



HMAR CHRISTIAN FELLOWSHIP DELHI

SEMINAR

Nu le Pa

Thupui : KRISTIEN SUNKUO

30th September 2023

@ 10:00 - 4:00 PM, India

PROGRAMME

First Session

10 am - Worship & Prayer

10:30 am - Paper I

(Nupa Inlaichinna)

Tea Break 11:15 - 11:30 am

Second Session

11:30 am - Worship & Prayer

12:00 - Paper II

(Christian Parenting)

Lunch 12:45 - 1:00 pm

Third Session

1:30 pm - Worship & Prayer

2:00 pm - Paper III

(Sungkua Inlaichina)

2:45 pm - Panel Discussion

4:00 pm - Closing prayer

Venue : Bible Bhavan, 50, Amrita Shergil Marg, New Delhi - 110003



An Organ of the Hmar Christian Fellowship Delhi

HREPUITU

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“...Hi khawvela hin
buoina tuok hlak in tih.
Nisienlakhom huoi takin um
ro, keiin khawvel ka
ngam tah”

Johan 16:33

Please visit HCFD official website:
<https://hcfcd.in/>

HREPUITU

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Hrepuitu a article insuo hai,
ngaidân suklanga um (hai)
hi HCF Delhi ngaidan a(n) ni
chuong kher nawh. Ziektu tin
mawphurna a ni lem. Pathien
thu le article insuo nuomhai
chun iengtiklai khawma edito-
rhair email ah thu ziek hai chu
pek thei zing a nih.

- Editor

A SUNGA THU UMHAI

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20 SEMINAR



HMAR CHRISTIAN FELLOWSHIP DELHI

BEIRUOL 2023

Theme : "Isu chu Lal anih."

A Hun : 7th & 21st October 2023, @2:00 - 7:00 PM India

First Session

2:00 - 3:00 pm Worship & Prayer

3:00 - 4:30 pm Theme Discussion

Break: 4:30 - 5:00 pm

Second Session

5:00 - 6:00 pm Worship and Sharing (If any)

6:00 - 6:45 pm Message

Dinner

Phase I (7th October)

1. **Vengbuk:** Vasant Kunj, Mahipalpur
Thruoitu: Pastor Lalthlanglien Sungte,
Upa Dr. Lalsiemlien Pulamte
2. **Vengbuk:** Kishangarh
Thruoitu: Pastor James Ralsun,
Dr. Robert Varte
3. **Vengbuk:** Munirka
Thruoitu: Pastor Lalditsak Inbuon,
Pu Thanglalmuon
4. **Vengbuk:** R.K Puram, Motibagh, Vasant Vihar
Thruoitu: Pastor Lalsiesang Zote,
Pu Herbert Lalsanglur
5. **Vengbuk:** Dwarka
Thruoitu: Pastor Lalzarzolien Inimate,
Pu Immanuel Khawbung
6. **Vengbuk:** Safdarjung Enclave, Kidwai Nagar, South-extension
Thruoitu: Pastor El Darngawn,
Pu Darsuothang Khawbung

Phase II (18th October)

1. **Vengbuk:** Gurgaon
Thruoitu: Pastor Lalzarzolien Inimate,
Pu Robert Penatu

Phase III (21st October)

1. **Vengbuk:** West Delhi
Thruoitu: Pastor Lalzarzolien Inimate,
Pu Rohminglien Songate
2. **Vengbuk:** D.U. North
Thruoitu: Pastor Lalsiesang Zote,
Pu Vanlalhang
3. **Vengbuk:** Rest of Delhi
Thruoitu: Pastor Lalditsak Inbuon,
Pastor El Darngawn.

QUOTES

“Faith without work is not faith at all, but a simple lack of obedience to God”

~Dietrich Bonhoeffer

“Salvation is free, but discipleship will cost your life”

~Dietrich Bonhoeffer

“Instant obedience will teach you more about God than a lifetime of Bible discussion”

~Rick Warren

“When your will is God’s will, you will have your will”

~Charles Spurgeon

“Faith, as Paul saw it, was a living, flaming thing leading to surrender and obedience to the commandments of Christ”

~A.W. Tozer

“We can change the course of events if we go to our knees in believing prayer.”

~ Billy Graham

“True prayer is a way of life, not just for use in cases of emergency. Make it a habit, and when the need arises you will be in practice.”

~Billy Graham

“We often think of prayer as a means to an end. Prayer is the goal.”

~ Francis Chan

“Pray often, for prayer is a shield to the soul, a sacrifice to God, and a scourge for Satan”

~John Bunyan

“I have held many things in my hands, and I have lost them all; but whatever I have placed in God’s hands, that I still possess”

~Martin Luther

“Effective prayer is the fruit of a relationship with God, not a technique for acquiring blessings”

~D.A. Carson

“Has your relationship with God changed the way you live your life?”

