



CHINGMEI PASTOR QUARTERS KÊKLETNA NASEPNA
CHIATHA ZING LAI

To.

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Manipur, India



ESTD. MARCH 2008
SEPTEMBER 2021

Hinna Vâk

AN ORGAN OF THE MIZORAM PRESBYTERIAN CHURCH SYNOD, MANIPUR AREA



DEPRESSION & A DAMDAWI (MENTAL HEALTH)

- Khristian Sungkuan
- Pa te Mawpuakna
- Lallukhuk mu ding in
- Pathian Biak



September Tha Beigual Hi

Beigual ti kampau hi Sappau ah Crusade hi tawh kibang gual ah mat sek a hi. A hung kipat dan Rev. Saiaithanga chun, kum 1918 vel ah kochuam ah halna 1-veina hung dâi, thawm a thip ma ma lai ah kochuam kichawhalna ding leh gingthak lâkna ding ah patdaw a hi dan a la gen hi. Zia dungzui ah chun September tha bullam sia ahin gingtute lak ah kichawhalna lam buaipi in, thatawp lam sia hi gam lakna'n a la mang sek u'i. Beigual chuh Synod in lawk ah a hiat ziakin a bawl dan phapen ding ah a ngai chu a hung chiapi to zel ah, tu ah i mat dan uh hi a hi tai.

Malai ah chun, veng sung ah gingo mi le um a hi ziakin gingthak lakna hun lemchang tak le a suak sek a, kochuam hal zaw deu hin kochuam ngûi zaw deu ah a hiat te bang va beigual khumin a la kisuhâtua sek u'i. Tuhin gingtute chun thupi khat zilin khristian sungkuan chawtna lemchang ah te mangin kochuam intin chawtsuakna ah mang i tam ma mau ah, a hawi chiat in a lang hi.

September beigual hi umlo taleh! Kochuam chun kumtung in Biak In kikhawp pangai hi nei hi tin, sungkuan kitawtua suaklo ah ki-unauna bang le a tasam thei maithei. Thupi i zil teu hi duthusam gual takin i kizilsak thiamlo a hi inle Lal Jesu min ah kipawlkhawmna i mat sek u hi, a diak ah sungkuan tawsuak zawng ah i bawl uh haw hin kochuam chu kochuam a suaksak bik in a lang hi. Beigual tha lawk tak ah mang thei dingin Lalpan a kochuam te mal hung sawm ta hen!



KOCHUAM HUANG

Sunday School Committee Meeting

August 12, 2021 Ningani 11:00 A.M. in Thangkai & Lungpau Hall ah meeting 5-veina nei a hi. Tukum 2021 kumtawp exam hi nei ding ah ngai a hi ta, question le hawp hi ding a hi. Bialtin Secretary apat Sunday School Registration Form leh fee kha a submit nailo ten September thatawp masang ah submit ding ti a hi. Training chuam chuam hile hipi len boruak a hung phat chun nei thei ding ah ngai a hi.

S. Munnuam Pastor Quarters hawn thu

August 15, 2021 Pathianni 1:00 PM in S. Munnuam Pastor Bial, S. Munnuam ah Pastor Quarters thak hawn a hi. Rev. R. Lalmingsanga, Administrative Secretary in hawna a nei ah, Rev. S. Lama Vaiphei, Co-Ordinator in Pathian kiang ah latna a nei hi. Bial lam apat refreshment tui tak a hung siam uh nekhawm in lim tak ah hun

mat a hi. Hawn a hi tak tawh kitawnin Pastor Thianganlim, i/c S. Munnuam Pastor Bial leh a inkuan ten a lualut ngal u'i.

Chingmei Pastor Quarters extension

Chingmei ah um Evan. Lianboi Neitham in luana mun a hung lemchang talo phut ah, mun dang lua ding a kimu zawlo ziakin Pastor Quarters zawp belap a hi. Chingmei ah i kochuam te contactor feltak i la nei (Mr. Dhamen Tongbram s/o (L) Evan. Mangijao Chingmei kochuam founder) zalin tuhin na a chia hawi khawpmai ah, zaw pai ngal hi ding in a lang hi.

Finance Committee

Meeting 7-veina chu September 9, 2021 nin Administrative Secretary Office, Committee Room ah nei a hia, kum 2022-2023 Budget ding in ₹5,96,95,500 (Nuai zanga sawmkua leh guk singkua sangnga leh zanga) siam a hi. Chuleh, October tha thawlawm lakkhawm hun hi Presbytery kikhawmpi tawh a kituak ziakin Pathianni 3-veina (3rd Sunday) ah lakkhawm hi mai leh ti a hi bawh hi.

Hiŋŋa Vâk

Pathian thu zilte result

Pathian thu zilte examna result 2021 chu kipak um tak in a hung suak ah, zia gual te hi dawn a hi:

(a) Rev. Khaisonthang	M.Th.	A-
(b) Rev. Lalpiaklian	M.Th.	B+
(c) Mr. Lamgoulian Hatlei	BD.	B+
(d) Mr. Kailianson	BD.	A-

PATHIAN GAM THILPIAK REPORT (APRIL 2021-AUGUST 2021)

Budget Head	Budget 2021-2022)	Total
Pathian Gam	30,505,000	13,619,013
Anchangham	3,886,000	2,051,555
Gamthak	15,142,000	8,001,465
Semtu Chawpna	1,900,000	950,750
Sacrament	150,000	80,479
Sunday School	140,000	33,565
Kichenna	6,000	4,350
Damdawi In	55,000	30,494
Total	51,784,000	24,771,671

* Thasin ah mu zat chawgual :	₹	4,954,334
* Tha 12 (financial year) sungah mu ding kinep zat :	₹	59,452,010
* Budget phaklona zat :	₹	27,012,329
* Per DZK :	₹	1,996

Khristian Sungkuan

Pastor Khaisonthang Vaiphei

i/c Kawlhen Pastor Bial

Khristian sungkuan siam chiat ding chu gingtuten i thiltup leh duthusam uh pakhat a hia, i gam in a pawimaw dan i he chiat ua, malak ding dan le tamtak i hiatsau a hi. Khenkhatin pan nasakin i la tau ah, theitawp i sua zing lai un, a bul pat dingdan le helo leh haksa sa ma ma tamtak a ki-um thei bawk hi. Kuamasap a dingin Khristian sungkuan chungchang ah thil pawimaw diakte ziagual hin vak taklang hitiu.

Kipakna sangah thianthona

Khristian sungkuan ah chun taksa khawsak leh khawvel thilah lawtinna chuam chuam sangin thagaulam thilte leh thagaulam kikaihuaina ngai pawimaw masakpen ding a hi. Hun matdan te, sum laklut dan leh matdan te leh thiamzilna lam leh khawtang hinkhua ah le thagaulam hinkhua tawh kituak hawl masakpen ding a hi. Tulai hin sungkuan tinah a neupen ah kipat a lianpen tiangin a buaipiu chu kipakna leh limna a hi. I thilbawl leh ngaitua zosiau hi kipakna ei pethei dinga hisap ziaka i bawl leh ngaituau a hi. Khristian sungkuan ah chun kipakna sangah thianthona hawl masak

ding a hi. I ngaituana leh nasepteu chu Pathian mitmu ah thiangtho leh pawmtak hi phawt henla, kipakna leh limna a nunungin kawithei leu hin zia zosia chu piak belap hiding i hiu. Lawtinna leh kaisanna chuam chuam sangin thagaulam ah det takin kiphudet gaw phawt leuhin sungkuan limtak leh kihepitua tak siamdawk thei ding i hiu.

Sungkuan ah papen

Sungkuan tamtak a mumal theilo ziaku pakhat chu thuneina chawitu kichian umlo zia a hi. Bible in sungkuan ah thuneina leh vaihawmna kisuangsawn dingdan kichian

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takin ei hil ah. Pate chu insung ah thupukna siamtu leh thu vaitantu dingah Pathian guat a hiu. Ngaidan tamtak umsek maleh, thutawp siamtu pakhat a um ding a hi. Pate thu chia talo ah, chate dawidan danah kihei ziang sungkuan ahem, nute vaihawmna sungkuan a h'em chu Pathian dawidan a hi pua'i. Khrista chu kochuam luchang ahi gualin pate chu sungkuan luchang ahiu. Luchang hina tu zolo papen chun a zi leh chate a hepi ta pua'i tina ahi. Hepina taksapna sungkuan chu insung nuam ahi thei pua'i.

Naupangte

Bible in ei zilti danin, nu sungah kipat gitlona ah puksia sa piangvek ihu. Dawitelna i nei chiat ua, himaleh i dawitelna chu a zalen pua. Gitlona lam ah awnsa ah piang ihu ah, a phalam sang ah gitlo lam telzawk nawpna tawh piangkawm ihu. Chate hile hillo leh kaihuailo ah i kawi ahi chun, a phalam ah a kiheidaw sangun a phalo lam ah a tallut uh bailam zaw a hi. Naupang cha ahi lai ua kipat

thuhil, zilti leh lampi dika pui te hi a pawimaw takzet hi. Sia leh pha a hiat masang ua kipat a phalamah i puilut lo ua chun, a hung pitin phat ualeh ei thu hitalo ding a hi. Kochuam bel ding leh kochuam leh zilti na dik ngaisak dingin a neulai ua kipat i hilti u'i. Jesu Khrista ah hukdamna a chan ua, Ama zuitu ginum ahiu ah, a hindan leh nasep ua Pathian a lungawi theina dingin nuleh paten a khawhet thei masang ua kipatin i puihuai thei u'i.

