



## UPA KAINEIPAU CHANCHIN CHAWMKIM

Upa Kaineipau hi Evan. Tongkhai leh Nu Hoineikim te gochan lak ah a lian (upa) pen a hi. Date 11/11/1964 kum in Bisanmual khuan a piang a, 1987 kum in a ngai ma ma Niangzangai tawh a kicheng ui. Ama hi gam leh nam ngaina mi a hi ziakin a hun masa lam in VNV Leh VPC Cabinet tiang in a la pang hi.

Hun bangchan a hem nung in Pianthakna a hun nei ta, zia kipat chun Kochuam ngainatna a hun nei a, New Lamka Presbyterian (MPCS) Kochuam in 2009 kum in Upa ding in a huntel daw k u'i. Date 11/10/2009 ni'n Jubilee Kochuam Biakin ah Rev. Laldingluaia khut in namdetna ala chang hi.

A damlai ah Kochuam ah mawpuakna chuam chuam a nei te: Vice-Chairman, Secretary, Gamthak Committee chairman, Managing Committee Chairman, Treasurer leh Building Committee Chairman te a la tukha a hi. Ama Chairman na nuaiah tu New Lamka Biak In hile sak daw a hi.

Bial ah le Standing Committee leh Sunday School Committee ala pang hi. Kochuam a ngainat na ziakin ama mimal sum pawdaw k in luaithena le a la bawl sek hi.

Taksa damlona khawktak a la nei ziakin Delhi, Guwahati, Imphal leh mun chuam chuam in a la kikaitua sek maleh phachuam tak tak lo in 23/5/2019 ni'n Shija Hospital ah etkawl a hi zing lai in a it leh ngaicheng nusian a kumtuang mun ding ei la zawtsan ta a hi. A zing in Biak In ah Kochuam ten a vuina Programme mat a hia, Kochuam Secretary Upa Jamkhokam in a chanchin simthakna a nei a, Khanglaiten Kochuam Lapawl kilawm tak sa'n Rev. P. K. Lianmang Ex. Moderator in khela tak in vuina a nei hi.

## Editorial

Pathiankochuam a thisan ah a lei te, Kumthak eipui galkaitu i pau Pathian min in kumthak chibai ka hung buk hi.

Tukum 2020 Synod Pastoral Committee chun Pastoral Ministry thupi ding in **"Nun fimkhur"** ti chu a tel a, a hiat bailam ding in zia kum sung ah kochuam tin te Kum Thupi ding ah ei kitelpiak tina hin a. Bial leh kochuam tin ten hinkhua chingtheizaw ah mang dinga kizilsakna lawktak ah mangchiat ding in i kidawisak ahi.

Hinna Vak Committee chun i chanchinbu hi daw um zaw ah sua ahitheina ding dan gun tak in a genkhawm a, a sung ah thu um ding leh a kitian ding dantiang in phatak in a guanggal hi. Zia bepchu hi loin thasin ah haptamasa pen sung ngei ah suaksak ham ding dan le ngaitua ahia, simtute leh kochuamte pan lak ding dante haw tawh a guanggal baw k hi. I mawpuakna chiat uh sukdik gua in pan la hitiu in chanchinbu dawiumtak nei ding in pangkhawm hi tiu.

Zia kumthak hi Lalpan nang leh la insung mite a ding in malsawmna kum hisak ta hen.

**KUM 2020 SYNOD PASTORAL MINISTRY THUPI  
PILVANG TAK AH HIN (NUN FIMKHUR)  
(Ephesi 5:15)**

*-Rev. R. Lalhmingsanga  
Administrative Secretary*

**THUMAPUI**

I Synod hin kum sin in Pastoral Ministry Thupi ding a tel sek a. Tu Kum 2020 a ding in \*Pilvang tak a hin (Nun fimkhur) ti a tel hi. "Pastoral ministry" Kochuam nesejna pumpi (Gamthak nasejna tilo) a huap vek a. Zia zi8ak chun Kum 2020 a ding ah Kochuam pumpi Thupi tiin le gen thei in a. Zia thupi hi Kochuam kikhawpna ah a tam thei pen gen sek dng a kineppi I hui a. Pastor leh Pro. Pastorte vang chun a bial fan nau ah le a thupi pen ua a mat ding ua ngai a hi. Zia ziak chun I Pilvanna ding uh khenkhat tu chung a hin gen gaw leu hin.

**PATHIAN CHATE I  
HI ZIAKUN PILVAN A  
PAWIMAW HI**

Gingtute hi Pathian In a chapa thina leh thawkitna mang in I gitlonau a pat ei tandawk in a cha ah sak in I um tau a. Khawvel mite gual ah fello tak ah hing mai mai ding I hi ta puau. "Zia khawvel dan gual a hin um kiu inla , Pathian dawi lam, a pha

leh bukim chu la hiat chian theina dingun, la;ungthim uh siamthak ah umin hung danglam zaw tau in" tiin Sawlchak Paul in Ephesi Kochuam te phatchuamngai tak in a tilkho a. Khristiante chu Lal Jesu hindan gual ah fel tak, dik tak leh thiangtho tak ah hing ding in ei hil hi.

Zia khawvel a hin sualna tam tak a um a.

- Hatna tasam (shortness of breath)
- Pneumonia
- Kal buaina (kidney failure) le thina chan tungthei hi
- Zia hik/gû hi mihing alut apat natna ahng suakdawksak hi 2 to 14 days (incubation period) sung a hi.

**MIKHAT APAT MIKHAT KI LAKSAWN THEI DAN :**

1. Respiratory droplets:ki khû, ki chît, kihoulimna khat le khat mit nâk le kam ki nai tak ah ki hat khum a hi.
2. Human to human contact:adamlou khat taksa vak khoi khak jiang ale bailam tak ah k laksawn thei ahi
3. Fomites: ala damlou sa ten ala khoi khak u van te, thil nekna ki kawp te ho ah pat le k lak thei a hi.
4. Immune system: Taksa jawngkhal te adiak ah chapang le nausen, teksia te ho hi adamlou bailam ui Preventive measures (ki vengbit / humbit di dan)
  - a) Khut hi regular tak ah sabon (soap) le alcohol based khutsopna (handwash) mang ah sawp zing ding.
  - b) Kam le nâk te hi tuam (mask) zing di a diak ah kikhu/kichiiit phat leh
  - c) Sa le nga te le a dang dang haw pha tak ah thiangtho le kihuan min te bep nek di.
  - d) Damlousa te va khawi khak sek lou di

**TREATMENT (KI ETKOL DI DAN) :**

- Tu dinmun ahin antibiotic ti vel in zen dam zou lou a hi.
- Vaccines le damdoi(medicine) ama zendam theina siamdawk nailou a hi.
- Taksa thianthôna le immune system suk hat poimaw a hi.
- Symptomatic le supportive treatment(hatnuam lou te oxygen piak, thâ chau te drip iv fluids te piak, hitang khosik te damdoi ah etkawl, adamloute achuam bîk ah kôî ah kam le nâk te mask ah tuam(cover) piak ) te hi phachuam tak ah hiat ahi

