

44TH BIENNIAL GENERAL ASSEMBLY

Pauchapna tamtak ah ila hiat uh PCI Kikhawmpi tia i gensek uh, **44th Biennial General Assembly** chu 27th April - 1st May, 2022 sung a khan Ri-bhoi Synod in Umroi Presbyterian Kochuam, Meghalaya ah a zintun hi. Zia hun a hin palai 501 chiakhawm ahia, Manipur Area apat chia chu palai mi pali (1) Rev. P.B. Zosaphara AS, (2) Rev. S. Lama Vaiphei (3) Rev. Thanglianlal (4) Rev. Summinlian te a ki hi. Kum 2020 ah Assembly agenda dingah kikawisa Manipur Area Synod ah siam ding chungchang le Agenda masa lamtak ah kawi a hi.

April 29, 2022 Simhaini 12:05 Noon in Manipur Area chu Synod khat ah siam ding in thupuk a hia, a Synod min ding in le **Tangphai Presbyterian Church Synod** ti hi ding ah phasak a hi. Zia tawh kitawn a hin KJP Synod Mihngi nuai apat in Synod khat, Padeng Synod ti hi ding chu piang ding ah phasak a hi bawk ah. Zia kikhawmpi a hin Synod pani a piang hi tina a hi chu. Chuleh, genphawna leh dawisaklona bangma kuaman a nei puau ah kipak takah pawm a hi ziakin kipak a um khawpmai hi.

Zia thu hi PCI Executive Committee in hung bawzui intin, hun a sak phat phat ualeh a hawna programme hung siamin Manipur lam ngei ahin i hawn ding uh a hi. Hawn a hi zaw takleh Manipur Area Committee, Synod OM leh Synod Executive Committee in ma hung lan tin uh, i kikaikawl ding dan uh chu hung kilang pan pan ding a hia, tu ziang a hin bangma thil kitheng danglam a um nai puai.

Synod piangthak ta ding hi kochuam leh mimal tin te'n pauchapna ah lan in, Pathian puibuaina dawn zing hi tiu.



Kochuam Huang

1. Area Office Audit thu: Synod lawi upate hung sawl in Upa Lalhmasa (Sr) leh Upa Zosangzuala (Jr) te a hung ua, Manipur Area Office Account Internal Audit chu April 11, 2022 nikhan felt akin ei bawl piak ui.

2. Bial Kikhawmpi thu: April 22-24, 2022 sunga khan Pastor Bial Kikhawmpi Bialtin ah fel taka mat thei a hi. Panglian Pastor Bial te hi a Bialtu Pastor Rev. Thangneipau operation hatzo nailo a hi ziakin May 27-29, 2022 ah mang ding a hiu.

3. PCI General Assembly thu: Pauchapna tamtak ah ila hiat uh PCI Kikhawmpi tia i gensek uh, 44th Biennial General Assembly chu 27th April - 1st May, 2022 sung a khan Ri-bhoi Synod in Umroi Presbyterian Kochuam, Meghalaya ah a zintun hi. Administrative Secretary makaina in palai pali a va pang thei ua, Shillong ah Rangmen kochuam te, Happy Valley Kochuam te leh Guwahati Kochuam te le a hung taw tha thei ngal ua, kipak um tak a hi. Tangphai

Synod pian ding le a hung pawmpi thuu hiat a hia, kipak aum khawpmai hi.

4. Finance Campaign thu: Pathian lungsiatna zalin Finance Campaign a niveina chu zawfel a hia, a thumveina hi May 07, 2022 ah Missionary Day huam ah mat dinga guanggal a hi. Zia hi Kum 2021-2022 Finance Campaign zawfelna ding ah ngai a hi.

5. Sunday School Training thu: A hung tung ding May 19-18, 2022 sung a hin Thangkai Lungpau Hall ah Sunday School Training guanggal a hi. Zia hun ah pang ding chu Bialtin ah Sunday School Secretary te leh Sunday School Zialsaktu training pesawn thei ding (Trainners Training) mi pani zel hi ding ah guanggal a hi. Resource person ding hi Synod Office lamin a hung sawl ding uh a hi.

6. KKP General Conference: Manipur Election ziaka Khristian Khanglai Pawl General Conference kimang thei talo kha tu tha May 13-15, 2022 sung a hin Lamka Pastor Bialin Hilltown Kochuam ah zintun ding a hi.

“LALNA SÊM DING A KITING PUAI”

*Rev. Siamlalron
i/c Phailianbung Pastor Bial*

Lal Jesu'n a nungzuite kiang ah chun, *“Bu lâkkhawm ding a tam ten ngal in, himaleh, a sêm ding te a tawm ui. Ziakiakchun, lou neipa Lalpa kiang in, a bu lakhawm dingte hun sawl ding in dawn un,”* a tia (Matthai 9:37-38).

Lal Jesu khawvel ah a lênglai khan thilmak tam takte bawl in nungzui a hauma ma ah. A chiana lam zosia ah mipi'n zui hut hut ziang a hi tuak u'i. Mipite chun thagau lam leh taksa lam ah kinepna a nei ziak ua zui hi ngei ding a hiu ah. Ziagual ah a nung zui mipi tam tak umte chu Lal Jesu'n a mu phat in, *a ching ding umlo Belam gual ah genthei leh chavai ah um chu a mu in a lainatma ma hi* (Mat. 9:36) ti i mu.

Khawvel chiadan i et chun Pathian thu hin gam kêk zolo deu deu hileh a kilawm tai. Mihingte lungthim le tâk deu deu, khawvel lam thil ah mihingte kichangkang deu deu, Pathian ngaisaklona le a lian deu deu tai. Pastor leh Upa tam takte hile um mun ah lungkim ziang, i belamteu ngaisak pei tak tak lo, hilotheilo te bep bawl ham ham hi leuhin a kilawm ta. Kochuam ah kimang ma ma te lak ziang inle hîna ziak bep ah Pathian nasem, ama ah dutuina leh lunglûtna tak

tak umlo a kitam tai. A lim lawm bep ah gingtu i hi khak ding uh a thak ah i kiveng uh a pawimaw hi. Lunggiltak ah Lalpa nasemtu ding hi tulai in a tawm ma ma tai. Tulaitak hin Lal Jesu hi i kochuam uh leh i gamsung un hung ta leh, mipite hi banggual in ei mu diam uh?

Kochuam leh khawtâng ah mawpuakna daw chu a kitam ah, ahinla gingtu hizing pum ah Khrista Chanchinpha tawh kituak ah nasem a kitawm tai. Ziagual ma chun, Kochuam ah panmun nei nuam a kitam ah

ginum leh titakzet ah Lalna sem ding eimite lak in i tasam tau ti hiathak hitiu.

Ziagual ah Pathian nasepna lam ah i hung kiakniam dungzui un, Missionary nasepna leh veinatna lam ahin leimite hi hung keniam hiai hiai hileuhin a kilawm hi. Missionary nasepna hi a va kuandaw bep hi ahi ziangpua, a kuandawkte lampi ding siampiak leh etzui a ngai hi. Chuleh, a kuandawk theilote a ding inle um mun ah theitawpsua leh lunggiltak ah pauchapna leh thilpiak ah pang tehi le missionary nasep in a huap hi. Gingu khat hingal, thagau lam ah basamte leh a hianailote veinatna neitheilo chu thil khawktak a hi. Bang lam in i pang thei em ti kienchian zel hi tiu.

Kuandawk ding ah Pathian kona hiachian ma ma ngal, paume siam ah kuandawk nuamlote le *Jonah* gual ah nasa zaw diak ah kona chanthei a hi ti hia'i tiu. Ziagual ma chun, thilpiak ah panla thei hi zing ngal ah Pathian malsawmnate a malsawmtu hiatmilna mangte chu Pathian

in a thasuak diaklo a hi ti hiai tiu. Mihing ngaituana gual in hi zung zung zianglo ma leh, hun a sak hun ah tawisek Pathian nei i hiu ti hia in, a gam nasepna ding a hin theitawp sua in, i theina lam chiat un pan la thak zel hi tiu.

Pathian nasep hi khenkhat ngaidan a chun mimal pawimaw zosia kichai nung ah sep ding gual in i ngaiua, ziachu hi zawlo in, eima nasep leh pawimaw tam tak taisan ah i sep ding hun uh le tam a hi ti i hiatthak uh a pawimaw hi. Ziaziakchun, Lal Jesu'n a nungzuite kiang in, "*A gam leh a dikna chu hawl masa tau in...*" (Matthai 6:33) ti'n ala gen piak a hi kha. ***Lal nasepna a hin Lalpa la thu hi hen ti ah i kipatdaw ziang hun uh a tam ngai a hi.*** Ziagual chu a hi phat bep leh thagau lam ah lawting thei bep ding i hiu. Lalpa'n a nasemthei nalai ding ah – damna leh hunpha ei piak lai a hin sêm tawm talua hi khâk ding lau hitiu. Nuam leu hinle i sep theilo hun uh hung tung ngei ding a hi ngal a.

TECHNOLOGY, MEDIA, SOCIAL MEDIA, SOCIAL NETWORKING LEH KRISTIAN KHANGLAITE

~ Rev. Mangthianlal Thangniang

*“Zia khawvel dan gual ah hin um kiu inla, Pahian dawi gual, a pha leh pawm tak leh a bukim chu la hettheina ding un, la lungthim u siamthak ah um in, hung danglam zaw tau in.”
Romte 12:2*

THUMAPUI (INTRODUCTION) – Kum zabi 21 (21st Century) hi tulai naupang leh Kristian khanglaite a ding in thil lau um pen leh thatnawp um pen hun a hi. Technology, media leh thil dang dang in mihing a puimang thei ua, lampi hawi lo leh siat theina tamtak (thagau, lungthim leh taksa lam in) mai a tun sak thei u’i. Chun, technology, media leh social networking ziak ma in le, thagau lam leh taksa lam in, thilpha leh hawi mu, hiat leh bawldaw thei a tam khawp mai hi. Ziakchun, 21st century hi hun lau um pen, pha pen leh thatnawp umpen hun a hi.

1. HIATTHIAM MASAK DING (FIRST THING TO UNDERSTAND)

– I hiatthiam masak ding uh chu technology, mass media, social media leh social network haw hi bang a hi em ti hi a hi.

Bailam tak ah vak hetthei ding in laptop, computer, smartphone, camera, GPS leh a dang dang haw hi technology a hi. Mass media a hileh mipite kiang ah thil i gen, suklat ut na van matchak haw chu a hi

(etsakna – Newspaper, radio, TV, internet, adang dang). Social media a hileh computer leh smartphone haw mangcha hiatthei leh muthei ah mimal tawh/mipi lak ah ngaidan, lungthim, thu (information) leh limlak/video haw kipiaksawn thei/taklat thei (etsakna – Blog, webpage, YouTube, LinkedIn, etc). Social network a hi leh online service, platform ahiloleh mun haw mangcha

mi tawh kizawpna leh ngaidan leh lunglutna kibatpi haw tawh kipawlna (the building of social networks or social relations among people, for example, share interest...) a hi (Etsakna – Facebook, whatsapp, Twitter, MySpace, Orkut, etc).

