rev. C. Lalngaihawma
Lekhabu Min	:	Insung Maicham
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A Ziktupa Chanchin:

Rev. C. Lalngaihawma hi Mizoram Presbyterian Church Synod nuai ah ordained pastor khat ahia. Kum 2007-2009 sungah Gopeshwar, Uttarakhand ah Missionary in ava um ah, asep zaw in Aizawl Theological College ah Bachelor of Divinity (BD) azil ah, kum 2013 in a zo hi. Kum 2014-2016 ah Zamuang Pastor Bial ah Pro. Pastor in a um ah, azaw Kum 2017 apat tuni tiang in Sugnu Pastor Bial, Manipur Area ah Bialtu Pastor in a sem hi. ‘A Critical Study of Christian Family and its Role of Attaining Fullness of Life’ ti thupi mang in a BD Thesis chu a zik hi.

Lekhabu Lâkchawm:

Insung Maicham bu ahin January Ni 1 apat December 31 chen thupi chuam chuam a um ah, zia lo chun ei Khristian Calender ah ni lopite (Palm Sunday, Good Friday, Easter Sunday, Pentikost Ni) a din thupi a chuam in a um chiat hi.

Zia lekhabu hin thupi tamtak a huap zau ah Insung bep hilo in khawtang leh kochuam ah gingtute mawpuakna, ium ding dan tiang in thupi a um hi. Trinity chungchangte, Thu Sawm piak, Kochuam Thugin, Sawm ah khat chungchangte hi chawmkim tak in a ziktu’n

hawi deu in a zik hi. Zia gual thupi haw bep hilo ah zia lekhabu hin a ziktu'n ei gingtute nisin hinkhua mat ding dan lam hi a ha tâklang bawk hi. Thupi khenkhat ahin Bible hilchiana a um ah, tekhinthu (illustration, examples) a thupi tawh kituak in hawi deu deu le a mang hi. Bible ah insungkuan chuam chuamte (Adam, Abraham, Ahab etc. sungkuan te) chungchang le a um ah, amau a kipat I zildaw dingte haw le hawi deu in a tâklang hi.

Ngaidan:

Zia lekhabu hi a sim zosiaten I phatchuampi dingun ka gingcha. A thupite a hawi thei ah, a pawimaw bawk hi. A nuai ahin ka ngaidante hung tâklang ing ka:

1. Presbyterian Theology:

Insung Maicham Bu sunga hin thupi chuam chuam tamtak a um ah, zia na hin kochuam khenkhat te tawh I kibatlonau thupi khenkhat, Trinity, Kochuam Thugin etc. hi a um ah. Zia tak ahin ziktu hin ei Presbyterian theology

leh doctrine mang in hawi tak chan a hun zik ahi. Lunggel kibatlo zia ah kituaklona umsek maleh, zia bu ahin eima theology ngei ah hawi takcha hung kizik hi chu kipak a um khawp mai hi. Ei Presbyterian nuai ah um te a dingah a pawimaw diak hi. Nidang ah a helote a dinga le a hiatnau kibelap intin, a kichianlote le kichian tanau.

2. Gingtute Hindan:

A thupi te hi i vak simthâk ahileh gingtute hindan lampang hi atam ah – mimal a chouh hilo ah, insung, khawtang leh kochuam ah i mawpuaknateu, i um ding dan uh, I bawl ding bawl lo ding tiang le a huap hi. Gingtute hi sia leh pha i hiatnau ah a tângpi khawsa ihieu ah, zia na hin a chang leh siatna ikizaw sak sek ua, zia lekhabu ahin ziahaw a gâ I luak ding tiang uh hi a huap hi. Gingtu ihinau bep hilo in, ei uh thingtâng mite chondan tawh kituak ah le zik ahia, Tribal Theology leh Contextual Theology lam taw le kisai deu ah zik a hi. I context u taw le a kituak khawpmai hi.