## CORONA VIRUS

*Dr Thangniang Kimboi Vaiphei  
Medical Officer  
Manipur Health Service*

Khawvel ah natna tamtak ah um ah, himaleh tu dinmun ahin lauthawng um mama World Health Organization(WHO) ten public health emergency ti in corona virus hi puangdawki ui. Corona virus natna te hi hitang khosik apat sim in natna khawk jo diak Middle East Respiratory syndrome(MERS) leh severe acute respiratory syndrome(SARS) ti te ahi. Zia hik/gû apat natna hi mihing ten gancha apat ki laksawn sek ah hiat ahi. Himaleh 2019 december thabul lam apat chun khosikpi(pneumonia) ahung kipat dan hiatchianlou China khawpi khat Wuhan ki ti achun mibangzat hem in damlona hung nei in damdoi ten le kizendam jou lou, mikhat apat mikhat kilaksawn thei natna hng hiatdawki ahi tai. Zia chu corona virus chi thak(new strain) khat 2019 novel corona virus (2019-nCoV) in asuak sak ahi. National Health Commission China in WHO ala hiatsak dan in Wuhan Khawpi (capital of China's Hubei province) mun ahin tuisuagiat apat nek le chak( sea food), ganhing chi chuam chuam gûl, bâk, thianlei, vacha,gancha dang<sup>2</sup> te dan in phallou thanguai tak ah zuak ahi, zia te ah pat hng ki pan ding ah ginmaw na nei ahi.

Symptoms (damlouna umdan Zia):

- Khosik maimai apat khosikpi
- Gôlnat (sore throat)
- Kikhû (dry cough)
- Naptui luang (runny nose)
- Hatlam nuamlo (respiratory difficulties)

Thepna chi chuam chuam mangin Setan in ei them zing a hi. Kumtuang hinna I nei hi vawp hing zing a kul a, khawvel vak hi thei dingin bangtik lain le pilvang tak ah hinkhua I mat uh a kul takzet a hi.

### HISELNA PHA TAK NEI AH PATHIAN A DING AH MI PHACHUAM HI A NGAI HI

Pathian a ding ah thi sang in P-athian a ding ah hisel tak a hin leh, phachuam tak ah nasep a lopi zawi. Zia ziak chun I hiselna a ding un pilvang tak ah hin a pawimaw hi. Zia ding a chun eima I kietchian a, thil phalo taisan a, thilpha a hileh vang taisan lo a phai.

### LIFESTYLE DISEASES

Doctor specialist pakhatin a gen ka hitamil theilo chu zia hi a hi. Lifestyle diseases hi tulai ah I siat pi

pen chu a hi. Mihausa ten sa a netam u'I I tiu a, me mun I gua pai mai ua. Lawiten kuva a nek ua leh nek ding I tup zel ua, kuhva nek kha changkanna a hem I tiu a. Zia gual ma chun chep leh muam chi chuam chuamte hi lawipawlna a ngai in I muam in I chep sek mai ua. Zu leh drug te hile a tila chun lawi pawlna a ngai in bawl mai sek ua. Maleh zia thil chin phalo te hi I taksan nasa tak in tuak khawlaw sek a. Natna chuam chuam I thawk khawlaw sek uh a hi. I nisin hinkhua a hin lifestyles gual ah I chiapi eima eisuse thei ding tam tak a um a, pilvang tak ah hinkhua mat a kul ma ma hi.

Mi hisel tak, taksa leh thagau ah hisel tak hi Pathian inle a daw i a. Damlo chau deu nung ah kisiam thak tel Pathian in a daw i tho zing lain I hat lai leh hisel lai hi Pathian in le a daw i lai tak chu a hi kit hi. Zia ziak chun nek leh dawn in pilvang hitin uh,

Hiselna pha nei in Pathian â ding ah mi phachuam hi ding gua hi ti'u.

**DAMSUNG HUN  
CHAWMCHA HI LIM  
LEH KIPAK TAKIN  
MANG HITIU**

Mi zosia hi Pathian in a kibang in hun ei pe chiat hi. Dawisak chuam bik a nei pua. I hun mat dan leh hinpî dan zel in zia khawvel a i hinkhua hi a nawp in a nawplo mai a hi. Insung mite lak a, Office ah i sepkhawmpite lak ah, i nasep khawm pite lak ah, committee member chanpi te lak ah, midang kua hita leh i chenkawmpite hinkhua ah kipakna tuntu hi thei dingin pilvang tak ah hinkhua mat a pawimaw ma ma hi. Nisin ah la sepkhawmpite lak ah melma la kisiam a hi chun la hinkhau nang leh nang kisugentheî la himai hi. Zia zia chun nisin hinkhawmna sunuatu i hi theina dingin mite a ding ah buaium hilo guat ham ham ding ahi,

chute leh la chenna khawvel sunuamtu hingei ding la hi. Zia gual ding a chun la nisin hinkhua mat dan in pilvang in.

I paukam mat dante, midang chanchin i gen nawp dan teu, i tawi lumlet dan chi chuam chuam a hin mani ki enchain le hin, pilvang tak in pau in, pilvang tak in mani kienchian le hin, i hunteu hi pilvang tak in a phalam in mang thiam leu hin, i damsung hinkhua nuam intin, midang in i zal zo intin uh, khawvel hi chenna tak in siam ding i hiu. Chuti chun midang te tawh nuam tak in cheng khawm thei hitiu.

Lalpan simtute zosia malzawl chiat ta hen.

**MANIPUR AREA CALENDAR CHUNGCHANG  
AH HIATSAKNA**

Manipur Area Calendar 2020 chu Pathian mapuina zalin siamzaw a hi ta, kipakum a kisa ma ma hi. Manipur Area Calendar 2020 a hin Kochuam nibik pawimawte leh Kochuam Committee bak chuam chuamte chut hun ding a kizik ah, zia Committee hunte a Committee Bâk chuam chuam ten ngaitua khawm dingte ngaitua khawm ding hun uh taklat a hi.

A chuam ah Meeting Notice Committee Member ten I mu loin le zia Committee chut hunte hi ngaiven ah pel lo ah pang ding in I kihatsak a hi. A tangpi in Committee hun hi zingkal lam Dak 11:00 AM hisek a hi. Committee Member umna kal gamla tak tak a hi zia in Meeting Notice mu manlo a um thei a, zia Calendar ah Meeting hun ding hung kitaklangte hi Official hiatsakna gual ah I pawm thei uh chun pha ma ma in ah.

Kum hung chia zel a le Calendar ah Meeting hun ding kitaklang hi set den hun hung um zel ding a hi zia in Member ten a la ngaiven ah a la tepte sek dingin i kihatsak sawn sawn a hi.

