



**UPA (L) THANGKHOLET BAITE
(1947 -2020)**



Upa Thangkholet Baite hi Pu (L) Holjil Baite leh Pi (L) Dimhoi Baite cha pali lak ah a neu pen a hi. Numei 2 leh Pawsal 1 a pianpi hi. A ma hi 1947 kumin Lonpi Vangkhua a la piang in, 10 September, 1968 Kum in VVF in a la pang hi. Kum 1970 ah khan Pi Deitin Khongsai tawh a la kicheng un chapa 3 leh chanu 1 a hing u'i.

Upa Thangkholet Baite hi 8th October, 2017 in Rev. S. Khaikholam, Lamka North Presbytery Moderator in Sugnu Tribal Kochuam Upa hi ding in a la namdet hi. Kochuam ah mi phachuam leh tawmngai taka hi, Kochuam ah panmun pawimaw tam tak – Building Chairman, Treasurer, leh mawpuakna dang dang a la tu zing lai a hi.

Kum 2019 apat in damlona awmna (Ashman) in a hung na pan ah, etkawl thei dan dan ah etkawl a hi zing lai in January 1, 2020 chun a hung ha nat diak a, Kum thak January 1 zingkal lam in kumtuang gam ei la zawt san tai.

A vuina hi Upa BT. Khampu Lamka North Presbytery Moderator in a kaihuai a, thamuanna thucha a gen a. Rev. C. Lalngaihawma, Bialtu Pastor in inlam ah thakdawna hun a mang hi. Biakin ah Bial Lapawl ten thakna la kilawm tak a sau ah, Thân lam ah Rev. Eric Lienlalmuon in vuina programme mang in Kochuam ten thala tak in ka la vui liam tau. A insung mite leh a ngai a nutsiate Kochuamten pauchappi hitiu.

Report petu
Upa Jamkholun Baite
Secretary
Sugnu Pastor Bial

Editorial

SAWM-A-KHAT LEH PATHIAN GAM THAWLAWM

Sawm-a-khat hi Kristian i hi lim lai ua pat Khristian insung tin i la ki zilsak tak uh a hia. Pathian Gam thawlawm kiti hi chu tu naicha apat ila zil thak uh a hi. sawm-a-khat piak hi Thuthunglui hunlai apat Pathian chaten bat ah i la nei uh, a pelote chu gucha ahi ti khawp hial ah i Pathian thu chun ei la zilti a hi. Gingtu te chu a hung khang lian zel ua sawm-a-khat sang a tam zaw piak nawp na lung thim bang a hung piang ta, khenkhat in sawm-a-ni te, sawm-a-nga leh a dang dang a hung pe tau hi. Zia hin Pathian Gam thawlawm ti chu a hun hing dawk a hi.

1. Pathian Gam Thawlawm chu bang a hem a chuam na. Min a sawm-a-khat sia bep Pathian Gam thawlawm ah a piak in le a dik tho ah, maleh a sang a tam zaw Lalpa piak a nawp chun zia chu Pathian gam thawlawm a hina chu a hi. Zakai in a nei kim khat a hung piak daw kha sawm-a-nga a ting hi, maleh Pathian mite chun mihing chanpite lak ah chung chuang gual ah lat ah sawm-a-nga a hem pia hi a ut puau ah, Pathian gam thawlawm ahin a phal zat tak uh chu a pe mai sek uh a hi. Mi khenkhat chun a sawm-a-khat pen kha Pathian gam in a ziak ua, Gamthak leh Tualsung â ding ah a phal zat uh chu a piak belap sek zaw'u a hi.

2. Pathian Gam Thawlawm hi Sawm-a-khat chu a hi. I thil nei sum leh pai sawm lak a pakhat i piak chun Pathian gam thawlawm bawm in i khum ding a hi. I sawm-a-khat chu Krista leh a kochuam ah i pelut ngei ding a hi. A ziak chuh nang leh kei hile Khrista taksa bak pakhat chu i hi tak ziak in.

3. Pathian Gam thawlawm munthum ah khen chu Kristian inkuan tin in i bawl ding a hi. I kochuam hi thawlawm piak a zangkhai hi, sawm-a-khat mun thum ah i khen leh zo vek ziang ti ah ngai i um sek ua. A dik zing lai in, i sawm-a-khat hi Pathian gam

ah kawi in, Gamthak leh tualsung â ding hi ei mau chan lak apat khan pe leu hen Lalpa lam ah chun bawl dik pen ding i hi' u.

4. Pathian Gam Thawlawm Khen ding dan. I Kochuam in kiziltilna dan a chun, Pathian gam, Gamthak leh Tualsung hi 5, 3 leh 2 ah khen ding in i kizilsak hi. Pathian gam bik hi i kochuam pumpi ah i pankhawmna a hia, gamthak hi thagau mangthai hawlna a bik takin missionary nasepna mat ahia, tualsung hi chu mani tualsung kochuam kietkawlna a hi. Zia hin i thilpiak chu tualsung ah a tam pen chun pastor ten ei hung taw tha lo leu chun le a khawk puai tina hileh a kilawm ah, gamthak a tam pen chun gam i lak zel nâk leh ei mau lam chu i suak suak uh suak hi tiu i tina in a lang ah, Pathian gam a tam pen chun i kochuam hi det hen la, na lopi zaw sem zel hi tiu tina a suak hi.

5. Pathian Gam Thawlawm hi Insung khaitupa pen min ah piak sek a hi. Malai a khan mimal chiat in i la pe sek ah, tu hin chu inkuan khat thawlawm dip khat kikawp ding in i kizilsak tai. Insung khat ah sum law ahem sum lalut thei pani pathum a um in le dip khat ah khum khawm in insungkuan ah Lalpa nâ chu i sem khawm uh a hi. Ziaziak chun inkuan ah sawm-a-khat pia in kochuam chun ei ngai a hi.

Sawm-a-khat hi gen nep ah Pathian Gam ti paukam hi gen mawi i tup a hi pua, sawm-a-khat sang ah tam zaw ah Lalpa nâ sem in ama i ho thei ua, zia chuh hun chia tasa ah i la sep dan him uh kha a hi ti geldawk thak in, Lalpa nasepna a hin a kithâda zawng in lungthim pu puai tiu. Isak chun a pa damlai ah tuikhuk Philistian ten a la vuk dim sau kha le a chodawk kit ah, a pan tuikhuk min ala vua sa ma kha a vua kit hi. Thagau mangthai lai natna zia ah thi leh thau pawl ah i pan lai ni teu, mitthi leh naptui seng ah i pauchap sek lai niteu kha ngaitua dawkw thak kit hi tiu in Khrista leh a Kochuam â ding a hin lampi nuam lam lam hawl loin. Kipumpiak thak kit hi tiu.

nek tam talkluat hin Renal disfunction (zun lam buaina) a siam a, kum upat lam leh thuak zaw a hi ta puai a tiu hi.