Hin̄na Vâk

3. Thupi:

Zia lekhabu ah pawimaw kasak khat chu ahileh a ‘Thupi’ te hi ahi. Zia bu ahin a ziktu’n thupi tamtak a huap ah – Chapona apat Lungawina, Mi Gensiat Chinlona apat Dawtheina, Thu Sawm Piak apat Kochuam Thugin tiang ah thupite hi a huap zau mama ziang hi. Zia haw thupi bep hilo in, Bible tawh kizawp thupi haw le a um ah – Chapa Taimang tekhinthu te, Mi Hausa leh Lazar, Samaria Mipha ti haw leh a dang dang le a um hi. Homosexuality lampang le a khawi hi. Zia lekhabu hi chun a huap zau khawp mai hi. A simte a dinga le Insung kikhawpna chouh hilo ah, hiatna belap na ding te, leh sermon na dinga le ei panpitu ah mat thei mama ahi.

A thupite le hawi deu in a ki guangal ah, ahinla Kochuam Thugin thupite, Jesu Tunna In thupite hi a kizawm ah guanggal thei hileh bang ati diam ti lunggel le a um thei ah. A ziak chu thupi 2 leh 3 ah kikhente hi a tângpi a kizawm ah, ahinla tu a kigente hi chu a

kizawm puai.

4. Bailam:

Zia tak ah ‘Bailam’ ka ti pen hi khen 2 ah khen hi tin un – amasan ‘hawl bailam’. Insung kikhawpna inei phat ua leh, a chang leh Bible chang sim ding I hawl kawm sek ua, khenkhat lung kinaw deute a dingah thil bailam tak chu ahi puai, ahinla zia lekhabu ahin a ni dungzui ah thupi a um ah, zia thupi chu hawi deu in hilchiana a um kit ah, ziaziakachun I ‘kiginlo ni’ in le zia lekhabu mang ah thupi hawitak sim dingah um sa a um hi.

Bailam khat kit chu ahi leh ‘hiat bailam’. A bu hi I sim ahileh a hiat hi a nawp ah, a lettu ten le a simte hiat nawp na dingah hawi tak ah a let ua pachat a um khawp mai ui. Zia lekhabu hi a lian a neu in hilchianna thûk tak ngailo ah a hetthiam dingu ka gingchai.

5. A Lekhabu Ette (Sources):

Zia lekhabu hi a ziktun a lunggel ah a nawp nawp a gel ah a zik daw ahipua, lekhabu chuam chuamte leh Bible a

en ah, hawi takcha suichil (research) zaw in zia lekhabu hi a zik daw thei ahi ti hi a sungah um a thu (content) kipat a kihedawk thei hi. A bibliography I et ahi leh lekhabu 28 a mang ah, lungawi a um khawp mai hi.

A Tawpna:

Insung Maicham bu hi thilpha tak leh hawi tak ahia, hiatna belap chouh hilo ah, I Thagau hinkhua tiang ah ei panpi thei lekhabu mantam tak ahi. A sungah um thu te hile a

hawi khawp mai ah, chawm maleh le a bukim khawp mai hi. Thugente kibuatsaina dinga le zia bu hi mattāk mama ahia, I kochuam thugin (doctrine) uh he nuam te, pianthakna chungchang he nuam te, sacrament chungchang leh Bible, kochuam tawh kisai ah I hiat nawp thil chuam chuamte a um leh zia bu hin a tamzaw a huap hi. A ziktu hi Mizoramte himaleh i Area’u leh i nam uh a ngainat ziak ah zia lekhabu te a hung sua dawk ah, kipak a um khawpmai hi.

“Aw Israelte haw, ngaitiam un, LALPA i Pathian uh bep hi LALPA a hi.

LALPA la Pathian chu la lungthim zosia’, la ngaituana zosia’ leh la hâtna zosia’n la hepi ding uh a hi.

Zia thute, tu’ni ka hun thupikate hi la lungthim un vawp zing un. In ah la um unle, khual gam ah la um lai unle; la lup unle, la thaw daw unle, la chateu het ah la gennawn zing ding uh a hi.

