



Mizoram Synod : Manipur Area Office,  
D. Phailian, Churachandpur

To,

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



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# Hinna Vâk

Monthly Christian Magazine

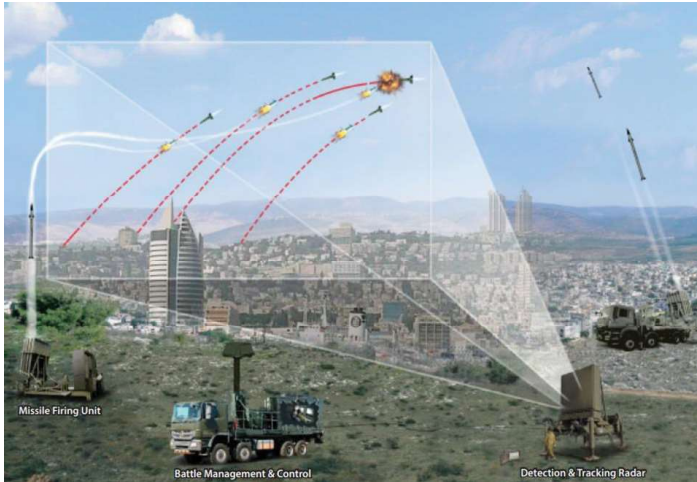
AN ORGAN OF THE MIZORAM PRESBYTERIAN CHURCH SYNOD, MANIPUR AREA



## Hipi ziakeh hun haksat lai ah Lusûnna & Lungngaina thawkthiam thei ding dan

- La Kisazo Ta Em?
- La Hechian Tak Tak Na Em?
- Gualphalote Etkawlna Pha Piak Pawimawna
- Nasemtu Pha, Kochuam Upa

## IRON DOME & GINNA PHAW



Pathian namtêl Israelte chu Lebanon gamah Hamas ten a do ua, Rocket tam takmangin a hung gâlkap u'i. Maleh Pathianin pilna bîk ah a thum Israelte chun Iron dome mangin rocket te chu a la kâptha zel in, a gam uh a la vengbit thei uh a hi. Zia galvan hawi dan chu: melma ten thalkuangthei ah a hung kâp ua leh, amau inle, Iron dome in a la kap thuk ua, a gamsung uh chu thosilên kizâkhum gualin thalkuangthei hung leng zosia chu tual chulo in boruak ah a puaksak sik sek mai uh a hi.

Tuni hin ei uh Pathian in zia khawvel a pat a ma â dingah a têlchumte haw hinle, Thagau lam Iron dome i namat uh a ngâi ta a hi. I Bible chun “Ginna phaw chu lau inla, zia chun migilo thalkuangthei chu sumit thei in lau” (Eph. 6:16) a la ti a hi kha. Melmapa thalkuangthei (rocket) chu gâl gamla tak ah kipat ei hung kap sek uh ahia, kivenna ding a chun “ginna tha zap in leng sang chiat hitiu” ti kha i namat uh ngai ding dan a hi.

Ginna ah kalsuan thei ding leh ginna ah galdo thei dingin Lalpan mal hung sawm ta hen.



## **KOCHUAM HUANG**

### **Church Leader leh District Administration Chukhawm**

May 22, 2021 akhan DTC hall Tuibuong ah District Administration leh Church Leader te covid 19 tawh kisaiin chutkhawm ahia, sawlkar lamin COVID dona ding ah pan a laknau chu kochuam ten phatak ah zathuap dingin kilunggual a hi.

### **Manipur Area Official YouTube Channel**

Lockdown a hung kipat kit tawh kitawnin Manipur Area Official YouTube Channel le malakna thak siam a hi, ziagual hin:

(1) Nilai leh Beigual thupi hi a lekhabu guanggaltu

(2) Sunday School hi Rev. Ph. Thianneilal, Nk. Eunice Tinglemhawi leh Tv. Dolallem

(3) Character Study hi Co-Ordinator

Zia gual a hi bangchan a h'em chiapi phawt ding ti a hi. Chuleh Administrative Secretary vision apat in Vaiphei pau ah Khristmas album siam guat ahia, Upa Genlallian leh

Tv. Songliansang makaina bawlingin lasa mi paguk teldaw ahia, album thak hung um ding ah kinep a hi.

### **Office Campus**

Lockdown sung ahin Office Campus cheimawina lam malak ahia, Campus chu a vakin a mawi chuam ma ma tai.

### **I sùn takzet ui**

Tu sawngin i Upa suanum tak tak pani Upa Lalkorban Laika Mualsau leh Upa Soipu Nazareth Veng te chun kumtuang gam ei la zawt san tau hi. I sùn takzet u'i.

### **Moreh ah kichawnlut**

Myanmar lam buaina ziakin Rev. Thangkam leh Rev. Thangliansang te inkuan chu Moreh ah hung kichawnlut in, Moreh kochuamin a khawsak didan uh ala guanggal piak ui. Ziagual ah kochuam fel leh beltak i nei hi kisanpi a um khawpmai u'i.

### **S. Munnuam Pastor Quarters**

S. Munnuam Pastor Bial chu kum 2021 January 9 Kiginni'n Mata Bial apat Bial thak ding in Rev. R. Lalhminganga A/S Manipur Area in a hawanna leh latna a la nei hi. Zia kipat chun

## Hiṅṅa Vâk

Bialtu Pastor Rev. Thianginlim leh Office lamte kithua in Pastor Quarters sakna ná April 19, 2021 ni'n pat ahin tuhin lua thei ding in sak zaw a hi vang vang tai.

### 'Solfa Training'

Pathian umpina zalin Kawlhen Pastor Bial KKP vaisaina in 'Solfa Training' June 21 – 26, 2021 sung a nei ua, ziltiltu in Pu K. Malsawm, K. Kawtlian a gawi ua, a lawkpi ma mau hi.

### Zion Branch Church

Zion Branch Church chu date September nin hawn ahin, zia kipat chun Office lamte leh Bialtu Pastor kithua in Biak In mun ding (size 9,278 Sq.ft vél) chu February 17, 2021 ni'n chawk daw ahi. February 21, 2021 nin Pathian kiang in a latna Bialtu Pastor in a nei a, March 10, 2021 nin Biak In

suangphum Bialtu Pastor in a phum hi. 7/6/21 Lockdown mang phachuam in June 7, 2021 ni'n Biak In sak pat ahin, a kochuam mite tawh Bial ah mi tawmngai KKP leh KNP lamte panpina zal in tu hin Biak In le sak zaw a hi ta, a sung ah um ding Pulpit, Maicham, lectern leh chutna tite nei nailo ahiu a kithuapi a ngai ma mau hi. Pauchapnan delzui hitiu.

### ATC ah BD zil dingah lâk thak

ATC ah BD zil ding lâk thak te 2021-2025 Batch dingin Manipur Area apat zia a nuai ah te hi lak a hiu a, i kipakpi takzet u'i:

- 1) Thanglalzou Vaiphei B.Sc.  
s/o Pauloveson Lingsiphai
- 2) S. Paukhanlal Vaiphei BA  
s/o Upa Pauneimang,  
Compound Veng

## HIATTHIAM DAWTNA

Tuchung ahin Editorial Board lam, a mawpaw bik lam te Covid 19 in ei chawbuai ziakin hun a kidai ta pua June & July tha hi issue khata hung kigawm ta mai a hi. Simtuten lei la hiatthiamnau ka hung dawn hi. Chuleh tha 2 â kigawm a hi ziakin article khenkhat hi tha kit lam â ding ah kawi a hi bawk hi.

~Editor

## Pathian in mihiam te hi Bang gual leh Bang ding ah ei siam ahem?

*Upa Jamkhokam  
New Lamka (G)*

A masa'n Hinna Vâk Editor in Hinna Vâk ah sua ding sermon pakhat zik ding ah chialna ei hun piak ka mu apat in ka kipak ma ma ziang a. A châng leh ziagual thu sua ding hi ka lung in kala gel sek a. Himaleh tulai ah ziagual a Kochuam te phatchuampi thei ding zik thei mithiam kitam tho ta kati leh kisanla um ka sa sek a. Tuchung a hin chial ah ka umna ziak in tulai ah ka lungthim ah ka ngaikhawk ma ma khat mawl tak leh kimlo tak hi lehle ti'n ka hun zik a hi.

**Changtêl:** *Siamtîlbu 2:7-8*

*7: Lalpa Pathian in lei ah leivui in mihiam a siam ah, a nak hawm a te chun hinna hu a tha lut a Mihiam chu Mihing a hung hi tai. 8: Lalpa Pathian in sualam ah Eden huan a bawl a, a mihing siam chu zia tak a chun a um sak ta.*

Zia Bible chang hi i sim a i ngaitua det det leh Mihiam te hi leivui/tungman kimek lawm mai mai i hi dan uh a kilang a. Pastorte, Upate hawn mithi a vui tak ua leh, Lei chu Lei ah Leivui chu Leivui ah kile kit ding a hi dan uh a lian a neu in i he chiat ua. Mihiamte hi ziagual ah bangma lo mai mai

i hui a, bangati leh Pathian in mihingte hi khuti it a diam ti hi gen nuam i hi. A leh Pathian in Mihing dang siam theilo a hi diam? Nuam henla hileh a sang ah phazaw leh hawizaw le siam thei in a. A siam peilo leh a siam theilo ei pua. Maleh ama melpu mihiam a siamsa te kha a it in a hepi a hi.

A ziak chu Leivui tang ama lim ah a siam sang ma khan le a sung ah Hinna hu a thalut, Mihing hun suak saktu Thagau kha a it ma ma a hi.

Pathian in a it ma ma a mi siam chu ama ngawn ah thawmhau tak ah a um hi a pha puai, Ama panpi dingin ama

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panpi ding a kilawm siam piak ing ka. (Siamtîl Bu 2:18)

Chutichun Lalpa Pathian in Pawsal chu tuitak in a imut sak a, a imut kal in a nâkgu pakhat a ladawk a, zia mun chu taksa phe in a hukdim ta'n. Numei chu Pawsal nâkgu pat siam in a um ta a hi. (Siamtîl Bu 2:21&22)

A hi leh 'Pathian in bang ah mat ding ah mihiam hi khawk tak ah a siam a hi diam?' ti hi 2:8 apat leh 3:8 apat I sim leh a kimuchian ma ma hi. Pathian in Evil eh Adam chu Eden sua lampang ah Huan enkawl ding in a kawî a. A chang leh Huan ah va lèn ah a mi siam te tawh va kipawl bang le a nuam sek a hi. A hinna kibatpi siam a hi zia un a it in a dawisak ma ma a. Huan sungah Theiga nek di leh neklo dite bawl di leh bawlo dite natiang in pha tak in a hil a. Ngawnchang himaleu ngawnchang a hi lam uh a kihe puau. Pathian inle amau chu nuam tak ah kipawlpî chu a ut lam tak hi ding in le ginchak a um hi.

Ziagual ah sia leh pha le helo

ah nuam takah hun a mat zing lai un Pathian lunglo lam tak a hun bawl kha tau a. A mit uh a hung vâk a sia leh pha hiatna a hun nei phat un ngawnchang hi a hung kihe tau a. A zak uh a cha, Pathian le a mu ngam talo uh a hi. Zia kâl lakah ka vak gen nawp zual chu Pathian in numei chu pawsal kithuapi ding ah siam a hi gual in Bible in Numei in thip bek in zil uh hen a tia. Ziagual a hi zing lai in Numeite hin a malam diu a mu sau hial puau a, a ginchak uh le bawphut ziang chîng tam tak i um sek uh a hi. Khuti ki henlang hileh Evi hinle a na a sep piak dingah Pathian in a guat pa dawnglo in a nek ziang ginchak a um puai.

Abou Ben Adhem chu sakhaw mi kisa ma ma khat a hia. Zan khat chu mang lamdang tak nei zia in thakhat in a hung thodawk a. A et vel leh a room sung zosia tha vâk in a dim a. Chun a et vel lai in Angel khat a kiang a hung ding a mu, ama chun sana lekhabu a chawî a, lekhabu chu bang a h'em jik in a mu. Angel kiang a chun bang a h'em la zik a

ti leh, van lekhabu min zik a umte min record ka bawl a hi a ti phat chun Angel kiang a chun kei min a um em a tileh ama min a la um talo a hi.