Nupan kilungsiattua

Chate hepi leh ngaisak a pawimaw zing lai in, nupan khenkhatin insung khawsak ngaituana leh chate a ding gelnan amau teni kingaisak manlo in hinkhua a mang ua. A kikal ua hepina zosia chate a piau ah, amau kilungsiat talo, chaten a chalmat ziaka kikkenlo ham ham nupan le a um u'i. Chate chu ngaisak ding him himaleu i kawppiteu ngaisak masak chiat ding a hi. Khristian sungkuan dettak din theina dingin nupan kiphudet phawt a ngai hi. Nupan mumaltak leh dettak ah

kigawm a pawimaw hi. Nupan kikal ah kuama kigawlsak lo ding a hi, chate hi ziang leu le. Nu leh pa kilungsiattua leh kihotheitak kikalah seilian chate chu a thau a muang ah, thu a mang ua, a phalam ah kaihuai a bailam ma mau hi.

Thukhakna

Pawsal leh numei kichen ziak, thiltup leh duthusam chu Pathian lopina ding hi hen ti kawmah nupan ah kisiamte

chun tup leh ngim kitup tak neisa'n sungkuan ahung dindawk sek ua. Khristian sungkuan a hung siamdawk mai u'i. Vainung ah Khristian sungkuan pawimawna hung hedawk thakte a dingin le a bul pat hun chu tu hun hi a hi. Kinepna i neilo nungin le Pathian chu a beidawng pua, a mitmu in a kikhel nai pua'i. Pauchapna tawh titakzet ah pan la leuhin Khristian sungkuan din chiat thei nalai i hiu.

Nunglam Enlo hileng...

Kum 1954 May tha ah khan, Roger Bannister chu minute 4 sung ah mel khat tai zo thei masa pen a hung hitai. A thakit in, Australia mi John Landy kiti chun 1.4 seconds ah tawmzaw in zia record chu a hung khêntha ngal ziang ah. Ki-etthakna chu a lo theilo a hung hita, tichun August tha in gualsiak mi te ni chu Vancouver, Canada in a hung kitaitek tau a hi. A gual tawpna a hi phat in Bannister leh Landy te chu a kitaitek pi te'u masang lam tak in Landy makai in a tâi ua. A delpha ding kuama umlo ah, a zotu hi ngei dingin a kilang ah, ahinla, zawna khaugui a tun ding kuan in Landy chun Bannister in bang tiang ah ei delzui a hi em ti hiatnawpna ten ten a nei ziakin, a mung et leh, a kalsuan chu a mansua ah, zia kâl ah chun Bannister chun a hun taikhêl ah, zotu hina a hung la zaw ta mai a hi. Vaikhawnung in Landy chun, 'Kinunghei lo hileng, zia kitaidemna kha ka zaw sa a hi' a ti'i.

Hiṅṅa Vâk

Bible Study

Pa te Mawpuakna (Joshua 24:1-15)

~ *Pastor Malakia Lalnunfela*
i/c Mata Pastor Bial

Thumapui

Joshua 24:1-15 zilkhawm ding i hiu a, Pa dinmun zildaw tup ding i hiu. Pa pawimawna bep hilo in, i gam dinmun enkawm in, zildaw ding ah pha ah i hiat thei teu lakdaw gua ding i hiu. Pa dinmun hi gen khâk a hi ngei bek pua, i gen tamlo lawi tak uh chu hi ngei in a. Ei uh thingtangmi ten i mat sek uh thumal pakhat chu thâinêlo ti hi a hia, i hilchian dan uh vang a kibang pua'i. Thâinêlo kiti chu pawsal a hina ah ting zo lo, a zi leh chate â dingah le kingakna tâk hilo, insung vâi sutup zo lo tina a hi. Joshua hin vâng Pa hina tak chu a pawdawk a hi.

Zia tak Bible thu hi *Thuthung Siamthak Kitna* ti ah gên a hi sek a, Pathian tawh a mite kizawpmatna chungchang ah thuthung pawimaw tak siam a hi. Joshua chun Israel chaten dawitêlna dik tak a nei theina dingun thu pawimaw takmai a hil a, ama ngei chu ettawn thei dingin dawitêlna dik têtlu'n a pang ngal a hi.

Thuvaihak, thupiak le hi ngâl

24:14 Ziaziakchun, tuhin Lalpa lau dan thiam unla, titakzet leh dik tak in a na sêm

un; la pu leh pateu in Luipi gâl lam leh, Aigupta gam ah a na a sep piak uh pathiante kha paitha sik sek unla, Lalpa na bep sem tau in.

Joshua'n Israel chate chu a umdan lui zosia'u kha nusia vek dingin a hil a, thupiak pawimaw tak a hi. "Paitha sik sek unla" ti hi imperative verb a hia, zia chu bawl ngei ngei ding thil genna a hi. Gen ah hun ziang thu a hi pua, chialna le a hi diak pua, zawp ngei ngei ding thupiak genna a hi. Pathian in Abraham a kodaw

masang ah khan pathian chi chuam chuam a la ho sek ua; Luipi gâl lam ah a ho sek uh pathian chu Aigupta gam ah a la ho sek uh pathian genna a hi.

24:15 *Tuhin, Lalpa nasep ding chu nuam lo la hiu leh, tuni ma ma hin kua pen na sem ding la hiu em, la pu leh pateu in Luipi gâl lam ah pathiante na a la sep piak uh kha a hi em; ahiloleh, la luanau gam ah Amorte pathiante a hi zaw diam, ti têt ngal un.*

LALPA: LALPA ti hi A UMZINGPA Pathian genna a hi. Um pat hun neilo, ama ah um, mun zosia um, bangkim hia, bangkim bawltu leh siamtu, Pathian Chungnungpen genna a hi. A UMZINGPA Pathian na chu sem ding a hiu em, ahiloleh pathian dangte na sem zaw ding ti chu chian takah têt dingin Joshua'n Israel mipite chu a naw a hi. Pathian chu Pathian thiangtho leh thikthusia a hi.

Luipi gâl ah pathian/ Amorte pathian: Zia pathian te hi Baal ti ah gen a hi sek u'i. Baal pathian ho chu A

Umzingpa Pathian ho tawh a kibang paw khawpmai hi. Hindan zosia hi a pawmzam ziang thei a, bang hilehle a huailut ziang thei a, chi phatna pathian le a um nalai hi. A temple ua nawchizuak te a um ua, sum leh pâi lêpgûkna chitin le a kithâwl vek ziang a hi.

Tulai khawvel ah hin baal pathian ho tawh kibang thei hial khawp ding ah sakhaw mi hina a hung um ta a bang hi. Hindan mawng kitup tak neilo, thil zosia pawmzam ziang thei lungthim, gitlona ngâimaw kêilo ti te hi thil um thei tak a hi. Secularism a hung kithang ta ma ma a, sakhua zosia kibang vek ah ngaina hin thildang dang le a hung khawikha thei a; Khristian hi chu a danglam chuamna umlo ah ngaina te, danglamna leh chungnun zawkna chuam mu ding him umlo ah hinkhua mat ziangna te hin i gam uh hi a hung sim pan pan ta a hi. Ziagual chu a min ah Khristian, hilehle baal ho te gual ah bangkim pawmzam vek ziang thei hinkhua chu a hi.

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Thuvaitḥak lopi

“Kei leh ka Inkuanten vang Lalpa na bep sem ing kau”

Joshua thugen hi tulai ah i mamaw tak uh chu a hi. Joshua chun a hunlai dinmun kha hethiam ma ma ngei in a; A UMZINGPA Pathian betu te dinmun ding, dikna a phût dante, ginumna, felna leh phatna a dawî dante, milim pathian biakna ningsiat um tak a huat dan te kha hechian ngei in a. Pathian thiangtho leh thikthuse tak a hina a hiatchian gual chet in, a lopi zia le muchian ma ma hi ngei ding a hi. Bangkim chān ngam in a zui a, ama leh a Inkuanten Lalpa na bep sem ding a hi dan uh a gēlang hi.

Kei leh ka inkuanten: Pau dang ah thu kiziak dan gual lo deu in, Hebrai pau ah thuziak dan ah chun a pawimaw maw hi a ziak masa sek u’i. Joshua thugen ah hinle ama (“Kei”) ti chu a masa pen in a pang hi. Zia chun a kawḥ chu Lalpa na sem dingah chun “kei kipan masa pen ing ka tin, ka inkuante’n ei zui ding a hui” tina hi mai

in a. Pa pawimawna hung kilang chu Joshua hin ama leh a inkuante’n Lalpa na a sepna ding ua hin a kipandawḥ masapen chu ama (insung pa pen) a hi.

Bangziak In ‘Em Pa Pen Khel Khel

Ei uh thingtangmite insung ah chun pa pen hi a vaihawmtu, a thuneitu pen a hia, pa’n bawl ding a ti chu a zi leh chate’n a zui sek ua, pa’n a ngaikhawḥna lam lam ah chun insungkuan chu a âwn ziang sek a hi. Insung ah thu kigen leh thil kibawl tam pen te chu chate’n a hung zil uh, a hung sutzawm zel uh a hi ta sek hi; zia hi a dik chetlo inle 80% chu vang dik ngei in a. Sum ngâina mi i hi ah, khut tinglo ah sum huailut khawḥsa lo i hi chun i chate’n le ziagual thil hung bawl ding chu khawḥsa lo ding a hui. Kochuam ngaisang ah, kochuam tukchak mi chate chun Kochuam hina tak chu a hung hethiam deu tēi sek u’i. Zu bangmalo ah ngâi chun, zu phatlo zia a chate hil thei pua’n a. I lungthim put dan hin naupangte nasa tak ah kaihuai sek a hi ziak in Pa te hin

mawpuakna lian tak i nei uh a hi. Khristian Inkuan din ding ah chun i pawimaw takzet uh a hi.