3. Lekhazial chep lo ding (Quit Smoking): Dum khu i chep lut hin thisan chiavel ding lai a zekai sak a, zia hin taksa bak chuam chuam in a mamaw dan gual in a chia theilo sek zia in, zum lam haksatna a tung sek hi. Chemicals, chia chuam chuam I taksa ah I laklutte hin nasa tak in I thawk khawlaw sek uh a hi. Netherlands ah research a bawlnau a chun, Lekhazial chep leh chep lote zun a etchiannau a chun Lekha zial chepte zun a thianglo zaw (higher albumen levels) chuleh, kal in taksa a ding ah tui phalo a sukthianna nasep (creatinine excretion) a suniam zawi ti a mudawk u'i. Zia hin lekhazial chepten kal lam buaina a tuak ut zawi ti a kichian hi. Muan leh chep ah gu (nicotine) hin natna chikhat Arteriosclerosis a siam ah, zun lam buaina a tut hi.

4. Zu (Alcohol): Taksa ah zu hin kal in taksa in a mamawlo te thitchilna nasep a subuai a, Zu hin taksa ah tui taksapna (dehydration) a siam a, kal nasatak in a suse sek hi. Zu dawn hin taksa ah tui taksapna nasatak a tut sek zia in Kal ah suang bailam tak in a umsak thei hi. Zu hin thisan a sukawl zia in (regulation of blood) taksa in tui a mawmaw dan hawm gualna lam in nasa tak in buaina a tun ah, zia chu kal in a thawk khawlaw sek hi.

5. Kisukhal/Kisawizawi (Keep Active / Exercise): Zunthum (diabetes) hi taksa sawizawilo zia leh nek leh dawn kisumlo zia ah um sek a hi. Zia hin kal natna za lak ah sawmsagi (70%) a tun hi. Kisawizawi hin taksak a thisan chiavel dan a saimpha, thil thum taksa in a mamaw (glucose metabolism) a hawm zak hi. Zia zia chun kal lam bauina neiten a hithei lai chan ah kisawizawi ding a hi. Lampi zawt, zingkal exercise, leh thil dang dang i zaw kham kham mawk um mai lo ah bawl ding a hi.

KAL (KIDNEY) ETKAWL DAN DING

Source - Doctor ASKY

Kal (kidney) hi taksa in tui a mamaw lo, chi (salt) leh thisan ah gû (toxins) chi chuam chuam suthiangtu mai hilo in, nasep pawimaw dang tam tak a nei hi hi. Taksa ah Hematopoiesis le Thisan chia dan (regulation of blood) siam phatu a hi. Kal hi taksa bâk chuam chuam ah natna phalo um dingte daltu pawimaw tak a hi. Kal hisel i nei theina ding un zia a nuai a te hi a enkhawm hi tiu:

1. Tui dawn tam. Tui dawn tam hin kal ah suang um ding a veng hi. Kal leh zun bawm (urinary bladder) ah suang um ding hi tui dawn tam hin nasa takin a veng hi. Kal ah suang umte hi i nek leh dawn chi chuam chuam taksa in a mamaw lo (highly concentrated minerals) ten a hung siam uh a hia, tui tam dawn hin zia taksa in a pawimaw lo i nek i dawnte hi a suthiang a, kal a sung um ding hi a veng hi. Mithiamte sui dan a chun tui dawn tam hin, taksa in a mamaw lo sodium, urea, creatine leh i thilnek lak ah taksa suse thei ding (toxins) te a veng hi. Kalna leh kal ah sung um ding a veng a, Nikhat in tui Liter 2-3 tiang bek dawn sek ding a hi.

2. Nek leh dawn ah chitthei a ngai hi: Nek leh dawn lam a hin thau (fat) panglo – anche, bega, thaiga (grains) bemu te hi nek tam ding a hi. Chi al talua (sodium) ha nek hin lungphu a hibuai thei a, taksa ah tui chiavel dan a buai sak thei hi. Sodium (chi) ha nek takluat hin lungchawmna a siam a (hypertension) zia hi kal (kidney) a ding in a hawi lo ma ma hi. A hithei leh I nisin nek leh dawn a hin Sodium (chi) gram 2 khel neklo hileh kal a ding in a hisel pen hi. Sa ha me taklaut hin sathau I neklutte hin natna chikhat Acidosis (taksa ah acid tam talua) a siam a, zia hin Kal in thisan ah acid a sukthian ding a subuai a, mithiam te chun sa (phosphorus)

THIL KHAT BEP A POIMAW HI

Lk. 10:42

Lungpi gel deu ten Martha le i um lo leh, Mari ngen hi ziangleng le buai um ding ahi a tiu hi. Tulai i kochuam a hin a damsung zosia Mari chanpha changlo ah Martha buai ah buai den mai “*kochuamtuanvai*” i tam tai. Tawmngaina lam leh kipiakzawna lam ale ama panglo a chu i kochuam hi bang suak ding ahem ti ah um te hi Martha, Martha nang in thil tam tak la ngaitua ah buai mai mai la hi eitikhak ding a lau um hi. Marthan thingpi a awmte le haksa a huante hi kei nek ding ahi ti lam Jesu’n a hiatlo a hi diam leh?

Lekhathiam tak hi” a tia. Kuangpu pa chu zak pakhat hi kuangpu mawl tak chatak ah gen ding helo ah tawlna a hin a chu. Kuangpu a dak vel vel leh a masangua pa kiang a chun lekha bang huipi leh gawpi kithua in a chan la zilem, theology, hung phak ding chu a mu. zoology, psychology leh a Hepu entia i maban khu! dang bang zil la nei em? a tia. Tuizâ (semiology) la thiam Kuangpu chun, hepu lekha nam? a vak tia. Lekhathiam pa him him le sim theilo ka hi beidawng talua chun mai dup a tia. Lekhathiam pa chun hut hut in “Ka zap thei puai” musit takin, “Chute lawm a hung ti ta. Ziaphatchun lawm chu la hileh khawvel kuangpu chun le “Nang â dingin kinepna ding dang ka a hin nang â dingin hin le a hethei diak ta puai” a ti piak phachuam pua, la dam zing lai ahin le a thisa taw bang la ta a hi.

Pilna, hausakna leh a dang dangte hi i kochuam chia zelna ding ahin pawimaw ma ma ziang maleh "thilkhatbep" a hung mamaw hun hung tung ding a hi. Tuni i chuannau lawng hi Titanic lawng gual mai a khan a nuai lam kek zak ta a hi. Mipi ten helo ma leu hen a sung ah nasemtute a chin a chai hechiantute hi namen in a beidawng talo uh ahi. Zia lawng tumna ding hun tawh panpitu hung tunna ding SOS call bawl tute chun a hisap ua leh a hun in a dai ta puai. A khenkhat ten a dinmun lau um zia a hung hiat phatua dan leh mual dawn talo ah a hinnau hukdaw gaw pawl, sepai ten a kaplup pawl leh mi beidawng tam tak lak ah kipak leh thamuan melpu tak kawm ah "Lalpa kabunnai hi nangbel ding in" ti la sa ah a hat tawp pen tiang ah Lalpa pakcha thei mel chu lungkhawi a um khawp mai hi.