Pathian in mihiam te hi Ama tawh kipawl a, haksat genthei khawk salo ah a tawp tiang ah ama zui leh hepi ding in ei dawi a. Matthai 16:24 i sim leh Jesu'n a nungzuite kiang in, kuan le ei zui a nawp chun a ma kihemil in ama kraws kiput in ei zui hen a ti a hi. Ama i zuina'u ah hin i kiman chang chang a h'em, hi di i nei beklo ni a h'em bep ah ama zui di a hi puai. Ama i zui di dan uhi tekhinthu mawl tak leh nuizat um tak khat in vak tekhin leuhin. Tulai ei lawi zui dan leh zuiguat dan hi me tui deu deu, giakna nuam tak puan thua lum deu, chair nuam tak leh table kilawm deu ah i umna teu ahin i thugen u le a tui deu hileh a kilawm na tiang bang le a um sek a. Tuma khan i gam ua hin Saphulip hi a man a tam ma ma', mitin in a nungzui ah mat di chu i nuam chiat a, ziagual ma chun sa nung zui le ziagual ma chu a hi. Kua'n le

a nung i zui phat tak uleh ling leh khau lak hi henla, ken leh ngawk lak himaleh gunchu tak mai ah a nung mansua lo kei ah a zui uh chun a man sek ua, kipak tak leh mâi ân takin in lam a kile kit sek uh a hi. Himaleh ziagual ah zui peilo te chun a nung a mansua'u ah, a zui zawm theilo ziak un a lawsam sek uh a hi.

Awleh, tuni'n kingaitua hitiu Pawsal te hi leivui kimeklawm mai mai i hiu a, bangma i hi puau, maleh i sung ua Pathian in hinna hu Thagau ei piak hi hezing hitiu. Numei te hi Pawsal nâkgu pat lakdaw i hiu a, i pawsal teu panpitu dingah Pathian ei siam a hi ziaakin kiletsak, kihisak leh chapo chîng lo in i pawsal teu hi ngawl in vêt leule i pawsal dingah i la têt a hi tak ziak in i ja ding uh a hi. A nung u zuina kawng ua hinle eimau lawkna ding leh kipakna di zawng bep ah zui lo in haksatna bang gual um lehle thuae pei ah eimau kihemil ah Pathian in ei siam dan leh ei siamna ziak supiting thei chiat ding in ei malzawl ta hen.

## Hingna Vâk

### LA HECHIAN TAK TAK NA EM?

Simon Peter in Messiah Pathian Hing Chapa a hi a hechian hi

*(Matthai 16:16)*

- Upa Tinthianlam  
Chongkhawzo

Khristian hinkhua kum tam tak a la mang ta Khrista nungjui ah a la kingai Lalpa Jesu hechianlo nungjui hinkhua tam tak in i la mang kha thei a hi. Hetchian lo nungjui khak hi thil tizat um tak a hi.

Lalpa Jesu nungjui sawm leh pani te lak in nungjui hi ngal ah a juitu hechian lo a la umt hei a hi. Simon Peter in vang Messiah Pathian hing Chapa a hi ti a hechian a hi. Maleh Juda Isakariot in hechian lo in Lalpa Jesu nung kum tam tak a la jui a, nungjui lak a sim himaleh melsia tak leh huaisia takin a chanchin jik a la hita a hi. Tuni hin nang leh ken nungjui hinkhua i mat jing lai un hechian lo khat in a nung a la jui kha i hi em ti gelchian thak kit hitiu.

Lalpa Jesu'n a nungjui te kiang in thilhitheina tam tak tawh khawvel zosia chanchinpha gen dingin a la sawl dawk a hi. Zia ziakchun ei haw le nungjui hinkhua i

mag jing lai in jia a nuai ah te hi vak thil thak hitiu:

#### **1. Nungjui hi ngal a bangatia thil bawl theilo?**

Khristian nunchan khawvel dan tawh kitimatna i mat guat sek jiak, Lalpa dawng lo in mani phasakna a tam jiak a hi deu sek hi. Lêng Saul in Pathian thupiak mang lo a Pathian lung a hawl guat jia kin lêng hina jiak in bangma a bawl theilo a hi. A lêng gam in siatna huaisia tak a tun khawlaw a hi.

#### **2. Nungjui hi ngal a bang lungkham sek?**

Nungjui hinkhua ahin lungkhamna leh mangbatna hung pawt jel ding a hi ti Bible ah i mu gual un khawvel kisingsak dan leh Khristian



nunchan hi kituak lo him di a hi ti hi ngaitua a pawimaw ma ma hi. ABRAHAM in vang a chiana ding hil a hi pua, ahinla, lungkham lo hial in Lalpa'n a kona gualin, a kipan ngal a, Pathian thil bangkim hithei a hi ti a hetchian jiaak in lungkhamna neilo in sawl ah a umna chu a mang jaw ta a hi. Ziaziakachun malsawmna tam tak tawh piak khawm a hi.

### **3. Nungjui hi ngal a bangatia chau sek?**

Nungjui hinkhua ahin chau leh ngui chang um sek maleh pauchapna hin thil a hi thei zia a kimu'n, bangkim a titakna nei jing pumin i dawt jing a kûl leh a pawimaw hi. Pharisaite leh Sadukaite khan a melpha mai ding hawlna'n a bawl sek jiaak un Lalpa Jesu'n nasa takin dem in a vau a hi. Lengnu Esther in titakzet ah pauchapna a nei khan a mite hâtna a chan sakin a gam â di'n vangphatna a hung tun hi. Malam kinepna leh malsawmna dawng a kinem jing pumin i kisuhat thak jel ding uh a hi.

### **4. Nungjui hi ngal a bangatia lauthawng sek?**

Israelte'n Pathian bawm hatna thuguk leh Pathian umpi zingna a hi ti a hetchian lo ziaak un a la vengbit tapuau a, lauthawngna'n a dim jing uh a hi. Daniel in vang Pathian thilhithei a hi ti a hechian ah a masang ah thina ding a mu let sa bangma'n a ngailo a hi. "Lei leh a sunga thil um zosia Lalpa â a hi" ti'n a pawm a hi.

Khrista nungjui i hi zing lai hin i Lalpa hetchian hi a kul ma ma a hi. Lalpa Jesu Khrista damlai a nungjui sawm leh ni te khan nungjui a hina'u a hechian un a jui Pa'u le a hetchian ziaakun bang gual a chung ua thil tung di hi jiang lehle a ngam pek un martyr natiang in nungjui hinkhua a sulang pek uh a hi. Tunung a thil hung tung ding leh hung um ding te jiaak a hin nungjui hinkhua i sulang tak tak ngam na diam ti hi gelchian leh hetchian thak a hun a hi. Kua nungjui la hi em ti hi hechian thak dingin Lalpa'n a thu malsawm taken.

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# KIDONA PHA CHU

*Upa Genthang  
Shillong*

1 Timothy 6:11-14 Ahin, nang Pathian mi, zia thilte chu zamsan inla dikna, Pathian Ngaisakna, ginna, hepina, thawktheina leh nunnemna chu del zaw ta'n. Ginna kidona pha chu do inla kumtuang hinna chu tudet ta'n, zia ding achu ko lahia, hiatpitu tamtak te ma ah puandawna pha chu puang la hita kha. Pathian thil bangkim hinna pepa leh Krista Jesu Pontia Pilat ma'ah puandaw na pha puang pa ang in thu kahun pia a hi. I Lalpau Jesu Krista suklat masia thupiak chu buak kai lo leh demna bei in vawp zingin.

Chang 9-10 na ah chun, "Himaleh hausak nuamte chu thepna'n a lut sek un thil ngawluhai ahi sethei nawpna te thang in a awk sek u'i, ziate chun siatna leh manthai na'n mite a tumlut sek'u a hi. Dangka sum ngainat hi gitlona tincheng bul ahi ngal a kenkhat in hausak nawpna ziakin ginna chu zamsan in ama'u leh ama'u lungngaina tam takin a kisun khum sek u a hi"

Chang 9-10 na ah a gen u hi zamsan ding in kidona phual a lut ngal ding tina a hi. Tulai i khawvel u hi i et leh mizosia ti thei hin nek ding khel lam a hausakna ding buai pi i hita mai u'i ti lehing kigenkhial talua pua'n ah. I pi leh puteu in thingtang a nekkhawp bu a nei ua leh a lungawi ma ma'u a, i musit ten nau a, Bible in a gen dinmun pha tak a la chang uh a hi, hun nunung a hi takzet ta, pil i kisau a bang hung

tung jiang leh e dipchakna leh lauthawngna nei um talo, chanchin lau um leh mak hung tung lelah, kua'n lamdang sakna nei talo. Sum muna ding a hi poleh khawksakna nei la um talo. Sawlchak Paul in Timothy kiangin, "Zia hi heta'n, ni nunung ah chun hun haksa tak hung tung di a hi, mite chu ama bep kihepite, dangka ngainate, kiphatsak hawithawte, hosiati chingte, nu leh pa thumanglote, kipak

na chang helote, thiangtho lote, kichampi theilote, hepina neilote, migensiat hat te, kisum theilote, Pathian hepi sang a ama kinawptelna ngaina zawte, a pawlam a Pathian ngaisak a thilhitheina taksang lote...” leh a dang dang a gen haw hi a tung zing ta a hi.

2 Timothy 3:1-5 “Khawvel ahin bangma i lutpi puau a bangma pawtpi diaklo ding i hi ngal ua,” zia hi ngaitua takzet a ngai hi. Nek ding leh sil ding i nei u’a leh zia chun lungawi mai hiti’u a ti a hi. Bible in kidona a ti hi eima tisa leh taksa thil ah khawvel nawpsakna, hausakna te enla in i khela ngawi ngawi ua, khenkhat vangin mani sunggil a kidona hi ngaitua tak tak lo kitam ma ma in ah, zia ban a chun eima ah tisa mihing gitlona tincheng, utna phalo leh suangtuana phalo tincheng do ding ah kidona pha a pang peilo i tam talua ta hilo a h’em? Sawlchak Paulin kidona pha a ti hi ngaitua kham tak a ting a hi. Ama mu dan in Pathian chate hi sepai hangsan pha tak gual in a gen a. “Nang ka cha Khrista hepina a chun hat takin

um inla, hiatpi tam tak te lak a ka kam a thu pawt kha mi ginum midang hilsawn thei dingte kiang ah pesawn in, Khrista sepai phatak gualin haksatna ei thawkpi in. Sepai, kuama tu damsung khawsakna ahin a kisubuai ngai puau, sepai ding a tel hotupa kipak sak ding bep chu a tup sek a hi.” Kidona pha a pangte chu ziagual chu i hi na ding tak u a hi. Pathian chate chu i khawsaknau van a hi, van lam lungthim pu jing, van nunchan ah khawsa lei ah umte chu i hui. “I khawsaknau chu van a hi ngal ah,” ziaziak chun van mi lei ah umte chu i hi’u. Dawitakte haw, mikhual leh malzin lahi ziakun thagau do sek taksa nawpnate chu do un (haisan un ti kha). 1 Peter 2: 11 I Lalpau Jesu chun kochuam pasagi te kiang a chun tep piak a la nei chiat a, zia chu kidona pha zotu te chan ding chu a hi, “kuale a zo tapo te kiang a chun” ti’n a chan ding uh, a tep piak chiat a hi.

Thupuan bung 2-3 Ama, Paul chun kidona pha chu ka do zo tan, kei a dingah dikna lallukhuk chu kawisa in a um tai a ti mai a hi. Ziaziak a chun

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ei unle khawvel nawpnate, du-  
amnate haisan in kidona chu  
do hitiu.