*Rev. R.Lalhmingsanga  
Administrative Secretary*

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MANIPUR AREA COMMITTEE CHUAM CHUAM TE  
CHUT HUN DING GUANGGAL NA  
(JPC 22:4 of 2/5/2019)

<b>Sunday School Committee</b>	9 <sup>th</sup> April 2019 ( <i>Sepkitni</i> )
	16 <sup>th</sup> July 2019 ( <i>Sepkitni</i> )
	28 <sup>th</sup> January 2020 ( <i>Sepkitni</i> )
	14 <sup>th</sup> August 2020 ( <i>Simhaini</i> )
<b>Trust Committee</b>	10 <sup>th</sup> April 2019 ( <i>Sepkitni</i> )
	23 <sup>rd</sup> July 2019 ( <i>Nilaini</i> )
	2 <sup>nd</sup> Oct. 2019 ( <i>Nilaini</i> )
	22 <sup>nd</sup> Jan. 2020 ( <i>Nilaini</i> )
	23 <sup>rd</sup> July 2020 ( <i>Ningani</i> )
	1 <sup>st</sup> Oct. 2020 ( <i>Ningani</i> )
<b>Finance Committee</b>	30 <sup>th</sup> April 2019 ( <i>Sepkitni</i> )
	3 <sup>rd</sup> Sept. 2019 ( <i>Sepkitni</i> )
	29 <sup>th</sup> Jan. 2020 ( <i>Nilaini</i> )
	29 <sup>th</sup> April 2020 ( <i>Nilaini</i> )
	2 <sup>nd</sup> Sept. 2020 ( <i>Nilaini</i> )

Committee member te hi meeting notice a kihawm ta pua, Manipur Area Calendar ah kitaklang hi ngansia ahia. Presbytery guat leh Area Committee in a guat ten le I dinmun pawimaw zia hi hian Committee ngaikhawk kizil thak kit hi tiu.

**SUKDIKNA**

December 2019 issue ah pek no. 40 Pu Pautinlam kiti kha Rev. Pautinlam (Rev. T. Zuanlal pa) ahi.

Upa Kaineipau sunna kha lekha hunglut kihiatua lo ziaka tut ha hi hung kisua thei bep ahi.

DANGLAM NGAM KHANGLAI  
(*Thugentu 11:9 - 12:1*)

*Pro-Pastor Siamlaron  
New Lamka Bial*

Manipur Area Khristian Khanglai Pawl (KKP) Bial zosia in conference - 2020 imat zinglai ua ka lungthim ah hung kilang chu *Danglam Ngam Khanglai* ti hi a hi. Khanglai kiti chu I Kochuam chiadan in kum 14-40 kikal ti a hi. Khawvel Kisimna et inle gam naupang leh khangtou zel ding ah tepte ah umte chu gamsung ah khanglai tam na leh gam hung enkawl tou ding khanglai vaihawm thei tam na gam te ahiu. Ziate lak achun igam uh India hile pakhat a hi ti ihe chiat ui. Khawvel mite etla leh ngaisan chu ziagual ah khangthak tam na gam chu ahi zel hi. Ziagual chu a hi zinglai in ei Manipur Area Kochuam hile et in i Kochuam pumpi sung ua hin Khanglai ah ki tepte member sangnga (5000) val i um thei ua thil kipakum leh kiletsak pi kham tak a hi.

Tukum Pastor bial kithat hilo in cancer natna pakhat KKP conference zia in kumtuang gam eila kimat na kapan khak na zawtsan hi. Ka gen nawp pen achun branch tin Secretary te chu mithi ka hawmthaw na report ngaithak a hia, zai na hizawlo in mithi te insung achun KKP member amau ka sùn pi takzet kawm in dawina leh nawpna ngei ah ki khamthei leh kingaisiat zia ki ziaklut zosia chu mi zathum a mani kithat khanglai hilo sawm sagi leh pakua (379) ah damlona khawktak zia aphau hi. Term chia ta sa ah thina hi ka kipakna leh akhan KKP member pakhat khanglai te ka pakchatna bep in khamthei zia leh mama chu a hi. Bial dang te mani kiangai siatna zia ah banggual dinmun ihu em

chu ka hechian chet puai, ka um na bial achun Pathian mapui na zal in Kochuam te'n thagau leh taksa lam ah ma asawn khawpmai ui ti hi a muthei hi. Aziak lianpen ah ka mu chu Khristian Khanlai Pawl te'n branch leh bial sung ah kituak tak leh ki thumang tak ah pan lakhawm in *Kochuam khut leh keng* ahi nau su piting ding ah theitawp sua ah apankhawm thei zia uh a hi. Thilpha hiding ah hukdam KKP te zosia hin I khanglai hinau hi Pathian lopina ding leh igam-inam taksa leh thagau ah masawn na ding ah i kimat zing lai siau chu khangto leh masawn zel ding ihu ti ka gen ngam a hi.

Khanglai kiti chu taksa a hat a, a pil ah, ngaituana lam le a hat mama hi. Apha lam ah achia chun inkuan, kochuam, khawtang leh gamsung a ding in a phachuam mama hi. A phalo lam ah achia khak vanglak chun insung bep hilo in khawvel subuai tu'n le a pangthei zel hi. Kochuam

Pathian nasepna leh sawrkal nasepna mu tampen te le khanglai ahi gual un, khamthei thil ah kimang tam pen, siatna chuam chuam tun tu tam pen le khanglai te ahi kit bawk ui. Zia gual chu muzing kawm in Thugentu chun Khanglai hun hi limtak leh anuam thei pen ah mang ding in ei dawi sak ah, ahinla zia haw zosia ahin Pathian in ichung ua vaihawm ding a hi ti hezing kawm ah pilvang tak leh ei siamtu Pathian hemil lou ah khawsa ding in ei dawi hi (Thugentu 11:11-12:1). "I leng un Pathian kiang in eimau undan chiat kipuan ding ihu" ti Romte 14:12 ah imu gual un khawvak leh khawthim ah I khawsak nau zosia hi hunkhat ni leh Pathian masang ah puangdawk ding ihi zia un pilvang tak ah khawsak a poimaw takzet hi.

I gam sung uh et in Khanglai hingal a khanglai hina mattheilo, midang mawpuakna bep dem thiam, ama kizil pei diaklo te,

*Manipur Area guat* : Upa Ngamkholun  
: Rev. Malkian Lalnunfela  
: Upa Luna Vaiphei  
: Upa Lamkholian

### Sunday School Committee

*Administrative Secretary* : Rev. R. Lalhminganga  
*Co-ordinator* : Rev. S. Lama Vaiphei  
*O/A. i/c MSSU* : Upa Lalthuoisang  
*Lamka North guat* : Rev. K. Neihzial  
: Upa Lalthianlam  
*Lamka South guat* : Upa K. Manglianhang  
: Upa Ginkholian  
: T.Upa Lalthianlam  
*Tanggam guat* : Upa Thangkhokhai  
: Rev. Hesei Vaiphei  
*Phaipi guat* : Rev. Thangneipau  
: Upa Haupau  
*Manipur Area guat* : Upa Paulemsiam  
: Upa Zamkhokam  
: Upa K. Muanlal  
: Upa Pauminhang

### Trust Committee

*Administrative Secretary* : Rev. R. Lalhminganga  
*Co-ordinator* : Rev. S. Lama Vaiphei  
*Principal RMHS* : T.Upa Dr. Soilalsiam  
*Accountant* : Tv. Manglalle  
*Lamka North guat* : Rev. C. Lalngaihawma  
*Lamka South guat* : Upa Kaikhokam  
*Tanggam guat* : Rev. Thianganlim  
*Phaipi guat* : Rev. K. Jama Vaiphei  
*Manipur Area guat* : Upa Genminlun  
: Upa VL. Kaia  
: Upa S.Minhang  
: Upa Khailian

4. Notice/Advertisement
5. Hiselna huang
6. Sunna
7. A pawimaw dangte

### FEE BATE CHUNGCHANG

Fee bate chungchang genkhawm a hia, Kochuam Secretary tinte kiang ah Bat sikna lekha piak ah, Kum 2018 apat ah bate sík ding in phasak a hi.