2. SOCIAL NETWORK KHEN DAN (CLASSIFICATION) – Social Network hi chi chuam chuam (types) a um ah. Zia haw chu a ta'ngpi in 7 in a khen thei hi:

a) Social Connections (mi tawh kizawpna)– Facebook, Twitter, Google+, MySpace, Whatsapp, .

b) Multimedia Sharing (thil tampi piaksawn thei) – YouTube, Flickr, Picasa, adg (adang dang).

c) Professional (Nasepna lam) – LinkedIn, Classroom 2.0, etc.

d) Informational (thu lampang) – Super Green Me, adg.

e) Educational (lekha zilna lampang) – www.echonet.org, www.businessmission.com, The Student Room, The Math Forum, adg.

f) Hobbies (thatnopna lam) - Oh My Bloom (gardening), adg.

g) Academia (lekha thiamna lam) – Academia.edu (ei ma research mudaw haw midang kiang ah gen/piak sawn), adg.

3. TECHNOLOGY, MEDIA LEH SOCIAL NETWORK IN EI NE DAN LEH PATHIAN APAT PILNA TAWH I MAT THIAM PAWIMAW (HOW TECHNOLOGY, MEDIA AND SOCIAL NETWORK INFLUENCE US AND OUR NEED TO USE GODLY WISDOM TO HANDLE IT)

Technology a hawipen nei gua, a thak pen nei ut na lungthim ei pia a hi. A hin, van thak bazaar a um zosia khu ei a ding ah pawimaw vek lo. Dawi leh thatnawp suk pitinglo (delayed gratification) kizil pawimaw a hi Kristian khanglaite.

Media in film leh advertisement in, i hindan leh lungput (lifestyle, culture and values) a phalo lam in ei theng danglam hi. Amitabh Bachhan in Bollywood film ah i um dan gual in hinkhua tak tak in i um guat leh a haksai... a ziakchu screen (film) a khu a uang leh val ah

HINNA VÂK

mi et nawp ding ah kibawl a hi a tii. Bollywood, Hollywood, Korean leh midang Pathian heloute'n (Eden huan a pukta lungthim pute'n) a thilbawl teu, paukam, kichei dan leh hindan hi Bible in "gitlona dim zing ahi" ati (Gen.6:5). Cinema, TV leh advertisement ah i mu leh hiat zosia hi Pathian Thu (Bible) ah i filter ngai a hi. Amau hi Eden pukna lungthim ah hing a hi zia kun a lungput uh leh hindan uh hi mi pukta te (fallen nature) um dan a hi. Kristian khanglai hindan tawh kituak lo him ding a hi.

Materialism leh Consumerism in i hindan a susia. Media leh advertisement in a tup pen chu a en te mit leh lungthim hi'p (entice) ding ti hi a hi (1 Johan 2:16 cf. Luka 12:15). Chutileh min a van uh chaw ding. Media leh advertisement in neileh go etla na a tun hi (Materialism is "a desire for wealth and material possessions with little interest in ethical or spiritual matters"). Materialism lungthim ei put sak zaw phat ua leh a ban ban ah a van leh thil zawk teu ei chawk ut sak be gaw zel ding a hui (Consumerism is a social and economic order that is based on the systemic creation and fostering of a desire to

purchase goods and services in ever greater amounts).

Social network in hun leh phat ei nek man piak hi (Johan 10:10). Matkhial a hi leh specialization (thiamchungnunna) or professional i hi theina ding ei dal tu (block) khat a hi. I lawk na ding – career, nasepna, sum muna, Pathian lalgam kekletna leh ministry ah van matchak ah matding a hi.

Movie/TV leh Internet zia kun in limlak, thuphalo leh film thanguai etna mat thei a hi. Chi leh nam kimuda theina kammal le a tun sak thei hi. Zia haw chu Pathian chate umchan ding a hi puai (Rom.12:2).

Phone, SMS leh Watsapp khanglaite'n i mat dan i kiveng tup uh a ngai hi. Hun (time) tampi piak val thei a hi. Chun thumal hawi leh lim kilawm haw bep ki thawt tua ding a hi. I thagau, thiamna leh taksa thil lam ei panpi ding ahi lo leh sum leh pai (money) leh hun sukbei lo ding a hi.

Idolatry (milim biakna) le hi thei a hi. Bible sim, fianrial pauchap leh Pathianthu leh la haw sang ah mobile phone, internet, van (material) leh computer haw i ngaisang zawk a hi chun milim bia i hetlo kal

ah a la kiji mai ding a hi. Jesu chu lalpen ahi zing ding a hi Kristian khanglaite lungthim leh hinkhua ah.

Distraction (I tup leh tunna ding mun apat ei pui mang/tun sak zolo) hithei ahi media hi, smart phone, internet leh social network hi. I lungthim (mind), tha leh zung (energy and strength), sum leh pai (money), hiatna leh thiamna (knowledge and skill) leh hun leh phat (time and opportunity) hawitak ah i matthiam ahi chun thagau leh taksa dinmun ah sangtak tun ding ah Pathian in ei lemguat a hi. Tulai globalization leh kidemna a sang ta. Khanglai hinkhua TV, smart phone leh

internet ah hun mangtamte a ding ah chu lawtinna um bek lo ding a hi. Tup kichian nei ah kipumpiak ngam (sacrifice) ah kalsuan te bep mi lawting a hui. Pathian nasepna ding leh nek hawl na ding hi sam lo ah technology leh social media lam ah hun i ha mat a hi chun, thiamzilna lam (nek leh chak hawl na lam le hi) leh Pathian lam ah kibasam mama ding a hi. Tulai hi speed, swiftness, excellence, skill, specialization, professionalism leh total concentration (heart, mind, time, strength, skill, money) lo ah lawtinna mawk um talo a hi. Khanglaite chingthei ah zia lungput chu I nei ding uh a hi.

4. A KHAKNA (CONCLUSION) – Ford Company Chairman pa'n hiti hin a gen ah: Zia khang hi a patepna chu banggual in haksatna a thuak uh em ti hilou in, bangti'n hausatna leh khantouna hi a mangchau em (The test of this generation is not on how they suffer but how they will enjoy affluent). I nu leh pate'u lothaw lai sang in ei uh khang in nasatak in nek leh chak, innmun lo mun leh sil leh chen in nuam i hun satau. Banggual in i phatchuam piu em zia khantona hi? Mun zosia hi Pathian Lalgam a hi (every area and place is God's Kingdom). Media, Technology, Social Media leh Social Network zosia hi le Pathian lalgam a hi. Pathian lopina ding leh ei uh thagau, hiatna, thiamna leh taksa ah i masawna ding un Kristian khangliate'n a matdan thiam hitiu (2 Tim. 2:22 cf. Ephesa 5:18-19).

Reference: google.co.in, Socialnetworking.lovetoknow.com

KHANGLAITE LEH THIAMZILNA

*Rev. Khuplemlal
i/c Leilon Pastor Bial*

Thumapui: I gam sung ahin khanglai te'n thiamzilna leh zilna lam in theitawp I suau ah, maleh a lawtinna lam i et ahi chun, thiamzilna lam in niamkiak lam i nai deu deu hi in a lang ah, a niamkiak zel ziak hi, lam chuam chuam in thil thei in a. Lekhazil leh thiamzilna i kikawkm'u a, tha leh zung, sum leh pai le tamtak i seng ua. Maleh zilna leh thiamzilna i ngaitua dan ua hin a dik zolo deu chu um hingei in a. Thiamna tak tak nei ding ah zildaw sang ah, na (*job*) muna ding bep ah zil i hi pen mai ta diam aw ti mai a bailam hi.

Thiamna tak tak neilo a ding ah chun sep ding a vang a, khut nasep lah i sem pei diak puau a, um mai mai tilo chu lamdang a umlo a hi mai hi. Nekhawlna ding leh mani keng ah dindawna ding kham thiamna i zildaw lo ahi chun i dinmun uh hi hung se deu deu ding hi in a kilang hi. Thiamzilna lam ah khanglaite niamkiakna a hi, sungkuan leh khawtang hinkhua hin haksatna ei siampiak thei hi in a kilang. Khanglaite'n le thiamzilna lam ah i panlak dan uh i kietthak leh siamthak a ngai ta ma ma hi.

1. Sungkuan leh khawtang hinkhua hin Khanglaite thiamzilna lam ah hatsakna a siampiak thei diam?

Khawtang hinkhua leh sungkuan hinkhua hin thiamzilna lam ah khanglaite hinkhua ahin haksatna ei siampiak hi in a kilang. Lawi leh pai pawl nuamsa, kivetua leh

lengtua nam i hiu a, sungkuan pawlam ah hun mang tam te i hiu a. Chate umpi manlo leh midangte subuai khawp ah kivetua leh khawlailen chingte i hiu a, Ziate hin i Khanglaite'u thiamzilna lam ah haksatna a siamthei hi in a kilang. Khanglaite lak ah le pawlam ah kimatchakna ding a tam

takluat hin a thiamzilna' u a sukha ma ma a hi. Sungkuan, a biktak in nu leh pate hin i chate' u in nekhawl na tak leh keng ah a din theina ding ua a thiam zilna' u ah thiam tak ah mat tak ah a hung zildaw theina ding un mawpuakna sang tak i nei u' i. I Khanglaite chu school pha leh hawi in i kaisak zolo ahi maithei maleh, sungkuan in theitawpsua ah pan i lak ahi chun mi piting leh mattak ah i siamdawk thei a hi. Sungkuan in zilna boruak pha siampiate, zilna hunpha siampiate, a zillai ngaiven pi te hi a pawimaw ma ma a hi.

Tulai ahin mi tamtak chun lekhabu sang ah TV leh computer ma ah chut te, phone khaw leh games kihel mai maite a chingua, internet a pat ah a hiatnawp uh bawl leh hawl mai a ching ua. Lekhabu simtam ding ah fui leh kaihuai a mamaw uh a hi.

A kum uh tawh kituak ah lekhabu pha sim ding ngaitua piate hi thil pawimaw a hi.

Khawsung leh insung ah nu leh pa te haw' n le i Khanglaite' u hi a thiamna' u, a chemchawina

lam ah i sawl thiam a pawimaw hi. Zia hi subject hawi ahi ti ah amau chemchawina lam hilo ah sawlkhak hin puakgik kisiampiak a hi kha thei a hi. I cha leh naute' u tuina lam hiatchian a, eimau dawina lam leh chemchawina lam ah sawl lo in, a mau tuina lam leh chemchawina lam in sawl thei lehin zia chun a zilna in lawtingtak leh mattak tak in zildaw ngei in au.

2. Khanglaite' n thiamzilna lam ah thiamtak hi theina ding in Mawpuakna i nei u' i.

Zilna in leh sungkuan pha leh hawi nei maleu hin le, a ziltu' n a zillo, a tuplo ahi chun umzia a um diak puai. I gam ah zillai tamtak hi chu thiamzilna lam ah thiamtak leh mattak tak ah zil ingka ti hi, I ngaituana' u hiphalo hi in a kilang hi. Banggual in sim leng pawl ka chawn thei diam, ti ah thiamtak hi tupna lam hilo, bang bangti a h' em ah pawl hung chawn, maleh thiamna tak tak nei diaklo hi i gam in a hung pung tiat tiat ta, i gam, i nam leh i kochuam khandaw theilona ziak khat le

HINNA VÂK

hi ngei in a. Kidawisakna leh bang bang a h'em ziak ah, nâ (job) mu i um unle, a nasep a hawitawk pua, Ginchak lo theilo, ginchak tak tak ding ah la ginchak tak tak thei diak lo, ti haw hi dan leh tamtak ki-um khan ah ti hi a lau um hi. Ziak a chun Khanglaite hin thiam tak leh mattak tak hi ding ah thiamzilna lam ah pan i lak uh a ngai hi.