Mêlchikna dingin la khutban un but unla, la chalkiu inle kawp un; la kawtkhak biang leh la kêlkawt unle zik chiat un”

- Dan Lekhabu 6:4-9

MISSIONARY KHUALZINNA CHAWMKIM

Mr. Soilianlal @ TS Lianlal

Jubilee Model School

Simen chapori, Assam

Kum 1966 13th March in Chongkhawzo khua'n ka piang a. 1988 kum in Matric ka la zo hi. Zia kum ma ma 'hin Kota Bible College, Rajasthan in B.Th zil in ka pawt ngal hi. Haksatna khenkhat ziak in zo manlo in ka hung pawt a, 1990 kum in Churachandpur Dinwiddie Bible College (Evangelical Bible College a then a hi tai) Rengkai in B.Th. ka sunzawm kit hi. 1993 in graduate ka zo in, ka zaw zaw in EOC lam ah i hotute dawisakna chang in Jonai Mission Field ah sem ding in ei sawl ngal u'i.

Jonai a Hostel warden in ka pang a, 1993 a Laimekuri school hawnthak a hi ziak in 1994 July tha in Laimekuri lam in chawn in ka um kit hi. Zia tak a chun Office Asst. na tawh ka thua hi. Kum 1997 in Jonai Field Office a O/A in kumkhat ka sem in School lam ah semtu kidailo ziak in a kumkit in Jonai High School lam in Recipient in ka kichawn kit hi.

Churachandpur namkal buai ziak in 1999 kumbul in Sepna kahun nusia hi, a ziakchu, ka nu le pate khawsakna ding buai pi a ngai zia kin 23rd October 1999 in zi ka nei hi.

1999 kum in private school in ka sem kit hi (Dr. Lamminthang Memorial School, Lingsiphai),

Asst teacher na leh Office lam ei mawpuak sak kit u'i. Zia tak a chu ka sep zing lai in i hotu Rev. Kh.Khaizakham in thugenna kochuam in a hung mang ah nasatak in Missionary Challenge ka nei kit a, Pathian kiang in khawitak hi ziang lehle Lalpa Lei mat nawp chun ei mang in, nang a ding in ka hung kipe kit hi ti in kala kilan thak ah, hun hung chia zel in I houtu lamteu dawisakna in Simenchapori school a semtu ding a pawimaw ziak in ei hung gen ua, pau leh ham hesa la lemchan thei ding leh va chia kit mai ding la hem ei hung tiu a tiu a. Houtu ten pawimaw tia lei sawl nawp uh chun khawk di hem ti in keile ka kisa kit a hi. Pathian kiang ah ka kilat thakna le a hi ka tia.

2002 May tha in ka zi leh ka chanu tawh ka kipandaw kit u'i. Simenchapori school in ka sem pan kit hi.

2004 in ei sung buaina ziakin Mirem lamah semtu tamzaw te a pawt phat un Office na leh teacher na thua ding in hoututen ei chawn kit ui. Mirem a 5 yrs vel ka sep nung in 2009 september tha in Simen chapori a chawn in ka um kit in. Tuni tiang in Ka sem zing a hi. Tulai tak ah ka sepna a hi leh Office Asst. in ka sem in Class hi nikhat a period ni ka nei zel hi.

Insung dinmun a hi leh Lingsiphai in ka cheng in, Kanun a ma ngen in In a ngak hi. Ka zi leh ka chanu 5 te tawh Mission Field in ka um ui. Kapan ahileh vang 2010 in ei la mualliam san tai.

Chanchinpha nasepna lam ahileh, school lam ah sep hi ahi mai hi. School naupangte lak ah chanchinpha hil leh lekha zilti ahi pen hi. Kalkhat sung in thumvei naupangte

lakin Devotion neipi ahi sek hi, Nilaini nitak school pel zaw leh Outreach hi compulsory ahin, a dang chu eima lemchan dan jel ah ginglote kiang a chanchinpha gen zel hi houtu lamten ei kineppiu a hi mai hi. A chang leh mun chuam chuam in ginglote lak in Film show tivel le a kibawl zel hi.

