

## HARHTHARNA KOHHRAN-AH

**K**umin chu kohhran chhungah leh mimal tinah

‘Harhtharna leh Siamthatna’ a taka a lo thlen theihna turin member thahnemngai zawng zawng chuan tawngtai kan ngawrh tlang theuhin a rinawm a. Thla kal ta lama kan sawi tak ang khan, he thil lo hlawhtlinna tur hi veiin, program hi thahnemngai taka kalpui zel tur a ni ang.

Kum thar tir lama ti deuh leu leu a, beidawnga bansan leh mai lovin, hrat lak ve deuhthe pawh a ngai maithei a; a nawlpuia tih a harsat deuh phei chuan mimal tinin, mahni remchan dan ang ang tal pawha kalpui ni teh se.

Chawnghei hun pawh hi, a loh berah pawh beisei kan nih ang tal hi chuan tih tum tlang ta hram ila. Kan hna leh eizawna engmah hi indaltir phal suh ang u. Kohhrana hruaitu leh hnarkaitu deuh chinte phei chuan midanga hu kan neih lenzia hrerengin, thahnemngai pawlah i tel zel ang u. ‘Kohhran hruaitu tumahin ama thlarau dinhmun ai sangah kohhran a hruai thei lo’ tih a nih avangin kohhran memberte Thlarau Thianghlina khat leh harhthar tura tanpui dawn chuan midang bak deuh pawha chet a ngai awm e.

Tawngtai hi kan ngawrh na na na chuan keimahniah awm a awm deuh nge nge. Kan Pathian pawh lo che turin A inpeih diam tawh a, kan tihthat duh loh chuan keini tel lo pawhin khawvela kan unau dangten an ko *ei* tho tho vang. Kan nghah mek harhtharna leh siamthatna pawh hi a dil taimate chuan an chang mai ang a, kan lo manthiam ve lo palh ang tih a hlauhawm zawk.

A lo thlen hunah chuan kan inthliar fel deuh huau tawh mai ang. Chuvangin kohhran tinten ngaizam mai lovin thahnem i ngai tlang zel ang u.

## “PE RAWH U TICHUAN PEKIN IN AWM ANG”

*CVL Ramnghaka*

**H**e Isua thusawi “Pe rawh u, tichuan pekin in awm ang” tih leh

mihring suala tlu tawhte rilru hi chhim leh hmar anga thil inpersan a ni tlat. Mihring thinlung chuan, “Laksak ila, ka nei tam lehzual ang” tih hi kan rilru put dan a ni. He rilru avang hian ram leh ram an indo va, khua leh khua, hnam hrang leh hnam hrang an inbei a, thenawm an inngeih lo va, chhungkua thlengin kan buai phah pheng phung mai chu a nih hi!

He khawvel chungnun nih duhna ram, a chak apiang dinchanna, a thei apiang thuneihna ramah hian general ropui, ramdangte thilneih chhuhsak thei thei te an larin an kaisang chak a. Tin, general-te mai ni lovin, infiam mite leh politician-te ngei pawh midang rapbet thei apiang an dingchang a. Sumdawngte leh sikul naupang thlengin an bang bik lo, midang aia chungnun nih inchuhin tan an la sauh sauh a, kan zavai mai hian midangte petu ni lovin laksak theitu nih tumin mi aia sanga awm turin kan hmanhlel a, kan intlansiak mup mup chu a nih ber hi.

In sang neih siakah mai pawh ni lovin, a design kan ti, furniture kan ti, thenawm te tluk loh kan hlau mai pawh a ni lo, anni aia chungnun tum ta reng rengin kan hmanhlel a. He chungnun nih duhna hian kohhran pawh a zuah bik lo. Kohhran chaklo zawkte puih a hnekin biak in neih len leh neih mawiah kan intlansiak a, kan rawngbawlta te pawh kohhran dang rahbeh duhna vang leh midang aia rawngbawltu tha zawk nih duh vang mai mai chu a ni ta deuh ber chu a nih tak hi!

Hetiang khawvela “Pe rawh u, tichuan pekin in awm ang” han tih chu mi a tawngkam ni awma mawi a ni. Khawi maw lai thingtlangpa thusawi chu ni se, tuman bengawngah kan thun kher lo vang. Mahse a sawitu hi mi namai a ni lo, mihringte min siam a, min dinchhuaktu a ni a. Ani

ang tluka mihringte min hrechiantu an awm lo. Thu tha zawm atan tha a sawi mai a ni lova, mihring nun inngahchhan lungphum ril zawk Isua chuan hetah hian a sawi a ni.

Min siamtu Pathian hi hmangaihna Pathian a ni a (*1 Johana 4:8*). Ani chuan Ama anpuin, hmangaihna nunpui turin min siam a. Chu hmangaihna chu midang tana inpekna hi a ni. Mahse Setana'n سواله kan nu leh pa hmasate chu thlem thluin, Pathian anpui kan nih chu laksak niin Diabola anpui (*Johana 8:44*) kan lo ni ta a. Hmangaihna leh midang tana inpekna ni tawh lovin, tunah chuan duhamna leh chapona chuan mihringte min lo thunun ta a ni.

Mahse engkik lai mahin mahni inhaivurna leh midangte rahbehna hian hlimna tluantling tak tak min thlen ngai lo. Hmangaihna nunpui tura Pathianin Ama anpuia a din kan nih tlat avangin, hmangaihna nunpuinaah hian mihringte hian hlimna kim kan hmu a. Inngaizawng inhmangaih takte chuan khawvel hi nuam an ti a, an kham lo. Chutiangin chhungkua hmangaihna ro a relna hmun chu chhungkaw hlim an ni thin a. Khawtlang leh kohhran pawh, hmangaihna ro a relna hmun apiang chu khawtlang hlimthei, kohhran awhawm an lo ni thin.

Hmangaihna hi inpumpekna tel lovin a awm thei lo. Hmangaihna chu midang hma ngaihna hi a ni. Mahni inhaivurna lam ni lovin midang tana inpek/inphalna zawk a ni. Khawvela thil dang pawisa te, thawmhaw te, hun te ngei pawh hi sem ral theih a ni a. Mahse hmangaihna erawh kan sem hnem poh leh a pung nasa mai a ni. Chuvang chuan hausakna diktak chu pawisa ngah leh ngah loh ni lovin, hmanral ve theih loh hmangaihna thinlung neih leh neih loh zawk hi a ni. Sum lam ngah tak, mahse thinlung erawh mirethei ni baw si ka hre teuh, mahse hmangaih/midangte tana inpekna nun neite erawh chu sum ngah lua lo mah se, mi hlimthei, mi awhawm an ni thin.

Hmangaihna leh midangte tana inpumpekna nun hi thil hlauhawm tak niin a lang a, mahse a nihna dik takah chuan he kawng chauh hi hlimna tak tak nei thei tura mihringte tana kawng awm chhun zawk a ni. He thudik hi miin a zir chhuah hma loh chuan hlimna tak tak a nei ngai lo vang a, a nupui/pasalte leh midangte hlimna pawh a thlen tak tak ngai lovang.

Isuan, "*Tupawh a nunna hmu chuan a chan ang a; keimah avanga a nunna chan chuan a hmu ang*" a tih hian nakina vanram kal leh kal loh chungchang mai a sawina a ni lova, tuna kan nun zawk hi a ni a sawi zawk ni. Mahni inhaivur tum lova, midangte tan leh Pathian tan kan nun leh kan thilneithe kan hman tam dan azir zelin hlimna leh lungngawina hmuin kan nun awmzia tak tak kan hmu thiam thei thin.

Sum neih tam hi hlimna emaw kan ti mai thin a, mahse a nihna diktakah chuan sum nei tamte zawk hi rilru hah an ni chawk. Pawisa chuan khum lei thei mah se, muttuina erawh a lei thei lo, damdawi man to tak tak lei thei mah se, hriselna tak tak leh nunna erawh a lei thei chuang lo. In tha tak pawh a lei thei a, mahse chhungkaw hlim erawh a lei thei tlat lo. Nula pawh a lei thei, mahse hmangaihna erawh a lei thei chuang lo. Sum tam tak tak bank-ah a dahtha thei a, mahse thlamuanna erawh chu chuan a pe thei chuang lo. Motor changkang tak tak leh thil chhuak thar apiang pawh a lei thei, mahse lungngawina tak tak erawh a lei thei lo. Mihring nunril leh mihringte mamawh tak tak, hlimna te, thlamuanna te, tlawmngaihna te, huaisenna te, nunna te, hmangaihna te hi suma lei chi a ni lova, midang tana inpumpekna atanga kan neih turte an ni zawk a ni.

Ka thianpa CVL Thafamkima chuan article 'hlimna hi pawisain a lei thei' tih thupua hmanga a ziaaknaah chuan pawisain hlimna a lei theih zia a ziaak tlat. A ziah dan chuan pawisaa hlimna lei tur hian pawisa tam emaw tlem emaw a ngai kher lo va, i neih ang chhun chhun mahni nawmsak nan hmang lo va, midang tanpuina ihman hian pawisain hlimna diktak i lei thei a ni tiin a ziaak.

Engpawh ni se, Siamtu hian mahni hmasial a, mahni inhaivur turin min duang lo va, A tan leh midang tana nung turin min siam zawk a ni. He hmangaihna nun hi سواله avangin hloh tawh

mah ila, Kristaah chuan Pathianin min lo pe leh ta a ni. Isuan min pek chhandamna hian vanrama min kaltir ngawr ngawr hi a tum a ni mai lo va, hmangaihna nun kan hloh tawh min rawn pek let leh hi a tum tak zawk chu a ni. Chuvang chuan Pathian leh kan mihringpuite hi hmangaihna rawngbawlsak ila, khawvelin a pek theih loh hlimna leh thlamuanna te chuan min chenchilh dawn a ni. “PE RAWH U, TICHUAN PEKIN IN AWM ANG” titu hian hmangaihna rawngbawl hna thawk turin min siam si a.

## **HMANGAIHNA NENA PATHIAN KHAWNGAIHNA PUANGCHHUAKIN**

*Thilthlawnppek Min Pekte Hmang Ang U*

*B y J o y G a s h a i j a*

**K**an zingah hian mi chi hnih kan awm a: Pakhat chu Chhandamtu

mamawh ngiang te an ni a, pahnihna chu Chhandamtu chungchanga Pathian khawngaihna thuchah puang chhuak thei tura thuam belhna dawngte an ni. Chuta harsatna kan hmachhawn tak chu, a pahnihna ang chiten an thil neihte midangte hnena sem darh lova, chhuanlam fahrah te te an siam tlat lawi si hi a ni.

Khawchhiat tih velte chu chhuanlama hman pangngai reng a ni thin a. Chhanlam dang lehte chu, chauh leh hah tih te, hmasialna, buai leh hmanhlelhna, mahni-insitna, inbuatsaih tha tawk lova innghaihna te a ni chawk thin a. Chhuanlam siam hian tawpin tai pawh a nei thei meuh lo a nih hi!

Chatuan nunna kan neih theih nan Isuan Ama nunna ngei a rawn hlan tih ngaihtuah hi a pawimawh hle mai. Harsatna chi hrang hrang: thlemna te, mite duh loh leh hnar nihna te, hmuhsitna te, tihthangtlawm nih te, cheksawlh, phatsan leh a tawpah kros-a khenbeh nihna te a tuar a. Chutiang zawng zawng a tuar chung chuan, he leia A rawn kal chhan, A rawngbawlna tur chu a hmu thelh ngai reng reng lo thung a; keini pawh chutiang chu kan ni ve tur a ni. Chhandamna hi thil tlawm lutuk a ni lova, tuin emaw a man min lo tlaksak mai a ni zawk. Isua'n Ama nun hmangin a man chu min lo tlaksak a nih chu!

Ani chuan kan nunna hmanga chhandamna man chu rul ve tur chuan min ngiat hauh lo thung a. Mahse kan theihna te, kan hun te, kan rosum te (a thlawna min vur hi) khawvela A hna chhonzawm zelna tura hlan phal tur erawh chuan min ngen a ni. Mi tinte hian Pathian hnen atanga kan dawn tam leh tlem dan azir zelin A hnenah kan pe letleh tur a ni. Isua nena intawhna nei a, A khawngaihna i dawng ve tawhte a nih ngat chuan, A hmangaih enkawlna duhawm tak i dawn tawhte chu i hriat chuan, midangte hmuh phak ve loh thilte chu hmuin, Pathian mitin midang tanpui ngaite a hmuh chu i hmuhpui ve mawlh ang. Chanchin Tha chi thungaihnaawm satliah mai a ni lova; kan hriata a taka kan chan tur, mahni tana kawmpui mai chi ni lovin, midangte hnena kan hrih/puan chhawn ve ngei tur chi a ni zawk. Chutiang rilru chu puin Paula pawhin ‘Krista hmangaihna chuan min tir lui a ni,’ (see 2 Korin 5:14, 15) a ti hial a nih kha.

### **Rochun Emaw Mimal Intiamna?**

Catholic nu pakhat chuan heti hian min zawt a, “Joy, engati nge Protestant-ah i nih?” tiin.