Tupna a um chun lampi a um hi ti hile, naknuai kamhawm nei phawt in gen di chi hilo maithei, Thiamzilna ahin le sungkuan sum leh pai dinmun leh khawsak tawh kituak ah tupna nei thiam hi a pawimaw khawp mai. Tupna sang ngal, sungkuan dinmun in a zillo a hi chun lawtinna sang in kingaisiat ah lawsap hi thil bailam tak a hi.

3. Khanglaite hin zilna lam in tup mumal nei ding a hi.

Khanglaite hin i Zilna ahin tup kitup tak. Mumal tak i nei ngei ngei ding a hi. Degree sang tak nei hin umzia a neisawt diaklo a hi. Sawlkal nâ leh office nâ hin ei dailo ding ahia, Nekhawlna leh i keng

ah i din theina ding ahin tup kichiantak leh mumal tak i nei ding ahia, zia ding ah chu i kiguanggal ding a hi. Tulai ahin thiamzilna bak chuam chuam a um ah, government nâ bep nâ muna ding ah thiamzilna i chiapi khak ding a lau um hi. Huan siamte, ganvakte, khutthiamthilte, leh a dang dang i gam ahin zilthei ding tam tak a um a, Zia thiamzilna lam ahin le i mit uh i tet thak uh a ngai hi.

Ziagual lam ah nekhawlna leh keng ah din theina ei pethei ding thiamzilna hile ngai pawimaw a hun takzet ta a hi. College hawitak tak ah zil bep hi tup lo ah mani chemchawina lam hiat ah, i nekhawlna leh i keng ah i dindaw theina ding thiamzilna nei a ngai hi. Pathian hin mi tin hi chemchawina a pe chiat ah, zia chu eimau in i kihiatdaw ua. I kihawldaw ua, i chemchawina lam hiatchian a, zia lam ah chu theitawp i sua ding a hi. I mat phatchuam ding leh i lawtin theina ding thiamzilna tel thiam le a pawimaw hi. Zia chun i zilna ah ei suphul ah,

phatchuamngaina le ei pia,
lawtinna lampi pakhat le a hi.

T h u k h a k n a -

Nekhawlina tak leh keng ah
dindaw theina ding thiamna
tak tak neina ding a chun
tupguknate, sepgimnate,
thawzawnate, pawnthawnate
leh kipiakzawnate hi a ngai a.
Thiltup phatak nei ma lehin i
taimat lo ah, i sepgim lo chun
lawtinna a um diaklo a hi. Tulai
a khanglai tamtak, zillaite haw
hi a hi guat uh kidawng leh,
officer, doctor, engineering
leh government service leh
milopi tak tak hi tup vek a hi
zel u'i. A thiltup uh chu a lopi
khawp mai. Maleh. Taimatna
leh sepgimna neilo ziak ah
a tupgam uh tung zo talo
tamtak a ki-um a hi. Mi taima
leh tupgukna nei ah taima tak
ah zilte a ding ah chun lampi
liantak in a kihawng zing a hi.
Zia ziak a chun Khanglaite hin

thiamzilna lam ah thiam tak,
mattak tak leh nekhawlina
kham ah mattak hi ding hial
khawp ah theitawp sua ah,
thiamzilna lam ah pan i lak a
ngai hi.

Mi taima leh mi bik,
thiamthei bik leh mi lawting
te'n, a thiamzilna'u ah
haksatna a tuaknau a pat ah
a dindaw dan teu in i kifui sek
ua, a hawi khawp mai, maleh
amau gual ah, mi lawtingte
gual hi a kihi vek lo a hi. Mi
pangai, thiamthei vaklo leh
thiamna lam ah sang vaklo,
niam tak tak le hi diaklote i hi
deu tang piu a hi, ziagual mi
chu i hi ziak un i thiamzilna'u
ahin pilvang takin, i malam
hun ding leh i tuina lam leh i
chemchawina lam hiatchian
ah, thupukna siam lam ah le
nu leh pa tawh genkhawm ah
panlak hi thil pawimaw tak a
hi.

“Pilna Solomon, Pathian chawihawina David, Ginna Abraham
leh Galdona Joshua himalechun Joseph gual ah kithunun zo
la hi lo chun, Samson gual ah puksiatna khukpi a chun kelut
tho tho ding la hi.”

GITLONA NGAIDAM HIMALEH AGA (CONSEQUENCE) A BEI DIAK PUI

TualUpa Ginkhanpau

Thil sual i bawl te kisik takzet ah ngaidamna Pathian kiangah i dawt chun ei ngaidam ah gitloman kumtuang thina apat in ei suachat sak a hi .Thini na apat in i thagau chu a suakcha a hi. Ahin gitlo i bawl ga (consequence) chu vang a bei diak puai . I tû ga chu i taksa in a thuak tho tho a hi. **Galatia bung 6 :7 ah ‘.... min a tû ga a kiluak ding a hi ‘** ti hi a dik ma ma a hi. La thilbawl/ sep ga chu la luak tei ding a hi ti hi nial guallo thu dik a hi. Na pha la sep a hi chun gapha luak in la tin, napha lo la sep a hi chun gaphalo la luak ding a hi, pumpel thei a hi puai. Thil phalo la bawl ah la hung kisik ah la thil phalo bawl chu la haisan ta la bawl zawm ta puai. Himaleh la thil bawl ga (consequence) kha chu a bei ziang puai, nuam in nuam lo le chin le a ga chu la luak tho tho ding a hi.

Bible ah gitlo/bawlkhial ga luak thu ah etsakna hawipen chu leng David hinkhua hi a hi. I hiat tâksa’u gualin leng David hi mifel, Pathian kicha mi, Pathian dawisakna chang, Pathian in le a pakchat leh genphat mi a hi. Ahinla thil sual khawktak ahun bawl ta--Bathsheba a tatsual pi bep hilo in tual le a hun that ta a hi(**2Sam. 11-12**). Zia a thil gilo bawlgachu ahun luak ngei ta a

hi. A kisik ah ngaidam a dawn ah (**Ps. 51:1-19**) Pathian in a ngaidam ah himaleh a tu ga a luak tho tho hi. “La insung ah chemjam in vaihawm zing ziang tan a” Pathian in a ti ta, chutichun David insung in thil huaisia tak tak a tung a hi. Mi tamtak in i ngaitua khialsekchu nidang ah Pathian hephalo, a thupiak zuilo ah i nawpdan dan ah i um ah Pathian hepina ziakin kona dawngin kisik in

ama lam hun nga in piangthak hinkhua i hun mang ta. Lalpa Jesu nungjui in pauchap zing kawm in Kochuam ah i theidan dan in Lalpa na sem in i kimangcha ta. Hiziang ta maleh lungkham lungzinna te, buaina zat chuam chuam leh nat leh sat ten ei hun tuam in hinkhua haksa tak i hun mang tamai ah Lalpa kiangin ei lak mang piak ding in i dawn a, ahinla i kinep gual in bangma a um pua, i lungkia ta a hi. Pathian chung in phunnawi na ding i hun hawl ta sek a hi. Nidang ah i hindan, i tu ga luak i hi lam kihelo in i umta sek ah, thasiatna ding, lungkiakna ding a hung tam sek a hi.

Taksa nawpchen ah khawvel pakzu chawp kawm ah i khawsak lai ah i nek leh dawn te ziak in taksa natna chi chuam chuam in ei hun takbuak ta hin haksa tak in i hung hing ta a hi. La nidanglai hinkhua kha haisan in nungngat san ta ma le chin le la tuga te kha la kihiatlo sak ziang thei a hipuai. La tuga chu la luak tei tei ding a hi. Leng David kha le a tu ga a luak ah a insung in a chate'n buaina, lungzinna a hung siam

uh a hi kha. Jacob khan le a pa a them ah ama le a pu Laban in a them chavai a hi kha. Israelte lengpa Ahab kha a khaw chaga Naboth grape huan a eng ah, a dawl leh Naboth in a phalpu lungngai takin aum ah, a zi Jezebel in lungthim dawha phalo thiamtak ah khaw in Naboth that in grape huan chu a pawsal a present tai. Elijah in Lalpa'n huaisia takah a chung ah vaihawm ding a hi thu a va gen phat in kisik in kingainiam takin Lalpa ma ang ah a ki tuklut phat in Lalpa Pathian khawtuana leh zangaina dim chun a chung in a zangaina a latsak ah, hilehle a tu ga phalo chu a chapa khangin a tung tho tho a hi .

Zia a chung ah chanchin i gen te zosia hin a etsak chu taksa ah ga phalo i tu chu a ga chun manglo in ei delpha tei hi, i tu ga chu i luak tei ding a hi ti ei musak a hi. Ka tuak ding mawng leh tuak tak mawng kahi ti i kihiatlo chun a puakthiam a haksa sek a hi. Pathian chung ah thasia in i vui nuam sek a hi. I chung ah thil tung te ziak in Pathian i ha belzawk sem ah a

HINNA VÂK

zangaina dawn ah pawthiam ding leh thuak zo dingah i dawt a hi chun bawlpha hi hitin Pathian zangaina leh dawisakna le kichang in a. I ettawn ding ua um Lalpa Jesu ngei in le a mawna umlo in diklo takah heksiat ah um in engbawl leh sukgenthei leh sukminsiat na a thuak khala. Eihw haw chu i tu ga ne, thuak tak mawng kahi ti kihia in thawkzawna leh thamuanna ei pe ding i nei ah, hampaha

mama i hiu hi. Zawlnei Isai in: **“A lungthim nangma chung bep ah nga’n, nang bep hun taksang ngei chu, thamuanna diktak piak hina’u”**(Isai26 :3) a ti a hi. Lalpa Jesu’n le: **“Keima ah thamuanna la nei theina dingun, zia thu te hi ka hun hil lahiu. Khawvel a hin genthei thuak in lau. Himaleh, thamuang tak in um un; keiman khawvel ka zotai”** (John 16:33) a ti a hi.

THÏLNA

Nupan vengsung ah chenglut thak a um ua. Zingkal an a nek laítak ua chun tukvel a pat a inkiang nu hulliap ah puan hung pho chu a vak mu, ‘a puansawp chu le a thiàng paw na e, puansawpna sabawn hawi deu neilo le a hi em?’ tí’n a pawsal chu a vak ho ah, a pawsal chun limsak lo in bangma a gen puái.

Nisín in a inkiang nu puanpho chu a sawisel zing sek a. Thakhat zaw ding vel a chun zingkal khat a inkiangnu puan pho thiàng tak chu a mu in lamsang sa ma ma in a pawsal kiàng ah chun, ‘entía, puansawp dan a thiam ta khu, a puansawp a thiàng tái, kua chun le a va hil a díam maw?’ a tia. A pawsal chun, ‘tuzingkal vaima deu in ka tho ah | tukvel glass ka va nawthiàng a hi’ a típiak hí.

GAL LANGKHAT LAM KÂI HITIU

- *P/P Minthianboi Vaiphei,*
Kawlhen Pastor Bial

Bible châng tel: Marka 4: 35; Marka 1: 36-38

Zia i chângtel uhi i Lalpa Jesu kamsuak ngei ahia, chanchinpha Marka ziktu chun chanchinpha ziakah kalsuan na masapen tí'n a min vaw'i. I Lalpa Jesu chu chanchinpha ziak ah a kalsuan na ahin, Galilee dîl leh a kiang tuam ahin nasatak mai in munpi khual in nâ ala sem a hi. Zia **Galilee dîl** hi **Tiberia tuipei** leh **Kinneret** ti ale minvaw ala hii. Zia tuipei kiang tuam ah chengte chun nek leh chak hawlna leh kingakna'n ala mang ui.