I gam uh damna ding hi insung apat kibulphu a pawimaw ma ma ah, zia ding ah chun Pa te'n pan i lak uh a ngâi hi. Aizawl Veng pakhat ah elementary naupang pakhat chu a pa nasep (occupation) a dawt ua leh "Ka pa chu KKP a hi" ti in a dawnhu a. Zia naupang hin a pa'n nek hawlna ding ah a sep chu KKP a hi ti thei khawp hial in a pa nasepna chu a musang ah; a chanu

hin Pathian nasep pawimaw zia chu a pa hinkhua apat in muchian ma ma ngei in a. Pa te hi vak kingaitua leuhin; i zi te, i chate hin Pastor i hi em, Upa i hi em, piangthak i hina teu hi a muchian na diam uh?

I thuzil ua hin Joshua chun Lalpa na sep ding chu a têt ah, zia dingah chun a insung mite a kaihuai a hi. Pawsal a hi ziang pua, pa mawpuakna a sempiting a, tichun, a insung mite'n a zui uh a hi. I insung chiat uh kaihuai thei ding in pan la thak chiat hitiu.

Thumawp hawitak

Khangdawng Bible zillai pakhat hin, Bible chang khenkhat a hiatthiamlo leh a lungkhampi ma ma ziang a nei thu gen ding in Spurgeon kiang in a hung ah.

English thugentu lopi ma ma pa chun hiti hin a la dawnhu hi.

'Tangval, thumawp neucha khat piak ei phal in.

Thil la hiatthiamlo khenkhat hi Pathian in a hia'i ti gingcha'n.'
ti in.

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Bible Study

Liangvaite Gualpha – Lal Jesu (Luka 4:16-19)

*~ P/P Khuplemlal
Lamka Pastor Bial*

Ehanchinpha Luka zia k bung 3na tawp lam leh bung 4 na hin, I Lalpau Jesu gamthip ah thep ah a um zaw ah, a seiletna khua Nazareth ah, sabatni Synagogue ah Lekhabu zial a sim thu i mu thei ah, Lal Jesu chu gamthip ah thep ah a um zaw nung in, Pathian gam chanchin gen in hun a mang ah. Ama seiletna khua ngei Nazareth ah chun, Liangvaite kiang ah chanchinpha, gen ding ah guat a hi thu leh, guat ah a um zia kah Lalpa Thagau a chungah a um thu a gen hi.

Ama chu saltangte kiang ah pawtdawna thu leh, mitthum ten mitvakna a nei kitna ding uh leh, tawden ah umte thadawk ding ah, Lalpa lungdam kum thu puang dingah hung a hi dan, Jawlnei Isai lekhabu zial mang in a hung sulang ah. Maleh a seiletna khawten dawilo in khua kipat in a nawdawk tau ti i mu a hi.

Lal Jesu liangvaite gualpha a hi zia a nasepna hin i mu thei

Lal Jesu chun, nawdaw a hi kipat in, liangvaite gualpha a hi zia sulang ngal a hi ti bung 4, chang tawpna lam ah chun i mu thei ah. Nazareth ah nawdaw a

hi zaw in Capernaum khua'n a chia ah, zia tak ah chun Liangvaite gualpha a hi zia chu a takin a sulang a. Capernaum khua ah chun thithabuak in a sukbuai mi pakhat leh Simon talpinu khawsik chu a sudam a. Tichun phâkte, zengte sudam in hun a mang a hi.

Sepai hotu suak sudam in, Nain khua methainu chapa thisa chu kaitho in, numei thiput te sudam in, Jaira chanu thisa kaitho in, a nungzuite hinna, nek leh chak, sil leh chen zia k ah lungkhamte chu, lungkham lo dingin a hil a, mipi ama hung zuitute, gilkiat

leh dangchak te chu a nek ding uh a pia a hi.

Zia hunlai ah Judate khawtang leh society ah mun lailung chang zolo, a kisimnau ah le a simkhawm lo uh leh ngaisak changpha lote kha Lal Jesu'n a ngaisak a, Marka 10:14. "Naupangte a kiangah hung sak un" Luka 8: 1ff ah chun numeite natiang kha ama zui in Pathian nasepna khan a vakkhawm uh a hi thu i mu thei a hi.

A pian lim in mi nuainung te batphak ding leh muphak ding in gan ankuang in a piang ah, a pian thu chu mi nuainung leh mun lailung changzolo belampute kiang ah tangsap a hia. Zia chu belampu te leh mi zosia â ding ah chanchin kipak um, a lungngainau leh i lungngainau apat thamuanna dawi um pen a hi.

A thi ding kuan in a nu thamuantu ding neilo liangvai tak ah um chu a thamuan ah, sualna ziak ah lungngai leh liangvai ah thi ding lau ma ma, misual a kiangah kikhêndênte lak ah khat chu thamuang tak ah a thi theina ding in a thamuan a hi kha.

Thina zo ah a thaw kit nung in, khawvel a nutsia ding kuan in le Lal Jesu chun a nungzuite liangvai leh thavai tak ah a um ding uh kha a hiat ziak in, thamuang tak ah um ding in a vaithak a hi.

Lal Jesu, zia khawvel ah a hung kha van gam i kai theina ding bep uh hilo in, khawvel ah midang ten ama zâl ah thamuanna leh kipakna a nei theina ding uh leh, liangvaite haw'n gualpha thamuana, i nei theina ding uh hi le a hi ti hi i hiat thak uh a pawimaw hi.

Lal Jesu chu zia khawvel ah a lenlai khan, gikial te, damlote, natna neite, mithite beidawngte, khawvel ah nat theina zosia ah nate â ding ah gualpha ahia; liangvaite â ding ah thamuanna, kipakna, damna, limna, lungmuanna leh lungawina a la hi a hi.

Tuni tiang ahin Lal Jesu chu liangvaite gualpha a hi zing hi

Tulai i khawvel uh natpi ziak ah i beidawnnau apat ahin le gualpha a hi zia hi hemil pua'i tiu. Sil leh chen, nek leh

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chak, damlona leh haksatna zia ah i beidawn niu ah le gualpha umsun chu Liangvaite Gualpha Lal Jesu chauh hi a hi.

I insung, i khawtang, i kochuam leh mimaltin te hi chu i bei uh a dawng sek hilo maw? Khawvel ah natna, buaina haksatna zat chuam chuam a hung tun hun ah hin, lau leh kithing in i um sek ua, i bei uh a dawn bâk in, bang a kiti dia aw, bangtin sum leh pai kihawl in, bangtin a kikhawsa ta dia aw i ti sek uh hilo maw? Thina te, natnaten ei hung bawm ah, lungngâi leh liangvai in thamuantu ding i hawl sek uh hilo maw?

Khenkhat te chu khawvel i en a, i insung buainate, gâl leh kido thuthangte, linlingte, tuilet te, khawvel ah natna zat chuam chuamte, kitha kimat leh buaina zat chuam chuamte i hiat ua, i mu phat uh leh, lâu in i bei uh a dawng ah, i liangvai sek uh hilo maw? Bang zia ah hi diam? Lal Jesu lam i et lo zia ah hi?

Peter ngei kha le lal Jesu en kawm ah tui ah a chia lai

ah khan lau ding a he pua, tuichung ah khan a chia thei mai a hi kha. Maleh Lal Jesu en lo ah tui a et phat in, tuifawn kinawk a mu in a lâu ah, a tum mang gaw mai ahi kha, nang leh kei le zia khawvel ah i um hun sung ua hin Lal Jesu lam enlo ah khawvel ah thil tungte i et a hi chun i lâu ding him uh a hi. I buai un i liangvai ding him uh a hi. Lal Jesu chauh en hitiu.

I Bible in ei gen chu Lal Jesu chu zani, tuni leh zing ah le danglam ngailo ti a hi. Ama Liangvaite Gualpha Lal Jesu ah chun mu thei ding tam tak a um hi. Ama chu i et zing chun, ama ah chun, Thina thân khûk thim apat in thawkitna i mu thei a, gentheina khûk apat in hausakna i mu thei a, damlona, natna ah kipat in damna i mu thei a, beidawnna kipat in thamuanna leh, lungngaina kipat in kipakna i mu thei ah, gitlona, سوالنا kipat in سوال ngaidamna i mu thei a, i liangvaina apat in lungmuanna i mu thei a hi.

Zia zia chun kum 1900 vâl a la chia ta ah Liangvaite

Gualpha Lal Jesu chu miten a liangvainau apat thamuanna leh damna muna'n a la mat gual un, ei un le ama kipat ah damna thamuana i nei theina ding un, Liangvaite Gualpha Lal Jesu kiangah chia hitiu in, ama lam en zing hitiu.

Lal Jesu Liangvaite Gualpha zia hi kâi hitiu

Liangvaite Gualpha Lal Jesu zuitu gingtu kitite hi liangvaite gualpha i hinau em ti hi, ki-etchian uh a pawimaw khawpmai hilo maw? Lal Jesu i zuipau zia hi i kâi nau em ti hi i ki-etchian uh a hun ta hilo maw?

I khua, i veng, i kochuam leh i insung uh â ding in gualpha, liangvaite gualpha hi gua'i tiu: Lal Jesu zia hi kâi gua'i tiu?

Khawsung vaihawmtute, Village Authority, YVA, Kochuam puitute leh zillai lam hi ta henla, a VPC lam natiang ah hin i kigel thak uh a ngai hilo maw ka ti nuam a hi.