Pauchapna pawimawte

Ka umnau hi nam chuam chuam chengkhawm ahia. Majority chu Assamese leh Boro ahiau. Sakhua lam a hin a kulmut ma ma u'i. Gingtu hilo, Biak In ah khatvei a hung kikhawp ua lehle amau society in fine a bawl sak ua, ngaidam a dawtsak mai uh a hi. Christian ah lut a um chun haksatni nawpni ah le kuama'n vethak theilo ding ti a hi mai hi. Pathian in hun kawt a hun hawn a, gingtu a hung um theina ding in. Thitiang huam ah ginna, taksanna a hun nei ua a hung kipiak lut theina ding un pauchap hitiu.

“Pathian in i thiam zâwng leh theina lampang hi ei dawng pua, ama dawigual ah mat thei hi dingin i kipephal diam uh ti hi ei dawtna chu a hi zaw’i”

*~ Rev. Lalhmuchhuaka,
Field Secretary,
Assam & Arunachal M/F North*

MENTAL HEALTH

Lungthim Hiselna

Ziaktu:

Dr Kimneihat Vaiphei
Assistant Professor, PSW
NIMHANS

I taksa damtheina a pawimaw gual in i lungthim hiselna (Mental Health) le a pawimaw ma ma hi. Lungthim damtheina i ti phat leh khenkhat in lungthim buai, lungthim hisello, a ngawl ta te, etc. ti na'n i ngai ziang sek ua. Zia haw cheng chule huap maleh zia te khel lam ah chun le a um nalai hi.

Lungthim damthei te chu:

- A hinate (Abilities) kihiatthiam ah hedawk zo te
- Haksatna a tuak te apat kiveng zo/phatak a do zo
- A nisin nasepnate ah pang zo jing
- Mite â dinga phatchuam ngai te

Lungthim damtheina hin thil tampi a sukha thei hi:

I lekha simna, i nasepna, mi tawh i kipawlna te; insungmi, lawi leh pai, kochuam mite, etc., chuleh khawtang ah i kimatna te

inle. Tulai ahin lungthim natna hi a pung deu deu hi. Naupang khangthak lak inle 20% vel hin *mental health conditions* a nei tau a, zia chu tawh kitawn in *suicide* hi kum 15-29 mite lakah thina tuntu 2na a hung hi ta a hi.

Lungthim damlona tawh kisai ah i ngaidan teu hi a châng leh a dik zawlona a tam ma ma sek hi. Khenkhat in zachakna ah ngâi in, kuama hil ngamlo leh hetsak ngamlo in i thuak mai sek ua, khenkhat in ahileh eima mimaw ziak/

taksap ziak hi in i ngâi kit u'i. A khenkhat in Pathian i gin zawlo ziak a ngaw'u a, khenkhat in dâwi leh kâu in a bawl a hi i ti sek u'i.

Ahinla, lungthim natna (*mental illness*) hi taksa damlona dang i nei te gual ah um thei thil a hi. Dâwi leh kâu ziak le a hi pua, eima mimaw ziak le a hi diak pua'i. *Mental illness* hin khenchuam a nei pua, a naupang a piting, a genthei a haksa a neizo, gingu leh gingu, numei leh pawsal ti'n a khen puai; kuamasap in nei thei ahia, himaleh zia natna hi etkawl thei a hi. I hetdaw vak ah, etkawl vak leh dam thei a hi.

Lungthim ah damlona hi lam chuam chuam in a kilang thei a. Khenkhat chu nêp ma ma hileh kilawm in nisin hinkhua mat dan inle a kilang ziang pua'i. Etsakna: Thil lau bîk nei. Khenkhat kit chu a hawihâi ma ma a, Hospital ah etkawl ngâi ding khawphial le a um thei kit hi.