Kei chuan, “Ka pa hi Protestant a nih vangin ka ni ve mai,” tiin dik takin ka chhang a.

Mimal chhia leh tha hriatna fim tak atang pawh ni lovin, rochun emaw, hnam thil mai emaw a ni tihna a nih ber chu. Mahse chu zawhna chuan mahni mimal ngeia Pathian khawngaihna thutak chanchin thaa mi chu ka hnena min hriattir tura Pahtian zawn tul riauva hriatna min neihtir a, chu thutak hriatna ngei chuan ka nun pum pui hi min her danglamsak ta vek a ni. Ka pa kha a nih vang emaw, hnam thil emaw, rochun lam emaw pawh ni lovin, Krista chungchang, duhthlanna leh mahni ngei inpeka, intiamna a ni ta zawk a.

Vawiin pawh hian chu zawhng ngai vek chu ka zawt ve thung che u a ni: Engati nge Seventh-day Adventist Kristian in nih kher? Nu leh pa leh chhungte an lo nih tawh vang mai em ni? Nupui-pasalte vang em ni? Nge, hna hmuh nan mai zawk? Johana 3:16 thu “*Pathianin khawvel A hma-ngaih em em a, tichuan A Fapa neihchhun A pe a, Amah chu tupawh a ring apiang an boral lohva, chatuan nunna an neih zawk nan*” tih hi i pawm vang zawk em ni?

*He thu hi tihtakzetin, mimal takin kan pawm tlang em le?* Pathian hmangaihna chu khawngaihna nena kan khawtlang leh veng vela min puanchhuahtir turin kan rinnate hi a chak tawk em? Pathian khawngaihna pawh la hre ve lo chung a harsat manganna tuarte hi thinlung takin kan vei em le? Amah Pathian ngeiin min vur thlarau thilpekte hmanga kan khawtlang leh veng chhung vela Pathian khawngaihna puan chhuah hi kan mawh-phurhnaah kan ngai reng em?

Nang leh kei hian Krista chu kan mimal Chhandamtu taka kan pawm tawh a nih si chuan, *Matthaia 28:19-a* Intirh-chhuahna Thupek ropui puan chhuah hi kan mawhphurhna chetpui nghal thuai ngai chi a ni tih pawmin, A thlarau thilpekte hmangin Pathian khawngaihna chu keimahni mimal ngei hian kan puang chhuak tur a ni dawn lo’ m ni?

Isuan rawng a bawl lai khan mipuite, nun kawng hrang hrang zawhtute kha a engto hle mai thin a. Mirethei leh pachhiate, harsatna leh hrehawm tuarte phei kha chu A ngaihsak zual emaw tih tur a ni hial mai thin a. Chutiang chungchang chu *Matthaia 25:31-46* chhunga rorelna chungchang tehkhinthuah pawh khan kan hmuh kha. Pathian hian keini hmeichhe tam zawkte hi chu malsawmna min vur nasa hlawm hle a, hengte hi mi changhai zawk—hmeithai te, natna khirh tak vei te, khawhar te, endawng leh tihduhdah tuar te, changhai te, nawhchizuar te, tan ina tang te, lekhathiam lo te, leh mi chi hrang hrang, nuna beisei bote chenin, kan theih dan danin rawng kan bawlsak tur a ni dawn lo’ m ni?

Kan khawtlanga mi thenkhat chu awmthei tak tak niin, khawvel thil tha tinreng nei thei angtte pawhin an lang a ni thei e, mahse chhunglam nun ruak, tanpui ngei ve tak takte an lo ni ve tho mai thin. Nun hlimna tak tak neih an duh a, mahse khawi atanga hmuha dawn theih tur nge tih pawh an hre si lo. Nun hlimna leh nun nawmna hmuh beiseiin, damdawi ruihhlo, zu, vaihlo, mipat-hmeichhiatna leh thil dang dangte umin an tlan a, mahse chutiang nawmna chuan rei a daih thei chuang si lo. Kan thenawm vela mi tamtak hian thutak hi hriat chakin an zawng reng baw a ni.

Heng mi zawng zawngten an mamawh chu hmangaihna leh lainatna chanchin tha hi a ni.

### **Thlarau Thilpek Haichhuakin**

Hetiang hian sawi a ni thin “thlarau thilpek dik chuan kawngte a hawng thin a, nunte thlak danglamin, Krista taksa a siam puitling thin,” tiin. Thlarau thilpek a eng ber nge kan dawn tih hriat theihna kawilawn hmasa ber chu *Krista pawm hmiah* hi a ni ber mai. Chutiangah chiah chuan kan theihnate hi thlarau thilpekteah A chantir dawn a ni. Tun thleng maia kan theihna te, kan hun te leh kan rosumte kan la kawmpui mai hi chuan Pathian khawngaihna mak tak chu kan la pawm pum hlum chiah lo tih a kaw a ni.

Chanchin tha puan darh chungchang kan sawi hian, hna lama mi thiam fawr bik deuhte chauh thawh tur angah kan ngai tlat mai zel a—thusawi thiam chungchuangte, thurin sawifiah thiam

deuh te chauhin an tih turan kan ngai leh deuh tlat mai thin hi a dik lo a ni. Chutianga thusawi thiam leh thurinte hriat fiah chu a tha hle mai, thil dik tak pawh a ni ang a, vantlang zinga rawngbawl nan pawh thawh chu a thawk sawt hle ang. Mahse, keini midang zawngte hi kan lo awm mai mai bik dawn em ni ta ang? Khawi laiah chuan nge kan tlin tak lohna lai tur chu? *Matthaia 28:19* thu hi thusawi thiam chungchuangte tak bik chauhah kan ngai mai dawn em ni? Nge, baptisma chantir ve thei lo, mipui nawlpuitea bel tur a ni lo kan ti tlat zawk dawn le?

Bible hian Pathianin kan hman atan thlarau thilpek chi hrang tam tak a awm thu a sawi a: thil pek theihna te, fuihpur theihna te, finna te, hriatna te, rinna te, tihdam theihna te, thilmak tihtheihna te, , thuhiril theihna te, tawng chi hrang hranga thusawi theihna te, thlarau hriat dik theihna te, rorel thiamna te, tanpui theihna te, hrilhlawk theihna te, zirtir theihna te, zahngaih theihna te a sawi teuh mai (see *1 Korin 12:8-12; 27, 29*). Pathianin tul leh tha a tih ang zelin chung thilpek chi hrang hrang leh a bakte pawh, chanchin tha hmanraw thiltithe i tak ni turin kawng hrang hrangin A pe mai thin.

Nang eng thilpek nge i dawn ve? Mi tamtak chuan pakhat mah nei lo angin zu inngai a!

Pi tar pakhat chuan Pastor thlarau thilpek chungchanga pastor thusawi nung leh ngaihnaawm tak mai a ngaithlak hnuin, kum kha leh chen kha Kristian chu a lo ni ve tawh nain, Pathianin thilpek A pek ve awm reng a inhriat loh bakah, thurin 27 pastorin a sawi atang pawhin a enga mah chu a la inhre chhuak lo tlat mai. Ani hi lekhathiam lo niin, mi in tifa vel atana an chhawr thin a ni.

Mahse pastor chuan, Pathian chuan thilpek pakhat tal chu a pe ve ngei a ni tih leh, chu thilpek chu eng ber nge tih hmuchhuak tura tan lak chu a tihhmasak tur a ni tih a hrilh a. Pastor chuan, “Eng thil nge ze leh tha taka i tihtheih chu chik takin ngaihtuah la, chu thil tak mai chu Pathianin A ropuinaa a chantir theih dan tur kawhhmuh tur chein dil ang che,” tiin a fuih a.

Pathian hnena tawngtaina a hlan takah chuan a rilruah thil lo lang nawn chhen hi a awm ta tlat mai—chhang ur hi a zein a thiam zek tlat mai. Bible-in thilpek a sawi zinga mi kha chu a ni chiah lo nain, *hei hi a thlarau thilpek dawn chu a ni thei tho dawn lo'm ni?*

A a rilruah ngaihtuahna thar lo lut a awm ta. An chenna bul lawkah chuan nupa tuak thar hi an lo plulut hlauh mai a. Anmahni lo lawm nan chuan chhang tuihnai tak a ursak thei dawn a ni! A tihsak ta ngei bawka a. A chhang ursak pe tura an kawngka a va kik chuan, “In thenawm hnai lawka cheng hi ka ni a. Hei in puala chhang ka ur hi lo tem ve mai mai teh u,” tiin a va pe ta a. A sawi zawh vele chuan a hawnsan lehngal thuai a.

Nupa tuaktharte chuan chulai hmun chu nuam an tiin, chang dang kan zai reng an rel lova, an rilrua riak reng thin chu ‘*Heng lai veng velah hian mi khawsakpui nuam tak tak an awm hlawm a ni!*’ tih a ni.

A nupui chuan thilpek fun chu a'n phelh chuan, a lo rimum hiam mai bakah a thar hle tih a hre ngal a. Zanniah an kil lai chuan a pasal hnenah, an thil dawn chu khawia mi nge tih a hrilh a. Chhang rimum leh an lawmna boruak chuan an choka chu a khat ta a, a lo tui phian mai lehngal!

Kar tluanin kan laizawnnu chuan chhang a ursak ziah a, mahse Sabbath ni chuan a chawl ta thung a. An thenawmte chuan an lo nghak a, mahse Sabbath tuk chuan chhang dawn tur reng an nei ta lo mai si a, an hrilhai ta viau mai zawk a.

Sunday tukah thung chuan le, chhang thar dang chu an thenawmte hnenah a pe leh ta chu an lo lawm hle mai a. A hnenah chuan engtizaa a hma nia pe lo nge tih an zawt a, chu chu ani tan chuan a rinna thu leh Sabbath chungchang sawifiahna remchang a ni ta hlauh mai zawk si! Adventist kohhran chanchin Chiang lehzuala hriat chakna an nei ta a, kan laizawnnu chuan kan pastor chu chu mite ina lenpuiah a sawm a. Anni pawh chuan an puithiam chu lo awm ve turin an lo sawm bawka a.

An chanchin chu tumtawi ta mai ila, a tawpah chuan, chu nupa tuak tharte leh an puithiam chuan Adventist thuchah chu pawmin, kohhran an rawn zawm ve ta hial mai a ni. Engtin nge khatiang kha a thlen theih? Kan laizawnnu khan a thilpek dawn—chhang ur thiamna chu a hman tak vang kha a ni kan ti lo thei lovang.

A nih leh keiniho hian, kan thil neih sa hi engtin nge kan tih ve dawn le?

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*J o y G a s h a i j a h i E a s t - C e n t r a l  
A f r i c a D i v i s i o n , h m u n p u i N a i r o b i ,  
K e n y a - a W o m e n ' s M i n i s t r i e s  
d i r e c t o r a n i . He thuziak hi General Conference session Atlanta, Georgia, United States-a  
June 30, 2010-a Women's Ministries meeting pakhata thusawi laktawi a ni e.—Editor.*

## NUPUI ATANA THA

(Nupui tha hmuh hi har tak a ni a, lungmantam aiin a hlu zawk a sin. *Thufingte 31:10*)

Upa S. Lalkamlova

**N**upaa insiam hi lei mite dan, Pathian pawhin a pawmpui a ni. Bible-

ah pawh nupui inzawn sak chanchin kan hmu nual mai. Hmanlai Mizo lalte zingah pawh nupui in zawnsak hi a lar hlea, lal upaten lal fapate nupui tur khual khuua mi, a zawn tak takin an zawng thin. Mize inhriat chianna leh inggaihzaonna pawh awm lova inneih ngawt chu a him tawk lo hle a ni.

Bible-in “Nupui tha chu hlu tak, lungmantam aia hlu zawk” a ti a, a dik ngawt mai. In chhung nawm leh nawm loh hi nu kutah a innghat thui hle a. Nu tha leh fel awmna in chhung family member-ten nuam an ti a, thenawm hnaite an ngampaa, mikhualte pawh an tlangnel duh deuh. In chhung khurah na na na chuan nu ber dinhmun (role play) hi a pawimawh chung chuang hle mai.

Vawi khat chu inkhawmpui kan neih tumin keimahni member ni lo, pawl dang inah ka thleng dawn a. High School zirtirtu ka ni a, ka zirtirtu pui ina thleng turin khawtualin min tih angin chu mite inah chuan ka lut ve chawt mai a. Kan thlen tlai deuh avangin khua a thim tan tawh a, electric a êng lo bawk nen, ka luhna in chu a thim hle a. In neitu, High School zirtirtu chu a lo zinbo lai a ni a. An mikhual tur chu tuman min uksak si lova, tichuan Hotel-ah chaw eina ka zawng a, thlen in dang ka pansan ta a ni. Pa ber awm ni sela chu he mite chhung hian an mikhual tur chu min ngaihsak ngeiin ka ring. Nu berin min ngaihsak loh si avangin in dangah ka thlensan ta daih a. Tun thlengin he mite hi a tha lo zawngin ka hre ta reng a nih chu.

