

## **Puitu ginum ka ngâi u’i**

I nam leh i kochuam pumpi thilna mit apat hung piang hi in ka he “Puitu ginum ka ngâi ui” ti (Pu Khaitinlel) lâ hin i kochuam leh i nam sung a khawi ling hawi ma ma hi. Tu ziang ah hinle VPC lawi upa kitêl hun a hung hia, MDC têt hun a hung hi kit ta bawk ah, MLA leh MP te haw le hung tungto kit pai ding i hiu. Puitu ginum hi pawlpi kisukkhawm lai bep ah ngâi ding a hi pua, election lai ahin le puitu ginum hi ngâi sek leuhen nawp a um hi.

Myanmar gam ah i unaute tawh ka vak kitêkâl leh mi vangpha ka hi lam ka kihedawk hi. Amau chu a beidawn hun ua vengtu sepai bel ding a nei pua’u a, kei chu buai hun ah sepai camp ah tailut ziangna thei ka nei hi. A gam leh nam puituteu chu tangpjuang ah pan la ngam le a um tapua’u a, a khen suangkul ah tang, mi gam ah kiselgu pawl tawh lau leh lingin a um ua, kei chu gam leh nam puituten thamuan um takin ei awp nalai u’i. Ahi’n, amau lak ah ka mu chu kumtuang dai ding le hi samlo gam leh nam â dingah hinna itchalo a hau ma ma lai un, ei lak ah hin kumtuang dai ding Lalpa nasepna kipumpiak ngamlo, gam leh nam â ding ah chân ngamlo tamtak ka mu’i.

Israel mite Aigupta gam ah saltang tilo ah nuam a sak den lai ua khan gamtiam lam a hung ngainat theina ding un Pathian in leng gilo a pia a hi (Pawtdawna bu 7-11). Gamtiam gam Kanan ah chenglut in Pathian in a malsawm gam chu milim hona leh thanhuaina in a supawlche gam tau ah. Tichun Pathian in sal ah tang dingin gam pawlam bawk ah a sawldawk kit tau hi (2 Khangthu 7:14). A chang leh zia gual ah puituten Pathian sang ah amau makhua bep ngaitua ah, mipite hawle mitin in amau mitmu ah pha a sak dan chiat ua a um tak ua leh Pathian zepna mawl a tuak sek uh a hi (Hebraite 12:5).

Puitu pha leh ginum i dawî gual un ei puitu te haw hinle mipi pha leh ginum a dawî u’i. A na i sep uh Pathian hinle puitu pha le nei ding, mipi phate le hi dingin ei dawî hi. Zia lungthim Khrista Jesu ah um kha eimau chiat ah hinle um ta hen.



## KOCHUAM HUANG

### Kochuam Piting ah Lânkâi

Puaktam Kochuam chu Kochuam Upate, Tual Upate, Pastorte, Munpi Bial Standing Comt., Bial lapawlte leh mi tawmngai khenkhatte tawh a kigawmîn mi 50 vel a kichiakhawm in, zingkal an nachang kuanga tui takah sawkkhawm zaw in Kochuam Piting ah Lânkaina programme mat a hi. Programme hun sung ah, Munpi Pastor Bial lapawl apatin Pathian chawihawina la ngainawp um tak ngaithak ahia, sun dak 12:10 vel ah programme chai a hi.

Kochuam kithuapina pe theite:

1. A enkawltu Kochuam apat a Khâp 8 Bel 1 leh Sacrament Set 1
2. Munpi Pastor Bial apat ₹5,000 leh Bial KNP apat ₹1,000.
3. Kawlhen Kochuam apat ₹1,000.
4. Phailianbung Kochuam apat ₹500

Kochuam Statistics —

Pawsal zat	:	16
Numei zat	:	17
Total	:	33
Total population	:	45
In zat	:	7
Kochuam comtt member zat	:	5
KNP comtt zat	:	5
Pauchapna'n delzui zel hitiu.		

### Branch Church Thak Hawнна

April 14, 2021 ah khan Imphal Pastor Bial chun Mantripukhri Vaiphei Veng ah Branch Church hawнна a la nei tau hi. A hawngtu - Upa B Lamboi, Bial Chairman. Mantripukhri Vaiphei Veng Branch Church dinmun ziagual a hi:

In zat	-	16
Pawsal zat	-	40
Numei zat	-	35
Dan zokim zat	-	57
Member zosia zat	-	75

### Office ah Semtu Nikhawtha ah kigawi thak

I Office staff kidailona ziakin May 03, 2021 apat khan *daily wages* ah sem dingin tangval fel tak pani gawi a hui. Tv. Lalthamuan of Buallian chu *Archives* leh **Hinna Vâk** lam ah mawpua'ntin, Tv. Sonmalsawm @Boipu of Hilltown chu Office Assistant (Typist) na sem dingah gawi a hi.

### Manipur Area Sunday School Committee thusuak

Manipur Area Sunday School Committee chu April 29, 2021 nikhani Committee 4-veina chut ahia, zia ni ah thupukna pawimaw khenkhat chu:

- a) Kum 2021 Khawvel SS ni ah zillai ding hi Piting Pawl ah Pu Thangkai & Pu Lungpau chanchin hi'ntin, Pastor K. Jama

## Hingna Vâk

Vaiphei i/c Lamka Pastor Bial in ei zik piak ding a hi. Naupang lam zil ding hi Pu Watkin Roberts chanchin hi'ntin, Upa R. Vaiphei, Kangvai in ei zikpiak ding a hi.

- b) Kum 2022 Piting SS Zillai dingin Chanchinpha Matthai zik hi'ntin, Rev. S. Khaikawlam in ei ledaw piak ding a hi.
- c) Tu kum apat hin Naupangte Khristmas Carol programme hi Khristmas dikuan ningani nunung pen ah mat sek ding ah guanggal a hi.
- d) Tukum sung ah hun lemchang a um hun hun leh SS Secretarial & Trainer's training guanggal ding a hi.
- e) Cachar Hill Tribes Synod nuai ah Phai District lam inle SS Zillai Bu ei kikawppi ding a hung dawn ua, phalpiak a hi.

### Minister Thi

I minister Rev. Gintinthang chu kal lam hawilo ziak leh Covid natna ziaikin AIIMS Hospital, New Delhi ah April 27, 2021 sunnung dak 2:00 velin ei la nusia tai. Ama vuiliamna hi ama in mun New Lamka ah Rev. R. Lalhmingsanga Administrative Secretary in May 02, 2021 Pathianni 02:30 p.m. ah khan a mang hi. A nutsia insung mite Lalpan thamuan in umpi zui zel ta hen.

### VPC President Thak tawh thingpi dawnkhawmna

VPC President (2021-2024) ding ah teltin thak ah um Pu Hauneilal Vaiphei chu May 02, 2021 sun 12:30 p.m. ah khan Thangkai - Lungpau Hall ah Manipur Area Administrative Secretary Office in thingpi dawnpina nei ahia, Vaiphei thansua awsak in, Vaiphei Holy Bible khat present a hi. Rev. Malakia Lalnunfela i/c Mata Pastor Bial in malsawmna a dawtpiak hi. Puitu ginum hi dingin i dawisaknau i lân u'i.

### CKKP Leader in Zi Nei ta

Pastor C. Lalrinliana i/c Kangvai Pastor Bial & Leader, Khristian Khanglai Pawl chun April 09, 2021 ni khan Nk. C, Lalrinfeli tawh Thakthing Dam Veng Presbyterian Kochuam Biak In ah kichenna khut a la sui tau hi. Nupan thak te Lalpan malsawm ta hen.

### CKKP chu PYF Associate Member a hi ta'i

Central Khristian Khanglai Pawl Committee 71-veina chun Presbyterian Youth Fellowship PCI Assembly level ah Associate member hina tawh kitawn in Executive member ding in Tv. Haulemthang Lamka kochuam a guat a, Budget a hung phut uh ₹ 12,200/- le opening balance apat piak ngal ding a tiu hi.

May 2021

## “Thagau Thiangtho A Chang u’i”

*Nasepte 2:1-13*

*Pastor Thanglianlal  
i/c Munpi Pastor Bial*

### **Thumapui:**

Pentikos ti hi Greek pau a hia, a chawm lam in “50” tina a hi mai hi. Lal Jesu thân ah kipat a thawkit nung, chawlkâl 7na leh van ah a kalto nung, ni 10 a tinni ah chun a la tiam lawk gual ngei in, nungzui 120 te chung in Thagau Thiangtho a hung tung ta a hi. Zia ni hi Judate Chiakân Kût apat ni sawmnga tinni, chawlkâl kut/Bulak-ga masa kût a mat ni’u a hi (Lev. 23:9-22).

Tuni ah Thupi “Thagau Thiangtho a chang u’i” ti sermon i gen ding uh hi, khen thum ah khen ahia, Thagau Thiangtho changte chung ah danglamna a tun dante, Thagau Thiangtho chu Pathian a hi zia leh thutak ah mi a puihuai dante, Jesu a chawihawi dante leh Pathian thu awina ah mite a puihuai dante sau lo vak taklang hitiu.