Lungthim ah damlona (Mental Disorders)

Global Burden of Diseases (2020) report ah chun India gam sung ah mi 197•3 million te chun mental disorders a nei ua, zia chu India gam sung ah mi 14•3% te'n zia *mental disorders* hi a nei uh tina a hi. Mi 7 lak ah 1 in *mental health disorder* nei tina a hi. Ahinla lungthim damlona hi a kibang kim vek pua, *mild to severe* ah khen thei a hi.

Mi piting lak ah lungthim damlona tam pen chu *Depression* tawh *Anxiety Disorder* a hi.

Depression

A châng leh i lungngai ni, i thasiat ni a um sek a, ahinla zia te chu hun chawmkhat zo leh a hung pha pai sek hi. *Depression* hi chuh a chuam a hi. Zia condition hin haksatna a tun sek ah, i lunggel te, i ngaituanate, nisin ah i thil buaipite/nasepte, i nek i dawn, i imut leh nasepte hi

Hin̄na Vâk

a hung sukha sek hi.

Depression i ti hi a common ma ma ziang ta, a kilatdan (symptoms) chi chuam chuamte enkhawm hitiu:

- Lungngâi/lung nawplo zing, thase mun, kingâisia.
 - Lunglutna nei tawm, thatnawpna nei tawm
 - Thâ chau, gim/chawl pai
 - Imut suak lo, ipmu theilo a h'em, ahiloleh ni dang sang ah ipmu tam talua
 - Ngaituana kichian lo, thil hemil pai, thupukna la vak vak theilo
 - Masang ding thim sa, a pha lam mawng mawng ngaitua theilo, thil hung tung ding te a se lam ngawn ah gel, ahiloleh ei leh ei le a se lam ngawn ah kikawi
 - Kisikna nei tam, “kei zia ah zia hi tung a hi” “kei mimaw zia a hi”
 - “Panna bei ka hi”, “Mi phachuamlo ka hi” tia kingaisiatna
- Zia a chung ah kigen te hi

chawlkal ni (2 weeks) sang ah sawt zaw a kizawm ah la nei a hi chun, *depression* nei ti na a hi.

Anxiety

Anxiety ti chu a tangpi'n lauthawngna leh lungkhamna lam hi a hi.

- Lung gim gim ziang, i masang ah thil hung tung di te leh i natnate bep kingaitua sek
- Lauthawng, chawldam lo (restlessness/inability to relax)
- **Taksa lam a chun:** âwm bing/nâ sa, tha zawi, ti kithing, hat lâk haksâ, luchang na.
- Thilphalo/vangsiatna hung tung ding a hi ti lunggel nei zing sek
- Imut kitup lo

Lungthim ah Damlo te hi kaikawl/etkawl thei a hi.

Lungthim natna te hi etkawl thei a hi. Khenkhat te chu i etkawl hawi leh pha tak in ni dang ah a hindan pângâi gual un a um kit thei u'i. A ki-etkawl dan

hi damdawi leh holimpina (*talk therapy*) leh, a chuam chuam a um hi, a condition dungzui in a etkawl ding dan a um hi.

Mimal leh a hawn ah kitawsawttua a, kingaisakna a phachuam a; a diak in, sakhaw lam ah kipanpitua ah, hotu/puitute'n a ngaisak uh chun a hung damdawkna ding un a phachuam ma ma sek hi.

Ziagual ah lungthim lam ah damna i nei theina ding ua i bawl thei uh khenkhat vak taklang leuhin:

- Mihing taksa leh lungthim â ding in imut khawp hi a pawimaw in a phachuam

ma ma hi. Imut khawp guat ding a hia, chuleh, a hunbi nei a imut hi a hawi hi.

- Nek leh chak bawl hawi ding, a hun chet chet ah an nek ding, a phalo ah i hiatte kisûm ding
- Hun bi (routine) nei a pawimaw a, activity nei leh exercise bawl le a pha ma ma hi.
- Thatnawp lam thil bawl ding.
- Haksakna i tuakte, ei subuai te apat kiven ding dan ngaitua ding
- Mi tawh kijiattua zing ding (Stay connected)

“La makhua ding gêl chian theilo ah, lungkham leh lungthim buai takah la um phatleh a nung la zui, la masang ah a la chia masa Pa kha en in, Ama'n nang â dingah lemkuatna fel tak guatsa a nei sek hi”

~ Brittany Moses

“I ginnau siampa leh subukimpa Jesu lam chu en zing hitiu...”