Nu pawimawhzia hi sawi zui ta ila. Nu chu in lamah an awm tam deuh tur a nih angin, pa ai chuan in chhung an uap lum deuh tlangpui thin. Kan kohhrana kan rawngbawltute hi an zin chhuak zing hle a, headquarters atang phei chuan zin chhuak hnem tak an ni. Mizoram chhungah phei chuan Hotel leh Guest House-ah te thleng lovin inah kan inthlenchilh thin a. Mikhual neih kawngah Circle Leader te, Evangelist te leh Elder te an rak viau mai thei.

Mikhualte tan chuan thlen inte an pawimawh hle a, nuin mawh a phur bik deuh. Pa ber zinbo hlana khual chhia khual tha thlen chungchangah nu an pawimawh leh zual. Nu berin pa tel lova

mikhual a thlen a, a biak that duh loh emaw, a ngaihsak that duh loh emaw chuan, nu chauh a mualpho lova; pa ber zinbo daih pawh kha a hmingchhe tel ve nghal thei a ni.

Hmeichhe thenkhat chuan an pasalte ai an awh zo hle a, khual chhia khual tha an thlen tum pawhin an mikhualte an ngaihsakin, an pasalte awm loh lang miah lovin, mawihnai takin mikhual an thleng thin. Heti ang nupuite hian an pasalte an chawimawi a ni mai lova, kohhran an ti zahawm a, an chawimawi tel kan ti ngam hial ang.

A lehlamah thung chuan, nupui ze lo deuh, pasalte awm loh hlana mikhualte buaipui peih lo emaw, che ni khua lo lutuk emaw te chu an vanduai kan ti dawn nge, an khawngaihthlak kan ti zawk ang? Heng ang hmeichhiate hian kohhran hmel an ti-bal thei a, an pasalte rawngbawlna thlenging an ti su-kuk thei a ni. Hmeichhe fel leh fel lo chu inthlau tak an ni.

Kohhrana a khaipate in leh lo chu a thianghlimin a fai tur a ni a. In lêngte tan leh mikhualte tan pawh chen vel a nuam tur a ni. In leh a vel vawnfai kawngah leh mahni taksa enkawlfai chungchangah hian hmasawn theih a ni a. Nasa takin hma a sawn theih tih hi thil chiang tak a ni. Chuvangin, kan chenna in leh lo, a chheh velte hi tawp takin i dah lo vang u.

Adventist Kristiante chuan hriselna leh thianghlimna kan uar hle a. Kan taksa leh kan thawmhaw bakah, mutbu thlenging a faiin a thianghlim tur a ni. Mikhual chungah that kan chhuah ngei ngei tur a ni a. Kan in chu in nuam, mite tana lawiluh chakawmah ka siam tur a ni ang. Hêng thilte hi mi zawng zawng tana pawimawh a nih rualin kohhrana full time worker ni makte tan a pawimawh leh zual awm e. Kohhrana rawngbawltu ni ve si, kan in chu mikhual thlenna tlak loh, in lêngte tana nuam lo khawpa tawp leh rimchhiaa kan siam a nih chuan a pawi thui thei hle ang.

Hêng kan sawi laia hriat tel atana tha chu, Mission Worker, active service-a awm mekte, kan awmnaah eng ang taka tangkai leh tha-in nge hna kan thawh a, hotute leh kohhran member-ten min ning ru viau nge, min ngaisang viau tih hi a ni. Hna thawh that vanga sawn zin viau nge ka nih a, thawh chhiat luat avang zawkin? Mahni theuh inzawt ila.

Inchhung tinuam a, mikhual leh khawtual tana in nuam siam tur chuan nu an pawimawh ber a, an mawh a lian ber bawk. Kohhran upa nupui fel leh bengvar chuan a pasal a puibawmin, a tanpui thui thei hle. Tirhkoh nupui ze tak leh nelawm tak chuan a pasal rawngbawlna a tiphuisui thui thei hle a ni. Pastor nupui a fina a fel hle pheih chuan a pasal tan mai ni lovin, kohhran leh a chenna veng leh khua tan hlu tak a ni. Eng ang nupui nge i nih le?

## ***Adventist***

***World Magazine*** hi kan hmu tha tlang em? Harsatna neite kan lo awm em? Kan dawn ang angte kan sem chhuak tha ang chu maw?

## SPICER MIZO SUMMER MINISTRY

F. Raltawnliana, BTh 2<sup>nd</sup> Year

**T**hi tura hruaite chu chhan chhuak la, thah mai turte chu chhan

chhuak thuai rawh,” (*Thufingte 24:11*). “Chutichuan kal ula, hnam tina mi zirtirahte siam ula, Pa leh Fapa leh Thlarau thianghlim hmingah chuan baptis ula, thu ka pek zawng zawng che u pawm turin zirtir rawh u,” (*Matt 28:19-20*).

Pathian awmpuina leh kaihhruaina zarah Spicer College-ah ka'n thlenghla ve a, thiamna sang zawk beiseia chhukthla chu kan hun neih zawng zawng lehkha zir nan kan hmang ang chu ka lo ti a. Ka ngaih dan a then a zar chu a dik teh reng mai. Mahse ka ngaihtuah phakbak thil a awm tlat mai! Chu chu eng nge tih chuan, “Summer ministry” lo awm tura sum tuak nan naktukah Mizo seminar-te hnatlan tur” tih thu an rawn puang a. Chu thu an puan lai chuan ka rilruah ‘engah nge nakina rawngbawl tura inzir mek kan ni si a, kan zir lak lawh lai a rawngbawl na tur sum tuak a hnatlan an tih le?’ ka ti rilru a.

A tukah chuan phur vak lo mah ila ‘Mizo-te thiltih khawmnaah chuan tel ve zel a tha e’ tiin hnatlannaah chuan ka kal ve ta a. Mi an thahnem a, hnatlang kalte an phur tlangin, an hlim tlang khawp mai. Ni leng hnathawk chauh awm chu zan lamah mut a lo chhuak hma khawp mai a, hma takah chuan mut zai kan rel ta a ni.

Lai khuma ka zal lai chuan he thu hi ka ngaihtuahnaah a lo lut a: Thi tura hruaite chu chhan chhuak la, thah mai turte chu chhan chhuak thuai rawh. Ngaiteh, ‘hei chu ka hre lo’ i tih mai chuan, thilung buku chuan a ngaihtuah dawn lawm ni? Mahse kei techu rawngbawl tura zir chauh ka la ni si a, eng tin nge zir lak lawh lai a rawngbawla ka chhuah ang? tiin ka inhnem a. Mahse he thu hi a lo lang leh ta: “Ka naupang ti suh, ka tirhna che apiangah i kal ang a, thu ka pek che apiang i sawi tur a ni.” He thu hi tihian ka ngaihtuah leh ta a, ‘lehkha zir lai ka ni’ ti suh, hei hi chhuanlam a tling lo, thu ka pek che a, i hun awl apiangah puangin, i sawi tur a ni. Taksa chau lutuk avanga mut hma tuma hma taka lai khum bel chuan ka harh ta zawk mai a le!

A lo ni tak e, khawvelah mi sang tam tak Pathian thu tak hre lovin an vak huai huai a, heng mite hnea kan hmuh ang chanchin tha thu tak hrilh hi kan tih mak mawh a ni! Hei hi kan ko va awm a ni....Hei hi an lo hriat vang a nih hi vawin a hnatlang kalte pawh an thathnem em em ni ka ti ta a. Zirna pawimawh ber mah se kan hun awl laia rawngbawla kal chhuah hi a lo tha hle mai! Hun awl hman thatna a nih hi ti a ngaihtuah chungin mangtha takin a chhunzawm ta nghal a ni.

Pastor te, evangelist te leh mahni a rawngbawl na lo nei tam tawh angte chu tluk lo mah ila, chutiang ni tura inzir mek kan ni tih in hriain, mahni tawkah kan phur tlang thei em em a. Kum khat pum hlum chhungte nen awm hrangin, an bula awm nghakhlel hle mah ila, thal chawlh chhung rei lote pawh kan chhungte nen hun tam pawh hmang hman lovin, rawngbawl na lamah, hmun dang dangah kan in chhung lum chhuahsan leh mai a lo ngai thin si a. Kan nu leh pa, unau leh chhungte bul a awm chu kan thlahlel ve a lawm, mahse min lo hrethiam rawh u, chanchin tha hrilh hna hi kan kova awm a nih tlat avangin, in chhung lum kan chhuahsan mai zawk a ni. “Spicer chhuakte chu eng mah an tlak tlai tak tak lo” tiin mite ngaihah chuan engmah ni lo mah ila, Pathian ngaih ah erawh chuan “Tlang ah te chanchin tha thlen a, remna thu tlangaupui a, thiltha chanchin tha thlen te..... ke chu a va mawi em!” a lo ti a ni. Kan Pathian hming chu fakim awm rawh se.

Mizo B Th zirlaite chuan tum nga zet mai Mizo ram hmun hrang hrangah rawngbawl na neiin an lo chhuak tawh thin a. Pathian Thlarau Thianghlim kaihhruaina changin ringtu hmel thar duh awm tak takte kan lo nei a, kan la neih belh leh zel dawn a. Heng zawng zawng hi Pathian awmpuina leh kaihhruaina vang liau liau a ni.

Hetiang a rawngbawl na an lo neih tawhna hmun khua te, member rawn lut zat te leh kaihruaitu pastor hmingte kan han tar chhuak ang e. Hetiang hian 2006 khan Ngopa-ah rawng-bawl na neih a ni a, mi 27-in Pathian thu tak eng hmuin Pr.Hmasawna kaihhruainain baptisma an chang a. A kum leh 2007-ah Ngopa-ah baww kohhrante tlawhin an kal leh a. Kum 2008-ah Rawpuichhip-ah kalin rawngbawl na neih a ni a, mi 13-in baptisma an chang a ni. 2009-ah chuan Bualpui NG-ah mi thahnem tak mai rawngbawl na neiin an kal a, mi 21-in kohhran rawn zawm belhin Pr. Sabbath-thanga kaihhruainain hlim takin hun hman a ni a.



Kum 2010-ah chuan khawchhak lam South Khawbung-ah Pr. Malsawma Colney kaihhraina hnuai ah rawngbawl na neih a ni a. Thu mai ni lovin tha nen tang kawpin, theih tawpin hma kan la a, tunah mai chuan a rahseng tur hmu lo mah ila nakinah a rah duhawm tak kan beisei tlat a ni. Mi tan rawngbawl ni mah ila mahnia hlawkna tamtak kan chhar belh zel zawk a. Harsatna chi hrang hrang lian tham lutuk lote tawk ve thin mah ila thahnemngai tak leh chhel takin, Pathian awmpuinain kan chhun zawm ve zel thin a. A tawpah chuan hlawhtlinna duhawm tak mai kan dawng thin a ni. Tunah hian Mizo Conference kal tlangin Ngopa, Bualpui leh Rawpui-chhip-ah memberte inkhawmna tur biak in tha tak mai kan lo nei ta a ni.


Kum 2011 Nipui sikul chawlh hi chu Mizoram chhim lam tlang dung lamah kohhran lo awm tawh sate intihharh tawmna (Revival) neihpui turin zin chhuah tum a ni a. Kum danga an lo tih thin ang thovin, he mi lo awm tur atan hian tunah hian beihpui thlak hnatlang kan nei nasa hle mai a, Spicer campus chhunga thingkung leh thing zar thlakin Mizote nitin deuh thaw hnatlangin kan chhuak thin a. Thingkung a lianin, a sang thei em em a, tlak sual palh vaih chuan kan *chuti der* ang. Mahse rawngbawl na tur sum tuak kan duh baw si a, thingkung lawn thei deuh te, a bul lama che thei deuh tur te, leh hnuai lam a che thei tur te kan inthlang a. A lawn thei an tam vak loh a vangin lawn ngai lote pawhin “Pathian rawng-bawl na tur a nih te chuan...” tiin nun pawh thap huamin an lawn ve mai baw a. Pathianin a fate inpekna chu a hria a, a vengin a humhim a, tun thlengin chesual kan la awm lem lo. A changin Sachek siamin hnatlang kan nei a, a hlim awm thei phian a, kan lungrual tlang baw a, a hlep chu tam lem lo mah se sum kan hmuhna awm chhun a ni miau si a le....

Chuanin thil dang tamtak Campus chhungah leh pawnah hnatlangin kan chhuak thin a. A changin hnim kan thlo va, a changin kan phun baw a. Ni sa leh khawchhia pawh sawi lovin mahni phak tawkah rawng-bawl naah ngaiin phur takin kan thawk a. Chutih karah U.S.A lam unaute rawngbawl na ngai pawimawh, mi thilphal tak takte atangin tanpuina kan dawng baw a. Chu mai ni lo, mi thilphal tak tak Pune-a chhungkua leh zirlaiten mahni pocket money atangin kan rinna thutiam te tih hlawh tlin tumin leh, rawngbawl na ngai pawimawhin sum enge maw zat an thawh baw a. Hetiang a phal tak a petute hi a let tam takin Pathianin a rul ngei ang. Chu chu kan tawngtaina pawh a ni. Kan rawn tar chhuah takte hi rawngbawl na tura kan sum tuak dan leh kan hmalak dan chu a ni a, zirlaiten kan hun, tha leh zung seng a, theihtawp kan chhuah hi LALPAN mal min sawm thin a ni.