### **1. Thagau changte chung a danglamna a tung hi**

Pentikos ni ah Jerusalem ah gingtute kiang ah Thagau Thiangtho a hung tun a khan, a hinnau sukdanglam in a um ua, van ah kipat Thagau Thiangtho

chu hui hâtak gi-gual leh lei tawgual meikuang a chung un a hung chu ta, a lengun Thagau Thiangtho in a hung dim tau a, pau dang dang te’n a pau ua, a thu ngaitha te’n amau pau chiat in a hiau a, mak sak na’n a dim ua, a ngaina a hiatlo ziak un “Uain thak kham a hui” ti’n mi khenkhat chun a nuisan hial uh a hi. Zia ni a hin, thil danglam tak a chung un a tung hi ti chian takin i mu thei hi.

Pentikos ni ah Thagau Thiangtho hung tun ni hi Kochuam kiphudaw pat ni ti in le gen ala hi sek hi. Pathian Thagau Thiangtho nasepna hi tuni tiang a hin ei lak in le a tung zing nalai ah, genchian

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leh hilchian vang thil haksa a hi, ahinlah, thil kichian ma ma i mu thei chu a changte chung ah danglamna nasatak a la tung zing sek hi. Jesu Nungzuite chung a Thagau Thiangtho a hung tun a khan kipakna'n a dim ua, nidang ah launa a nei te'u a kithial dawk ah, a hung hangsan ta ma ma ua, Pathian hepina thak nei in thatho takin a um u'i ti i mu thei hi.

Unaute haw, Kochuam leh khawtang hinkhua i et chun danglamna a tun thak hi a pawimaw ta ma ma hi. Thagau lam in i châu ua, khawvel thil i buaipi nasa zaw tau ah, thagau ah suk-hal thak i ngai u'i. Thagau Thiangtho beplo chun mihing lungsung ah danglamna a tun tak tak thei pua, thagau thiangtho nasepna hi a gen ah gen thiam thaw a hun tawk pua, hinna ah chan ah chan thaw ding a hem, a nei ah nei thaw ding zawk ahia, zia chun mi'n danglamna a nei ngei sek ui. Sakhua dan hawi tak zui zing hinapi, thiamna leh pilna sangzaw Pathian nasem hi tho napi in, i khristian gam uh hin sual nasep a pung in a

hat deu deu zaw bawn a bang hial hi. I gam siamphatna ding leh Thagau lam gilkialna leh dangchakna sutai zo ding in thildang matchak dang khatle a tingzo a um pua, Thagau Thiangtho bep hi a ting pen ah, i pawimaw dan uh hethak in ei sudanglamtu ding Thagau Thiangtho chu ko hitiu.

### **2. Thagau Thiangtho chu Pathian a hia, Thutak ah mite a puihuai sek hi**

Thuthung Thak a hin Pa leh chapa leh Thagau Thiangtho hi min pakhat, Pathian min pu a hiu ti i mu'u (Matt. 28:19). Zia hin Thagau Thiangto chu Pathian a hi zia a taklang hi. Thagau Thiangtho chungchang hi mi tam tak in a hiat thiamlo zia un pawm haksa a sa sek u'i. Khenkhat ngaidan in Thagau Thiangtho hi Pathian khut leh keng leh a matchak (*instruments*) mai gual in a ngai ua, Pathian khut leh keng leh a matchak mai hilo in Pathian tak a hi ti hiai tiu.

Apostol Thugin (*Apostles creed*) te, Nicean Thugin (*Nicean creed*) te, i kochuam

thugin te a chun, Thagau Thiangtho chu Pa tawh chapa tawh Pathian pakhat, hina kibang, thilhitheina leh lopina a kithakhat a hi thu a puanglang hi. zia ziakchun, Pa leh chapa leh Thagau Thiangtho hi kibang tak ah gingtute'n biak leh chawihawi ding a hi.

Jesu'n Khawvel a pawtsan ding a khan nungzuite kiang in Thagau Thiangtho a hung tun takleh Thutak hun hiatsak in hun puihuai ding a hi a la ti a hi (Johan 16:12-14). Zia thutiam chu lopi takin Pentikos ni'n a la chang ta'u ah, nungzuite tumalam a thagau ala chan masang ua khan Jesu ziltinate, Cross ah a hung thi thu leh a thawkitna chungchang in a buai ma ma nalai ua, a umzia a hethiam tak tak nai pua'u hi. Ahinlah, Thagau a hung nei/chan phat un a hinnau suk danglam in a um ua, a lunthim te'u sukvak thak ah um in Thutak a hun man chian tau ah, a hung hangsan ta ma ma'u a hi kha. Unaute haw, eimau le zia gual deu hi ihia a hi. Pathian thu leh a umziate, i man fu/kha tak tak thei sek puau ah,

Pathian lemkuatna thuk tak maite i muchian sek lo ziakun, thagau lam in i chau kit ngen sek a, kawng tamtak in ginna in i dingdet zo ta sek lo a hi. Thagau Thiangtho hi Pathian a hia, Thutak ah puihuaitu diklo theilo (infallible) a hi. Bangkim a hesuak ah, mihing/khawvel dan i kipuihuai sak chun mangthai ding i hi. A m'an ei puihuai leh vang mangthai lo ding ihi, puihuaitu muan um a hi. Mihing thiamna leh pilna te hin Pathian na sep thei himaleh sunggil lam a khawikha tak tak zo ngai pua, gasua daw a haksa, Pathian nasep hile kisuk gim leh tha chawl um a suak mai sek ah, sunggil lam a takna panglo leh a pawlawng mai ah phulna leh phatchuam ngaina te hin kipakna leh lungawina ei tun thei sek puai. Khawvel haksatna leh thepna tam tak kal ah leng i hi ziakun thutak mankha chianlo a ding a vang puk manthaina a bailam hi. I Bible chun, Pathian chu Thagau a hi'n, a ho te'n Thagau leh Thutak ah biak ding a hi (Johan 4:24), a ti gual in, Pathian in thutakna a daw

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ah, a kilawm bep leh a min bep ah Christian hinkhua mang lo ding in, Pathian thu a tak ah awi a zui zingte hi ding in a Thagau Thiangtho kipui huai sak zel hitiu.

### **3. Thagau Thiangtho in Jesu a chawihawi a, Pathian thu awi na'n mite a pulut sek hi**

Thagau Thiangtho hung tun phat a khan nungzuite chu Thagau in a dim ui ti i mu'u a hi. Peter ngei kha le Thagau ah dim in Pentikos ni'n sermon lopi tak a hun gen ah, Judate'n a khetden tak sa'u Messiah' Jesu kiti chung ah thil ala sukhial a hina te'u leh Jesu Khrista chu Pathian in ala guat gual ah thina hung tuak a hidante leh thiam i chan kit theina ding ua Pathian in thina kipat a kaithaw kit dante uar tak leh hangsan tak in a hun gen ah, zia phat a chun a lungthim te'u chu na tak ah sut gual in ahung um ua, Pathian lam a lung hun hei kit in, zia ni ah kochuam ah hung kibelap thak zat chu mi 3000 hial a ting u'i. Judate mit ah ala ettawm ma ma'u leh ala thalup tak uh Jesu khrista chu a

ma-ângun Pathian in Lopi tak in a hun chawisang thak ta a hi.

Zia ah chawihawi i ti hi "Chawisang", "dawmsang" tina a hia, Jesu chu a hina gual tak ah dawpsang ah um tina a hi. Unaute haw, tuni tiang a hinle gingtute mang ah Jesu chawihawi hi Thagau Thiangtho thiltup pawimaw tak chu a hi zing hi. Gingtu hinkhua hi kawng bangkim ah Jesu chawisang ah sulopi zel dingte i hui a. Jesu chawisangna hinkhua i mang tak tak nau em ti ki-enchian thak zel hitiu.

Gingtu masate a ettawn tak ma ma nau pakhat chu dotu leh langtu tamtak kal in ginna'n a ding det zel ua, martyr tiang tuak in ginumtak in thutak a tudet zing sek uh a hi. Gingtute laka Pathian thu awi ka hi kiti tamtak hinkhua ah belchian dawlllo ma ma um sekte hi thil da um leh zachat umtak a hi sek hi. Eimau a hin Pathian thu hin Lalna a chang tak tak sek na em? Thagau thiangtho in eimau a hin mun a chang zo tak tak a hi na em? ti ki-enchian thak ah siamphat pawimawna laite kisiam phat a

kul hi. Pathian ei malsawmna I dawi ziak in dawt le i dawn tam ma hi, a hinlah, i dawn tak tak theina ding ua chun, “A gam leh a felna hawl masa ta’u in, tichun zia thildang zosia hi piak belap in um in lau” (Mat. 6:33) ti hi a pawimaw masa phawt hi. Pathian thu hi het ah het tam thaw ding hilo in, hinna ah zui tam leh khanletpi zawk ding a hi ti hemil pua’i tiu.

### **Khumkhakna**

Gingtute â ding ah Thagau Thiangtho pawimawna hi genval takluat um thei ding in ka gingcha pua, a hi’n lah, pawm dan diklo a um thei gual

in chia khialpi khak pal le a lau um thei bawk hi. Khenkhat in ngainepna nei deu sek in pawm haksa sa sek maleu, Pathian chate chun Thagau Thiangtho pawimaw zia hi hia’n a umlo ah hitheilo ahi ti ngaitua zing kawm in a lampi ding siam zel hitiu. Mizoram Synod kochuam hi halna’n a tuam zing sek kochuam a hi ziak in mite’n “Thlarau Thianghlim iptepui banna” a la ti hial uh a hi. Manipur Area kochuam hi Thagau in ei pawl ah ei suk-hât ah ei umpi zing theina di’n pauchapna’n tanlo in dawn zawm zel hitiu. Lalpa’n simtu zosia mal hun sawm chiat ta hen Amen!!.