Khawvel ah i dawi ma ma  
teu hausakna leh thupina hi  
mitphiat kal ah mangthai ding  
a hi ti a kichian hi. Nikhatni  
vel ma khan Hamas filfiak te  
chun khawsakna Office insang  
Israel ten minute khat sung ah  
a kap pai sik sek kha i mu'u  
a, nang a hileh kum bangzat

la sak di hem ngaitua'n la,  
chuleh World Trade Centre  
te khale ngaitua'n. Ziagual a  
thupi kha minute bangzat h'em  
sung a puk mai kha i mu'u a hi.  
Khawvel lopina hi hechian lo i  
bang u'i, a hun tiang hia'ituu.  
I chanlo ding i manthaipi zing  
uh a hi. Zia sang a chun kidona  
pha do in Lalpa ngak in ei tep  
piakna gam chu lua ding in  
kisazo chiat leuhin nawp a um  
ngei mai hi.

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## TATTOO PHATLONA

Bible Ref: Leviticus 19:28     *Mithi â ding ah la taksau ki-  
âtlia in la kizik pawl lo ding uh ahi; Keima hi LALPA ka hi.  
Tattoo chanchin suitu lak ah lopi pen ah ngaih Dr. Hambly chun  
hitia hin a la zik hi: 'Tattoo hi ginglote thagau leh sakhawna  
ah kingam ahi. Ngun tak ah a hung kipat dan suitu him him  
chun gamhuai leh thilhitheina danglam bikte tawh a kizawp zia  
mudawk zel in au, 'ti in. Israelte chun ginglote thilbawl dan a zui  
lona ding un Pathian in a hiatsak ahi.*

*Eimite lak ahin le tattoo nei muding a tam ta ma ma hi. Chuti  
ahi zia kin tam takin nâsep (service) a muthei lo khawlaw tau a,  
foreign chia chungchang ah le haksatna a siam nasa ma ma ta  
ahi. HIV? AIDS, Hepatitis B leh C, Tetanus leh a dang dang ei  
kaisawn saktu ah pang thei ahi zia k un kuaman thisan piatu ding  
in le a dawi ta lo uh ahi. Michelli Delio chun, "Tattoo sutna tak  
hi thagau sualte â ding ah chenna in leh temple, a chen theina  
ding ua siam ahi," a la ti hial hi. Tattoo a la nei lote ding in Bible  
ei hilna hi jawm in kiven na'n mang hitiu.*

*Mizoram Presbyterian Kochuam chun Pastor ding ahinle  
tattoo nei chu a dawi talo uh a hi.*

## LA KISAZO TA EM?

–*Upa Pauzalel*  
*New Lamka Kochuam*

Rome 13:11-14

Bible zilsaknate lakah a kilang diak pakhat chu ‘Kinaw un’ ti a hi. Zia chu thil pathum in a kinga’i:

a) Lal Jesu khawvel ah a hung lenlai a khan, a thugen masak pen chu, sim un van gam a nai tai ti a hi. Pathian gam â dingah kona a chun thupiak kinaw um tak piak a hi. (Matt. 3:2; 4:17)

b) Khristiante chu Lalpa hun in i cheng ua, “Tu” a ti hun ahin, etsakna ding in (2Kor. 6:2) ah “Tuhi hun kipak um hukdamna ni” a ti gual khan, a “Tu” hun ahin i um uh a hi.

c) Pathian hun, tu hun chu bei pai ding a hi.

Khrista hung kitna ding chungchang thu ahin Paul in zia thulawm a hin, fuina in a bul a hun pan a. Khrista a hung phat tak leh, zia khawvel hi nutsia gam hita ding a hi ziak in, kisak zaw chu thil pawimaw tak a hi ti in. (13:11)

Ziaziak a chun ipmu puai tiu in, zan thim nuai ah um gual in trawp netnut in um puai tiu. Khawvak hawi tak nuai ah mun pawimaw tak ah ding dingah fel tak ah i um gual un, thagau lam in le fel tak leh kilawm tak in um hi tiu.

### **Tulai thil umzia**

Sawlchak Paul hin, Jesu’n a hung kitna ding a nai phat leh thil hung um ding a gente kha a he zing hi ding in ginchak a um hi. Grik pau a chun hun genna pani a um a, Kronos leh Kairos. Kronos chu aki zawm ah thil tung, sana gual ah hunbi nei ti thei ahia, Kairos ahi leh nawp hun hun ah tung genna ahi.

Ziaziak ah chun Paul in i chenna hun uh hethiam ding in ei daw i a hi. I taksau tatna leh zia nung ah lopi tak ah um hun

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ding chu gingtute kinepna pen a hi ziaḱ in, Nungak Thiangtho sawmte, a la vua'n ua a imut ziang gual uh khan Thagau lam ah imu pal in, Khristiante hiding ah kilawm tak tak te chu hilo in um khan lau ti a lau a hi.

Gingtute hin Lalpa hung na ding ni leh dak helo maleu hing le, a hun a nai tak dan , a hung kitna ding tepte na a gen te kha a tun zing ziaḱ in i ha ding uh a hi. (Matt. 24:3-8)

### Hun thu ah

Hunbi thu hi Judate'n a thâda ziaḱ un Lalpa'n na tak in a vau a hi. Hunbi thu hi gun tak in a la sût hileu, a Messiah helo in a la um puan'au. A lak ua a chen nung inle a he diak puau hi. Malai ah hillawkna thu te kha a mitmu ngei un Khrista ah chun a tung kim ngal ah. A mau â ding ah hung himaleh Thagau lam thil a ngaisak lo ziaḱ un mitthûm gual mai in a um uh a hi.

Khrista thina leh thawkitna ziaḱ leh Thagau Thiangtho I lak ua a hung chenna jalah Judate sang ah hiat chian zawkna leh hetna hau zawte

hin, i Lalpa hungna ding a nai tak thu ahin ngai saklo in um kha'i tiu ti a lau ziaḱ in Paul in zia thute hi a hun zik a hi.

### Zan bei vang vang ta

Thuthunglui hun kha zan gual a ngai ahia, Sial tang ah aw chun, Galvengtu kiang in “Galvengtu zan hi bang gual ahi ta em?” ti'in. Galvengtu chun zingkal hi di ei tai, zan le atia. (Isai 21:11-12)

Khrista umlona mun zosia chu zan hun ahi sek a. Ama chu felna ni ahin ziaḱ in (Mal 4:2). Bethlehem ah khan Galvengtu gen gual in felna ni chu a hung suak a. Tichun khawvel ah i Lalpa a len sungsia khan, sun vak chu a hi. Sun a hi petcha hin ei sawlpa na kasep di a hi. Khawvel ah ka um sung in khawvel vak chu kahi, i Lalpa chun atia (Joh. 9:4-5). Tichun Kalvari Kross ah khan ni chu a tum kikta, zan chu a tung kit ta a hi. (John 19:30)

### Felna Ni

Tuhin felna ni Khrista chu a hung ziang lo ziaḱ in tuni tiang in Paul in zan ah um gual in zia tak thu hi a ziaḱ a hi. ‘ Zan hi a

bei vang vang ta khua vak di ei tai', ti'in (13:12). Tu i din na'u zan hi khawvak di kuan, âk khuan hun leh, thilhing zosia a khatlaw sau sau hun un i ding a hi. Khawvel nam tin tele a ki ningtel ma ma ziang tau a, a zia'u a sua sau sau ua, gamtin kil tin in a kiko veng vung ziang ta'u a hi. Kisak zaw chu a hun ma ma ta a hi.

### **Khawvel Zan**

Zia lungsiatna zan hun hi a tam zaw i mang zotau a, bangma chan hi tapua'n a. Khawvel âk tenle thaw a hun tai ti in kiltin gamtin in a kiko sau sau uh a hi. (Heb. 5:15).

Lalpa chu a hung ziang lole a hithei a. Himaleh a tung zing kidonate, kialte, hilengte haw ziak in bang gual i chan uh kuan hethei di? Lungmuanna di hun a um tapua, kithada nadi hun le a um tapua, lochal nadi hun le a um talo a hi. Nite a pha tapaw ngal a. (Eph. 5:15)

### **Sûn ah um gualin**

Mihingte hin i phatlo ziak un sun sang in zan i tel zaw sek ua. Himaleh, i zan uh hi hung bei paih tading a hi ziak ah chun i zan puan uh, i kivan nau, kilawm lo tak tak tekha liptha hiti un, Puanthak, felna puan Khrista felna ah chun kivan hitiu. Felna ni i Lalpa'u chu hung pai tan'a. A ma âng ah zakchalo ah i um theina dingun pha tak in um hitiu. (1John 2:26)

Zudawn buai ah umlo in, huk leh ki dawicha um loin, kina leh kithangsia um loin, i taksa utnate pitin ding in bangma ki siam pua'i tiu. Zia sang ah chun Lal Jesu Khrista a chun ki van zaw'i tiu.

Lalpa zia sermon tinglo tak mai hi, simtu zosia'n maljawlna thak a dawn na'u hiding in ei malsawm piak in. Jesu min in ka dawn hi. Amen.

## Hin̄na Vâk

### NASEMTU PHA KOCHUAM UPA (Jeremiah 1: 9, 10; 1 Timothi 5: 10)

*Rev. Hesei Vaiphei  
I/c Leilon Pastor Bial*

**Thuma:** Paul in Ephesa Kochuam Upa te kiang ah fuina thucha a gen na ah khan, Jesu Khrista thisan ah chawk Kochuamte chung ah hotu hiding ah Thagau Thiangtho guat a hi'u thu leh, mite chung ah chingthei tak ah um ding in a hil hi. Tunihin hiatkhak lo thuthak gen ding kahe diak pua, i hiatsa'u i hizing lai uh, sutzawp zel ding ah pawimaw tak 'Nasemtu pha' ti thupi mang ah Kochuam Upa te fuina thucha bik leh Pathian in a panpitu ding ua a piak a zi teu fuina thu le gen khawm ding i hiu.

Presbyterian Kochuam dintu te lak ah John Calvin chun Kochuam kivaihawmna ah mawpawtu pen chu Kochuam Upa te a hiu a tia, Kochuam enkawl ah chawm hi thil nuam leh awlsam tak chu a hi pua, mize chi chuam chuam umkhawm, ngaidan leh dawidan kibanglo tak tak, khenkhat chu Kochuam ah mi phachuam, midang te â ding ah malsawmtu a hi zing lai in, khenkhat te chu lung awilona ding, lungnatna ding, midang te demna ding hawl bep le a um kit hi.

Chuleh khenkhat Thagau changsâng kisa Upa te zâna

chang le helo, mi bangma ngailo, mu dik theilo le a um kit hi. Kochuam etkawl nâ a hin, thugen chau a tawk pua, ziltîl le a ngai hi. Ziltîlna miten a ginchak thei pen uh chu, gensang ah thilhi ah kilatsak a hi. Thugen a taksan lo ua leh, muthei ah thil hi chu a taksang lo thei lo uh a hi. Mi ze kibanglo, hindan chi chuam chuam enkawl ah thagau an pe ding leh chawm ding in Lalpa'n tuni hin mawpuakna ei pia a hi. Kochuam Upa te matchak (Instrument) ding ah thu pawimaw te chawm cha cha'n vak gen hitiu:-



**1) Kochuam Thugin, Dân bu leh Pathian Biak Kikhawp Kikaihuaina:**

Kochuam thugin, dân bu leh Pathian biak kikhawp kikaihuaina leh lekhabu hawi tak tak Kochuam etkawl na ding ah pawimaw i neite'u hi, Pathian in i Synod sung ah pilna leh thiamna sang tak tak neite mangcha'n siam a hia, ziate chu ngaisak leh hiat a ngai hi. Chuleh kikhawmpi minute leh kochuam chanchin bute etkawl thiam leh sim pei a ngai hi.

John Wesley chun "Lekhabu sim pei ngailo Pathian nasemtu chu hai mai hen" a ti tawp mai a hi. Bible sim pei leh lekhabu dang dang te sim pei na in, a hin chu khawhiatna, pilna leh hiatthiamna te ei pia, chuleh taksa khuahiatna leh Thagau lam dinmun ah ei chawmtu leh bang hun a le ei panpi thei pawimaw ma ma te a hi.