~Francis Chan

Editorial

HMU THEI LO HMU

Mihriem taksa mit-a ei thil hmu hai hin ei ni ah sin nasa takin a thaw theiin, a thaw hlak bok. Ringna kalchawinaa khawm hin ei (Thlarau mit/ring-na mi-a) thil hmu hai hin ei ni ah umzie inthuktak a nei hlak. Hmu ding tak hmu fuk a pawimaw a, hmu chau el niloin hmu fie a pawimaw tak zet.

Bible-a Hebrai 11:26-27 a chun hienghin an ziek “26 Aigupta ram hausakna po po nek chun Krista an hmusitna chu ro hlu lemah a ngai a, lawmman a dawng ding chu a thlir tlat a. 27 Lal lungsen khawm tri loin Aigupta ram chu ringnain a suoksan a, Hmutheilo chu a hmu leiin sel takin a tuor a”. Mosie ta ding chun Aigupta ram hausakna le ropuina hmu nuom um tak tak, mit la tak takel a tam hle ring a um. Sienkhawm, Mosie chun hmu theilo a hmu a, chu chun a hringnun a thruoi lem a nih. Hmu thei thil nekin hmu theilo thil chu a hmu chieng lem. Aigupta ram lunghlu nekin Krista an hmusitna chu a hmu hlu lem a; Aigupta ram rothil nekin lawmman a dawng ding chu ro tling lemin a hmu a nih. Hmu theilo a hmu fie em leiin Mosie chun thil hmuthei hai tlansanin, hmu theilo thil tieng chu a pan lem a nih. Hmu thei lo thil chun a nun ah selna a siema, a tuor fan fan a nih.

Taksa mit-a ei thil hmu hai hin eini ah nghawng an nei hlaka, ei thil hmu hai leiin ei khawsak nuomdan khom an thlak danglam rop hlak. Chu chuh sap ziekta pakhat, William Blake-in saptrongin “We become what we behold”, tiin a lo hril. Ei umna hmun le hun izirin mihriemin ei thil hmudan hih a danglam thei hlak. Tlangram ah pasalthra ramvak le sapel a suok hai chun ram sa a mei le nakawr hmu zet lo chun kap lo ding an lo ti hlak. Sienkhawm, mihriem chu sa hmuin an hmua, an kap suol rawp hlak. Chu chu upahaiin “Sa mitmenga meng” an lo ti hlak. Ringna kalchawinaa khawm hin hmu thei thil, ei sir le vela mi chim vel mup mup hai hin ei khaw hmu a suk buoia, ‘sa mitmengin a mi’n meng tir” rop hlak. Chu chun thlarau/ringna mit-a ei khaw hmu a suk buoi hlak. Ei khaw hmu fie lo na-na-na chun panna ding mumal hre loin ei inmai buoia, sir lo ding ram ei sirin, fak ding le dawn ding chintawh hrelain ei intal buoi hlak. Mosie anga hmu theilo hmu hih a va pawimaw lawm lawm deh! Tirko Paula chun Korinth kohranhai kuoma a lekthawh-a hieng hin a lo ziek, “Sawt naw te sunga kan rinum tuor nep tak hin buk khi ruol lo chatuon ropuina chang dingin a mi buotsai a. 18 Chuleiin hmu thei thil tlir loin, hmu thei lo thil chu kan thlir lem a nih. Hmu thei thil chu bo el ding a na, hmu thei lo thil ruok chu chatuona ding a nih” (2 Kor. 4:17-18). (Sunzawmna-page-6)

MUVANLAI IENGIN RINGTU NUN HI

~Dr. Dony Tuolte

**Muvanlai iengin ringtu nun hi,
Ei hlimthla chu hnuoiah inlêng vel sien lakhawm;
Ei hringna chu vânsânga lêng a nih,
Suol sukhlum thei lo din Lalpa'n a mi dawmsang.
By Rev Runremthang**



Ṭumkhat chu mupui, muvanlai chanchin videoa tawite ka en a. Ka lun-gril a tawk hle. Muvanlai hi Pathien thilsiem chungleng thla neia vuong laia a hrat tak ning a tih. Boruok insang taka a vuong hlak. A vuong insang po leh hnuoi hmun hla tak, ram hla le hmun dang dang a hmu thei. A mit a var bawk. Chuleiin chungleng danghai nekin fak ṭha a hmu hmasa hlak. Van boruok insang taka vuongin, chu hmuna inthawk hnuoia umhai le tuisunga thilhring a hmuthei. Chuleiin van boruoka inthawk hnuoiteng a bir vang vang a. A dit-tak/a fak nuom zawng a ching dawk nal el hlak. Hiengang hin muvanlai chu hrat sien khawm chau hun a nei tei hlak.