I chutna lawng uhi tum ding kisan kilawk ling dul dul in, i umna munkhat ale um thei loin a ning a ning ah einawk khawm ziang maleh Marin chanpha a chan guala thil khat bep a pawimaw hi ti hi ngaitua hi tiu. Zia thilkhat hi i nei ua i chan nung tak leh thil dang haw hi hung phachuam pan ding a hi.

(Zia article hi Pro. Pastor S. Lama Vaiphei in Manipur gam buailai ah Shillong ah refugee te a thamuanna thucha ahia, Muanna Aksi March/ April 1999 issue ah sua hung kilasawn ahi)

KNP DAY SUKDIKNA

Manipur Area Committee 46:4 dungzui in KNP Day hi Kum sin October tha simhaini 4 veina hi ding ah lem a la sak dungzui in MAC Calendar 2020 ah 30 October kiti kha 23 October, 2020 hizaw ding a hi ti ti kihatsak hi.

Administrative Secretary
Manipur Area

ADMINISTRATIVE SECRETARY PROGRAMME

March 16-20 - Mizoram (Family Programme)
21-23 - Delhi Kochuam Ve ding
29 - P. Thianzawl Kochuam Biakin hawwna
April 03-06 - Guwahati Kochuam Venna leh Seminar Programme

VAIPHEI HOLY BIBLE CHAWK ZING THEI

Vaiphei Holy Bible BSI chu Mizoram Synod, Manipur Area Office ah a dawiten ₹ 250 ah chawk zing thei a hi.

KIPAKTHU GENNA

Hinna Vâk ngainatute zosia chung in kipakthu Editorial Board chun a hun gen ah, Kum a thak tawh kitawnin Kum 2020 Subscription Fee le Agent ten a hun saifel zel ua kipak a um ma ma hi. A latuten Agent te kiang in Fee le a la pelut zel ding in i kichial ah, Reciept le Agent te kiang ma ah lak ngal thei a hi.

Zintuntu Mata Bialte kisingsaklawkna a thupi ma ma ah, nesaw takin malzinte ei khawtuau a kipak a um takzet hi. Date 7th March 2020, Sunnung kikhawp pel in Cleanliness Drive nei a hia, zia hun a hin Lamka Khawpi sung sukthianna Khanglai 1500 valte chia khawmin nei a hi. Cleanliness Drive lawting tak ah matzaw a hia, I kithumatna teu hi a zaum khawp mai hi.

2020 – 2022 PUITU THAKTE

Leader : Rev. C. Lalrinliana i/c Kangvai Pastor Bial
Assistant Leader : Pu Thangginlun Imphal Pastor Bial
Secretary : Upa Lalthuoisang Lamka Pastor Bial
Assistant Secretary : Tv. Lalthamuan Mata Pastor Bial
Treasurer : Pu T Zuan New Lamka Pastor Bial
Finance Secretary : Pu Mangzalun Lamka Pastor Bial

Leh Bialtin apat ah apat Committee member 14 teldawte a hiu.

Conference tawp zan in Lamka Pastor Bial, 2022 General Conference zintun ding te apat in Highlightna ngai thak a hia, thatnawp a um ma ma hi. a kisingsak lawknau a thupi ma ma a, Highlight enkha lote chu a vangsia i hi mai u'i. 2022 General Conference pang gaw chiat leu hin bawlkhial puai ti'u.

Lalpa'n KKP General Conference lawting tak ah ei zaw sak ziak in ama chung, zintuntute leh puitute chungin kipakthu i gen tak zet hi.

THAGAU AH KALSUAN HI EIMA DAWITÊLNA A HI

Thagau ah hing i hiu chun Thagau man kalsuan hi tiu, a ma taksa lam ah tupa chun taksa lam ah siatna chu luak in tin, thagau lam ah tupa vang chun thagau lam kumtuang hinna luak in a (Gal. 5:20).

-Upa Luaikhawmang, Thingkeu

Thagau ah kalsuan hi eima dawitelna a hizia a kilat theina ding in mani dawitelna ah chia mi pani chanchin a la gen khawm hi tiu. I Bible mi pawimaw ma ma Zawlnei leh Thiampu kawp gel Samuel leh Mosi chanchin apat in a la zilkhawm hi tiu.

1. Samuel chun sathau buk a hun ladawk ah, Saul luchang a sunkhum ah, a chawp ah, a kiang in Lalpan a mipite chung ah vaihawm ding in a hun tel ah sathau a hun nu hi. Mipite chung ah vaihawm in la, chuleh a kimvel ua a melma teu chung a kipat hin amau la hukdaw ding a hi. Tuhin Lalpan a gochan te chung ah vaihawm ding ah a hung tel a hi ti la hetheina ding ah teptena chu zia hi a hi ti 1 Samuel a chun i mui.

Lapa Pathian in lal kuan hi. Amalek mite chu Saul kiang a chun, tuhin Pathian thupiak gual ngei in kipan in la Amalek te chu va a va do ah, Lalpa Pathian in do inla, a nei zosiau va suse chu bangma khek neilo ah suse sik sek in. A numei a pawsal, suse dim dem ding in thu a naupang leh nausen hitaleh, pia'i. Himaleh ama dawitêl a bawngchal teu, a belam nan Amalek te lengpa Agag teu, a sangawngsau teu leh chu a hing mat ah, chuleh a sabiltung teu natiang hawi bawng chal thau tak tak te leh belam chal thau tak tak te chu a hun la tai. A chung ah Pathian lungnatna a hung tawh Amalekte do ding in a tung tai. Tichun Samuel in

Saul kiang a chun “Thip tan tu zan ah Lalpan ka kiang ah a thugen hun hil ing ka” a tia. Aman le hun gen in a ti ta, tichun Samuel in “Nangma kingai dan ah neu cha kikawi ma le chin Israel nam pumpi luchang hilo la hem? Lalpan Israel nam pumpi chung ah leng ding ah sauthau a hun nu la hi. Amalek te hi va do in la tha gam sik sek ma sia la do ding a hi a ti hen, bang ding ah Lalpa thugen chu zui lo ah a mitmu ah thil kidak um tak chu bawl ah, gallak thilte chu baw he hu ziang la hi em” tin a gen tai.

