



(L) UPA THIANLAM CHANCHIN
CHAWMKIM (1945 – 2020)



Upa (L) Thianlam hi Pu (L) Lutpu leh Pi (L) Kimkhoting te gil ah ga gochan pathum te lak ah upapen ahin, ama hin pianpi pawsal khat leh numei khat a nei hi. Kum 1945 July tha in Lengluang apatin Tuiningkhal khua in ahung pmlut ui. Kum 1963 in Pi (L) Liankhonem tawh kichengin cha pawsal pani leh numei pathum a nei u'i. Chu leh Tu 19 a nei hi.

1985 kum a hin kochuam upa ordination Rev. Dr. Th. Lamboi khutin a la chang hi. Chuleh, Dumlian Pastor Bial a din a kipat in 2015-2016 sungin Bial Chairman in a la pang hi.

Ama hi Pathian mi mat khat a hin, thugen thiam tak ahi. Chanchinpha gen in mun chuam chuam in avak vel sek hi. Chun Bial sung ah Bial KNP thasin anngawl pauchapna hile ama malatna zal in tuni tiang in ala kichiapi jing a hi.

Chun a ma hi mitaima, mithahat leh holim thiam tak a hi. Tule cha ngaina khawsung mile kochuam mite â dinga tawmngai tak a kimang jing mi a hi. Hitia a kimat jing lai in taksa hung chau in January tha a pat khan a hung damlo pan a, Date 27/04/2020 ni khan District Hospital Churachandpur ah puak tung a hia theitawp ah a etkawl nungun Date 29/04/2020, 9:30 pm velin hung gimsia in ana sep zing Lalpa kiang ah chawl ta dingin a unau, a suapi, a insung mite leh a kochuamte nusia in eila chawlsan tai.

Dumlian Pastor Bial leh Kochuam sung a hin Bial um apat in puitu pen leh malatu pen a hi zing hi.

In lam Programme Rev. S. Mangminthang, Bialtu Pastor in a mang a, Thakdawna pauchapna Upa Damkholal, Bial chairman in a mang hi. Biakin lam Programme Upa BT Khampu Moderator Lamka North Presbytery in a puihuai ah Presbytery Puitute leh Bial sung ah Kochuam upa ten sunna hun gun tak in a kimang a, thala takin Biakin a pat thadawk in, than lam ah Rev. S Mangminthang in a la vui liam ta'i.

A insung mite leh kochuam te Lalpan thamuan in umpi ta hen.

*Report petu : Upa Lunginhen
Secretary, Tuiningkhal MPCs Kochuam*

Editorial

HINNAVAK simtute zosia chibai ka hun buk hi. Hipi lauum tak alen ziakin i gamsung Lockdown puan ahia, press lam te le a lemchan theilo ziakun thathum sung chu i chanchinbuu hi pdf in hawp zak ahi ta, a latute sang main ala lo ten sim tam zaw mai thei ding un ginchak aum hi. Zia pdf ah i hawp lai ah ala sim khalo te zosia chungin ngaithiamna ka hung dawn hi. July tha hi press lam ten thu ei hung piak dungzui un hung ki print pankit ahi tai.

Fee chungchang ah thusua nunung pen a khan, ***“May 2020 sung ngei ah pia kim dingin Kochuam tinte ka hung chial in ka hun hiatsak hi. I piaklo uh chun, a pelo kochuam te chu hung ki thawt zawm thei talo ding ahia, lei hiat thiam nau ka hung dawn hi”*** ti ahia. Zia dungzui a chun June tha ahin a fee hunglut dan leh kochuam te tawh ki hiattua dan dungzui ah copy hi siam pat ahi tai. I chanchinbu hi kochuam te a tam thei pen in a sim i ki dawisak zing lain pha takah a chia zawm theilo sangin thasin ah pha tak ah a chia zawm thei ding dan zawk hi hung ki buaipi ahi ti hi lei hiatthiam piak chiat uh ahung ki dawn hi. Haksatna bik a umlo chun thasin ah hung ki hawm zel ding ahia, kochuam tin fee sufello te haw khan la hung sukfel dungzui un print kep zel hi mai ding ahi tai.

I chanchinbu hi mani kitodel ding ah panlak himaleh tu ziang ahinle, khawmpi subsidy ziak ah kumkhat lakman ₹ 100 ah ki bawl thei ham ham ahia, aman diktak ah ipiak ding chun zia sang ah tamzaw hi ipiak hung ngai nai ding ahi. Hun chia zel ah chanchinbu hawi zaw fel zaw I nei thei nading ngaitua na thil kibawl ahi ti hian kochuam ten pan ei hung lakpi chiat dingin ka hung chial hi.

HUN HAKSA AH KOCHUAMTE

-Rev. Khaisonthang Vaiphei

Khawvel khangthu ah um kha nailo buaina huaisia tulaitak ahin natna hik thak novel coronavirus ziakin a tung zing ah. A suakcha leh a bit chuam umlo in khawvel pumpi' mihing zosia buai namenlo ah buai in, i khawsakdanteu, i nekhawldanteu leh i Pathian biakdan tiang uh chawbuai in a um hi. Kido thuthang leh mihing siamkawm buaina chuam chuamin ei hung pha thei zing dinmun in i ding nalai u'i. Masang ding hiat theilo a hi. Zia hun haksatak ahin mi tamtak lauthawngnan a dim zo tau hi.

G a m s u n g a h ki pauchappi tua a pawimaw vaihawmte leh mipite takzet hi. Pathian nasepte le hitaleu hin, zia hipi do hi mihing mai i hiu ah, midang kuamasap a dingin thil tawh kibanglo tak ah um nuam leh bailam a hi pua. thei a hi pua'i. Midang a Chiadan pangai lo leh i bawl kiven gual ua kiven tho a khaklo uh thilin ei phak ngai ah, gam vaihawmten i tak ziakin kuama a bawl umdan ding ua a titiu zui ding dan hesa leh thiamsa ding a hi.

a ki um pua, mipilpen leh thiampenle le zia natna chungchang ahin chu a kizil Kochuamten le kawm ngen a hi'u. Gingtute biakin hawng theilo leh inah hin midang awimawna leh i belamputeu in gal gamlatak demna paukam sualo in, ki ah kipat ei etkawl uh a ngai hetthiamtua leh nasaktak ah ah. Kochuamte taksa ah i ki



**UPA KAIKHOSAT CHANCHIN
CHAWMKIM
(1933-2020)**



Upa Kaikhosat hi famta Pu Kailam leh famta Pi Thangnem te chapa changkhat neisun a hi. July 1, 1933 kum in Jiribam Sub-Division sung ah Zairawn khua'n a piang hi. Kum 1945 ah a pa 'n a beisan nung in a nu meithai tawh a khawsau hi. A nu'n a lekha zil ding a dawisak bek ziak in Jiribam Meiteite lak ah Govt. school in a kaisak hi. CI-VI a simlai in Revenue department nuai ah Lambu post ah sem (En 05-09-1951 di'n lak a hi, Kum 1958 in LDC in promotion a mu, 1967 kum in UDC ah a kaisang hi. Sr. Accountant ah kum 1976 in a kaisang kit ah, 10-04-1980 ni'n SDC ding in promotion a mu'i. Govt. na a sep hun sung hi kum 42 tuam a hia, zia hun sung ah hin ama'n a kigen dan in a seppite pakhat cha'n le ei awimaw kha puai a ti. Pi Lhingzangah d/o Pu Henzalam tawh Rev. Chawnga (Dr. Rokung pa) khut in 24-01-1964 in Phulpui Biak In, Vangaitang ah kikhutsuina a nei u'i. Gil-ah-ga Pathian maisawmna chapa 4 leh chanu 4 a nei hi.