Zia chung ah kitaklangte hi Hinna Vâk laten I bawzui thei dan chiat un a la bawzui thei le hin kipak um ma ma in a.

Lalpa'n Hinna Vâk latute zosia hun malzawl ta hen.

-Editor

### AREA HUAP COMMITTEE CHUAM CHUAM TE

#### Finance Committee Member te

<i>Administrative Secretary</i>	: Rev. R. Lalhmingsanga
<i>Co-ordinator</i>	: Rev. S. Lama Vaiphei
<i>Accountant</i>	: Tv. Manglalle
<i>Lamka North guat</i>	: Dr. Paulunmang
	: Rev. Khaikholam
<i>Lamka South guat</i>	: Upa S. Tinal
	: Upa L. Manga
<i>Tanggam guat</i>	: Upa Khamkholal
	: Rev. Ph. Thianneilal
<i>Phaipei guat</i>	: Upa AL. Thanga
	: Rev. Khupneithang

khanglai hi sung a le midang tawh kituak theilo, mani thu bep dawi, khawlai ah fel mama insung leh kochuam ah mat theilo leh matngam hilo, midang thu chiapi nuamlo ti te aphalo gen ding tam tak um in a. *Khristian Khanglai Pawl member ka hi kiti zosia ten mani dinmun chiat ki enchian hitiu.* Thilpha hi ding ah hukdam ihi zia un Khanglai member zosia'n kei ka umlo chun ka mun awng mai ding a hi ti ngam in, puitu te gensiat sang ah tawsawt thiam in, tawmngaina mun ah amasa kichu in, hun mangdik ah, thil phalo taisan ngam ding leh thilpha taphawt Pathian lopina ding ah mani lawkna ding chân angai hun inle chân ngam ding leh thawk angai hun ah le thuak ngam ding in Khristian Khanglai Pawl zosia i kichial uh a hi.

Khamthei panglo in le party abawl thei a, khamthei panglo baw in lawi-leh-pai nuamtak leh lim tak ah kipawlkhawm thei a hi.

Ziagual baw chun thiango tak in nungak tangval le kingai thei a hi. Nek leh dawn ah kisûm ngam ah kicheina lam inle midang te sang ah danglam ngam hi ding in khanglai zosia ten thupukna (decision) feltak siam chiat hitiu. *Manipur Area Khristian Khanglai member chu khawitak mun in um ziang leh le midang lak ah hiatkhen thei ding khawp ah taksa leh thagau ah ki su thiango leh etton tâk – Danglam Ngam Khanglai* hi gaw chiat hitiu. Zia ding a chun *Pathian biak kikhawp ngaisak te, mimal bible sim leh pauchap tam te, siatna chuam chuam lak ah kiveng zing te, khanglai mani kitodel ding ah nasep leh thilbawl lam ah ki thunun thei hi ding in theitawp sua ding in ikichial uh a hi.*

Zai khawvel danglam zing ahin Khristian Khanglai Pawl member zosia Pathian lopina ding ah danglam ngam chiat ding in Lalpa'n ei malsawm tau hen!

## NUMEI LUNGTHIM HISEL Thupilte 17:22; 15:30; Rom 12:9-21

**Thumapui:** Tulai hin taksa hiselna hi mi tin in I ngai pawimaw ma mau a, lungthim hiselna lam vang I ngaiven bêk lo maithei uh ahi. *“Lungthim Hisel”* ti hi genchian dan chuam chuam um in a. Hiselna lam ah khawvel ah ma latu WHO in a genchian dan in: *“Lungthim hisel chu hinkhua nuam leh chawldam, mani hina leh theina kibiatchianna, hinkhua ab thil hung tungte dawnawn dan leh masawn dan thiamna, lawting tak leh gâ pha tak sua dinga nasep theina, midang a ding leh khawtang a dinga phachuam tak hitheina hinkhua hi abi,”* a tii.

### 1. LUNGTHIM HISEL HINKHUA KILAT DAN:

Lungthim hisel neite chun a hinkhua mat dan un a sulang sek ui.

- i. Lungawina hinkhua a nei ui.
- ii. Dam nuam tina leh dam utna a nei ua, a hinkhuau kipâkna'n a dim sek.
- iii. Haksatna hung tung sek maleh ngam takin masawn in suknavak a gua sek ua, haksatnan luan khum maleh

thodawk in hin pangai in a hing kit thei zel ui.

- iv. Thil thak zildaw zel a tup ua, hindan danglamna lian tak hung tung maleh mani kisiam lem thei dan a kizil thei zel sek ui.
- v. Min a bawl ziaka thil bawl mai loin, a bawlna ziak hawi tak a nei sek ui.
- vi. Thil bawl ding buk dan a thiam ua, sep hun leh kichawl hunte, thil phachuam bawl hun leh kisuklim hunte, mi dang ngaisak hun leh mani

## HINNA VÂK CHUNGCHANG AH HIAT DING PAWIMAWTE

Hinna Vâk Editorial Borad Meeting Date 27 January, 2020 khan nei a hia, a nuai ah thupuknate hi Kochuamte leh Latute hiat dingin a hung kitaklang ah. Ma ei la lak piak ah bawizui ngaite eila bawizui piak chiat dingin i kidawn hi.

### FEE CHUNGCHANG

Hinna Vâk subscribition Fee chungchang a kigenkhawm a, chiadan pangai ah, Kum 1 ah ₹100/-, a copy ah chawk thaw nuam ten Copy khat ah ₹10/- hi ding leh, Kochuam tin in Agent-te ngansia mailo ah mâ a hun lak tak dingua phasak a hia, Kum sin February tha beima ngei ah a fee leh a la thak dingte min Kochuam Committee in a hung sukfel sek ding leh Fee ba a um chun kochuam mawpuakna hi ta ding leh bangkim Kochuam Committee hiatpina leh Kochuam Secretary haw malam ah bawl vek tak ding ah phasak a hi.

Kochuam umlona leh mimal ah late chu zia a chung ah thupukna khin huam kha puan a.