Tichun, lal Saul chu ama dawitêl na leh ama phasak dan tak ah a thilbawl hi Lalpa Pathian kipakna lam ahi ta puai. 1 Sam 10:14 na chun Lalpa thagau in Saul a pawtdaw san tan, Lalpan thagau buak a hun sawl in Saul chu a gawt tai. Ziaziaka chun lal Saul hi ama dawitêl na ngei ah Pathian kipakna lam nasem in kingai maleh Pathian kipakna ting zo talo a hi. Ziagual ma chun Kochuam enkawltute hin le i nasepnate’u hi Lalpa dawidan leh kipakna a ting zo tak tak

na diam ti kietchian a kul a hi. Sem hawi tawk kisa le hen le Pathian dawidan tak hi i ting zo zing na diam? Sawlchak Paul in, Ginna a chun la um nau em nang mau leh nang mau kienchian un a ti gual hin Kochuam enkawltu te le mipite pui ding ah Pathian in sathau einute hin ginum tak leh dik tak ah nasem ding in ei guat a hi ti hi kichian takin i mu thei a hi. Tichun, Saul chungchang apat hin Pathian thagau pui leh puilo chuh kichian takin a hiatthei a hi.

2. Mosi chanchin a kipat hin ama dawitêl na ngei ah Pathian dawi dan ah nasem a hi zia saulo in vak sulang kit hi tiu. Ginnan nausen Mosi a hung pian a khan naupang melpha tak a hi zia in thathum sung a nu leh a pan a sel gûu ah, Lengpa thupiak le a lau puau hi. Ginnan Mosi chu a hung pitin phat in Pharaoh chanu chapa hi ding chu a nuam pua, sawtlo cha sung bep gitlo limpi ah um sang in Pathian mite tawh sukgenthei a tel zaw tai. Mosi a pat hin leng an eimau dawitel na um i hui ti chu kichian takin i mu’u hi. Mosi chun Khrista a musit nau

KKP GENERAL CONFERENCE 11 VEINA REPORT

General Secretary, CKKP

KKP General Conference 11 Veina chu Date 5th to 8th March, 2020 sung ah khan “Pathian kochuam” ti thupi mangin Mata Pastor Bial zintunna in lawting tak ah mat zaw a la hi. Zia hun a hin Vaihawmna leh kitelna le lawting tak ah zaw a hi. Vaihawm Palai Bial aiaw, Branch aiaw, CKKP puitute, ministers, pastors, pro-pastors, upa leh simtute kigawmin Mi 134 a kipang thei hi.

Kum 2024 General Conference zintuntu ding in Leilon Pastor Bial guat a hi. Chuleh, 2022 hi guat ah ala umsa gualin Lamka Pastor Bial in zintun ding ahi. 2021 CKKP Vaihawm kikhawp chu Leijangphai Bial 2021 March chawlkal masa pen a hin zintun ding a hi.

Conference hun sung in Pathian thu leh Thagua lam thupi Upa Lalmingsang, Ex. General Secretary, Rev. Paulalsiam i/c Sharonphai Pastor Bial, Rev. R. Lalhmingsanga, AS leh Rev. C. Langaihawma, Leader pawtdaw ten ei gen piak ua, thagau lam an va tak in ei vak ua, a lopi ma ma hi.

Conference sung ahi kikhawm a tangpi in 3000 val a kichia khawm sek ah, Khanglaite zia gual ah I panlakna teu muion kipakum a kisa ma ma hi. Biakna kikhawp ah thugentu, lapawl satu, lachangsak Nk. Stacy V.L. Muanpuii te a patin thagau lam malzawlina tam tak a kidawng hi. Fellowship programme a lawting thei ma ma ah, kanglaite kisingsak lawknaw a hawi hi ti a kichian ma ma a, a lopi ma ma hi.

6. Kristian Khanglai Pawl General Conference 2020

Kristian Khanglai Pawl General Conference 2020 chu Mata Pastor Bial in Mata Vengpi public Ground ah pandal lianpi sain a zintun ua, Pathian umpi na zal in Kivaihawmna lam ate, kipawlkhawmna lam ate, Pathian thu ngaithak na lam ate, khawpi sung sukthianthona lam ate khanglai te chu kithuzaw takin ma alau hiin aki hia kipak a um ma ma hi.

KOCHUAM NUMEI PAWL VAIHAWM KIKHAWP 7 - VEINA REPORT

Tanggam Presbytery sunga amasa pen dingin Kochuam Numei Pawl Vaihawm Kikhawp 7-veina chu 28th Feb. - 1st March, 2020 sungin Munpi Kochuam Biakin (Munpi Pastor Bial) ah “Taimat sua hitiu” (Heb. 6:11) ti thupi mangin lawting takin mat zaw a hi. Thugentute chu- Rev. S. Lama Vaiphei, Area Co-ordinator; Rev. K. Neihzial i/c S. Kawtlian Pastor Bial leh Pi Kim Mary New Moreh te a hui. Manipur Area Choir, Munpi Pastor Bial, Munpi Pastor Bial KNP leh D. Khawzim Pastor Bial te apatin Lapawl ngaithak a hi. Pathianni sun hun in Rev. Ph. Thianneilal Vaiphei in “Khristian Numei te leh tu hun” ti thupi mang cha’n Seminar ala bawk hi. Chun, kum 2020 a Numeite thuzil, “Khristian Numeite Taksa leh Thagau ah Khantona,” Rev. Khaisonthang a zik chu Rev. R. Lalmingsanga A/S in latna le a nei bawk hi. Vaihawmna hin Palai 156 a ki chiakhawm thei hi.

Zintuntu Bial leh Kochuamte kiphalna leh kipiak zawna mu in lungdam a um ma hi. KNP Vaihawm Kikhawp lawting taka ei matzaw saktu Pathian chu lopina chang ta hen!

chu Aigupta ah gote sang in hausakna thupi zawn a ngai ah, kipak man mu ding chu a thil ziak in. Aigupta lengpa chapa hi ah hausakna sang in Pathian mite tawh kipawlkhawm ah genthei thawk chu a tel zaw a hi. A ma hin khawvel hausakna leh lopina chu taisan in genthei tak ah Pathian thuzawp chu a nuam zaw a hi.

Tulai ah Khristian Lalpa Jesu nungzuina ding hin taisan ngamlo hi a ki hau ma ma nalai ah khawmpi chia na ding bang a um tak leh ahem kochuam committee hun ding tak hileh suanlam ding i siam sek ua, buaina ding i tamsak sek ui. Taisan ngamlo ding a kihau ma ma nalai hi. Peter bang hile sanga man mi a hia, Lalpa Jesu thupiak in len te a sep ah sanga tam tak a mat lai inle Lalpa Jesun ei zui in a ti lai khan malsawmna a dawn te haw bang kha i vak ngaitua chun ei dinmun chet bang hileh chu kitaisan ngamlo ding a hi. Ka zi ka chate haw tawh hung kiho phawt ing ka tin uh le kiti maithei a hi. Ziaziak a hin Lalpa Jesu nungzui ah thagau ah kalsuan

ding i hi chun taisan ding leh nutsia ding tam tak i nei u’i.