**2) Hotu hi dingah guat**

Lalpa Jesu'n (Mk 10: 42 – 45) ah a gen gual in Kochuam ah hotu na sem ding ah Thagau Thiangtho in ei guat a hi tai

ti i pawm ngam uh ngai a hi. Chuleh, Pathian thu ah hotu hina hi letnate, lalnate, thuneinate, chawihawina leh lopinate hi a hi puai. Khawvel lam thu ah dinmun sâng leh dinmun pha chang te chu mite'n na a sep piak ua, Pathian nasemtu te a hiu leh chu mite nasep piak ding leh midangte a ding ah, malsawmna petu, hawmdawktu, thamuantu, tidamtu, lungngaite leh puakgik neite dawn zangkhaitu hizaw ding ah guat leh ko a hi zaw'u. Upa te hiat ding ah thil pawimaw tak chu kamthiam hi itlo a phai, mi khenkhat kamthiam le itcha, mangpeilo a um sek u'i. Hiat zing ding ah pha chu paukam khat mai hile midang te damna leh Thagau lam an pawimaw tak hithei a hi.

**3) Pathian Kona Ziak:**

2 Peter 1:10 na'n a gen gual in, Pathian kona ziak suk pitin nading a chun taimat a pawimaw ma ma hi. "a hun kona leh a telna chu hidet dingin taimat sua zaw diak tau in, zia chu la hiu chun bangma tik in kilik pua'n lau". A ziak

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umlo ah kiko na a um ngailo gual in Pathian inle a zia k be i in mi a ko ngai puai. Tuni hin Lalpa'n bang hiding ah ei dawi a hem? Bang zia k ah eiko a hem? Chanchinpha thu mang ah Kochuam te chawm ah an pe ding in ei ko a hi. Genthiam na mai a hin lawtinna a um thei pua, taimat na leh tawmngaina, gin umna te hin, na lopitak a sem thei a, zia chun gâ thamuan umtak a sua sek hi.

### 4) Kipiakna:

Nasemtu pha hina ding a chun kipiak na a pawimaw hi. Kipiak na hi Upa te hi na ah mun lailung pen luazing a pawimaw hi. Tulai khawvel ah mipil mithiam matchak thei lo miphachuamlo muding, gending, hiatding a tam ma ma ziang ta a hi. A zia k chu kipiak na leh taimat na, a taksap zia k uh a hi sek hi. Pilna leh thiam na sangtak neilo tele a kipiak phawt uh chun, mi lawting a hi thei u'i. A kipia tapo te a ding ah Pathian chu bang hun a le panpitu ding ah naicha umzing a hi. Belamte'n bang tik hun a le a ko thei leh muthei ah umzing a pawimaw hi.

### 5) In taw (Home Visit), Damlo vê leh Lusûn sungte ngaisak:

Mite hinna ah mun lua pawimaw tak mai chu in taw (Home visit) ti te leh damlo ve, lusun sungte ngaisak a hi. Kochuam mite ngainat leh sungkuan chanchin hiat chian a pawimaw'i, a din mun uh zilin hiatthiamna leh panpi a ngai hi. Damlona leh haksatna bik neite a ding ah chun, pauchapna neipiak ngei din a pha'i. Pauchap na'n thil a hi thei dan ziltil chung ah Pathian mite lopi dan hiatsak a pawimaw'i.

Upa te hi mite'n a guk ah a la thil zingu' leh, a mau a pat malsawmna ala beisei sek uh a hi. Damlo te damna, lungngai beidawng ah umte din thamuantu hithei ngei ding ah Pathian sathaunu hî a pawimaw'i. Upa hingal ah Upa mitmu ah mite'n a muthei lo hikhak ding hi a lau um takzet hi. Siatni phatni ah Upa dinmun kilawm tak leh mite ngainat thei hiding hî, Upa hina diktak a hi.

**6) Committee, Kikhawmpi,  
Biak In Kikhawp:**

Kochuam Upa te ding ah thil pawimaw tak chu Committee, Kikhawmpi leh Pathian biak na kikhawp ngai pawimaw te hi a hi. Zia hi mite'n Upa fel, Upa taima, Upa pha, leh dik a te na'u hipen ah lang chu a hi. Bang gual na hiziang leh le, a hun leh mun zil ah taisan ngam leh sep ngam ding a hi. Committee na a hin thudik thupawimaw, thuguk leh chiazel dingdan genkhawm na mun a hi ziak in, ngai khawk a ngai hi.

Jer. 48:10 “ kithada tak ah Lalpa na semtu chu hansia dawngin umhen” a ti hial a hi. Pathian hi a dik ah, a fel ah, a lau um na lam ah chun a lau um takzet hi, thamuan na lam kawng inle thamuan a um takzet bawk hi. Pate phatlo na ziak ah chate, tute chung ah khangthum khangli tiang ah phuba lathei a hi ziate hiatzing a pha'i. Kithada ziak ah Pathian hanse law Kochuam Upa hikhak ding lau um tak a hi. Pathian nasep na a hin titak zet ah ama pawmtak ah kipia

thei din kimatchak a ngai hi.

Nawp hun ah kikhawm, nawplo hun ah kikhawmlo sek te hi gingu kiti leu le, gingu dik a hi ding uh ginchak a um puai.

Hun lemchang inei sin ah Pathian thu sim leh Pathian a ding ah kipiak dawna, pauchapna neizing a pawimaw hi. Tulai mitamtak te'n kithada tak ah Pathian na i sep tak ziak un, Pathian lopina changzo talo in, malsawm na lam sang in hanse law na i chang zaw uh hi in a kilang hi.

**Upa Zite â ding bik**

1) Upa zite hi kochuam in a tel khawmlo uh himaleh Kochuam mipite'n midangte sang ah a ngaisan bik uh, a mau ah pat kinepna thil dang dang a neisek u'i. Siamtil a khan Pathian in Adam a siam ah, a panpitu ding a pawimaw ziak in Numei, Evi a siam piak ta a hi.

Numei te/ Zite hi pawsal te mamaw na ah panpitu ding leh suhat tu ding ah Pathian in a siam te chu a hi'u. Mipil

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te chun Upa te Pathian nasep na hi Azi te'u tawh sawm nga (50%) ah mawpuakna a nei uh a hi a ti hial u'i. Zia thu hin a etsak chu Upa te nasepna hi sungkuan leh group ah sep ding a hi dân eihil chian hi. Upa zi hiphalo mitamtak a um lai ah lahi phak bik na'u leh Pathian lemkuat lachan na'u hiazing chung in, kipak pum ah Lalpa na sep zing a pawimaw hi.

2) La pawsal (Upa din mun) hi Pathian in mipi nasem ding leh suak nâ dinmun ah a siam/a kawi a hi ti lahiat piak a ngai hi. Chapona leh midangte lungthim suna thei zawng ah um khak ding hi thil lau um tak a hi. Upa te hiding ah kilawm, a mau in a hiatlo lai ua hiatpi Committee/kikhawmpi ding a hem/in taw, damlo kan tite hi thil pawimaw tak a hi. A hiat ding ua kilawm thu pawimaw a hiat lo lai ua hiatpi leh panpitu lahiu a pawimaw'i.

3) Mipi ma ah dingtam leh pang zing a hi ziak un kichei dan kilawm, van hawi deu, za pi umlo, a hun leh mun zil ah gending sakding kilawm, thiangtho leh kichei dân, kivan

nadi hiat thiampi a ngai hi. Kivan na kituplo ziak a hem, diklo ziak a le mite ngaitua na subuai thei a hi. Panpi a ngai na'u leh kithuapi a ngai na'u mun ah panpitu, zipha, taima leh fel hi a ngai hi.

4) Kampau matdân a hun leh mun zil ah hiat thiam a ngai hi. A pawimaw na mun ah kamtam, kamthiam chu leh kisumthei a ngai hi. Gin um, thuguk pawsal te'n a gen ngam na'u leh siatni phatni ah mi thamuantu hiding hî, Upa zite um dingdân a hi. Mite chanchin gen tamlo, midangte ngaisaktu, panpitu pawsal te a ding leh Kochuam mite a ding ah mipha chuam hithei ding ah um a ngai hi. Sungkuan kikhawp ngaisak leh Pathian biak kikhawp ngainat/ ngaisak ah midangte et tawn tâk Nupha/ Zipha hi a pawimaw hi.

### A tawpna

Kochuam neitu Lalpa Jesu Khrista'n a thisan in van khua leh tui hina eila chawk piak ta, Damsung khawvel ah nasemtu pha leh gin um hiding in Pathian in ei dawhi hi. Lalpa'n

Kochuamte enkawl ding ah a hun guat na hi bangtin la dawn hu sek em, Bang gual ah kochuam te thagau lam an pe ding leh chawm ding in la kiguanggal sek em?

Hun chiasa te a khan lathu thu'n, lanawp nalam lam in la chia maithei hi, la dudu ne'n la nawp nawp lahi maithei hi. Unau te haw, tuni hin Lalpa'n thi tiang ah gin um ah, A ma zui ding leh a na sem ah

Kochuam te enkawl ah chawm ding in eiguat ta a hi. Nasemtu pha chun chanchinpha thudik leh za um chu hangsan tak in a kikopi ngam a, a thipi ngam bawk hi. Thi tiang ah ginum ah nasemtu pha Kochuam Upa hithei ding in Lalpa'n a thu eimalsawm piak tau hen. Amen.

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### BANGKIM HI NANGMA Â A HI

Bible Ref: 1 Korinth 3:21-23

*Khawvel ah i um sung un siat ni - phat ni nei sekte i hiu a, a bang chu hitaleh i dawziak a h'em i dawziak a h'em ah chang zing thei ihi pua'u. A tangpi'n phatna lam hi dawnawsawn a nuam a, a tangpi'n i hethaim vek bawk u'i. Siatna lam hi vang i chung ua a hung tung chun hetthiam haksaisa zel uh a hi.*

*I Bible un, "Bangkim hi nang uh â" a ti hial a hi ziak in mi chan ding ah i kawite hile i Insung un a hung tung thut thut zel sek a, kiging zing ah um a pawimaw ma ma hi. Bang chu hung tung taleh, lung awi tak ah i dawn thiam uh a ngai sek hi. I chung ua hung tung lo ding ah i dawziak ma ma te khale Pathian lopizia i mutheina ding uh ahung hi zel sek a hi. Bangkim hi ei uh â ahi ti hi kizilthiam hitiu. Eima â hilo, mi â chang dan ah ikingai khâk sek ziak un a dawnawsawn dan i thiam sek pua. Siatna huaisia tak te chule mi chan ah i ngai sek ziak un i chapo kha sek uh a hi.*

## Hin̄na Vâk

### GUAL PHALOTE ETKAWLNA PHA PIAK HI MALSAWMNA AHI

*Rev. S. Khaikholam  
Kangvai*

*Jesu a chia kawm in, mi pakhat a pian akipat mitthum a mu'n. A nungzuite chun a kiang in, "Hotupa, zia pa hi a nu leh pa gitlo zia a hi zaw diam?" a tiu a. Jesu'n a dawnhu, "zia pa hin thil a hikhial pua'n, a nu leh pa'n le a hikhial diak puau hi, Pathian nasep a ma ah a kilat theina dingin a hi zawi. ~ Johan 9: 1-3*

Amasa'n gual phalote hi, ama a h'em, a nu a pa a h'em in thil bahem bawlkhial a la nei zia a zia gual ah gual phalo ah hung um hi ding ah ngaituana i la nei kha sek a, Jesu hun lai ah a nungzui ten le a la nei him uh a hi. Ahin lah zia gual ah a thil bawlkhial zia a a chung ua Pathian phuba lakna/gawtna tung a hilo dan Jesu'n a genchian piak ah, mitthum chu a ma'n a kibawl thei tiang, zia chu Siloam dil ah a mai buan a nu piak chu va phiat dingin a sawl a, a mit chu a sukvak piak ta a hi.

Zia mitthum sa piang pa bep hilo in, gual phalo dang tamtak te leh natna chuam chuam ah na tamtak te le Jesu'n a sukdan i mu'u a hi.