Dan naranin muvanlai hi kum 70 vel an dam thei. Kum 40 chen hi an hrat vanglai ti thei a nih. An tha a tho bawk. An fak zawngna ketin a ṭha a. Van boruok insang tak tak vuong ka-ina ding thla khawm suong um tawk a nei bawk. Sum sa tak khawm a nerth-leng zung zung el. A thil fakna ding a hmur (beak) khawm an zumin a ngei hle. Sienkhawm kum 40 a pel ta chun a hrât vanglai angin a che thei ta bik nawh. A tha a hung ṭhum ve a. A hung chau ve ta hlak. A ketin khawmin a hma angin fak ṭha a man hne ta naw, a hmur zum khawm a hung kawit ta hlak. A hmulhai chu par thei mumal loin a awma a kawp ta hlak bawk. Chu pha chun muvanlai ta dingin a chan hai thlak ta hle. A hmabak an

kho ta ṭai. Hmabak pahni chauh a nei, phingṭama thi tawp annawleh tlang-sang/ rawl khawkrawk pana a hrâtna incher thar ding.

Chungleng laia hrat khawkheng ta din um hmuna thi chau nghak, thi hmabaka um tawp hlak chu thil lampui an nawh. Chuleiin muvanlai chu tlang insang deu, lung-pui chung, lung kawhrawt le rawlkho a hratna incher thar din a pan hlak. Hi huna hin a hmur inzum, fak ding zawng thei ta loa kawit ta chu lung-pui chung a tat rak raka. Atat tlama vawnga, hmur zum thar(beak) a hung nei ta hlak. Chu zova a hmur zumin a ketin mawl tahai chu a keithlam nawk a, a thla vuong thei loa a awma bet-el chu a pawt kawit nawk vawng a. Chu

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FIELNA

Hring zing ei Lalpa Isu Krista hmingin chibai.

Hmar Christian Fellowship Delhi, Executive committee in a lo rel ta angin hung tlung ding September ni 30, 2023 hin **“Kristien Sungkuo”** ti thu-puia hmangin **Nû le Pâ Seminar** a buotsei ding a nia, hi huna thrang seng dingin a bik takin nû le pâhai ei infiel anih. Nû le pâhai hih khawthlang, kohran le hnama rongbawltu poimaw tak tak hai ei ni a, kawng tinah ei insuk hrat a poimaw takzet a nih. Chun Lalpa'n rochan hlu tak tak nau malsawmna a mi pekhai hin Kristien sungkuo thra tak tak an phu hlie hlie a, chu in dintu dinghai chu ei nih ti lungmila hre zingin trawngtraina leh ei seminar dinga hin thrang seng dingin ei infiel nawn a nih.

Hi Seminara resource persons dingin ei pastorhai ruot an ni a, an ni'n mi kei hruoi an ta, session pathuma thre in session tina paper pakhat pei present ning a tih. Kristien sungkuo ei indinna kawnga nû le pâhaiin ei poimaw emem threnkhat hieng nupa kar inlaichinna a thrat lem dan ding dam, nauhai Pathien thua ei kei hruoi pei dan ding dam, sungkuo inlaichinna thra ei nei dan ding dam ei resource person haia inthok ei ngaithlak bawk ding a nih. Session tawpna taka panel discussion um a ta, hi huna hin zawna nei haiin indawnna siemin hriltlangna hun a um bawk ding a nih. Lalpa'n malsawm rawsen cheu.

Lal rama in rawngbawlpui,

L. Robert varte
Secretary
Hmar Christian Fellowship Delhi.

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hin a tawngkhuma “In Pathien rawi khawmin hung inla mi hne naw ti niu, in ngam phawt le hung raw, ka lo that vawng ding cheu a nih” ti in an hrosa a. MNF hai hotupa thangtlawm taluo chun, chu Camp chu run ding in a rawihai le an inbuotsaia. An run tawm chun MNF hai hotupa chu a tawngtai ta a, “Aw Lalpa kan Pathien, hi Sipai hai hi an suol em ema. Nang meu khawm ieng malova ngai in an cho chea. In Pathien le khawm hung inla mi hnenaw ti niu an ti a nih. Tuhin an ni do ding in kan suok mek a nih. Keini lai hung thang la, Nang a rawiin ei do ding a nih” ti in a tawngtai zoin

an suoka. Zanril lai chun Camp chu an bei taa, Sipai pahni a hring in an tlan- suok ti naw chu, chu Sipai suolpa le a rawihai chu MNF hai chun an that fai vawng a nih.

Tuta tuma Meiteihai le ei buoina ah khawm hin, hmangruo pawimaw tak chu tawngtaina hi a nia, chu hman- gruo chu ei ni Hmarhai hin a powerful zie ei hriet leiin, ei hmanga, ei hmang fuk em em. Ei tawngtaina hai zarin, Pathienin Meiteihai laka a mi hum dan ziek seng a ni nawh. Tawngtai hnam ah mihai in an mi ngai ang bawk hin, iengkima tawngtai zing pumin hma- tieng kal pen pei ei tiu.