Ziaziak chun, Khawvel thubulte chu Khrista kiang ah la thisan ualeh bang a tia khawvel ah hing nalai gual ah thupiak te a chu kipe lut kit la hui em? Sukha kin, tep kin, khawi kha kin ti te hi a hi (Kol 2:20-21). I khawikhak lo ding tiang i khawi kha sek ah, i sukkhak lo ding tiang i su kha sek ah, ziaziaka chun ahi sawlchak Paul in kei a ding ah lawk na taphawt chu Krista ziak in chân nan ka guat ta a hi a ti kha. Khawvel hausakna leh lopina leh thuneina te hi Krista zal ah i chân ngam ngai a hi. Lalpa Pathian in la mau ah hinna leh thina, malzawl na leh hanse lawna ka kawhi hi, nangmau chung thu ah hiatpitu ding in lei leh van chu ka kawhi a hi. Chutichun nang mau leh la suan teu la hin theina ding un hinna chu têt tau in (Deut 30:19). Thagau ah kalsuan ding hin ei mau dawitêlna ngai a um hi.

Thagau ah kal suan ding leh malsawm ah um zel ding in Lalpa’n mal hung zawl ta hen.

“MUSIC LEH LÂ AH PATHIAN CHAWIHAWI”

“Music leh La ah Pathian chawihawi” ti Thupi gen ding ah dawisakna ka chan hi kipakum ka sa tak zet a. Kei sang ah ching a thiam tam tak a umlai ua, kei pen tak guat ah ka um hi Pathian leh puitute dawisakna ka chang tak zet hi ti ka hia, kipak um kasa ma ma ei dawisaktu te chung leh Pathian chung in kipakthu ka gen masa a hi. Pathian thu munkhat ngaitha hi ti’u:

Sam 150

1. LALPA chu pâk un! A mun thiango ah chun Pathian pâk unla, a hâtna van awng lian tak ah chun pâk tau in!
2. A thilbawl lopi takte ziakin pâk unla, a lopina nasat dungzui in pâk tau in!
3. Pengkul gi tawh ama pâk unla, (strings) lilu tawh pekkhuang in pâk tau in! (wind)
4. Khuangneu tawh lâm kawm in pâk unla, tungit leh mût git theite mang in pâk tau in! (drums)
5. Vaikhutbet git tawh pâk unla, Vai khutbet git ngai tak tawh pâk tau in! (Percussions)
6. Bangkim a hathei taphot in LALPA pâk uh hen! LALPA chu pâk tau in!

I Bible in Pathian pak dan ding a gen a hin Strings instruments (agui nei), Winds Instruments (mut git chi), Percussions instruments/ Drum instruments (Khet git /tum git chi) a pang suak hi. Zia zia tak ah kigente hi Music hung gitdawna ding ah matchakte a hi. Ziate tilo hi music hung piandawna ding ah

KOCHUAM HUANG

1. Administrative Secretary programme:

2. Revival lam

Evan. Kamzathang Bethel Team speaker leh a team te chu Myanmar gam ah Thungkyaw kochuam ah March 13-15 sung revival programme a chia ding ahiu

3. Evan. S.T. Satboi Hermon Team speaker leh a team te chu L. Suangtun Leilon bial ah March 11-14 sung ahin Posal Camp mang in, Sokom kochuam Sugnu bial ah April 10-13 sung ahin “Kisiamthakna” Crusade mang ding ahiu.

4. Synod Executive Committee

Rev. R. Lalhmingsanga Administrative Secretary chu Synod Executive Committee February 18-20 sung a va pan zaw in Ngopa Pastor Bial Pavalai Inkhawmpui February 22-23 sung ah thugentu ah va pang in lawk tak in hun a va mang hi.

Rev. S. Lama Vaiphei Co-Ordinator chu Synod Executive Committee February 18-20 sung a va pan zaw in Guwahati Presbyterian Kochuam te tawh ahung kimupi malam hi.

5. Kochuam Numei Pawl Vaihawm Kikhawmpi 2020

Kochuam Numei Pawl Vaihawm Kikhawmpi 7-veina chu Munpi Pastor Bial in Munpi Kochuam Biakin ah a zintun ua palai 150 vel chiakhawm in vaihawmna feltak leh Thagaulam ah kipawlkhawmna le nuam taka ah matzaw ahi tai.

3. *Lathil bawl dan hi apha puai? Exodus 18:17*

Zia dawtna te hi ngihak tak le himai thei a hi. Hinlah, Mosi chun bangma a genpua thipbek chan a ngaitha a phazaw hi ah a hiat gualin a sungpa Jethro thuhilna chu a zui zaw ta, a navak chuam ma ma tai ti i mu kit bawh hi. Zia tak a pat hin Kochuam puitu te leh member ten etawn ding tampi umin a kilang hi.

4. LEIPHATNA MUN HIAT A NGAI HI

Luka 8: 4-8 i sim chun Buchi The tekhnin thu i mu. Leiphatna mun ah ketha pen bep lo ngal khan chu ga a sua mumal puau ti i mu kit bawh hi. Kochuam puitu te hin le leiphatna mun ah buchi i theu a hun takzet ta ahi. A leza a belam ten ga a hun sua theina ding un i buchithe na mun teu etthak kit a ngai ah. Pathian thu i gen teu hin Kochuam te lungthimin na a semin ga a sua tak tak na em ti ngaitua hun a hi tai. Chuleh, i buchi the'u Pathian thu hi the dan thiam tak ah i theu a hun ta, mite lungthim

sunggil sunpha chanchinpha thedawk thei ding ah i kisingsak uh a pawimaw tai. Kochuamte lungthim lamgei a the ah mite chawt lumlet mai mai ding a i the khak ding uh a lau um ma ma, chungleng vachaten a luak mang gam mai mai ding a i the khak dinguh hi a lau um hi. Suangteu chung ah the i hiu chun hung kek sam maithei in ah. Himaleh, Leiphatna mun a i the'u tawh chu kibang lo ding ahi. Leiphatna mun chu bangtin i he chian thei iam le?

Kochuam khangto leh hisel i hitheina dingun i Lalpa'u Jesu Khrista dungsunin a haksat hun leh genthei hun inle i pan tun tun uh a ngai ah, eima kihiatmil ah a kross i putpiu a ngai hi. i mawpuak nau bak chuam chuam a te Jesu khanto dan gual ah Kochuam te muthei leh mutheilo, thagau leh taksa ah i khanto dik ah i khanto theina ding un Lalpa'n a thu malsawm ta hen. Amen

chun a um lo a hi. Sam 150 na hin i Bible in Music mang ah Pathian chawihawi/pak hi ei phal piak a hi ti a kichian ma ma hi. Bangkim a ha thei taphawt in Lalpa chu pak hen tiin ei hil kit nalai set a hi.

I thupi'u a hin Music le La mang ah Pathian chawihawi ti a hia. Zia hin ei kawkmu tup hi ah kilang chu Lâ tawh Music kilawm tak ah tum khawm or chia khawm sakhiin a kilang hi. Khanglaite nasa takin i khangto tau ah, Musical Instrument neilo Kochuam le i um bek talo uh hiin a kiang hi. Mimal inle Instruments i nei chiat ua, a hin lah Pathian pakna ding in i mang phachuamnau em ti hi ngaitua pawimaw chu a hi.