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*“Bethlehem ah khan  
i kiangua um Pathian suklat a hia,  
Kalvari ah khan  
ei uh â ding ah hung kipia Pathian suklat a hia,  
Pentecost ah chun  
i sung ua hung umchil Pathian suklat a hi”*

~ Robert Baer



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# Thagau Dik Changte Um Dan

(Nasepte 2:42-47)

~ *Upa Luaikhomang*  
*Thingkeu*

Pathian in i mau ei pui zel in, kumthak 2021 hipi leh natna leh haksatna tam tak pal gâlkai in ei puitung ah, Khawmpi hin nisin Nilai zan leh Beigual thupi mang in gingtute â ding ah ni bîk leh i hun sel te'u i matna dingun thupi chuam chuam a hung bul sek ua, tukum â ding in Pentikos ni thupi pani ei hung bul piak ua, zingkal leh nitak â ding in thupi pani ei hun siampiak ua, nitak lam â ding thupi a hin Thagau dik change umdan ti a hung bul un, Thagau dik change umdan Bible a hin mu ding tampi a um hen, thagau dik changte umdan thupi pathum in a hung kikhen suk ah.

### **1. Thugin kingakna fel tak mai a nei ua, pauchap a ngâikhawkoa, phatchuam a ngâi ma ma'u hi:**

Hebrai 10:23 na ah killing lo hial in i kinepnau thugin hi tudet zing hitiu, thutiampa chu a ginum ngal ah ti Bible a i mu tak gualun, Danial in a ngaituana thagau phatak a nei ziak in a vaihawmpi teni leh gambung tin ah vaihawmte zosia sang ah a sep leh bawl bangkim ah a chungchang ah a hina ah a hilang pai tan, tichun lengpa chun a lenggam pumpi vaihawm dingin a kawi tan, tichun, a seppi teni leh gambung tin ah vaihawm pawl

te chun lenggam thu ah Danial demna ding a hawl tau ah, himaleh, a ma chu mi ginum, sep leh bawl bangkim ah dik tak leh thiangtho a hi ziak in demna ding leh hekna ding a mu zo puau ah, Thagau mi um ding dan tak ah um a hi ziak in a chung thu a hin hekna ding a mu zo puau 'Halleluiah!'" Lalpa'n lopina changta hen. Danial leh a lawite hin diklo takin Lengpa Darius suai te haw namsak in hek maleu, Danial in a hekna chu he maleha in ah a chia to kit in Jerusalem lam nga'n, tukvel hawng in a bawl ngai gual in nikhat ah thumvei khiangko

ah Pathian kiang ah pauchap in a min chu a pak zing sek ah (Dan. 6:10). Danial apat mai hinle thagau mite umdan ding chu a hilchian ma ma hi. Thagau mite ginna dik taka um a hi ti chu kichian takin imu thei a hi.

Ginnan Mosia chu a pitin phat in Pharoah chanu, chapa hiding a nuam puan, sawtlo sung bep gitlo nawpchen dinpi sang in Pathian mite tawh suk genthei thawk chu a tel zaw tai. Khrista a musitnau chu Aigupta go sang in hausakna thupi zaw'n a ngai ah, kipakman mu ding chu a thil ziak in ginnan Lengpa lungnatna chu laulo in Aigupta chu a taisan ah , Mutheilo Pathian chu a mu ziak in a thuak ham ham hi (Heb. 11:24-27). Zia ah i mu gual a hin ginna det tak nei ah um a hi ziak in Khrista a musitnau chu Aigupta gote sang in thupi zaw a sak a hi. zia gual ma chun, i ginnau a hi dettak mai ah Pathian pak ding in thagau in ei dawi a hi.

**2. Thagau lam kipawl khawmna leh Sakramen te a ngâi pawimaw'u ah,**

**phatchuam a ngâi ma mau hi:**

I het taksa'u himaleh vak sulang kit hitiu. I kochuam hin thugin 10 i nei ua, pakuana umte hi vak sulang thak hitiu. A bawn in kigen seng pua'n tin, Thagau mite chun Thagau kipawlkhawm na ma hi a ngaikhawk ua, kochuam kikhawp khawmna ah pante, Sakramen leh a zek chan dangte vawp phat te, a dan zuite, pauchap zingte, Lalpa Ni chante, a thugen ngaithak te, kikhawp te, Pathian kiang ah thilpiakte, Khrista nungchang gual suklat te, bang hitaleh la um dan uh chu Khrista chanchinpha tawh kituak sak phawt tau in (Phil 1:27) a ti gual a khan.

Korah chate pakna la hin le "La biakin huang sung ah nikhat mai um hile, mun dang ah ni sangkhat mai um sang in a pha zaw'i. Nunsiatna puanbukte ah chen den sang in ka Pathian Biakin kawtkhak ngak ah pan le ka nuam zaw'I a ti hial a hi. (Sam 84:10) na ah i mu gual a hin, thagau mite chun Pathian mite kipawl

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khawmna ma hi a ngaikhawk uh a hi. Ei haw hi i hi leh vang Pathian biakbuk ah kipawl khawm sang in khawlai vel ah khawvel thuthangte leh manlo thugen te hi i thatnawp zawk uh a hi. Thagau mite a ding in chu, Pathian thu hi khuaizu a phang ah vatha gual ah thum a hi. zia zia a chun, thagau ah tute chun thagau ga ma luak ding a hiu.

### **3. A lim ua, a lungawi ua, Pathian a chawihawi sek u'i:**

La phuaktu'n a la phuakna a chun "Lalpa neitute danglamna chu bangkim ah lungawina hi a hi" a tia. Chantawk ah lungawi hi a haksa, khawvel hi i khualzinna mai a hia, a chang leh lungkhamna buaina te tuak zing ding i hiu ah, ziate lak ah chun thina le tuak to zel di i hiu. Ziate haw zosia tuak zing kawm ah kipak tak ah um chu thil haksa tak hi ding a hi. Himaleh, Paul leh Sila hi Pathian thu a gen zing lai un, mat in a um ua, a thil hi dungzui ua chun, suangkul gil lam tak in a kawu ua, a keng uh bul dettak in a bultuk

tau hi. Zan khanglai tak in Paul leh Sila chu a pauchap ua, Pathian pakin la a sa'u ah suangkul ngak zosian a ngai tha zing ua (Nas. 16:25). Zia gual ah zankhanglai tak ah Pathian pak ah lasak ah nuam tak ah hun a vak mat thei uh hi a lung awi ua, a kipak u'i ti chu i mu thei uh a hi. Tichun thakhat in lin chu a hung killing ah, suangkul chu hung kilawk in a kawt khak zosia chu thakhat in a hung kihawng tan, tichun, mitin kawlbun te chule a hung kiphel zotai. Sungkul vengpa chun meivak a hawl ah kithing kawm kawm in Paul leh Sila kengbul a chun a hung bawkkhup ta, amau chu a puidawk ah a kiangua chun Pute haw Hukdam ah ka um theina ding in bang ka hi diam ti'n a dawng tai. Amau chun, Lalpa Jesu Khrista ging in, tichun hukdam in um in la tin, la inkuanpi te le ti'n a dawnhu ah. Ama leh a in ua um zosia kiang a chun Lalpa thu chu a hil tau ah. Zia zan ma ma a chun a beliamte chu a sil piak ah, tichun khawdang lo in a ma leh a inkuanpi te chu baptisma

a chang chiat tau hi. Amau chu a in ua puilut in annék ding uh a lui piak ah, a sunghaw’u ah Pathian a hung ging tak ziak un a kipak ma ma tau hi ti (Nas. 16: 29-34) na hin i mu a hi.

Gingtu diktak ah umte chu a mualpho ngai puau ah a suangkul ngaknau ah pat a

suangkul vengpa hung um dan leh a nasep te hin gingtute um dan ding chu ei kawk mu ma ma a hi. Lekha zik thiam a ki hi lo ziak in simtu dawitak te’n I thupiu ah Thagau dik change um dan i gennau a hin eima kingaitua chiat thei ding in Pathian in hun malsawm chiat ta hen

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### ***Mi dinmun hechianlo in kuama dem kin...***

Tangval pakhat, kum 25 ding vel mi khat hi a pa tawh rêl (train) in a chuang ua, rêl tukvan apat a thil mu te chu a pa kiangin thanuam takin a hung gensawn sek a...

“En tia hepa, thingkung te saw! A nungtai u’i!” a hung ti chu a rêl chuanpi’u midangte chun mak a sa’u a, tangval pakhat umchan dingah chun naupang huai a sa’u a, bangma genlo in a kisûm ham ham u’i.

Chawmkhat zaw in, “En tia hepa, chunglam ah sûmte khin ei zui u’i!” a hung tidawk kit a. A kiang ua umte chun khawksak takin a pa chu, “La chapa hi doktor thiam la etsak kha ngai em?” ti in a hung dawng tau a.