Pathian in a lungsiat dan a nasemtu ding ah a mat dan in a sulang ah, Lingsiphai MCO khawmpi lian (March 1-3. 1974) Chun Kochuam Upa ding in a Namdet hi. A kum kit Ningthiching Khawmpi lian March 6-8, 1975 kipat in Khawmpi Executive member ah pang in Upa pension a hi tiang in a pangzawm hi. Mawpuakna chuam chuam tam tak a la tukte lak ah khan khat -

Chairman ah a la pannate - Hill-Town Kochuam Committee; Phaidung Dist working Committee; EOC Khawmpi Finance Committee, EOC Mission Board (Chairman masapen), EOC (MCO) Executive term 3; Executive Chairman ECCI term 1(1994-95) leh EOC(MCO) Vice Chairman te in a la pang hi. EOC (MCO) Executive Chairman a hi sung ah Executive Secretary a sepkhawmpite Rev. Dr. Kh. Khaizakham. Rev. Khupkhawthang leh Rev. T. Zuanlal te a hiau.

In mun lam ah Programme Rev. S. Lama Vaiphei, Coordinator Mizoram Synod Manipur Area in a kaihuai a, Upa BT Khampu, Moderator Lamka North Presbytery in thamuanna thu a gena, Upa Chinlam in pauchap piakna a nei hi. Than lam ah vuina Rev. Kanga Bialtu Pastor in mang in thala tak pum in vuiliam a hi.

Lalpa'n a inkuante thamuan in umpi zing ta hen.

*Report petu : Upa Lalminsang
Secretary, Hill Town MPCS Kochuam*

Numei chun I gik dan kibang pawsal sangin thisan I nei tawm zawu in, Numei Kg. 50 a gik chun thisan reserve I nei zat chu 800ml a hi.

Mi khat in thisan 350ml a piak a hi chun, a thisan tam lam (Blood volume) chun dakkal 48-72 vel a chun a pangai a tungkit sek a hi. Ahinla, thisan a hung takna ding a hin hun a lut tam deu sek hi. Chawlkal 6-8 vel hin thisan a taklam hin a pangai a tungkit sek a hi.

Mi hisel pangai a ding chun thisan piak hi thil lau um a hi pua'n, hun chawmcha sungin pangai hikik ziang thei a hin, pangai hung hinung ah le piakkit ziang ding chu phal a hi puai. India gam ah chun thisan hi tha thum dan/nung bep leh piak kit ding phal a hi bep sek hi. Thisan piak hi eima a ding ah khawkna umlo midang a ding ah damna I hithei a hi. Mi thiamte chun thisan piak zia ah nek leh dawn a tui ah nekchuam khel khel a ngai

pua'n, I annek pangai I nek zawm zing a khan thisan I piakna I sukmang zosia kha a hun luadim kit ziang sek a hi a tiu.

Ei mite hin thisan piak lamin nasatak in ma I sawn ua, tuhin chu tawmngai pawl chuam chuam leh midang tawmngai te'n blood bank ah kawihe ding thisan piak lawk I bawl nasa tau a. Zia hin damlo thisan mamawte a panpi nasa ma ma ziang a hi. Zia guala thisan kawikhawlsa hin damlo sungkuante kikokhawm buai ngailo in Blood bank a kipat in a thawn liau liau in chawkbuai ngailo hial in a lakdawk thei khawlaw tau a hi.

Zia gual tuk ah thisan piak lama ma I sawn zinglai ua hin thisan kiti hin piak zaw ti a um thei ngai puai. Kumbul ah kipat kumtawp tiangin 'thisan mamaw a um zing uh a hi,' ti hia'n thisan piak hi sunzawm zel hitiu.

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gamlat gual ua thagaulam ah le ihung ki gamlat khak ding uh lau a um ma ma hi. Mimal leh insungah haksatna leh damlona tuakte leh thina ziaka lusunte a ding diak diakin thawmhau takluat zia kah thasiatna leh kingaisiatna le um thei a hi. Zia hun ah hin, Thagau ah pumkhat ihinau leh Khrista Taksa ah kikhakhawm ihidan teu hi ngaitua zing hitiu. Taksa ah umkhawm theilo in, kipawl theilo leh kipanpi theilo maleu hin, Khrista Taksa pakhat ah pangkhawm vek i hui ah, i kipumkhatnau chu Thagau ah a hi. Leiah i kochuampite leh insungmite sang ah nai zaw, i kiang ah um Thagau Thiangtho i nei chiat ua. I thawmhau leh liangvai laiun le Thagau Thiangtho i kiang naichan a um ah. Ei chawmtu, ei thamuantu leh hepina ah ei tuamlumtu Ama bep a hi. Ziagual gualpha leh dawium i nei uh

hi a lulna hedawk thak leu hin a dawium ma ma hi.

Pathianin gingtu ihi zia kin khawvel buaina lakin ei khenchuam khel khel pua. Mipha leh mifel chung ah a kibangin gua a zuksak ah, nisa le gingtu leh ginglotu chungah kibangin a satsak hi. Coronavirus ala kai kha ihi tak un le, Pathian apat gawtna ahi pua'i. Khawvelah i umsung un midangte tuak tuak chu tuak tho ding i hui. Himaleh, i thawkna munah ei hemil ngai him him pua, midangte kiang ah a piaklo thamuanua ei pia a hi.

Gingtuten zia natna vei ziaka hin kuama khenchuam him him pua'i tiu. Midangten ei khenchuamin ei chuam bawl maleu, a hiatthiamlo zia uh a hia, ei musittute leh ei pampaite a dingin Pathian kiangin dawtpiak zaw hi tiu. I Lalpa ngei le

miten ala chuambawl ua, a kiang ua um dingin le a la dawi puau hi. Himaleh ama chun phak veite leh milak ah pang ngamlote cha cha ala huailut ah, a nasem dingin a sawlsek hi. Ziagual thagaulam dinmun vangpha chu chang chiat dingin zia natna mangin Pathian in ei ko hi.

Zia hun haksa ah i um zing lai ua hin, mihing chapona leh ki-uansakna te chu bangmalo ahi dan a kilang chian ma ma hi. Pathian hing bia, a Kochuamte'n Pathian lopi zia leh mihing neu zia i mudaw thak sau sau ding uh ginchak a um hi. Tu hun ah

khawvelin a mamawpen chu chanchinpha a hi. Mihing hinkhua ah pawimawpente leh lulpente Lal Jesu Chanchinpha ahin a um kim kei hi.