Khawsung leh i nam leh i gam, i khawtang ah i vaihawm danteu hi, mi dangte â ding

ah lungngaina leh liangvaina tuttu hi kha'i tiu ti hi a lau um khawpmai. Vaihawmtu dinmun ah ding i hi ziak ah, a vaihawmtu pen i hi ziak ah mani dawidan a hi nak phawtleh ti ah, i khua leh tui te a damna diam ti ngaitua lo ah vaihawm i hi khâk ding uh hi a lau um a hi.

Khawsung nu leh pa, nungak, tangval, a lian, a neu te haw hin Lal Jesu zia (Liangvaite Gualpha) hi i nei lo uh a hi chun, i insak i in thang, i kochuam i khawtang â ding ah nawksak leh subuaitu, lungngaina tuntu leh beidawna tuntu a kihi thei hi.

Ahinla, Liangvaite Gualpha Lal Jesu zia hi i nei uh a hi chun i gam, i kochuam leh i khawtang zia sang ahin hung nuam zaw'n tin, lim leh kipak takin zia khawvel, i chennau, i khua'u ngei ahin, van gam chu teplawk thei ding i hiu.

Ziak ah chun, *Aw Pathian keima ahin thinlung thiangtho siam inla, ka sung ahin thagau thak leh dik kawi ta'n, la kiangah kipat ei paidawk kin*

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la, la thagau thiangtho hi ei lakpiak kin, la hukdamna limna chu ei pia kit in la, la thumang zing thei ding in ei vawp in. (Sam 51: 10-12) ti ah, Sam phuak tu Lal David in a gen gual leh Liangvaite Gualpha i Lalpau Jesu'n (Matthai 11: 28-29) Nanghaw semgim leh puakgik paw zosia te haw, ka kiangah hung un, keiman a la chawldamsak ingka, ka ngawngkawhl hung puau in la, ka kiang in zil un, Lungthim ah nunnem leh kingaitawm ka hi, tichun la thagau â ding un chawldamna mun lau, a ti gual in, Liangvaite Gualpha Lal Jesu kiang in liangvaite gualpha hi dan dik tak zil thak ding in, Lal Jesu lam en in, ama kiang lam in chia hitiu.

Bible lamdanna...

- ☞ A hung kisiamdaw dan lamdang tak mai hi — a khan dan - kuama hiatdaw thei hilo.
- ☞ A kizawpmatna lamdang — lekhabu chuam chuam 66 kichawmkhawm, lekhabu pakhat hi kit ngâl.
- ☞ A kum lamdang — lekhabu zosia lak ah kumlui pen.
- ☞ A kizawk daw dan lamdang — lekhabu kizuakdawkwampen hi zing.
- ☞ A lunglut umna ah lamdang — khawvel ah lekhabu zosia lak ah mite ngaisak law pen a hi, mi chitin in a sim uh umsun a hi.
- ☞ A paumal ah lamdang — a tam zawpi hi mi lekha thiamlo te zik a hia, himaleh, pau lampang ah thil ah chun lekhabu (*literature*) pha pen a hi.
- ☞ A kihumbit dan ah lamdang — lekhabu zosia lak ah dodâltu hau pen himaleh, tuni tiang a hin a mangthai pua'i.

Pathian Biak

~ Pastor Lalpiaklian

i/c D. Khawzim Pastor Bial

Igam ah haksatna namenlo, mang lam ah le mu ding ah daw
umlo tak mai chu a tak tak in i maitua tau ah. A khang ah le
khang vangsia a kihi dia aw ... ti vung vung châng tam tak in
i nei uh ginchak a um hi; a diak takin Khanglai tamtak ten zia
dawtna leh ngaituana i nei uh ginchak a um hi. A ziak chu natna
hileng, namkhat leh namkhat buaina, nidang ah gamlapi ah um
ten a la thawk uh i insung ngei ua hung tung ta hin ngaituana leh
khawsakna a subuai ma ma ta a hi.

I nisin hinkhua mat dan uh
nidang gual ah mat kit ding
ti kinepna nei hi mihiamte
hiatthiam phak di gual a hi
pua, kinep um ding a hi diam
tile hiatthiam haksa ma ma in
a hung kilang ta. Pathian zâl
in nei thei kit ding in kinem
phawt ta le'n. Khawvel hi chu
tu dinmun et in siatna lam leh
buaina lam manaw i bang tadi
u'i.

Sakhuana hita henla khaw-
tang hindan kisan danglamna
hin thil zosia hi ni danglai a
chansak zota a hi. I Pathian
biak dan teu, kawng bangkim
ah i hinkhua sakhaw thil ah hi
leh taksa khawsakna dan et inle
kawng bangkim in kiakniamna

lam zuan i hi tadiam uh aw a ti
thei ta a hi.

Zia hun haksa tak i maitua
zing lai ua hin, a bik tak in i
Pathian biaknau hi nasa tak
in i keniam u'i ti i kipawm
chiat u'i. Pathian biakna chu
bang gual hi a hi em leh? Ti
in vak kidawng ta leuhin.
Mi tam tak ten Pathian
biakbuk ah kikhawpkhawm
theilo hi suanlam ah nei in
gamlapi i tung gam tau a hi.
Pathian biakna chu Biak In
ah kikhawpkhawm bep a hilo
dan i hun tuak zing uhin a
hilchian ma ma a hi. Zia ziak
a chun, i nasepna mun ah te,
eima insung ah te, cha leh nau,
nu leh pa kâl ah te, leh insak

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inthang, khawsung vengsung ah te ginum ah a thuzawp ah mite â ding ah malzawl̄na i hi ua, na pha sepna ah te mang leuhin i Pathian biakna diktak chu hung hi ding a hi. Zia haw zosia sem bukim leh supiting ding ah chun i mimal mawpuaknau a hi ti kawm ah Kochuamte'n mawpuakna a la in i umnau chiat ah semdawk leh hi dan hi geldaw thak ah, semdawk thak kit ding in panlak hi a kul takzet a hi.

Joshua 24:15 ah i mu gual un “Kei leh ka inkuan ten vang Lalpa na bep sem ing kau” Zia tak ahin midang ten bangma bawl lo leh Pathian belo maleu kei un vang Lalpa na bep sem di ti in a giumna a sulang hi. Eima mimal Inkuan leh mimal tin ten kingaikhawk ah Lalpa nasem ding in pan la thak din aw ti in kipan hitiu. I gam leh i kochuam teu i vak et uh a hi chun kikhawp̄lo zia in kochuam mi tamtak gamlapi'n i petmang tau hi. Zia hin a etsak chu ginna leh nasep ah i pitinlo ziau a kilang hi. Kum zakhat val veng veng Khristianna zuitu i hi tau ah

maleh nausen butak ne nailo nawitui ah chawp naklai gual ah kaihuai ngai nalai i bang nalai u'i. I khristiannau kumzat et in tuban kum bang h'em zat vel kikhawmlo leh buaina tuak leuhin le pukse nailo ding ah ginum leh dettak ah pangthei nalai ding ah kilawm i hui. Zia mai chu hilo in i hung kikhawp̄lo ua a hi chun lemchang ah la in kigensiatnate leh Kochuam puitute demna in i mang zaw nalai set u'i. Tu dinmun et in khawitak ah um ta ti leh i tunnau le kihe zo talo tampi i um zing u'i ti hi hetmil guallo a hi. Zia hun lai tak hi a taktak ah Pathian chate i hina'u suklat hun hilo ding a hi diam? ti hi dawtna pawimaw tak chu a hung hi tai. Nasep leh thutak ah a kilangdawk ding ah Pathian Biakna nasepna hun pawimaw tak chu a hi tai. I veng sung leh khawsung teu i et ahileh Lockdown limlai ah khan insung maicham siamah khuang git leh pauchap thawm hiat ding a tam ma ma hi. Tuhin vang hiat ding a tawm deu ta a bang hi. Biak In ah kikhawp̄na nei thei hun bep ah Pathian bia

leh Pathian nasem ah i kingai uh a hi chun, bawlkhial ma ma ding i hiu. Mathai 4:1-11. I et a hi chun Jesu ni sawmli leh zan sawmli thep in a um hi ti i mu thei u'i. Zia a hun haksa tak hi ginum leh titakzet in thepna a do ah, thagau in a panpi ah, a zo ngei hi. Hun haksa tak i pal zing lai ua hin Lalpa â ding ah maicham siam ah, ginum ding chu haksa ma ma maithei a hi.

Jesu gamthip ah sun sawmli leh zan sawmli a um ah khan Pathian lopina a sulang ah, thepzaw in a um puai. Joseph, Potiphar zi ang ah a ginumna khan Pathian lopi zia a sulang

a hi kha (Thl.39:1-23). Zia a chung ah thil pani tun hun hi a pawl ah ahiloleh mi tam tak te umkhawmna ah thil tung a hi puai. Ginumna leh sekдона in Pathian a biau ah, Lalpan mal a zawl mai a hi. Ziagual ah chun tu i dinnau mun ahin sekdo leh titak takna tawh Pathian i biak uh a hi chun Lalpa'n ei sudam intin, i gam un ga hun sua kit intin, dam kit ding i hiu ti i kinem uh a hi. Thutak ah kâwnggâk ah, sekdo ding in Kochuam ten theipatawp in i umnau chiat in panla in, zia hun haksa hi maitua ah pal gâlkâi din kisathak in chia zel hitiu.

