

THILHITHEINA

"...gam te, thilhitheina te, lopina te..." (KLB p 534).

Lalpa'n pauchap dan ei zilsakna a hin, gam chung ah te, thilhitheina leh lopina te haw zosia hi Lalpa â a hi zia a sulang hi. Thilhitheina kiti bik hi vak sui thûk gaw deu tiam hi tiu.

Human power: 1980 masang lai a chun, i gam sung ua hin thagam hat hat chuh zâna chang a hi. Lamka khawpi leh a sevêl ah khualzin ten a lau pen uh chu **Gunda** a hi. Thingtang kawchawng ah le kungfu zil a kithang ma mai.

Gun power: 1980 nung lam ahin meithal chawi ten vaihawmna a hung tu tau hi. Ei lak ah lekhathiam deu pakhat in a gen chu, *"Manipur lam vang ka ut ta kei puai, a lekhathiamlo lo in vai a hawm u'i"* a la ti hial a hi. Meithal chawi gawchiat, thilhitheina dawi chiat i pheng buai tau.

Economic power: Hun a hung chia zel ah thagam leh meithal sang ma in i gam a hin sum leh pai ma ngai pawimaw in a hung um tai. Sum leh pai leh inchen lochen kitup chu detdo ah ngai in theitawp i sua kit u'i.

Political power: Gam kivaihawmna lam politics hi chu a kûl zia leh pawimaw zia a til apat i hiat sau i ti nuam mai thei ui. Maleh politics lam ah revival a hung tung ah, a gam neitu Meitei te lak hileh thing tang mite lak in le, i buai deu deu mai u'i.

Spiritual power: I mamaw uh a hi lam le i hiatlo uh, Pathian thagau a pat ah halna hin, hun chia tasa a khan i gam bang zat vei a hem a la nuai tai. Tu hinle, Citywide crusade guanggal pawl, mani pawl huap leh mani kochuam huap ah i buai sau sau laitak uh a hi. Thagau a pat thilhitheina chu laphuak tu'n *"Van malzawl gawpi hung zun ah, a mal bep tuhin a châk hi"* a ti gual a khan kinem hi tiu.

I zildaw ding ua i kidawisak uh chu, Thilhitheina zosia Lalpa â a hi ti i hiat ualeh, mihing thahatna te, meithal chawi thahatna te, sum leh pai leh inchen lochen ah detdona leh politics ah lawtitna te hi lopi maleh a lopina tawh mangthai kawm zing a hia, thilhitheina diktak neitu Pathian Thagau a pat thilhitheina i nei ualeh a leng a hin ei mau â hithei ding a hi. Pathian gam leh a felna hawl masa leu chun thil dang zosia le piak belap ah um ding la hiu ti ahi ngal a.



Ko chuam Huang

1. Bethel Camping Centre hawn thu:

Pu Kamzathang Speaker Bethel Team in a siam Bethel Camping Centre, K. Kotlian ah um chu May 28, 2022 ni khan Rev. P.B. Zosapthara, Administrative Secretary in a hawng hi. A mun a nuam ah, kua tawbang Camp nei nuam ten le Pu Kamzathang hi contact ah va mat den thei ding ah guanggal a hi. Zia gual thil gun tak i nei thei zia ahin kipak a um tak zet ah, a hung lawtin to zel ding le i dawisak ua, pauchapping hi tiu.

2. CKNP Seminar nei thu:

Ko chuam Numei Pawl te vaisaina nuai in CKNP Committee member te "Bialfan kikaihuaina" zilkhawmna leh "Sungkuan sum etkawl dan" ti thupi zilkhawmna June 3, 2022 ni a khan Committee Room, AS Office ah nei a hi. Zia hun ahin Rev. S. Lama Vaiphei, Co-Ordinator leh Rev. C.

Lalrinliana, i/c Kangvai Pastor Bial te resource person ah mat a hui.

3. Administrative Secretary bialfan: Rev. P.B. Zosapthara AS in Manipur pawlam ah i ko chuam te tawthakna anei ah, PCI General Assembly hun a khan Happy Valley ko chuam, Rangmen ko chuam leh Guwahati ko chuam a hung taw malam in, June 12, 2022 Pathianni kha Delhi ko chuam te a va matpi kit thei hi. Zia gual ah AS in i ko chuam te umna mun a va kanthak thei hi kipak a um khawp mai hi.

4. Rostad Memorial High School thu:

School campus ah Bore Well a siam ua, lawting ma ma ah hiat a hi. School lam in tui haksatna nasa tak a la tuak sek uh kha tu dinmun a hin chu buaina umlo ah hawi tak ah namat thei ta ding ah zia un kipakpi a um hi.

5. Pathian thu zilzo kibelp zel:

I ko chuam mi leh sa Pathian thu zilzo a kibelp to zel ah kipak a um khawp mai hi.

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B.D. pagiat (8) leh M.Th. pakhat (1) zia a nuai ah te hi a hiu.

Aizawl Theological College a pat

- Eunice Tinglemhoi, D. Phailian - MTh
- Lalgoulian Vaiphei, Pengjang - B.D
- Henlallian Vaiphei, Lingsiphai - B.D

John Roberts theological college a pat

- D. Pauthianmang, Hilltown - B.D
- S. Lunmuanthang, Mata - B.D
- P. James Vaiphei, D. Phailian - B.D
- Lamsamuel Vaiphei, Shillong - B.D

Manipur Theological College a pat

- Thangliankhual, New Lambulane - BD

Trulock Theological Seminary a pat

- Kh. Thangbenlian vaiphei, Gangpimual - B.D

6. Area Office hung vê:

Torbung Kochuam Naupang Sunday School Union te'n 27th June 2022 ni'n Area Office a hung tour ua, Thangkai & Lungpau hall ah hun chawmcha mang in chuleh Office Staff te theitui ei dawnsak bawk ua a kile kit u'i.

A hung zosia hi mi 130 vel a hiu a, kipak a um khawpmai hi.

A kipaknau chu Lalpa dân in a hi zaw'n, a dân thu chu a sùn a zân in a ngaitua sek u'i.

~ Sam 1:2

LUNGTHIM HISÊL NEI THEI DAN

(Matt 5:8; 11:28-32)

*Rev. Summinlian
i/c Sugnu Pastor Bial*

Introduction: Zia lungngaina khawvel ahin, Thugentu hin la khangdawn lai nikhua hin lim inla la lenlai ni hin la lungthim chu hilim in a ti ngawt mai a, himaleh ama ngei hile, a hinkhua ahin a lim zing puai ti a kichian ma ma na chu, ninuai ah thil kibawl zosia hi ka hua, a ziak chu ei sulungngai tu mai ahi ati a hi. Mi a damte sang in a thi te vangpha zaw a hi dan uh a gen a, a thite sang ah a piang nailote hi gamcheng ah a phat zawk thu a gen hi. Tulai kampau tak in gen leu hin, thugentu pa hinle lungthim ah hisellona [depression] a nei hi ti a kichian ma ma hi. Zia ziak chun, tukum 2022 Health Sunday ni ahin, banggual ah lungthim hisêl nei thei ding i hi em ti thupi mang in holimna nei ding i hiu. Lungthim hisêl nei theina ding ah kalbi pawimaw te chu a nuai ah gual ahin zil ding i hiu.

1. Lungthim hisêl nei theina ding a poimaw ma ma khat chu taksa sawizawi hi a hi.

Tulai i umnau khawvel ahin lungthim hisêllo i tam ma mau hi. Lungthim hisêllona hin thina a tut tam ma ma ta'i. Pawlam kilatdan ah hisêl ma ma leh kilawm a lungthim hisêl kêilo mi tamtak um ahiau. Zia ziak ah chun, Lunthim hisêlna ding

ah chun exercise hawitak ah bawl ding a hi. Taksa sawizawi phatchuamna chu lungthim hisêlna a hi.

Taksa ah nat thawk nawpna Pathian in i taksa ah kawisa ala um chu endorpnins a hi. Tulai kampau ah gen ding hileu hin Number 4 tawh kibang in na. Mithiam ten a gen dan un, zia endorphins chu exercise

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dakkal kimkhat or dakkal 1 vel phatak cha i bawl leh zia endorphins chu hung pawt in, taksa leh lungthim ah limna a tun sek hi. Ka lungthim a gim, ka bei a dawng, tia lungthim lam ah chau ngawih ngawih ah i kihiat phatleh i taksa hi phatak cha sawizawi ding a hi. Zia ziak ah chun, taksa hi um awlsak lo ah chetvel tam ding a hi. Lungthim ah hiselna ding ah damdawi pha pen khat chu taksa sawizawi a hi. Zia ziak chun Paul in Timothy kiang in, “Taksa lam ah kisawizawina hin phatchuamna a nei tho hi...,” ala ti a hi (1Tim 4:8a).