Kuamasap a dingin tu hun hi Pathian lam ah kihei ah, Pathian thu te ngaitua ah, Pathian Thagau Thiangtho zalah hinkhaw thak tawh kipat thak kitna hun lemchang ma ma a hi. Muanna leh bitna leh thamuanna bukim Pathian kiangin a um ah, zia Chanchinpha chu khawvel hin a mamaw laitak a hi. Mite muthei ding ah i hinkhuau in Khrista Chanchinpha latsak zing hi tiu.

a, Neutrophil hi white cell ah chun a tam ma mau a; hiziang lehle a damsawt bek puau ah, dakkal 6 a kipat ni sawtlocha bep a damthei uh a hi. Lymphocyte te hi a damsung uh a kibang pua, a khenkhat chu chawlkal tawmcha bep a dam ua, kum tam tak sung damthei le chu a um ui. White cell khenkhat hi chu thisan jungzam pawtsan in I taksa bak chuam ah a vak zak ua, zia taka chun I taksa natna'n a hun khawina a kipat in a la do sek uh a hi.

Platelets : Zia hi chu thisan sukkhal/king lama a phachuam kit a, I sukliam khak pal te hin I thisan zungzam ah plateles um pen kha a liamna mun ah a hung kigawm khawm pain gal ziang ua, zia chun I tisan jungzam liamna kha a hung subbing/char ngal ziang sek uh a hi. Plateles hin I thisan tikîngtute haw kha a chawktho ah, thisan tang a siam ua, zia chun thisan jungzam ah thiput kha a dang sek tau a hi. Haemopilia a tiu natna

neite hi coagulation factor VIII tasam a hui a, kisukliam khak pal inle coagulation factor tamna, thisan tuichim lam (fresh frozenplasma) piak a kul hial sek ui.

Plasma : Thisan tui thi lampang eng da dik dek hi plasma a hia, plasma ahin tuisik pangai leh thil chi chuam chuam protein, sugar, thau (lipid) vitamin chi chuam chua, hexmones, antibodies, nutrients leh chemical chi tam tak a um ua. Plasma hi I thisan ah cell te I taksa bak chuam chuam ah luanzak sak theitu a hi.

Mi hisel hawi pangai chun taksa gikdan Kg.-1 zel ah thisan 76ml, pawsal in a nei ah, numei chun taksa gik dan Kg. -1 zel ah 66ml a nei ua, I taksa hin lotheilo ah a mamaw zat chu Kg.-1 a gik chun 50ml bep a hia, pawsal 50Kg. ah gik chun thisan 3800ml vel a nei ah, lotheilo ah a mamaw zat chu 2500ml vel a hia, thisan reserve a nei zat chu 1300ml vel a hi.

chu a pawvel vel ding a um tapuan, I taksa bak chuam chuam te'n a ma maw uh hun tawk oxygen a muthei puau a, damlo chun na tawmcha a sep inle chawmcha kalsuan ah lam a zawt inle a hat a hung sam pai ziang ta a hi. Damlo in/mi kua hem khat in Haemoglobin a taksap bek bek a hi chun a um mai mai lai in le a hat a hung sam ziang sek a hi.

Red Blood Cell hin oxygen a pawvel vel ziang bep hilo in I taksau ah carbondioxide hung kisiam daw hile bak chuam chuam a kipat in I chuap a hun pawtung a, I chuap hin a la hadawk tasek a hi. Mi hisel lpangai a chun Red Blood Cell hi thisan ml. 1 ah 4.5 million (maktaduai li leh a kimkhat) a um tangpi a hi. Red cell hi I theng a kipat kisiam a hia, I thisan zungzam ah hin ni 120 vel a nasep hun sung hi ding ah guat a hi. A nasep hun sung uh a tawp phat leh a hung kêksia ziang sek uh a hi. Red cell keksia a kipat chun

Haemoglobin hung pawt chu I taksa khawl chun a la phelsua seka, haemoglobin a kipat a bangkhat um nalaite chu itaksa hin a la recycle ah, thisan thak siamkitna dingin phachuam takin a la mang kit ziang sek a hi.

White Blood Cell : Thisan ah cell chidang umkit khat chu white blood cell hi a hia, Haemoglobin a neilo ziakun a rawng hi vang chu a san puai, red cell sangin a size a lian zaw. Red cell gual tho in nasep ding bik a nei ua, gal vengtu sepia a hui a, a galdo dan uh hi chikhat bep a hi pua'n, sepia te'n galdo dan chi chuam chuam leh galvan chi chuam chuam a nei gual ua hin I taksa hi I taksa natna chi chuam chuam in a hun do phat leh a la vengbit un a la do thukkit sek uh a hi.

I thisan white blood cell (Leucocytes le a tiu) hi chi nga in a khen thei ah. Ziate chu Neurophis, Lymphocyte, Eosinophil, Basophil, Monocyte te a hui

COVID - 19 LEH I GINNA

Rev. K. Jama Vaiphei, Leilon Bial
Chângtel: Mathai 24:7, Phil. 4:19

Ei haw khanga um khalo **Natpi/Hipi Corona Virus** a hung len tak tak chu a buaium khawp mai a, Thagau ngen a bei di i ti leh la dik kisalo, taksa dan ngen a bawl di i ti kit leh la i ginna um kit a buai um i sak chiat diu kagingcha'i. Himaleh, zia laka chun ngaitua di bang zat hem um in ka hia'i:

1. Zia natpi hi Lal Jesu hung kitna di nai zia sulangtu khat a hi. Mathai 24:7 hin "Nam khat leh namkhat kido in tin uh, gam khat leh gamkhat le kido in nau, kial te hung tung in ti leh munchuam chuam a Lin kiling kikal a hin – Bible Version dang dang a chun hisia leng ina ti a um hi. Khawvel a hisia, (*mihing pul*) tung hi Lal Jesu hung nadi naidan kilkatna chi chuam chuam – kido, Linling leh a dang dangte lak in hisia chule khat a hi.

2. Pathian apat zam mang te â ding a kingaitua thakna

ding a Pathian matchak ahi mai thei- Zia natna hi gal van chi chuam chuam – *Meithal, Bomb, Missile, Nuclear* galvan a dothei hileh chu khawvel a sawrkar a lung kham le a hathi pi USA te, leh gam khangto dang dangte hi Awlmaw puan au. Kap thei le hilo, Bomb sekhum theilo le hilo, kihopi ah Ceasefire Puanpi thei le hilo, agreement / treaty zik pi thei le hilo. Gam khangto cha cha ni mulo, Tha mulo a insung a nekdi mu mu ziang te aha thuakla a pang nalai. – Pathian ni chan sang a Football pek/ et, ngai khaw te, nau sukthak tualthat a ngailo te, nei kibang kicheng

te mak satalo – gitlona le ngai talo te – Pathian Biakin hial le awilote kiangpo a zuakte hawn ama a hawl kitna diu le himai thei maw?