A pa chun, maisua tai takin, “Ka etsak a, tu hi hospital apat hung pawtdawk ka hui. Ka chapa hi a pian apat khua mu theilo, mit thûm a hia. Doktor in a mit a siamphat piak a, tuni hi a khaw mu masakna pen a hi” ti in a dawnhu hi.

*Mi dinmun hechian masalo in kuama dem kin. Mitin in chanchin kinei chiat a hi.*

# Hin̄na Vâk

*Sermon*

## Hung Kum In

*VK Thanga  
Centenary Kochuam*

### **Luka 19:1-10**

*Nikhat chu Jesu Jeriko Khua a zawt lai in Zakai a tiu mi khat a um a, ama chu mi hausa sedawl hotu a hia. Ama chun Jesu a ti pau chu a mu nuam ma ma ziang a, a hungna ding lampi a chun a la tai a, theichang kungin a la kal a, Jesu chu a la en a. A umna zawn a hung phak takin Jesu'n Zakai kiang ah chun, "Hung kum in, la In ah hung tung ding ka hi" a tia. Ama le a hung kum a, a In ah chun a puilut a, "Tuni'n zia In ah hin hukdamna a tung tai" a tia.*

Tulai in Jesu i mu nuam in i hawl chiat ua, i mu'u a, maleh, thamunna tak tak i nei pua'u. A ziak chu hukdamna a tun nailo ziak in. Bangziak ah hukdamna tung theilo a h'em? Theichang chung apat i thîl sek ziak uh a hi.

Lawikhatte'n **kiletsakna, kipilsakna thing chung apat Jesu i thîl ua**, lekha i hung thiam ua, sepna officer bang i hung mu'u a, zia phat chuleh i hung kiletsak ua, i kipilsak ua, ngawlhuai khawp ah Pathian biak hi kilawm i hung kisa sek pua'u a, chingthei le pilthei takah Pathian biak ding pha i hung sau a. Pathian sang ah le lopi leh ching zaw gual khawp in i hung kigel sek ua, Jesu chu i mu ngei ua, maleh, hukdamna eimau ah a tunlo

ziakin thamunna leh kipakna diktak i nei theilo uh a hi.

Hukdamna chu i chan theina ding un Zakai gualah i kiletsakna leh kipilsakna thingkung apat i kumthâk uh a ngâi a hi. (1Kor.1:18). Pathian gam chu naupangte gualah sân a ngâi ngal ah. (Mat.18:4).

Lawikhat te'n, **kiphasakna thingkung**, Pharisai dan gualin Biak In i kai ua, van hawi tak tak ah kivan in, thawlawm tampi pi i pia'u a, La zil La

sak i tawmngai ua, tulai i Khristiannau vang vang hi i fel thei tau a, um dan leh tawi dan ah, thil bangkim in ettawn tâk in, khantona lam in i kitaitêt ua, kipak a um ma ma hi.

Himaleh, thamuanna leh kipakna tak tak neilo i tam tau hi. A ziak chu hukdamna i neilo ziak un. Dutuina leh thatnawpna tak tak nei ah nasem a tawm a, a ziak chuh eimau ah hukdamna umlo ziak a hi.

I Khristianna' u leh, i felna-teu leh, i tawmngainateu a khawvel ettawna mai hilo in, Jesu pang ngei ah khangto leh felna hileh dawi a um diak hi. (Mat.7:21)

Jesu Khrista tawh khangto khawm i hi theina ding un mani pha kisakna thing chung apat kumthâk a pawimaw hi.

Lawikhat te'n, **du-amna thing chung in i kal ua**, Jesu chu i thîl ua, sawm ah khat te, thilpiakte i pia' u a. Gentheite i panpiu a, Pathian nasemte an i nek sak ua. Zia chu Pathian ah hâtna'n i ngaitua' u a, maleh, kipakna leh thamuanna dik

tak i nei diak pua' u a. Nasep ah Pathian lung i tuak gua' u a, maleh, nasep leh thilpiak zia kin Pathian a kipak pua' i. A thupiak ah um hi Lalpa kipakna zawk a hi (1Samuel 15:22).

Mi kiangin la i thawm-hauna' u i sulang ngam pua' u a, maleh, thamuanna leh kipakna tak tak i nei diak pua' u hi. Mi lungsiat um tak i hui hi. A ziak chu Pathian chu thilpiak ah kipak a hi pua' i. A thupiak nit hi Lalpa kipakna a hi zaw' i. A chang chang leh Kochuam i ngaw ua, a chang leh mi i ngaw ua, a chang leh insung mi i ngaw zel ua, i phunnawi sek ua. Unau, Thagau ah basapna chu midang ziak a hi pua' i. I umnau leh Jesu i thîlna' u mun a diklo ziak a hi. Thagau ah basam ah kingâi ah kihe la hi chun dutuina nei talo a, dan thu kikaihua ina bep ah lungawi ta la hi chun, kingaitua inla, la umna kha enchian inla, hung kum inla, Jesu lam hung zuan in (Kol.3:40-42).

Tulai ah mi tam tak in “Thagau le a dauh (a tam) ma ma ta' i” a tiu a. Thagau hi a

## Hin̄na Vâk

dauh (a tam) a um ngai pua, mihiamte zawk hi i zuljau ziaak uh a hi zaw sek a, ama i gamlat sek ziaak un.

Hukdamna dik tak i nei theina ding leh thamuanna leh kipakna dik tak i nei theina

ding un Jesu nei a pawimaw hi. La umna apat hung kum inla, Jesu kiang lam hung nai ta'n. Lalpa'n a ko pet in.

Lalpa'n a thu malsawm ta hen.

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## Malam Kinepna

*By: T/Upa LM Vaiphei  
S. Munnuam*

Lalpan i ma teu ei pui ah Khawvel **hî** leh **gâu** lengvel te lak ah malam naw zel thei ding ah **damna** ei piatu Pa Pathian kiang in kipak thu i gen uh a hi.

Gingtu te ding ah hinkhua sunuam pen leh kipak sak thei pen hi, gingu ziaak ah malam kinepna leh taksan na hi ahi pen hi.

Sam No. 146: 5 na isim chun Lalpa chung ah kinepna zia mite chu mi vangpha ahi ti ei kaw k mun ahi; Lalpa Jesu a Lal leh Hukdampa ding ah kisan ah Lal ah mang te ding in vang bangkim ah akinepnau teu chu ahing in, a taksang sek un ahi, a damlo un a damna ding a dawt phawt uh leh damna a chang sek ua, a lungngai lai tak un le thamuanna leh kipâkna a

dawtna khel un a mu sek uh a hi, a haksat lai un panpitu ding a hawl sek un panpitu ding ahung um zel sek a hi. sum leh pai a pawimaw lai un le a pawimaw na khel un mat ding val a mu zel sek uh a hi.

Ama vang Pathian mel helo te ding in chu kinepna te chu a tak a chang ngai pua'n, a thawn zaw sek a hi, banggual kinepna nang in la nei em? tuni'n kingaitua in.

Malam ah kinepna la nei te chu takchan la nawp ahi chun, ama Jesu melhetna nei masan

aman nang a ding in bangkim  
hung guan piak ding a hi.

Kumtuang hinna, Pathian  
cha la hung hitheina ding  
in, Kalvary tang ah migilote  
kithana gual in Khross ah khai  
kang in a hung um masa ataksa  
ngei in thina ahung chang in,  
Vui in a um ah nithum nin  
hungtho kit in lei leh van ah  
thunei na piak ahi tai, Matthai  
28:18

Ama thu lo in pa'n Pathian  
in bangma mihiam te ding  
in a bawl ngai talo ahi, malai  
in vang Pathian in chapa thu  
panglo in a nawp nawp a daw  
dawi uh a bawl piak sek in,  
tun vang chapa Jesu Khrista  
phalna lo in leh hepina lo in  
bangma a bawl ngai talo ahi, la  
kinepna chu Jeu Khrista ahung  
hi tak zia in.

Ziaziakchun, unaute  
kingaitua hitiu, i malam ua  
bang hung tung ding a hi i he  
pua ngal ua, dan ni tak leh la  
kinepna/i kinepnateu chu a  
thawn hung chang kha'n a  
e..... Ziaziakachun, Khrista  
ah siamthak la hi/i hiu a ngâi  
a hi, pawlam latdan dungzui

in nangma le kisukdanglam  
ding la guat ah kisiam thak la  
guatlo ahi chun dan ni tak leh  
vaihawmna tawp khawk ma ah  
la ding ngam na diam?

Ziaziakchun, “Aw nang  
uh semgim leh puakgik pua  
zosiata haw ka kiang ah hung  
un, keiman ala chawldam sak  
ing ka” a tii, Matthai 11:28-30.

Tulai khawvel thigua nun  
te leh thil suakte hi hechian in  
malam kinepna hin kalsuan zel  
in – i thagau a ding ah hinna  
i chan theina ding in, gingtute  
a ding ah kinepna ga kawt  
kihawng imu chian thei na ding  
ua Covid – 19 hi a hung lang  
ah khawvel pumpin thina leh  
launan i dim ta mai a hi, ahin  
nang leh kei in vang Covid –  
19 sang in gitlona hi lau zawn,  
malam ah kinepna chu del ham  
ham ah chia ah, pangjel thei  
ding i thagau nun hi danglam  
sak in Lalpa a ding in hing zing  
thei ding in Lalpan a thu sim  
zosia te chung ah ahepina nai  
zing thei ding in ei malsawm  
piak ta hen.