2. Lungthim hisêlna ding in nasep ding a hi:

Nasep hi lungthim hiselna ding ah phachuam ma ma a hi ti hiat ding a hi. Mi sepsa ah kingak ngawt ahin a lim sawt tak tak thei pua’i. Insung ah le mi phachuam hi guat zing ding a hi. Mi sepsa ngawn chang ah kingak lo ding a hi. Tangval pakhat in a insung mite kiang in, “Nasep lam ah chun a thi gual in ei ngai unla, neklam ah chun a hing gual in ei ngai un,” a ti’i. Tulai ah mitam tak te hi

tha leh zung sang ah gilpi hat zaw a kitam ta, i thatda’u hile i hisel pilo uh hi maithei a hi tai. Thugentu in, “Min a sepgim nau chung ah a kipak nau sang ah thilpha zaw bang ma ka mu puai..,” a ti a hi (Tgt 3:22a). Thugentu pa hinle mawk um awl mai mai sang ah nasep hi support a bawl hi ti chian tak in a gen hi. Lungthim hisêlna ding ah sep leh bawl uar ma ma ding a hi.

3. Miphachuam hi guat ding a hi:

Insung leh khawtang leh kochuam a ding ah miphachuam hi guat zing ding a hi. Pathian in midangte a ding ah kipumpiak te hi a hepi hi. Midangte a ding ah miphachuam i hi tam po leh lungthim in limna ei piak ban in, i lungthim le a kipak sek a hi. Laphuaktu’n, “Kei a ding ah ka hin sung hin ka lim thei puai, ka Lal Khrista kona gual ah Issac maicham ah ka kipiak chun, malzawlina tuithiang limna’n a hung luang,” ala ti a hi. Khawvel ah milim leh mikipak thei takte haw khu a tangpi ah midang â ding

ah thilphachuam bawl te, leh midang te panpina ding ah a hun leh sum itchalo te a hi tang pi u'i. Paisa muna ding leh law (*salary*) muna ding bep ah phatchuamngai ding a hi puai. Lungthim hisêl neina ding ah chun, insung, khawtang leh kochuam a ding ah miphachuam hi guat zing ding a hi.

4. Phatak ah chawldam ding a hi.

Lungthim hisêl nei theina ding ah thil pawimaw tak khat chu chawldamna hi a hi. I taksa hi ahung gim bek bek phatleh lungthim lam le subuai pha ahi ti hiat ding a hi. Pathian in mihingte â ding ah chawldamna ding ah hun phatak eila guat piak chu **zân** hi a hi. Chawldam hun hi phatakcha mat ding a hi. Zan ahung tung ah i ipmut ahung suak ah, zia i ipmut suak theina ding ah Pathian in i thuak (*Brain*) ah eila kawi piak chu Melatonin a hi. Zia hin i ipmut suak theina ei siam piak a hi. Sun ah nâ hâtak ah sep ding zân ah phatak cha imut ding a hi. Himaleh, tulai

ahi mitam tak imut hun helo, zingkal thawhun he diaklo Nu leh Pa, nungak leh tangval i um tau a hi, zân ah mobile phone/computer khawi khawi ziang, zân khawvak hial ah khawi pei kitam ta. Ziagual mite chun zân chawldamna ding ah Pathian in ei piak hi a mang phachuam thei puau hi. Zia zia ah chun ipmut hun hi phatak ah nei ding a hi. Nikhat ahin piting ten le dakkal 6 sang ah tawm zawlo imutna hun ah mat guat ding a hi. Phatak cha taksa in chawldamna a mô leh lungthim inle a hisêl pi ma ma hi. Khawpi ah zân ah nasêm sek ten le sùn lam bek ah chawldamna hun kitup tak mat guat sek ding a hi.

5. Nisa lum hi awi tam ding a hi.

Mithiam te chun phalbilai ahin depression nei a tam diak ui atiu. Tulai mite lak ahin Vitamin D tasam a kitam ma ma hi, a zia chu inmai ah pawtdawk lo ah insung ah kikhum i tam zia uh hi ding a hi. Zia zia ah chun, inmai ah umtam ding, nisa nuai ah kipho sek ding a hi. Nasep

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pum ah nisalum awi a pha ma ma a, insung ah kikhum zing ziang hi vang chu taksa a ding ah a phatlo bak ah lungthim hisêlna ding ah le hawilo ahi ti hiat zing ding a hi. Taksa ahung hisêl leh lungthim le ahung hisêl sek hi. Keima tuakhiat (*experience*) khat hung gen leng, Delhi ah Pastor Quarters ding ah ground floor ka lua lai un nisa vak mawng mawng Insung ah lut kha lo ahi zia in ka hisêlna'u in a thuak ma ma hi. Ahinla mundang khat ka lua kitna pen uh chu zingkal nî a suak leh insung ah nisa vak hung lut ta, hisêlna chu a hung danglam ta'i. Lungthim a hisêlna ding ah le nisalum hin pawimawna a nei hi.

6. Thil, thîldan suk let ding a hi.

Lungthim hisêl neina ding ah chun thil thîlvel dan let sak ding a hi. Mi khenkhatte hin thil hi a thim lam ngawn ah thil zing a ki-um hi. I hinkhua ahi haksatna tam tak i tuak mai thei. Khawvel ahin thil thîldan pakhat bep hilo tamtak um ahi ti hiat ding a hi. Sapte Thupil chun, "Haksatna chu

ei thattu ahi lo leh ei suhat tu ahi thei," ati a hi. I hinkhua ah haksatna buaina i tuak teu hi, a khawnung ah ei suhattu ahi thei hi. I hinkhua ah tuak ding ah i thil dawilo cha cha teu hi khawnung ah zillai dawium tak ei piatu hi sek a hi, ti'n haksatna i tuak teu hi thîl sek leu hin a dawu ma ma hi.

Tuni ah mitam takte hin eima ngaidan leh eima lunggel bep diksa, midang ngaidan pawmpi thei mawng mawng lo a ki-um hi. Bible in, "Nangma lunggel bepin pil kisa kinla....." a ti a hi (Tpl3:7a). Eima thil thîlvel dan bep diksa midangte thil thîlvel dan pawmpi theilona hi sim ding a hi. Khawvel ah ei hi a pilpen ki hilo a hi. Thugentu lekhabu khu phatak cha i sim ahi leh Lal Solomon inle a bung bullam leh a bung tawplam ah a khawvel thîl dan a sang hi ti a ki chian ma ma hi.

Thil zosia hi a thim lam sang ah a vak lam zawng ah thîl hin hinkhua ah limna ei tut piak zaw a hi. Khawvel hi a thim lam zawng bep ah ngaitua na hin malam ah kinepna ei siam piak tawm ma ma hi. Khawvel

ahin a um den ding bangma aum puai, haksatna leh buaina te haw hin le kikian ni a nei sek hi, ti hiat zing ding a hi. Tuni ah genthei pen le zing leh a nei nung pen hung hithei a hi. Pa pakhat in, “Ni zosia hi Pathian ni ahi puai,” ala ti hi a dikna a um hi. Lungthim hisêl neitheina ding ah i khawthîna neu sak lo ah let sak ding a hi.

7. Khangual pawl tam ding a hi.

Pathian in mihingte hi a hawn ah khawsa ding ah ei siam a hi. Internet khawvel ah cheng ihi tak zia un, mani inlum sung ah kipat thil bawlthei hi atam ma ma tai. Mani insung a kipat in bazar thei ta, mani insung a kipat ah khangua pawl thei ta, i phone/computer teu mang in khawvel gam nawp na na fan thei in ahung umta, zia hin gâ phalo tak mai a hunsua daw chu, khangua pawl sang ah eima room sung ah ei um tam sak ma ma ta’i. Chun, insung ah hinle holimna nei sek ding a hi, Insung ah i um leh eima phone/computer bep tawh kithua lo ding a hi. Mi khenkhat te hi khawlai ah achia kawm

ua a phone uh khawi, mi In ah khawlai a lèn uh lehle khawi, i phone/computer teu hile matdan hun tawh i hiat ding uh a hi.