3. Nek le chak a buaina leh lungkhamna – Pathian awilo te chu thuchuam in um taleu, Lockdown ziak a nidang gual a sum le pai, nek le chak hawl thei talo ten bang gual lungthim i nei u em? A tak tak in Pathian a ginna nga ah – a gam leh a felna hawl lak in i pang em? Govt. leh midang a pat panpina i mu teu hi Pathian piak in i ngaithei uh em? *Paul in “Ka Pathian chun Kbrista Jesu ah a hausakna dungjui in la taksap awng uh hun buk dim piak in a”* ati hi bang tiang in a dikna i mu em? Zia hun sung ahin? I mu kham kham ua pat hin Sawm ah khat i pe ngam zel uh em?

4. Lockdown ziak ah kikhawplo sung a khawilam a lapang em? Khenkhat

in kikhawplo pawna ma ma i um lai ua, khenkhat pha sapawl le kium mai thei. Kikhawp suti (vacation) mu gual a kingai le um mai thei. A ziak chu kuama a awimaw dile um talo. Gingu khenkhat Extreme talua a damlo phat uh leh damdawi le ne lo ah pauchapna ngansia ziang lawi khule – a tawp leh a thisek u’i. A dam dawp pawl le um tho in au. Ki Balance / buktuak deu va chia a ngai hi. Damdawi aumleh damdawi le gingchak di ahi, Pathian matchak ahi. Kiven a phachuam di a hi leh kiven di guat di a hi. Pathian in ei veng nan a mawp ti ziang lo di a hi. I kiveng thei dan dan ah kiven theina ding ah lung gel theina chu Pathian ei piak ahi. Ei ma lam hithei bang chan ahem a um lai a, a leng a lam a Pathian ngansia ziang chu Bible tawh a kikal ahi, guangalna chu mihiam chantum ahin, lawtin na chu Pathian a ahi ti ahi ngal a. *(Prov. 16:9) Danial te lawi*

THISAN HI BANG CHET A HI EM?

- Dr. Lalthanzuali

Thisan I vak ti ziang hinle a kilat dan le a kengkhawm ngal ziang, mit ngen ah et a chun tui rawng san gualin kilang ziang leh le mithiam te’n gun tak aha vak zilchian ua a hi chun tui sungsan mai chu a hi puai ti chu kum tamtak chiata a kipat khan a la mudawp tau a hi. I taksa ahin thisan a um ding zat sanga tawmzaw a hi em, a tam talua a hem a hi chun I taksa a dingin a pha pua’n, natna ithawp khawlaw sek ahi. I thisan hi I sa (cell) leh tuithi vawp (plasma) kibelkhawm in a siam a hi.

Blood Cell : I taksa ah thisan um hi chithum in a khen thei a, Red blood cell, white blood cell leh Platebets ti a hia.

Red Blood Cell : A pianken chu kuang neucha a lai ah a lang a lang ah kuak gual deu hi a hia, zia taksa sung a chun thisan a la san saktu Haemoglobin a um a, Haemoglobin hi Protein chikhat Globulin leh Iron kihel khwm a hi. Red Cell hi a um ding zat gual a um chun thisan tasam, ‘dâng’ iti sek uh a hi. Zia gual tho a chun Red Cell hi a hi ding sanga a tam a hichun natna chikhat

Polythemiavera a tiu chu a hun nei sek a hi. Red Cell hin nasep ding chanchuam bîk a nei ah, zia a sep ding bîk chu bangtik lai inle a sem ngat ngat ziang a hi. Hat I vak la, I chuap sunga boruak I hîplut a, zia taka oxygen boruak a la um chu chuap a kipatin Red Blood Cell ah a hung pakai to ah, I taksa bung chuam chuam a chun oxygen chu a pawkual vel vel sek a hi. Ziataka a pawkual vel veltu chu red cell sunga Haemoglobin kha lo theilo in a hung tawmta sek a, zia chun a taksa mamaw tawp oxygen chuap in a hilutna

6. **Rostad Memorial High School:** I kochuam in High School i neisun ahia, a semtute le Pathian zalin duthu a sam ma mau hi. Lamka khawpi sung ah a neu biklo hi in hiat ahi. Class X exam 2020 result a hung pawt a Ist div -16, 2nd div -12, Compartment -06 leh Fail -2 ahiu. School dangte gualin zangaina pang loin a thiam te bep teldawk leu hen ei unle 100% pass ding ah bawl thei ihi zing lai un naupangte khawtuana ziakin i zillai zosia ki exam sak sek ahi ti hiatmillo ding ahi. Zia sapi a chunle zia gual tuk ah lawtinna ahung chan thei uhi Principal leh staff ten theitawp a sua ui ti a kichian ah kipak aum khawp mai hi. Zia te haw hi hezing in i school nei sun sun uhi bawm chiat hi tiu.

7. Imphal ah Synod munpi chungchang: manipur Area golul tak hi dingin Synod in 2016 kum a khan Vaiphei Enclave, Langgol Imphal mun ah gam lianpi a sau lam fit 275 leh a vai lam fit 120 chu ei chawk piak ui. Zia namat ding dan chu a nuai ah gual ahi guanggal ahi. A sik langkhat lam ah Pastor Quarters um intin, a le langkhat lam ah Guest House um ding. Chuleh, a lailung ahin Biakin um bawk ding ah guanggal ahi. Zia hi Imphal Area ah i munpi hung suak tan tin, Guest House hile Imphal mun ah damlo va ki enkawlte khualna ah siam guat ahi. I vangphat nau chu khawpi lian zaw del ngailoin i damlo teu bang natna hi ziang leh le Imphal ah enkawl thei dinmun in i ding ah, Hospital suanum tak tak i nei tak zal ua Guest House vision hi hung piang ahi. Tu leh tu hin a umna fencing leh Pastor Quarters hi buai pi lai ahia, chuleh Guest House a ding ahin lei nuai lama piling khuam phuna ding siamtup ahi tai. Chowkidar quarters ding (60x60) pakhat sakzaw ahi ta, Biakin leh Sunday School Hall kithua ah (155x120) guanggalna kaw i nalai hi. Tutiang ah i sum sen tak dan uh chu anuai ah gual hi ahi:

(1) A gam man (275x120)	₹	1,60,00,000
(2) Guest House sakna (60x60)	₹	30,00,000
(3) Pastor Quarters sakna (60x120)	₹	10,00,000
	₹	1,50,000
(4) Fencing siamna	₹	4,00,000
	₹	4,00,000
(5) Total		₹2,09,50,000/-

(Rupees Two crore Nine lakh Fifty thousand only)

chabaw kha a mau thulo a selut ahi ziaka Pathian in a bukdam a, Lot te Inkuan kha kihem dawk dinga a sawl ahi.

Thu khakna: Covid natna hi Pathian matchak in ngai hi tiu. A chapa hungna ding nai dan kilatna ngai in Thagau lam in pan lathak hi tiu. Nat leh sat leh buaina dang dang te haw hi Lalpa Jesu hung kitna dinga nauvei kipatna ahi Bible in a ti ngala. Zia hileng ziaka i vai pawt theilo sung un Pathian panpina dawn zel din kinem hitiu in, panpi

ngailo a, midang panpi thei zaw dinmun i hi leh midang chung ah na pha sep na'n mat phatchuam guai tiu. Thagau lam ah ma i sawn theina din zia hun awl sung a hin midang te chanchin i het gual un Bible simna te, pauchapna leh midang panpina'n mang hi tiu. Elijah vaktu va-ak te, Zarephet khua meithainu te, thalek gama Pathian in mana leh vamim a piak haw khale ngaitua thak hi tiu. Ama daw i gual bawl a, ama ah i kingak chun – a hun dungjui ah Lalpa'n ma ei pui di a hi. Lalpan a thu malsawm taken!