Eng tin nge zawlnei E.G White-in a sawi? “Krista hnen lama thlarau bo pakhat chhanchhuah a nih hian van mite a tilawm a, in lawmna lallukhumah arsi pakhat zel dah belh a ni ang. Thlarau bo pakhat chhandam lo ni ta chuan amah a Pathian thiltihtheihna awm chu hmangin, chhandamna kawngah midang a hruai veleh chawng a nga, chutiang chuan LALPA hna chu a lo darh zau zel ang. Thlarau bo pakhat chhanchhuahnain hna a thawh tam theihzia hi rorelna niah chauh hriat a la ni dawn a ni.”—*Thalaite Hnena Thuchah*, p. 19.

## ADVENTIST-TE LEH SOLFA

Lalthlamuana, Champhai

 hhim lama ‘100 Missionary’ kan kal ve lai khan kan kalna khuaa

Kohhran pakhat Biak in kan kal pelh dawn lai hian ‘Solfa zai’ in Kristian hlabua mi an lo sak chu kan hre thei a, tichuan an tui chho ta deuh nge ni, kha hla kha ‘lengkhawm zai’ in an lo chhunzawm ta daih mai a! Han sawi mai chuan mak viau mai. Mahse ka kal lam pawh khan solfa (dik vak lo) khan an zai tawk tawk kha a ni a, a awm ka ti leh hnahnawh leh viau a!

Hman ni chu Zemabaw SDA Khohhranah ka va inkhawm ve a, Naupangte chuan ‘Bible min pe rawh’ tih hla, Adventist hlabu a mi ngei mai kha mawi leh dik em em in an lo sa a. Lawmawm ka tiin a ropui ka ti khawp mai! Solfa-a ka rualawh em em nate pawh min chhawk zangkhai viauin ka hria a ni. Amaherawh

chu rilru kaptu lian tak mai a lo awm leh a, heng Zorama kan naupang/leirawl phur tak takte hi tun atang kum 10 hnuah eng dinhmunah nge an din ang tih hi a ni. Zaipawl hi mahni thiamna in pho chhuah nan a ni lo a, Pathian rawngbawl na hna pawimawh tak nasa taka tawngtai a, inngaitlawm leh Pathian hnena inhlan mawlh mawlh chung chauhin zaia rawngbawl na hi neih thin tur a ni tihte tunge hrilh thin anga chutiang ang chu nunpui thei tura kaihruai ta ang le?

Adventish Kohhrante Solfa lamah hian tan lak thar kan ngai hlein ka hria. A chungka kan sawi ang deuh khian Solfa zai deuh roh lengkhawm zai nen chawhpawlha zai ta mai mai Kohhran hi kan awm nual mai! Solfa zaia zai tui tak tak mang silo, Lengkhawm zaia tui zo leh chuang si lo nih a hlauhawm khawp mai. Zai a tui loh chuan Kohhran inkhawm programme (Revival Camping, etc.-te pawh) a hlawhtling duhlo khawp mai. Chuvang chuan hmasawmna tur hi kan dap ruai tur ni in ka hria. A pawimawh viau a ni ang, vanah pawh zaipawl ropui tak a awm a ni. Tunah chuan Adventist Hlabu Thar kan nei leh ta, a lawmawm hle mai, Hlut nachang i hre theuh ang u. Inkhawm dawna hlabu chi hrang hrang ken thin zawng a hah thlak emai! Nangni kohhranah eng hlabu nge in hman? in tih fote hi a reh thei tawh turah ngai ang. ‘Nunhlimna hlabu’ kan nei a, a lawmawm khawp mai, chutih rualin solfa awm lo a ni, solfa awm lo ta chu, kan sak dan pawh a in ang lo nuai mai. kan duh ang angin part kan pe kual vel mai mai bawk a. Thalai inkhawmnaa kan hman ber a ni si a, hma kan sawn tur angin kan sawn chak loh phah lo maw?

Zai lama hma kan sawn zual theih nan Kohhran zaipawl tha neih hi a pawimawh em em a, a pawimawhna te lo thlir thuak thuak ta ila. Kohhran zaipawi (Standing Choir) nei Adventist Kohhranah engzat nge awm ang? A.Y. Combine-ah hian hmun hrang hrangah ka inkhawm ve thin a. Zaipawl zai ka hre khat khawp mai. Rualawh a na duh thin hle a ni. Kohhran dangte thlir chuan BSI Campaign-naa kan kal pawhin Kohhran zaipawl an nei thei zel, thlarau lamah pawh min chawm thin khawp mai. Tin, Kohhran zaipawl neih thatnaah chuan zai a nungin zai pawh a nuam hle thin a ni. Khawmpui a lo awm a, nawr kal chawp leh mualpho hlaua, Kohhran thenkhat phei chuan Kohhran dang Conductor a laa(Sawiselna lam ni lovin) Zaipawl nei ve ta mai mai kan awm fo mai. Tunhma deuh 1997-2000 vel kha chuan Kohhran phu tawkin Zaipawl kan nei tha tlangpui thin, Khawmpui kal pawh a nawm phah em em a ni. Kohhran unau dangte kan thlir lo thei thin lo a, Prebyterian, Baptist, Salvation, UPC, etc. ten Mizoram deng chhuak khawp Zaipawl tha an nei thei tlat, engvang nge tih chuan an thawhrim leh inpek vang a ni. Kan kohhran thlir ila, Tun dinhmunah chuan kan la hlat hrih hle a ni. Reachout Ministry kan nei thin, mi inpe te zarah an chhuanawm hle mai! Khawiah nge an awm tak? Zaipawlah tan kan lak thar a ngai a ni.

Kohhran zaipawl neih hi kohhran tan malsawmna leh thalaite nun kaihruaitu a ni tih hi kan hriat a tha khawp mai. Zaipawl tha a tel thin chu a tawngtai tam a, rawngbawl naah a inhman tam a, zilna leh fuihna pawh a dawng hnem em em a ni. Chuchuan an nunah thlarau lamah chakna thar a pe thin. Tawngtaina nasa leh Pathian hnena inhlan chungka zaipawlten kohhranah rawng an bawl fo chuan kohhrante a tiharhin Kohhranah malsawmna a thlen ta thin a ni. Nu leh pate hian hei hi hria i la, thenkhat chuan “zirlai an ni a” tiin kan phurpui lo fo thin a ni. Mahse chawlhni leh inkhawm zanahte hla an zir hian an tan thlarau lam malsawmna a ni tih hriat pui ang u.

ADVENTIS-TE SOLFA LAMA HMA KAN SAWN THEIH NAN HENGTE HI TIH THEIH NISE:-

1. Kan Headquarters/Hotute lam atang hian Kohhran tina Solfa lama mitui leh zir peih bikte Kohran/bial tin atanga 2/3 velte thlan a, Solfa Camp/Training mumal taka neih puiin, Tonic Solfa, Staff Notation leh Music zirpui thin nise (Kum khat danah pawh ni se). Bialah pawh a hetiang lama mi thiam tak neih chuan huai hawt theih a ni. Kohhran thalai zingah mi talent nei tha deuh, rawngbawl na a in hmangte thlan chhuaha Kohhran sum pawh senga Music/Keyboard zirnaite intirh thin nise, thla 2/1 pawh a a sawt hle a ni.

2. Kohhran zaipawl nei thei tura member awmnaah Kohhran zaipawl din nise, a bikin Earlyteen leh Teenager-te ngaihsak a, a theih phei chuan Earlyteen leh Teenager-te tan Zaipawl/Group dina, Solfa leh zai zirtir thin ni sela.

3. Naupangte tan intihsiakna tha bial huap leh Zoram huap, mumal taka buatsaih sak thin ni sela. Tin, naupang level-a Saphla tawi (Chorus song) kan uar lutukte hi tih tlem a, Primary level atang emaw tal hian hla pangai ‘naupang hla(Adventisht Hlabu a mi pawh)’ sak tam tir ni se. Thalaite tan pawh intihsiakna awm tam thei se.

4. Kan kohhrante kan la thahnem loh tlangpui avangin, thalai zaipawla kan zai chuan, ngaithlatu lam awm mang lohna Kohhran kan la awm nual, chuvang chuan zaina hun tam zawk a awm theih nan khawmpui/Combine-ah ruahmanna fel tak awm thin se.

5. AY inkhawmnaah he lampanga mithiam leh tuite an awm chuan promote-na leh inzirtirna hun pek ni thin se, Adventist hlabu thar zawka a mite zirtir thin ni thei se.

Awle, sawi tur leh vei tam tak la awm mahse duh tawk phawt ang. Helama mitui leh rualawt tak takte pawh kan awm ang, chung chuang rawn chhunzawm tehse. Thurawn inpe tlang thin ila a lawmawm khawp ang. Solfa-ah hma nasa zawka Adventist-ten kan sawn chhoh zel ka beisei e.

## SOUTH PACIFIC: INNOVATIVE MISSION

B Y B A R R Y O L I V E R , P R E S I D E N T



South Pacific Division chhungah hian Seventh-day Adventist

Kohhran member 410,000 chuang deuh an awm a; a ram huam chin hi tuifinriat mel kil li maktaduaih 20 emaw vel niin, khawmual chu mel kil li maktaduaih 3 emaw lek a ni thung.

South Pacific Division (SPD) chhunga Adventist-te chuan mite zirtira siamna tur leh an bial chhung hmun darh sarh tak maia cheng mi chitin chi tangte hnena chanchin tha puang darh zel tura hian chona hmachhawn tur an neih ngah viau avangin, Pathian kaihhruaina hi thahnemngai takin an ngaihven thin a. Chutianga Pathian thiltihte chu i lo thlirho dawn teh ang u:

### **Kohhran Dinna**

Kum nga kal ta chhung khan mi sang tel tehmeuhin Adventist kohhran an rawn zawm thar a, chutianga atang chuan Pacific thliarkar hla tak tak leh khawpui lian titham deuh hmun 40 chuangah kohhran din thar a ni a, a lawmawm hle mai.

Australian ram khawpui hrang hrang, heng ang Sydney te, Melbourne leh Perth-ah te kohhran thar duhawm takte din a ni a. New Zealand rama Christchurch khawpuiah pawh Russia tawng hmangete zingah Adventist kohhran duhawm tak din a ni baw. Heng thliarkar hrang hrang: Papua New Guinea te, Solomon Islands leh Vanuatu thliarkarahte hian kohhran thar eng emaw zat din a ni baw a. Tunah chuan Nauru thliarkarah pawh Adventist rawngbawltu kan indah thar leh ta zel a, biak in sakna tur ram pawh mi thilphalten an pe baw a, a lawmawm hle. Chutianga kan inkhuarna apiangah chuan naupang lamte rawngbawlta tur program pawh kalpui zel a ni baw.

Tunah hian Bible worker pakhat chuan Tokelau rama rawngbawla luh tumin a inbuatsaih mek a, hei hi Wallis Island lama hmalak tharna tur a ni dawn a. Tuna a landan mai atang pawhin rah duhawm tham tak kan seng ngei dawn niin a lang a, a phurawm hle. Sorkar lam pawhin Adventist-te tan rawngbawlta program neih an phalsak tawh baw a, kar lohah beihpui lian tham deuh thlak a nih kan beisei. Helai Wallis Thliarkara cheng 10,000 'Wallis' an tihte hi Roman Catholic hlang an ni a, tunhma lam chuan Protestant awm an phal ve ngai meuh lo a ni ber.

Australian lama hnam inchawhpawlh zingah pawh thil ngaihnaawm tak tak hi a thleng ve deuh reng mai thin a. Tunhma Mingo luh hma atanga lo cheng Aboriginal an tihte leh Torres Strait Islander an tihte hi Australia mingo dangte ai hian kum 20 velin an thi hma tlangpui a. Chutianga a nih avang chuan Mamarapha College, Perth khawpui kianga Adventist College hmangin Nunphung dik inkawhmuh leh inzirtirna beihpui thlak a ni a, tunah pawh hian chutianga lam Ralchhan chu buatsaih a ni baw a. Chutianga atang chuan zirlai tam takin baptisma changin Adventist kohhran an zawm a ni.

Australia ram laili lam, Aputula khuua cheng mi 260 laite chuan an khuua thawktu tur Adventist Bible worker tir turin ngenna an rawn siam a. Henglaia in a zahve dawnah hian sattellite dish an vuahsak vek a, chutianga a nih avang chuan a khaw mipui zahve dawnte chuan Adventist TV channel chu an ei thei a. Adelaide khuua Adventist-te chuan biak in sak lamah an lo tanpui ve lehzal baw a.