Thudik Pawimawna

Bertrand Russell chun Hitler in Khawvel Kidopi II-na ah a guallel ziak ziagual hin a gen sek hi:

“Hitler chun a dinmun uh hawitak ah a hiatchian lo ziak a hi pen hi. Thusia hun pawte kha gawt a hi sek ua. Tichun kuama'n thutak a hil ngam tapua'u ah, thutak a hiatlo ziak in malakna kitup leh dik a um thei tapua, tichun, a gâlthe chu a do zo talo a hi” ti in.

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Sermon

LALLUKHUK MU DING IN

~ Upa Pauzalel
New Lamka

Chângtêl: 2 Timothy 4:6-8

Kei vang tu 'nle a kipia ka hi tai, ka pawtdaw phat ei tai. Kidemna pha chuka zo tan, kidemna 'ka taina chu ka mualsua ta 'n, ginna chu ka vawp zing ta a hi. Tuhin chu dikna lallukhuk chu kei â ding in koi in a um ta 'n, zia chu Lalpa a ngaituapa diktak chun, zia ni chun ei pia 'n a. Kei kiang bep ah hilo in, a kilâkna ngakte kiangah tawh.

Gualsiak kidemna ah pang mi chu bangkim in a kithunun sek un; amau chun lallukhuk sethei mu dingin a bawl un, ei haw 'n vang a setheilo mu dingin i pang uh a hi. 1Kor.9:25

Revised Version lam ah chun 'kidona pha chu ka do zota'n' ti ah zik a hi. Bung 2:4,5 lam ah chun sepai pha tak gual ah dotu leh kidemna ah dan gual ah hitu hi ding in Timothy a fui ah Chang 6 ah chun lo neitu sêmgim tak gual in a tekhin a hi. Gingu hinhua hih kidona hinhua a hi.

Khawvel hi kidona mun a hia, leichung um ma a khan kidona lopi Vân Kidona a la um ta. Mikael leh Vân sepaite'n Dragon a do ua Dragon inle a sepaite tawh a do thuk a, a zo pua, amau â ding ah Vân ah umna ding mun

a um taklo zia in Setan kiti Khawvel ah mi zosia thempa, thina tuntú chu lei lam in a nawtha tau ah. Kidona chu lei lam ah chawnthak a hi ta a hi. (Isai 14:11-21; Ezk. 28:12-19; Thup. 12:7-9)

Setan thangtawm ma ma chun ei suantute Adam leh Evi, Eden huan ah thamuang takah um pan pan chu a vathêm a, tuni tiang in sia leh pha kikâl ah kidona chun tawpni a nei tapua, a khawkwaw deu deu a hi. (Gen 3:1-6)

Paul hinhua masa kha Setan matchak, Khristian te dodâltu, sugentheitu, suangkul

ah khumtu a hi. Damaska dâi kiang ah khan Lalpa tawh a kituak phat un, Jesu sugentheitu, ama ziak ah thi, a damna a hi a hun hedawk a. A lungthim a hung vak a, mi thak, mi lamdang a hung hita. A thisik ah thi thokit pa â ding in a hing ta, Jesu hepina chun kidona phual in a puilut a hi.

Rom suangkul in AD 66-67 in a tang kit a. A kum le a upa ta, thiamlo chansak ah umte gual tho in suangkul thim pen sung ah kawi in a um a. A nasepna ah kipat chawldam pai ta ding a hi a kihia ta. Timothy lekha a thawt a, Timothy thawtnina hi Paul lekhathawt nunung pen a hi. Mithi di kuan thugen a hia, i ngaitua veng veng leh thasiat a um a hi. Suangkul thim sungah kinepna di um talo in hitia hin a ziak a, “Kei vang tu’nle a kipia ka hi tai, ka pawtdaw phat ei tai”, “Ka taksa hi nusia vak di kei tai” a tina a hi.

Paul leh Peter hin zia thu a hin kibatna a nei ua. Peter in le ka phokbawk ka nutsia hun tung pai ta ding a hi a tia (2Peter 1:14)

2Tim.4:7- “Kidemna pha chu ka zo ta’n, kidemna ka taina chu ka tai mualsua ta’n, ginna chu ka vawp zing ta a hi” ti’in.

Paul in kidemna a taina a mualsua hi Nasepte 9:15,16 ah I mu gual un, Lalpa â dingah gentheina thawkna tincheng thuak mualsua ah chanchinpha a puan hih a hi ti a kilang hi.

Phillipi mite kiang in “Suapite haw, a changzo ta gual in ka kingai pua’n, a hinla zia thil pakhat hi ka hi sek hi, Nung lam ah thil umte chu hemil in, malam ah thil umte chu ka del ham ham a hi. Khrista Jesu ah vâ lam ah i Pathian kona sang tak kipakman chu mu ding in kung lam chu ka del ham ham a hi a tia. Eimau ding ah le zia hi a poimaw pen chu a hi. (Phil 3:13,14) Paul in nungram ah thil umte a ti hi, Phil 3:4-6 ah ni dang ah a la suan sek (1) Nigiat ni zektan (2) Israel suan ah mi (3) Benjamin nam (4) Hebrai lak ah Hebrai (5) Dan lam ah Pharisai (6) Phatchuamngaina lam ah Kochuamte sududatu. Pianthakna lungthim chu a chapo pua, a kisatheipua, a

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nunnem a, a thunuaigawl a, a kingaitawm sek hi.

Malam ah thil umte a ti hi Ginna zia ah thiamchanna lam kha hilo in, thiamchan nung ah Khrista â dingah kidona pha a tai mualsua nungah, kipakman lallukhuk mu ding chu a hi. Ginna mi piting a hi zia in ginna ma'n a mulawk a hi.

A leh tuni ei uh bang gual? Kidona lampi chu i haw nau em? Kidona pha chu do in i kihe nau em? Ka tai mualsua tai i ti thei tau em? Mi dang enlo in eima chiat ki-enchian hitiu.

Gingtu nasemtu khenkhat chu, phatchuamngai takah kunglam del ah tai nawm nawm sang in, i seppite, i Upatpite tai dan sawisel bep bep in i um sek ua, keima tai dan banggual a h'em ti ki-enchian samlo in. Endiktu ah guat hi leuhing kilawm tak in i um sek ua, i pau daw ah mi i nawtkhak po leh gualzo leh a pha gual in i kingai sek ua. Hethiam leuhing thagau lam ah guallelna pen a hi.

Kidona Kitaisiakna

Atalanta kiti nungak melpha tai hat ma ma ziang a um a. A pa'n a kisanpi ma ma ziang ah, "Ka chanu kitaidempi ah a taikhêl zo a um leh a zi ding in pia'ng ka" ti'n thu a than vel a.

Mi haus a leh mi thupite chate haw chun a melphat bêk zia in a kitaidempi sek ua, a taikhelzo a um puau hi.

Mi chaga tangval khat hin kitaidempi a nuam a, a tai mau in thiampu kiang in a chia a, thil umdan chu a hetsak a. Thiampu chun thil lûm hawi tak tak leh mit la tak hi a la pia. La del phaklo di phatleh zia thil lûm hi lam pâm in pakhat khat in pai inla, a la dingah a pet sung in tai nawm nawm lechun zo thei mai inla ti'n thiampu chun tangval chu a hil a. A kitaidem di niu chu a tung ta, a tai ta ngei ua. Nungak chu a del phaklo di phat leh thil lûm mit la takmai chu tangval chun a vak pai zeuh sek a, nungaknu mit chu a la ma ma ziang a. La ding ah a pet sung leh a et sung ah chun tangval chu kunglam zuan in a tai nawm nawm ah,

a tawp ah chun kuama lawdaw
zawlo nungak melpha takmai
chu a zi dingin a lawdawk ta
a hi.

Tulai ah kitaitetna pang
tam tak chu Atalanta gual
i hui a, a tîl in tai hat ma ma
leuhing le khawvel pak hawi,
mit la tak takte, lopina lemte,
sum ngainatnate, chaponate,
kamtamnate, gensiatnate,
itsiknate, ei mai dik kisaknate,
ki-etlanate, lamsik in a la
interview sau sau sek ziakun
i bâng malam sek ua, “Kidona
pha chu ka do zota’n, kitaitetna
pha chu ka mualsua tai”, i ti
thei seklo uh a hi.

Unaute haw Paul leh tangval
chaga pa gual a hin Pathian
chate kitaisiakna ah hin, ei

un le nunglam ah thil umte
chu hemil hitiu un malam ah
kipakman lopi tak - Lallukhuk
um chu del hitiu. I tai la ua ei
tai hat sak theilo ei sugiktu,
eimau ah bek zing gitlonate
chu kawimang hitiu in, sak
leh thang ah pet lumlet lo in,
Jesu lam en zing in, Ginna chu
vawp zing in kunglam chu del
in tai nawm nawm hitiu.

Lalpa’n ama â dingah gin um
takah bangkim huam ah taite â
ding in kipakman Lallukhuk a
kawi a hi.

*Kraws i put ding chu a um
Lallukhuk mu i tupleh
Taima tak in sem hitiu e
Hun a chawm ni a kiam tai*

Lalpa’n ei mawlsawm piak
ta hen. Amen!

*“Kengtaw siamtu Khristian pa chun, a kengtaw siam
zosia ah chun kraws lim a kawi khel khel puai, a
mawpuakna chu kengtaw pha siam kha a hi.
Lalpa chun khutthiamthil a kipakpi ngal a”*

Hiṅṅa Vâk

MISSIONARY NASEPNA CHAWMKIM

Mr.H.Khambiakmuan
Jubilee Model School
Laimekuri, Assam

Kum1975,4thAprilinPhaiphengkhuanUpaThangkhankap leh Tingneikim te gila ga gochan hi dingin ka la piang a. 1997 kum in Royal Academy, Churachanpur in Matric ka zo hi. Nam kâl buaina ziakin ka zilna sumzawm theilo in kumkhat ka chawl a, 1998 – 1999 kum in CBC Bible College, Churachandpur in Diploma in Biblical Study ka la zo hi. 2002 kum in HSSLC Churachandpur College ah zo in, 2011 kum in Dibrugarh University nuai in B.A ka la zo hi.