Mani insung ah kikhum chak kei lo ah, Kochuam ah kikhawpna ah pan thei lai sia absent guat lo ding, Khawtang huap ah thil kimatna programme haw ah le pan sek ding a hi. Tawt haw hile bawl sek ding ahin, nui khawm dial dial sek ding a hi. Kithutaksak bek buk lo ding a hi, min tawt a bawl leh le nui le gaw lo, kithutaksak ma ma ti haw hi sim veng veng ding a hi. Insung bep hilo ah In pawlam ah le hun mat sek hi lungthim hisêl na ding ah kalbi pawimaw ma ma khat a hi. Insung pawlam ah hun mat ding ti vang ah a talua vang a pha kit puai, ahun tawh hiat ding a hi.

8. Khawvel ahin thunei pen la hi puai ti hemil kin:

Khawvel ahin i bawl theilo tam ah tam um ahi ti hiat zing ding a hi. Eima thuneina khêl a thil tam tak hung um sek ding a hi. Etsaknan:- khawlum,

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khawvawt, nizat guazuk, damlona leh khawtang leh Insung kivaihawm dan ah eima dawilo gual ah thil a hung um phat leh khenkhat chu phun phun ziang. Phun chiak sang ah ei thuneina khel ah thil hung umte chu puak thiam guat mai chu a chawldam um pen a hi.

Mi khenkhat inla ka dawil gual ah thil a umlo phat leh ka sa pup pup sek hi ati sek ua, nang chu khawvel ah thunei pen la hi em? Thil zosia la thu thu umsak thei ding ah thuneina kuan ahung pia em? I tilo dan ah khawvel ah thil a hung um phat leh pawm thiam mai ding a hi. Ei hi Pathian kihilo ahi ti hiat zing ding a hi. Thil zosia ama dawigual tak ah umsak thei bep chu Pathian a hi. Khenkhat te chun la mizosia ama dawidan ah umsak gua, ziagual chu Pathian tilo in a bawl theilo a hi. Khawvel ahin thil bangkim chung ah thunei tu leh vaihawm tu Pathian bep ahi ti la hiat chian tin ten phat leh, leisiat ah thil hung umte ahin lungthim ah chawldamna nei thei tanla.

Conclusion:

A chung ahin point pa giat hial in lungthim hisêl nei theina ding ah zui ding i gen tau ah, zia kitaklang sia hi zui thei ham leu hin lungthim hisêlna ei tut ngei ding ah kinepna lianpi aum hi. Zia hin ka thu suk tawp ka ut hi. Khawvel ah kuama psychiatrist in ka kiang ah hung un chawldamna hung piangka tia kitiam ngam a um puau hi. Himaleh, taksa, lungthim leh thagau ah chawldamna bukim hun piangka ti thei umsun chu Lal Jesu (*the greatest psychiatrist*) a hi. Matthai 11:28 ah chun, "Nanghaw semgim leh puakgik paw zosia te haw ka kiang ah hung un, keiman ala chawldam sak ingka," ati a hi. Banggual puak gik/haksatna nei leu chun le kei kiang ah hung un keiman chawldamna hung pia'ng ka, tin ei chial a hi. Zia hin lungthim hisêlna/chawldamna le a huam hi.

Simtu zosia Pathian in lungthim hisêlna hung pia chiat ta hen.

THE SILENT YEARS

~Upa R. Vaiphei
Kangvai

Thuthung lui Lekhabu tawpna pen Malaki leh Thuthung thak Lekhabu masapen Chanchinpha Mathai zik kikâl ah hin kum 400 ving veng a kivei a hi. Pathian in Jawlneite mang ah thu a puan sek kha, zia sung ah hin puang talo in a thip veng veng ziang ta a hi. Zia hun sung hi Bible thiamte chun *“The silent years”* ti in a kawî uh a hi. Zawlnei thupuang nunung Malaki in *“Ngai un, LALPA ni chu! Ama chun pate lungthim chate lam ah, chate lungthim pate lam ah kiheisak intin, chutilochun, keima hi la gam uh hânselaw ah gawt dingin hung kha’ng ka”* (Malaki bung 4); ti ah tâng a sap kha, kum 400 ving veng khawvel a thip nung in, *“Gamthip ah mi kiko chun, LALPA lamlian siamtûp unla, a lampite siamzang ta un,”* (Mathai 3:3) ti in Baptistu Johan in tâng a hun sam gi kit a hi. Ziate kikâl ah hin Judate chung in thil tamtak a tung ah, haksatna hun thimtak a hun palto uh a hi. Zia hun sung hi Zawlneite thupuan mawng mawng Bible ah muding a um pua, Daniel bu ah Jawlnei thupuan gual in neucha a lang bep a hi.

Thuthung lui Bu a kilang nunung pen chu Judate Persia lenggam nuai ah a um ua, Persia Lêng Kura za’ngaina nuai ah Judate chu a gam ua tamtak kilekît in Jerusalem Temple leh Jerusalem kulte a siampha kît uh a hi kha. Persia chu Grik ten a hun zo ua, Judate chu Grik

Lêngam nuai ah ahung um zawmzêl tau a hi. Kum BC 331 in Grik lêngpa gâlhat minthang **Alexander the Great** chun Europe, Africa, Asia chu zopek in India gam tiang nasan hungtung in, a chianalam zosia nuaisia pek in, a tawp ah a do ding a umlo phât in a kap hial

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hi, tí'n history zikte chun a zik uh a hi. Himaleh Alexender chu matakin kum BC 323 in a thi, Grik lênggam chu a sepai general 4 te a kihawm tau a hi. Judate chu Grik ten sakhawlam ah a biaknau dodalna kâl in haksatak in a um uh a hi. Kum leh thate chiazêl in, Kum BC 167 in Grik lêngpa Antiochus Epiphanes chun Jerusalem temple ah Judate kithawi chu a khap ta, Judate chu a sakhaw lekhabu'ú suse dingin thu a pia; Juda pawsal naupangte zektan a khap ah, Judatên nêk thiang leh thianglo a nei teu chu nei talo ding in thu a pia ta'i. Zia lêngpa thupiak hi Jerusalem bep hilo in Judate chênna gam zosia huap a hi. Kum BC 167 December tha in, Grik lêngpa Antiochus Epiphanes chun, Jerusalem temple ah Grik pathian Zeus â dingin maichâm a siam ah, Judaten sa nêk thianglo ah a ngaiteu mangin a kithawi ua, Jerusalem temple chu a subuak tau a hi. Lêngpa thupiak zawmlo tapo Judate chu thalup ding ti a hi. Juda mi khenkhatte chu thidi lauziak in

lêngpa thupiak chu a zawm ua, Judami tamtak ahiu leh vâng chu kisukbuak sâng in Pathian â ding ah thi tiang ah ginum a têlzaw'ú ah, a khenkhat a sâtlum ua, a khenkhat a hâl lum ua, a khenkhat suangkul in a khum tau a hi. Ziagual hun haksa hin Judate chun Grikte dothukkît nawpna lungthim a hun nei tau ah, a kichialkxawm un, gâlthumamte lek in Grikte chu a dothuk tau a hi.

Tichun, Grik thuneitute chu Modein khuan a chiau ah, Judate thiampu Mattathia chu milim pathian kiangah kithawi dingin thu a piau ah. Himaleh Mattathia leh a chate chu Pathian â dingah ginum zingin, ala zawm nuam tapuau ahi. Zia khua chun Juda mi pakhat chun Grik thuneite thu chu mangin Grik te milim pathian chu bia in a kithawi tai. Mattathia chu a lungna ma ma ziangta, zia Juda pa chu a that ta, Grik thuneitu kithawi dingah nawtu chule a that ta mai a hi. Judate pawlkhat a phudawk ah, thalêk ah kiselgu'n amau awpbettu Grik te leh Judami phatsantute

chu a do thuk tau a hi. Milim hona maichâm te chu a susiau ah, pawсал chapang zektanlo amu taphawt uh chu zek a tanpiak tau a hi. Kum BC 166 in Mattathia chu a thi ta, himaleh a chaten a tha a sâng topek uh a hi. A chapa Juda chu kidona mi hangsан ahi ziaк in a mapui pek ah, amin in **Makabia** aphuaк piak ua; zia chu 'sek' (*hammer*) ti-na a hi. Kum BC164 December tha in, Jerusalem temple chu Grikte khut апat in a nunglâk kit ua, milim hona maichâm te chu a susiau ah, Pathian kiang ah kithawina maichâm a thak in a siam ua, Jerusalem temple chu a suthiangtho thakkît tau a hi. Grik lêngpa Antiochus Eniphanes in ala khap tâk Pathian kiangah kithawina chu a panthak kît tau a hi. Juda Makabia mapuina temple a sukthiantho thakkît uh hiatingna hi kum sin in a lawmseк ua, amin dingin "*Hanuka kût*" a sak ua, tuni tiang hin a mang sek nalâi uh a hi. Mihângsan Makabia chu a thi phât in a naute'n a tha a sângto zêl ua, a tawp tawp in

Grik te chun a zo tapuau ah, kilemna a siampi tau ah, Judate chu gamchuam (*Independent state*) neithei ding in a sua zalên tau a hi. Mattathia suante chu lêng hi-na changto pek in, Mattathia pu Hasmona min pu'n *Hasmonia Lêng Inkuan* ti'n gên a hi sek uh a hi. Judate chu Nebukednezar nuai ah Babulon sal a tân nung ua pat zalêngam ahi kît nau ahi bep ah, Grik lênggam chu Rom lênggam in a hun zawkît phât in, Rom sawlkar in Hasmonia lênggam chu a hun paithau ah, Thuthung Thak hun ah Lalpa Jesu khang ah khan Rom sawlkar nuai in Judate chu a um ua, 1948 kum ah **ISRAEL GAM** a hung din tiang khan Judate chu mi awpde'n na nuai in a umzing uh a hi.