Nga (fish) matna lam ah dutui Simon Peter ngei khale zia tuipei kimkhat sang ah le lianzaw ah thunei in ala kigen hiala hi. Zia dîl minthangtak leh a kiang tuam ah chanchinpha tawh kisai ah Lalpa Jesu leh a nungzuiten kalsuanna a la nei zing lai un, mipite zilti na him him a nei ding phatleh i Lalpa Jesu chun pauchapna a nei masapen sek a hi. Zîngpi tak tak ah tho in, Pathian tawh kipawl na hun thawveng tak a mang zing sek a hi. Ama tawh kithua zing Peter leh a lawi dangte haw khanle i Lalpa Jesu

hun mat dan hi he ngei ding ua lâwmtak ahiu. Maleh, bung 1 na ahin Lalpa chu a hawlmaw ui ti i muthei hi. Lalpa a hawl zui ngal ua, a umna ding mun le hiatna tiang nei ahi tuak ui. Maktak mai chu, Lalpa Jesu chu a pauchap zing hun ahin a nungzui ding ah a telte hin a zui ui ti suklat a hi puai.

Eimau lam etna vaknei leuhen, Kochuam te'n pauchap khawmna inei sekna'u zan hi mi tawm nipen ala hi nuam tensek hi. Thagau lam gâl i do khawm hun ua hin

HINNA VÂK

gingtute hi kilunggual beklo ihina' u kilatna a hikha dia aw..? Ginna dettak neikawm ah i dawt te' u lawtit piak ah um ding ihidan uh hekawm ah Kochuamte i panlak ding hun ua hin, lawikhat ten ginum tak ah panlakna a nei zing lai ua ala limsak beklo pawl um gual ah langsek hi thil da um ma ma khat ahi' i tithei in ah. Melmapa zawna i nei khawm theina ding ua, i theitawp uh i sua thak uh pawimaw ma ma ina e! Simon Peter leh a lawite gual hi i bat khak ding uh lau um tak a hi.

Nungzuite chun Lalpa ava hawldawk ua, mi tamtak in hawl a hidan ava genkhum u' i. Lalpa chun banggual puak gik nei ah, maban ah a nasep zelna ding ah Pathian tawh kizawpna banggual siam ahi em ti hiatpi lo leh limsakpi lo a batna' u a muthei a hi. Lalpa lungthim leh a puakgik tawh kisai bangma het phak pilo ahina' u a kilang hi tithei in ah. Liangkhâ ki dawntua ding ihina' u ahin i panlak dan uh a kibatlo phatleh i kiakna' u na deusek a hi.

I Lalpa Jesu leh a nungzuite nasepna mun hi Galilee dîl tumlam hi ngei ding ah ngai a hi. Mihing tamna mun le a hi. Lungheina ding ah thilmak kineppi Juda te leh mihing pilna mang ah khawsa Grik mite haw lak ah nasep a hi ziakin, mihiam lam tak a chun i Lalpa hi thachawl ve ding ah le ginchak aum hi. Mundang ah le chanchinpha genzak ding ah hung a hi dan leh midang tenle hukhinna a chan theina ding ua a kalsuan pawimaw a hi thu i Lalpa' n dawnhuna' n a la mang hi. Mipite sukdamna nasep sutzawm zel ding lemsalo a hipua, himaleh munkhat ah umden chawt ding chu Lalpa Jesu' n lem tilo a hi dan chiantak in i muthei u' i. Mundang khawdang ah le chanchinpa nasepna neizawm ding ah chia hitiu aw... a la ti a hi. Mipi tamna bik ah Pathian lopina leh sukdamna a tângkopi chu hun sa mailo a hina suklatna dingin a nungzuite kiang a chun, gal langkhat lam ah kai hitiu ala tichawt mai a hi.

Khaile, i Khawmpi inle Mission Board leh, Kochuam

mal inle Gamthak Committee tite hawtheng in theitawp sua'n kawl leh vâi lak inle na i sem ui. Lalgam nasepna ah tin leh ha thua ah pan i lakna'u ahin eimau â ding ah lemchang leh thawvanna mun ah umden ding i gel kha diam uh aw..? Bial huap, KNP leh KKP te'n le eimau theina mazawn chiat ah tha leh zung, sum leh pai i senna'u ahin kiheina chuambik hilo ah huapljan zawsem ah pan i lak zel diu tina a hi'i... tileu hen genkhial puaitiu.

Mun bit khat ah umden mailo ah gal langkhat lam kâi ding ah i Lalpa Jesu leh a nungzuite a hung kipat ua khan thigawpi leh tuifawn ten ala chawkbuai ngal a hi kha... Khawvel gam ah um nalai i hi ziak un, hiatlawk lo ah haksatna chuam chuam i maitua ding uh le um ngei in ah. Eimau Kochuam chiat ah thu leh la ah limtak leh hingtak ah Pathian pak ah i lâm teu hi a lopi e! I limna'u leh kipakna'u midangten le anei ua a hinpi

theina ding ua mual leh tâng, suanglak leh buanlak i zawt dinguh chu i mabak uh a hi. Lainatna hingtak neikawm ah ginum tak ah tin leh ha thua ah pan i lak lai ua le eila kipakpi lo, eila limsaklo leh eila kihawn piaklo umthei nalai a hi. Thepna tuifawn chuam chuam in bangtik hun ah ei nawk ding, sualam apat a h'em, tumlam apat a h'em, simlam apat a h'em, mallam apat ahi em ti i hialawk masa theipuau. Hiziang maleh, Lal Jesu sepbâk sem ah a sulnung zuitu ginum ihina'u ziaikin, i bitna bik uh mun leh mual apat pawtdawk ah, chau leh basam ah i um hun un le khat leh khat kihalkuang tua ah gua leh dâi lak ah i kalsuan uh a pawimaw hun a le i Lalgam nasepna'u chiazawm pi zel dingte i hiu.

Dona tamtak um ziang leh le, hattak leh hangtak ah kalsuan ah chanchinpha meisel halkuangtu te hizel dingin Lalpa'n ei malsawm piak chiat ta henla...Amen.

TEIRAWLTE UMDAN LEH ETKAWL DAN

*Rev. Ph. Thianneilal Vaiphei
A.T.C Aizawl*

Insung leh khawlai vel ah khangdawng teirawlte umdan – nuisat di a hawl dan uh, a kihisak dan uh leh a kichei dan uh maksak di tam takte zozai zia ahin la lungthim in bang a hung kilang sek em? Prem P. Bhalla'n teirawlte khawvel hih “patep nawp hun buai um pen (the most trying period) ahi” a la tia, a dik khawp mai hi.

Khawvel ah nam tinte hin khangdawngte hi a buaipei chiat u'i. Bangkim hi vak patep, vak bawl, vak tep, vak et leh vak chia patep nawpna a nei hun (age of anxiety) lai tak uh a hia, a ut nau gual ah a um theilo uh chun lungngaina nei gù ziang a hiu. Zia hun lai tak hin damsung ah mani hinkhua ah kisik zing theina thil bawl khak pal a hi chun hinkhua hi sau tak susia ding a hi. Sungkuan tin hin teirawlte etkawl hi nuamsa i um puau a, chuti a hi zia ah chun teirawlte umdan leh a mamaw teu – amau etkawl dan i thiam zawk theina dingun vak gen hitiu.

1. Taksa umdan kisandanglam: Teirawl lai hi hinkhua kithen nasat hun lai a hia; vun lam ah haksatna, taksa mawm leh chângthiat zia ah buaina, gik thut, thau thut leh gawl lawpna hi a buaipei pen uh a hi. Taksa kisawizawi sangin ipmut a thalâ zaw kit ua, nêk leh dawn di a pîbawl bawk ua, hisel lona – gil nat, luchang nat, taksa kham tite a nei sek u'i. Zia hindan kisandanglamna hi hetchian sak ah kiven a phat dan fui deu a kul sek. Teirawl lai ah hindan leh taksa kisandanglam a um chun mak sa ah lungngai loah pawmdan thiam a pawimaw hi. Natna leh haksatna dang a

nei uh chun doctor zawtpi vak ding a hi. Amau chun minthan a ut ua; damlo leh natche bik hi chu nuam keilo a hui. Midang inle teirawl damlo i mu' chun bangti nungak leh tangval lai takah la damlo na e! ti khel ngai lo a hi. Natna hi mihing tawh takhawm ihui a, na sawt lo hial di la hi; zia mai mai chu hung dam pai taven la ti, ti a hun mai hi.

2. Sex: Numei in thasin thi (mense) a nei pan ua, pawsal in chi/baw a nei pan ui. Sex lam hiatna a pung a, zialam ahin lungthim a chia nasa ma ma sek hi. Ngaigük a vei pan ua, movies leh milim le zialam rawngkai a hun dawi pan ua, holimna leh khawlai ah mit latu le a kibatpi lo (opposite sex) mite a hung hi tai. Mit khawlai len hun; ei en mun deu chu ei gel a hi, hawi eisa a hi, ei ngai a hi ti ziang hun; I star deu vak etguk hun lai kha a hi. Kigalsai hun ahia, kingai/hawi kisa maleh gen ngamlo, gen lo lehin le ei hiat thiam piak ding ua kigel, ki hope sang tul tul ziang tite neilai tak kha a hi. Numeite hin nu leh pa apat

zilitil leh venbit hi a ngai diak ua, a thi nei hun a nai phat leh a bik in, minu chun la piting pan ta'n, thasin ah thi hun nei in latin, la tai hung nan tin, luhaite, lungnat leh lungngai tite hun nei thut maithei la hi. Zia chu numei piting hinkhua pangai lut tona ding ah um sek mawng ahin lungkham lo ding, pawm thiam ding a hi tite hil ding a phai. Thi a nei phat leh le, thisan phalo Pathian in la taksa apat a luandaw sak a hi, ti piak mai ding, lungkham sak lo ding a hi. Pawsalte hin chu sex mat utna (sex urge) a nei nasa sek ua, kisum thiam dan hil leh ut ut ah um hi gamsa gual hina a hi, ti hilchian a ngai hi. Mihing hi eima kisumtheina leh malam hun ah khawk thei ngaitua lawk thiamna piak ihui a, zia chu matthiam a, mipiting leh mi lawting tak hi guat ding a pawimaw zia hil ding a hi. Sex ah chavaite, drugs leh khamthei ah kisumlote mi lawting a um ngai puai ti hetsak ding a hi.