### CONTENT CHUNGCHANG

Hinna Vâk sung ah thu um ding dan genkhawmna a kinei a, zia gual a hin siam ahi:

1. Editorial
2. Sermon
3. Kochuam huang
  - a) Kochuam
  - b) KNP
  - c) KKP
  - d) Mission
  - e) Gam pam



ziate haw puak velna ding in Taxi ₹ 800/- Sunday in hire sek a hi. Kikhawp pel phat leh light refreshment biakin mai in a kibawl sek hi. Zia ban ah chun Kochuam mite hi veng chuam chuam ah um a hi zia un kikhawp na ding in le auto/cab mat a ngai sek ah a gam la deu te vang in khatvei kikhawpna ding in ₹ 300/- sang ah tawm zaw lo sen a ngaisek hi. Delhi ah hin Pathian Biakin kaina ding in mani kiseng huam ah Biak in kai a ngai hi. Zia gual ah kikhawpna ding ah kisen ngai himaleh, member te hi a taimau ah kikhawm percentage hi chu a tang pi in 40% to 70% vel ka hisek u'i. Thakhat in Sunday School zillai ni vei lak ahi sek in, a dang vang sermonna'n a kimang sek hi.

Thasin in Kochuam Committee in meeting kitup tak in ka nei thei u'i. Kochuam Numei Pawl leh Kristian Khanglai Pawl ten thasin in kikhawpna khat vei leh Committee a nei thei u'i. Manipur lam ah kochuam ten lei pauchappi sek u'i ti ka hiatun ka kipak ma ma'u hi.

**Chialna:** Manipur Area Kochuam mi Delhi ah sepna zia or sepna ding hawl or lekha zil ding ah hun ding ten hiat ding chu, a thei ham leh testimonial certificate hung ken thei hileh, a hung keng lem chang thei lo ten le, i kochuam um ahi tak zia in kua ma dang pawl va bel lo in ei kochuam ma ah register hung kibawl ziang ding in chialna leh hiatsakna ka hun bawl hi.

- kingaisak hunte he'n a buk thiam mama sek ui.
- vii. Midang tawh kizungkaina pha a nei sek ui.
- viii. Mani kingailulna leh kimuanngamna a nei sek ui.
- ix. Mani diklona chungah mawpuakna ala ngam sek ui.
- x. Lungthim put dan leh chet dan a thunun thei un, a lungnat nau le a thunun thei un, lungnatna suklat dan phapen a ngaitua sek ui.
- 2. BANG ZIAK AH NUTE HIN LUNGTHIM HISEL MAMAW IHIU EM?**
- Mi zosia'n lungthim hisel mamaw maleh, numeite hin mamaw diak ah WHO chun hein a ngai pawimaw mama hi. A zia chu:
- a. Lungthim natna (Stress) ziaaka damlona hung
- um theite, etsaknan – lungngui leh beidawng (depression), lau nei natna (Anxiety disorder), vangsiatna um thut leh lungthim phawng thut ziaaka lungthim lam haksatna (Post-traumatic stress disorder) leh kigawng leh ti dawina ziaaka nek leh dawn lam ah haksatna (eating disorder) te hi pawsal sangin numei ah a tam zaw'i.
- b. Numeite hin thasin period neitheina hormone pani 'estrogen' leh 'progesterone' te hi period di kuan, nau vawp di kuan, nau neizaw leh thi hul dikuan ahin a kisiam zat a danglam sek a, zia hun lai ahin numei chun lungthim lam hisel lona chi chuam chuam, a nei sek ua, zia hun haksasawanna ding in lungthim hisel chu a mamaw ma ma hi.
- c. Khawtâng ah numei dinmun hi pawsal sanga

a niam zawk ziak in haksatna a tuak nasa ma ma sek ua. Vawk leh Jep, vau, abawlkhial uh hiat tinten te, chawtden, pawngsual te a tuak nasa ua, zia hun a hin lungthim lam haksatna a tun nasa ma ma sek hi. Dinmun niam zaw hi ziak ah numei chun theina leh thiamnan tit maleh a hina dinmun ua ding theilo ahi châng le a um sek a, lungthim lam haksatna a nei thei bawk ui.

d. Numeite mawpuakna hi a sang ma ma a, inkuan enkawltu a hiu a, khenkhat chu sum la luttu pen le a hi bawk ua, kochuam leh khawtâng ah mawpuakna puak mualsua di a nei bawk ui. Inkuan ah lupna ngak tawp ah damlo chatmaw a um vang leh nu chu a gim ma ma sek hi. Ziate haw zosia hi puak thiam lo ziak leh ziate chungchuan ah haksatna dang in ei hung luankhum kit phat leh

lungthim lam haksatna bailam takin a nei sek ui.

### 3. LUNGTHIM HISELNA DINGA PAWIMAW TE

Lungthim hisel kiti hi ama leh ama hung um ziang a hi pua, taksa hiselna dinga hidi leh hilo ding a um gual in lungthim hisel neina ding ahin le hiding pawimaw tam tak a um hi.

a. **Kipak taka zing thaw.** Zingkal la hung thaw chu lungnatna ding leh phunna ding hawl ah tho la hi em, lim leh phul takin la tho sek em? Susan Miller chun zing thaw hun ah bawl ding panga a gen hi.

i. **Nui phawt di/nuina di hawl di**

ii. **Kipak thu gen di**

iii. **Tuni hin thilpha leh kipakna hung tung ina ti gel di**

iv. **Ngaituana phalo in**

## DELHI PRESBYTERIAN KOCHUAM CHANCHIN REPORT

*Report petu : Pastor Summinlian Vaiphei*

Mizoram Synod: Manipur Area Kochuam Pathian in ma a pu'i. zel ah, India gam khawpi Delhi ngei inle Date 5<sup>th</sup> October, 2017 ni 'n hawndawna Rev. C. Zoramawia in a nei hi. Kochuam kiphu dawk lim in member hi 100 val ka hui in, tuni tiang in vang kochuam member 140 vel ka hi tau hi. Dan zoukim hi 100 val deu ahin, a dang vang naupang leh danzoukim nai loute a hui. Tual Upa 8 [eight] kanei ua, Kochuam Upa vang kanei nai puau hi. Kochuam member te hi a hunglut thak leh a pawt kit a um zing ah zia zat mawng hi ti thei a hi puai. A tang pi in member te hi Government service, private company ah sem, business bawl leh zillai naupang te a hi'u. Kochuam hin chu kiam lam sang in, pun lam manaw zel ding hileh a kilawm hi.

**Pathian Biak na leh thil pawimaw dang:** Tulai tak ahin Pastor Quarter ding in DDA Flats Munirka ah Flat khat in bahara in a kilua hi. Kikhawpna ding in RK Puram Sector 6 CNI [Church of North India (Holy Angel Church)] ah ka kikhawm u'i. Kâl khat sung in khatvei kikhawpna a kinei thei in, Kikhawp hun ding in Pathianni nitak lam dak 5:00 pm to 7:0 pm sung ah kikhawmsek hi. Biakin nei nailou a kihi ziak in thakhat ah church rent in ₹ 12000 -20000 vel a kiseng sek hi, a chang leh ₹ 20000 a val a tun chang bang ahung um sek hi. Chun, sound system-te hi Biakin ah nutsia a lem lo ziak in

## KKP GENERAL CONFERENCE 11 - VEINA THUCHA

Mun tin ah um Khristian Khanglai Pawl member zosia amasan KKP General Conference chibai ka hung buk hi.