TUOLSUNG CHANCHIN

Solo Competition Nei Tran a Ni Tah

Ei Kohran, Department of Music & Youth Affairs chun liemtah Sep- tember ni 23, 2023 khan ei Center, Munirka hmunah the 14th Thralai Confer- ence 2023, Solo Competition chu a lo huoihawt tran der tah. Hi hunah hin ei thralai thruoitu suongum tak takhai Nk. Ruth Lalneizawn, Tv. Luke L. Hrann- gul, Tv. Andri Ralsun le Pi Crossmawi haiin thiem takin endikna sin an thaw. Hi huna hin Nk. Joyce Zote in thiem takin programme host in mipui a entuhai khawm an thlei hle. Solo Competition hi pasal le nuhmei category pahni a the a ni a, participants a thanghai an thiem thei hle. Final round hi Thalai Inkhaw- mpui ni a inruolsiekna nei ding a nih. Hi hun a ding hin finalists nuhmei 5 le pasal 2 thlang an nih. Final round a ding in common song pakhat thlanga um chu “Aw hmangaina hrilthiem inla”, Kristien hlabu a mi a nih. Inruolsiekna a thang ding hai popo ditsakna insangtak eiin hlan.

zo chun hmul thar a hung mawng nawk thei chau a nih.

Hi hun sung hi dan naranin ni 150 (Thla nga) vel a aw hlak. Hi hun sung hin mupui khawm a phing tam hle ng a tih. A taksa khawmin thawhla hle ring a um Hi ngirhmun hi muvan- lai ta dinga hun harsa em em a nih. A hringnun hun intak tawpkhawk ning a tih. Sienkhawm a thaw pei nawa, a ketin le a hmur zum an cher thar naw chun thi chauh hmabak, fak ding hmu loin a thi el ding a ni si. Hi hun sung hi a nih mupui ta dinga a damsunga hun harsa le hun rinum a tuok chuh.

Hi hun hi “Takchapa” thi le thi, dam le dam ti a thang a lak hun a nih.

Muvanlai ngirhmun hi ringtu nun a ni rawp hlak. Harsat le chau chang ni a um. Lam intak, harsa ten baram anga inkho ei hraw chang bo naw nih. Ei enna tieng tieng inhnemna ding a um nawh. Tap le mitthli tlak a bo nawh. Ei thahai a hung thum ve a, fak tha khawpna tawk ding ei nei ta nawh. Ei thaw naw chun ei boh mang el ding a ni si. Thi nghak ringawtin ei thung zing ding am a ni ?

Muvanlai boruoka vuong hm- anin a tin le a hmur, a fak zawngna incher tharna din ten baram le raw- lkho a pan ngam an nawm. Chutaka chun ni tam an tawm hmang a. A ke tin le a hmur lo mawl tahai chu lung kawhrawt lai a va nawt hriem nawk hlak. A hmulhai a va pawt thlam

vawng a. Hmul thar hrattka a vuong theina ding a to nawk hlak. Tin thar le hmur zum thar nei dinga tlansang le rawlkhoa muvanlaiin thang ava lak hi thil inhawi ni naw nih. Sienkhawm a damna ding in a thaw a tul si.

Muvanlai angin nang le kei, ei hringna incher thar ei ngai. Ei nuom nawa, ei thawpei naw chun fak ding hmu loin ei thi tho ding a nih. Hien- gang ngirhmun ei tuok chang bo naw nih. Ei thlarau hringna incher tharna din khawvel mihai hmuphak loa Pa- thien buon, intawm hmang, um hran le insiehran a ngai rawp hlak.

A huou huoua ei thlarau hring- na an cher thar thei kher nawh. Mu- vanlai khawmin rawl kho le hmun finriel panin a hratna a van cher thar a nih. Nang le kei khawm, ei hratna ding, thlaraua ei hringna incher thar- na din thei tawpa tawngtaiin Pathien buon veng ei tiu. Chu huna chun ei thlarau nun incher tharin um ve ngei a tih. Anhawi le lawmna hmuna hin fak ding a tam kher nawh. A umsun a fa ding ei tam leiin ei inchu dar ta hlak. Ei thlarau khawpna ding, fak tha ei dit chun hmun finriel panin Pathien buon ei tiu. Ei thlarau nun incher tharin um ngei a tih.

Muvanlaiin a hratna an cher thar hnung chun a hung hrat nawk thei tah. Ke tin thar le hmur zum thar a hung nei nawk a. Hrattaka a vuong theina ding thla (wings) a hung to thar nawk ta klbawk. A kum tam tain lo

upa deu ta sien khawm, a hrat vanglai ang elin fak tha a hung zawng nawk thei tah. Chu pha chun phingtam a hriet bik ta nawh. Tleirawl hratlai angin a hratna an cher thar ta hlak. A kum hung tamin upa hle ta sien khawm, hratna thar a hung nei nawka, fak tha a khawpna ding a mai dawkh thei nawk hlak.