3. Midang tawh kiguizawpna: Teirawlte

HINNA VÂK

chu amau keng ah ding thei lo maleu le kikawi chuam (isolate) a ching ma ma ua; a dawî zawng leh a tuipi zawng uh genpi peite kiang ah a tangnel ma ma sek ui. Gai ziang pai loin a dinmun ua vak dinpi zel chung ah hiatthiamna tawh etkawl a ngai ma ma u’i. Inkuan khat chun khawlai leng bek bek lo, chate tawh kipawlnel ma ma in In ah a mang sek ua, chate ngaizawng leh dawî zawng te genpi thei khawp in kipawlnelna a nei ua, ettawn tak a ting ui. A chanu’ in a kingaipi pa kha mi hausa a hui a; “Bawinu, sum diklo ah hausate a hui a, kikhenpi mai ah aw!” a tiu a. Aman le a khen tawp a, mi pangai tak tawh tuhin a kicheng ua, a lim ma ma tau hi. First Love khel hi a pha pen a hilo thei hi ti het a phai. I ngawl teirawl lai ngaizawng (dawngma) hi gil deu ah suichian sek a phai. Teirawl lai ah nu leh pa tawh kigual pawl theite chun thamuanna leh kipakna nei in, bawlkhial le a nei tawm deu un a kilang hi.

4. Ngai thupi zawng a danglam: Naupang kihelna

(toys leh Barbie) te a hun ngainep pan a, hawi leh pha a sak lam a hung danglam pan hi. Sunggil lam hinkhua phatna leh ngai thupi lam a hung kisang danglam nasa ma ma sek hi. Pawsal ten baibelek chalsam leh akchal tuksuan gual ah sam met te, footballer te ettawn, celebrities ngaisan ah hindan leh kicheidan natiang sukdanglam a ching nasa ma ma sek ua; numei inle model lam leh kicheina a hun ngaithupi pan ngal sek u’i. Ziagual ah ngaidan det (principle) neilona hin teirawl tam tak hi i gel sang ua sia zawn a hinkhua hi a la puisia man sek a hi. Mi hina kikawppi lo ding, eima ngei hin hina “style khat” nei ding a kul zia, tu a ettawn uh hile mi style a hi dan genchian piak ding a hi. Teirawl hinkhua kisang zing la hi lai inle zu leh khamthei bawl te, lepguk chin te, Pathian ginglote, nupa kikal loah sex mat te, dan leh dun bawsiat tite pawimaw dan leh ziagual thil bawlte hinkhua siat dan hetsak ding, example piak ding i nei chun le gen piak ngal ding

a hi. Nu le pate'n nunchan pha a nei theina ding ua kaihuai hi i bat uh a hi. Teirawl ten le ngaisan ding dik tak ngaisan hi chankangna a hin, zia chu lekha thiamte life-style a hi ti het ding a hi.

5. Eima kimuanngam tawp a phai: Eima kimusit (inferiority nei) a bailam ma ma sek hi. Min eima mai kha ei et bik ah kigel ah i chia leh le chia dukdak theilo ah um thei a hi. I piandan duthu sam lona zachatpite vainung leh a kisik ngei ngei sek ua; midang sang ah thei bikna (talent) a neite kihawldaw ding ah theitawp suate chun midang a hip (attractive) diak sek ui. Lim zik tui mi chun mite ngaisan law zo ding khawp ah lim zik mai ding a hia; music tui mite'n le tuipi ah thiampi-minthanpi mai ding a hi. Bang lam pen hem khat a chun mi narante sang ah danglam leh chungnung bik (distinguish and outstanding) hiding in Pathian hin ei siam vek uh a hi. Ets: Kei hi thilsiam leh nasep hat lampang a chun "Zero Degree" ka hia, maleh sum leh pai etkawlina lam

ahin chu keima leh insung â dingin sum vul thiam leh no keu sak (manage) gua mi; neu apat sum neuca cha hung vâk khanglian mi ka hia, ka u te'n, "La Siki kha a lian tam?" tia ei daichatvai uh ka hi sek hi. Maleh tuhin "Siki hung khanglian chun capital a neu ziakin Russiate missile gual ah a chukna nasa zo khel lo maleh, u leh nau bu leh me man kham a la ting sek sam hi. Tulai sum hawlina a nawp tai, tuanthu genthiam ten le, Youtube ah sum law, vawksa neten le sum law, la sa ten le sum law, tawt thiam ten le sum law ta iti leh la hina a chun kimuang ngam mai in, Kei siki sang in la lul zawi. Sum mutheina ngen, nek hawl theina ngen a hi tai.

6. Malam hun thil dan: 'Bang zia ah hung piang le ka hem!' ti ah haksatna leh beidawinna ziang in la hun tuakte chu thil ziang kin. Dinmun in a zil lo zia ah teirawl tam tak duthusam niam tak neite ka hiat chang in ka lungthim a suna thei ma ma sek hi. Unau pani a um ua, pakhat chu zu ngawlvei a hung

HINNA VÂK

hia, pakhat zawk chu business lawting tak a hi. Bangziak ah hitia hi um la hem a tiu leh 'Zu ngawlvei pa khan ka pa zu dawn mi a hia, zu tilo zil ding ka nei pua'i a tia. Khat pa khan ka pa zu dawn mi a hia, ama umdan apat zu phatlo dan sum lam ah a haksat dan ka hia, bang a tia ama umdan zui di ka hi em? a ti. I thil tuakte apat hin le malam ding thil dan zilthiam thei a hi. Khenkhat chun a mu mu a zil a, khenkhat chun a thil mute lelam ah thil kiselgute a mu sek ui. Mu bailam taphawt zui ngalte hin lawtinna sang in lawsapna a mu tam zaw'u. Hun haksa leh thil phalo imu teu hin 'Hun lim um leh thil pha kiselgute hawl daw nawpna lungthim ei neisak leu zia chu teirawl bep hiloin mitin a ding ah chankangna hingei ina. Ei haw hindan hi ka suidan in; "Ka mitmu leh bil ah ka hiatte hin sual ah ei puilut" ti chiapi ham ham i guau hi. Chuti ahileh la mit leh la bil siamtu chu a kisikna ding e maw! Mit bei, bil bei in ei la siam leh a kiphin tam pen te kihi zel in'a. Nu

leh pate hin le chate hinkhua malam thildan ziltilna lam ahin mawpuakna i nei ui. Haksatna a tuak chang un le beidawng ziang loah malam ni vâk hung suak kit ding ahi dan hiatthiam sak ah pan lakpi a ngai hi. Tupgilna nei in chia ham ham gua hitiu. Miching Confucius chun, "La haisan lo phawt chun banggual ah chanchum hile chin le a khawk puai (It does not matter how slowly you go, as long as you do not stop)" a ti kha a pawimaw khawp mai. Haksatna kal ah le beidawng ut kei loah chia tun tun te chun zawna a chang sek u'i.

Eimite hi vangpha tak ihu. A hawn ah khawsa (communitarian society) ihi ziak un leadership training, moral character training, spiritual guidance, moral behavioural guidance, ethical teaching ti haw a chuam ah bawl ngai bek loin; bang tik lai ah le a tak ah hinpi mai, kikhawm taimate vang vang Biak In phatna in a zui tâk te i hui a, a hawi ma ma hi. Hinkhua piting leh gam leh

nam a ding ah mat tâk hung hiding teirawl khangthakte a ding ah pawimaw te chu:

1. ***Spiritual Guidance:***

Thil bangkim ah i mamaw pen uh chu thagau lam hinkhua kaihuaina dik leh fel hi a hi. Thagau lam ah kikaihuaina a mumal lo chun thil dang zosia chu a lawsam sa a hi mai hi. Teirawl lai ah ginna lam ah det, Pathian ginna ah ding det tawpte chun khawvel ah nawpsak bawl na lam thakle na a nei tawm u'i. Ziakiachun hinkhua lawting tak a hung nei sek u'i.

2. ***Zilna ngaisak:*** Thil dang; fashion, ngaizawng, revival pute, minthanna (celebrities) lam ah i ngaisan te umdan zui ah zilna lam chawlsan mai hi thil khawk tak a hi nuam khawp mai hi. Ziltilna diklo zui ah zilna leh thiamna bangma di ei puai, Pathian tawh ei khentu mai a hi. BD le Beidawng tina a hi ti po gen gente hi Pathian dawilam nialkaltu a hui ti hial in ka gen nuam hi. Zilna ngaina, ziltil thei, kizil pei leh taimatna hi Pathian lunglam

hiin ka hiai. BA le bangma di a hi puai ti pawt pawt ziang te hi mi lau um a hui. I gam Manipur hile tu ban kum 10-20 sung in mithiam te thunei hun hung kivawk sang ding ahi. School kai haisan ah a nawp nawp ah kichei, vak tawl tawlte hi awchat ding hi kei lo a hi. Amau chun a phâkna ding tiang uh tu imu chan uhi pha zo kei a hi tau. Hinla teirawl zillaite chun la zilthiam ua leh i gam, i kochuam leh i nam hi tu sang ah min hun za intin, tu sang in khangto ding, tu school haisan la thangsiat te chu la nasem dite le hung hi thei ahiu. Zia phat chuleh amau in nang hung eng ma ma ta ding a hui.

3. ***Khamthei lak ah***

kisum: Hal pil pial ah lim gik-gêk cha um zing hi a pawimaw ma ma hi. I chi i nam lekha thiam officer bangma phachuam lo, kochuam ah kilang lo, khawtang ah thulak lo leh min a gal et mai hiding lauthawn um pen a hi. Khamthei ziak ah kum naupang ma ma thi te, zu kham ziak ah nupa kikhen, insung kikeksua tite ziak ah nauchaga pun dan te hi teirawl

ten hiat ah khamthei lam ah kisum thei hi a kul tak zet hi. Zu dawn ngam hi sang in, zu dawn ngam lo/zu kham ngam lo hi hih a pil kai zawi. Teirawl zu leh drugs lak ah kihithiangtho theite hi ngaisan a um ma mau hi (Daniel te haw geldawk in).

4. **Emotional Control thiam:** Banghem khat ziak ah i phul takluat ziak ah malam hun ding ngaitua loah thil bawl ziang hi kisikna hingtu a hi sek hi. I lungthim a so but but lai hi thunun ding i mawpuakna ahi bak ah mipiting umzia a hi. Mi piting leh piting lo tēna pakhat chu a thil dawī zawng leh dawī lo zawng a gen daw dan hi a hi. Mi piting lote chun a dawī lam chu zel tui kai hial in a genpha ua, a dawilo lam thil chu dem kiti man a dem sek ui. Ziagual a chuh um khel ngai lo a hi. Zia hi ka dawī a, ka kituakpi thil a hi; zia chu ka dawī lo deu hi, ti mai a hun hi. I kipakna gendaw dan te, i lungngaina butthâk dan te, lungnatna leh i chung ah thil tung dawnawsawn dan thiam ding ah kikaihuai leh eima ngei le kizilti zing hi pitinna kalbi pawimaw tak ahia; teirawl lai

apat zil ding a hi.

5. **Naupang tak ah zi/pawsal nei lo ding:** Zi/Pawsal nei vak hi a phatna le um nan ah; himaleh nei vak talua hi a pha puai. Hiselna lam a khawī sia thei a, chun pitinna lam kalbi chawt khialna khat le hithei a hi. Inchen khawsak lam le nasa takin a khawīsia'i. Ka khualzin mun ten a; zi/pawsal nei vakte chu khenkhat cha leh nau tawh a lengkhawm ua; a phat ma ma lai in mi nei nung tak leh inchen siam thiam a vang ma ma hi. Zi/Pawsal nei vakte khua chu khua zaum tak a tawm bawk hi. Lungthim pitin ma'ah kicheng ten kikhen umzia le a hetchian lo ziakun kikhen le a bailam ma ma hi. Nuthawi/pathawi tam zaw hile zi/pawsal nei vak te a hiu. Amau chun cha piting lo, lungchang khawk, umzia helo, khawksakna bei, hil hak leh pawng paw hansan lam pang khangdawng thisan phul laite cha chu a hi nuam hi tiin mithiam ten a gen bawk ui. Ziakiakchun teirawl lai ah zi/pawsal ma tak ah nei hi pumpel guat a phai. Nang la

nei vak ziak in mi la su kùl thei hi. Numei kum 25, pawsal kum 27 nuai lam ah neilo a pha'i. Mi neinungsa ihi leh chu thu chuam. A nei hak talua vang a pha diak puai. Eimite hin Inchen ah mi i phâk lonau hi lupna leh puansil ziang le neilo ah zi/pawsal nei i tam ziak uh 50% hin'a.