Thuthung Lui hunlâi ah langdawкlo, Thuthung Thak ah hung langdawк khenkhat a um hi. Zia te chu zia *The Silent Years* hun sung ah hung piangdok ahiu.

Pharisai:- Judate chu Grik mite tawh a kido lâi un Pathian Dân leh thupiak a hun ngâi

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pawimaw thakua, mi khenkhat chu Pathian â ding ah kivawp thiango in, a kispetchuam ua, ziate chu **Hasidim** pawl a tiu a hi. Zia pawl chia zêl apat chun a dutui diak, lêngmasel natiang sawm ah khat pia pawl hung umkit in **pharisai** pawl a hung piangdawk ta a hi. Lalpa Jesu'n Lalgam na a sep lâi ah niakal tu in a pang sek uh a hi.

Sadukai :- Kivawp thiango ding ah kispetchuam **Hasidim** pawl apat gam vâihawmna kigawlnuam leh thunei nuam pawl a um kît un, ziate chun Grik pilna te a ngâisâng un, politic a tuipi'u a hi. Amau hi **Sadukai** pawl ahiu ah, Judate Bible leh Sakhaw lekhabu dang dang chawitho naleule 'thawkitna' a taksang puau ah, Lalpa Jesu'n Lalgam na a seplâi khanle thawkitna thu a dawng uh a hi kha.

Sanhedrin :- Judate vaihawmna Insâng **Sanhedrin** Thuthung Thak ah kimu sek kha le zia hun sung Hasmonia sungkuan lêng ahi lâi ua hung piangdawk a hi.

Herod :- Lalpa Jesu pian ah pawsal chapang kum 2 nuailam tha di thu pepa Lêng Herod kha Herod the great ti ah hiat a hi. Herod te sungkuan hi, Juda tak hilo Juda phungkâi ahiu ah, Judai gam simlam Edom gam mi Idumia nam ahiu, Hasmonia sungkuan lallâi ah Judaten a lâk uh, Juda nam leh sakhua phungkâi ahiu. Herod the great kha Lêng gilo tak ahia, a lêng hina chuthei ding ah a ginchâk zosia lungsiatna bei ah that ziang sek a hi. "Herod chapa hisâng in, a uichal hidi nawp a um zaw'i" ti hial in history zikte chun a ziak uh a hi.

Ziate hi Bible ah kilang talo, Daniel bu ah Jawlnei thupuan gual ah neuca gênlat hibep ahia, Aprocrifa lam leh lekhabu dang dang Grik history bu vel apat ah hung kilakhawm a hi. I hiatna belaptu ahi ah Thuthung thak Bible i simna hiatthiam a bailam deuna ahi kinem in ka hun zik zaw ahi.

Simtute zosia Pathianin hun umpi in hun malsawm ta hen. Amen.

GINNA AH KALSUAN

*Pi Phalkhual
Bethany Kochuam*

Tuni i holimna ding ua hin gingtute hi, sawlchak Paul in ala gen gual in, “Muthei a chia lo in, ginna’n i chia zawu ahi” (II Kor. 5:7) atia. Thagau lam ah galdo ding chun - ginna ah kalsuan pum a, melma pa (Setan) masawn ngam, leh Pathian thilhitheina ah thuam i mamawu hi. Ginna kalsuan umzia i hiatchian theina dingun Bible a mi pani – Simeon leh David chanchin apat in genkhawm hitiu

Jesu muna ding ah ginna ah kalsuan: Luka 2:26-32 sung a hin Simeon chanchin i mu’-ama chu mi kipezo, midik, Israelte thamuantu ding ngak, “Lalpa Messiah chu a mu masangsia thilo ding ahi dan, Thagau Thiangtho chun a la hiatsak a.” Thagau puiin Jesu a mu na dingin Tempul ah (Biakin) a chia hi. Jesu amu tak zet phat in Thagau ah dim in, “Lalpa, tu’hin la suak hi la thu gual gual in, thamuang tak ah chiasak ding la hi tai” tiin, ginna in a kikodawk a hi. Ei haw le biakin i kai uh hi, Thagau Thiangtho kipuihuai sak leu hin; biakin sungah Pathian i biaknau ahin Jesu mu ngei ding ihu. Biakin kai hi Pathian i hona’u ahia, Thagau zalin lim takin Lalpa Jesu i chawihawi thei uh a hi.

I lunggil ua Jesu pawmtute chu Bible in a gen gual in,

“Pathian cha hitheina a piai.” (Johan 1: 12). Zia mite chu a thi’u inle, Pathian thu dungzui in thamuang takin a chawldam uh a hi. Nang in Khrista ah thi thamuanna la nei ta em?

Ginna ah kalsuan in melma i zaw ding uh a hi: Bible ah Thuthunglui lam ah I Samuel 17: 32-51 sung i et ahi chun zillai lopitak a kimu’. Zia chanchin hi thu kilak, i la ngaithek leh i la hiat mama te lak a khat David leh Goliatha thu a hi. David khangdawng, belum chingtu chu Philistine mi hat Goliatha, a sandan tawng guk leh khap khat (9 feet 6 inches) hial pha, kidodan thiam ma ma chu tawh kido din a hung um tau ah. Goliatha hin Israelte a la cho zing sek ah, David in ziapa michona chu a hiat phatin a ngai maw khawp mai ah. Kidodan thiamna neilo maleh David chun,

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“Pathian hing sepaite chopa hi khawilam zektan lo Philistin mi ahia hem?” ti in, Lengpa kiang a chun philistinpa do dingin a kipiak daw leh, Lengpa chun lem ala sa ta pua – “Chia thei puanla, nang la naupang nalai hi, ama hi a naupan lai apat gal do mi a hi,” ti’n ala dawnhu a.

Ahin, David in hiti gual ahin a dawnhu hi - “Sakeibaknei leh savawm khut akipat eila Hukdawkpa Lalpa chun, zia Philistin mipa khut ah kipat inle ei hukdawk ding a hi.” Zia phat a chun, Saul in le, “Lalpa’n hun umpi zing ta hen” tiin lem a sakpi tai. David chun galvan bangma ah kithuam lo in, a khut in suangchang panga (5) tawh a vaisuangse chawi in Goliatha lam chu a zuan ta’i.

Philistin pa a dingin David chu khangdawng simmaw umtak ahia, David chu a pathiante min in hansia a law ah. David ahileh chu “sepai hawnte LALPA, Israelte sepai hawnte Pathian min ah a kuan a hi.” (ch 45) “Kidona chu Lalpa â a hiziak in” (ch 47) Lalpa’n David chu a galzaw sak ta’i.

David apat zillai i mu chu - Belama chin lai in Lalpa chu ama vengpa ahi zia a hechian ma ma a hi (Sam 23). Sakeibaknei leh savawmte le Lalpa hatna

zâlin ala that ah. Goliatha dona dingin le hansanna a nei khawlaw hi. Eihawnle i hun chiasa’u ah Pathian puihuaina i la dawn/chan teu nungthil leu hin, malam a kinepna lian tak nei in, hangsan takin kalsuan thei ding ihu.

Zia ban achun, ginna ah galdona hi Lalpa kidona a hi, ti i mu u’i. Ziaziakchun, gingtute ginna ah kalsuan a melma do ding ihi ziakin, sepai hawnte Lalpa minin i kipat diu a hi (ch 45, cf. Sam 46:7). Banggual nâ sem ziang leu hinle, Lalpa muang in kipan hitiu. Chutileh, Zawna chang zel ding ihu. David gual a ginna ah kalsuante chu Lalpa’n Zawna a pe sek a hi.