Australia khawmualpui atanga hmarlam, Saibai Island lamah pawh, a wawi khatna atan baptisma chan program neih niin, mi paruk emaw lai chuan baptisma changin Krista hniakhnung an zui a. Chutianga a lo awm theihna chhan pawh Don Fehlberg, associate director of Aboriginal and Torres Strait Islander

Ministries for the Australian Union Conference an tih kaihhruainaa heng lai ram bial velah hian Global Mission outreach campaign an neih rah a ni.

### **Chonate**

South Pacific Division chhung hi chu chona hliir chona hliir a ni ber mai. Australia ramah hian kangmei rapthlak tak tak a chhuak chamchi bakah, tuilian lah hi a hluar hle mai bawk a, chu chuan in leh lo bakah nunna tamtak a suat thin. Solomon Thliarkar te, Samoa leh Tonga thliarkarahte chuan kum 2009 khan tuifinriat fawn rapthlak tak tuarin nunna bakah bungraw tamtak tihchhiat a ni bawk.

Fiji thliarkar lama Fulton College pawh hmun thar lama suan a ngai a, a chhan chu helai ram lo nei hmasatu khan a ram hi pekir leh tura min nawr tak vang a ni.

Chona dang leh chu, South Pacific ramte hi ram thanglai an nihna hi a ni leh a, chuvang chuan kohhrante hi intodelh tak an ni ve lo va, tlakchham a tam hle a ni. Biak in lamahte pawh mihring an tam, thutna lam zawk hian a daih ngang loh avangin member zah ve dawn hi pawn lama thutte a ngai fo thin Entirnan, he Division-a ministerial director Gary Webster chuan Solomon Thliarkarah beihthlak inkhawm a huaihawt a, zan tin mai hian Kukum kohhran biakk inah chuan mi 1,000 chuang lo kal thinte hnenah thu a sawi thin a ni. A thawhpuite chuan pawnlamah screen lian zarin hmun liah an kahchhuah a ngai hial mai. Chu chu engdang vang ni lovin, pawn lam lo ngaithlatu chu mi 5,000 chuang lai an ni zantin vang a ni. Chanchin tha thuchah lamah hian an tuihal tlang hle a ni.

Solomon Thliarkara in an neih len ber chu mi 6,000 thuttheihna niin, kum 2009 khan an hawng thar a. A vawi khatna atan kar khat chhung chu naupangte inpho chhuahna program neiin, chutah chuan mi 1000 emaw lai an lo tel a, an phurin an hlawk tlang hle a ni. Kohhran hruaitute chuan chutiang bawk chu thliarkar danga sak leh zai an rel mek a ni.

### **Zirna Lam**

Kohhran rawngbawlina atan hian zirna lam bawhzui hi a kawngpui ber a ni. South Pacific pum puiah hian sikul 332 emaw zet kan nei a, chungah chuan zirlei 46,000 chuang an lut a. Chung bakah chuan kohhran hian college leh university pawh a hawng tel bawk a, chung zingah chuan Avondale College leh Papua New Guinea rama Pacific Adventist University chu a tel a ni.

Tunah hian thil phurpuiawm tak thleng mek a awm bawk a. Kum 1940 chho vel khan Pacific ram hla leh hnaia mite hnena zirtirna pekna turin Fiji thliarkarah Fulton College din a ni a. Mahse kum 2007 khan a ram neitute chuan tihtak zetin ram kha an hnena pe kir leh turin an ngen mai si a, kohhran hruaitute chuan hmun remchang an dap char char a, engtin nge he college hi University puitlinga siam a nih theih dan tur pawh an ngaihtuah tel nghal bawk a. Nakin hnuah chuan ram remchang tak, hectare 50 vel laia zau chu Fiji rama Nadi International Ariport kiang maiah an hmu ta hlauh mai a ni. Chulai ram neitu Kristian ve bawk chuan kum 99 chhung hmanhawh a phal a, chubak pawh chu a tul dan ang zela la tihthar theih tur a ni bawk. Thlaru vel emaw lek liam takah khan, khawvel pum puia Adventist Kohhran tangrual chuan kan hisap chu a takah an chantir ta a ni.

### **Hriselna Lam**

Hei tunah chuan kum 100 a lo chuang ve ta hial mai, Adventist-te chuan khawtlangah hriselna thu hi an lo zirtir reng tawh thin a, chumi zarah chuan mite chu hrisel leh hlim zawk an lo nih phah ta a ni.

Sydney Adventist Hospital hi Australia ram pum puia private hopital lian leh changtlung ber berte zinga pakhat a tling ve hial mai. Thawktu pawh 2,500 lai awmin, chung thawktu inpezo tak takte chuan damdawi, inzai leh nun changkang nei turin damlo leh enkawl ngai mi 45,000 bakah pawn lam atanga rawn chhimtu mi 155,000 lai an lo tanpui kum tin mai a ni.

Khawvel changkang chho zelah, ram a lo thang a, hmanlaia hman thin hmanruate a lo hmantlak loh chho ta zel bawk a, chuvang chuan kan medical clinic-te pawh tihthar an ngai hlawm ta hle mai. Thnekhate phei hi chu kum 100 emaw laia upate an ni hlawm a, hmun 54 lai kan neihte hian hmanraw mumal pawh an nei lo a ni deuh hial mai. Australia leh New Zealand rama Adventist kohhrante chu heng thliarkar hrang hrangte tana thapui thawh a, thuum thar turin kan infuih a. Tunah chuan tuithianglim leh hmanraw thianglimte chu clinic tam zawkah pek an ni leh ta mek a. Tlawmngai pawlte pawhin damdawi leh hmanraw changkan tak takte chu chung thliarkar hrang hrangah chuan an thawnlut mek bawk.

Kum 1898 atang khan Sanitarium Health Food Company hian kohhran hriselna thuchah leh vantlang thattlanna tur thupui hi hlawhtling takin a kalpui ta zel a. Australian leh New Zealand ramahte chuan Sanitarium Weet-Bix hi mite tukthuan duhthusam a la ni chho ta zel a. Heta bekang tui siam pawh hi Australia leh New Zealand ramah chuan bekang tui in tur chhuanawm leh mite ngaihsan ber a ni mek bawk. Chu chauh ni lovin tukthuan tuitil lam chi Up&Go pawh hi a lar chho tan hle a, Weet-Bix nen hian lar lamah an inter tawk chho viau dawn niin a lang. Hmathar la zui zelin, Sanitarium hian a thil siam chhuahte tihlar nan hmanraw changkang dangte pawh a hmang chho ve zel a. He Sanitarium thupui ‘Kan khawtlang tana rawngbawlin’ tih chu Red Cross nen tangruala che chhuakin, Australia rama mipui 800,000 zette hnenah tukthuan a thlawnin an sem a. Nikum lawk khan New Zealand prime minister John Key chuan Sanitarium NZ Kick Start Breakfast chu chutiang kawnga hmala thaber lawmman a hlan nghe nghe a ni. Hetiang Sanitarium Weet-Bix Kids TRYathlon an tih angah hian naupang 32,000 chuang mah an lo tel thin a. Chutianga Sanitarium-in hma a lakna atanga hlawkna a hmuh reng reng hi South Pacific Division chhung Seventh-day Adventist Kohhran hmalak zelna atan an rawn chhunglut thin a ni.

### **Communication Lam**

Kan sawi tak ang khan Sanitarium hian kum tinin TRYathlon hi neiin naupang sang tamtak an lo tel thin avang hian prime minister meuh pawhin a hlutpui hle mai a.

*Keepers of the Flame* leh *Search* video an siamte phei hi chu khawvel pum huap pawhin kohhran hian a tangkaipui hle a. *Signs* leh *Record* magazine-te phei hi chu Australia rama chhum lo chat lova chanchinbu chhuah zui zel zinga a hlun ber an ni ta hial mai. Tunah phei chuan Signs Publishing Company leh Adventist media tangkawp hian thil an tichanglung nasa a, integrated print, video, leh Web siam lamahte hma an sawn nasa hle.

BEYOND tih hi Adventist Media Network-in a tihchhuah million-dollar multimedia evangelistic series a ni a. Heng thilte hi thlarau hnehna hmanraw thar atan khawvel pum tan pawh a la tangkai hle dawn niin a lang. *It Is Written Oceania* tih hi Australia rama sakhaw lam TV program lar leh mite hlut ber a ni ta hial a, New Zealand leh Papua New Guinea lamah pawh pek chhuah mek a ni bawk. *InFocus Christian News and Current Affairs* program hi Australia ramah chuan FOXTEL-ah pek chhuah niin, New Zealand lamah chuan Shine TV-ah tihchhuah a ni bawk a, hetiang zarah hian Adventist-te chu Kristian sakhaw chawisan kawnga thawk tha nih an hlawhphah reng a ni. Australia ram, Victoria biala Warburton khuaah khawchhutna thar bun tura hmalak mek a ni a, a puitlin hunah chuan South Pacific Division chuan an thatpui hle tura ngaih a ni.

### **Pawn Lam Rawngbawlina**

South Pacific Division chhunga thilthleng chhinchhiahtlak tak pakhat chu Festival of Mission tih hi a ni. Kum 2009 khan Australia rama Queensland bialah Festival of Mission chu a wawi khatna atan neih tan niin, Division hmun hrang hrang atangin palai duhawm tak tak 650 chuang an lo kal a. Chung palaite chuan kohhran hruaitute nen inpawh tlang takin an ngaihdan neih ang angede chu an sawitlang a, an thupui zingah chuan pawn lama rawngbawl leh hmalak zel dan turte chu an ngaih pawimawh ber pakhat a ni. Chutiang atan chuan Pathian fakho leh chibaibuk (Praise and Worship) hi tihdan thar sawtpuiawm tak turah an ngai a, hunserh khun tak chu an speaker Hyveth Williams leh José Rojas-ten an hmang thin a. Rojas phei chuan, “Khawvel hmun dang khawi laiah mah Festival of Mission ang hi ka la tawng ngai lo,” tiin a ngaihhlut thu a sawi chhuak hial a ni.

Ni e, South Pacific Division chhungah hian hna thawh tur hi a la tam char char hle mai. Hetah hian LALPA tana hmathar la zui zel turin kan inhmang tlang mek a ni.

## **“A zawlneite chu ring ula, hmuingil takin in awm dawn nia.” 2 Chronicles 20:20.**

“Harhtharna leh siamthatna chu Thlarau Thianghlim rawngbawlina hnuaiah a lo thleng ngei ngei tur a ni. Harhtharna leh siamthatna hi thil hrang daih a ni bawk. Harhtharna chu thlarau nun

tihtharna te, rilru leh thinlung tihchak tharna leh thlarau lam thihna atanga thawhlehna a ni a. Siamthatna erawh chu indinthar lehna te, ngaihdan leh pawm dan bakah, thil chin than leh tihdan tihdanglamna te a ni. Thlarau lama harhtharna nen a inzawm loh chuan siamthatna ringawt chuan felna rah tha a chhuah lo vang. Harhtharna leh siamthatna chuan an tih tur ti ve ve sela, chumi hnu-ah chuan an insuihfin tur a ni.”—Review and Herald, Feb. 25, 1902.

## Adventist Biblical Research Institute Director: Stele

ELIZABETH LECHLEINER/ANN



Seventh-day Adventist Kohhran hruaitute rorel inkhawm chuan

GC general Vice President, Artur Stele chu Biblical Research Institute (BRI) director atan an thlang a. Hetianga thlang tur hian nikum October 10, 2010 khan Annual Council-ah *voted* a ni. Ani hian tuna tanglai hi a chawlh hunah a thlak dawn a ni.

Hun rei tak chhung BRI director hna lo chelh tawh thin, Angel Manuel Rodriguez chuan hna atanga chawlh a tum tawh thu a puang a, chu chu kum 2011 kum chanve velah a ni ang a, ani a chawlh chiah hma hi chuan Stele hian associate director angin hna a lo chelh lailawk rih ang.

Stele, hi GC neih thleng kha chuan Euro-Asia (Russia) Division President a ni thin a, thlan a nih atang kha chuan hetiang hna lo thawk mek midang pali: Kwabena Donkor, Ekkehardt Mueller, Gerhard Pfandl leh Clinton Wahlen-te nen an thawk tlang dawn a ni.

General Conference Session, July 2010-a neihah khan, kohhran hruaitute chuan GC headquarters-ah hian vice president pakua ni lovin pariat inthlan ni zawk ta se, chutiang chuan kohhran Education department bik enkawltu tur kan nei thei ang tih ngaihdan kha an nei deuh a. Mahse vice president pakua nominate-in an vai chuan thlan an ni leh ta zawk a. Tunah Stele chu BRI lamah nihna pek ni ta mah se, vice president a nihna chu a chelh zui zel tho dawn a ni tih thu assistant to the General Conference president, Orville Parchment chuan a sawi nghal a, a hlawh lam erawh chu a thawhna lamin an tum thung ang.