Jesu chun zia gual mi te chu thakhat pi'n a sudam a, gual a hun phakit ziang u'i.

Ahin ei haw'n vang zia gual sukdan theina i neilo zia in i hi theitawp ah etkawlna pha piak chu Pathian dawidan a hi zia kin ama a kipat ah malsawmna i dawn thei nau' lampi a hi ngal hi. Zia zia a chun zia gual ah malsawmna i dawn theina ding ah gual phalo te hi banggual ah etkawlna pha piak ding a hi em ti leh amau haw etkawlna pha piak hi malsawmna a hi dan vak gen khawm pek hitiu:-

**1. Hepina tak tawh etkawl:**  
Gual phalo ten le amau hepi tak tak leh a lem ah hepi te chu a hekak thei ma ma u'i. Amau

hepi leh lainat tak tak te chu amau in le a ngainau in a thu uh le a awi u'i.

Unau kihepi dial dial ah um dingin Lalpa'n ei dawi a, hepina longal kuama bangma balo dingin ei gen hial a hi. Lalpa Jesu'n le ziagual ah gual phalo te a hepi a, ama hun lai ah a mu khak tapo te a sukdam pek a hi ziakin ama sep mabak sem ah, theitawp sua ah gual phalote etkawl hi i Lalpau kipakna a hia, kipakman malsawmna chu dawng ngei ding i hiu.

**2.Thawk theina tawh etkawl:** Gualphalote etkawlpha piakna ding ah pawimaw ma ma kit chu thawktheina a hi kit hi. Iplelna ding tam in a, a hin la kisum ham ham kul ding a hi. Gual phalote na na na chu etkawlpha result pha mu na ding in hun le lut sawt ding a hi. A hin ngakzo tak ah ngak ham ham ngai ding a hi. Zia thawk theina/ngakzawna hi thagau ga pakua te lak inle a pang a, a mang thei te na na na chun thagau ga ah malsawmna a dawng ngal u'i tina a hi.

**3. Kipiakzawna:** Gual phalote etkawlpha piakna ding ah kipiakzawna/kipumpiakna pawimaw dan hi chu, gen tamlo in le a hiat thei ziang hi.

Belampu pha chu a belum te a ding ah thi hial le huam ah a kipumpiak gual ah kipiakna a hi mai hi. Ziagual ah kipumpiak tak ah sep theina ding a chun a chung ah i gen tak te – hepina tak nei leh thawktheina nei te ma chu a hung pawimaw a hi. Ei haw ei hepina zia ah hung kipumpiak i Lalpau Jesu kipakman mu ding chu i vak gel thei mai u'i.

Ziagual ma chun ei un le Lalpa'n a hepi ma ma gual phalo te a ding ah i kipumpiakna zia ku kipakman malsawmna chanding hi chu i phu him uh a hi.

**4. Kingakna tak:** Midang te tawh kizawpmatna pha nei na ding him him a hin mi te muan ngam, kingakna tak, a haksat u leh a kipakna te'u a gen ngam na'u hi a pawimaw ma ma hi.

Ziagual hina nei chu gual phalo te'n a mau enkawltu ding ah a pawimaw ma ma uh a hi

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kit hi. Ziagual ah etkawlna pha piak theina ding a chun, Jesu'n le ei haw gitlo gik a hung puak gual ah amau haksatna te puakpi ah, a mau a ding ah muan ngam hi leh kingakna tak hi ding chu a mau haw hepi ma ma i Lalpau dawidan a hi kit hi.

**5. A dang dang:** Gual phalote etkawlna pha piak theina ding ah pawimaw dang khenkhat te chu a hi leh –

Amau â ding ah lawi pha tak gual ah um theina te, a kiang ua nui mai tak ah um zing theina te, i thugen te a tak ah bawl pi ngal sek te, amau haw tawh dinmun kijiattua thei zing na te, thil him him a pha lam ah lak zing theina te, amau haw

tawh tangnêl tak ah kivawp thei zing na ding ah nuizat um thil gen thiam te haw le a hi.

A bul ah i Bible chang piak in a gen gual in gual phalo te hi, Pathian nasep ei mau akipat ah a kilat theina ding ah etkawlna pha piak ding chu i mawpuak uh a hi. Mi khenkhat te hin gual phalo te hi, mibawl tak ah lungsiatna tak tawh i etkawl thei tak zing lai un, mi khenkhat in nuizat bawl na ah i mang thei nalai ua, zia hi Pathian zakda lam a hi ti hia'i tiu. Nu ten le a cha te'u gual phazolo cha cha a lungsiat diak gual un, Pathian in le a lungsia, amau haw phatak ah etkawl na man malzawl na piak ding chu i Pathian uh iai lo hial a hi.

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## Galilee Dil & Jordan Lui

*Galilee dil chun a sung ah Jordan lui hung luang lut chu a luandaw sak zel ah, a nuai lam deu ah um Tuipi thi (Dead Sea) chun Jordan lui luanglut chu a luandaw sak talo a hi. Tuipi thi chun hinna nei mawng mawng aum pua, sanga le a hing thei lo ahi. Galilee dil ah chun vang sanga chitin, tui nuai ah hinna nei chi chuam chuam aum ah, a tui a thiang zing a hi.*

*Eima ah hung luanglut malzawlnate hi a luandaw sak kit di dan i hiatlo ah i phal lo chun Tuipi thi gual mai kha hi ding ihi'u. Luandaw sak dan i hiat chun Galilee dil gual kha hi ding i hi'u.*



*Book review*

## **Kum 2021 Nilai Zan leh Beigual Thupi**

*Pro. Pastor Lallunglian  
Mata Pastor Bial*

Kum 2021 Nilai zan leh Beigual thupi “Kochuam Kivaipuakna” ti hi guanggaltu ding a Rev. S. Khaikholam guat a hi gual in ama’n le “Kochuam Kivaipuakna” chu zil thei ding in a Bu a hun siam zo a , kum bul apat in i la zil chiat thei tau a hi.

Zia lekhabu sung a hin Kochuam Ni pawimaw chuam chuam leh Ni bik thupi te le a um vek hi. Zia lekhabu hi pek i-xxiv leh 1-202 chan a um hi. A guanggaltu Rev. S. Khaikholam hi Mizoram Presbyterian Pastor pension a hia, tuhin ama In, Kangvai kua’h cheng in Kangvai Presbyterian kochuam in a lawi hi.

### **Nilai Zan Zillai**

“Presbyterian Kochuam Umzia” ti thupi mang in Zillai pani’n Presbyterian Paumal leh a umzia hilchian in Presbyterian Kochuam chu Presbyter te vaihawmna kochuam a hi zia leh a kivaipuakna kisuang sawn dan chian takin ei ziltil in, hiatna a belap ma ma hi. Presbyterian Kochuam hi Bible a kinga Kochuam a hi dan le chian

tak in a taklang a. Thuthung Lui hun a Israelte kivaipuak dan leh Thuthung Thak ah Kochuam masate chia dan tawh kibang thei pen a kisiam Kochuam a hi dan i zil u hin, lungkim um leh kingakna tâk hi dan ei hiatchian sak diak in a lang hi. Martin Luther, John Knox leh John Calvin te’n nasa tak ah Kochuam siamphatna ding pan a lak dan teu leh a ziltilna teu tam lo cha cha i vak zil thei u hin Kochuam lul na leh pawimaw dan ei hiatchian sak diak hi. John Calvin ziltilna vang vang hi Presbyterian kochuam te â ding a chun hiat ngei ngei ding a pawimaw a hi. Kochuam kivaipuak dan leh Pathian thu pawm dan a hin Presbyterian chu Calvin ziltilna’n a kinga nasa ma ma hi. Chuleh, i zillai ua pat Presbyterian kochuam in i hiat ding a pawimaw

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khat “khawvel a Presbyterian Kochuam masa pen 1592 kum ah Scotland gam ah din pat thu’ i mu’u a hi. Chun, ei hingtu Welsh Kochuam halna leh zia halna apat kikaichaw a khawvel mun chuam chuam a kochuam hun pung zel leh ei haw tiang inle i phatchuampi dan i zil daw ngei u kinep a um hi.

Tu Kum i Nilai zan zillai ua pha kasak ma ma chu Kochuam Thugin i zil uh hi a hi. I Kochuam Thugin masa pen “Thuthung Lui leh Thuthung Thak bute hi Pathian Thu ahin, ziate bep hi ginna leh thilhi thu ah tena diklo theilo chu a hi”. Zia hin Presbyterian Kochuam mi khat chu mani, insung, kochuam, khawtang leh gam kivaipuakna leh nisin nek leh chak hawlna leh thil i bawl zosia hi Pathian Thu Bible ziltilna tawh kituak ding a hi ti ei hilchian ma ma a, zia chu hiat mai hi lo a i zui thei ngei u kinep a um hi. Pathian i gin leh i zui chungchang ahin Pathian zia/hina chuam chuam te i zil ban un, Bangkim siamtu leh bangkim chung a thuneitu chu Pathian pakhat bep a hia, Pathian ah mihing pathumte hi a chuam chuam a lakkhen thei hilo in pumkhat Pathian pakhat a hi ti i zil hi kochuamte a ding

a hiat leh gin det a pawimaw ma ma hi. Manipur Area sung Kochuam mi tam tak in Pa hun, Chapa hun leh Thagau Thiangtho Hepina hun tia i hiat leh i pawm hi a diklo a hi ti Zillai apat hin zil daw ngei kinep a um hi. Thil siamtil a kipat khan tuni tiang hin Pa leh Chapa leh Thagau Thiangtho Pathian chun na a sem zing hi, ti hi hiat a pawm det ding a hi. Hukdamna hi Pathian hepina zia a chang leh dawng i hui ti hi le kiziltil thak zel ding a hi. I thil hi zia leh fel zia a hukdam hilo in, hepina zia a hukdam i hui a, hukdam i hi zia un i fel in thil pha i bawl thei sek a hi chau hi ti hi hiat ding a pawimaw, i zillai ua pat lakdaw ding a hi. Jesu ging a ama zuitu chun khawvel a dam sung khawsakna ahin le mawpuakna leh hi ding leh hi lo ding a nei dan i kochuam Thugin i zilna’u ahin ei hilchian ma ma a hi. Chun Pathian lam a i mawpuaknau leh hi ding teu hi Thagau Thiangtho panpina lo in mihing hatna leh felna leh thiamnate chau in sukpitin ziang thei a hi pua, zia chu panpitu leh lam dik a ei puitu Thagau Thiangtho in eima ah a sep daw sek chu a hi ti hi zildaw guat ding a hi. Hun

nunung thu i kochuam gindan i zil hin, gingtu hinkhua kinepna leh thamuanna bep hilo in lam dik haw leh Pathian dawi dan a nisin hinkhua mat a pawimaw zia a taklang chian ma ma a, zia hi i damlai hin dan siamphatna'n mang lehin hawi ma ma ding in ginchat a um hi.

October a pat hin i kochuam kivaipuak dan leh chia zel dan tangpi zil ding i hiu a, zia te hile a pawimaw khawpmai hi. Pathian biak kikhawp (worship) zia hi Pathian bia leh ho ding a i kikhawp khawmnau genna a hi pen a, zia hin Pathian chu a lai/thupipen a hi ding a hi. I kochuam kikhawpte hi i vak hiat thei ding pen chu a hi, panmun leh chanvo i nei leh chante hi ngaikhaw leh feltak a sukpitin ding a hi. Pathian biakna leh chibai bukna ahin a kilawm leh hawi thei pen a kisingsak a pan/bawl sek ding a hi. Kipawlkhawmna (Fellowship) in a hi leh chu kisuklimna lam a kaw k deu a, zia hi Pathian biakna tawh a kibat lona i zillai un ei hil gual in, Mihingte'n mani kisuklimna ding a h'em i ho Pathian min a kipawlkhawmna'n le i mang thei a hi.