**Chauhai hratna a pek a,
Hratnawhai a sukhrat a.
Tleirawl sawlin an chau a,
Tlangval khawm an tlu der
hlak. Isai 40: 29 & 30**

Muvanlai angin Pathien hring neitu, Isu ringtuhai an hratna incher thar ding a tih. Chau hun le hrat naw hun a um hlak. Sienkhawm Lalpa ng-haktuhai chu an hratna siem tharin a um nawk hlak. Mupui hratlai angin ringna'n thlain insang tak taka an vuong hlak. Fak ding tha mi fak phak-lo thlarau bu inhnik tak tak an fak ta hlak. An vuong sang poleh fak tha, mi hmu phaklo an hmu hlak. Hratna thar dawng pei an tah, sawl loin tlan pei an

ta, chau loin kal an chawi pei ta ding a nih. Chu chu Isu ringtu, nang le kei ei chan ding a nih. Amen.

**LALPA nghaktuhai ruok chun,
Hratna thar dawng pei an ta,
Mupui angin van sangah,
Vuongin inher sang an ta,
Sawl loin tlan pei an ta,
Chau loin kal chawi an tih.
Isai 40: 31.**

Hnuoileng ramsa lai Sakei-baknei a hrat tak. A hrat vanglai ramsa ieng khawm ti a nei nawh. Sienkhawm sakeibaknei vanglai khawm an tla-samin an phing a tam ve thei. An tha hung thumin chau hun a nei ve hlak. Muvanlai angin a hratna ancher thar ve thei nawh.

Chuleiin ringtu nun hi Pathien thuin muvanlai le a mi hril khi a nih. Chau huna khawm ei hringna incher thar nawk ding, hrat taka tlan thei zing ei nih. Lalpa nghaktuhai mupui angin ei hratna siem tharin um pei raw seh.

Lalpa'n ei chan senga din mal mis-awm pek raw seh. Amen.

(Editorial Sunzawmna)

Hmu thei thil chun chatuon a dai naw a, hmu thei lo thil ruok chu chatuon dai a ni ve thung. Hmu thei thil chun lungawina le lawmna kum hlun ding an tlun ngai naw a, hmu thei lo thil ruok chun chatuon dei lawmna le lungawina an tlun hlak. Hmu thei lo thil, Krista zara chatuona ei ropuina ding, chuh hmutuhai ei ni thar seng theina dingin Lalpa'n a thu malsawm raw seh!

dan el hi a ni ngai nawa, mihai mi ngai dan hi ei um dan le ei nungchang chu alo ni lem rawp hlak. Hnam danghai in Hmar hai hi Pathien ti hnam, sakhuo mi le tawngtai taima hnam ah an mi lo ngai a ni hi tie ti ka hung hrietsuok chun, Hmar ni khawm inhawi ka zuk ti zuol hle a. Rukru hnam, nawchiza-wr hnam, khel hril thiem hnam, depde hnam, ni nek chun tawngtai hnam ni chu nuom a um ta lem reng reng a nih. 1910 khan, ei Missionary hmasa tak Watkin R Robert chun Chanchin tha Senvawn khawpuia ah a hung phur luta. Chu chanchun tha chun Hmar ram a hung el var a. Hmar lai Pathien thu a hung tlunga, sawt rak lo ah Revival in a hung zuia. Hmar laia ringtu hmasa hai khan an lo hmu chieng em em le thahnem an lo ngaina hai chu, Isu Krista tuorna le chanchuin tha meiser insittu ni kha an lo tum tlat a nih. Hmar hai zarin Gangte, Simte, Paite, Thado le tlangmi hnam dang dang hai in Chanchin tha an hung dawng ve peia. Hun sawt rak lo ah, Manipur Simtlang tieng po po deu thaw chu Christian ram a hung in chang ta a nih. 2010 kuma Centenary ei hmang khan Wales to Aizawl, Aizawl to Senvawn ti in Chanchin tha hung dan ei hrila. Tipaimukh Road-a Sumtuk khuo hai chun Senvawn to Sumtuk ti in an ziek a nih.

Hmar ringtu hmasa hai khan Pathien hla tha tak tak an lo phuoka. Chung an hla phuok hai chu hnam

dang hai in an tawngin an in leta an sak hlak. Tulai chen khawm hin Hmar hla thar, Hnam dang twang inlet tam tak a la um pei a nih. Chanchin tha thedarna kawnga hma keitu ei nia, Hmar hnam zara Christien hung ni ve an ni tawl leiin, sakhuo na ah mi en-chung na tak an nei tlat. Dr Rochunga Pudaite hai Rev Lalngaisang hai le HK Khawlkung hai dam kha hnam danghai hin an lo ngaisang na sa a nih. Ringtu seng seng lai khawm, chanchin tha pansapui bangna le chanchin tha meiser sit chawktu ei ni lei hin, ei mi-zie khawm hi danglamna rieu ei neia. Ei population ngaituo chun mithiem khawm hi ei tam fet a nih. 2004 lai lem khan chu Churachanpura Head of Department po po kha Hmar vawng an ni kha.