Missionary na sep pat dan

Insung etkawlna lam ngaituana ziakin Carpentry ka hawng ah, zia na chu ka sep vanglai tak, 2005 kum in Jonai Mission Field lam apat hotute ka nasepna hung in Mission Field lam ah semtu ding a pawimaw dan gen in ei hung chial ua, ka nu leh pa te ka hil a, amau phasakna dungzui in kisak lawkna hun umlo in ei hung chial niu apat a ni thum ni vel in ka zi leh ka chapa upa pen (kum 2 leh a kim) puiin 25th May, 2005 in Jonai Mission Field lam ka zuan u'i.

Khawvel thil lam ngaitua in ka nasepna lawk tak ka chawlsan mai chu channa nasa tak himaleh gen senlo, a le tam takin a na ka sep Lalpa'n malsawmna ei pia, kipak um kasa ma ma hi.

Umna (Station)

Mission Field ah ka lut kum uh, 2005 apat in Jubilee Model School,Laimekuri'n ka um ua, kum ni sung Evangelist Teacher na ka sep nung in 2007 kum apat in Teacher na leh Office Assistant (O/A) kawp in tuni chan ahin Jubilee Model School in ka sem hi.

Nasep dan tangpi

1. School lam

Kâl khat sung in Devotion thum vei ka nei ua, Teacher te group ah kikhen in kâl khat sung in Student visit nivei nei a hia, a lemchan dan dungzui in mimal in le khawsung mi te leh parents te ve in chanchinpha ka hil sek u'i. Chuleh kum sin in **Gospel -Week** kâl khat sung mat a hi sek hi. Chun Summer vocation sung in mun gamla deu ah giak dawkin *outreach* neiin *film-show, tract* hawm leh *gospel campaign* te ka nei sek u'i. Kum khat sung ah gingtu nei zat ding target siam in theitawp in target phak ngei ding tup in pan a kila sek hi.

School hi Class-VIII standard bep a hi ziak in school naupang gingtu nei a hak sa ma ma hi. Pathian zâl in Nu leh Pa gingtu hung kipia khenkhat a um thei tau a, School naupang gingtu mi bang hem zat a um tau a, kipak a um ma ma hi.

2. Kochuam lam

Kochuam member te hi khawsak haksak tak tak te ahiu a, Lo bawl leh nitha kilaw kawm te a hiu. Chuleh gamla tak tak ah um a hi ziak un pangâi takin kikhawpna a kinei thei pua, kâl khat sung in Pathianni chauh in kikhawpna a kinei a, Pathian biak kikhawpna leh Sunday School nei a hi. Tha sin in member te In ah kikhawpna progam nei a hi sek hi. Member te hin pauchapna a ngaisang ma mau a, Pauchap ding in Missionary te ei chial sau sau sek ua, kipak a um ma ma hi. Kum sinin Gingtu target siamin pauchapna leh tha leh zung seng in target mu ngei ding tupin pan a kila sek hi.

3. Compound lam

School lam leh Kochuam lam apat *out-reach, campaign* leh *Home visit* te ka nei maban un Compound sung ah Missionary inkuan te leh mimal um ten Compound minin thakhat ah khatvei

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outreach ka nei sek u'i. Chuleh, Kiginni nitak sin in Compound kikhawpna ka nei ua, pauchap khawmna, *sharing* leh item dang dang nei in hun ka mang sek u'i.

Pauchapna het ding

1. Laimekuri leh a kîmvel ah ginglo ten Pathian a hun gin zel theina ding un.
2. Jubilee Model School, Laimekuri ah zillai te Jesu nungzui ding ah a hung kipiak zel theina ding un.
3. Vangsiat um takin kum thum/li masang in gingtu inkuan pakhat ah Pa pen in thina a la tuak ziak in a zi leh cha te

Hindu sakhua'n a kilekit ua; tu kum kum bul lam ah khan Kochuam Committee member, Kochuam ngâina leh kipe zo tak mai chun gari accident ziak in ei la mualliam san kit a, a thi apat kâl khat vel in a zi leh chate a sakhaw lui un a la kilekit tau hi. Inkuan pani te â ding in pauchappi hitiu.

4. Covid-19 pandemic zia kin *direct* leh *indirect evangelism* duthusamin a kichiapi thei pua'n, zalen tak ah gamthim nasepna sutzawp kit a hi theina ding in pauchap hitiu.

Lalpa'n la mau pui zing ta hen.

“Adam khan Evi kha umpi zing hileh gul tawh kihona ding man hun neilo ding hi ven...”

~ A gentu hiatlo

KKP Huang

Khanglaite'n Dawitêlna Pha Siam Hitiu!

*~ Dr. Soilalsiam
Principal, RMHS*

Dawitêlna' i ti chu 'khawi lampi zawk zuan ah chia ding' ahilo leh 'bang bawl zaw ding' ti'a lunggêl kisiampfelna khu a hi. Dawitêlna chu a hâtlo apat ahât hiatkhenha, lawtinna ahilo leh lawsapna têlna a hi. Dawitêlna siam ziakin mi a mangthai a, dawitêlna zia ma in hukdam ahi bawk hi. Chun, dawitêlna siam vaklo zia ma in thilpha leh hun lemchâng tamtak matsua thei a hi.

Hinkhua ahin dawitêlna ahilo leh thupûkna siam di a bân bân in a um to pek hi. Nisin ah i khawsak dân hi i thupûkna a h'em dawitêlna a h'em siam ah kinga a hi. 'Tuni ahiloleh zîngleh bang bawl ding', 'banggual van ah kivan di', 'bang me me di', 'thil hung tungte bangti dawnawn di' tite haw thupûkna hi nisîn ah i siam zing a hi.

Tuni ah la dinmun hi, hun chiatasa ah la dawitêlna/thupûkna siam te zia ma in a hi. Tunung ah la dinmun di chule, tuni la dawitêlna siam ah kinga ding a hi. Khanglaite'n i hiat ngêi ngêi di chu i hinkhua ah

dawitêlna lian leh thupi tamzaw te hi khangdawng lai ah kisiampfelna a hi. Jesu nungzui ginum tamtak te hile, a khangdawng lai ua dawitêlna a la late a hui. Damsung kawppi ding, lawi leh pâi pha siam, bang nâsêm di ahiloleh khawitak ah khawsa di tite haw hi i damsung â ding ah thupûkna/dawitêlna lian ma ma te a hui a, ziate hi khangdawng lai ah thupûkna kisiamsa ngen a hui.

Dawitêlna pha siam theina ding in bang gual ngaidân ahiloleh lunggêl nei ding a h'em ti hi thil pawimaw ma ma chu a hi. Bible ah chun "Pathian chu la lunggil zosia,

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la hinna zosia leh la hâtna zosia ah la hepi ding a hi” ti i mu. Zia hin dawitêlna pha siamtheina ding ah pawimaw thil a um hi ti a hiat thei hi.

‘Bible hi dawitêlna dik leh pha siamna lekhabu a hi’ ti la he ta em? Zia bân ah chun, Bible ahin dawitêlna dik leh diklo kisiamte leh a ga a mute’u etsakna tampi a um hi. Ngaidân lamzang leh diktak pûkawm ah dawitêlna kisiam te chu a lamzang ua, a ga le a hawi sek hi. Thiltung bang a h’em zia ah dawitêlna siam (*emotional decisions*), etsakna’n, lungnat zia, ên zia, ûtchâk zia, thangtawm zia, manimasial zia te ah dawitêlna siam chu a ga a pha ngai puai. Bible ahin hinkhua lam chuam chuam ah mat di ngaituana pha (*right principle*) ei gên a hi; etsakna’n, ‘la tu ma chu luak di la hi’ (Gal. 6:7).

Khanglai khenkhat in a hinkhua’u â ding ah thupûkna lian siamna ding in ‘*horoscope* in bang gual a gên em’ ti bang a ngaiven ua, khenkhat kit chun mithiamte apat thumawp bang a la sek u’i. Mi khenkhat

chun a ngaisân te’u sulnung zui in dawitêlna a siam sek u’i. Pathian in mihingte hi zia khawvel ahin dawitêlna tawh ei kawi ma chu a hia, “bang lampi zui ding ka h’em” ti chu mani dawitêlna kinga a hi. Deuteronomy 30:19 ah chun, ‘la ma’u ah thina leh hinna, maljawlna leh hansia ka kawi hi.....’ ti’n Lalpa Pathian in a la gên a hi.

I Bible apat dawitêlna diklo siamte leh a ga tizat umte khenkhat ngaitua khawm hitiu.

- Evi khan thu awilo in thei nêklo di Pathian in a ti kha a la nêk zia in, ama bep hilo in mi zosia thina lampi a puilut hi. (Gen. 3).
- Khawvel ah nausen piang masa pên, Kaina khan dawitêlna phalo a la siam zia in hinkhua genthei um tak a la mang a hi kha! Kaina dawitêlna siam khan a dinmun leh a mizia a kilatsak a; zia chu, ‘mithat masapên’ leh ‘In apat kinawdawk masapên’ a hi.
- Lot in Sodom (khawvel pâkhawi leh nawpna) a la têt

ziak in, a nei leh lam zosia a la chên hi. (Gen. 13).