Ginna ah kalsuanna ahin ettawn ding mi pani i gen ua. A pakhatna in Simeon ahia, ama’n Jesu a mit ngei in amu, a khut ngei in ala pâi hi. Eihawn vang ginna khut in Lal Jesu i pâi thei hi. Chuleh, David gual in melmapa leh a sepaite chu Lalpa min in do leu hing zo ngei ding ihu. Lalpa muang mite chu ginna’ a kalsuannau ah Lalpa’n a umpi a, a ngaituana khel val un lawtinna leh zawna a chang sek uh a hi. Lalpa’n simtute zosia a dingin malzawl ta hen!

July 2022

LA HINKHUA CHU PHACHUAM TAKIN MANG IN

- Rev. Ph. Thianneilal

“In lian tak sung ah chun sana leh dangka bêlte bep a um pua ’n, thing leh bêllel ah kisiamte le a um ui; khenkhat gun tak ah mat ding a um ah, khenkhat mat mai mai dingle a um hi. Kuale zia thil phalo ka gente lak ah kipat a kihi ’thiantho chun, bêl manpha, In neipa â ding ah a thiangthosa leh mat tâk, nasep pha zosia ah matthei ngal chu hi ’n a.” 2 TIMOTHI 2:20-21.

Khawvel khang chia dan i et chun nek-hawlina nasep leh kivenna lam ah matchâk chi chuam chuam kimat hun a um a; ziate chu a matchâk min putsak in hunbi khen a hung hi to pek hi. Mihing pilna leh thiamna a la santo dungzui in matchâk siamna lam ah changkanna a hung sang to zel a, zia chun mihing hindan leh hinkhua mat dan le nasa takin khantona leh machalna a hun siam to pek hi.

Amasa pen in suang a hun mang pan ua, zia hun chu Suang Hun (Stone Age) ti a hi mai hi. Suang kiha matna hun chule pathum in khen a hia; hun masa lam kha Suang Hun Lui (Paleolithic/Old Stone Age) a tiu a, a hun kim lailung kha Suang Hun Kimkhat (Mesolithic/Middle Stone Age) a hia, a hun tawpna lam kha Suang Hun Thak (Neolithic/New Stone Age) ti a hi. Zia hun lai apat khan mihingte khan a hinkhuau kha matchâk thulimlo maleh phachuam

taka mat kha a hun chia piu a, hinkhua mang phachuamte chun matchâk thulim lo tak himaleh kisanpi kham a la ting zel sek uh ahi.

Zia hun lai a khan numei nasep ding a um puai. Numei chu pawsalte sulimtu, kipak saktu leh mihing supungtu khawl ah pang, pawsalte nasep chule a dang umlo, suang tâk deu leh hiam deu chawmkhawm ah gua tawh a h'em, thing tawh a h'em kânden ah sâ del ah a thana

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mat ding, theiga leh thingzung laidawna mat ding, hinkhua chu thatbeina hun ah matna ding hun a nei ngai puau hi. Hinkhua chu mawl tak in a la mang phachuam ua, a thilbawl uh chu a phatchuampi un numei naupangte vâk na'n a mang un tichun mihing a hung pung zêl a, pilna leh thiamna le a hung sang to zel a matchâk chi chuam chuam a hun mudawk un, a hun siam dawk zêl u'i.

Suang Hun zaw in Bronze Age a hung ti kit ua, khâng (bronze) chu matchâk phachuam takin a hung mang kit ui.

Zia zaw kit a chun Iron Age a hi. Thik chu lei apat laidaw dan leh siamdaw dan a hun hiau a, matchâk chi chuam chuam siam daw a hung hiau a, tichun hinkhua matdan le a hung kisang tai. Masang ah theiga, thingzung leh sa del ah a kitawl vel vel nau (nomadic life) kha hun nusia in chenkawm (settlement) lungthim a hun nei u'i. Khawpi siam leh thingtâng kawl lak ah khawsak chu a hun nusia zêl ua, min a tam a hinpi hi ti hedawk in, a bil ah chenkawm

a hung ngaikhawk pan tau a hi. Zia kipat chun social life a hun mang pan ua, a kipei thei (wheel) a hun mudaw ua kipat chun thil tamtak a hun siam dawk tau hi. Zia kipat chun thilsiam lam (technology) ah changkanna a hung nei pan ua, thiamzilna a hung kipan a, hung bangchan hem chia nung a chun computer leh Internet te hial le a hun siam dawk tau. Tu hun hi chu Information and Technology Age (IT Age) a ti tau a hi. Bang hun chu hitaleh umzia nei tak ah hinkhua mat chu mihing in a pawimaw pen ahi zing nalai hi. IT Age ahin le hinkhua mang phachuam lote chu Suang Hun Lai ah umte tawh kikhiatna a um tak tak diak puai. Mi khawi thei a khawi thei puau a, mi hiat hiat a he diak puau in a hun (period leh era) kikhel zung zung maleh mihing khenkhat ahin Old Stone Age khang gual tho chu hi nalai tho gual in a um hi.

Lo neitu pakhat hin Ui-ching tak khat hi a nei a, zia Ui chu lampi kiang a chun a kual sek hi. Lampi gari hung tai zosia hap in a del a, del phak zel a gua sek hi. Nikhat chu a In

kiang pa chun lo neitu kianga chun, “In kiangpa, la Uicha hin gari hung tai te hi a del phâk ding la gingcha em?” tiin a dawng a. Lo neitu chun, “Zia lampang chu ka la ngaitua kha kei puai. Ka buaipei zawk chu, va del pha ta leh banghem a bawl ding?” ti zawk hi ahi a ti.

Mi tam tak chu zia ui gual mai hi i hui. Thil phachuam kei lo, umzia neilo buaipei in i buai un; bang pen hile buaipei ka hem ti vak gen di pen hile um tumtal lo ahin mi zosia hi a buai in i buai mangthai ziang tau ahi. I buai ma ma ziang ua, i buaina’u tawh kigun in lawkna hi i mu tak tak un i kihiau em? Banghem nang in la buaipei, la hinkhua hi umzia nei in la mang em? La buaina hin phachuamna a nei em? I thil buaipei teu hi lawting tak tak taleu hin bang hem a phachuamna um ding chu? Kipakpi thei tak tak a hi diam? La kipak bukimna tak tak a hi na diam?

Zia thu i gen zing lai un ka lungthim ah hung kilang khat a um hi. Tangval khat hi bang bang hem bawl in a kipei buai ma ma a, len dawna ding hi a

nei zing hi. Himaleh, a inkuan ten banghem a hi, bang hem a phachuamna tile a he diak puau hi. Zia pa gual a hin thil mamaw leh phachuam ding ah vak sawl ding iti leh ‘ka kiman puai, ka buai hi’ ti zêl tho si, umzia neilo tak ah hinkhua mang zing mai hi i tam ma ma tau a, a khawk ma ma ziang hi.

Ziagual mi chu la la hi kha pângpal em, vak ki-enchian tia! A buai hideu zing mai, inkuan kimukhawm ding iti leh le hiding dang nei ah kigen zêl, suanlam kham bep buaina, phachuamna tinglo buaina nei mai mai la hi kha tawl em? Hun a chia mang vek nung ah le bang hem zia hun lai ah kha la buaipei ti ah khawnung ah phachuam hung kilang dawm tile um diaklo ahin hinkhua la la mang kha em?

Unau! bang a h’em la buaipei hi? Bang ziak ah gim ma ma ziang la hem? Bang ding ah tu la buaipei pen hi buaipei la hem? Kua â ding ah buaipei la hem? Bang hem a phachuamna? Tu la thilbawl leh la buaipei hi la dawidan takin bawl zo le chin banggual thilpha hung tung ding in la gêl em? La gim ma

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ma dante, la buai ma ma ziak te khan umzia a nei tak tak diam? Ti hi vak kigêl vawng vawng tia.