Tuchung KKP General Conference 11-Veina hi Mata Pastor Bial in Mata Vengpi Kochuam ah zintun ding a hi. Kum dang gual lo in tuchung KKP General Confirence hi ni li (4) 5<sup>th</sup> March apat 8<sup>th</sup> March sung mang ding ah kiguanggalna siam a hi. Hall lam pang hi zintuntu bial te'n 10<sup>th</sup> February apat khan a sa pan tau a, 28<sup>th</sup> February tiang a zaw thiag thei ding ah kisingsakna nei ahi thu uh dawn ahi, a lungdamum khawp mai a hi.

Pathian thu leh la ah kipawlkhawmna chi chuam chuam te guanggal a hia, Mizoram apat lasa thiam Nk Stacy VL Muanpuui le hung pang thei ding ahi thu dawn ahi bawk hi. Chuleh, Conference sung ngei ahin Lamka khawpi sung (Police Station to Lailam lui, Police station to Tuibuang Bazar) ah Cleanliness Drive nei ding ti ahin, zia hun ahin le a tam thei pen pang ding ah kineppi i hui. Bial chuam chuam a pat a KKP member te a tam thei pen hung kisingsa, hung pang ngei ding in Lalpa'n la mau hung pui chiat ta hen.

TV. KAMBENJOHN  
General Secretary  
Khristian Khanglai Pawl

a **suklungngai ma'n paimang in**

v. **La bawl ding ngaitua in, thil tam tak vang bawl gua kin.** Tichun tho dawk inla lim takin la hun mang pan in a ti.

b. **Taksa lam hiselna ngai pawimaw.** Lungthim, thagau leh taksa hi semkhawm sek ahi ziakun pakhat a hisel lo chun a dangten a thuak sek ui. Lungthim lam hisel neina ding in taksa lam hiselna ding ngaipawimaw masan. Nêk leh dawn I taksau in amamaw dite lekhabu, TV, radio leh internet apat in ngaiven inla, ahiloleh, mithiamte le dawt thei ahi. Taksa susia thei nek leh dawn ah kikangse te, taksa hiselna ki chek up zing tite, exercise tite hi ngainep lo hial di ahi. Exercise ibawl phat leh I thuak apat hin ei sukipak sek thil 'serotonin' chu a hung pawt sek a, kipakna akinei khawlaw sek hi.

Exercise bawl pum ah lungna phun phun a um thei puai. Imut hun bi nei ding leh kichawl dua hawi mama a pawimaw hi.

c. **Midangte a dinga phachuam hi utna lungthim put.** Mani a di bep kigel zing mi chun lungthim hisel a nei thei puai. Zia nu/pa hi bangtin ka mang phachuam thei diam? ti sang in bangtin zia nu/pa a ding in ka phachuam thei diam tithei te lungthim chu kipakna a nei thei zawi. Ziagual mite chun midang apat mu kit ding kinepna neilo in lungthim a nei ua, a lim un a kipak un, nuam a ti ma ma sek ui. Thil mu kit ding kinepna ziak ahem, mi pakchat ding ahem kinem ah mi panpi la hi chun limna leh kipakna sangin siatsona leh beidawanna nei zaw di la hi. Mi panpi ti hin sum le pai bep a kawp pua, la thiamna, la talent neite, hun mat dan te, paudan

te mang in panpi thei la hi. Chuleh, mitin hin p  kchat leh ngaisak hi di I dawi pen uh ahia, zia chu sukpitinna ding a, mi ngaidan dawt te, a thugen uh ngaith  k piak te, a hun uh ngaipawimaw piak te, p  kchat a ngai hun ua p  kchat mai tite hi mi panpi theina chu ahi. Mi panpina dawnthiam hi malsawmna ahi.

d. **Mani kimuan ngamna leh kingailul thiamna nei a pawimawi.** Eima kigel thupi a, midang ngaisaklo di, chapo di tina vang a hi puai. Rom 12:3 chun *“Kuama ama hina khel ah kingaisang lo in, Pathian in ginna a hun piak dungzui ah dik tak in kingaitua chiat zaw tau in,”* a ti. Pathian in a dawigual in ei siam a, a zia nei in khawvel ah ei kaw i a, a thisan lul takin ei tan a, thilhitheina, pilna, thiamna, talent chuam chuam ei pia I thupi un I lul uh ahi. Eima kingailul

ding chun Pathian mit ah leh I kiang kimvel ah mite a dinga I lulna kisuichian zing a ngai hi. I thiamna leh talent te hawldaw ah mat phatchuam mama a ngai hi. Bangma kahi puai, thiam kanei puai ti kampau hi mat kei lo di ahi. Ei leh ei ikingailul lo chun eima kimuanngamna a um thei puai. Kisuangla zing mi chun thil a bawl daw k thei puai. Eima kimuanna tihin Pathian muannamlona lam ahi pua, Pathian in eimau ah a thil kawite mangthiam tina ahi zawi. Theitawp sua a, aban chu Pathian ngansia di ahi.

e. **Kalsuan daw ngam a ngai hi.** Hinkhua kisan danglam hi mi tam tak in I huphul un I lau sek ui. I dinmun haks a (nupa kikal, nasepna tite) mama pawtsan a, hiat ngailo gam ah lut sangin haksatna thuak chu I tel zaw sek ui. Zia chun beidawna



**THE MIZORAM PRESBYTERIAN KOCHUAM (PCI)  
MANIPUR AREA**

**KOCHUAM NUMEI PAWL  
VAIHAWM KIKHAWP 7 VEINA.**

AMUN : MUNPI KOCHUAM BIAKIN

AHUN : FEB 28<sup>th</sup> - 1<sup>st</sup> MARCH, 2020

THUPI : TAIMAT SUA HITIU (HEB. 6:11)

**SPEAKERS** : 1. REV K NEIHSIAL  
2. REV S. LAMA VAIPHEI COORDINATOR  
3. REV MALAKI LALNUNFELA  
**RESOURCE PERSON** : REV PH. THIANNEILAL

Rev Khaisonthang in a zik KNP thuzil 2020 “Khristian Numei te taksa le thagau ah khantona” 1st March 2020 Pathianni zingkal kikhawp hun ah Rev. R. Lalhmingsanga Administrative Secretary Manipur Area Pathian kiang ah alatna nei ding ahi.

Khawmpi lawting tak ah mat ahi thei nading in pauchapna’n delzui hitiu in chuleh zia khawmpi a hin nangle hung pang ngei ngei a, taksa leh thagau lam ah malzawl na dawng din ngaina takin kahun chial ui.