- Samson in Pathian guatna ngaisaklo in mêlma nungâk Delila a la têt zia kin, a hâtna a matsua bep hilo in thina tiang a la tuak a hi. (Vaih. 16).

Dawitêlna pha chu bang ti siam di a diam leh? Bible hi taksa leh thagau ah dawitêlna pha siamna lekhabu ahia, zia chu la pawm chun, dawitêlna pha siamna ding ah hung panpitu ding tampi mu têt ding la hi. Dawitêlna pha leh dawitêlna dik la nei nawp chun, mithiamte thuhilna leh thumawp tampi sâng in, Bible ah etsakna kipete hi a dik bep hilo in kingakna ting a hi. Thupilte 3: 5-6 “La lunggil zosia’n Lalpa muang inla, nangma pilna mai in kinga kin. La lampi zosia’n ama dawng zing lechin, ama’n la lampi hun siamzan piak in a.” a ti hi dawitêlna pha siamna di’n a huntawk hilo maw?

Pathian in dawitêlna pha siam ding in ei panpi nuam a. Zia dawitêlna pha siam ding ah

chun ama tawh kitawn a ngai a, nisin ah dawitêlna neucha cha kisiamte hi dawitêlna lianzaw siamtheina di’n a pawimaw hi. Nang manna di a hi phatleh thudik la gên ngam sek na em? Suachakna ding ahiloleh mi kipâkna dingin zuau neucha la gen sek em? Zia thil neucha te hin dawitêlna lianzaw siamdikna ding lampi a nang kha sek hi.

Dawitêlna neu te la lâk hun leh lampi nuam ah la chia lai in Pathian tawh la chiakhawm na em? Lampi haksa leh dawitêlna buai um tuak ngêi di la hi ngal ah! ‘Bang kibawl ah bang kilaw di a hi ta em’ ti hun a hung tun phatleh Pathian la kiang ah a um zing theina ding in, Ama taisan lo hial in. Pathian in Ama dawilo gual hinkhua mang ding in dawitêlna hun lâk saklo ding a hi. Thudiklo ding leh lepchia ding in hun pui pua’n tin; gilo leh matna umlo ding in le hun puilo ding a hi.

Dawitêlna pha leh Pathian dawidân lampi hi a haksat châng a um ngei a, chuleh minsiatna leh thawmhau

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um chang le um ding a hi. Ahin, thil kichian ma ma chu, Pathian kikawlsak zing mi la hi nâkleh, nang ngen la hi pua, zia haksatna apat chun lampi hun siampiak ngei ding a hi.

Pathian apat pilna dawn in la; Ama puihuaina aw hethei ding in, la bil, la mit leh lungthim kihawng kawm in

Ama zâi ngâk in. Chutileh, dawitêlna diklo siam pua'n la tin, dawitêlna siam ziakin le mualpho pua'n la.

Lalpa ngaisak tâk leh kipâkna tâk hinkhua mang khanglai te chun dawitêlna pha a siam thei sek u'i. Dawitêlna pha siam hitiu, khanglaite'n.

Dawitêlna Mat Thiam...

§ Tuni ah la hina, la dinmun hi zani ah la dawitêlna dungzui ah hung um a hi. Etsakna dingin, nang chu doctor nuam ma ma la hi maithei. Doctor thiam tak, pha tak le la hi ngei maithei hi, hilehle doctor chu la hi tapuai. A ziak chu, Medical School ah kêi ding ah lekha sim sang ah football pek la la têt sek zawk ziak in...

§ Mi pathum hin a kilunggêlna ding un dawtna pakhat hi a kidawng ua: Tuichung ah suammang te'n hung man in, kuama chên lona thialkâl ah hung hentâng uh henla, lekhabu pakhat bep hung phal piak taleu, bang lekhabu la têt diam? ti in. Pakhat chun, 'Shakespeare lekhabu têt ing ka' ti'n a dawnhu ah. A ban ah pa chu kithagau mi sak deu in, 'Ke'n chu Bible ka têt hi' a tia. A pathumna pa chun, 'Khatzawk sam chule têt pua'ng ka. Lawng siam ding dan ei kawkmu thei lekhabu têt ingka tin, tichun, lawng siam ingka tin, tuipei chu gâlkâi leng, ka sim nawp nawp lekhabu sim thei ding ka hi' a ti hiau hi.

KKP Kikaihuaina Dân Siamphat

Khristian Khanglai Pawl in Kikaihuaina Dân i mat lai uh hi Mizoram Synod nuai ah Kristian Thalai Pawl (KTP) Kikaihuaina Dân, i dinmun tawh kituak ah siamlem in kum 2015 ah kipat in i la mang tau ah. Kum 2019 in khatvei et-thak (revised) a la hi. Kum 2020 in KTP lam chun Kikaihuaina Dân et-thakna a nei dungzui un san danglam hunkhawp a um ah. Tichun KKP Vaihawm Kikhawp 6-veina chun CKKP ngansia in Kikaihuaina Dân et-thak a hi. Thu thak a um kit masia zia Dân kisiamthak/kisang danglam leh kibelapte hi Manipur Area Khristian Khanglai Pawl in zui ngal ding ah siamfel a hi.

Dân kisang danglam leh kibelapte ziagual hi a hi: -

1. Bung I (Member Hina Leh Dinmun)

No. 1-na ah “Khristian Khanglai Pawl ah pang dingte chu Presbyterian Kochuam sung ah um ngei a hi ding uh a hi” kiti kha “**Khristian Khanglai Pawl member hi dingte chu Presbyterian Kochuam mi hi’n tin, Kochuam pawl dang mi le a nawp uh chun pang thei in au**” ti ah san danglam a hi.

No. 2-na ah kum 14 apat kiti pen kha **kum 15 apat** ti a hi tai.

2. Bung III (Puitute Têl Dân)

I. Branch KKP, No. 12 leh

II. Bial KKP, No. 11 na ah “Mi pakhat in a kizawm in mawpuakna/chanvo ngai ngai kum thum(3) tiang tu thei in a” kiti kha kum ni(2) tiang ti a hi tai.

3. Bung IV (Committee Nasep Ding Leh Mawpuaknate)

I. Branch KKP Committee No. 6na ah “Branch dang khawikha thei ding, thil lian (eg. Competition etc.) a guanggal ding chun

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CKKP hiatpina la masa sek in a.” kiti kha “Mani Bial pawlam Branch dang khawikha thei ding, thil lian (eg. Competition etc.) a guanggal ding chun CKKP hiatpina la masa sek in a” ti kawî be a hi.

III. Central KKP Committee nuai ah hin No. 5-na ziagual ah hin belap a hi: -

Central Committee in a bawl ding ah “General Conference leh Vaihawm Kikhawp ah ngaitua ding Bial ten thu a hung tut te’u chu a la enlawk intin, committee in ngaitua ding ah kilawm a sak te ngaitua sek hin a.

4. CKKP Committee member (Bial ai-aw) mi 20 zel hi sek chu mi 25 hita ding.

A hung kitaklang lo, Kikaihuaina Dân dangte hi chu a hi gual gual ah mat zawm hi ding a hi.

Kikaihuaina Dan kisiamlem thak hi KKP member zosia’n zilchian ah, buting tak ah zui pan ngal ding ah kineppi a hi.

“Thilpha la bawlthei taphawt chu bawl in, kawng bangkim in, mun zosia’n, hun tin in, mi zosia kiang in, la theina a um laisia’n”

~ John Wesley

Depression & A Damdawi

~ Dr. C. Lalrampana

Tulai khawvel leh Mizoram inle i buaipi ma ma sek uh natna chi khat, — kingaisiatna (depression) hi a kithang khawpmai a, thil pha lo tak tak a tun sek bawk hi. A bik takin khawvel pumpi huap ah khanglaite hinna susetu tam pen pawl ah ngai thei a hi. Zia gual chu a hi ziakin bang a hi em ti leh a etkawl dan banin zia natna ahin thingtangpa damdawi a mat sek te'u zia gual ahin taklang leuhin pha'n a.

A Umzia

Depression hi Medical term ah chun '*melancholia*' ti a hia, ei pau ah chun 'kingaisiatna/ lungngaina a h'em kiakniamna' ti'n hilchian lehin dik thei mai in a. Taksa leh pawlam ah kilangdaw lo natna chikhat chun mihing hinna a sukkhak nasa tak a nei sek ah, a bik takin mi zia leh hindan, tawi vel dan (*Psychological effect*) te a um thei hi. Zia natna vei hi thil phalo tak leh sepua hawilo tak nei sek a hi ziakin bang a h'em tiang bek ah etkawl ngal sek ding a hi ti hiat ding a hi.

A Lat Daw Dan

Zia natna veite hin amau leh amau kigendaw lo maleu, a khawsak dan uh leh hindan,

tawivel dan uh chuam chuamte apatin mu thei in a kilang sek a, zia zia ah chun, a kilatdaw dan tangpi ziagual 'hin taklang hitiu in, hawi tak ah tepte hitiu.

1. Lungngâiin a kûn ua, a kipak thei pua'u, a thawmhau zing sek u'i.

2. A lungna zing ua, bangma lo mai mai in a lungna phut phut ua, huat ding leh muda ding bep a hawl u'i.

3. A thil bawl sekteu a bawl pei puau a, a um dan pângâi uh a kisang ah, bangma a bawl pei puau, zawi ngawi ngawi in, a ngui ua, sex a mang pei puau a, a ningtel sek u'i.