Umzia nei kei lo leh phachuam kei lo ding te, hun hung chia zêl ding ah mat patchuam zawm zêl theilo khat buaipei ah gim ma ma la hi khâk chun, a kin thei lam pen in haisan tawp mai in. Vaigei in thilpha bawl na ding hunpha suk mangna hikhan'a. Thil pha leh umzia nei bawl ding a tam ah tam a um hi; thil ho tak leh a hung thawn mai mai ding chu buaipei in kisulung gim da mai in. Thil phachuam ding nangma lunggel ah gêl dawk zo lo la hi chun le mi chingkam deu, mi phachuam ah la hiat te kiang ah va khawlai leng inla tulai hi bang kibawl leh a phachuam diam tite holimna tangpi in va kiholimpi inla, va dawng in. Tulai mi tam tak hin Counselling hi mi buai, damlo leh lungthim lam ah buaite, tatsualna neite â di bik in i gêl maithei ua, diklo a hi. Lawtinna ding ah Counselling hi mamaw ma ma ahin; tu khang ahin min Career Guide Counselling

lam hi a buaipei pen uh ahi tai. Zia lam ah zilte kua a um em, ti hi gêl deu a ngai hi. La gil a nat phat leh kuahem zia lam hegil, medicine doctor la hawl gual in hinkhua phachuam tak ah matna ding ah counselling nei thei te; zia hinkhua phachuam lo tak la nei chu siampha, patchuam sak thei ding; kua hem ei panpi thei ti te hi tulai mite buaipei khat a hi tai.

Bang lampi a h'em ka zawt hih? Bang a h'em ka zil hih? Bang hem ka bawl? Bang a h'em ka buaipei? Bang ah mat ding a h'em? Lawting ta leng thil phachuam ding a hi na em? tite hi kidawng inla la thilbawl te chu tutu hin ki-enchian in. ***Thil phachuam lo ka bawl taphawt hi kei leh kei kikum/kizuauthep ka hi*** ti kihiat in, la hinkhua chu kisudanglam ngal in, hun in a taisan pai ding a hi tai. Zia i thugen gual ua hin hinkhua la mat chun mi phachuam tak leh mi zâum, hinkhua mang lawting tak chu hung hi tan la. Thuhawi la hiat ziak in Pathian chawihawi ah leh!!! Pathian lopi ta hen, Amen!

Zunthum ka nei leh neilo ka bangti hiat di? Banggual in a hung kilang dawk em?

- Dr. Vanlalhruii

Zunthum hin i taksa pum leh taksa sung ah um zosia hi a suksiat ziakin, a hung kilatdaw dân le chichuam chuam umthei in a, ziaziaik hin 'thep chîng natna' ti hial a hi.

Maleh, i taksa ah a thum ahung tam deu deu hin kilatdaw dan bik a nei a, ziate chu:-

- (1) Dangchak zing leh dangkeu
- (2) Zun suak zing leh zuntha zing ziang
- (3) Gilkial zing leh an kam tui ma ma, himaleh gawng deu deu ziang.
- (4) Mit hâtlo in tha a chau ngawi ngawi sek hi.

Zia i gen tâkte haw hi awl awl in ahung kipan a, hiatkham hi beklo in sawtpi ala um pan ta sek hi.

Chuleh ziagual lo deu in nasatak in a hung kilang thut ziang sek bawk hi, a bik takin type - 1 DM ahi nuam deu a, khawhiatlona in a zui ngal ziang sek hi.

Hun sawttak taksa chauna leh hatlona, aziak hiat hi mang lo ah nguina iti te hi zunthum kilatdaw dan a hi pen hi.

Hilehle zunthum ziaik hi'n a ti sang in, a ziaik ding dang kilawm um zosia i ngaw zaw sek u'i.

A chungah a kilatdaw dan i gente tilo dang a kilatdaw dan

chuam chuam a um a, ziate chu:-

1) Vun ah a kilatdaw dan - Vun thak leh phawl, a bikin kalkâl lak a hi nuam hi – zia hi a ningtel um ma ma, chuleh uilut leh meima dam vak zianglo haw hile a hi nuam bawk hi.

2) Numei haksatna bik, etsakna'n - Kalkâl thak, a vâm um zing mai iti te hinle a kilang dawk a, Numei specialist te hi zunthum mudawktu a hi zing sek u'i.

3) Pawsal natna bik – Pawsal theilona hi pawsal ah a kilatdawna masa pen a hi sek hi. Zia hi natna zosia lak a lungthim natsaktu pen a hi.

4) A Natdân – Thagui natna,

HINNA VÂK

Keng ipmu, Keng zawi, Keng sâ
- ziate hi zân lamah a huaisia
nuam a, ipmut nawpphak
khawpin um thei a hi.

Chuleh, zân phatleh kengchak/
phechak iti hi a um nuam kit
bawk a hi.

5) Taksa chau iti hi a ziak
tamtak a um ah, zia haw
lak ah a ziak tangpi deu pen
chu “Zunthum” a hi. Zia hi a
kilatdaw dan masa pen a hi.

6) Khawmu chianlona - Sugar
a hung sân hin khawmu a
hung kichian lo ngal mai sek
a hi. Zia hi thil thum (sugar)
tampi i thinkhâ ah a hung
kikhawlkhawm ziak a hi.
Etkawl nung ah chun a hung
pha deu sek hi.

Zunthum control masang ah
mitval siam hi a mat tâk lo kit
sek hi.

ZÛ NGAWL THEINA DINGAH DAMDAWI PHA LÂMKHUANG MÛ

*Zungawlvei pakhat in lamkhuang mu mangcha, zu a ngawl dan
thu chu ziagual hin a ziak hi-*

Lamkhuang mũ siam ding dan:

Lamkhuang mũ chu i huan ah i ne zing sek ua, kenle ka ne zing
sek tho hi. A hinla a huanna tui khu a kidawn ngai puai. A huanna
tui khu damdawi pha ma ma ala hi a hi.

‘Lamkhuang mũ chu huan in, zia a huanna tui chu zingkal lam leh
nitaklam nisin/zânsin in no 2 zêl dawn sek ding, chutileh zudawn
nawpna nei talo ding la hi.

‘nitaklam an vâ deu ah ne’n la, nêk zaw phatleh lamkhuang mu
kihuanna tui chu dawn sek vang lechun zu gim mawng mawng le
nâk pei talo ding la hi’ tî’n a gen hi.

-CHIN NEWS

KKP HUANG

Khristian Khanglai Pawl 2022 General Conference 12-veina Report

Report petu: Upa Genminlun, *General Secretary, CKKP*

Ni 13th – 15th May, 2022 sung in KKP General Conference 12 veina chu lawtingtak in Lamka Pastor Bial in Headquarter Veng Lentual in a zintun hi. Thagau lam Thupi – “La gam hung tung hen” Matthai 6: 10 ti Rev. Joseph Lalnunmawia apat leh Rev. C. Lalrinliana, Leader pawtdawk CKKP apat in Pathianthu ngainawp um tak ngaithak a hi.

Conference hun a hin Kumpuan Bu hawwna Rev. P.B. Zosaphara, Administrative Secretary in a nei hi. MAC te music video album – “La gam hung tung hen” hawwna Rev. S. Lama Vaiphei, Co-Ordinator in a nei hi. Kumpuan Bu thîllâwkna hi a ziktu Rev. Siamlalron, i/c Phailianbung Bial in a nei hi.

Ni 14th May 2022 ni’n Lamka Kochuam Biakin in Vaihawmna kituptak ah nei a hi. Palai 155 te a kichiakhawm thei hi. Vaihawmna neizaw in Puituthak têlna a um ngal hi. Puituthak Têlpitu in Rev. P.B. Zosaphara, A/S, Rev. S. Lama Vaiphei, Co-ordinator leh Rev. Vanlalchhuanga, i/c Lamka Bial te a pang u’i. 2022 – 2024 Puitu ding chu a nuai ah mi te a hiau:

Office Bearers

1. Rev. Lalpiaklian, Leader, i/c D. Khawzim Bial
2. Pu Mangzalun, Asst. Leader, Lamka Bial, Hill Town Branch
3. UpaGenminlun, Secretary, S. Kawtlian Bial, Pengjang Branch
4. Tv. Thangmohan, Asst. Secretary, Imphal Bial, New Lambulane Branch
5. Nk. Nemlalthuam, Treasurer, S. Munnuam Bial, S. Munnuam Branch
6. Tv. Sutminthang, Finance, Mata Bial, Mata engpi Branch

Committee Members

1. Pu T. Zuan, New Lamka Bial, Gangpimual Branch
2. Pu Lamjoylian, S. Munnuam Bial, Sumtukphai Branch

HINNA VÂK

3. Tv. GK Lalneu, S. Kawtlian Bial, S. Kawtlian Branch
4. Tv. Greenson Satminthang, Sugnu Bial, Sugnu (T) Branch
5. Tv. Nenglalsang, Imphal Bial, Langol Presbyterian Branch
6. Tv. Thangneikhup, D. Phailian Bial, Jubilee Branch
7. Tv. Kennedy Paumuankhup, Panglian Bial, S. Zezaw Branch
8. Tv. Vangpu, Kangvai Bial, Torbung Branch
9. Tv. Lunmalsawm, Dumlian Bial, Dumlian Branch
10. Tv. Ginlalsiam, New Lamka Bial, New Lamka Branch
11. Tv. K. William, Lamka Bial, Lamka Branch
12. Nk. Hoizokim, S. Kawtlian Bial, Pengjang Branch
13. Nk. Florence C. Moite, Kangvai Bial, Kangvai Branch
14. Nk. Tingsiamkim, D. Phailian Bial, Bethany Branch

Ex-Officio

1. Rev. P.B. Zosaphara, Administrative Secretary
2. Rev. S. Lama Vaiphei, Co-ordinator

Conference sung a hin Bial tin apat Pathian pakna Lapawl ngaithak a hia, Lâ lam ah masawna nasatak muthei in a um ziak in kipak um a kisaî.