Nilai zan thuzil apat hin

Biak In sak dan leh a sung a van pawimaw te leh i etkawl dan teu hi lungtun um bep hilo in, maban a khanlet zelna ding in i lungthim uh a pui i kinem a hi. Biak In kikhawpna chanvo i chante i ngai pawimaw hin kochuam ngaisak mai hilo in, kochuan neitu Pathian zana a hi ti hi i zildaw ngei uh le kinep a um hi. Mawpuakna chuam chuam leh talent i nei teu hi gingtu te'n kochuam vai ah mang phachuam zaw diak ding ah i kisingsak a pawimaw a hi.

'Presbyterian Pastoral ministry' i zil ua pat hin i kochuam a minister leh pastorate pawimawna a kichian a. Kochuam ahin Pastor leh upate bep hilo in kochuam mipi hi le kochuam pitin leh khanna ding in i pawimaw ma mau hi ti hi zildaw leuhin kipak um ma ma in a. November apat December a i zil ding uhi Presbyterian kivaipuak dan sawng ngate – General Assembly, Synod, Presbytery, Pastor Bial leh Tualsung- a hia, zia hi Presbyterian mi leh sa te a ding a chun hiat ding a pawimaw leh pha ahia, uluk tak in zil leuhin i kochuam kivaipuakna bep hilo in, i kochuam pumpi hin i khantopi a kinep um hi.

## Hin̄a Vâk

### Kum 2021 Beigual Tha

Tu kum beigual tha i zil ding teu hi, Gingtute mawpuakna bak chuam chuamte a hi. A masapen in Chanchinpha thu zil ding i hui a, zia hin chanchinpha chu bang ahia, zia chun ei gingtute mawpuakna bang a hi em ti hi i ngaikhawk ding uh chu a hi. Chanchinpha gen ding a gingtu zosia hi ko i hui a. Himaleh, zia chanchinpha i sepdaw dan chu a chuam chuam a hi. Mimal ah te, mun gamla leh mun nai ah te, gingtute lak leh ginglo te lak in chanchinpha pawtu i hi ding uh a hi. Chanchinpha puanzak dan chuam chuam i zil ding te'u chu- thim sukvakna; zia hin khawvel a Ni vak in gingtu leh ginglo te chung in kibang tak in a vâk a sua gual in, ei haw le khawvel a ding in vâk i hi ding uh a hi. Pathian thilsiam dange sang a chungnung zaw i hina'u a hin mawpuakna le i nei ngal u'a, Pathian thasang a thilsian dange etkawl leh venbit hi i mawpuakna'u a hi ti chu chanchinpha pakhat a hi ti hiat a pha'i. Gingtu khat in kochuam a ngainat a, kochuam pitin zelna ding pan a lak a hi chun zia chu chanchinpha a puanzakna lampi pakhat a hi. I umna mun chiat a gingtu ginum

leh midangte tawh kituak tak a sepkhawm zel hi chanchinpha zia a hi ti hiat zing ding a hi. Gingtu te kipunkhawmna Kochuam hi huapzo a hi ding ahia, mi zosia â ding a vâk zia chu malsawmna a hi ding a hi. Ziagual a chun kochuam ah um theina ding in Kochuam tin Insung mite a pawimaw a hi. Insung a nu leh pa leh midang ten mawpuakna i nei te'u Pathian dawigual zel a supiting in zia chun Kochuam khawvel vak siam thei ding i hui. Pauchapna hi gingtu te a ding a hâtna nâk a hi gual gual in, pauchap dan dik lo zia in gingtu chu a basam in a kipuk thei a hi, i zillai un pauchap dan ei hil hin i kochuam a mi tamtak te ei suhat in lamdik ei kawkmua kinep um a hi.

I Lalpau Jesu Khrista chun ei hepi zia in Pathian ahina hung nusia'n, mihing in a hung piang a, kingaitawm takin haksatna leh lungngaina thuak in eiuh Eden huan apat Pathian melma hitate a ding in a hung kipia a hi. I zillai bu a i zil zosia uhi i phatchuampi theina ding un Pathian kingaitawmna hi hemil lo a nisin ama lam nga kingaitawm a, midangte malsawmna ding a kilân zing hitiu.

**CKKP CIRCULAR**

21st May, 2021

Thilpha hi ding ah hukdam Khanglaite, ei hukdamtu Jesu Khrista min in chibai. Pathian in hun pha ei siampiak a, i programme guatsa umte mang thei ngei ding ah i um uh kinepna liantak nei pum in, zia a nuai ah hung kitaklang thute hi Bialtin Khanglai te'n hung bawzui chiat ding in i kichial u'i.

1. Kum kit (2022) hi General Conference nei kum a hi ta, Conference Labu siam ding ti ahia, zia Labu ah chuang ding lâ dawitel neite'n piaklut thei a hi tai. Labu ah hin lenkhawm lâ 15 leh solfa lâ 35 chuansak ding ah lemsak ahia, Solfa lâ hung pialut te'n harmonized sa, a soft copy piaklut ding a hi.
2. Labu Cover design hawi tak siam a kinuam a, zia lam ah thiamna neite'n, sample hung pelut sau sau ding in i kichial u'i. Design hawi pen teldaw hi'ntin, zia chu Conference Labu cover design ah mat hi ngal ding a hi. Chuleh, a design tu kiang in kipakman piak hin a. No. 1 leh 2 ah hung kigente hi June tha sung tiang ah General Secretary kiang ah piaklut ding a hi.
3. KKP Kumpulan thupi mangcha Conference kum leh inter-bial short- film kidemna nei ding ti a hi gual in Bial tin ten pan hung la ding in i kichial u'i. A thupi ding- "Khanglaite leh Tula Khawvel". A thiam pen te 1na ah kipat 3na tiang kipakman piak hi ding a hi. December tha tiang ah General Secretary kiang ah piaklut ding a hi.

Khanglai member a tam theipen i pan theina ding ua Bial leh Branch KKP in tawmngai tak ah pan hung la ding in ka hung chial hi. Lalpa'n hung pui zel ta hen.

~ Lianlalsiam  
*General Secretary CKKP, Manipur Area.*

### HISELNA TAWH KISAI

- Dr. Lalnunchoi

Hisêlna hih taksa bâk hisêlna bep a hi pua'h lungthim lam hisêlna le a huap hi. Taksa hisêllo mi chuh lungthim le a chawldam pua'n, lungthim chawldam lo a hi chun damlona le a su puang deu deu thei ah, chun natna dang dang Lungchang (heart) lam natna, ZunThum, Sunghâtlo, Awm natna (Asthma ) leh a dang dang a hung kibelap thei hi. Hisêlna neina ding in taksa, lungthim, nêk leh dâwn leh i kimvel ah thil umte tawh kituak tak ah kibûk sak tua (well balance) pawimaw a hi. World Health Organization (WHO) chun Hisêlna tena ding in thil pathum a matchakte chuh: i) Mimal zia leh i chindan ah pat, ii) I kiang i tuam (chenna/khawsakna) dinmun ah pat leh iii) Zapi kilawikhawm dan leh sum leh pai dinmun ah patte hih a hiu.

Hisêlna pumpi (well balanced lifestyle) hih taksa hisêl, nêk leh dâwn hisêl, pha takcha kichawl dam hin nat leh sat tampi a dodal zo a hi. Taksa hisêllo hung kipatna hih thil neu cha cha hun tak ah kibûk tualo ziak a hi sek hi. Ziate chuh - exercise tasam, nêk leh châk tasam, ipmut tasam, lung gimna, mipi lak ah kibual ngai beklo tite leh dang dangte a hiu. Hisêl theina ding ah pawimaw diakte vak tak lang hi tiu:

#### **a) Nêk leh châk tawh kisai ah Hisêlna:**

Nêk pha hin vitamin deficiency taw kisai natna lam leh diabetes, heart disease, stroke leh cancer hun tiang in a dodal thei hi. Nêk pha nelo leh nêk pha nek ah

um awl hin hisêlna a sukha hi. Vitamins, minerals, proteins leh a dang dangte taksa hisêlna ding ah pawimaw haw hih anche, thei , sa leh nga chikhat bep in a kim pua, zia ziak ah chu a hun hun ah anche lohing chi chuam chuam, thei chi chuam chuam, sa leh nga kâl vân ah nêk a pha hi. Khawvel khanto dungzui in nêk leh châk leh nêk hun a kitheng deu deu ah, zia hi hisêlna ding ah phalo tak chuh a hi. Ziate chu processed food a kiti'n, in ah siam leh huan ngai lo ah nek ziang theite, a lo leh vak suksat ah min ziangte, theitui dawn ziang thei chi chuam chuamte a hiu hi. Gam hausak leh changkâng dunzui in processed food hih mi tam zaw'n gil va nading ah kingakna bailam

a hung suak ta'i. Changkangna chi khat a hi vang in i taksa a ding ah gû awl awl ah kine lut tawh bang a hi. Zia zia ah chun hisêlna ding ah nêk leh châk hih in ah siam leh huan khel tha umlo a hi. Chun me kanna thau kimangsa mat nawn nawn kit hi cancer gû(Carcinogenic) hawi tak a hi. Thil kanna bang haw hih but thâk kawm kawm a pha'i. Sa aichuat leh a gawp meikhu a kithût (smoke meat) haw hih le Carcinogenic chikhat a hi. Tekhinna in Nagaland ah cancer NPC (Nasopharyngeal Carcinoma) gawl bul lam cancer hih smoke meat ha nek tawh kisai zia in a kimu'i.

Sa leh nga nêk tâkluat leh a pha pua'h, Cancer a diak in gilpi leh gilzang lam, zunthum, BP sâng leh a dang dang a piansak thei hi. Sa nêklo tâkluat le pha lo a hi. Vitamin khenkhat sa bep ah kimu le a um ah, chun Sanga a hin taksa a ding ah thau pha a um ah, a diak in cholesterol sâng nei mi ah ding in hapta khat ah nivei bêk nêk a pha'i.

Nêk pha ti hih nu nawi tui chêp ah kipat kipan a hi ta'i. Nausen a pian ah kipat tha guk sung hi thil dang bangma piak lo a pha'i. Tha guk zo ah kipat an zat chuam

chuam a val thei dingua suknâwn ah awl awl cha piak pat ding a hi. A hun dungzui ah kimu anche lohing, thei thum, sa, nga, ghee thau leh aktui tite piak ding a hi. Chapang a pian ah kipat kum ni sung hih nêk leh châk buting ah nêk sak hin tunung ah natna a dodal theinau a susâng ah, chun let nung ah nêk leh châk tawh kisai ah taksa in a pawm theilo a hi lo leh allergy tite a dodâl hi. Chun taksa a supha in (thau hi lo in taksa chak) a khan ding gualua a sukhang a, lungthim leh a suhât hi. Mihing thuak hih i pian ah pat kum 5 sung ah hin a khan leh a kisiam siam di tam zaw a kisiam a ta'h, zia zia ah chu nêk leh châk buting ah nêk sak a pha'i. Tekhinna in ghee, nuts, sa leh nga tite hih thuak hawitak cha develop nading ah pawimaw a hi. A sungu'n a pawm lo a hi leh chawm khat chawl zel sek ah awl ah piak pat kit zel sek ding a hi. Zia zia ah chun nausen an nêk thei ah pat nêk pha leh buting kigente haw hih thaichi a ke hawi di leh a khan hawi nading ah har kithe gual ah tekhin thei a hi.

Nêk leh châk nêk kim ngai pawimaw sang ah damdawi vitamin zat chuam chuam nêk ngaikhawk hih pha lo zaw a hi.

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Taksa hisêlna ding ah Vitamins, Minerals leh Proteins- anche, thei leh sa ah kipat kine lutte hih gamcheng ah damdawi nêk thaw sâng in a hawi leh a pha zaw'h chun taksa in le a pawmzo thei a, hisêlna le ah suhât a hi.

Taksa thau hi taksa pha a hi pua, hisêl lona khat a hi zaw hi. Taksa'n a mamaw sang ah ne lut tamzaw, sa leh thau ne mun, anche leh thei tite nêk tawm leh taksa um awl ziak a hi sek ah. Nêk ziang thei- thum talua leh chi al talua haw hih nêk tawm a pha'i. Chun, naupan lai a taksa thau hih a let nung tiangu'n a hisel puau a, zunthum leh BP sang a um nuam diak seku'i.