Tawngtai hnam anga mi haiin an mi hmu hi lawm a um. Tawngtaina hin thil a thawthei hle hrim a nih. Silai tha chi AK 47 nekin tawngtaina hi a powerful lem daia, indo lai khawm hmangruo tangkai tak chu tawngtaina hi a nih. MNF le India Sorkar indo lai khan Sikh Regiment-a an hotupa suol deu, indo thiem le huoisen, chapo em em a um a. An camp khawm duty post hai tha takin a siem puia, MNF hai ta dinga hnawksak tak el a nih. Tlangmi hai a hmusitin ienga a ngai naw thei em em. Ei Pathien ngei khawm ieng-maloa ngai in tawngbau mawinaw tak tak in a tawng khum rawp hlak. Vaw-ikhat chu MNF hai a chona ah hieng

NAGNI HMAR HAI CHU LO VA TAWNGTAI RO, KEINIIN RAL HUNG DO KAN TIH.

~Pastor El Darngawn



Hi tawngkam hung suokna tak chu, May ni thum 2023 zana Chalranghai le ei hung buoi thut khan ralhuom nei mum-al ei nein aw a. Chun, buoina ah khan ei ni Hmarhai ei la zuk in rawl el naw bawk. Ei tlangval thenkhat ei unau hnam dang hai lai hmangruo boa ral kap dinga fe ve hai an lo tawng eltam khumna tawngkam a ni deu tak a. Chun hmun dang dang ah khawm, hi tawngkam hi ei unau hnam danghai in an mi hmangkhum zeu zeu ni in an lang.

Hi tawngkam hi ka hriet hlim chun, ka lung a khe i zawka. Hmar hnam neka huoisen lem hnam dang ka hriet chuong nawh. Buoina ditlo, inremna dit hnam, zalen taka hringnun hmang nuom le Kohran le Pathien ta dinga thahnem ngai hnam ei ni leiin, ei unauhai ang in Hnam sipai khawm ei lo uksak bek tanaw leia Hmangruo ei lo nei naw lai tak a ni lei el a daw i kawlawk bik ding le raldo ding chun insitum taluo anga an mi ngai ni a ka hriet leiin ka thang a tlawm hman khawp el.

Hmar Mi huoisen hril ding tam tak ka hriet ve. Vangai tlang suok kan ni bawka, Vangai tlang Phulpuia ka Pu hai huoisen zie chu, “Pa le pa, in cho tak tak chun, kaw k sunga mi pahni char mi thun hai sienla, chemte mi pe ve ve hai sien, an hlepa in help ral thak ding” an ti hlak, pangzat um tak a nih. Mizoram Tingmun khua Hmar pa huoisen zie chu, an venga sakei a nghala. Sa kap thiemhai in

vawkte dam, kelte dam sakei cha ding an sia, zan tin sakei chu an inchan hla-ka. Chu sakei chu a var ve bawk, a tu-onrang bawk, vawkte kelte an si hai chu a hung lak zauin, an kap hman hmain an bi hmang hman zie hlaka an kap hman ngai naw a. Sakei cha ding ran khawm an um ta naw a, a sakei hlak an la that baw k si nawh. Hmar pa lungsenin “Kei ku hi sakei cha ding in um ka tih, min chan ro” a tia, sakei konga an thung tawpa sakei a nghak el a nih. Hienghai neka huoisen lem Hmar pasaltha tam tak hril ding an la um. Mi dawizep hnam chu ei ni naw tawp el.

Ei Unauhai in Nangni chu lo va tawngtai in la, kei niin ral hung do kan tih an ti el hi, nasa taka ka ngaituo hnung chun, lungril thar ka hung put taa. Pastor tlierna tukver ah ka hang dak lem chun, ei unau hai tawngkam, thangtawma ka lo lak hi, andik naw ti ka hung hmu suok nawk ta peia. Thil reng reng hi, mani le mani ei in ngai

HREPUITU

LAL NAUPA IEM I CHANG A NA ?

~Rev Songrolien Songate



2 Sam.13:4 - Lal naupa iem i chang ana, a nitêl hin, i zûr tiel tiel el a. A san mi hril rawh.

- Ka unaupa Absalom farnu Tamar hi, ka ngaizawng em a ka chau a nih.

Kumkhat lai khan, mi pakhat hi a sin athaw mumal naw leiin, case a nei hlau el a. Chuonga case nei leia suspend el thei dinga a hang um chu a beidawngin, ka damnaw a ngai a nih tiin, Dr pakhat a râwna. Dr chun damdawi a lo ziek peka, A damdawi lekha chu damdawi hmingin a sip deu vawng a nih. “Kha damdawi hai kha, fa kim vawng sienla chu, natpui em em a tih ka ring” Mi hmu inlâu in antuom luma, pei le peilovin tuilum bâwm a kuo de a. Varanda le Tuol-lai lem chu a na zuol thei khawpel a nih. Hospitala Admit dinga ni theilo, asanchu a damdawi lekha dungzuia damdawi an lo infaktir pal chun, a natpui ngei ding a ni sia. Damnaw phêt phêt a tum, anatnân deilo. Châu deua um a tum. Bu a he hle ringawt baw k si, na deu angin anhril a râwl a puok kung baw k si. Bupaw k infak tir chi ni baw k lo, burum beng tân tân puma damnaw chu, mi dang nekin a ma baw k a buoia. Puonlum sil pum-in, Tuollai naupang Ball pet a va ena. An ringnaw kâr naupangin Ball in an hung indêngtir pala, a hazatin a puonsil a thethlaka field lai naupang ruol a hnawt thlûr nawk hrep tâwl a.