~ Hebrai 12:2a



SÛNNA

UPA P. MAWIA VAIPHEI (PAULIANMAWI) (1959 - 2021)



Upa P. Mawia Vaiphei hi famta Evan/Missionary Kampu @ Liankhokam (Ex. Subedar) leh Pi Thangkhonem gil ah ga gochan 4 (pali) te lak ah a neupen a hi. 5th November 1959 kum in Red Cross Road, Churachandpur in a la piang hi. A pianpi a suapi te ahiu le 1. Pi Thianniang 2. Pi Tailam 3. Upa T.Manga Vaiphei a hiu.

A nasepna lam – 26th September 1986 apat in Manipur Police ah Sub-Inspector in a sem pan hi. 8th May 2008 in Police Inspector in ala kaisang hi. Chun, 13th

March 2020 in MPS(Manipur Police Service) ala mu, Assistant Commandant 6th IRB in a sem a, a thi ni tiang in ginum tak in a sem hi.

23rd march 1990 in Pi Thianneihoi (Boboi) tawh Kochuam dan thiangtho in Rev. S.T Khuppa khutin United Church, New Lambulane Bial In in ala kicheng u'i. Pathian malsawmna gil ah ga cha 3(pathum) a nei u'i. 1. Tv. Kammuandam 2. Nk. Nemliankim (Lele) 3. Tv. Kailallun te ahiu.

Pathian leh a gam let zel na ding in Kochuam ah theitawp in pan ala'I, Lamphel Vaiphei Church ah Secretary leh Chairman n ate ala sem hi. Chun, 14th October 2012 in Phaipei Presbytery Moderator Rev. T. Ngama khut in MPCs New Lambulane Kochuam Upa ding in namdetna a chang hi. New Lambulane Kochuam Committee member leh

Imphal Pastor Bial Standing Committee member in ala pang hi. Chun Synod gam Langol sukpitin na ding leh Biak In tundaw na ding in theitawp sua'n pan ala la a hi.

Theitawp sua Kochuam khantona ding ah na a sep zing lai in, April 21, 2021 (Nilaini) in taksa damlona ziakin ana a sep piak Pathian kiang in ala chawl dam tai.

Chanchin Ziaktu:

Upa D. Siaklam
Secretary
New Lambulane Kochuam

UPA SATZANEK (1951-2021)



Upa Satzanek hi (L) Satkhopau leh (L) Kholzalam te nupan apat gil ah ga cha 7 te lak ah 6na a hi. Ama hi 1951 kum in Sanglel khua'n a piang hi. 1965 kum in Baptisma a chang hi. 1970 kum in Pi Hoikhovak tawh pindan in a kicheng un, Pathian apat go chan cha pawsal 4 leh Numei 4 a nei u'i.

1. Paukhokhai
2. Lallethang
3. Lamzakim
4. Nemneihat
5. Laljoylian
6. Kimdoiting
7. Chongngairose

2005 kum in Munpi kochuam ah Upa ding in teltin ahi'n, 8th May 2005 in Khawmpilian Jubilee Kochuam Biak In ah Pastor Ngulkhanpau khut in Ordination a chang hi. Munpi apat in 2006 in Gangpimual ah a chenglut hi.

8th February 2017 in S. Munnuam ah cheng lut in S. Munnuam MPCS Kochuam in pem Upa in aum a, 2020 Feb. 16 ni'n active Upa ding in teltin in aum kit hi. Hunsawt tak

Hin̄na Vâk

taksa hatlona ziaik in etkawl ah umzing chu, 22nd April 2021 (05:30pm) in a kumtuang munding ei zawt san tai. A bible chang dawî – Isai 53:4-5, A la dawî – KLB144

UPA CHINSUANMANG (1947 – 2021)



Upa Chinsuanmang hi October, 20th 1947 kum in Sehbem khua'n a piang ah, Ama hi (L) Upa Kamzadou leh (L) Donzachiin chate pawsal nga leh numei sagi te lak ah a panina ahia, pawsal lak ah upapen ahi.