*Central kochuam numei pawl sik leh thasang in*

Hoilian  
Secretary CKNP

### 10. Revival Speakers Training um ding

A hung tung ding February 11-13, 2020 sung ahin Revival Speaker te leh a team member teu mi pali chiat tawh Office lama training piak ding ah guanggal ahi. Resource person ding in Rev. R. Lalhmingsanga, Rev. S. Lama Vaiphei, Rev. S. Khaikholam, Rev. K. Jama Vaiphei, Rev. C. Lalngaihawma, Rev. K. Neihzial, Rev. Malakia Lalnunfela leh Rev. Ph. Thianneilal te hi ding a hiu. Zia training hi Revival team te a ding bep hi loin kochuam mipi zosia a ding ah thil phachuam tak a hi ki nep ahi.

mun ei puilut sek hi. Chuleh, mi khenkhat chun I dinmun nuam leh bit tak hi ah I kihiat ziak un dinmun haksa zawk va zawt di I ngam sek puau a, ihi di gual uh leh I phatchuam di gual un I pha chuam zo tak tak sek ta lo uh ahi.

f. **Eima lungthim kithunun a ngai hi.** I kipak leh kipak lo chu eima khut ngei ahin a um hi. Susan Miller chun, “Kua hem khat ziaka lungnat ahem, kipak lo a hem, thiamlona nasa tak laki chan chun ama chun a thunun zawk tina ahi,” a ti. Thunun thei lo tampi a um a, ziate chu: I mel, pian leh mumna, khaw phat leh siat te, mi umdan te, mi eigen dante, haksatna hung tungte hi ahi. Himaleh, thunun thei pakhat I nei ua zia chu “Bangtin ka hinkhua thil hung tung te hi kadawngsawng diam?” tih ahi. I thil

dawnsawn dan zilin I hinkhua chu lim in, a lim lo thei a, beidawanna ah I lut thei a, mi piting zawk a le ikisiam dawk thei hi. Mani lungthim kithunun thei mi chun a chet ma in a kingaitua masa sek hi. Mihingte hin gamsate neilo thil pali inei ui – *eima kisuichian theina, sia leh pha hiatna, thil ngaitua theina leh tupgukna* te hi ahi. I thil dawnsawn dan phalo a um chun le kisuichian in, a diklote siam pha in, I thil bawlte umdi dan ngaituana masa in, I sia leh pha hiatnate mangin, tupgukna tak tak inei chun I lungthim hi a kithunun thei sek hi.

g. **Haksatna masawn thiam a pawimawi.** Haksatna tuak lo hi mihing a um puai. Haksatna I tuak te sang in, haksatna i dawnsawn dan leh i maitua dan hin I hinkhuau hi thuk takin a kaihuai sek hi. Haksatna maitua dan pha khenkhat te: *haksatna*

*bep gel lo di, haksatna sukmanng dan ngaitua di, I mi taksante kianga hil a, ei panpi thei dite va zawt huphul lodi, ei panpi thei di pen Pathian dawng zing pum ah hinkhua mat tite hi ahi. Haksatna hin ei bawbek chang um maleh a tho dawk kit pai sek ahi ti hiat di. Ziagual ah um theina dinga chun midang tawh kizungkaina pha nei di, I thil tuak apat thilpha zil daw guat di, kinepna nei di, nisin I thilbawl te a ziak nei taka bawl leh midang a dinga kimatchâk nawpna te I nei uh a ngai hi. Haksatna hi pitinna lampi ah eipui lut tu ahi ti hian, mat phatchuam tei guat ding ahi. Chutileh kipâk thei ta ding la hi.*

**h. Hinkhua hi buk thiam a pawimaw hi.** Mawpuakna chuam chuam I nei ua, lungthim hisel I neitheina dingun bukthiam a ngai ma ma hi. Tu le cha etkawlâ,

nek hawlâ, midangte leh inkuan kizungkaina thu leh hepina nasep kochuam lam thute hi kibang dual dual ah chiapi a ngai hi. Lawtinna iti teu hile ngaitua chian a ngai sek hi. I phâkna tianga lungawi taka um phawt mai a phai. A hun tawk ti inei lo chun bangzat sêm le hin le, I sepbe zel nuam a, kipâkna tak tak a um thei diak puai. I mawpuakna chuam chuam te chu a pawimaw dan zilin siam fel in I sep zawlo khawp mawpuakna kisiam lo a pawimawi. Chun kichawlduana di hun te, thil phachuam hidi hun te leh kisuklimna hun te leh eima kingaisakna di hunte hiat a pawimaw hi.

**i. Pathian ah I ginna ngak tawp a pawimaw hi.** Pathian ginna leh sakhua det tak nei hi lungthim lam zil mite chun a ngaipawimaw ma mau hi. Zilchianna a nei nau ah a mudawk u chu,

### 9. Pastor leh Pro. Pastor Transfer te

Synod kikhawmpi 2019 in a guat gual in Pastor leh Pro. Pastor ten a umna ding mun ua kiguat dungzui takin 12<sup>th</sup> January 2020 nikhan induction fel taka nei zaw ahi tai.

Sl.No. Min	Umna masa	Umna thak	Induction neipi tu
1. Rev. C. Lalinlana	Leijangphai	Kangvai Rev.	Gintinthang
2. Rev. Lalremliana Colney	Sharonphai	D. Phailian	Rev.S.T. Khupa
3. Rev. Kanga	Area Office	Lamka	Rev. S. Lama Vaiphei
4. Rev. S. Kumar	Chingmei	B. Phainuam	Rev. K. Lala
5. Rev. Paulalsiam	Panglian	Sharonphai	Rev. K. Jama Vaiphei
6. Rev. K. Neihzial	Area Office	S. Kawtlian	Rev. S. Khaikhohlam
7. Rev. Genlianpau	Area Office	Chingmei (RT)	Rev. Genpau
8. Rev. Thanglianlal	S. Kawtlian	Munpi	Rev. Mangkhosei
9. Rev. Ngurthanmawia Sailo	Kathikund Jharkhan Panglian		Rev. R. Lalhminganga
10. Rev. Eric. Lienlalmuon	Sugnu	Leijangphai	Rev. P.K.Lianmang
11. P/P T. Lalgin	N.Lambulane	Sugnu	Rev. Lalingaihawma
12. P/P H. Lamthianmuan	Bible Hill	Panglian	R. Lalhminganga

Rev. Vanlalrova Khiangte Synod Secretary Sr. (Principal Missionary Training College) chu D. Phailian Bial Lapawl leh Lamka Bial Lapawl ten zui in Jubilee kochuam, Mata kochuam leh Gangpimual Kochuam a tawtha thei hi.

Rev. Lalramliana Pachuau Finance Officer (PCI General Assembly Moderator) chu Kangvai Bial Lapawl, New lamka Bial Lapawl leh Manipur Area Choir ten zui in Kangvai kochuam, Lamka kochuam leh Hilltown kochuam te a taw tha thei hi.

Rev. Dr. Lalhmangaiha chu Mata Bial Lapawl leh Sugnu Bial Lapawl ten zui in Mata kochuam, Pengjang kochuam leh T. Lailoiphai kochuam te a taw tha man hi.

Upa C. Lalmuankima chu S. Kawtlian Bial Lapawl, Sugnu Bial lapawl leh Mata Bial lapawl ten zui in S. Kawtlian kochuam, Soukom kochuam leh Sugnu Tribal kochuam te a taw tha thei hi.