HREPUITU

Chuphing leh a damnaw a hrietsuok nawk thuta. Heiha damnaw chau laia naupang hnawt chu a va rimsik thlak de aw a tia. Field puitling vêlhni a tlanhuol thei chu a ni kha. Nupui pakhatin i natnân a dei tanaw a ni kha dam el ta rawh a ti peka. An nui huka a dam der el.

Ka pu Buhril hai chanchin zukhril ka nuom chu tie, Assam Regiment ah thang a nia. Pakistan sipaihai leh indo pumpel theilo ding in an hang uma, indonaa thi inlâu leiin, zankâr damnaw tehlem an sira. Zingkhua a hung var chun, an battalion sipai Dr kuoma a ruolhai in an fepuia. Dr chun, iengtin am i um a ta. Sir zankâr ka kutpâr hi thuhnun theilo in ka uma. Ka kuttum hi ka fûn rân el a nih a ti peka. Dr chun check thei po po a chek vawnga, chu hnung chun a thawte-hlem a nih ti a hrietsuok a ni âwm ie. A hohlampaia khanga i kuttum i fûn ran el khan chu, silai kap ngaina hlak um talo a na. Medical pension i lak el a ngai ding ana. A paw i ngawt el tiin, a hohlampaia chuonga thu dang ruoka Dr in a hohlampaia lai chun, Dr pa chun Valley Ball a table hnuaia chu a laka, kha tiin a zuk deng phut chu, ka

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pu Buhrilpa chun a lo dawng nul el a ni âwm a. Hi chanchin hi, Ama ka pu mi hril nghe nghe a nih. Chu ieng-tin am an sawisak chea ka tia, Dûitîn bawngin an mi hlap a tih kha tie.

Amnon damnaw khawm hi, nasatak chu a ni ie. A farnu a dit luot leiin a nitêlin zûr el chu a ni hi, a Dr râwn hlak chu Jonadab mi vervêk hlumvang el ala ni ta deu deu. Anat tum neka nasa in, a sukna zuola. Lal kuoma intlun ngai hiel khawpin a sukna ta lem a ni kha. Anatpui tak damdawi mûmlienchi nunghak Tamar lal David in a tir peka, a pindan sung a hang lût meu chu leh ringnekin Amnon kha a lo dam ngawt el a nih. A kuta a lo mana a lo zalpui ti thu ei hmu a nih. Israel hnam sunga damnaw lai chu, Amnon kha a hriselna a tha tak âwm ie. Damnaw tak tak tlân kalânga invâk invâk an um ngai nawh. Sin le t uon anzawng ngai bawk nawh, khaw-lai dunga khieng inhlâwn hmu ding khawm an um nawh. Thopui zolo khawp natna chun, Damdawi In a mi tir lûta. Natna satlie ruok chu mani insunga ei intawmpui el hlak. Mani natna in a dei bâka na deu anga um tum chu, an nat tak tak hun la um ngei ngei a tih. Amnon damnaw tehlêm chun, a hmel asuk zûr a. A nitêlin a chau pui tlat el, ei na tak tak hin chu ei chaupuiin ei zûr pui hlak hrim a nih. Na bêt bêt silova natna hau deu anga um tum Amnon kha mi ti um tak a lo ni hrim a nih. Tamar ta dinga lungn-

gaina, hmingsietna le muolphona int-luntu a ni kha.

Chuleiin ringtu nuna natna tuok mek, na tak tak hai chu an dam inhma hlak a. Na bek bek silo, na deu anga um hai tading chun, damna a hla hlak. An ri hriet le an mawphurna in a sukna nawk peia, enkawl dam an harsa hlak a nih. Rawngbawltu pakhat chun ka kuomah, Bu kala fâk pei hin chu, ka na taluo ka chau, ti ngai naw hrim hrim ka tih a ti chu, a va hang pasalt ha lawm lawm de aw. A ni ngei ie Pathien ram hi, pasalt ha hai ram a nia. Mi tuorsel le rimsi ngam hai lohma a ni bawk. Chu lohma ah chun suonlam hau le pupindawng hai ta ding chun, mani langsar tumna bâk a um nawa, lawmpuma rawngbawl antak bawk a nih.

Hlaphuoktu in a lo inzâwt angin, i dam leh damfel la, i thi anleh thifel law law rawh a lo ti angin.

In renga chung a Shalom!