.....



## Hinṅa Vâk

### Sual Sim Mi Chu Lalpa'n A Ngaisak Hi

~ *Upa Lalmingsang*  
*Hill-town Kochuam*

“Ahi'nlah, Pathian chun, a hepina hau dungzui ah ei la hepi ziaḱ in; i sukkhialnateu ziaḱ ah thi i hizinglai un, Khrist tawh kigual in ei suhing ta'n, hepina ah hukhin la hitau hi. “ti'n Ephesate 2:4&5 in Pathian hepina thu i mu' a, Pathian in a mi siamte beplo khawvel leh a sung ah thil um zosiate hepi in a enkawl hi.

Gingtu khenkhat pauchapna ah “Lalpa, ei hepi inla, ka haksatna leh buainate ei lîpkiang piak in...” ti ah dawtna pauchapna thu ah ‘ei hepi in’ ti thumal hih thûkzaw in vak ngaitua hitiu. Pathian hepina dawt hi langkhat lam ah ngaitua chun Pathian in a hepi zing hi ti hechianlote pauchapna gual in a ngai thei hi. Thildang chu dawt ding ma a hithei a, maleh ‘ei hepi in’ ti tak hi chu Pathian hepina hechiantute â ding in ngaitua kham a ting thei hi. I gen ut pen chu Pathian chung ah i lungput dan bang gual a hi em ti ngaitua thak daw-um i sak chu a hi. Eima lam a hun ngatna ding ah Lapa hepina dawn i hi em ti ngaitua a pawimaw hi.

Pathian chu hepina ah dim a hi ti Bible apat chiantak in mu a hi. A hepi ma ma a siam mihingte gitlona pat hukdawḱ ding in a chapa changkhat neisun itlo in a pe phal a, hepina bukim mihingte hiat thiamzaw guallo khawp nei a hi ti a muthei a, chuleh, a zawng, a hât, a ching a thiam, mi pha leh phalo tiang ah mi zosia hepi a hi dan a kichian ma ma hi. (Eph 2:4&5; 1Johan 4:7-11) Ama ging ah a cha hitate diak diak chu mi dang in a khawi siat leh a mitnaucha khawi piak gual tuk ah zada leh nâ sâ, a mite khawtua ah hepitu Pathian a hi ti Bible in i mu a hi. (Zakaria 2:8)

Zia Pathian chun “Ka hun hepi hi” vel tamtak a mite kiang ah a ti zinglai ah a mite'n ‘Ei

hepi in.. ‘ ti ah a hepi dawtna a kiang ah bawl hi ngaitua kham a ting thei hi. ‘Lungsiat in ka dawtna ei ngaithâk piak in’ tia eima lam ah bil a hundawna ding ah paukam thumal ‘Lungsiat in.. ‘ ti hi chu a hepi kihezingtute’n lê gen a kilawm a, paukam melpha lê a hi maithei hi. Maleh, hepi talo gual ah kingai âwmtak ‘ei hepi in..’ ti a hi chun Pathian thu gingchalo, “ Ka hun hepi hi” a la ti zing kha taksanglo tina a hithei hi. A hepina chang tâklo kisak ziak ah hepi ah um talo, Lalpa’n a nungngatsan hita ah kikawi hial khawp ah gitlo kihechiantu â ding inlê ‘Lalpa ei ngaidam in’ ti a hi sek hi.

Chapa taimang pa gual ah gitlo kisik ah sual sim in Lalpa kiang zawt mai chu ‘ei hepi in..’ tia thûm ngût ngût sang in Lalpa kipakna zawk, i dawî leh ngai muna zawk hi in a lang hi. A hepi zingsa a chate chun ama lam a nai-ua, a kiang ah a kituklut phawtu leh a buainau leh haksatnateu lîphâk piak ngei ding a hi. ‘ Ei lungsiat inla, ei hepi inla ‘ tite hi gen nawn nawnlo a, sual

sim ah ama kiang ah kipiak daw mai chu damna a hia, Lalpa’n a dawî zawk lê a hi. Kamthiamlo chu mihing â ding in thil khawktak a hi maithei, himaleh Pathian in lunggil sung bep a et ziak in kam ah pawt thumal hawitak takte sang in kisik ah ama zuan maite chu Lalpa a kipak zaw, gim tak ah Insung a la enkawl zing, a u-pa sang in chapa taimang pa khan chawihawina chang thupi zaw hial a hi dan kha ngaitua kham a ting hi. A hepina dawt sang ah a hepi ah umtheina ding dan ngai pawimaw zawk ding chu a hi.

Pathian in a mite a hepi zing a, a hepîte â ding in bangma ît a nei pua, a hepi ah a umtheina ding un, a mite ama kiang ah a kituklut kâlû ngakla tak in a ngakzaw a hi. A mite’n a bawl ding zawku sual simna kha dawtlo ah lê ei hepi zingtu Pathian lungthim khawi zaw chu a hi. Lalpa’n a hun hepi zingsa a hia, a hepina ah um ding in taisan pawimawte taisan ah, a kiang ah kitulut ah, gitlo thupha chawi zaw ding in Lalpa’n ei dawî hi.

## Hinṅa Vâk

# Mi Lopi Tak Naaman Chu Phâk A Hi

## 2 Lengte 5:1

*Upa S. Lalpi  
Compound Veng*

Sepai hotu lian leh gâl hangsan, lengpa'n, a dawisak Naaman chanchin apat in i ngaitua ding ua pawimaw vak en hitiu.

### 1. Hotu za um leh lopi a hi.

Sepai hotu Naaman chu gâl hat leh lopi tak a hia, sepai hotu Officer te haw hi mite'n a zâ'u a, uniform ah a hung kithuam uh chun a kilawm ua, a lopinau hi a kilang ma ma sek hi. Naaman le ziagual chu hi zing maleh ama chu phâk a la hi laizang hi.

Tulai ah sepaite gual hileh vang medical ah tinglo sa a hi mai hi. Ziagual bawk ah chun ei uh gingtute lakin Kochuam ah hotu pawimaw tak tak haw hile pawlam et ah kilawm ma ma, Thagau mi ma ma ah kilang himaleh, Thagau lam hinkhua ah phâk i hi kha tawl diam uh i kingaitua a ngâi hi. Phâk hi kha leuhin chu Pathian in ei mu dan in a tinglo (unfit) sa i hi mai u'i.

### 2. A phâkna chu kuama'n a mu pua'u

Naaman phâk natna nei maleh kuama'n pawlam apat in a man thei pua'u a, a kidak

pua'u a, a zâ ma ma tho uh a hi. Maleh, a natna chu ama'n a he ma ma a, kuama hiatpilo in ama lungthim vang chawldam lo hial maithei a hi.

Ziagual bawk ah chun tulai ah gingtute i tilona/gitlona kuama'n ei hetpilo hial, i lungthim ei suchawl thei vawp zing le ki-um ding a hi. Mite'n ei etna gingtu muan um leh za um ah ei ngai zing lai ua chapona, du-amna, kiletsakna, gukchakna, ginumlona, etc. leh ngaituana phalo eimau ah bek zing mite'n ei hetpi lo um sau sau dingin ginchak a um hi. Ziagual i hileh vang Pathian kiangin kilân thakin

i dammawnau, i phâk uh kha paitha'i tiu, zia chu Lalpa lung lam tak a hi ngâl a.

### 3. A phâk sukdamna dingin Jawlnei a pawimaw'i

Aram Lengpa'n Israel lengpa kiangin Naaman phâk sukdam dingin a sawl a, dangka Talent sawm, sana shekel sang guk leh kivanna puan tuaksawm tawh a puaksak a. Maleh, Israel lengpa'n sukdam malak sangin a lung a na ma ma hi. A zia chu thina a h'em hinna a h'em pia ziang theilo a hi zia kin. A tawp in Jawlnei

Elisha'n a het phat in, "Ka kiang ah hun sawl in," a tia, thu a pia. Jordan lui ah sagivei kisil ding in a sawl a, a tîl in nuamlo maleh a va kisil phat in a hung thianga ta a hi. Naaman

chun, "Damaska gam ah lui – Abana leh Pharpar lui te ah khan kisil leng thianga zawlo ding ka hia a h'em" a tia. Zia luite ah khan damna a um pua,

maleh, Jordan ah khan damna a um a hi. Eima thu thu hin damna a um pua, Pathian ei sawlna – pauchap, kikhawp, Bible sim in damna i mu thei bep hi.

Gingtute le i chung ua bek zing gitlonate hi sum leh pâi, sana dangka mangcha thiango ding a hi. Thunei leh lopi pen lengpa'n le phâk natna a sudam thei diaklo a hi kha. Jawlnei kiang a tun masang in a dam diak lo a hi. Lal Jesu kiang i tun masang in damna tak tak a um thei pua'i.

*Eima thu thu hin  
damna a um pua,  
Pathian ei sawlna –  
pauchap, kikhawp,  
Bible sim in damna i  
mu thei bep hi.*

Zia zia ka h chun, Naaman gual ah lopi leh thupi ah mi'n ei mu zing lai ah phâk i hi khak chun kingaitua thak hitiu in, Lalpa kengbul ah kitulut in, kilânthak leuhin i taksau chu gingu hinkhua thak, taksa mâm hiuhiau gualin mi thak ei hun mu thei ta'n au.