PAKNA LASAK

Music leh Lâ ah Pathian i chawihawi phat uh leh Pathian lopina kilat zawk semna ding in ziate hi vak enkhawm hi tiu:

1. La i sak tak leh Pathian pak i hiu ti i kihiat uh a

pawimaw ma ma ah, a thu ngaitua ah lunggil tak ah Pathian pak ding a hi.

2. I aw nei zosia ah Pathian zapi keilo ah pak leh chawihawi ding a hi.

3. I taksa pumpi ama pakna kilatdawn ding a hi. Zia chu sap ten Power of Momentum a tiu a (tendency of body movement) taksa in Pathian i pakna i kipiak dan leh ama i biakna ah i lunglut dan a kilat ding a hi. Pathian pak hingal ah taksa kipiakna um keilo, tawi le tawi keilo, kitung ngeng ngung ziang chu ngaitua um tak a hi. Lam tei tei ding ahi tina vang a hi diak puai.

4. A la kai dan dik tak ah sak guat ding a hi. i thatda ziak leh i kipiak zawlo sek zia kin la sâng leh la kai dan chuam chuamte hi eiman nawp i sak dan tiang in i sa mai sek ua, zia hi a i diklo a hi. La siamtun a la siam chu a key huntawh ah a bul a hi zia kin sak

zawlo ding lawm lawm a um sam pua. Pathian pak i hi kihia in kipezo tak leh thanuam tak in sa leu hin sak zawlo ding um puan a.

GIHAWI TUMTE/ MUSICIANS

1. Thiam tak ah kisingsak lawk ding a hi.
2. A la key huntawk hiat a pawimaw khawp mai hi.
3. Music Race bawlo a phai. (Music race hilchetna piak hileh)
4. Music Arrangement bawl ding a hi: Zia tak a hin ngaituana leh zilkhawmna (Jamming) nei mun a pawimaw ma ma hi. Music i tum tak leh Instrument chuam chuam kigawmkhawm ah githawi hung siam dawk a hi ti i hiatsa a hi. A git ding hun tak ah a hung git chun lungthim leh taksa a sukha diak ah, zia chu music tumtu chun hiat ding a pawimaw ma ma chu a hi. A tangpi in

music arrangement tak leh Music gupi siamtu te'n hin mawpuakna a nei lian diak ui. Ziate chu Drummer, Bassist leh Keyboardist te a hi'u. Acoustic guitar tawh electric guitar te hi harmonic builder ah mat a hi sek ua, a hun tak a chei hawitu a hi sek ui. Acoustic Guitar hi Keyboard thasang ah mat hun le a um sek hi. Ziate khel a hin wind instruments, percussion leh a dang dang te le harmonic builder ah mat a hi sek u'i. Zia ziak a chun kisingsak lawkna hawi tak tawh musician ten La pui ding a hi. Music arrangement chungchang hiat belap i nawp chun Lekhabu apat leh zilna sang zaw ah zil thei zing a hi.

5. **Volume War:** Musician te hiat ding chu kei a ngaizaw diak leh ti hi a diklo a hi. Zia chungchang ahin Sound Engineer te tawh kihiatua a pawimaw hi. Sound ngaitalua chu

Vision nei a hi dan a taklang nasa ma ma hi. Hinlah, gam enthatu te thututna kha i et chun a tamzaw te kha a gam ah chengte – Amalek te, Hitte, Jebuste, Amorte, leh Kannan mite lauam dan leh ama ang ua chun Khaubepi gual bep a hi dan uh leh a lauam dan uh i mut kit hi. Hinlah a mau lak ah Kaleb chun Mosi maangin mipite chu a thip sak ah, “Tu ma ma hin kuantu ngal hitiu, valua ziang hitiu, a gam uh chu lazo ngei ngei ding i hi ngal un” tin a hun gen kit ah. A thutut dan uh hi chu kikal tak ahi.

Pathianin Kochuam te enkaitu dingleh entha tu ding ah ei kawi teu hin bangtin i enthau em? Zamsa ah pang i hui em? (Negative thoughts) Kaleb gual ah pang? Min banggual gen ziang lehle Kochuam a ding ah thilpha a hi chun sem ngam, bawl ngam, kalsuan ngam, mualpho ngam, thi ngam, thuak ngam i hui a pawimaw na lawm lawm e.

3. M I T H U H I L N A NGAITHEI/MITAWH SEMKAHAWM THIAM

Kochuam Puitu te leh member te hi mite tawh semkhawm thiam leh mite thuhilna ngai thei leh pawm thei i hui a pawimaw hi. Kochuam Puitu kahiziak a hem La hiziak a hem kha a buting/ thuhil ngailo gualin la kingai kha mai thei hi. Ahinlah, Puitu pha tena chu Thuhil thei/ Lamhil thei (Advisable/ Correctable) mi ti ahi. *Thuthunglui Exodus (Pawtdawna) 18 i* sim chun Mosi, sungpa Jethro'n a thuhilna thu i mu. Chang 13 na chun “Mosi mipite vaihawm piak ding ah a hung kichut phatin , mipite chu zingkal a pat nitak tiangin Mosi kiangin a dingkual ua” ti i mu'i. Mipite chu a sungpa Jethro' n a muphatin Mosi kiangin:-

1. *Lathil bawl dan hi bangti a hem?*
2. *Bangding ah nang kichu, mipite chu zingkal a pat nitak tiang hial la kiang ah dinsak la hem? Numbers Exodus 18: 14*

ka chun hi” a hun tia. A pu chu a lungna ma ma hansia a lawtai ti i mu’u. Zia tak ah pat zillai i lakdaw nuam chu a hi leh, Pathian epiak talent te i kochuam khantona dingin i sukpun uh a ngai ah, Pathian epiak mawpuakna te hi mawk ah kaw mai mai ding i hi puau ti hi ahi. Tulai khawvel khangto hat ma ma a hin a diakin Kochuam Puitute hin zilbe ding leh hiatbe ding a hau ma ma tau hi. Thagau lam ah khantona a pawimaw zing lain , taksalam a khantona le a pawimaw takzet ta ahi. A chutilo chun i belam teuin ei muangzo lo deu deu ding ahiu.