An nêk hun leh ipmut hun neilo hih hiselo kipatna khat a hi. Chun zân annêk leh lupna zawt kikâl hih dâkkâl 3 bêk kikâk sak a pha'i. Sunghâtlo leh ipmut haska um thei a hi.

### **b) Tui dawn tam hisêlna ding ah a pawimaw dan:**

I taksa hi 100 lak ah 80 hih tui a hia, zia ziak a chun tui dawn tam hih taksa hisêlna a hi. Ni khat ah litre 2-3 bêk dâwn a pha'i. Zia chung ah hin khaw sat ni a hi lo leh khawsa-ul pawt tam phat a hi le tui dawn tam zawk diak nak lai ding a hi. I taksa hin tui a mamaw

a hi chun hisel nading ah na a sep ding gual ah sem thei lo a hi.

### **c) Exercise hisêlna a ding ah a pawimaw dan:**

Taksa gikdan (Body weight): Taksa overweight hin natna tampi a belap nuam hi. Tekhinna in zunthum, BP sang, heart disease leh numei ah nau vawp a suhaksa thei hi.

BMI(Body mass index) kiti hih taksa gikdan - underweight, normalweight leh overweight etna bailam tak a hi. [BMI= body weight in kilograms/ square of body height in meters; <18.5- underweight; 18.5-24.9 – normal weight; 25-29.9- overweight; > 30 obese]

Naupang, piting exercise bawl hih taksa hisêlna ding ah pawimaw mama chikhat a hi. Exercise bawl zing mi ah hin damlona a tuak phatu leh le a hât dawk pai seku'n, chun chau takluat leh hun tiang in a veng hi. Exercise ti phatle khawsa-ul pawt ah taksa tawi tina a hia- tuizap, taitho, lâm, kin deu ah lam zawt leh activities chuam chuam a hi thei hi. A diak in naupang ah hin, gu leh châng a suhat a, taksa le a su hisêl hi. Naupang kum 3 ah kipat kum 5 sung hih nitum ah



kihêl leh ki chawp vel hih khaplo ding in a pha'i. Chun kum 6 ah kipat kum 17 sung ah hin nikhat leh dâk kâl khat bek hat lâm zên ah khawsa-ul pawt ah exercise chi chuam chuam bawl sak a pha'i. Chun piting ah hin ni khat ah dâk kâl makhai hapta khat ah ni 5 bek exercise bawl hin hisêlna ei pia hi. Taksa a ding ah vitamins leh nêk pha bang zat nelut le hin le exercise pang lo in hisêlna suhat lo zaw thei a hi.

Exercise hin BP sâng, zunthum, heart disease, cancer tite hun tiang in a dâl zo hi. Chun BP, zunthum leh stoke neisate a ding in le exercise hih damdawi chi khat a hi. Exercise bawl hin thuak(brain) ah hormones Serotonin leh Norepinephrine tite a suhat ah, Depression, Stress leh Anxiety tite a dodâl in a sukiam thei a hi. Chun Endorphin tite a supung ah taksa ah natna neite thawk awlna a pia hi. Taksa weight suk kiamna ding ah hin exercise bawl zing hin taksa thau a sukiam ah, gu leh phe a suhât ah, thil neklut digest theina (metabolic rate) le a susâng a hi. Nêk leh châk kiha sum hin i taksa a ding ah vitamin pawimawte a sutasam sek ah, metabolic rate le a su-awl ah,

hiselna a sukha zaw thei a hi.

**d)Thianthona tawh kisai ah hisêlna:**

Thianthona hih hisêlna venbitna ding in a pawimaw ma ma hi. Ziate haw hih chawmkim tak in vak tâklang hi tiu-  
*i) Nisin ah kisil-* Taksa sukthianna ding ah chun nisin ah kisil a pawimaw ah, a ziak chu Ti thak – Scabies, Ringworm, Allergy, Scrub typhus , mitnatna Conjunctivitis tite haw hih kisil mun bek lo mi ah hin a um nuam deu seku hi.  
*ii) Khut sawp mun ding-* Khut sawp mun hin nisin a natna ei bawm theite lak ah kipat in ei dodal zo hi. Khut sawp thianlo ah pat in Gilna, Sungkho, Typhoid, Hepatitis A, Hepatitis C, Covid -19, Hitang khawsik, Awmnat leh a dang dang a kilasawn thei ah. Bangtik hun ah sawp a pawimaw diak a hi em i ti leh- Damlo khawi ma leh khawi nung ah, An huan ma leh an huan zo ah, Thil nêk ma ah, Dailen buk ah pat i pawt phat leh, khawlai ah pat in i tun phat leh, Gancho ganhing khawi nung ah, Nau an siam leh piak ma ah, Chapang diaper leh thinei hun ah sanitary pad then zo cheng ah, Damlo hun ah sawp mun diak

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di, sawp mun takluat umlo a hi.  
iii) *Khuttin kengtin hawi sau lo ding*

iv) *Nik leh puan thiang ah kivan ding*

v) *Ni khat ah ha nivei nawt ding*  
vi) *I chenna insung leh a kimvel sukthian zing a pha'i.* Nen/kidak ziak ah natna piang theite- a diak in gilna sungkhaw, tithak leh thokang natna: Malaria, Dengue, Japanese Encephalitis, Chikungunya leh Zika virus tite a hui hi.

### e) **Ipmut khawp hisêlna ding a pawimaw dan-**

Ipmut khawp hin taksa bâkte a chap hing sek ah, taksa leh lungthim a sunuam leh a suhat a hi. Natna dodal theina (immune system) le a suhat a hi. Nikhat/dak kal 24 sung a hin - nausen a pian ah pat tha 3 sung hi dâk kâl 14-17 hrs, tha 4-12 sung ah hin dâk kâl 12-16 hrs, kum 1-2 sung ah hin dâk kâl 11-14 hrs, kum 3-5 sung ah hin dâk kâl 10-13 hrs leh kum 6-12 sung ah hin dâk kâl 9-12 hrs taksa khan leh hisêlna ding ah ipmut pawimaw leh mamaw a hi. Piting ah hi'n dâk kâl 7-9 bek ipmut khawp a pha'i.

### f) **Hisêlna tawh kisai ah Blood pressure (BP)sâng**

### **leh zunthum (Diabetes) ah pat kikawi kâng ding dan khenkhat:**

BP sâng leh zunthum hin taksa bâk zosia a usia thei hi. A diak in Heat attack, stroke, mit muna mial/mit kâng (cataract), kal lam natna (kidney disease), thagui chau a um nuam hi. BP a chunglam 140(systole) leh a nuailam 90 (diastole) sang ah a hung sâng zawk phat a hi le BP sâng a kiti hi. Chun zingkal an nêk ma blood sugar 126 (mg/dl) leh an nêk dâk kâl 2 zo ah 200(mg/dl) sang ah a sâng zawk a hi chun zunthum nei kiti a hi. Mi khenkhat a ding ah hin BP sâng leh zunthum nei hih i pianken (Hereditary- pi leh pu, nu leh pa khang ah BP sang, zunthum nei mi) a hi thei hi. A dang ah hin nêk leh dâwn ziak a hi thei hi. Ziate chuh a al, a thum ne tam, zu dawn zing, dumzial chep, thau ne tam a diak ah thau a khal ah umte, anche leh thei ne tawm, sahing nezing , um awl mi, nau suk vang nading ah damdawi nete leh mi lunggim hatte. BP san leh zunthum kivenna ding ah hin exercise bawl zing a, i weight normal ah kawi zing a pha'i. Mimal normal weight a kibang pua, a chunglam

ah kizik BMI kipat ah khan eima normal weight i kitepte thei a hi. Chun chi al, a thum, sahing leh thau tite nêk tawm ah, anche leh thei nêk tam a pha'n, zu ngawl theilo ki-keite'n nikhat ah pek 1-2 khel dawn lo a pha'i. Insung ah Hereditary a hi chun, BP leh zunthum a ding ah a pha leh a pha lote hih khau tak ah i zui zing a hi chun, hun tiang in ah dodal thei a, chun a hung nei hialua leh le a nei kipatnau kum hun tiang in a suchawn thei hi.

**g) Numei lam taw kisai ah hisêlna:**

Numei pawsal nei vak leh nei hak takluat hin hisêlna a sukha hi. Nau neilote leh nau masa kum 40 nai lam ah neite ah hin nawi(breast) cancer a um nuam hi. Breast cancer hih kâlvân ah Mammography test bawl ah matdaw vak thei a hi, ki etkawl vak ah sukdam thei a hi.

Numei pawsal tawh thanguai, chapang cha ah pawsal nei leh cha nei vak, nau nei zing mi, pawsal tawh umkhawn mun, nau suk vangna ding ah damdawi ne zing mi (damdawi ah Estrogen pang chi) leh numei thiangtholo a diak ah thi nei hun ah hin

nau vawp haska leh naubu lam cancer hih um nuam diak hi. Naubu cancer hi hiatdaw vak leh suk dam thei nading ah hin numei Kum 25 ah kipat kum 65 chan sung ah hin kum 5 dan dan ah screening kibawl thei a hi. Zia te chu Pap smear leh HPV test tite a hui hi. Chun cervical cancer vaccine hih damdawi in ah mu thei a hia, numei naupang kum 9 a tin ah kipat kâp pat thei a hi. Chun numei lam hisêlna ding ah hin thinei hun ah thianthona hi a pawimaw diak hi. Kisukthian mun zing leh sanitary pad hi dâk kâl 6 sin le then a pha'i.

Numei naupang thi nei a pat Iron hi kâlvân ah nêk sak a pha'i. Taksa ah Iron tawmte hih taksa leh lungthim a suchau a, a lekha hiattheinaw le a sutawm a hi.

Hisêlna hin thil tampi a chûn khawm a, huap le a huap zau bawh hi. Hisêlna i ti hih taksa bâkte, lunggel ahte leh zapi lak ah pha tak ah kilawi khawm thei, ziate ah chun zawngkhâlna/ chauna/ detlona leh natnate umlo tina a hi. Natna tawh hisêlna hih a kikal a hui. Hisêlna hih a chung ah thilpha kigente i zui nâk a hi chun, huntiang ah humbit thei a hi.

**HIPI LÊN LAI AH  
LUSÛNNA LEH LUNGNGAINA THAWKTHIAM  
THEI DING DAN**

*Dr. Elizabeth Kimneihat Vaiphei*

Corona pandemic ziak ahin, khenkhat te chun i ngailai lai i suapi, i nu leh pa, i lawi leh gualte, i hotute leh a dang dang tampi chên a la ki-um ta. I insungmi chet a la sukha lo maleh, I het khak mi, i kochuam mi, i veng sung mi, i kinai pi tampi te sukhhak in a um ta. Ni dang bang lo in, thina i tuak te leh i hiatte le, a thiluang chutpi thei talo, gâl gamla hung kipaw te le insung a puaklut phal hi ta lo, thanmual lam ah mi tawmcha bep chia thei, lêngkhawpna um thei ta lo, kivetuana haksa ta. Zia bep chu hilo in, tulai thuleng vel te him him hih: oxygen um lo, hospital awng talo, lockdown etc. ti te hin le mi tampi ei supatau ma ma a hi.

Corona pandemic, a diak ah second wave ziak a hin i chên tam ma tau a. I ngainat i hepi ma ma te i chên ua, i zalennau le i chên ua, nasepna te chên in, kikhawp khawmnate, i nek Ieh chak hawlnateu leh a dang dang le. Ziate ziak ahin mi tam tak chu i lunggel teu, i lungthim ngaituanateu a sukha ma ma thei hi. Tuchung pandemic ziak a hin a chang leh i lungthim lam nawksakna, thatnawp zawlona, active zaw lona te hi a um sek a, zia chu a hi thei him (normal) le a hi.

- Lungngaina (Grief) kiti chu, i thil nei te i hung chên zaw

nung ah i um/thawk dan te; ahiloleh i ngaite'n ei nutsia nung ua i thuak/khawsak dan te genna a hi.