WELCOME HOME

India gam mun chuam chuam apat hung khawm taksa leh thagau ah suapi insung mite Lalpa Jesu min in kochuam ten ki lainatna chibai buk in ka hung lawplut ui. Sappau imat thak uh stranded te leh Quarantine ah umte hi a la lawplut in kochuam ah phachuam tak ah matchak thei chu kochuam puitute na pawimaw ahi tai.

Stranded te: Tuchung ahin Covid 19 ziaka haksatna thuak unau bang hem zat i nei a, India gam lam ah haksat na tamtak thuak ah inlam hun zuan te chu Pathian Kochuam te hin Lalpa Jesu min in i welcome ua, Kochuam thasik in chibai ibuk uh ahi.

Sorkal paukam a chun *stranded* te ati mai sek ua, a umzia chu luicha dung ah tui in a kankhum likuang hawi deu ah sanga bailam tak ah i va mat sek uh haw gual khu ahi. A dinmun uh sorkal in ahiatthiam piaka, a hung kile thei na ding uh lampi a siam piak ahi.

Inlam a hung tung ua, khenkhat chu vangsiat um takin natna ahung pawlut uh ahi maithei hi. Ahin a

tam zaw chu bit takin a hung tung bawk ui. Zia gual mi i cha leh nau teu haw hi bang gualin i la vaidawn uh em ti hi ngaitua kham taka hi.

A umna mun lam ua chun, China mel aput zia ua huatna te, a sepnau suktawp piak ah um a sum leh pai hawlina ding nei talo te, a zilna institution kikhak ziaka bangma bawl ding nei talo te, a khenkhat inluana nei tu ten a luasak nawp taklo teu bang le ahi thei ui. I cha i nau teu in zia gual haksatna huaise tak a thawk lai ua hunlo thim gualin lang ziang leh le sorkalin ei va puidaw piak hi Aigupta sal apat puidaw gualtuk ah lul ahi.

Quarantine te:
Dr. Paulunmang chun

KOCCHUAM HUANG JUNE 2020

- Bial Kikhawmpi chung chang:** Covid 19 hipi len ziaka Bial Kikhawmpi ahun ah kimang thei talo kha Officers Meeting chun July 24-25, 2020 ah mat ding, Palai his ate leh kochuam tin apat palai pani bep sawl ah; Mipi kikhawpna umlo ah vaihawmna mat mai dingin pha a sau hi. Chuleh AS apat hiatsakna imu dungzui akhan khawmpi ahun ah mang thei talo leng le kumdang ah i report gual thou a khan financial account hi siam hileh ti ahi.
- Biakin kailo chung chang:** Administrative Secretary Manipur Area apat thusua dungzui in government lam thusuak in lockdown June thatawp chan ading ah extend a bawl ua, biakin khak naklai ding atiu hi Pathian kochuam ten ei uh phat na ding leh bit na ding ah ei bawlpiak uh ahi ziakin zawm ham ham hi tiu ti ahi. Zia gual gual thuzawp hi kochuam te um ding dan him ahi ti ahi.
- Pathian Gam Thawlawm:** Pathian gam thawlawm hi Bialtin apat a hunglut thei zel ah, a gamla lam te Myanmar lam ten le Bank ah hun thawt in a thei dan dan uh chu a hunglut zel hi.
- Media mang ah Pathian nasepna:** I gam ah hipi a len ziaka Pathian na i sepnau lampi tamtak akikhak tak ziakin Office lam apatin kawt chuam dang kihawng chu mat phat chuam ding gelin **Manipur Area Official** YouTube channel a hawng hi. Zia mangcha ahin Home Crusade lawk tak ah mat zaw ahi nung in tuhin kikhawp hun pangai Kiginni zan, Pathianni zingkal nitak leh Khanglai kikhawp te haw ahin thugenna leh panel discussion chuam chuam ahung guanggal kit ahi.
Zia nasepna ahin Office staff te abikin Pu Lalbiaklian te, Upa Lalthuoisang leh Tv. Songliansang te haw hin extra work ah theitawp ah pan ahung lak zia uleh amau te kipiak zaw na ziaka chia tha ham thei i hiua, a chung un kipak thu i gen ui.
- Samari mipha:** Tanggam Presbytery huap sung ah Munpi Pastor Bial te leh Phaipheng Kochuam ten Lamka khawpi sung ah u leh nau Lockdown zia ah meding nei talo te panpi na in anche lohing athei lam lam uh pawkhawm in a hung thawt suk ua, zia hi Jesu'n Samari mipha chanchin a genpa nasep gual kha hin a lang ah kipakpi aum tak zet hi.

KKP TE KIANG AH THUCHA

Muntin a um KKP Member zosia Lal Jesu minin chibai ka hun bawl hi.

Covid 19 ziakin Lalna I sepnau bangkim a nawngkai ta kah-wk I sa takzet hi. Hiziang tama leh Lal nasepna chu chawl thei a hi pua, I thei dan dan chiatun I umna mun chiatin pan a la la zawm zel dingin KKPte I kichial tak zet a hi.

Manipur Area Office panlakna in YouTube Official channel ah lockdown sung ah Pathian thu leh la a kipawlkhawmna guanggal a hia, KKP te le June thasang Seppatni zan sin leh Programme I chang ua, Bial naituamte leh Bial piting deute Programme mang ding ah guat a hiu a, guat ah a umnau a hung supiting zel ua kipak a um ma ma hi. Hinlah, KKP memberte leh Kochuam memberte hin duthusam in I en louh uh hiin a kialng ah, pan I lak zawk sem uh a dawium khawp mai hi.

Chuleh, KKP in Central Level ah Bawl ding ah thupukna I la neiteu le Lockdown a hung kibelap to zel ziakin duthusamin a kisunzawm thei pua, khawk a kisa tak zet hi. Zia chu a hi zing laiin suppitin a hi theina dingin theitawpin pan a kila zing ahi. Central Committee chun Manipur Area Choir Term thak ah member ding le guat a hita, guat ah umten le theitawp sua ah Lalgam ah nasepna hi pan hun la to zel dingin I kichial tal zet a hi.

Muntin ah um KKP Puitu te leh member ten Central apat ah thu hung kipia bawzui ngaite phatak ah a la bawzui zel ding in I kichial a, bawzui ngai te I bawzui zel ziakun le kipak thu I gen tak zet a hi. KKP huang ah Programme Manipur Area Official Youtube Channel ah hung kisua leh Programme dang dang hung kisuate hi a la ngaikhawk t hak dingin I kichial sawn sawn a hi.