2. Puitu pha leh Vaihawm thiam (Proper Investigation)

I kochuamin khantona ding a mamaw te hi etthak zing a pawimaw ma ma ah. Proper investigation bawling a ngai ma ma hi. Puitu pha ti hin kochuam masawna ding thil pawimaw chuam chuam ngaitua ah sem zing te ti thei in ah. Zia ding a chun puitu pha leh vaihawmthiam

i pawimawu. Thuthung Lui Numbers (Kisimna Lekhabu) 13na i sim chun Mosi’n Kanan gam entha dingin mi a sawl thu i mui. Zia tak a hin Mosi kiangin Lalpa Pathian chun Phungtin a mi a luchang chiat uh enthatu ding ah tel daw ah enthatu ding ah sawl dingin ati, Melma te chenna Kannan gam chu Nagep a pat Rehob tiangin a entha tau ah. Zia tak ah Mosi’n entha tu te kiang ah a thu vaithak hi ngaitua kham a ting hi :-

1. **A gam chu banggual a hem ti en un la**
2. **A gam ah mite chu mihat a hi leh hilo uh, a tam leh tawm uh (Statistics)**
3. **Gampha a hem gam sia**
4. **Kulbang det nei hem neilo**
5. **Leipha a hem leiphalo, thingkek a hem keklo**
6. **A gam a theiga bangzat ahem hun paw din a vaithak kit bawh hi. (Evidences)**

Mosi’n thu a vaithak dan a pat hin puitu pha ahina leh

Music a hi puai ti hiat ding a hi. i kochuam i khangto deu deu a, musician thiam tak tak hung pung to deu deu ding i hiu ah, Pathian pakna Professional sound quality live ah hung tum thei/arrange thei le i um tau ah, kipak a um ma ma hi. Volume War a umlona dingin musician thiam i pawimaw’u hi.

6. Musciante a thiam phawt ua chun mipi’n Pathian a pak nawpnau i kaitho thei hi ti hiat ding a hi. Zia ziak chun i music tum kha Pathian pakna a hi ti hiatmil lo ah theitawp sua ah zil ah, Pathian pakna thiam tak ah tum ding a hi.

Khaikhawmna: Thiam tak ah Music tum leh dutui tak ah Pathian pak hi a kituak a, zia ding a hin Khanglai ten zilna lam leh kipiak zawna lam kaiin mawpuakna lian tak i nei u’i. Kochuam hi pakna la leh gihawi (music) tawh kikhen theilo a hi ziak

in. Thiamlo tak ah Khristian Khanglai hi sang in thiam tak ah Khristian Khanglai hi ding chu i ut zawk chiat uh a ginchak um hi. Khanglai te i kipat lo chun i nu leh pa, i pi leh pu teu hin Music zilin Pathian pakna thiam tak in ma hung pui ta lo ding i hi’u. Git kilawm tin cheng ah Pathian pak hin a lopina a sulang diak hi. Pathian pak ding ah kipiak daw la zachat a hi chun Pathian in a lopina nangma tungtawn in puang daw ngai puan a. Pathian lopina puandawna i hi theina dingin Lalpa’n thu i genteu malzawl ta hen.

(Upa Lalthuoisang hi tu chung KKP General Conference ah khan Manipur Area Committee chun KKP General Secreary dingin a la guat ah. A ma hi Music lam leh la lam ah mithiam i neiteu lak ah khat a hi)

*Khanglai te thucha***“TULAI THIL UMZIA (SIGNS OF THE TIMES)”***Romans 13:11-14*

Thuthunglui hunlai ah Zawlnei te chu a hunlai ua thil umzia hichian tu te ahiu. Thuthungthak ah Lalpa Jesu nungzui ten le abuai pi pen uh chu ahunlai ua thubu ai Jesu hi Messiah ahi em, ama leh ama ki bawl kawm ahem tileh banggual ah chia zel ding ti thil umzia a hilchian ua, a hinpi ua a thipi bawki ui.

Tulai gingtute hinle i hunlai thil umzia ngaisaklo ah khawsak mai thei ding chi ei puai. Lalpa Jesun le nang un khaw um dan ding la genlawk thei sek uh hilo ahem atia, tuvang ahin chu khawsiat khawphat ding nasan le i genlawk thei ta puau hi.

1. Paul hunlai khawvel: Rome Lekhathawt ziaktu in a gen nawp pen chu a hunlai ah thiltung leh Lalpa Jesu hungkit na ding a ki zawp mat na thu te a hi. Lalpa Jesun ka hung na ding a nai takleh ziagual thil te hi hung tung ding ahi a ti te kha tawh kituak ma ma in zia thu hi a sermon ahi.

2. Kum 2020 hunlai ah thil umzia hi vak en vak tiam hi tiu:

(a) **Khawvel kivaihawmna lam ah:** India gam sakhaw zalenna gam (Secular state) ti ah ila gen sek uh kha tu hin “Hindustan” suaksak ding in miten theitawp a sua zing ui. Synod in lekhabu neu *“India Rama Kristiante Tibduhdabna leh Nek chepna bluar zel chungchang”* ti inkuan tin simthei ding ah a hung hawm uh kha khenkhat in i sim uh ginchak aum hi. Nidang sangin i gamsung ahin Kristian himai hile haksatna ei tutu hi thei dinmun in i ding zing ui.

hial ah zilsang a hi ziakin a suithuk bik ma ma hiin a kilang kit bawki hi.

I Lalpa’u Jesu khanlet dan a zikna hin hiti hin a zik ah :-

1. Pilna & Hiatna lam (Wisdom & Knowledge)

- Lungthim

2. Taksa lam (Physical growth)

- Muthei ah khangto

3. Pathian dawisak (favour of God)

- Pathian tawh kizawp zing hinkhua

4. Mihing Dawisak (Favour of Man)

- Mi dang te tawh kicham/semkhawm thiam

Jesu khanlet zel dan hi i et veng veng ahi chun i chenna’u khawvel khantona ding ah pawimaw Pali 4 te a chun khawm vek hiin a kilang hi. Zia a chung a pat dawtna hung um thei a

kilang ta chu Kochuam te hi bangtin i khangto uh em? Bangtin lamdikin i khangto thei diam uh? Bang bang te hin i khantona ding uh a dal em? Khantona leh masawwna dingin kuan maw a paw em? Zia dawtna te hi dawnhuna chi chuam chuam um thei in ah. Himaleh, zia a nuai a te a pawimaw diak te chu a hiu:-

1. Mani Kizil pei/ Mawpuakna Ngaikhawk:

Luke 19:11-27 na i sim chun Talent sukpun thu i mu. A masa pen pa khan Dangka Sawm main a sung pung ah, a Pu a kipak ma ma ah, “Suak pha tawmcha chungin la ginum ziakin Khaw sawm chung ah vaihawmin pangin” a ti mai ah. Chuleh a panina pa kha leh a hung ah, a pu kiangin “Lalpa, entia la dangka pangan a pung hi” a hun tia. A pu a kipak ma ma ah, “Khaw nga chung ah vaihawmin” tiin a la dawn hu kit ah. A pathumna pa khan chu, “Lalpa entia ziatak a hin la Dangka kha angaiin a um zing hi, puanin

KOCHUAM KHANGTO

Kochuam masawna ding leh khantona ding sum leh pai, pauchapna, biakna kikhawp, thilpiak ah nasepna, missionary nasepna leh thil dang dang a pawimaw hi ti i he chiat ui. Zia i gen tak te lak ah pang kha lo, mitam tak in a pawimaw dan i hiatmil uh hi ah kilang chu Kivaihawmna Pha leh Puitu pha pawimawna hi ahi.