Kohhran hruaitute chuan kohhran hruaitu lian pali dangte pawh an hna ngai chelh zuitir turin an *voted* bawk a, chungte chu—White Estate director James Nix leh Geoscience Research Institute director Jim Gibson-te niin; chungte bakah chuan assistant to the president, Orville Parchment leh president of Adventist World Radio, Dowell Chow-te an ni. Chow hian kohhranin radio hmanga rawng a bawlna, radio ministry president hna hi AWR-in July thlaa a lak atang khan a lo chelh sa tawh a. Chutianga thutlukna lo siam tawh chu Annual Council palaiten barpharin an nemnghet ve leh ta a ni. Heng mi pali: Nix, Gibson, Parchment leh Chow-te hi khawvel pum huap kohhran field secretary ni nghal bawk ang.

Rorel palaite chuan David Trim chu Archives and Statistics department director thar atan an *voted* bawk a, ani hian director chawh ve nghal deuh mai tur, Bert Haloviak a thlak dawn a ni.

Chung thilte bakah chuan Nominating Committee’s report-ah thil dang dang a la lang tel a, chung zinga thenkhat chu: Health Ministries department honorary assistant directors 11-te an ni. Chung mite bakah chuan tlema la valai deuh mi 17 leh mimir dangte chu kohhran rorelna sang ber, Executive Committee member 300 zingah an tel dawn a. Hei hian a hmaa kohhran mi chi hrang hrangte hi ko kim deuh zawka aiawh tal teltir ni tawh se tih chu a tipuitling dawn ta a ni.

Annual Council-a la pawmpui atan tia khek, kohhran hmathar lakna lam ngaihtuahtu tur atan Field Secretary Gary Krause chu associate secretary atan ruat a ni ta bawk. ‘Mission Board’ kan tih ve mai,

Gary Krause enkawl, Adventist Mission pawh chu GC headquarters Secretariat department enkawlna hnuaiiah a awm ang.

### *From the former World Church President*

**I**LLEN WHITE chuan kohhran hi “Pathian khawngaihna hmunpui” angin

a sawi a; chumi hmanga “thinlung thlak danglam tura A thiltihtheihna lantir chu A lawmzawng”\* a ni tih a sawi. A sawidan chuan, kohhran hian lei leh van karah dinhmun pawimawh tak a luah a. A kohhran hmangin, Pathian chuan A thiltihtheihna namen lo leh khawngaihna thuk tak chu A lantir thin a. Khawvela awm A nihzia pawh A kohhran hmang bawkin A lanchhuahtir thin. A kohhran vek hmangin Pathian chuan A kutchhuak mihringte hnenah, “Mahni maia awm in ni lo ve. In zingah hian ka lo awm ve thin a ni,” tiin A sawi chhuak thin a ni.

Tell the World [program] pawh hi, ‘*pawn lam rawngbawlna tel lo chuan, kohhran hian awmzia a nei tak tak lo*’ tih lungphum chungah inbun a ni. Pawnlam rawngbawlna tel lo chuan Pathian khawngaihna hmunpuiah hian tel ve ta lo, chanvo nei lo kan ni mai dawn a. Chutiang a nih avang tak chuan kohhran chhungah ‘harhtharna’ leh ‘siamthatna’ kan nei chamchi thin reng a ni. Intuaitharna/hartharna hi kan mamawh em? Thlarau Thianghlim thiltihtheihna a thara chan mamawhin kan inhria em?

Tehreng mai! Mahse hetiang tihtharna hi awmzeneia chang tur chuan, kohhranin koh a nih chhan pawnlam rawngbawlna hlen tuma hmanhlel taka a chet chauhin a lo thleng dawn si a ni. “Tell the World” thiltumte leh chona awmte hi kan tan thil thar, kan la hriat ngai loh a ni lova, kan kohhran nihna leh kalphung rengah hian nghet takin a intuh tawk zawk a; kan rawngbawlna thupui leh kaihruaitu a ni mah zawk.

Kan ngaihruat leh hisap phak baka ropui Pathian Chakna nen inzawmna nei turin ‘Chunglam Banin’ kan phar chhuak a, Ani chuan tute nge kan nih leh khawiah nge kan kal dawn tih min lo hrih a. ‘Sirzawnga Inban Tlangin’ chatuan ram pana kan zinpui mekte nen hlim takin kan inpawl tlang a; kan zain chi leh hnam sawi lovin tupawh chu unau tak tak angin kan inen tlang a. Chubakah “Bana Pharchhuakin”—Pathian nena inlaichinna duhawm tak kan neihnain a hrin chhuah leh Ama thupek angin, mite zirtirahte siam turin kan kal chhuak ta a ni. Chu tak chu kan tana pawnlam rawngbawlna tur chu a ni.

Pawnlam rawngbawlna nun nei tura keimahni kan inhlanthar lai hian, ruahmanna hlén tur neia nung kan ni tih kan inhriat thar leh ngei hi ka duhin, kan inngen a; pawnlam mite chu hmangaih leh duhsak taka kan sawma kan lo pawm thiam chuan, kan kohhrante hi pungin, a vul tha hle ang a; chutiang zawnga chetna hmang chuan khawvel hnenah hian Pathian khawngaihna ropui tak chu kan puang chhuak reng mai dawn a ni.

*Pastor Jan Paulsen*

*“Kan biak inahte hian thil ti mai mai thin tam tak an awm a. Dan pangngai anga inpho lang, khawvel hmuha eng thei hauh si lo tam tak an awm bawk.”—R and H, March 24, 1891.*

## GREEN TEA

*Dr. K. Vanlallawma (MBBS) Medical Officer,  
Civil Hospital, Chawngte*

**K**hawvel changkang zelah kan la hriat ngai loh thil tam tak kan

dawhkanah te chhawpin, kan eiin kan in ve thei ta. Internet, T.V. leh chanchinbu chi hrang hrangah fakna a tial chia chuai a, an thil fakte hi a va mawiin a va duhawm thin em! Mizote hian kan duhzawng leh ngaihsan zawng a nih chuan kan bawh huam huam a, a that lohna lam hi kan haider fo thin.

Tunlai hian ‘Green Tea’ hian inhnialna a siam nasa hle mai. A siamtu company-te’n an theih tawkin an fak a, tinreng damdawi tluk hialin an sawi a nih hi. Kan hriat ve atana tha mai mai chu company-te hi sumdawng an ni a, thenkhat chuan scientist leh doctor-te sum tam tak sengin an tham (sponsor) a, anni’n an thil tha hmuh chhun chu an puangzar a, a chhiatna lam chu an ngawihpui leh flat thin. Company tan hlawkna, doctor leh scientist-te tan sum tam tak hlawnah leh larnaah a chang thin. Green Tea chungchangah pawh hian hetiang hi kan dinhmun a ni ve thei tho a ngem? Pawisa hi chuan thil a va ti thei tak em! Khawvel mithiam ber berte pawh thudik chanve a sawitir thei tlat (research zawng zawng ka sawina a ni lo).

Green Tea hian thatna tam tak a nei tih an sawi hi kan hre fur awm e, vun tan a thatna te, lung tan a thatna te, intihcher nan a thatzia te an sawi kan hre thin ang, a dik e. Mahse Green Tea hian chemicals tam tak a pai a, chungte chuan nghawng tha lo dang (side-effect) an nei ve a, chungte chu i han enchhin dawn teh ang:-

**1) Polyphenols:** Hei hi thil hrisel tak, antioxidants kan tih zinga mi a ni a, a thatzia hrilhfakin an ei sup sup mai. Mahse tun hnaia an zirchianna-ah chuan polyphenol (catechins) hian kan taksa-in kan thil ei atanga iron a lak luh hi zaa sawmhnihpanga (25%) laiin a titem thei tih an hmuchhuak a, hei hian natna chi khat iron-deficiency anaemia a siam thei a. He natna veite chu an chauin an zawi ngawih ngawih thin a, phurna an tlachham a, thatchhia nih an hlawn duh hle. Naupai laiin iron-deficiency a vei chuan thla kim lo a nau hrin te, nau chhiat te a awl bik a, tin, raicheh a thih a hlawnawm hle bawk.

**2) Caffeine:** Green Tea no khatah hian 30-40 mg vel a awm tlangpui a, thingpui leh coffee ai chuan tlem deuh mahse a that lohna a awm tho. Heng mut theih lohna leh lungphu dik lo (palpitation & arrhythmias) lu hai leh luakchhuak te a siam a, nu nau pawm hnute pe laiin a in chuan naute in a mut that theih loh phah thin. In tam deuh phei chuan tul lo va zun vak vakna (diuresis) a siam thei bawk. Kut a tikhur thei tih leh vun thak (rashes) a siam thei tih sawi tel hram bawk ila a tha awm e.

**3) Aluminium:** Green Tea hian coffee aiin aluminium hi a pai tam tlangpui a, thingpui an chinna hmun leiin a lo pai tam phei chuan thingpui no khat hian a pai ve teuh thei a ni (coffee aiin a let 200 in green tea-ah aluminium a tam). Kal tha lote tan a hlawnawm a, kal a tichhe vek thei (renal failure). Kal a chhiat a, taksa a lo inkhawlkhawmin thluak leh thazam natna (neurodegenerative diseases) a thlen thei a, thisenah phosphate a tihnam a (aluminium phosphate a siam). Hei hian ruh a tichak lo in ruh tliak a thlen thei a, doctor-ten osteomalacia an tih mai a thlen thin. Hmeichhe tan a hlawnawm zual hle, aluminium hian ek a tikhal a, zingah ek hmatawng a tithi thawt thawt tih vel mai mai hi chu a natna thlen theih dang ngaihtuah hi chuan ho tak a ni.



4) **Oxalate:** He chemical hi kan taksaa calcium leh thildang nen a inzawm a, kal (kidney) ah lungte (oxalate stones) a siam thin. Thingpui pangngai pawh a ni tho mai, Mizote hi lungte pai kan tam i ti ve lo maw!!

5) **Fluoride:** Thingpui chi hrang hrangte hian fluoride hi an pai theuh mai. Green Tea-ah pawh a awm tho, white tea in a pai tlem ber a, black tea in a pai tam deuh ber, a pai tam lam hi a chinna hmun a zirin sawi fak a har. Mahse fluoride hian ruh mawih (osteofluorosis fracture) a thlen thei tih a chiang.

6) **Tannin:** Hei hian chaw kawng cancer a thlen thei an ti a, a thenin a thei lo an ti bawk. A ngam chuan tih chin mai tur, mahse chaw kawng cancer vei nuam ti ka la hre ngai lo. Thih dawna pianthar phahna a nih chuan a tha tho mahna..

**A tawkin a chiang viau tawh em! Rilru tikhauh tlat tan tlem i sawi leh ang aw. Rutgers University research atangin:**

- 1) Nu naupai lain an in chuan thisen cancer naute tan vei a awlsam bik.
- 2) Thin tan a tha lo a, hepatotoxicity, jaundice, taksa vung leh thihna a thlen thei)
- 3) Ui leh sazu atanga an test naah chuan kal leh ril thlengin a tichhe thei.
- 4) Lung zai tawh leh warfarin/caumadin lampang anticoagulant ei tan chuan a hlauhawm hle.
- 5) Kan thil eia thiamine (vitamin B-1) awm, kan taksain a lak luh a titem a, hei hian natna hlauhawm tak beri-beri natna a thlen thei.
- 6) Neural tube defect (thluak & spinal cord piansualna) a thlen thei.
- 7) Tokyo university atanga tunhnaia an zirna-ah pawh hnute cancer a veng lo an tih kha.

A tawp ber atan chuan thil reng reng hian thatna an nei vek a, that lohna pawh an nei vek a, chuvangin inhnialna a awm reng reng hi chuan inthiarfihlim san hi a finthlak ber fo. Kum za kal taah khan mizial hian chuap a ur thianghlim tiin an lo fak viau tawh thin a, kum za a liam leh meuh chuan a tha nge tha lo chu kan chiang tlang tawh bawk e. Green Tea, Thingpui & Coffee in a that leh that loh chungchang pawh hi tun atanga kum 20 emaw 30 emaw a liam leh meuh chuan kan inhnial vak vak ka ring tawh lo. Henga kan kan tarlan bakah hian hriat belh duh chuan google search-ah khan side-effects+ of+green+tea tih khan han zawng chhin teh reng u, chawhma chhiar daih a awm a nia.

*“Chaw ni si lovah eng vangin nge tangka in sen? Puar leh fanna ni si lovah eng vangin nge in tha in sen? Ka thu ngun takin ngaithla ula, thil tha chu ei rawh u, in nunna chu thil thauvah chuan hlim rawh se.”* Isaia 55:2.

*Kum 2010-a Bible chhiar chhuakte kha in la rawn in-report kim lova, a rang lamin lo che teh u. **Certificate** pek theuh che u kan duh a nia! Bible leh Hrilhlawkna Thlarau bute ngawrh taka chhiar th<sup>h</sup> bakah, Tawngtai leh Bible Study neih uar chhunzawm zel tur a ni tih kan inhriattir zui lehngal a ni e!—Editor*

**1<sup>st</sup> ANNUAL MEETING TRIPURA EAST CIRCLE  
October, 22-24, 2010 A hmun: Tuisama**

## Kum 2 chhung ka chhuahsan tak Tripura ka ngaih a bang thei lo. A

ram mi leh sate ka ngai a, a boruak hrim hrimin ka lung a len a, ka thawhpui ka thian te, harsatna tam tak ka paltlangpui te ka ngai a. Kan hotute ka ngai bawk. Pathian tan tling lo tak leh hmun ralmuang lo tak kar a, thlamuanga rawng ka lo bawl ve tawhna a nih avangin ka thinlungah a thi ngai lo. Khu ramah bawk khuan LALPA hna thawkin ka kal leh ang tih hi ka rilru a lian ber leh ka tum a ni.