General Secretary
Central Khristian Khanglai Pawl

Quarantine centre ah umte haw hi damlo ki enkawl ahi puaua, i insung uh damkim thei na ding ah panlatu i **hero or heroes** te ahiu a ti ahi. Aziak chu amau zia mun ah ava kikhumbit zal ua hin ei uh i dam uh ahi. Sorkal hin duthusam a chun ni 28 sung a chuam in ki kawi leu chu thiangei ding ah aginchak ziakin Quarantine centre ah ni 14 leh Home Quarantine ah ni 14 um ding ah ei guanggal piak uh ahi. Amau ah natna bangma umlo ei uh lak ah natna pawluttu hi khak ding kiven na ziaka thakhat tawbang haksatna athawk belap uh ahi ziakin ngaisan um tak ahiu.

Tawmngai Pawl:
Covid 19 dona tawmngai pawl tamtak i nei tau a, khenkhat ten kial panpina lampang ala sai ua, khenkhat ten u leh nau zinvel vakvel te chia tua na ding ala panpi ua, midang te chun mani umna veng sung bit na ding ngaitua in theitawp in pan ala lau hi. Damdawi in lam ah semtute a damlo etkawl bep uh hilo

amau le ji leh cha tawh umkhawm thei talo khawp ah kikul chuam ngai hial hial te bang, chuleh mipi ala enkawla an leh tui le a dawu gual ah ne manlo, zan ipmu khawp talo police leh vaihawmtute haw tiang ahinle ei uh dam na ding buaipu chu ahi phawt mai ua, amau haw zosia hi kochuam in zana i piau ahi. Chuleh dan leh thupiak za tak ah mani in ah ala um ham ham tele na lopi sem ihu. Nu pakhat lekha zek ka mu chu *tulai hi kithawina sanga thumatna ti thupi ka zil lai ahi* a tii. Ama a ding bep hilo i pawlpi a dinga panla ahi.

Thukup: Mun dang apat hung kipan ah inlam hungtung tate leh tawmngai pawl te kiang ah thukup ka piak nawp tawmcha hung taklang kit ing ka.

1. Phatchuamngai na ziaka theitawp ka sua hi iti zing lai ua hin, u leh nau ki lainatna kha hiatmil mai aum thei seka, tawmngai pawl te hawle chit thei angai kit hi. Nek leh chak neilo zia te, accident

ziakte, vangsiatna zat chuam ziaka haksatna tuak tele buaipi angai hun ahung um sek hi. Hipi lauun tak apat ibit thei na ding ah khawsung leh veng sungin dan leh mual chuam chuam ila siam nung unle Pathian chate chun **hepina dan** le imat belap uh angai sek hi. I Lalpa Jesu khan zia hepina dan mang achun Pathian diktatna chu supawp diakloin ama leh ama hung kingainiam in kross akhan ei hung tandawk uh ahi.

2. Haksatna tamtak la hung tuak ahi maithei, la career leh la sumnak zosia le a seta hi in la ngai mai thei hi. Maleh keiun ka la ngaisan uh la hinna lultak kha la nei nalai ah ka hung kipakpi takzet ui. Pathian in Manipur gam hi i khawsak na ding ua ei piak chu ahi phawt a, mun dang gamdang ah chiadawk theilo ah i um tak unle, i u leh nau te tawh haksatna thuak khawm hi tin hapi siampa chun ape ding chu pe nana ti hi ka ki nep nau chu ahi.

3. Media lamte kampau ah Mumbay lekhathiam ati gual un mang ta le hen mundang gamdang ah nek leh chak hawl thei leh lekha simthei te la hi ziak un lekhathiam gual ka hung ti lo thei puau hi. Ahinla, la thiamnau leh la chit nau kha u leh naute umchan leh tawidan musitnan mang kiu inla, la veng chiat ua kochuam ah ki pelut phawt mai un. Pathian kochuam ahin khawvel university zat chuam chuam in a offer ngailo subject zil ding aum a, ziate chu zilkhawm hi tiu in, Lalpa a ding leh insung leh nampi a ding ah mi pha chuam tak hung hi ding in ka hung ki neppiu ahi.

“Ngaitia unaute ki hothei dial dial ah chenkawm hi a phan a nuam na e”

Sam 113:1.

*Editorial Board thsangin
Rev. S. Lama Vaiphei
Editor HINNAVAK*

sawtlo cha nungin zia nungak melhawinu chu damdawia mat diklo ziakin khawvel a mel mu ding a um ta puai ! Malsawmna leh Lamzanna hi chu Lalpa a vang chu ah la hi ngei mai hi. Lamzanna lampi I haw ding ahi chun Pathian lau ah, a daw gual hi ah, ama holeh biak a nei ah, ama nasep hi a hi. Zia thu ahin zia thu tawmcha hi vak gen vak leu hin.

Suangtuana thunun : Ngaituana le ti hi tiu in. I ngaitua leh I suangtuana te haw hi, I thunun chak kei a, I sukthiangtho a pawimaw hi. Zia Pathian thute hi vak ngaitua tiam in:

Thagau ga chu hepina, kipakna, chamna, dawtheina nunnemma, phatna, ginumna, thunuaigawlna (Gal 5:12). Dawitakte haw, bangtik lai inle phuba la kiu in, Pathian lungnatna awt zawu in. “ Phuba him him keima lak ding ahi, keima’n thuk nang ka, Lalpan a tii” ti zik ahi ngal a.

“Lungnat kisum inla, thangtawmna haisan in. ki hi lungngai kin, zia chu siatna bul a hi”. (Sam 37:8)

Gen zawm zel talo in I Pathian pakna la u hin kitilhat tua ziang tai tiu. Kristian chingtheiin chia’n lauun a nai.

Zia lei khawvelah la len sunga hin Setan thepna’n la kiang vel a dap hi setan zawna di’n Lalpa kiangah dawn in.

A hung piting ziang ding I hi tau a, Lalpa daw gual a piting ding in I pianpi I miziate, I chemchiana lam kawng a te haw hin Lalpa daw gual zelin Lalpa dawigual in hung khanglian hi tiu.

Lalpan malsawm ta hen. Amen.

Piting hita ngal, chapang hinkhua mang zingte hi ngaitua leh lungkham umte a hui.

zosan a um ua, hangsan takin kingaitawm ma ma in a um ziang sek uh a hi.

Ni khat chu Biakin kiang ahin thingkawlha hi a la zuak ua,” Zia hi khawi lam thingkawlha ahi em? Ka ti leh,” Shillong a pat ka hun puak uh a hi” a tiu ah. Bang ziaka Shillong thingkawlha Aizawla ki zuak zuak ding a hem, I nungak leh tangval teu haw hin thingkawlha hi ching theilo ahi diam uh! Nungak, leh Tangvalte haw, Hyderabadte aktui hi bang chan ne nalai ding I hui em leh ? nang mau khan le aktui chu a hung pawt ding dan chu la he ma mau hilo maw? Zachak um hilo a hem? A chuam kei a Pathian panpina vak chang zianglo inle eima a thil hithei dinga hatna ei piak hi a nasat dan hi a hephalo khat hi hitiu ve ! Pu Gandhite General thupi tak tak te chu tampi tak I hiau hi.