Lalpa'n a thu malsawm ta hen.

## Hinṅa Vâk

### GAM LEH GUA, I KIANG LEH KÎM Â DINGAH Khua leh Tui Pha Hi Dingah Kisiamthak

*N. Neihstial  
Guwahati*

I gam hi henla, i mite leh i thil ngailul zâwngte' u hitaleh, kum 100 ding vel sung ahin nasa takin then danglam in a hung um a. Khua leh vêng, phung leh châng ah mi chi chuam chuamte chu i hung kichawkhel nasa ta ma ma' u a. Khua leh khua kikâlte le a hung kinai zaw ta, thing leh gua te le nasa takin a hung kiam deu deu uh a hi. Sum leh pâi ah hausakna a hung pung tul tul a, mite' n thil ngailul zâwng le a hung kitheng zung zung a, khat leh khat kizawpmatna zosia' n sum ah lawkna ding ngaituana chu a hung kithunlut ta zel hi. Ziagual ah danglamna nasa tak mai chu technology lam ah khantona — TV, Intertnet, Mobile Phone ti te hin a hung suhât chuam ma ma hi. I nisin hin dan uh nasa takin a hung sukdanglam piak a, ziate hi ei uh leh i gam uh, i khawtâng uh â dinga chun thil phachuam hung hi vek lo ding a hi.

Nidang lai ah chun khua hausate hin mite lungthim in mun pawimaw pen a lua sek a. Mipite chu ama â dingin a ginum ua, mipite hina, kipumkhatna leh lungtup a hi sek hi. Hausapu' n a melhiat hi ding chu minautâng lungtup a la hi pen a, sa lian leh sa hâng mantu a h' em, a hilo leh bu leh bâl hau pen a h' em ah hausa' n a hiat kha a la tup tinten sek uh a hi. Hausapu lung hawl in, ama lam in mipite chu bang

lam lam inle a pang ua, khua dang a h' em, phung leh châng dangte tawh kituaklona a h' em a um inle hausapu lam ah chun a pangchak kêi ziang sek uh a hi. Hausapu chu a kichâwnna lam lam in mipite' n a zui tawl tawl ziang ua, chênna ding a tina mun mun ah chun a chêngkhawm sek u' i. Khua dang ah hausa khat chu a va khualzin lehle hausa pakhat a hina ziak ah chun mite' n a la ngâisang ua, a la limbawl sek

uh a hi. Ahi'n, ziagual chu hung hi zawm lo ding a hi.

I hin dan leh i châwn dan uh ei hung sukha masa pen chu Chanchinpha a hi. Chanchinpha chun mun chuam gam chuam lam thu ah khawhetna a hung pawlut ngal a. Mite'n Bible a sim theina dingun lekha zilna a hung um a, thingtangmi te â dingah chun thilmak leh kidang tak a hung hi ta a hi. Khawmpi te nei in, khua leh veng chuam chuam ah mite chu a hung kipawlkhawm ua, Pathian thugentute – Pastor leh Evangelist te chu mite ngaisân a hung hi tau hi. Zia thilte chu i gam leh khawtâng â dingin thilpha himaleh, khaw hausate â dingah chun a pha suak pua, mite lungthim chu kithutuak takah hausapu lam ah pang suak ziang talo in, kaihêk in a hung um ta, Kochuam tawh Hausapu kikâl a hung um ta a hi. Chanchinpha chun mihing lungthim leh ngaituana zosia a khawikha, i hin dan leh ngaidan zosiate ah chun a hung kithunlut a, tichun, mipi vântâng lungthim put dan chu nasa takin a hung kithengdanglam ta a hi.

Politics lamkâi ah khawhiatna a hung um kit a. India chun ama leh ama kivaihawm a, kuama thunuai ah um talo dingin zalenna a hung nei ta. Tichun mipite'n vaihawmtu dingte têldaw ah kivaihawmna (democracy) chu sawlkar chia ding dan ah pawm in, piting tapo in ama dawigual ding hotu a kitêl theina chu a hung chiapi a. Midang in i chungun vai a hun hawm tapua'u a, vaihawmtute chu ei uh ma ma'n i têldaw'u a hi tau hi. Ziagual ah vaihawmtu dingah têt thei ding mi chu pu leh pa khang ah vaihawmtu ahem, tit leh thiamna bîk neite a h'em hilo in, a nuam tapo a hung ding ua, ziate lakah chun mipi'n a dawî uh a têt sek uh a hi. Ziagual ah pianphung ah kigolua hilo ah, mipite'n a nawp nawp uh a hung têldaw ziang uh vaihawmtute chun a pianphung ua vaihawmtu ah pang hausate chu a hung suandawk tau a, nan zaw ding gual a hi pua'u hi. I khawsung ah cheng, i khawchaga te pakhat chule i chungah thuneitu'n a hung pang ziang

## Hinṇa Vâk

thei ta a hi chu. Zia chun hausate thuneina leh lalna kha nasa takin a hung sukha, mipite lungthim le hausate apat in a pêt mang zo ta a hi.

Zia thil pani bep ah chu huntawksalo hileh kilawm takin, thiam zilna lamin nasa takin i hung khangto kit ua. Mi kuama hiatphaklo pakhat chu lekha hung zil thiam in, sawlkar nasepna sang tak tak, IAS/IPS te bang a hung tûk ta. Amau haw chu mite ngaisân leh zâ a hung hi tau hi. Kawikhat chu Doctor, Engineer, Teacher etc. te a hung hiu a, nuam tak ah khawsak theina kham law nei in a um ua, thingtang ah khua hausate sang in mite ngai ah chun za um zaw leh lopi zaw in a hung um thei ta sek uh a hi. Zia bep chu hilo in, thingnuaimi chi chuam chuam te chu police leh sepai lamte'n khaw hausate nasa takah a hung sawisak khawlawna ding uh hileh kilawm in a hung kiphtudawk sau sau nalai ua. Tichun, khua hausate chu bangma dang hi talo in, “khawvel leh nisin hin dan hung kithengdanglam in a

tawdente” a hung hi ta mai uh a hi. A langkhat lam ah chun, tunâicha sawlkar in scheme chi chuam chuam a hung piakte eg. MGREGS etc. te chu ei uh kisukmualphona ding bep in, khawchaga leh mipite phatchuamna ding ah manglo in, i angung un i kihuilut ua. Mi'n i gari nei thakte'u chu Job card sum ngen ah kichaw a hi sak khawlaw tau a hi.

Zia thilte hin i lunggil ua i thil ngailul zâwng uh nasa takin a sukha. Sum tam tak nei khalo te khut in sum tampi pi a hung lut zung zung a, mipi vântang chun lam dik leh diklo le umsak talo in thakhat ah hausak ziang theina ding a ngaitua'u a, mi lungthim a suchîp a, manimasialna a hilian hi. Thil neucha cha ziakah khawtang ah buaina leh kinakna neuh neuh a hung pung a, unau khat, insung khat kikâl ziang inle hamphatna kichu in kinakna a hung pung nasa ta ma ma hi. I lungthim sia leh pha hiatna'u a hung susia, Pathian Thu hial hial le i lungthim un a lût zo tak tak tapua; mipi vântâng lungthim ah chun a tak a hi leh

hilo hiatchianna le um sâmlo in, nekgûkna ti chu a gi veng vung zing a. Chulah, a negu tak takte chu i ngâisang ua, i vak chawisang kit ten sek u'i. I khawtang ua hin lam diklo ah hausakna hi ziang lehle, hausakna him him i ngâisang pen uh hi in a kilang hi. Mi a nei leh neilote kikâl a hung zâu deu deu a, buaina leh سوالنا chi chuam chuam a hung pun deu deu khawlaw zel hi.

Mi khangto te lak ah chun buaina leh سوالنا chi chuam chuam chu a pung sek mawng a hi, maleh, ziate chu a hi ding mawng ah kawi ziang ding a hi pua'i. Tulai ah i gam dinmun ua lungkham um ma ma chu zia hi a hi: thingtang khua apat khawpi sungah mipi tam tak i pêmlut zung zung ziang uh hi. Sepai pension khat chu a pension phatleh a khua'u ah chun va cheng kit ut khel ta pua'n a. A khua'u ah chun In leh Lo det dinna ding sum leh pâi chu lut zung zung talo ding a hi. Mipi lam apat khang hung chia zel ding khualna ah thing no phu, huan leh thâichi lei bawl ti te le a um diak

pua'i. Khawpi sung lam del ah kipemlut zung zung ziangte hi bang a tina ding awm ti hi i ngaitua pha pua, ei un i buaipi'u a, i ngaitua ding uh chu i khua leh i gam ah mi a tam thei pen bangti'n i huailut thei ding awm ti hi a hi. I khua ah chêng mi a tawm phatleh, nam lian zaw leh hât zaw te âng ah kidingzo ngailo a hi ti i hiatsa'u a hi. Thudik pakhat i hiat ding ua pha a um hi: Kuamasap hin khawsakna ding gam i mamaw chiat u'i. A langkhat lam ah chun, gam in a bitna ding leh a phatchuamna supung zel dingin mihing a mamaw hi. Mipite hin – a hawnpi ah hi'n mimal ah hitaleh, i gam uh hi i mang phachuam un, i enkawl un, midangte apat in i vengbit zel dinguh a hi.