1980 February, 3rd ni'n (L) Pi Khamching tawh Biak In hawng ah, aki khutsui ua, gil ah gâ malsawmna chapa pani leh chanu pakhat a nei ah, Tû minsak paguk a nei man hi. 1994 February, thâ in Singngat MGP Biak In

ah UPA Ordination ala lâ hi. 2016 September, 7th ni'n MPCS (Mizoram Presbyterian Church Synod) Manipur Area nuai ah Muallum Kochuam ah founding member pakhat in ala pang hi.

A damsung in Kkuatang leh Pathian Lalgam nasepna lam ah mi taima, mi ginum leh mi diktat ahia, Kochuam te'n a phatchuam pi mamau hi.

A damlai ah, Mawpuakna ala tukkhak te:

YCA Secretary:

1963, 1965, 1968

Muallum Youth Club

President:

1970-1973

V/A Secretary:

1971-1972, 2002-2012

Muallum VPC Unit

Secretary:

2013-2020

Kochuam Chairman:

2016-2019

Kochuam Commt. Member leh Piting Sunday School

Ziltiltu:

2020-2021

August 2021

Ahinla, Pathian vaihawmna thutep pel theilo chu a chung in a hung tung ta Dated, 17th June, 2021 (Thursday) 11:00 a.m. in a ngaicheng nusia in, a nâ aseppiak Lalpa kiang in a chawldam ta ahi. A vuiliamna hun hi dak 11:00 a.m. in Rev. Nicky Lalremmawia, Lamka

South Moderator in a mang ah, Thânlam ah Rev. Thangneipau Vaiphei, Bialtu Pastor in a mang hi.

*Chanchin Ziaktu:
P/P H. Lamthianmuan
Secretary (Sr)
Panglian Pastor Bial*

TAKSA THAWKITNA

1 Kor. 15:42-44 Mithi thawkitna le zia gual chu a hi. A kitu chu a mangthai thei in, a kikaitho chu vang a mangthai kit thei pua'i. Tawm tak ah tu in a um a, lopi tak ah kaithaw in a um hi. Hâtlo tak ah tû in a um a, thilhitheï tak ah kaithaw in a um hi. Mihing pianken taksa ah tû in a um a, thagau lam taksa ah kaithaw in a um hi. Mihing pianken taksa a um leh thagau lam taksa le a um hi.

Taksa thawkitna hi Sadukai ten a gingcha pua'u a. Korinth khua ah le ginglo a um sek ziak ua Sawlchak Paul hin a hil hi ding in ginchak a um hi.

Jesu chu ipmute thawkitna mapuitu ahia, ei haw le thokit ngei ding i hui. Muat thei ah tu i hui a, muat thei lo ah kaithaw in um hitiu, tawm takin vui ah um hitin u, lopi taka kaithaw in hung um ding i hui. Hât lo taka tu i hui a, thilhitheina nei ah kaithaw in um ding i hui, mihing taksa ah vui in um hitin u, thagau lam taksa ah kaithaw ah um ding i hui. Zia thu hi gingtute â ding ah thamuan um tak leh lim leh kipak ah i umna diu a hi. Hepi chia masate tawh le kimu kit ding i hui ti hi thawkitna hin ei hiatchian sak a hi. Taksa hi Adam gitlona ziak ah thi ding himaleh, Khrista zâl ah van taksa lopi leh thilhitheï tak ah kaithaw ah um ding i hui ti ging in Lalpa ah kinga zing hitiu.

Editor : Rev. S. Lama Vaiphei, Co-ordinator
Joint Editors : Rev. R. Lalmingsanga, A/S
 : Rev. K. Jama Vaiphei
 : Rev. Hesei Vaiphei
 : Rev. Th. Samuel Vaiphei
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