- Zia chu mimal chung leh mi hawnpi chung ah tung thei a hi.
- Tu hun ah lungngaina thawk hi a haksa diak a, a na chuam diak ma ma hi.

**Lungngaina chu banggual tak ah nâ a hi diam**

Lungngaina hin mihing sunggil tak a sukha, mi tin in i puaknat dan leh i thawknat dan uh a kibang pua'i. Himaleh a tangpi ah chun ziagual hin a um thei sek hi:

- *Pawm theilo*: Kigingcha lo, kitaksang lo, ziagual tuak ding ah kikawi thei nai lo leh kisa lo.
  - *Lungnat*: Lungnatna a um thei hi. I ngai pen in ei nutsia ziak in lungnat thei a hi. Pha tak a ki-enkawl lo a hi em, ki-etkawl man lo ziak inle a kilungna thei sek a. “Dawitawk tak ah ki-enkawl man lo/dawigual a ki-enkawl man lo” ti’n le a kilungna thei hi. Khawtang ah thiltungte haw ziak in le lungnatna a um thei sek hi.
  - “*Zia chu/zia kha a la kibawl zaw leh*” (*Bargaining*): La chung ah thiltung te ziak ah da kisa ma ma ah bawl thei neilo tawp ah kingâi in, ka zanmang himai leh tia la kingai chang le um intin. Chuleh, zia thiltung pen hi ziagual hin a la kibawl zaw kha leh, ahiloleh ziagual kha a la kibawl lo zaw hileh ziagual hi tung lo di hi ven... ti ah la lungthim kisial sual ziang ti le um thei hi.
  - *Lungkia (Depression)*: Lungkia, lung nawplo, thasia, bangma ngaitua pei lo/bawl pei lo ah um.
  - *Pawm theina*: Bang gen in, banggual in ngâi lengle, ei nusia a hi ta, ka hinkhua hi a pângâi gual kha hi talo him him ding a hi ti ah kihiatdawna.
- Lungngaina thuakte um dan**
- *Ngawng (numbness)*: Bangma he thei lo gual ah, bangma ti theilo tawp ah ngawng ziang, ngaituana um thei lo.
  - *Mangbatna*: Mang lam bangsa, a tak tak hi dingah ngaitua theilo.
  - *Thasiatna*
  - *Kithiamlona/Ki-awimawna*: “Zia kha a la bawl hi zaw ta leng”, “Zia kha a la gen man hi leng”, Zia tak ah khan a la kipui man leh”, ti ah kisikna leh thiamlo kichanna.
  - *Lungnatna*: Mi te chung leh hospital lam te, i um khawmpite chungah le lungnat ziang hi a bailam ma ma sek hi.
  - *Launa*
  - *Suangtuana gualah ngaina*:

## Hinṅa Vâk

Ama tawh umkhawm lai mangmat, i kiang ah um gual ah ngaina.

- *Thangaina*: Ei nutsia nung ah a birthday a h'em, a thini leh, a La dawî te, ama tawh umkhawm lai ah i thilbawlte haw i mu daw chang in i ngaina leh i itna te a hung tho thak kit thei hi.

### **Ziagual haksatna i thawk lai ah i kihênêm deu theina ding ah pan i lak theina lampi te:**

1. *La lungngaina/lungkhamna chu sêlgu kin*: Thasiat ni um intin, kê nawn ni le um in a, thawk haksâ ma ma ni le um ding a hi. A um dan dan a pawm ding ah kisingsak ding a hi. Zia hun tak chuleh kihiatmaw sak ah kisûm tûn tûn lo ding a hi.
2. *Hun kipia'n*: Lungngaina/Lusûnna hin hun a lua sawt sek hi. Chawlkâl khat leh ni bei kê hiat manlo in a um thei sek hi; hun kipiak ding a hi.
3. *Nang ngawn in um gua kin*: A châng leh i lungngai

hun tak leh, chang in a ki-um ut sek ah, ahiloleh mi le ho peilo in i um thei hi. Himaleh, a hi thei chan ah mi tawh kiholim/kipawlkhawm hi a pha zaw'i. I insung mi te, i lawi leh pai ei hethiam ei ngâinate leh kochuam hotute/pastor te tawh kihiatua zing leh kihotua zing hi a pawimaw hi. Amau chu a hung sûnpi dan uh leh nang a hun ngaitua dan uh genna ding hun le pia'n.

4. *Kâlvân in la thatnawp thilte bawl sek in*: Hun chawmkhat minute 10-15 hilehle la kiduadawk theina ding thilte bawl na'n hun mat gua'n. Pakcha lei bawl a hi em, pauchapna nei a hi em, Bible sim, Lê ngai, a hiloleh nawn la sak thilte bawl ding in hun kipia'n la, kisingsa sek in.
5. *Lawi leh gualte apat in panpina dawn in*: Buai ah la kihiat tak leh la lawi hawi te kiang in panpina dawn mai in. Tulai lockdown a hi tawh kitawn in, taksa a kimutua haksâ maleh phone/video call te bek in hopi in.

6. *Nek leh dawn ngaisak in:* I thawknat lai tak ahin a châng leh an du lonate bang a um thei sek hi, a hinla neukhat bek nek gua'n la, tui le dawn zing in.
7. *Imut:* A chang leh lupna chung in hun a kimang tam sek a, la imut tam lehle khawksa kin. I sùn pen bang chu a kimangmat thei sek a, zia chu haksa a kisa ma ma thei sek hi. Mang ti vel
- i hun nei thei phatleh chu i lungthim hung kiduadawk gua lampang a hitai ti a hiat thei hi.
8. *La taksa chu tawisak zing in:* I taksa hin tension stress a nei thei sek a. A hi thei chan in, la taksa chu tawisak zing gua'n la, vâk vêl inla, kije vêl sek in. Chuleh, taksa kisuk thiantho zing hi thil pawimaw ma ma a hi.

---

### NEI KIBANG KICHÊNG

(Romte 1:26,27) I Bible uh hin tuni mihingte i ki-etna ding uh lîm-et kichian tak ei kawî piak uh a hi. Pathian in a siam dan gual ah umlo te chanchin leh a vangsiat ding ziate'u natiang le ziksa vek in a um hi. Bible in a gen dan in pawsal hi zi nei ding ah siam ahia, numei hile pawsal nei ngei ding ah siam ahi bawk hi. Numei kichenpi ding chu pawsal ngei hiding ahia, ziagual a chun pawsal kichenpi ding chule numei ngei hiding ahi. Pathian ei siam dan dawi khawp lo ah pawsal in pawsal ma a kichenpi a, numei in a numeipi ma a kichenpi chun Pathian dan bawsiatna a hi. Sawlchâk Paul te hun lai ah le ziagual mite chu Pathian in a kihei mangsan ahi chun, tulai mite ngei hile Pathian in kihei mangsan ngei ding a hi. Pathian kihei mangsan hi ding chu huaisia ma ma in a. A saltan nau apat ah a hung pawtdaw theina ding un, lainatna lungthim nei in pauchap piak hitiu.

Numei, pawsal hiding nuam, pawsal – numei hiding nuam tite pawsal, numei kisiam ah kisiam tite hi Pathian dan bawsiatna huaisia tak ahia, Pathian gawtna huaisia tak chang ngei ding a hiu.



## SÛNNA

### **Rev. Gintinthang Chanchin Tângpi**

Rev. Gintinthang, Pu Pautinlam leh Pi Chinkhoman te chapa hi Chawngkhawzo khua, Manipur in December 7, 1957 in a piang a. 1989 kum in Nemkim tawh a kicheng ua, chapa 3 tawh chanu 2 a nei u'i.

Pathian lalgam nasepna ah lunglut ma ma a hi ziakin, 1991 kum ah khan Jonai Mission Field, Assam ah Missionary Evangelist Teacher na, voluntary in a sem pan a, zia lai ah chun Trivandrum Bible College, Kerala ah Bachelor of Theology zil dingah dawisakna chang in, B.Th. chu pha takin a va zilzo hi. Hun bangchan a h'em Jonai Mission Field ah Missionary Evangelist Teacher na a sepzawm nung in, 2002 kum ah khan EOC General Assembly chun Pastor dingin a namdet ta a hi.

Pastor a hi sung ah a sepnate:

2002 – 2003 Special Course, Aizawl Theological College

2003 – 2007 Phailianbung Pastor Bial

2008 Panglian Pastor Bial

2009 Special Training, Sairang Pastor Bial, Mizoram

2010 – 2012 Phailianbung Pastor Bial

2013 Jiribam Pastor Bial

2014 Special Training, Lamka Pastor Bial

2015 – 2018 New Lamka Pastor Bial

2019 D. Phailian Pastor Bial

Kum 2019 kumtawp ah khan Synod Khawmpì chun pension dingin a la thadawk ta a hi.

Rev. Gintinthang hi a pension nung in a taksa ah hisel lona bang bang a h'em a hung um a, B.P. sang leh zunthumte nei in, thei dan dan ah In lamah te a ki-enkawl sek hi. A natna hi a zia um ziang thei taklo phat in Delhi lamah October 16, 2020 ah ki-



June & July 2021

enkawl dingin a chia a, kal hawilo (kidney failure) a hi ti mudaw a hia, AIIMS ah etkawl hi in dialysis te laksak a hi. Phatlam a manaw zing lai in COVID-19 natna a kai kit ta mai a, trauma centre, AIIMS, New Delhi ah theitawpsua ah etkawl a hi zing lai in April 27, 2021 nitak dak 2:00 vel ah khan a na a seppiak Lalpa kiang ah kumkhua ah chawl dingin ei la nusia ta'i.

A luangdamsa chu Delhi ah kipat In lam ah puak a hia, a vuiliamna hun hi May 2, 2021 (Pathianni) ah khan, New Lamka Kochuam Biak In mâi ah COVID-19 SOP zui in, Mizoram Synod Moderator thasang in, Rev. R. Lalhminsanga, Administrative Secretary, Manipur Area in a mang hi.

Sam 116 :15

*“A mihiangthote thina chu Lalpa mitmu in lul tak a hi.”*

---

## THU HIATPITU

Ref: Nasepte 1:8 *‘Thu hiatpitu’ ti hi Khrista chanchin a puan zâk ziaak ua a hinkhua’u hial le chânte genna a hi. Ziaziakchun Lal Jesu’n ‘Ka thu hiatpitude hiding la hiu’ a ti hin hiat mai mai a kâwk pua, Lal Jesu chu Hukdampa ahi ngei hi, ti hia pawm a, a hukdamna thu puang dawk zel a, thi a kul inle martal ngam dingte a genna hi in a kilang hi.*

*Jesu Khrista thu hiatpitu ahin i pang ngam tak tak diam u? ti hi dawtna pawimaw tak a hi. Ama min ziaak ah thuak ngam, chân ngam leh genthei ngam tak tak hinkhua ahi ti i hiat uh a pawimaw hi. India gam ngei ahin le Khristian za ah 3 vel bep i um ua, Khawvel pumpi huap inle gam thim pawl i hiu hi. Sakhaw mi ma ma gam, himaleh thutak Pathian thu hialote kiang ahin ‘a thu hiatpitu’ ihi ngam na di’u em?*

**Editor** : Rev. S. Lama Vaiphei, Co-ordinator

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**Business Manager** : Pu Lalbiaklian, A/S Office.  
MPCS Office D. Phailian  
P.O. Box 107 CCPur-795128 Manipur  
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Hinna Vâk ah thu kisua zosia hi Editor ngaidan a hi suak puai



## Pauchapna Thupi:

1. Assam & Arunachal ah i Kochuam member, Missionary na sem ah kuandawkte â dingin.
2. I Kochuam mi, sepna leh zilna ziaakah mun chuam gam chuam ah umte â ding in.
3. Insungkuan tin in Insung Kikhawpna i nei chiat theina ding un.
4. Kochuam Puitute'n Pathian Thagau Thiangtho puina gual ah Kochuamte a puihuai theina ding un.
5. Khristian La Bu Endiktu Committee member te â ding in.