Tulai ah thingtang khua te dinmun hi lungsiat um a hi tawp mai hi. Khua hausate bawlkhial ziak liau liau chu vang hi pua'n a. Gam kivâipuak dan kimil theilo – khaw hausate thuneina zosia sawlkar chiadan dungzui ah mipite thunuai ah hung um zaw ziang ta; zia bep chu hilo,



## Hin̄na Vâk

manimiasialna leh du-amna ah dim mihing lungthim phalo takin a hung chupkhum kit nalai set hi. Tichun, thingtang khua neucha chate chu khawpi lam in a hung kitâwllut zung zung tau a, kingakna ding neilo hial te chunle khawpi sung a hung bawlut zung zung ziang tau a hi. A ziak chi chuam chuam dang le um thei in a, lekha zilna ziate, damlo kikaikawlina ziak te, muanna leh bitna dawî ziate leh a dang dang um thei in a. A tawpna chu thingtang khua, khaw lûn leh khaw piting tak tak te a hâwm ah nutsia in a um zo tau hi. Khaw mipi ding umlo ah chun bangti'n i hausa hinateu leh, gam leh guate chu vengbit in i enkawl zel ta diam uh leh?

A chung ah i gên tâk gual un, gam phatchuamna supung zel dingin mi a pawimaw a. Sawlkar apat kithuapina sum tam zaw sêm ah i laklut theina ding ua chun mi tampi chênkhawm ah, umkhawm a ngâi hi. Mi te chu khawtang leh amau mimal â dingah phachuam leh a lâwk thei ding

pen ngaitua a, a buaipi thei ding dan u i ngaitua'u a ngâi hi. Khaw sung ah chengte lakin a hi Kochuam in na a sep a, masawn a hi thei ding. Mi tamna mun ah a hi zilna In piting tak tak guanggal a hina chu. Khua hausa khat chun zia thu te hi ngaitua in, bangti'n bawl leng tu nung nung ah le ka khua mipi ding hi tam tak ka nei zawm zel thei diam ti a ngaitua ding a hi. Sawlkar panpina leh kithuapina neucha cha kâlvân ah i mu te'u, zia chule khaw mi ding phuakkawm hât ah i mu'u hi nalai, ziate haw hin i hausa hinau hi humbit lo ding a hi. I hausa hinau leh i gam leh guate vengbit a, enkawl a, a lawkna supung zel thei ding chu mipi tam hih a hi ti hiatsa'u a hi.

Mi tam takte thingtang ah a kikhual tak tak nuamlona ziak uh hi bangma amau â vak ti thei tak tak ding a neilo ziak uh a hi. A thu dan ah chun hausate'n a nawp nawp uh a nawdawk thei ua, a thil neite'u natiang le a ut ut uh chu a lakpiak thei uh a hiu hi. Ziagual dinmun ah chu kua'n a hâtna leh theina zosia lunglut takah pia, a hung

kikhual thei ma diam? Ei uh â ding bep ah lungkham i um pua`u a, i tu i chate`u natiang â ding i ngaitua khawm vek uh ngâi sek a hi i hechiat u`i. Ziagual tiang â dingah kikhual theilona mun ah chun hun chawmcha sung â ding bep in a vak chêng mai mai phawt ua, kikhual theina ding khua leh gam a lungthim un a hawl hawl sek uh a hi. Zia hi sukfel ngâi masa chu a hi. A sukfel ding dan ah hung kilang ngâl chu hausa hina chu sawlkar lam tawh kisai in nei zing in, tuchak zing ta leuhin le, i gam sung ah mun khenkhat chu i khua chaga te lakin, a dawî dan tak ua a etkawl ua, a phatchuampi thei ding un hun tiam siam in, lua sak ta leuhin. A lua hun sung ding chu kiholemna siam hitin, kum 50, kum 100 bang i ti thei hi. Democracy dungzui ah mipite`n a dawigual un, Village Authority te chun hausapu kaihuaina nuai in khaw sung kivaiahawmna chiapi ding dante fel takin guanggal intin. Tia chu i bawl thei uh a hi chun khaw chaga ding mi hung kibelap intin, i

gam leilung venbit ah um in, Kochuam leh i khawtâng hin dan te le a hung bit thei mai diam maw... bawl sin ding chi tak hi in a kilang hi.

A tawpna dingin Bible ah chanchin ngainawp um tak sukrat ka nuam hi. 1 Khangthu bung 11na leh 2 Samuel bung 23na i sim chun, David â dingah sepai hât chungchuang mi 3 chanchin i mu`u hi. David chu Bible ah lêng pil leh ching ma ma te lakah pakhat a hi ti i he chiat ua, Pathian in “ka lung gual pu mi” a la ti hial kha a hi. Thilgi tum thiam a hia, mi gâlhat, lal kitup tak, la phuak thiam, vaihawmtu pha leh zawlnei le a hi kit hi. Israelte`n tu tiang ah hin le a kisaktheipi ma ma`u a, Israel te puanlâp chu Hebrai pau in Magen David a tiu a, zia chu David phaw tina a hia, David Aksi le a kiti sek hi. Zia i Bible taklatna ah hin bang thu i mu`u em leh? Mi gâlhat chungchuang mi 3 chanchin i mu`u a hi. A hât ding dan uh chu, amau lakah mi pakhat mai mai chun Philistin te sepai 800 a thatzo a hi chu! Tichun,

## Hinṇa Vâk

Israelte chu Adullam ah a kikul lai un a gâlteu, Philistinte chu Bethlehem khua'n a kikul uh a hi. Zia lai ah chun David in Bethlehem kul kawtkhak bul ah tuikul tui a vak thangaina thu a sâm daw k kha, ziaphat ah chun a sepai hangsan 3 te chun Philistinte umna hawtheng in zia tuikul ah tui chu a va thâl piak uh a hi. A tui chu David kiangah a hung piak phat un David chun a la dâwn ngam tapua'i, a thâl ah va kuante thisan gual tuk ah a ngai ziak in. Zia thu hin David in ama nawpsakna leh makhua ding bep gel lo ah, a mite â dingah thilpha dawisak masa zaw a hi dan kichian takin a taklang hi.

Tuni ah hausa hungkhawmte hin le ei uh nawpsakna leh makhua ding bep gel lo ah, i mipite'u â dingah thilpha i dawisak zaw phawt ua leh mite lung kikuai intin, mi kihîp tam zaw deu deu ding a hi. Mite'n khua hausa pil leh lunglian ti ah ei hiat dinguh i

nuam pua'u ah a h'em? Gam leh nam â dingah masawna pawluttu hausa i hi nuam pua'u ah a h'em? I gam leh guate'u hi ei uh khut liau liau ah kinga hilo in, a tamzawpi chu khaw mipite khut ah kinga zaw a hi ti hia'ituu. Hung tiam un, i khua'u ah kilekit hitin uh, khaw mipite tawh kivaihawmna khat nei in, mabân ah thilpha a hung um theina dingin banggual ah pan lakkhawm ding a h'em ti genkhawm in ngaituakhawm hitiu. I khaw sung ah a chaga pen inle kum khat ah 20,000 sang ah tawmzaw lo a laklut theina ding khat ngaitua hitiu. Ziaphat chuleh mi'n ei hung bêl mai ding a hui. Mi'n ei hung zawt ah, i hung umkhawm tam phat ua leh i nam, i Kochuam inle mâsawn intin, khang hung um zel â dingah thilpha le kingaitua thei ding a hi. A chutilo chun i mabâk ding uh hi pha talua lo maithei a hi.

Ka kipak hi.

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*Zia Article hi Pu N. Neihsial in Khaw Hausate Seminar ah a paper present kha hung kisua a hi.*

**SPECIAL REPORT*****Gangpimual Branch KKP leh Phailianbung Branch  
KKP Kivêtuana***

A chiata 15-16 April, 2021 khan, Gangpimual Branch Khristian Khanglai Pawl (KKP) ten Phailianbung Branch KKP hung ve tha in, Pathian thu leh lâ ah kipawl khawmna hun nuamtak a mat bâk un, Phailianbung Branch KKP makaina in luidung ah Nga matkhawm fellowship le a nei bawk ui. Pathian umpi na tawh buaina bangma umlo in lim leh kipak tak in hun a mangzo ui. Gim leh chawl khawk salo ah, sum leh pai, tha leh zung sêng ah, I kochuam mi leh sa te veh ah hung kalsuan Gangpimual Branch KKP te chung in, Phailianbung Branch KKP leh Kochuam ten kipak thu a kigen hi.