PATHIAN PANPINA A THILPHA HI

“Hausakna leh Jana ka kiang in a um un, hausakna

leh vangphatna dai sawt takte ngei chu a hi (thupi 8:18)....”ka lam daw chu sana leh dangka thiangtho pen sang inle a pha zawi (thupil 8:9).

A hi ngut ngei, lawtinna leh lam zanna hi Lalpa a ahi ngei mai. French mi pil, mi lopi tak mai Voltaire khanle Kristiante a muda sek ah,” Tu kipat ah kum zakhat nung tak leh chu bei suak kei ta’ au,” a tia. A thi ding kuan laichat ding chu a huaisia leh tizat um hi ngei in a enkawltu Doctor leh nurse nu chun zia guala hi et kawltu kit ding hita leh chu, bangzat law ding hi ziang leh le damdawi lam pang nasep hi ka sem pei ta puai,” a tiu a hi. A thisan, a immun ngei a chun Kristian te’n Bible zawkna in lianpi tak a tungdawk tau a hi.

Lemchang thiam nungak melpha leh minthang tak mai Marilyn Manroe khan Billy Graham kiang in, “ He pu, la Jesu gen u hi ken vang ka ma maw hial puai,” a tia. Hun

SERMON REVIEW

-Rev.Eric Lienlalmuon

Sermon Thupi : “Taimat sua hitiu” Hebrai 11:6

Thupi gentu : Rev. S. Lama Vaiphei Co Ordinator, Manipur Area.

Genna mun leh hun : CKNP Vaikikhawp, Feb. 28th - 1st March 2020, Munpi Kochuam Biakin.

Thugen tu’n a thugen ding a guan dan tangpi:

Amasapen in thumapui leh a thupi gen ding Bible chang ki ngakna ahun taklang masa, zia zaw achun sermon bupi in a lut ngal ah, a thutawpna’n bang lampang a taimat sua ding I hui em, taimat I sua’u ahi chun banggual in I lawk pi’u un mawlsawmna dawng ding I hui em ti, chawmkim tak in ahung taklang hi. Zia gual ah a thugen ding points ahung hawp gual dan hi homiletic (Pathianthu gen ding dan zil na) subject in a dawm dan tak chu ahi.

Thumapui: Thumapui iti sek uhi, English ah introduction ti tawh kibang hi leh kilawm tak chu ahi, ahin la ei hawn thumapui I gen phat u leh a tangp’n sermon thupi tawh ki zul kei lo, mimal chanchin haw, thugen na hun piak ah I um ziak ah kipakna thu ti haw hi I gen sek ua, a dik la deu in ka hiai. Thumapui chun sermon thupi gen ding a um chu, a ngaithatu ten khawi lam nga lungthim uh a la siam ua, ala kigin thei na ding ua ki melhet sak ding, zia chu a tup pen ahi.” Taimat sua hitiu” ti thupi lawk tak ah ila ngaithak tak uh ahin le a thumapui kha neu khat duthusam a ting zo lo deu in ka he’ ai.

Context of the Text: Sermon thupi ki ngakna Bible chang ki zia lai ah a khawvel chia dan, ahun lai thu, a lekhabu zia ku'n a tup leh a gen guat pen bang ahem ti haw, sermon gentu'n a hun ngaikhawk hi a bawl hawi kasa takzet ahi. Zia hi theologian ten a ngai pawimaw ma ma khat uh chu ahi. Thupi gen tu hin theologian ahi na a hung taklang chian khawp mai hi.

Khristian hinkhua hi kitaisiakna ahi zia kin taimat sua angai hi: Sermon thupi "Taimat sua hitiu" ti hi zia a sub-point *Khristian hinkhua hi ki taisiak na ahi zia kin taimat sua angai hi*, ti hin a gen fia ma ma ah, sermon hi zia chan ahin kichai ziang ta lele a kichian taw ma ma ta in ka hiai. A point tepte dinga pawimaw deu haw hi Bible chang mang in a namdet kawm zel a, sermon umzia nei, kingakna tak, atak ah bawzui ngal thei ding ngawnchang ahi dan a sulang hi.

A ban I vak ngaithak zel chun, thupi kingakna Bible chang gun tak in alutchil a (Exegetical study), laymen te ding in le hetthiam haksa lo hial leh theologian te ding in le lungthim ei su phawng thei ding tiangvel chet in ahung taklang a, zia taw bang sermon hi ei haw lak ah gen thiam haksa thim sek ma leh a pawimaw ma ma hi.

Lalpa lopi leh ginum zia hiatchian chun ei su thatho hi: zia point a kipat hin sermon chia dan ahung kitheng pan ta, thupi gentu ngei le a aw sua dan a hung danglam pan tai. 1Thes 1:6-10 mangcha in, tilkhona lampang hung nga deu ta in, I mission field lam ua missionary te haw kamsuak le a hung su lang a, gingtu te hawn Synod I mu kangkal a ngakla tak dan uh paukam haw le ahung genna, Pathian min ah I sepgim na teu a thawn in aum puai ti chu a gen nuam pen hi in a lang hi. Sermon thupi tawh kisai ah thupi gentu'n a gen

lampang ngen a thil sek mi chun mite a kipakpi in kipakthu a gen sek a hi. A thim lama thil thil mi chun mi gitlona lam bepcha a thil zia kin, mi chanchin a phalo lam bep cha a mu sek ah, mi gensiat hat hung hi ziang ding a hi. A vak lama thil mi khawsak lam nungak melpha, Japan nungak, Riyo Mori, Kum 20 mi, Fuji tang bul Shijouka khua a um, Khawvel nungak melhawi 77 te laka kiteldawk mu chun, "Bangtik hun inle nuimel pu zing a um hi ka tup a hin dawthei taka a pha lam ngenchanga thil thil kiti hi kaha zil ma ma ziang a. Zia hi khangthak te haw hile zilsak ding hi ka nuam ma ma ziang hi. Mite a ding ah napha sep hi ka nuam ah sep kal ka ngak la a hi," a tia.

Japan mite chun thilpha a mu phawt ua leh zia chu chawk ding a gua puau in, siam tei tei ding a gua sek u'i, a tiu.

Ei mite tawmngaina hi vak chawhal ding vak gua ta leu hin: Malai ah I Pau ah

ipmu tanung khat vak mang vak lehin. Tangval ten bel val guala val ziang chu a tup puau in, chuleh nungak ten le AK la guala la hi zing ziang ding chu a nuam puau in, kitodel a gua u a hi, a sep taphot teu chu thei tawpin a sem sek uh a hi.