Fellowship hun ah Rev. S. Kumar, i/c B. Phainuam Bial leh Rev. Lalpiaklian, Leader thak te a pat in thu hawitak ngaithak a hi. Zia hun ah variety Programme ah chuangte'n le lungtun um tak in a hunte'u a luathei ziak un kipak um a kisa'i.

Conference hun a hin Zou Synod, Tuiþhaphai Presbytery, Khuga Sadar Presbytery leh Manipuri Presbyterian Church a pat in *Greetings* ngaithakna nei a hin lungdam um a kisa'i.

Conference hun a hin zia a nuai ah te kiang hin kipakna thilpiak ziagual a hin piak a hi:

1. Rev. Joseph Lalnunmawia, Thupigentu kiang in Thansua Waistcoat leh ₹5,000/- piak a hi.
2. Bible Quiz dawtna siamtu Rev. Ph. Thianneilal tawh Rev. Thangtinlal te kiang in Memento khat gel piak a hi.
3. Rev. Siamlalron, 2022 Kumpulan Bu ziaaktu kiang in Memento piak a hi.
4. Pu Francis Mimin Vaiphei Conference La Bu Cover Design kidemna pangte lak ah khatna a pangziak in Memento piak a hi.



Khristian Khanglai Pawl te'n Conference i ngai pawimaw ua, Programme te i lawtin sak ua, Hall dim in i kikhawm thei zing un kipak a um takzet hi. Kochuam nu leh pa, Kochuam Puitute'n le Khawmpi i uap ua Khawmpi lulna i sulang ua, kipawl khawmna hulimtak i neithei ziak un kipak um a kisai.

Zintuntu - Lamka Pastor Bialte a felua, pakchat a um u'i. Conference Hall kilawmtak a sak bâk un, Hall sung le hawitak in chei ahin, a etlawm ma ma ziang hi. Hall mun

sukhtian zing a hi ziak in kipawlkhawmna a nawpsak ma ma hi. Zintunna mun kitup tak a guanggal ua, zintungte kul leh pawimaw te lungtun um tak in a bawl piak zo ua, nek leh chak guanggalna lam in a fel ua, a kipe zo ma ma kit u'i. Usher te ettawntak tak in a fel ua, Kikhawpnate phatak in a kaihuai un pakchat a um u'i. Khawmpi zintunna i gen khak lote zosia chungin le kipakthu i gen u'i. KKP Conference 12 veina Lamka Pastor Bial in lawting tak in a zintun in, a vel in kipakthu i gen u'i!



HINNA VÂK

D. Phailian Bial KKP: A chia ta Pathianni 22nd May, 2022 ni'n D. Phailian Pastor Bial Lapawl [2022-2024] dingte chu Orientation Programme a nei u'i. Zia zaw chun 24th May in la zil masa pen Bible Hill Biakin in a nei u'i.



13th June 2022 ni ah **K. Sharonphai Pastor Bial KKP** te'n **B. Phainuam Pastor Bial KKP** te a va ve thei u'i. Lapawl, B. Phainuam Bial Choir apat leh K. Sharonphai Bial Choir apat in ngaithak a hi. Chuleh K. Sharonphai Pastor Bial KKP Leader Upa. Lamthianlal in pathian thucha genna a nei hi. Kikhawp pel in fellowship nuamtak ah mat a hi.



Khristian khanglai pawl **New Lamka Pastor Bial** in a Conference 8-veina, vaihawmna thupuk dungzui ah 'Pathian thu' sign board ah tâkdaw ding kiti chu 16th June, 2022 zingkal in Bial kkp Committee in pathian mapuina zâl in Vaiphei Cemetery mun ah a va kitâkdawk thei hi, zia hun a hin Rev. Nicky lalremmawia, Bialtu Pastor in Pathian kiang ah kipakthugenna pauchapna a nei hi.



D. Phailian Pastor Bial KKP in 16 & 17 June 2022 sung in **Bial KKP MEET** chu PLD Sports Arena, Thingkangphai mun in Outdoor items te leh Bethany Kochuam Sunday School Hall ah Indoor item te chu a la bawl u'i.

Group A-D tiang ah Bial sung ah Khanglai te kikken in group items zat chuam chuam nei in hun mat a hi.

Outdoor-

1. Football
2. Volleyball
3. Poison Ball
4. Relay Race

July 2022

5. Centipede Race
Indoor- 1. Bible Quiz

6. Tug-of-war
2. Special item



Lamka Pastor Bial in date 18th June 2022(kiginni) Bial lapawl term thakte one day training cum orientation programme a mang thei u'i.

Zia training hun matna hin Resources person Upa Genlallian, Hill-Town Kochuam a hi.



Kangvai Pastor Bial in Bial Choir Orientation programme chu Kangvai Kochuam Biakin ah 19th June 2022 in zia anuai ah gual hin ala mang thei u'i.

Chairman: Tv. Malsawm Vaiphei
Danbu suklatna: Tv. Lalminlian,
Secretary,

Fuina: Upa Lianlalgou, Bial

Chairman

Latna: Rev. C. Lalrinliana,
Bialtu Pastor

Malzawlina: Upa Khamlianlal,
Bial Secy. Sr.



26th June 2022 ni in Mata Pastor Bial KKP in a Bial Choir (2022-2024) induction programme a mang thei u'i.
Rev. Andrew L.R. Khiangte
Bialtu Pastor in latna a nei hi.



KNP HUANG

28th May 2022, ni'n **Kangvai Pastor Bial te'n chingmei Pastor Bial te tawh kivetuana** hun ka mang thei ua, ziana chun kipakna thilpiak in Tea Urn khat Bial KNP min in ka piathei u'i. Torbung Kochuam, Laika kochuam leh mimal inle thilpiak ka pethei u'i. Kivetuana Program chu zia a nuai a gual hin ka va mang thei u'i.

Puitu: Pi Nengneithiem, Asst. Secy.

Pantu: Pi Joykim Kangvai

Lapawl: Kangvai Pastor Bial KNP

Thupi gentu: Upa. Nengkhothang Kangvai

Biakna kikhawp pel in fellowship hun nawp tak in mat a hi.

28-29 May 2022, **New Lamka Pastor Bial KNP in Phailianbung Pastor Bial KNP te vèna**. Pathian malsawmna tamtak ka va dawng ua, zillai tampi kava mudawk ua, ka kipak ma ma u'i. Lalpa lopi henla, a gam lianzêl ta hen.



3rd June 2022, ni dak 11:00am in CKNP members te'n **Bial fanna ding thupi Rev. S. Lama Vaiphei in a guanggal etlawkna** ala kinei a, nitaklam dak 2:00pm in 1st July, 2022 ah Presbytery wise a **Seminar nei na dingah paper Rev. C. Lalrinliana in a siam** chu resource person ding mi 4 te zilsakna le a nei ngal hi.



July 2022

14th June 2022, Munpi Pastor bial KNP te **CKNP lam a pat Pi Ngaimoi leh Pi Nemdoikim te'n a vetha thei u'i.**

Chuleh, Munpi Bial KNP te'n **17th June 2022** in **pauchapkhawmna** hun Munpi Kochuam Biakin ah ala mang u'i.



11th June 2022 ni in Lamka Pastor Bial KNP te'n tukum a dingah a 3-veina dingin Nazareth Kochuam Biakin ah **Bial Pauchapkhawmna** nei a hi.



11th June 2022 ni New Lamka Bial KNP te'n V. Khawnuam Kochuam Biakin ah **Bial Pauchapkhawmna** a nei u'i.