Pr Thartea'n khawmpui a awm tur thu a sawi a, kal hlan ka nghakhlel hlê a ni. Zoram Danial pawl khawmpui zawh chuan kan chhuk ve ta a. Khawi hmunah pawh awm ila ka mitthla a cham reng thin ka ram ngaih Tripura pan kan ni bawk a, ka hlim ngei mai. A tawi zawngin sawi ila, Jampui lamah kan kual chho va, Tlangsang-ah inneihna kan han hmang zawk a. Tripura ka thleng chu ka thaw veng huai huai mai. Kan khawmpuina hmun tur Tuisama kan pan nghal a, kan han thleng chu thawhpui thin thiante ho an lo awm nual a, hlim takin kan inchibai nak nak a. Tuisama kohhran unaute ho nen pawh kan hlim tlang hle mai. Pandal zarin kan buai ve nghal char char a. Biak in kawt lamah chuan kan zar belh a.

He Biak in hi kum 2007-a kan thianhote nen kan sak laite chu mitthlaah a lo lang uar uar a, lung a ti leng thar ngei mai. Tuna Tripura khawmpui hmasa ber a han thleng mai turte chu ka lawmna a ti zual êm êm a ni. Tlaiah Anando-ah Evan. Thanga-te in lama riak turin kan chhova, sulhnu hlui hlir, kan talna, kan tualchaina, Pathian nena kan lo lendunna hmunte kan han thleng leh chu lung a leng duh ngei mai. A tuk zing chaw eikham chuan Tuisama lam panin kan phei nghal a. Electric vel kan fit buai leh viau a. Khawmpui palai lo thlen tak tak hmian kan zo thei ta a.

Khawmpui pawh kan kal tha ve viau a, vawi khatna te a ni bawk a. Heng khaw 23 atang te hian kan kal khawm a. Chungte chu: Kalagang, Hamsapara, Kheda, Tharma, Sailut, Behliangchhip, Boroli, Tlangsang TTA, Asha-para, Naisingpara, Setu, Khak-chang, Basanchandro, Santipur, Hazachera, Anando Bazar, Anando Cluster, Rambahadur, Monughat, N.G.Para, Duigang, Kutuchera leh Aizawl atangin Palai 130 vel leh chhimtu mi 90 leh tualchhung member 23 te nen khawmpui hi hlim takin kan hmang a ni.

Aizawl atangin Pu Tluanga te chhung Maubawk kohhrana mite an rawn tel a. Mizo Conference lam atangin Pr PL Biakchhawna leh Pu Zuitea an rawn tel bawk. Zaithiam tak an rawn hruai tel zel bawk. Anniho chungah hian Tripura member te aiawhin lawmthu ka han sawi mawlh mawlh a ni. Tripura harsatnate min rawn hmuh pui avangin a bik takin Pu Tluanga-te chhungkaw chungah khan lawmthu kan sawi nawn leh a ni. Tan zan atangin thusawi a thain a nung nghal hle a, Evan. T. Remthangan Pathian thuchah a sawi a. Pr Thartea te, Evan Kamanson te, Pr Biakchhawna te leh Evan. Challiandinga te, Pu Tluanga-ten Pathian thuchah nung tak he inkhawmpui chhung hian min hrilh a ni.

Khawmpui hmang turin ka kal ve na a, neitu chan kan chan a ngai ta si a, Pu Zuitea nen rawngbawltuah kan awm ta a, bazaar pawh kan kal zing malh malh hle mai. Member chaklo te teten Pathian thuchah ropui tak puanchhuah a awm chu an ngaihthlak theihna a nih dawn te chuan khatiang buaina hma-chhawn te kha chu kan phur zawk a ni. Biak in lama inkhawm an hlim ang bawkin fatuho pawh kan hlim tlang e. Zaia rawngbawltuho pawh an zai tha thei hle mai. Pathianin he khawmpui hi min awmpui a kan hlimtlang hlê a ni.

Pr PL Biakchhawna'n a taksaah harsatna nei chung chungah he khawmpui min rawn hmanpui thei a kan lawm hle a, mahse, thuchah a sawi tluantling thei lo chu pawl kan ti. Dam tha ver vawr ni sela heng member chaklo leh ring thar te te kan unaute hian an hlawkpui dawn hle si a. Mahse, a sawi chinah pawh Pathian ropuina chu kan hmu nasa hle. Khawmpui leh hunah damtha taka Pathian thuchah a sawi thei ngei hi kan duhthusam a ni. A tan kan tawngtaipui reng bawk.

Thuswitu a piangin an sawi tha a, membarten an hlawkpui hle a, palai kal zawng zawng an hlim a, fellowship pawh a hlimawm thei hle a ni. A bul atanga a tawp thleng a Pu Tluanga-ten min rawn uap thei kha Tripura aiawhin lawmthu ka sawi mawlh mawlh a ni. Sunday ral zan chuan he Tripura East khawmpui hmasa ber chu kan zo ta. Tu mai pawh chuan kan kham lo vek a. Ei leh in pawh kan tlaian kan puar hle a. Member tam tak hi chu mahni in lamah kham khawp ei tur neilo te an ni hlawm a. Khawmpui chhung hi chuan nuam an ti khawp mai. Tichuan inngai tak chungin kan inthen darh ta a ni.

\*Khawmpui report hi kan rawn ziak tlai deuh hlek a, kan inrinthulh deuh vang a nia, in hriatthiamna kan han ngen mawlh mawlh e.

## CHHIMLUANG RAWNGBAWLNA

Challiandinga Hnamte, Behliangchhip

**Khaw Awmna:** Chhimluang khua hi Mizoram leh Tripura inrina lui, Langkaih ‘River’ kama awm a ni. Khaw hmun rem tak a ni lem lova, kawngpui chuan a patlang a, mahse chei that a nih loh avangin engkim hi chhipa phurh ngai vek a ni. Mizoram lama tang chuan motor-in a kal theih a kawng pawh nuam tak a ni. Mizoram angah chuan VC 2 awmna khua ang, in 250 vel an ni

**Sakhuana:** A tam ber chu Hindu an ni a. Tun hma deuh tawh khan Baptist kohhran te, Salvation Army - en rawngbawlna an lo nei tawh a, Salvation pawh tlem chu an la awm ve nghe nghe.

He khua hi Adventist-ten rawngbawlna kan la neih ve ngai lohna hmun a ni a, chuvangin rawngbawlna chu kan nei ve ta a ni.

**Rawngbawl dan:** Tlangsang Training Academy (TTA) sikul naupang nu leh paten min lo sawm ve bawk a, kohna chu um zuin kan kal ta a, mahse min sawm tute chu thu tak zawma baptisma changah an tang lem chuang lo; sikul naupang nu leh pa thenkhat chang chu an awm tho bawk. Motor a kalna a hautak em avangin mi kan sawm a Generator te a hmun thleng zakin kan zawn thla ta a ni. Hindu pachal inah kan innghat a, kan rawngbawl chhung zawng awm nan kan hmang ta a ni. A zan khatnaah chuan pawnah, tual zawlah, thla êng hnuaiyah mipui te kan ko khawm a, kan thlen in pain mike a nei a, kan ko khawm zung zung a solar light a thawh bawk a mi tam tak an lo kal khawm ta a.

Pathian hmangaihna thute kan thiam ang tawkin kan sawi ta a, kan tawng lettu Pu Laldingiana, TTA Teacher a tuin a phur bawk a kan han sawi zo chu min rawn chibai ve nak nak mai a, an thinlung ah a thawk ve ngei a nih dawn hi kan ti a kan lawm rilru hle mai a, chutah kan thlen in pa Hindu pachal kha an ding chhuak a phur tak maiin thu an sawi ve a, thu ngaithla tute zawng zawng chu Kristian a awm vek turin an sawm nghal pawp pawp mai a, chutah mawng kang awk awkin kan lo ngaithla a; Kristian that zia te an sawi zel a, a thu tawpnaah chuan in hriatthiamna, a dil ta a, ‘kei chu min lo hrethiam hram teh u’ an ti a.

Eng thu takah chu sawi ang maw kan tih lai chuan ‘Kristian-ah ka awm ve thei lo a ni, ka nuin a thih thleng a min lo awmpuina Hindu a nih avangin’ an ti ta mai a! e khai a! engmah kan ang dawn lo a ni ang aw kan ti rilru leh ta a tichuan zan khatna chu kan zo ta a ni.

Rawngbawlna chu kan theih ang ang chuan kan chhunzawm zel a, kan tawngtai reng bawk a; kan thlen in pa Hindu pa khan bang leh lamah Agarbati nen pangpar te nen tuktin hian a kuna a tawngtai a pathian a be mawlh mawlh thin a, keini lah chuan a bang leh lamah tawngtaina hun kan lo hmang ve bawk a. Tichuan thu tih tlukna hun kan han siam ta a, mi 50 zet mai chuan milem te kalsana Pathian nung chibai buk tur te, Sabbath dik zawk a inkhawm tur tein thu an ti tlu a, baptisma chan an duh ta a. An zingah hian Tripura State Rifle (TSR) ‘1’ a tel ve nghe nghe a, kan lawm hle a ni. TSR-te hian hmun thenkhatah chuan rawngbawltute tihbuai changte pawh an nei thin a, mahse, LALPAN an zinga mi min pea kan chungah an fel em em a, kan lawm hle a ni.

**Tlawhtu:** Baptisma chan ni tur kan ruatah chuan Circle Leader Pr V Lalsiamthara te, Pu Zosiana te, Pr Glen Hill-a te nupa an lo kal bawk a, englai mahin Sapho hian Chhimluang khua hi an la rap ngai lo va, an lawm ve em em mai a, khawtlang in hmuak turin kan beisei bawk a, kan beisei ang ngei chuan Sap hmuak tur chuan khawtlang chuan an phu ta suau suau mai a, kan zawn dawn nge ni ang eng ang hmel tak chu ni ang maw tih zawhna thu a ri ta nuk nuk mai a, a boruak chu nuam ve tak a ni.

*“Pathian ngaihsakna dik tak nei tura harhtharna hi kan thil mamawh zinga ropui ber leh hmanhmawh thlak ber a ni a. Hei hi kan hna hmasa ber tur chu a ni.”*—Review and Herald, March 22, 1887.

## SAKHAW ZALENNA

## A Hun Taka Tawngtai

**D**avida chu, “Aw LALPA, i chet a hun ta; i dante chu engmah lovah

an siam ta si a,” tiin a tawngtai a. He tawngtaina hi tunlai hun nen hian a inmil lohna a awm chuang lo. Khawvel hi Pathian lak atangin a vak bo tawh a, a awm dan mumal lo zet mai chuan mi a tihlau va, chu chuan lal Ropui ber tana rinawmho chu siamthatna hna a thawhtir ang. Pope thuneihna chuan Jehova Sabbath aiah Sabbath lem siamin Pathian dan chu thlak tawhah a inngai a; tichuan khawvel pumah Sabbath dik lo chu serh a ni a, a tak zawk erawh chu ke bawlhhlawh tak chuan a rapbet tlat thung.

Krista leh a vantirhkohte leh Setana leh a tirhkohte inkara indona hnuhung ber chu Pathian danah hian a ni ang a, khawvel mi zawng zawngin duh an thlang tur a ni. Thuneitute chuan Sabbath hi anmahnin an hmusit a, an ngaihthah a ni ringawt lo, an roelna dawhkan atang chuan mite chu chawlhkar khata ni hmasa ber hi serh turin an ti a, he mihring phuahchawp hman hi hnam dan a ni tiin an tang tlat mai a ni. Tuipui leh khawmuala vanduinah chi hrang hrang lo thleng thin, heng tuilian, thlipui, kangmei leh lirnging te hi Sunday an serh that tawh loh vanga Pathian hremna angah an la ngai ang. Heng chhiatnate hi a indawta rawn thleng chho zut zut ang a, Pathian dan pawl sa lotute chuan chung khawvel chhiatna lo thlengte chu thupek palina zawmtu mi tlem te vanga lo thleng angin an sawi dawn a ni. Mahse he dawt phuahchawp hi mite tihthinur nana Setana hmanrua a ni zawk.—*Southern Watchman*, June 28, 1904.

### Thil Lo Thlengte

Kan mite chu ngaih pawimawh tham loh khawpa tlemah ngaih an ni a, mahse hei hi a ni reng dawn lo. Tunah hian Kristianna khawvel chuan thupek zawmtute lar theihna tur thil an ti chho mek a. Pathian thutak hliahtu mihring phuahchawp ngaihdan leh thurin a awm reng a. Pathian laka rinawmte chhia leh tha hriatna phuar turin boruak a inmung mek bawh. Dan siamtute chuan Pathian mite chu an la do ang a, mi tin hi fiahin an la awm ang.—*Testimonies*, vol. 5, p. 546.