Upate thugen hile kei u lawi le ka tangval hun lai ua khan lothaw lam inle numei pani tha phazo dinga hat kala tup sek u a hia, ngai deu taka hei ha' ti in gim deu deu in lo ka vak tho sek sam ua hi kha. Mizo Tangval suan um Vana pa te, Taitesena te, khuangchhera te, Zapuimanga te, leh Mizo tangval mi tawmngaita kam sunga kipatin 'ka pei puai, ka lau hi, a dap ta luai, keile ei piau in, A leng kei in ken kinek zaw ing ka," tite hi a gi dawk ngaillo him him a hi. Nungak kiang a ki gen phat phat ziang te, lungna taka kisang pawm kawma thu gen leh hansia tin cheng sua tite haw a bawl ngai puau. A pawimawna a um phot ahi chun thawh ziang ding kisa

PITINNA LAM ZUAN

-Rev Lalnghinglova

Chang tel : pitinna lam chu zuan hitiu (Heb 6:1)

Piting I ti hi akibanglo maithei a, a tangpi chun eima kitodel thei, eima kienkawl thei, kochuam leh khawtang a dinga phachuam thei, gam leh namte panpitude laka le pang thei tate chu pitingte laka simkhawm ding hi mai ding dan a hi.

Mihing hi zia gual a chu piting leh zia gual tiang bep chule hilo ah mi minthang thilhithei, mi hat, mi pil, hausa tak maileh lopi tak mai le hithei ding a pathianin ei siam I hui a. Zia gual mi chu I hung hitheina ding a chun a matchak dingte haw chu I pian til a kipat khan I nei sau ngen ahi suak ziang sa a hi, zia thilte chu.

Numei leh Pawsal khangdawng a hung hipat lai hina, an nek nachang hiatna, ua kipat him in a lam zang ngaitua theina, khawlkhawm lo ngal ziang u a hi. nek leh nachang hiatna, eima chak nachang hiatna hile I kichawisan nachang hiatna, chingtheilo ahi chun I siatna eima kivenbit leh a dothuk ding matchak a nasataka nachang hiatna, sakhua mi pangthei a hi. Zia thilte haw hinate leh a dang dangte a hi. hi I hiat suak sangen u a hi.

Zia matchak pawimaw tak Thil pawimaw tak takte haw hi I mat thiam dan tak mai a dang kit khat chu thu in I mangin I phatchuampi :- A vak ding lampang ah thil ding a hi. etsakna dingin : zosia thilthiam mi. A thim lampang ngen changa thil lama chingtheilote chu zosia thil mi. Mi a phatna

nawp pen te hung gen pan ta ahi zia in, thugen lam mawng mawng a Pathian in talent hawi tak a piak, I hiat chiat sa'u kha ahung pholang pan ta, ngaithatute melput dan le ahung danglam sawt in a kilang hi.

Pathian tawh kitawn thatdana hi do ding ahi:

Rev. 3:1-3 pansan in Sardis kochuamte kianga Pathian thucha kha, thupi gentu hin, tu leh tu ei haw dinmun tawh ahung mekmat a, Pathian panpi na zalin I kochuam dinmun I et ahi chun, taksa leh thagau in ma nasatakin I sawn ua, kipak aum hi. Thupi gentu hin hun hung chia to zel ah, Sardis Kochuamte gual ah I hung kithada khak ding uh venthawngna'n, ngaituana thuk tak mangcha'n ahun gen ah, ngaithatute lungthim a phawngal ma ma ah, tu laitak a I dunmun u tawh a kituak khawp mai hi. "Athi hingal ah hingmin puzing" ti laitak hi thugentu hin ahung gen uar deu dia aw kati leh a

thupi kipatin ki petmang sau talaw khanna ti'a kiveng deu chu hi ngei ding in ginchak aum ah, taimatak ah Pathian na I sep teu hi a tawp tiang ah thada lo ah I sem zawm zel ding uh ahi ti lam zawk in a hun heidawk zaw, a kizulzui zawn alang hi.

Mizoram Synod akipat inchuan paita ding dinmun a ding zing lai I hi nau tawh kitawn in, Kochuam mipite kawng chuam chuam ah lungthim thawmhauna inei ui ti chu hiat thei in aum hi. Thupigentu'n Isai 40:30-31 mangcha tulaitak ah I mamaw'u Pathian thucha, Lalpa ama ngak tute chu basam ah kawi lo ding ahi dan thu a gen khan lungthim ngaituana a su zangkhai chuam ma ma hi.

Gualzo ta te leh gualzo ding ah kipan te chu entawn

hi tiu: Lalpa a kingak ah, ki thada lo a Pathian tawh kizuizel ding ah fuina I ngaithak zaw nung un, zia

athugen namdetna ding hi leh kilawm tak in, Hebrai 11:33-40 pansan in, ettawn ding ginna galhatte, gual ala zo tate chanchin in ahun sunzawm kit a, zia hin a sermon chai di kuan lam a ngaithatute ngaituana leh sermon thupi a hung huaikhawm kit a, sermon ngaithak lai a lungthim puimang thei ngaituana dang nei aum gingchak aum puai.

Presbyterian kochuam chun thilthak pawdawk thiam a ngaisang pua, masang ah ala chia tate kengnung zuithiam hi a ngaisang abi. Zia paukam chungchang ahin chu ngaidan chuam chuam nei leh gennuam nei tampi I um ngei uh ginchak aum hi. Keima thil dan in chuh, Presbyterianism hi bang ahem ti chawmkim leh fia tak a taklat dan kitup pen hi in ka hiai.

I kochuam hi dan leh dun nei tam pen te lak a khat

I hui ah, zia klo dan nei tam pen I hi bawk ui. Ngaidan thak puakdaw khap bikbek tina ahi pua, I chia dan uh um sa taimataka zui thiam masak a pawimaw na gen uar na hi in a lang hi.

Sermon apat tepte ding te:

1. Thumapui sermon thupi tawh kizul a gen.
2. Sermon kingakna Bible chang ziaktu hunlai/khawvel (background) genchet masak.
3. Sermon kingakna Bible chang(a text) in a gen guat leh a tup pen genchet phawt.
4. Sermon kingakna Bible chang tu leh tu'a ei uh dinmun tawh kituak ah thiam tak a heilut.
5. A point pawimaw deu te a kizulpi Bible chang mangcha namdet kawm zel.
6. Ngaithatute zosian hawitakcha a hetphak chiat thei ding ua awsua.

7. Theologians leh laymen ten kibangtak ah a hiatthiam ua a pawm thei ding ua gen.
8. Sermon apat zildaw ding haw a tawp a a khaikhawm na suk lat.
9. Minute 35 vel a sermon thupi tak, hinkhua dai thei ding a gen.

Sermon apat zui ding a kilawm te:

1. Taimalo chu kitaisiak na'n gualzawna a chang ngai puai.
2. Pathian hi a ginum a, I sepgim nau a hemil ngai puai, taimat sua in, kithada lo in sem zel hitiu.
3. Umzia nei in taimat sua hitiu.

4. A suse lam hilo in a siampha lam in taimat sua chiat hitiu.
5. Pathian zai ngak zing kawm in ama tawh kitawn hitiu.
6. Presbyterian kochuam chun thilthak pawdawk thiam a ngaisang pua, masang ah ala chia tate kengnung zuithiam hi a ngaisang ahi.
7. Kinepna bukim mu ding ah taimat sua i ki zilsak dan uh chu ginna ah ki bulphu hi hen.
8. Thatdana hi a do in do hi tiu in, ginna zia ah galhat te leh tu leh tu ah ginna galhat ah i hiat teu apat kizilin entawn zel hi tiu.