Dawtna leh Dawnhuna

Dawtna: *Galatia 6:2 na abin la puakgik teu chu ki dawn tua chiat un a tia, chang 5-na a hin, mitin in a mau puak chiat a kipuak diu a hi a ti kit a, mi khat zik la a hingal ah, bang tia ngai ding a hita diam?*

-Upa Siakkap Kawlhen Kochuam

Dawnhuna: “*La puakgikteu chu kidawn tua chiat un; tichun, Khrista dan chu la zui uh hi'n a. Mitin in amau puak chiat a kipuak diu ahi ngal in*” Gal 6:2,5. Zia thu pawimaw tak hi hiatchian a ngai ma ma hi.

Chang 2-na in a gen chu la lak ua kua ahem khat thepna do zolo in kipuk taleh, Khrista dan a chun migilo chu taisan mai ding lam a hi pua, panpi ah hukdaw ding a hi zawi. Khrista dan chu la zui bukim thei na dingin a puakgik chu la dawn in la panpi ding ahi ti a hi.

Chang 5-na in a gen chu, Khrista dan chu zawmlo ah nangma bep la kikhawtua ah la suapi gim leh chawl chu puakpi lo ah la um a hileh, dan takleh Khrista vaihawmna ma ang ah ding chiat ding i hui a, mitin chu ama sep leh seplo te, Khrista

dan a zui leh zuilo te chu kuama a genpiaktu ding um ta puan tin, eimau puak chiat i kipuak hun uh hung tung ding ahi ngal ah ti in a hilchian a hi zawi.

Dawtna: *Mathai 6: 19 Vangam chabi chu la khut in koi ing ka tin lei ah la kan chu van ah le kan hin tin lei ah la thap chu van a le thap hin ah a ti hi bang a genna a hidiam lei hun hilchian piak uh chun kipak ma ma ing ka*

- Upa Kapa Damzawl Kochuam

Dawnhuna: Peter in Jesu a hechian ah, nangma hi Messiah, Pathian hing chapa la hi tia a puandaw na a pat khan, Jesu'n zia thu hi a gen a hi. Zia gual ah Jesu chu hechian la hi nakleh, Vangam chabi (Gospel) chu la khuta piak ahi ta, la puanzâk na te chun a ginchak ualeh vangam a chun lut in tiu in, la puanzâk lo na te chun a hiatlo zia un ginchak ding a nei puau ah lut theilo ding a hui. Tuni kipat in zia chabi chu la kuta ka kawlsak ahi tai a tina in ngai leu hen hiatchian nuam pen dingin ka ging chai.

Dawtna: 1 Khangthu 2:1
ziatak a hin la Israel chate a min
a genna a hin Levi a pang ah,
1 Khangthu 6-na a hin le Levi
suante a kiti kit ah. Aleh Mathai
5: 27 na a hin Jesu'n Levi a kona
a kimu kitzel hi. Aleh a suante a
hidiam a hilo leh min kibang ka
bethiam puan lei hilchet piak u
chun kipak ma ma ing ka.

- **Upa S. Minthang**
Damzawl Kochuam

Dawnhuna: Israel nam
suantu bulte (Jakob chate)
kha unau 12 a hiu a, ziate lak
akhan Levi hi Jakob chate laka a
pathumna a hi. Unau 12 te kha
nam 12 ah a hung chang tau hi.
Mosi khale Levi nam ah mi a hi.
Thuthungthak ah Baptist Johan
khale Levi nam ah mi a hi kit hi.
A hin Jesu'n a nungzui ding ah a
ko Levi hi chu mimal khat Levi
minpu ahi. A nam min uh hi
mimal min ah a nei tina hin a.

TEKSIAPU KIPAK THEILO

Khua pakhat ahin pa pakhat kum upa lam deu tak khat hi a um a. Khawvel ah mi vangsia pen tithei ding khawp hial khat a hi. Mi kipakna chang helo, mai thim kei kui zing ziang, thil zosia sawisel leh lungna zingziang khat a hi ziak in a Khua chenkhawmpite chun a ningtel ma ma ziang u'i.

A damsawt po leh a vengte a dingin a thawk hak deu deu a, a kam ah thupawt haw chule thitheina gû tawbang in a tizat um hi. A vangsiatna chu gû gual ah midang suna thei ding a hi ziak in kuama a kiang nai inle a um nuam puau hi. A kiang ah kipaktak ah va um chu thil kilawmlo leh kisukmualphona gual a hi ziang hi.

A kiang ah um kha zosia chu a lungngaina ding uh a siam piak sek hi.

Kum 80 a tin zaw in, nikhat chu thil lamdang tak khat a hung um a. Mizosia chun zia thuthang hi a hung hechiat tau a, "Teksiapu kha a kipak thei tai, bangma a sawisel tapua, maitai silsel in, a maisua le a hung ang ma ma ziang ta'i."

A khua pumpiu ah kipunkhawm in Teksiapu kiang a chun tihin a va dawng ua, 'la chung ah bang thil hung tung a hi em?'

"bangma thupi a hipuai, kum 80 sung kipakna hawl in kala del ah, a phachuam pua, a matthei pua'i. Ziaphat chun kipakna umlo ah thawveng tak ah hinkhua ka hung mat pat phat in ka kipak thei ta a hi." ti in Teksiapu chun a hun dawnhu hi.

UPA DR. PAULUNMANG

(28th Nov. 1963 - 10th May 2022)



Upa Dr. Paulunmang hi 28th November, 1963 in Kangvai khuah a piang ah, Upa Pautinlam leh Pi Chawngneikim te gil a ga masa pen a hi. Ama hi taksa pian in, mi taksa lian leh duang ting tak a hi. Mi fel, mi diktat leh mi hopi nawp tak a hi. Thiamzilna lam ahin class X hi Holycross High School, Dimapur in a hung zo ah, P.U.C ahi leh St. Edmund's College, Shillong ah ala zo a, chun MBBS hi RMC ah a zo kit hi. MBBS a hun zaw phat in Doctor naswpna State Government ah ahun mu, 5th September, 1996 ah Medical Officer appointment ahun mu pan ah, Pathian mapuina zal in Grade-II tiang promotion a hun mu to a, tu leh tu hin Churachandpur District ah District Immunisation Officer (DIO). District Family Welfare Officer (DFWO), post a tuk laitak a hi.

Kum 1991 ah a damsung kawppi Lamneiniang tawh Kochuam Dan Thiangtho ah Rev. Soikhothang in Kangvai ah ala khutsui hi. Ama hi Pathian leh Kochuam te dawisakna ziakin 10th October, 2010 ah khan Lamka Pastor Bial; Hill-Town Kochuam Biak In ah Rev. JH. Zaikima khut in Upa (Elder) Ordination ala chang hi. Zia nung ah chun Kochuam leh Bial te ah mawpuakna pawimaw tak tak tuto zel in Presbytery level tiang in Pathian na lunglut tak leh taima tak in ala sem hi. Ahinla 24th April, 2022 zan in Pastor Bial Kikhawmpi ah valedictory sermon piak zaw nung, In a tun nung in heart attack nei in District Hospital ah puaklut ahia, a serious

ziak in Imphal Heart Institute ah refer a hi. Tichun chawmkhat a hun kietkawl zaw in, a dinmun hawi to zel ah kineppi a hi zinglai in 10th May, 2022 a khan Cardiac Arrest in 9:45 AM a khan ei siamtu Pa Pathian kiang lam zuan in a kumtuang gam ei zawt san tai.

- Lamka Kochuam ah mawpuakna ala nei te:
Kum 2012 ah Kochuam Secretary
Kum 2018 ah Sunday School Asst. Superintendent
Kum 2019-2020 ah gamthak finance leh Synod treasurer
Kum 2020 ah Building committee
Kum 2021 ah Kochuam finance Secretary
Kum 2022 ah Sunday School Superintendent tu zing lai a hi.
- Lamka Pastor Bial ah mawpuakna ala nei te:
Kum 2013-2015-2018 sung Bial Secretary in ala pang hi.
Kim 2021 in Lamka Pastor Bial chairman in ala pang hi.
Kum 2019-2022 sung in Lamka Pastor bial in KKP general conference zintun nah in Organising Committee Chairman a hi laitak a hi.
Bial Standing Committee in 2010-2020 in ala pang hi.
- Lamka North Presbytery ah hina te:
Treasurer :2012, 2013, 2014
Sub-Pastoral Committee :2020-2023
Presbytery Standing Committee :2021-2022
- A chate:
Nk. Kimthianmuan (Lecturer, Rayburn-CBSE)
Nk. Tinglalnei (B.Sc., Delhi University)
Nk. Rita Puilianhoi (MA Final- JNU, New Delhi)

Report ziktu:

*Upa H. Soizalal
Secretary, Lamka Kochuam*