Mihringte chuan Pathian dan kalh chiaha an dan siam chu chawi sangin khauh takin an kengkawh ang. Anmahni dan siam lama thahnemngai em em si chuan “LALPAN a ti” tih thu chiang takin an hawisan dawn a ni. Chawlhni phuahchawp chawi sangin Jehova dan, a nungchang inziaha lanna chu ngainep turin mite chu an tilui bawh ang. Engmah an tisial lo chung pawhin Pathian mite chu tihmualpho an ni ang a, Setana fuihpawrh sakhaw atchilh pawl leh thikthua khatte chuan an la tibuai ang.—*Testimonies*, vol. 9, p. 229.

Sakhaw hruaitu, vanram thurualpuitu, beram no ze pu nia inngaite chu an chetzia chuan dragon thilung an pu a, Setana’n a fuihpawrh a, a thunun tih a lang a. Pathian mite chuan ni sarihnana ni an vawn thianghlim avanga tihduhdahna an tuar tep tawh a ni. Mahse Pathian mite chu ding nghet rawh se. LALPA chu an aiawhin a ding ang a, pathiante Pathian a ni tih a lantir ang.—*Testimonies*, vol. 9, pp. 229, 230.

Setana’n mihring a fuihpawrh theih dan leh a tihluhlul theih dan nasa ber ber hmangin Isua zuitute chu umzui an la ni ang. Tichuan mihring thilung chuan Pathian dan chu a la hmelmak tlat avang leh, a thuhnuai a awm dawn loh avangin, theihngihl rual loh khawpa nasain hlen chhuah a ni dawn bawh. Tunlai khawvel hian Krista dante chu tirhkohte hun lai ai khan a zawm bik hauh lo mai. “Khengbet rawh, khengbet rawh,” tia autirtu huatna leh zirtirte tiduhdahtu huatna rilru tho kha awih duh lo fate chungah chuan a la thawk reng a. Hun Thim laia mi tam tak tan tirtu, mite hnawt chhuaktu leh tihlumtu, *Inquisition* tihduhdahna rapthlak St. Bartholomew insuatna rapthlak thlentirtu leh Smithfield hmuna mi tam tak hal hlumtu thlarau khan mi thilungah nasa takin hna a la thawk reng bawh. Thutak hian a tir atangin han chhui ila dikna leh dawt inkarah indona a hmachhawn reng a. Chanchin tha chu he khawvelah hian dodalna, thihna leh tawrhna hmachhawna puan chhoh reng a ni.—*Tirhkohte Thiltih*, pp. 84, 85.

A la bang kohhran chu fiahna nasa tak leh manganna nasa takin a tlakbuak ang. Pathian thupek leh Isua hriattirna zawmtute chuan *dragon* leh a sipai rualte thinurna chu an tuar dawn a ni. Setana chuan khawel hi a thuhnuai a awmah a ngai a; kohhran kalsualte chu a thunun tlat bawh a; mahse a thuneihna dodal tlattu mi tlem te an awm. Heng mite hi khawvel atang hian pail bo daih theih se chuan a hnehna chu a famkim tawh ang. Israel mite tiboral tura milem be hnamte a hmin ang khan kan hma lawkah khian lei thuneitu sual tak takte chu Pathian mite tiboral vek turin a chawh tho dawn a. Mi zawng zawng hi Pathian dan thianghlim kalha mihring thupek zawm tura tih an la ni ang. Pathian hnenah leh an tihtura chungah

rinawm tlatte chu “an nu leh pa te, an unau te, an chhung hnai te leh an thiante” chuan an la phatsan dawn a ni.—*Testimonies*, vol. 9, p. 231.

Mi tin fiah an nih hun hi a hla tawh lo. Chawlhni dik lo serh tura tihluhna chu mi tin chungah a thleng dawn a. Chuta inel turte chu Pathian thupek leh mihring thupekte an ni. Pen khat te tea khawvel duhzawng zawm a, khawvel tihdana ti ve thinte chu hmuhsit, hrehawm, lung in tan leh thihna tuar ngam lovin khawvel thiltihtheihna lakah hian an tlawm ang. Chumi hunah chuan rangkachak fir leh thir tuiek chu thliar hran an ni tawh ang a... tuna kan ngaihsan em em arsi eng tak takte hi thim zinga an la vak chhuak ang. Biakbuk incheinaa inthuam, Krista felnaa inthuam si lote chuan an saruakna chu an la zahpui hle dawn a ni.—*Zawlneite leh Lalte*, p. 188.

Mihring dan siamin engahmah an ngaih loh Pathian dan venghim tura lung in tan emaw, in leh lo chan vek emaw, thih hial emaw pawh tul maithei khawpa buaina chu kan hma-ah khian a awm a ni.—*Testimonies*, vol. 5, p. 712.

Thutak venghim tura dingten a tak taka Krista tawrhna tawmpui awmzia an hriat hun tur hi a hnai tawh takzet a ni. Tiduhdahtu ropui tak chuan hun tlem te chauh a nei tawh tih a hria a, mihring chungah a thuneihna chu a hloh tep tawh a, a thiltihtheihna pawh laksak a ni tep tih a hre bawk a. A bum theihna zawng zawng hmanga mi bum ral thak a tum a ni. Puithuna leh dik lohnate chuan thutak leh dikna leh intluktannate chu an rapbet a. Thutak dotu thiltihtheihna tinrengte chu an intichak mek bawk.—*Southern Watchman*, Oct. 31, 1905.

A muan hun lai leh an tawntaw laia an tih loh chu kohhran chuan hun khirh tak leh buaithlak tak, khapna karah an tih tho tho a tul ang. Khawvel thil ngainat avanga puan loh leh tikhawtlaite chu kan rinna hmelma hlauhawm ber berte dodalna karah tih tho tur an ni. Chumi hunah chuan pawn lang maia thu awih pawl, an thiltihtheihna avanga thutakin hma a sawn theih reng reng lohnate chuan rinna chu an phatsan ang a, hun rei tak atanga an lo tan rilruk tawh hmelmate lamah an pakai daih ang.

**BARAK VALLEY:** Conference Secretary Pu Lalnilawma'n Tuiruang dung zu fang velin, February 12 bawr vel khan thawktute training a zuk pe a, chubakah Kangrengdor khuaa mission quartar sakna tur bakah Khangbor lama tirhkoh post turte pawh a enpui nghal a, thawktute an lawm hle.

**MAMIT CIRCLE:** Bialtu Pastor Zirlawma Ralte leh Danial Pawl tirhkoh Thianga-ten Bawngva khuaah Cottage meeting neiin an bei mek. Hetih lai vek hian Evan Lalramnghaka leh Evan Lalduhawma-ten Bungthuam-ah Cottage meeting an nei mek bawk a, baptisma chang tur neih ngei an inbeisei.

Evan CVL Ramnghaka-te pawhin Haflong chhuahsanin an hmun thar West Phaileng an pan ta bawk a, kohhran a lawm hle.

February 12-13 khan Zawl-nuam-ah rawngbawl tura inchherna, Pictorial Aid Seminar neih a ni a, a kiang vel kohhrante nen member 34 emaw laiin he seminar hi an hmang a, a hmanpuitu Conference PM Director pawhin lawmawm a ti hle.

**KOLASIB CIRCLE:** Zanlawn khuaah Evan Lalruaia Ralte, Danial Pawl tirhkoh Lalnun-mawia-te nupa leh Pu Rintluanga Serkhan-a miten effort an nei mek a. Hetih lai vek hian Phainuam khuaah Evan Hrangkhuma, Danial Pawl tirhkoh C Sanglura leh Pu Lalhmangaihna Thingthelh-a miten effort an nei mek bawk a, beisei an nei sang hle.

Kolasib Venglai Biak In pawh sak zawh niin, hlanna program Pr VL Sanglura hovin February 26 Sabbath denchhenin hlim taka hman a ni.

**CHHIMTUIPUI CIRCLE:** Kawrthin-deng khuaah tirhkoh Tanpuia leh Roneih-sanga-ten biak in an sa mek a; hetih lai vek hian Ngenpui khuaah Pr Sabbaththanga, tirhkoh Remruata leh Danial Pawl tirhkoh Peka-ten rawngbawlina beihpui an thlak mek a, kohhran din theih ngei an inbeisei a, kan tawng-tainahte i hrereng ang u.

Saiha-a pastor quarter sak pawh chak taka kalpui mek niin, tunah hian a beam an chhung mek tih thu kan dawng.

**SERCHHIP CIRCLE:** February 4-6 khan Thenzawl-ah Danial Pawl khawmpui hlimawm tak neih niin, Conference atangin Pu Daniala Sailo, Zoram Danial atangin Pu LB Mawia leh Pu Lallawmawma

Hnamte-ten an hmanpui a, palai 150 emaw vel an kal a, chung zingah chuan kohhran thar pathum atanga palai kalten an testimoni ngaihnamw tak an sawi, report kimchang deuh zawk April lamah chhuah theih kan beisei.

Hmuntha khua, kan la luh ngai lohna hmunah rawngbawlina nei turin, tunah ground-work Evan Roneihkima, Lalrinawma, Joshua leh Lalchhandama-ten an bei mek. Rawngbawlina tur sum hi Serchhip bial Women Ministries bultum a ni. Serchhip bial hmeichhiate hian team-a insiamin, kohhran chak lo deuh te tlawhharhna hun an hmang thin a, zawngchhang tlak hlein an hria. Anni hian March 11-13 chung hian Hualtu-ah inkhawmpui hlimawm tak neih an tum a. Pi Nunthari Sailo leh Pr Zairem-thanga-ten an hmanpui baw ang.

**CHAMPHAI CIRCLE:** February 5 bawr vel khan Bialtu pastor leh Danial Pawl tirhkohte nen tangtlangin Tlangsam-ah Revival hlimawm leh hlawkpuiawm tak neih a ni. Heng mite baw hian ni 12 bawr vel khan Zokhawthar lamah Revival an neihpui bakah, LALPA Zanriah kilna an buatsaih baw a, an hlimtlang hle tih thu kan dawng. Hemi denchhen hian nupa tuak 8 inneihna nemngheh niin, naute 9 hlan leh rawngbawltu 12 nemngheh an ni bawk.

Tirhkoh Dawngpuian Zokhaw-thar-ah rawngbawlina nei zui nghalin, tirhkoh C Zirhang-an Leithumah rawngbawlina a tan bawk.

Ni 19-20 khan Khawzawl biak inah Church Manual zirhona Seminar neih a ni a, Conference lam atangin Personal Ministries Director-in a hmanpui a, mem-berten hlawkpuiawm leh zawngchhang tlak hlein an hria.

**AIZAWL EAST CIRCLE:** Tingmun khuaa kan biak in chei that a ni a, tunah chuan a tha vah tawh mai tih thu Circle Leader hnen atangin kan dawng. Aizawl district hmar tawpa Mauchar khuaa kohhran din turin Conference Evangelist Pr H Lalnilawma leh Joseph VL Nunzira-te bakah Bial Danial Pawl tirhkoh pathum an thawk chhuak a. An hlawhtlin ngei theih nan Kohhran member-te tha-hnemngai takin tawngtaipui a tha ang.

**AIZAWL WEST CIRCLE:** Circle Leader Pastor Rodingliana hovin, Bial Danial Pawl tirhkohte nen Samlukhai khuaa kohhran tihchak nan ni pah fawmin effort neih a ni a, rawngbawl a har deuh nain rah duhawm tak a chhuah tho beisei a ni.

February 26 Sabbath khan kohhran tling chin zawngah chuan Harhtharna leh Siamthatna program bultan (kick off) nan, Divine Service-a hun hmang turin intirhchhuah a ni a, kohhran tinin hlawkpuiawm an ti tlang hle.

**WEST TRIPURA CIRCLE:** Bormura, Khamtingpara velah Evan Ramtea leh a thawhpuiten effort an nei mek a, an hlim tlang hle a. Chutih rual chuan Evan. Probira leh a thawhpuiten South Tripura lam Colony No. 1 leh 2-ah rawng-bawlina an nei mek bawk.

February 16 zan khan Tuikoi kohhran biak in, Telyamura-ah Pr VL Sanglura'n department workshop a neihpui a, mi 32 vel an kal. Ni 18 khan Gospel Outreach America director John Duroa chuan kar hnih cham turin a rawn tlawh a, hmun hrang hrang tlawh a, a fan hnuah March 6 hian a chhuahsan leh ang. Ani hi Bangladesh leh Tripura bial bik enkawltu a ni.

**NB:** Circle Leader-ten Bial report lamah tan i la tlang thin teh ang u hmiang.-Editor.

## **Chhuak leh Tur**

- \*Sakhaw Zalenna (Chhunzawmna)
- \*Pathian Biaknaa Tawngkam Hman
- \*Lekhaden (Playing Cards)
- \*Bial Danial Khawmpui Reports
- \*Kolasib AYP Meet Report
- \*Zawlnei Ropui Elija