Phailianbung khuah hi Phailianbung Pastor Bial a ding ah Bial centre ahia, Tipaimukh road leh Guite road kikâl ah um, Phaipheng leh Munpi Pastor Bial tawh ki gamgi, thingtâng khuah nuam leh mi tam na mun a hi. Tuiliduang a ding in eimi khuah lak ah inn tamna pen, leh khuah nuamtak khat a hi. Tulaitak ahin inkuan 55 (Kochuam record) a um a, Kochuam khat (MPCS) ah umkhawm in, Khristian Khanglai Pawl (KKP) ah min kiziak lût chu member 70 tuam a hiu. Phailianbung

Pastor Bial sung ah mi umte hi nasep kukal, malzin kaitua fel tak, huangphal mama leh siatni-phatni ah ki lungsiattua thiam tak a hiu. Pucca road tunglona gam himaleh khuah phat lai in Gari kêng sang deu te chu a lut thei hamham sek hi. Thingtâng khuah chawn leh khan diktak hia nuam te leh Thingtâng gam hing leh lui tui thiang tak mu leh patep nuam te a ding achun Phailianbung khuah hi chiana tâk a hi. Pucca road tun lona thingtâng khuah Eimite/ei kochuam te umna ding ah

## Hingna Vâk

inn tamna pen hi ding ah le ginchâk um a hi. Mimal leh Kochuam/Pawl min ah hung nuam taphawt ngâina tak ah a la kilamtua zing ding a hi.

Manipur Area Kochuam Pastor Bial lak achun Bial haksatna pawl lak ah pakhat hi ding in ginchâk a um ah, a ziak lianpen chu kikawmtuana (lampi) kitûplo ziak a hi. Chuleh, Kochuam kivaipuakna lam ahin le Bial dang tamzaw tawh têtâk in a khangto ding gual tak in a khangto zo nailo a hi. Kikawmtuana haksat ziak in midang/Kochuam dang tawh kivetuana a tawm ban ah, Kikhawmpi chuamchuam ah dawî dan tak ah a pan khâk theilo ziak ua kivaipuakna lam khangto taktak thei nailo hi ah hiat a hi. Ziaziakchun, Thingtâng

lam ah Kochuamte/imi leh sa teu hi taksa leh thagau ah tu sâng ah a hung khanto ua, a masawn zawk diak thei na ding un, Kochuam hitaleh, Branch/Bial KKP hitaleh, tawmngai pawl leh mimal hitaleh, a tam thei pen in chuan tha zel in, Pathian malsawmna I chan teu khenkhat thingtâng lam ah I unau, I kochuam genthei leh haksâ taktak ah umte hi sawmdawl in, kipanpitua dân thiam leu hin taksa leh thagau lam ah nasatak in tu dinmun sang in hung khangto zaw ding in ginchâk a um hi.

Report Petu:

Pastor Siamlaron  
i/c Phailianbung Pastor Bial

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“Thilpha hi ding ah Khrîsta Jesu ah chun siam ah um in, ama khutsuak i hi ngal un; zia thilpha hi chu i khawsak dan ding ua Pathian in a siamkhawlsa a hi.”

- Ephesate 2:10

## **Damdawi Panglo ah Thisan Sang Etkawl Dan**

*By C. Laldinmawii,  
Extension Educator*

Thisan sang hi tulai khawvel ah chun natna langsal pen pawl a hi tai. Thil chi chuam chuam ziakin thisan sang hi nei thei a hi. Nu leh pate a pat kilaksawn, kal lam natna ziak leh taksa tuinâng (hormone) nasep a kisân takleh thisan sang hi a um thei hi. Thisan sang nei te chu lunggimna a hem lungthim sugiksak thei i nei takleh thisan a sang nuam diak hi. Thau takluat te, chi nek tam te, zu dawn te leh taksa kisawizawi peilo te hi thisan sang nei ten a ngailo khawpmai u'i. Thisan sang hi natna kin-gang tak a hi pua, taksa ah hin a langdawk vak ziang pua, maleh taksa hi awl awlin a suse huai huai thei hi. Taksa ah natna a latdaw tak tak phatleh chu

thi mai thei khawp haksatna ei tut ta sek hi. Ziakiachun, ki-etkawll phat a ngai khawp mai a, sukdam thei a hi ta sek pua, bawlthei umsun chu damdawi mangin a h'em hindan then danglam in a h'em thisan sang ding kha a pangai in a kawi thei ham sek hi. Thisan sang nei te chu kal phalo a hi nuam khawp mai ua, kal nasem thei talo mi tamtak a um uh a hi. Thisan a sân a hi chun thuak ah thisan lutna peng kha a kisubuai in a kinang thei bawk hi. Zia gual hi a tun takleh chu thi thut thei zing a hi ta, i vangphat tawp inle i taksa bung chuam chuam

khawitak pen ahem chu tawi theilo ti bangin a um thei sek in, a khenkhat vang a zeng den mai sek uh a hi. Lungchang lam natna a nei sek ua, heart attack te an nei thut ua, accident a bailam ma ma sek hi.

Thisan sang damdawi pha tak tak te um maleh B.P. sang thunun ding chun nek leh dawn ah kithunun a ngai sek ah, hindan leh thil chin phalo khenkhat san danglam a ngai sek hi. Blood Pressure (B.P.) hi mi thiam ten a gen dan ua chun 140/90 mm (140 nuaiah 90) sangah a san chun ki-etkawll pai

## Hinṅa Vâk

ngai ahia, kum 60 chung lamah chun 160 nuaiah 96 sangah a san chun ki-etkawł pai ding ti a hi. I blood pressure uhi a hi ding dan tak chu 120 nuaiah 80 a hia, zia sang ah a san zawk deu chun chawmlo kâlin thisan sang ziaakah haksatna kinei thei pai a hi. Amavang, i ki-etkawł pai a hi chun damdawi panglo inle thisan sang zing kha a thunun thei hi. Thau takluat hin i taksau ah thau chikhat, cholesterol a kikhawłkhawm ah thisan sang leh lungchang lam natna a tut thei hi. I giknau i sukniām ua, exercise i lak hawi ua ahileh damdawi nelō inle a um thei hi.

Chi i nek sek lak ua hin thisan sangin a huat ma ma sodium a pang a, zia sodium chun thisan a susang nasa a hi. Nektam vang chun lungphu chawł ah thi thei ahia, kal lam haksatna a tun thei bawł hi. Chi hin annēk a su tui ah, nisin ah i nek zing ahi zia kin neklo tawp vang a haksā maithe i hi. Maleh awł awł ah nek tawm kizil a pha'i. Chuleh thisan sangte nekthei ding ah kisiam chi hi dawr chuam chuam ah a

kizuak ta, zia haw hi nek mai chu ala pha a hi. Ei thingtangmi te hin me lakah chi i saw ua, annēk takleh chigum i saw be zel nalai ua, nikhat ah i nek daw uhi tamtak a la hi sek hi. Thisan sang nei chun melak ah kisaw hi daw i tawł mai lehin le pha chuam ma ma ding a hi. A hina tak a chun thisan sang nei chun nikhat ah chi gram 5 khel neklo ding a la hia, khatvei i me hi gram khat vel ah sut thei a hi.

Zu hi thisan sang nei ten a haw khawp mai u'i. Zudawn mi khenkhatin a zudawn kha thisan sukniāmna dingin a ngai ua, hun chawmkhat sung a lungthim a chawłdam sak ah, maleh B.P. nasa takin a susang a hi. Potassium tamna lam thil nek tam hin thisan sang a veng thei hi. Thei lam chi leh jubi tui ahin potassium a tam a, a thei leh nek tam a pha'i. Zia zing lai a chun thisan sang nei lak ah le kal hawilo tamtak a um a, kal phalo ten potassium a huat zia kin neklo a pha kit hi.

Potassium tamna i nek a hi chun i taksa ah chi tam talaw ding kha a veng thei hi. Allu

leh sanga ahin potassium a tam khawpmai ah, kal natna neilo te a dingin a pha khawp mai hi. Regular taka exercise lak hin thisan sang ding a veng a, taksa a hisel pha bawk hi. A hi zing lain exercise lak nasat takluat, etsaknan thilgik dawp te hi bawl keilo ding a hi. Zingkal lamzawt, tai te hi a hawi khawpmai hi. Sa a hin cholesterol a tam khawp mai ah, sa a san chi (Red meat) bawng sa, vawk sa, kel sa a hin a tam bik ah, sa i nek inle sanga leh aksa hi tel ham ham theileh a pha'i. Gim talua leh gik talua nasep hi B.P. sang te â dingin a pha pua, kisuklimna leh chawldam hunte siam sek ding a hi. Blood pressure hi a ngai ngai in a um thei pua, a danglam zing sek ziakin B.P. check zel hi a pawimaw hi.

Tichun, a la sang deu kha a hileh i kithada ziak bang a la hi deu sek ah, gun zaw deu ah ki-etkaw! ding a hi.

B.P. sang damdawi hi zia natna nei te â ding ah a phat ma ma lehle umze nei tak ah nek guat ham ham ding a hi. A san nasat ziakah nek tam ziang lo ding a hi. I gen taksau bawl ding daw! te kha i bawl nak ua ahileh i damdawi nek uh kha awl awl ah suk tawm hiai hiai zawk ding a hi. Damdawi mawk nek tam ahin side effect a nei thei sek ah, haisan ziang chula lemchanglo ding a hi ziakin awl awl ah a dose sukniam guat kha i bawl dan ding chu a hi tai. Eimau dawitelna ngei in damdawi nelo ah hisel takah um thei a hi ti he thak chiat leuhen pha ma ma in a.

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Ama (Jesu) chun a kiang un, “Hung unla, munthip ah chawmkhat hung chaw!nga ta diu in,” a tia.

Zia tak ah chun mipi chiatua veng vung a tam talua'u ah, an nasan le a ne man pua'u hi.

(Marka 6:31)