4. Thaw nachang helo in a lum lum ziang sek ua, ahiloleh le bang bang a h'em ngaitua

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ngut ngut ziak in zankhua'n ipmu theilo in a um ua, a umna ngai in a um mai mai thei puau.

5. Tha zawi in, a chau ngawi ngawi sek ua, bangma bawl le peilo in, bang gualin um ziang lehle a ningtel zing ziang sek u'i.

6. A giknau a kiam a, an a ne nuam puau, bangma le a ne nuam puau a, a gawng deu deu sek u'i. A khenkhat chu a um awl takluat ziak un a thau talaw sek u'i.

7. A nawk hat ua, a phunchiak ua, lungnatna ding bep a hawl ua, a khut leh keng teu a tawisak zing ua, khut zung te a thiak thiak sek u'i.

8. A pau pei puau va, a thip bik bek ua, chanchum in a tawi muang ma ma'u a, ngaituana mumal a nei thei lo uh a hi.

9. Thil pawimawlo pi suangtua'n a ngaitua tua sek ua, a ngaitua, suangtua leh mittha a thêl teu chu a tak gual ah ngâi in a kiselgu sek u'i.

10. Pawimaw lo in a kisubuai ua, ngaitua lo ding a ngaitua sek ua, kilawm leh kilawm lo le a ngaitua man ngai puau a, a nawp dan dan un thupukna a

siam sek ua, luna leh nungzâng na leh taksa na, sa gawl thep thup a nei sek ua, a ung chek chuk sek u'i.

11. Suangtuana phalo tak tak nei in mani kingaisiatna leh hing tâklo ah kingaina te nei in, mani kitha nawpna a nei veu sek ua, a kithat sek bawk u'i.

Mihing a kibat vek lo gualin *Depression (Melancholia)* neite hi le a kibang suak puau a, amau ah a kilatdaw dan (*symptoms*) le a kibang vek pua, a tangpi chu kibang ah ngai thei a hi. La insung mite leh lawite, chate leh suapite lak ah zia i taklat te'u mizia pu leh khawsa la mu a h'em la hiat a um chun hawi tak in en chian inla, thil pawl tak a tung ma'n hukdaw gua'n pan la'n.

Depression Chi chuam chuam te

Depression hi chi chuam chuam 8 in a khen thei ziakin hawi tak ah a nunchang uh etchian a ngai sek hi. Zia chi chuam chuamte chu ziagual hin taklang hitiu.

Anxious distress: Zia gual depression neite hi a

lungchawm ua, a lungna zing ua, a um mai mai thei ngai seklo uh a hi. Amau a kithunun thei puau a, ngaituana a mang ngut ngut ua, a lungkham deu deu sek u'i.

Mixed features: Ziagual depression neite hin mani zamna ziang le vengbit zo lo khawp in a nungchang uh a sudanglam ua, a pau tam ma mau a, suanguana phalo tak tak a nei sek u'i.

Melancholic features: Ziagual hi a tho vak ma mau a, a buai um lam ngawn in a khawsa'u a, a nawk hat ua, thil pha suksiat a ching ua, an hawi takin a ne nuam puau a, a chang leh a taima ma mau a, thil khawk ding leh khawk lo ding a ngaitua ngai sek puau.

Atypical features: Ziagual te hi chu a kipak thei ma mau a, an nek a hat ua, a ipmu tawm ma mau a, a khut leh keng **an phut** sek a, a um mai mai thei sek puau.

Psychotic features: Ziagual te hawhin mani dinmun bep a ngaitua ngut ngut sek ua, a tinlona'u leh fellonate'u bep

a hiau a, zia bep chu a ngaitua ngut ngut sek ua, a tawp leh dam tâkin le a kingâi ngai puau a, kitha a ching u'i.

Catatonia: Ziagual te hi thuk lam fello zia a hi tangpi a, zia zia ah chun mani a kithunun thei puau a, pawimaw lo in a kisubuai ma mau a, a lulul ua, a nawp lo lam un bangma bawlp thei a hi puau.

Peripartum onset: Zia hi chu a tangpi'n numei in a nei deu bik a, nauwawp nung in a nei tangpi'u a hi. Chuleh, nau a nei nung uh kâl khat, kâl ni nung in a h'em, tha ni tha thum nung inle ziagual depression hi a nei thei sek u'i.

Seasonal pattern: Ziagual hi chu umna kichawn zia a h'em, boruak kisang zia a h'em, ni sat takluat zia a h'em in nei thei a hia, zia chu a khawsak dan pangai ngawn in depression a siam thei sek hi.

Bang chi pen chu hi ziang lehle, depression neite hi etkawl dam thei vek a hia, a nasat ma etkawl a hilo chun mi ngawl a hilo inle a hinna'u in a thawk khawlaw

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thei hi. Tichun, damdawi chi chuam chuam *Conventional medicines & Herbal/Natural* mang in a depression nei dan zil in Psychologist-te a h'em Pastor leh Lal nasemtute mangin etkawl dam thei a hi; Zia zia ah chun, nei ding a la ginla te chu hawi tak ah la thîl zaw nung in a kin-gang thei pen in doctor ah la pui ding a hi.

Tulai technology changkang hun ahin mipil leh changkang taphawt chun *Herbal/Natural remedies* a mang uar tau a, Gam changkang lo leh a bik tak a eimi lungthim kinawte hin '*Allopathic/conventional/western medicines* mat i kithan sak ma ma un a ngai thei hi. *Allopathic medicines* hin i taksa'u a ngawng phalo (side effect) tam tak a nei zia kin natna chi khat, damdawi mang ah ki-enkawl zing pum in, i damdawi nek zia ah natna dang i nei ngal kit sek zia un Chemtattepu tuanthu gual in a kisuangsawn zel a, i hung dam daw a hi chun damdawi tam tak ne man ta i hi ta sek ua, zia hin natna tam tak ei siam

be piak a hi ti i hiat ding a hi. Ahinla damdawi pangai (*Conventional medicines & treatment*) hi ngaidau ding tina lam chu vang a hi puai. Science thiamna mang ah siam a hi zia kin suan pen ding leh a pawimaw zing hi ti hi chu hiat ding a hi.

Ziagual chu a hi zing lai in kikaikawl na panpitu ding in ayurvedic, homeopathy, Herbal, etc.-te hi phachuam tak a mat zing thei ahi ti hi hiat zing ding a hi. Derpession hile damdawi pangai *Conventional medicines* mang khel lova etkawl dam thei a hia; Psuchotic features depression neite chu damdawi pia khel lovin Pastor, lal nasemtute, Ziltiltute leh Psychologist & Psychiatrist-te mang a etkawl dam thei a ngai a hi. A dante khi chu damdawi pangai leh Herbal damdawi mang in etkawl dam thei a hia; zia na ding ahin damdawi pangai mang lovin Herbal/natural remedy mat ham ham gua sek in.

Depression damdawi ding a hin lengthei dua, tui tam lo

tawh huan leh a tak(pine)-te hi a pha ma ma a, zia hi mang in enkawl sek in.

Tui litre-1 in lengthei dua 20-30 gm huan in la, zia tui chu nisin glass no 1-2 dawn sak sek in. Chuleh, a ga hile depression damdawi ding in a mat thei tho hi. Depression bak ah zia natna te hi lengthei dua huan tui hi damdawi ding in mat a hi sek hi:

Ziate chu-

1. Awmna benvawn, ik thuk, ek khal/ek thak haksa
2. Khawsik/Tisa phatna.
3. An nek muat nan (digestion)
4. Sung hatlo a ding in.
5. Sul hawilo/hat lo a ding in.
6. Thinei hawi thei lo te a ding in
7. Taksa gawl, nate leh gu leh chang na nei te â ding in
8. Hiatna tasam natna a ding in.
9. Thin lian/pawm a ding in.
10. Kal hawilo a ding in.
11. Mi kihai te a ding in.
12. Gulhut damdawi ding in.

13. Gilna dawmdawi ding in.

14. Sex mat ziak a sul hatlo te a ding in.

15. Zungui hawilo te a ding in.

16. A ga (Pineapple) nek tam hi chuap suk thian na a pha ma ma a, dumzial chep leh ngawl pan te a ding in nisin hal khat bek nek sek hin chuap thianglo a suthiang thei a, a hawi kit a hi.

17. Chuleh, bu chikhat (Barley) huan min nisin 2 vei nek a hawi kit hi.

18. Hampa chi khat (sage) dua huan a atui chu depression etkawl nan a pha kit hi.

Khaikhawmna

Thingtangpa damdawi te hi a tangpi in a sial ah mat sek a hi ziak in a huntawk nek nachang hiat a phai. Allopathic medicines gual tho in sepsua phalo (side effect) a nei vek tho a, chemical a pan lo ziak ah a nasep phalo nep deu ti mai a hi ziak in, pilvang tak a nek ding a hi. A ni leh hun sawt dan bithiak gual zel a nek zing hi a pha pen a, damdawna le a hi ti hi hiat zing ding a hi.

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Hinna Vâk ah thu kisua zosia hi Editor ngaidan a hi suak puai

Pauchapna Thupi:



1. Manipur Area huap sung ah sêmtu chi chuam chuam te'n Pathian puina gual ah na a sep theina ding un.
2. Kochuam Vaihawmna chuam chuam - Bial, Presbytery, Synod te ah hotu leh Puitu te'n Pathian Thagau Thiangtho puina gual ah a mawpuakna chiat uh a sep pitin theina ding un.
3. Rostad Memorial High School ah semtu leh zillai naupangte â ding in.
4. Kochuam tin ah Sunday School hotu, ziltitu leh zillai te zosia â ding in.