Khawvel Mithiam te sui dan chun Khantona hi chiniin a gen chian ui – 1. Vertical Growth/ Development 2. Horizontal Growth. Zia Vertical growth Kiti hin Muthei a khantona lam a kaw k ah Horizontal Growth hin Mutheilo lam ah khantona lam a kaw kit baw k hi. Zia umzia chu Taksa leh thagau lam ah khantona ti le hin dik thei in ah. i taksau hi fit 5 ½ a sang hitaleh zia chu muthei a khang Vertical Growth ti thei hin tin, i san dan a khangto talo maleh i thiamna (Skills & Talents) te chu i khan sak thei zing ah, zia chu Horizontal growth ti thei kit in ah.

Zia gual ma hin Kochuam hile Muthei le mutheilo ah a khanto zing a ngai hi. i kochuam hi bang tigual a khangto a hi diam leh ti hi ngaitua kham taka hi. *Luke 2:52* a chun hiti hin i Lalpa'u Jesu khanlet zel dan a gen ah, “*Tichun, Jesu chu Pilna leh Taksa lamin a khang tiat tiat ah, Pathian leh Mibing dawisak in a um deu deu tai.*” Jesu khanlet zel dan hi Dr. Luke hin chanchinpha bu dangte sangin a suithuk zaw hiin a kilang a, a ma Dr. Luke ngei hile Chanchinpha ziktu dangte sangin le thiamna lamin a sangzaw mama, Doctorate Degree neithe

(b) **Kochuam Pawl chuam chuam lam:** Kochuam Pawl chuam chuam te lak ahin le mani umna pawl bep buai pi ah Kochuam in atup Krista Lalgam suklet zel ding ngaitua pha talo in, Pathian thagau pawlna panglo ah kochuam chia muthei ding a tam deu deu hi.

(c) **Gamsung khantona lam:** I matlai hun uhin khantona lam a chun a vawrtawp ei tunpi to zel hin a lang ah, Information & technology leh media lam ah i khanto dan uhi gendan bailam tak a chun, eimau hina hi i khanto nau in ei khankhel kha, mangthiam taloin i buai zo tau ahi.

(d) **Khawtang hinkhua:** Khawtang hinkhua hi i etleh beidawn na ding ngawn cha a suak gam tai. Thilpha chu a phalo ti ah a phalo chu a pha ti angai sek hi. “*Thutak chu kawtzing lak in a puk*

” ti la i sak sek ukhan a gen nawp chu i khawtang hinkhaw dik tâklo ziau hi a hi.

3. I zildawk thei uh chu

Khanglai panga (5) amau hunlai chiat ah thil thupi tak tak bawl te a pat hin ala kizil hi tiu.

(a) David & Goliath: David kha kum 17 vel mi ahi in, min Lalpa Pathian min a gensiat uh kha a ngaithei lo ahi. Zia zektanlo mi phiangsan hin maw ka Lalpa sepaite a musit tiin a kipan a, Philistian mihatpa chu a va that tai.

(b) Joseph & Potiphar zi: Joseph hi kum 20 vel ahi in, David gual ah hangsan tak ah melma do bep hiloin Potiphar zinu angsung buak lak apat in Lalpa min suang in mualpho khawk saloin a taidawk ngam ahi.

(c) Naaman suaknumei naupang: Zia suak numei naupang hi a hunlai ahin

Teenage hingei ding ah ngai ahi. David gual a galdo dingin a tin pua, Joseph gual a thepna apat taimang ngai hial le a tuaklo ahi mai thei ah, maleh a Lalpa ah ginum tak leh hangsan takin Pathian bangkim hithei ahi zia a la sulang ahi.

- (d) Danial & a gual te: Zia hunlai vel ahin amau lawi hi kum 15-30 kikal sung vel mi ahi ding uh ginchak ahi. Sakeibaknei huan ah a selut ua hin chu Danial kum 80 vel mi hi ta ding a ngai ahi kit hi. Zia khangdawng cha cha te hin lal ankuang ah ju leh sa nek ding a nawl ngam uhi thil lopi tak a bawl kit uh ahi. Gual leh pai te sang ale taksa hawilo zaw hi ngam ah abawl nung un taksa hawi zaw in siam ahiu kha.
- (e) Posal naupang khat: Ama hi naupang kum 10 apat a chunglam vel chu ahi

ding ginchak aum hi. Jesun mipi 5000 a vak ding a khan Vaithum 5 leh Sanga 2 ala tuak dawh hi. I thilnei sun sun hi Lalpa i piak ngam chun Lalpan thil lopi tak bawlnan a mangcha thei ahi.

4. Thukhakna:

Tu hun i nei sung ua hi i kisiak lo ualeh, zan hi a bei vang vang ta, khawvak a umte van gual chu kivan hun ahi tai. Khua hungvak leh Lalpa a ding ah bangma bawl manlo in um khai tiu. Lalpan David gual ah Lalpa min suang ah kalsuan ngam a daw i a, Joseph gual ah dikna zia ah Lalpa mualpho pi ngam a daw i a, suak numei nu gual ah Lalpa chanchinpha hi zachakpi lo ah puang ngam a daw i a, Sadrak, Meshak leh Abednego te gual ah Lalpa a ding ah chan ngam ding mi a hawl a, Naupang in a nei zosia a piak zal ah mipi 5000 vakva ahi gual akhan midangte nek ding ah anei zosia pedawk ngam a hawl ahi.

Numei posal khen chuam umloin, i kum leh tha, i hisel leh hisello, i melhawi leh hoilo, i thiamthei leh thiam theilo thu bangma gen umloin, Lalpa a ding a i ginum ah i kipiak phawt chun Lalpan thil lopi tak eimau mang in ei bawl sak thei ahi.

Tulai thil umzia ti thumal hin Covid 19 (Coronavirus) hi mi tamzaw lungthim in a lang mai thei hi. Ka ngaitua ah zia natna vei ding dan i ngaitua leh HIV/AIDS vei chu thil lau um bekset a hi ta puai. Wuhan khawpi lam um ding dan la ngaitua kha em? A natna vei lai te dinmun, a insung mite dinmun bep ahi ta puai. zia

natna vei kha keilo insung le um ngei in au. Maleh zia mite chule anchang hung tasam in tin, gas hung ki chai in tin, nisin bazar ah me chaw kuan bang ngai intin, pém thei la hi talo. Wuhan khawpi gen taklo China mi hi nasan le khawvel etdawng ahi tau hi.

Tulai thil umzia i hiat ua chun imut hun ahi ta pua, khatlaw hun ahi tai. I khatlaw ding dan uh chu khua hungvak leh bangkim kikhel mai ding ahi tai. Kristian khanglai thilpha bawl ding ah hukdam te haw hun chomcha inei sung ua hin kisiak hi tiu in, Lalpa â dingin bang ka bawl thei diam ti ki ngaitua hi tiu.