6. **Ngaisan ding dik tak hiat a pawimaw hi:** Ngaisan ding leh ngaisan lo ding dik tak hiat hi a ngai ma ma hi. Lepgùkna ching leh mi du'am te chu ngainep ding ahi. I nam leh i Pathian zachatpite chu zapi ngam mai ding a hi. Khut tinglo ah hausa phut tite i ngaisan uh chun nam in gitlona i vul lian zel uh tina a hi. Dik tak leh taima tak ah sum lak lut hi ngaisan ding a hi. Teirawl ten lekha thiam, la sa thiam, lim zik thiam, lem chan thiam, thingthem thiam, cement chawk thiam leh nêk-hawl na nasep thiangtho tak takte hi ngaisan ding; ei man le thiamna banghem khat chu chiapi tup ding a hi.

7. **Kithadana paimang ding:** Kithadana zia kin umdan dik lo, setan dawi lam dawipitu a pung zel sek hi. Dukdaklo tak ah hinkhua mang mai mai loin, tupna fel tak nei ah malam thil hi a pawimaw ma ma hi. Insung mite a ding ah puak gik hilo ah taima tak ah eima chantum nasep sep mai hi a lopi in a ngaisan um hi ti hiat a pha'i. Zillai ten chawltik nei loin lekha sim zingin taima hitiu; I kithada sawt tak ziak ua service le zik dawk zolo tite hilo in a salum in thil bawlung zung zung mai hitiu. Thilpha hiding ah hukdam i hi tau a hi. Kochuam ah leh khawtâng a thiamna ziak ah dik tak ah sum lawdawk tam, mi kipia mi, sawma pakhat pia tam pen hi ding lunggil takin tup tinten tiam hitiu, Daniel leh a lawite; Joseph leh David lunggil lam entu Pathian hing chun ei hun malzawl ngei ding a hi.

"Khangdawng in la thu dungzui ah, a um dan a venphat lo ngal leh, bangti'n a um dan hitiangtho thei ding a hem?"

Sam 119:9

Muthei Ginna

“Jesu’n a ginnau chu a la mu phât in, zeng kiang ah chun, “Ka chapa, la gitlona ngaidam ahi tai,” a tia” -Marka 2:5

*(L)Pastor McGinlianthang
Buallian*

Muthei ginna hi la hekha ngai em? Dam la ut ah, puakgik la ngatha ut ah, ga la sua nawp ah chuleh la thagau lam dinmun le a chang leh ginglel thim ziang sek la hi chun, zia thu hi nang a ding a hi; muthei ginna hi theological taka chun umzia bei ahi a ziakchu ginna hi mutheilo a hi ziakin, maleh muthei ginna thupi ah ka hun tel ziak chu sepdaw, bawldaw leh gasuana lam ka sut ut ziak a hi. Zia ka sermon hi kum 12 masang a ka la kitangkopi a hi ta himaleh tuni chan ahin ka hinna a sukha, chun mi dangte le thagaulam in a chawmto bawk ah, ziazia a chun ka hun nung et thak kit a hi.

Pathian a dingah thilhitheilo bangma a um pua, chun Khrista neite a dingah chun lau ding leh zawlo ding him him a um tapuai, mutheilo ginna kipat ah muthei ginna nei dingin Lalpa’n ei ko a hi; lunggil ah pauchap zing kawm in sim in.

Tuikual (Island) neucha khat ahin vatawt (duck) hawnkhat a um ua, nikhat a hung kikhawm khawm ua, a hotupa’u a hung ding dawk ah thu a hun gen pan a, ka suapi leh ka unaute

haw, mu gual in tha i nei chiat ui maw? ‘i’ ti’n a hun dawnhu chiat ua. A thugen ahun sunzawm ah, mu gual in i lengthei chiat ui maw? ‘i’ ti’n a hun dawnhu sau sau kit ua. Aleh, tuni kipat in keng ah chia thaw talo in mu gual in sang takin leng chiat tai tiu aw, ‘OK amen, amen’ a ti sau sau ua. Himaleh, a hung pel phat un khat chale a leng umlo in, keng in a hung kitawn dawk diam diam uh a hi... Zia vatawte gual hi vang hi gaw puai tiu aw.

Zia chanchin hi i Bible ah munthum ah muthei ahi, Mathai, Marka leh Luka te a hin. Zia lakah chun Marka 2:1-12 na hi sutkhawm dingin ka hun tel a hi; a ziakchu, a zawnte hi mi pali ahi dan a gen chian chet zia kin ka dawichuam bik a hi, a ziak dang le chu a um ah maleh genman ta puai tiu. I gam un Khrista thu hi ah kithang veng vung sam ah maleh a kiangah chia ah thutak ngaitha leh hechian hi i tawm taluau a hi. *“Ni bangzat a h'em zaw in Kapernaum khua a hung lut kit a, In ah chun a um hi ti thu a hung thang a.”*

Tulai i gam Khristiante hi Jesu a um hi ti he ngalin a kiangin i chia nuam puau, hidamthei a hi ti he ngalin a kiang zawt i gaw puau, zawt malak sangin mun dangin damna i hawl zawtau a hi, maleh zia laitak ah mite hi, *“kawtkhak bul ah le umna ding umlo khawp hial in, mi tam tak a hung khawm tau ah; a kiang un thu a hil tai.”* Mi tamtak a thugen ngai dingin a hung tai khawm ua maleh mi pali bepin a ginna'u a takin a

kalsuandawpi uh a hi. *“zeng pakhat, mi pali'n lâng ah zawn in a kiang in a hun pui ua.”*

Zia mi palite gual a hi bangtik hun ah le kiman zing, a nasem ding Lalpa'n tuni chan in a hawl zing nalai a hi (Availability). Nang lah la kiman zing em? Tangval hausa pa gual leh inkuante mangpha thak gaw pa gual mai la hi em? Ahiloleh, a neizosia zuak ah chanchinpha nasem dingah kuanpa gual zawk, banggual pen la hi em?

La ginna kalchawidawpi in:

Zia mi palite panlak dan hi vak ngaitua tiam u! Amasa'n, a kipakhawm ua; a panina'n, damlopa kiangin a chiakhawm ua; pathumna'n, damlopa a thunun ua; palina'n, a puakna ding lang a ngaitua ua; pangana'n, lang ah zawn in Jesu kiang lam a hung zawt pi ua; pagukna'n, mipi a tam talua a lut thei ta puau ah tichun lungkia'n inlam in a kile kit tau tin a kizik em? Naisailo e! Inchung ah puakdaw ding dan ah ngaitua ua; pasagina'n, Inchung suksiat ziang ding

HINNA VÂK

lawm lawm vang Innei pan ei gam nasa ta luan ah, i manna ding bep uh hi khan ah tia kinial buai in a chawlsan tau, tin a kizik em? Naisailo e! bangkim huam in Inchung phetvang in a khaihasuk ta mai uh a hi. A kipiak zawnau thupi dan hi la ngaitua kha ngai em? (Commitment).

Ziagual kipiakzawna hi tulai khangthak ten a manpiak dingah le peilo ding ahiu; I tu, i chate'ú leh i kochuam te'ú i etkawl dan uh hi ka lung a dawng a hi. Unau, nang leh kei kihi leh vang zia tiang lawm lawm hi ei kitaklana ding a um ta puai i tina ding mun a tam dan hi maw, vak ngaitua thak him him tia. *"Mipi ziak ah a kiangnai ah a hung lut theilo phat un, a umna Inchung chu a phel tau a; a phiat awng phat un zeng chu a lupna phêk pum in a hun khaihau a."*

A ginnau a let bek ziakin, ziagual ahin pan nasatakin a la thei uh a hi. Gim leh chawl khawk salo in, lungkialo hial in Jesu kiang a tut ham uh a hi; nang leh kei kihi leh vang nivei thumvei na tiangin

vang kilungke ma ma tan ah e maw! Ziagual ah lungkelo ah a panlakna zal ua hin zeng pakhat in taksa leh thagau in damna a chan khawlaw a hi.

Unaute haw, Khristian diktak ga suanglo ti a um thei puai; la bike, car leh building ten van thawng zolo hial a hi ti hemil kin, maleh thagau mang pakhat damna hin van ah thawng a hi. Lalpa chu pakin um ta hen!

Kingaitua kham a ting hi maw, letna, hausakna leh minthanna del la hi em? Pathian in la hina dungzui in a hung mangcha thei a hi, maleh chingthei in, migilote le gilo dingin a mangcha thei a hi; Pa lunglam bawl lo tapo chu nikhatni leh Jesu'n ka hun hekha puai chiamang in hun ti ding a hi. A thu ngaitha, hiat hi a hun tawk diam?

Huntawklo e, chia ah va ga ding leh ga tamtak suang dingah ko leh sawlte chu i hiu. Ka hun ni a hi, la ginna kalchawidawpi in.

Jesu'n a ginna'ú a mu phatin: *"Jesu'n a ginna'ú chu*

a la mu phât in, zeng kiang ah chun, "Ka chapa, la gitlona ngaidam a hi tai," a tia." A ginau a mu phatin ti hi ngaitua kham a ting a hi: Mihiamte mitmu ah ginna hilo in Lalpa mitmu ah ginna a hi, hinna leh damna tuntu ngei chu. La ginna Khrista'n a mukha tam? La ginna la dampi kha ta em? La ginna ziakin mi dangte a dam kha tau em? Khrista'n la ginna a mu phat leh dam tan la tin, Khrista'n la ginna'u a mu phat leh mi dang tele hung dam ta ding a hui.

Tumlam gam ah pawsal pakhat hi a lawite tawh In lianpi sungah nasem in a um ua, a nasepna'u ah chun freezer lian pipi a um ah, zia sungte ah chun lut in na a sem ua, tichun a male freezer sung ah nasem zingin a um ah, a lawite'n a chia zo hi tan ah tin a tai san kha tau a, chia hun ta tia freezer kawt a hawng guat leh a hawng thei ta pua, a lawite a ko ko leh la kuama'n a dawnhu ta puau ah, kuama um talo ahi dan a hun hedawk ah, zia bep chu hilo in freezer sung ah um a hi lam a hung

kihedawk ta; zia sung ah hi zan khawvak in um leng thi ding ka hi ti bep hi a ngaitua ta, lau in thi ding ka hi, thi ding ka hi tin zan khawvak in zia bep chu gel in a um ta mai a hi. A zing ah chun, a lawite'n zia freezer chu a hawng uleh a lawipa'u thisa chu a mudawk phut ta mai ua, a vawt taluai ti thumal a zik chule a mu'u a hi. Himaleh, phatak ah a etchian ua leh zia freezer chu a sia ahia, chun light tawh le kibal khalo a hi. Vawt keilo hina pi in vawtsa thi ding kahi ti a ginchak ziakin a thi mai a hi. Juda gual in ginna leh kinepna a neilo ziakin a thi mai a hi. I Bible i et ahi chun min a ginna'u a dampi'u a hi: "Jesu a kihei a, ama chu a mu, "Ka chanu, thamuangtak in um ta'n, la ginna la dampi a hi," a tia. Tichun, numei chu zia hun ma ma' chun a hung dam tai" (Mat. 9:22). "Chia ta'n, la ginna hi la dampi ahi," a tia. Ziaphatchun, khua a hun muthei ngal ta'n, Jesu a zui ngal tai" (Mar. 10:52). La ginna la dampi kha tam? La ginna la dampi nunung pen chu bangtik ahi tam? La ginna

HINNA VÂK

hi nanga ding bep ah damna hilo in midangte a dingah le damna tun thei a hi ti hemil kin.