## 8. Kochuam upa Training

January 31, 2020 ni khan Presbytery leh Bial ah Secretary te chuleh Treasurer te huap in Kochuam Upa Training Area office ah nei ahi. Zia hun ahin Rev. R. Lalhmingsanga Administrative Secretary in Upate devotion a matpi zawin, Resource person Rev. Lalramliana Pachuau in 'Kochuam etkawlna ah Upate mawpuakna' ti thupi a zilsaka, Rev. Dr. Lalhmangaiha hin 'Tangphai Synod mathil' ti thupi a zilsak kit a, Upa C. Lalmuankima in 'Bial & Presbytery ah Secretary leh Treasurer te mawpuakna' a zilsak hi. Nitak lam dak thum in Staff Quarters hawwna Synod Moderator Rev. Lalchangliana in anei chu Upa ten uap in, Quarters thak lawpna luai lim taka um khawm ahi. Kochuam Upate hung khawm dan chu- Phaiipi Presbytery apat 13, Lamka North apat 21, Lamka South apat 11 leh Tanggam apat 25 ahiu a, a leng ua kigawm in Kochuam Upa 70 chet chia khawm in lawk tak ah hun mat zaw ahi.

Pathian ah ginna nei mite hin haksatna a masawn thiam un, Pathian gingo mite sangin a palheng thei zawu hi a tiu. Mihing hitheina khel ah thilhithe i a um hi ti ginna hin beidawwna laka le kinepna ei siam piak a, hinkhua a sukupak sek hi. *Eihaw Pathian hing gingtute hin I ginna hi I hiselpi ngei ngei dinga a kul hi.* I Bible ua hin lungthim lam hisel tak neina ding lampi ei kawkmua nasa ma mau hi – Rom 12:9-21. Pathian thu zawm hi lungthim lam hiselna neina lampi a hi.

**Lungthim hisel phatchuamna** – *Hinkhua kum 7.5 a su sau hi. Taksa lam a hisel sak hi – lung lam natna leh stroke te a veng. Nasep le lawk zawn a sem thei zawu.*

**Thutawpna:** Lungthim hiselna hi mitin in neithe i ahia, mi zosia â ahi. Lungthim hiselna dinga pawimaw I gen teu hi a pawimaw lam helo ah

a labawl le tam tak um hitiu. Tuni kipat in a pawimaw zia he thak in ha bawl zaw sem din iki chial ui. Lungthim lam damlona neite hi musit loin, kua chung ale tung thei ahi ti hian, I phak tawk chiat un panpi gua sek hitiu. Chuleh zia gual umdan la nei chun Psychiatrist Doctor te va kietsak in: *Kipak theilo, mi kipakna le kipak theilo, a ziak umlo ah lau leh lungngainan ei subuai zing, min a lau lo thil lau tawp, thi ut – thi lau ma ma, a ziak umlo ah kipak, huphul sanga phulna nei sek, hiatna tawm hiai hiai, ngaitua I nawplo t'en ei subuai zing, bawl di pawimaw lo hidi gua zing, midang gingla la ziang, thil be ah kihia- kuaman ei pawmpi lo tite la nei chun kingaitua phat a ngai hi.*

## MANIPUR AREA KOCHUAM

*Rev. R. Lalbmingsanga, AS*

### 1. January 6, 2020 ah Office hawn a hi.

January 6, 2020 ni khan Manipur Area Administrative Office chu a hun tak ah hawn thei a hia, staff te le Pathian zal a kim tak in kumbul a kipan thei a, kipak aum khawp mai hi.

### 2. Vaiphei Holy Bible sut thak

February 2019 ah Area Committee in ei phal piak dungzui in Vaiphei Holy Bible chu 3000 copy sut thak ahia, December 18, 2019 khan a hung tung a; December 19, 2019 (10:30 A.M.) a khan Upa T. Manga Vaiphei in latna hun a mang a, bukhat ah ₹ 250 in zawk pat ahi tai. January tha tawp tiang a khan a kimkhat vel a bei tai. Bible daw i hun ah chaw thei ding ah i nei tak uhi kipak um tak a hi.

### 3. Piting SS Zillai Bi leh Nilai Bu

MSSU siam Piting SS Zillai bu chu Vaiphei pau ah lelin ahia, hun chom cha sung ah guat ah um ten kum dang sang ah kitup zawn ei bawl piak thei ua kipak aum ma ma hi. KSP lam inle MSSU Zillaibu ala ki kawppi zia un a hung chaw sek ua, sutkep zel a ngai hi. Rev. Kamkhotinthang Neihzial in 2020 Nilai leh Beigual thupi bu daw i um tak in ei zik piak baw k a, kum dang sang ma ah mellawm zawn i mang thei a kipak a um tak zet hi.

### 4. Co-Ordinator thak

Synod khawmpi 2019 in a thupuk gualin Co-Ordinator thak Rev. S. Lama Vaiphei chun kumthak office hawnni masa pen in a na a zawm thei a, mimal inlua in Lamka Bazar kiang lam ah inkuan in a um ui.

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### 5. Seller-cum-Receptionist thak

Pi S. Lemnu Rostad Memorial High School ah teaching staff sem lai chu Area Office lam ki dailo zia kin by assignment in, Seller-cum-Receptionist na sep sak ahia, aman le kumthak office hawnni masa pen a na a zawm thei a, kipak aum ma ma hi.

### 6. Staff Quarters

Synod in Staff Quarters sakna ding ei piak chu 99,70,000 a hia, 12<sup>th</sup> April 2018 a khan Rev. C. Zoramawia Administrative Secretary chun suang phumna ala nei hi. Office buiding kiang chin cha ahin a sawng in mawi taka sak zaw ahi tai. A chung lam ah Executive Secretary quarters pani a um a, a nuai lam ah Chowkider leh Driver quarters ding a um thei hi. 31<sup>st</sup> January 2020 ni khan Rev. Lalchangliana Synod Moderator in a hawna leh a latna a nei tai. A sunglam ah suktup ngai bang hem zat um nalai maleh Synod thak ding ding kisingsak lawkna ah melsuang pawimaw tak Synod in ei siam piak hi kipak a umin a lopi tak zet hi.

7. Manipur Area Committee leh Upa Training Resource person ding ah hung Synod puipa te chu a cham sung un khawpi sung kochuam khenkhat ve thakna anei ua a nuai ah gual a hin Lapawl ten le zui in hun nuam tak mat ahi.

Rev. Lalchangliana Synod Moderator chu New Lamka Bial Lapawl te, Lamka Bial Lapawl leh Manipur Area Choir ten zui in New lamka kochuam, Jubilee kochuam leh Kangvai kochuam te a taw tha thei hi.

Rev. Lianhmingthanga Sailo Senior Excutive Secretary chu Manipur Area Choir te, Kangvai Bial Lapawl leh S. Kawtlian Bial Lapawl ten a zui ua Hilltown kochuam, S. Kawtlian kochuam leh Jubilee kochuam a taw tha thei hi.

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