Chutichun, i Bible i et a hi chun a ginna ziaak ua mi dangte'n damna a chan uh mun tamtak ah muthei ahi. *"Ziaphatchun, Jesu'n a kiang in, Aw numei, la ginna a nasa na lawm lawm e! La dawi gual gual in la chung in tung ta hen, a tia. Ziaphatchun, a chanu chu a hung dam ngal tai"*(Mat. 15:21-28). Zia Grik numei ginna thupi dan hi a mak a hi, a thu hi ka sim phat leh thagau in ka chung a nasem in kanuk bawkin ka mit thitui a pul zung zung sek a hi. Zakcha kisa leh mualpho kisa'n zammang leh kilawm tak hinapi'n a zamlo hial a hi. Zia nu ginna nasat dan hi la ngaitua kha ngai em? Haksatna leh mualphona khel lam ah Lalpa i hung muchian phat leh Lalpa'n i chungin na ah sem sek a hi. Halleluiah! Lalpa lopina chang ta hen.

Zia gual ma chun Luka 7:1-10 ahin sepai zahotu ginna ziaakah a suak pan damna a chan dan muthei a hi. Zia

sepai zahotu ginna thupi dan hi a mak a hi. Pathian leh a mite a dingin napha tamtak ala sem ah maleh ziate zosia chu khat chale a kisanpi puai. Himaleh, thilkhat a kisanpi a um a hi, zia chu a ginna bep cha chu a hi. Zia gual ah ginna thupi neithei ding chu, tuni tiangin Lalpa'n khawvel in mi a hawl nalai a hi. La ginna ziaakin mi dang ten damna a chang kha tau em, la ginna thupi bek ziaakin mite'n Pathian a pak kha tau em? Ziagual ah ginna nasa hi Lalpa'n amau a ding bep ah a piak ahi pua, gingtute zosia'n i nisin hinkhua'ú ah i mat thei ding ua ei piak chiat a hi. Lalpa chu pakin um ta hen! Aleh bang ti dan ah ei un ziagual ginna hi mulo leh changlo i hi diam uh? i ginna'ú i kalsuandaw pilo ziaak uh a hi.

La kalsuandawpi thei phat leh muthei ginna chu nei tan la tin, la mit hung vak tan tin, Khrista'n la hinna nasem in hung ga dawk tan la tin, mihiam mitmu ah thilhitheilo chu Khrista zal in hung hithei tan tin; la ginna nasat bek ziaakin mi dangte hung dam

tan tiu in; tichun, la hinkhua thilmak leh lamdang chu miten mu ta ding ahiau. Lalpa'n lopina chang ta hen.

Taksa leh Thagau ah damna:

Thilkhat popo a hung um phat leh i lungthim un kawidan khat i nei ngal sek uh a hi, zia i ngaidan chu a chang leh Bible tawh a kituak ah a chang leh a kituak ngai sek puai. I kawidan chu Pathian thu tawh kituak ahi em ti i khualchil masak ding uh ahi; Pathian thu tawh kituak ahi chun i gendaw ngam ding uh a hi, a kituaklo ahi chun lungna mama leu hinle kisum ah genlo chu phazaw ding ahi. *"Himaleh, lekhazikte khenkhat zia chun a chu'u a, a lungthim un, "Bangatia, zia pa hin ziagual ah hi thu gen a h'em? Pathian gensia a hi chu lam! Pathian tilo ngal kua a h'em gitlona ngaidam thei?" a tiu a. Jesu'n ziagual ah a ngaituau chu a lungthim in a he pai ah, a kiang un, "Zia thu chu bang a ti leh la lungthim ua ngaitua la hiu em?"* Lekhazikte hi he leh pil a kisau ah a thugen uh le chu a dik ngut ngei a hi. Himaleh, mihiamte mitmu bep

in a hinpiu ah, maleh lunggil tak ah hinna nei in a hindaw pi puau; a thi hi ngal in hing min a paw zing ui. Khawvel pilna leh chitna leh taksa thil lam bepin a na'u a vak a hi. Pawlam bep a buai pi'u a hi. Ziaziakchun, i Lalpa Jesu Khrista'n a mu phaklo uh leh a hiatphaklo uh taksa leh thagau ah damna hi ama ah um a hi dan a taklat piak a hi. *"Zeng kiang ah, 'La gitlote ngaidam ahi tai,' ti leh, 'La lupna phêk la'n la, keng in chia ta'n,' ti hi khawi zaw a gen bailam zaw em?"*

Jesu a dingin bangma thil haksa a um puai maleh mihingte a ding ah bailam zaw chule ei ngaitua zui piak nalai a hi. Lalpa lopina chang ta hen. Mihiamte a khawtua dan hi a nasa a hi. Taksa ah damna bep hilo in Thagaulam damna le a pia a hi. Taksa sanga thagaulam thil a ngai pawimaw ziakin, thagaulam a buai pi masa a hi; ziaziakchun, lekhazikte'n a hethiam thei puau. Taksa lam bep buaipite a ding ah chun thagaulam thil hi hiat haksa tak chu a hi ngei hi. Huiat haksa bep hilo in, ngawl huai a sau a hi.

HINNA VÂK

Jesu'n Pathian apat a hi dan a taklang ah maleh a hethiam thei diak puau. *"Banghitalah, khawvel ah hin Mihing Chapa hin gitlo ngaidam theina a nei hi ti la hiattna ding un; zeng kiang ah chun, 'Tho inla, la lupna phek la'n la, la In lam in chia ta'n,' a tia."* Zeng hin, ka damlona le a sawt talaw ta chiathei puangka tin ginglel hen la ding gawlo leh damlo theng mai ding a hi. Himaleh, bang tin a um em? A ging ah, a dingah, tichun a dam mai a hi.

Jesu'n a ginnau a mu phatin taksa leh thagau in damna a tung a hi (transformation and salvation), taksa damna bep hilo in thagaulam damna le a tung a hi. *"Tichun, ama chu a tho ah, a lupna chu a la, a leng ua mit mu in a pawtdawkk ta'n, a leng un mak a sa ma mau ah, Pathian a chawihawi tau a, 'Ziagual him him hi i la mu ngai puau hi' " a tiu a."* Luka'n hitin a la zik a hi, *"Tichun, a leng un lamdang sakna'n a dim tau a; Pathian a pâk chiat ua, lau tak kawm in: "Tu'ni hin*

thil lamdang tak i mu' u ahi" a tiu a" (Luk 5:26). A ginnau a kalchawidawpi ziakun, a lawipa'u in taksa leh thagau in damna a chang a hi; [their availability and commitment brings transformation and salvation to the lost soul (ACTS)]. Chun, zia thil lamdang chu mi tamtakin ah mu' u a hi. Lalpa'n nang ginna le a mu nuam ahi, la kalchawidawpi ahi chun gasua in la tin midang ten dampi in tin uh; tichun, zia thilmak chu mi ten mu ding a hui.

Himaleh, thilkhawk tak khat chu hiam leh hei kum sawt tak kimanglo gualin i ginnau sawttak i mat taklo ziakun a matthei ta puai, i vak mat guatpo vang un a tui ek tak zia kin i mangcha thei ta puau. Unau, la ginna la kalchawidawpi nuam em, la kalchawidawpi diam? Khrista ah ginna ngate, Khrista zawna kikawppite a dingah chun lau ding leh zawlo ding khawvel ahin a um ta puai. Mi tawh kisual ah zo ding tina hilo

in, thagau ga pakuate kha la neizawlo ding um puan tin, zia khel lam ah chun le ga dang tamtak suangthei nalai ding la hi. Taksa leh thagau ah dam la nuam em? La dam ut a hi chun la ginna Khrista etsakin; la ginna chu Lalpa'n a mu kha tam? Amu phat leh dam ding la hi. Damna hi Lalpa a ahi, damna bukim ama ah um a hi. Chutichun, la puakgikte Khrista chungah ngathei tan la tin, la puakgik zangin lunggil takah kipak tan la tin, muanna

leh chamna chu neita ding la hi.

Tichun, la hinkhua'n miten thilmak leh lamdang mu'n Pathian pak ta'nau. Tuikual ah vatawt umte kha hemil kin, amau gual kha i hi guatlo ding uh a hi. Amen, Amen ti mailo in i ginnau kalchawidawpi hitiu. Mutheilo ginna kipat ah 'muthei ginna' hi nei ah, kalchawidawpi ah, ga tamtak suathei dingin Lalpa'n hun malzawl in hun sang lamdang ta hen. Amen.

Zia Article hi Buallian khua ah a lah cheng (L) Rev. McGinlianthang, Orissa Mission Field ah sem in a lah zik a hia, ama hin ni 19.4.2021 ah khan ei la famsan ta a hi. Ama hiatzingna ah zia article hi hung kisua a hi.

GÎTCHA

Gamlak munkhat a hín gam a kâng ah, gamsa te chu gam kat lo na níng khat ín lau leh kithíng pum ín bawl di helo ín a zam, a khawsakna mun uh leh a chenna'u suksiát ah um chu a et thaw ziang tau a, zia kawmkal kal ah chun gítcha pakhat ín tui kítinna mun khat ah va leng ín a muk ín tui a chip ah gamkatna meí kuang lak chun vat khat khat ín a va siáttha sek a, a lawí dangte chun gal apat chun kiko khum ín, 'bang bawl ah kínei la hí em? hung ín,' tí'n a ko ua. Gítcha chun, ka bawlthei kham kham bawl ka hí tí'n a dawnhu hí."

KAP HUANG

NÊK LEH CHÂK SIAMDÂN

Pathian in, "Ngaiun, leichung pumpi ah thaichi zosia, thingga a mu nei zosia kapiak la hiu: ziate chu la an ding uh ahi; Genesis 1:29

Nêklehchâk hi mihing leh thilhing zosia hawitak ah khan theina ding ah thapetu a hi. Khawvel siamtîl apat mihingte i hinna ding ah nêklehchâk mamaw i hi dan, i Bible mun tamtak in i mu thei a hi. Nêk ding hi anche-lohing a te, gamsâte, insâte leh tuilak ganhingte a pat in i mu a hi.

Taksa Mamaw Nêkding (Balance Diet)

Mihing nêk ding ah mamaw i tihin, i taksa mamaw (vitamins, minerals, proteins leh a dang dangte) dungzui ah thil nêk lut ding genna a hi. Zia taksa mamaw nêk leh châk mu theina chu mithiamte'n lawmnga (5) in a khen uh a hi.

Carbohydrates: Zia carbohydrate hin i taksa thahâtna ei petu pen a hi. I taksa'n a pawimaw i nêk ngêi dingah pawimaw lak ah 60% ei pezo a hi. Carbohydrate pang nêk leh châk khenkhatte chu – bu (rice), bemu, mâi, kawuha, sang (bread) leh thei khenkhatte a hui.

Protein: Protein hi mihing taksa siamtu cells te a siampha/siamthaksek hi. Mihing khanna ding ah pawimaw mama khat a hi. I taksa mamaw nêk ding pawimaw lak ah 25% ei pezo a hi. Protein pang nêk leh châk khenkhatte chu – bawngnawi, aktui, nga, oats, aksa, dal chîte,

nuts tite a hui.

Fats: Fats hi i taksa mamaw mûna ding in i nêk lak ah 15% vel a pawimaw'i. I taksa hin i thil nêklut te apat vitamin khenkhat ala lâklût theina ding in fats/thau a mamaw a hi. Fats/thauhin i taksa le a sulum hi. Thakembittu/hâtnakhawltu le a hi. Fats/thau pang nêk leh châk khenkhatte chu – me bawlina thau/oil, butter, nuts te ahui.

Vitamins leh Minerals: Vitamins leh Minerals te hin i sung ah hinna dingah taksa siamtu, thigui zungzam leh pheleghu enkawltu pawimaw tak a hi. Zia te hi thei, anche-

lohing leh tui apat in mu thei a hi.

Tui/Water: I taksa hi 60% tui ah kisiam a hi. I taksa ahin tui pawimawna a tam mama mai ah, chil kisiamna, i tilum control tu, gu kizawptuana sunâltu, taksa sung ah a thianglote paidawktu, annêk sunawntu, taksa thausia sukiamtu, oxygen i sung ah a tai vêlna ding ah panpitu, natna zat chuam chuam (ekthal, kal ah suang um, zunguithianglo/pât, BP tite) dotu in a pang hi. Tui dawn tam in vun a su no a, mai a ângsak hi. A thaute a sugawng ah, a gawngte a suthauthei hi.

Nikhat ah nêk ding mamawzat:

Nikhat sung ah bangzatvei annêk ding hi, ngaidân ni a um thei hi. Tawm cha cha nêk ah nêk mun ding (nikhat ah 6 veitiang) tileh tam deu ah nêk ah nêkmunlo ding (nikhat an 2 vei 3 vei nêkding ti a hi). Nêklehchâk thu ah mithiamte gen dan in nêktawm ah nêkmunzawkw hi apha'n, ziahin taksa'n a mamawte a kine kim thei zaw, chun nêk munlo hin taksa mamaw zat a kinedawkw puai a tiu.

Ei thingtang mite nêkdân tangpi chu nikhat ah 2 vei ne tângpite a kihi ziak in, i taksa mamaw zât nêkdaw theina dingin an/me chi chuam chuam siam a pawimaw hi.

Nikhat nêk ding taksa mamaw dungzui ah siam ding dân (plate/kuangkhat hisap ah)

- Anche lohing (vegetables) – kuang ah ½ vel
- Bu (whole grains) – kuang ah ¼ vel
- Proteins – kuang ah ¼ vel
- Fats (Thau/ghee/butter) – tamlo
- Tui

Nêklehchâk siam/nêkdân ah chînlo ding te.

- Me chi khatbep bawl/siam
- Me a ngaingai, a kizawm ah siam/bawl
- Chungal me nêk tam
- Malchathak ha nêk
- Tui dawn tawm

Nu nauvawplai leh nau nawichep neilâite:

(Sam 139: 13-14)

Nu nauvawplai leh nau nawichep neilâite a ding in nêkleh dawn ah chitthei (fimkhur) a pawimaw ma ma hi. Nu a hisêl a hi chun, nau le

HINNA VÂK

a hisêl nuam deu têi hi. Nau a hisêlna ding in Protein tam nêk a pawimaw hi (sa, nga, aktui, bechîte, bawngnawi, nuts tite)

Nu'n nau apai/vawp ahi chun doctor in dawdawi Iron leh Calcium a pesek un, zia hi eima leh nausen a ding ah a pawimaw ma ma ziak a hi. Zia damdawi nêkte hin, nau thatinglo ah piang, a beisa piang, tite a umlona ding le a hi. Calcium hin nu sung ah naugu leh hâte, lungchang, thagui zungzamte, taksaphete, thisanpawt kantheinate a pia'i. Zia calcium hi ne zing kawm in, nêklehchâk ah calcium tamnate (Broccoli, kawmla, nga, bawngnawi tite) nêk a phai.

Nu naupâilaite hi sung ah nausen tawh taksa mamaw thil zosia kikawp a hi ziak in, nêkleh dawn thu ah le mamaw a tamzaw a hi. Iron hi thisansiamtu in a pang a, thisan hi, sung ah oxygen tawkvêltu a hi. Zia iron nêk pum in, nêklehchâk ah iron tamnate (sa, theichîte, anchehingte) nêk a phai.

Naupang nêk ding guanggal piak:

Naupang khenkhat chu nêk ding i piak piak kipak tak ah a nêklai un, khenkhatte chu nêk ding a pha ne nuamlo le a um zêl u'i. Ziate hi a nêk ding uh an/thei a h'em i bawl piak phatleh, a mit uh hîpthei ding ah bawl piak a pawimaw hi.

Nêk kitup lo a khawkdan:

Nêklehchâk a hi ding gualtak ah nêklut ahilo chun, taksa ahin natna chi chuam chuam a tut thei hi. Zia natna hi Chronic diseases a hi tângpi deu hi. Chronic diseases iti hin hun sawtpi apat ila nei, a huntak ah sukdamthei, lauumlo, ahinlah a huntak ah sukdam a hilo ziak ah thina ei tut thei natnate genna a hi. Nêklehchâk a hi ding gual ah nêklo ziak ah natna piangthei khenkhatte chu – Obesity, Diabetes, Cardiovascular natna, ha na/kamna, Cancer leh Osteoporosis tite a hi.

Guanggaltu:

*Pi Hoipakkim
CKNP Vaihawm Kikhawp,
K. Sharonphai, 2022*

KKP HUANG

Khristian Khanglai Pawl din a hina ziak

KKP Kikaihuaina Dan bu i et ahi chun KKP ah pang ding mite chu kum 14 ah kipat 40 tiang, pawl thiltupte pawm ah pang ut zosia ti a hi. I Kochuam ki etkawl dan i et kit a hi chun naupang chu a neulai, khua a hiatthei masang ah kipat in Pathian hiatna leh ama batna kawng ah khanglian ding ah lat thiantho leh tepte i la hi'u a hi. Zia lampi haw ding ah chu nu leh pa leh Kochuam in mawpuakna sang tak mai a nei hi. Tichun naupang hun khanglian chu kum 14 a hung hizaw in dan zokim ah lawplut a hung hi tai. Zia chu KKP member ding ah laklut thei kum le a hung hi a hi. KKP member a hina chun kum 40 tiang ti a hi ki ta. Zia huntiang ah Kochuam ah ginum tak ah hung kimangcha, hung seilian chu piting huntawk ma ma ta ah ngai hi ding a hi. Kochuam kivaipuakna piting ah mat phatchuam thei ma ma ta ding ah ngaithei a hi.

I bulpi uh, Mizoram Synod nuai ah Khristian Thalai Pawl (KTP) chungchang, mizoramsynod.org ah kimu i et a hi chun a introduction na in hiti hin a kizik hi *“Christian Youth Fellowship commonly known as KTP has been a platform to strengthen the youth’s, nurturing of youth for future leadership roles and pooling together of talents”* a kitia. A ban in *“As KTP is only a fellowship, it does not interfere in Church Court nor question the authority of any decision taken by the Synod”*, zia hi Kochuam kivaihawmna sang pen a hi. Zia a kipat hin, KKP dinmun ding chu kichian thei mai ding in ginchat a um hi.

Khristian Khanglai Pawl chu Kochuam kivaihawmna sangpen nuai ah bak pawimaw tak a hi zing lai in kivaihawmna kawng ah thuneina nei keilo, chulah pawimaw ma ma ziang a hi. A pawimawna chu puitu pha leh Kochuam kingakna kham ting hung kisiamdawna mun/pawl pawimaw tak a hi. Kochuam buchikuang tithei ahi- seedbed of the Church ti le hin gen khial khel pua hiti'u. Zia chu KKP din a hina ziak lianpen hi ngei in a.

Tv. Lianlalsiam, General Secy. KKP



SUNNA

UPA ZAMKHOKAM

(1947-1st April 2022)



Famta Upa Zamkhokam hi kum 1947 in Phaiba kua'n ala piang hi. (L) Thangzado leh (L) Hoitinchong te gil ah ga pawsal 9 leh numei 8 te lak ah a pathum na a hi.

1973 kum in Nk. Ngaineiniang tawh Phaiba kua'n kochuam dan tiangtho in Pastor Lamzakhai khut in ala kicheng ua, chanu pani a nei zaw un a zi'n ala beisan ah, 1981 kum in Nk. Dimtinniang tawh Rev. P Kapa khut in Phaiba EOC biakin ah Kochuam dan thiangtho in a kicheng ui.

Pathian malsawmna gil ah ga cha 8 a nei un, a tute pawsal 12 leh numei 6 a mu man hi.

Zilna lam in PUC-BA Ilyr churachandpur college in a zo hi. Sepna lam ahileh 1972-1975 kum in Evangelist teacher nâ S. Bualkawt kua'n ala sem a, 1976-88 sung Phaiba ME School ah Headmaster nâ a sem bawk hi. A sep sung in Kaihlam tang district puitu te leh standing committee te in ala kimangcha a hi. Kum 1989-1998 sung in World vision of India ah accountant leh 1997 in school inspector (EOC) na le ala tu khawm hi. 1999-2007 kum in head clerk cum office supervisor EOC office in a pension tiang a sem hi.

May 2022

2000 AD kum in New Lamka Kochuam phudaw ahia, Kochuam phutdawk tute lak in a pang hi. Kochuam din til a pat in panmun pawimaw tak tak vice chairman, secretary, finance leh treasurer te tu to in, Bial ah secretary leh puipate in ala pang hi. 14 Oct. 2012 ni'n New Lamka Kochuam Upa dingin Rev. K. Jama khut in ordination ala chang hi.

Mission ah a sepna pat a pension nung ah le, a theidan dan ah a kimat to zing lai in May 2021 apat in taksa hatlona hung nei pan in, Bial ah Elect Chairman leh Kochuam ah vice chairman a hi zinglai in Sept.2021 in lung cancer matdaw ah um in theitawp ah etkawl himaleh phachuam talo in 1st April 2022 ni'n a it a ngaicheng nusia in a kumtuang mun ding in eila chawldam san ta a hi.

02/04/2022 Inmun ah a luang damsia thakdawna Kochuam in program mat a hia, Rev. Nicky Lalremmawia Bialtu Pastor in thakdawna a nei hi.

02/04/2022, 11:00 AM New Lamka Kochuam Biakin vuina program ah Rev. Lalremliana Colney Lamka South Presbytery Moderator in thugenna nei in, New Lamka Kochuam lapawl nagithak a hia, Upa S. Genmuanlal Lamka South Presbytery Secretary(Sr.) in pauchapna a nei hi.

Thân mun ah Rev. Thiinginlim i/c S. Munnuam Pastor Bial in vuina a nei hi.

Report Petu,

*Upa Thianneilam
Secretary
New Lamka Kochuam*