**“Hmangainain khuo
le vễng hai poi a taw
ngai nawh. Chuleiin,
inhmangai hi Dan hraw
kimna a nih.”
Rom 13:10**

suolna vawrtawp hin Pathien lungsenna ko thla naw nih tu in am ti thei a ta? Noa hun laia suolna khan Pathien hremna nasatak khawvel pumpui chîm pil khawp tuilêt a ko thlak a, Lota hun laia Sodom le Gomorrah suolna khawm khan Pathien hremna nasatak mei le kât a ko thlak a ni kha. Chuleiin tulaia khawvel suolna nasatak khawm hin Pathien lungsenna berbu pasarih, Thuphuongsuo lekhabua ei hmu hai a ko thlak ding a nih.

Amiruokchu tuilêt hma char khan Pathien ti mi Noa le a sunghai chu lawng sungah Pathienin a khâr khum a, tuilet anthawkin a sanhim. Sodom le Gomorrah mei le kâta a hrem ding khawm khan Pathien ti mi Lota le a insung chu sansuokin an um hmasa. Chuong ang bawkin khawvel suolna nasatak chung a Pathien

lungsenna no bunthlaka a um hma hin Pathienin ama ringtu, a mithienghlim hai po chu hi khawvela inthawk hin a sansuok (lâk hmang) hmasa ding a nih. Hi thu hi 1 Thessalonika 5:9 ah Tirko Paula’n hieng hin chieng takin a lo hril - “Pathienin lungsenna tuor ding ni loin, ei Lalpa Isu Krista zâra sandamna hmu ding lema a mi ruot a ni sih a.”

Chu Pathieng lungsenna ant-hawka sansuok (lâk hmang) a ei umna ding chu thil dang niloin mithienghlim lawr (the rapture of the church) ei ti chu a nih. Chuleiin khawvel suolna in a vawrtawp a tlung mek a, Noa dam lai le Lota dam laia khawvel suolna ei tluk chauh ni loin ei khûm tah niin an lang. Chuong a ni chun Pathien lungsenna le hremna chu a hla ta naw ding tina a nih.

Damnaw threnkhat trongtraipui ding

- Pu Thangsang Varte, support ngailova a lawn theina dingin. • Pu Lalsiemlien Khawbung le Pi Rebecca Buhril an damfel peina dingin
- Pi Siemtling Penatu, • Nk. Elish Vanrammawi, • Pu L. Thagen le • Pi Lallawmsang, Pu Dolienmawi Buhril hai cancer anthawk Lalpa’n sukdam ngeina dingin.
- Pi Ziri Hrangate a thluoka tui um thra taka an lak suok theina dingin.
- Pu Ruoivel Pangamte, Dr. Yangerla Ao (Pi Tem Varte a nute) hai khawm an treatment hlawthlinga an hung dam pei theina dingin.

NOAH HUN LAI ANG KHAN

~Samuel L Songate

Isu'n a hung nawk huna khawvel um dan ding a hril-lawkhai laia pakhat chu "Noa dam lai ang bawk khan Mihriem Naupa hung nawkna chu ning a tih" (Matt. 24:37) ti a nih.

Noa dam laia an khawvel um dan Isu'n a hril chu "an fâkin an dawn a; nuhmei pasal an innei hlak" ti a nih. Mihriem hi fâk le dawn boin ei dam thei naw a, nuhmei pasal innei loin ei inthlasawng thei bawk a nawh. Anleh ieng dinga Isu'n hi thu hi ieng leia a hril am a na ei ti chun, kha hun laia an society kha nuomsip bawl (pleasure seeking) annih a tina a nih.

Fâk le dawn hi a pawimaw lai zingin Bible in suol a tihai lai 'glut-tony' (fak insûm theinawna) khawm hi a thang sa ve a nih. Tirko Paula khawmin Philippi mihai kuoma khan hieng hin a lo hril, "Chuonghai tâwp-na chu boh mangna a nih, an Pathien chu an phîng a nih, an ropuina khawm chu an muolphona a nih, khawvêl thil an dit hlak a nih" (Phil. 3:19).

Tulaia khawvelin ei buoipui tak laia pakhat chu fâk le dawn a nih. Khawpui nisien khawte nisien khaw-lai khawm sumdawngna tam lem chu fâk le dawn zawrna le inchawkna hieng fast food, hotel le restaurant hai hi a nih. Youtube a khawm video en (views) hlawrawn pawl tak chu fâk le dawn tieng pang video 'mukbang' a nih. Mi tam tak chun zanrilah dam

mukbang an en a, an phîng a hung t âma a hun le hun naw hril loin fâk ding an va siem naw leh online ah an incha a. Tirko Paula'n an pathien chu an phîng a nih a lo ti hi chu an dik hle a nih.

Chun nuhmei pasal innei khawm hi Pathien thupek a ni lai zingin Isu'n a Noa dam lai le Lota dam laia an khawvel le a hrilkhî dan hin nuhmei pasal thila inhawitirna (sexual pleasure) tieng a kaw k a nih. Juda lekthawng tieng ei en chun Noa hun lai le Lota hun laia suolna kha tisa chakna suola inpumpekna (for-nication) le tisa danglam châkna (un-natural sex, perversion) a nih. Ei tulai khawvela pornography (milim le vid-eo tirdakum tak tak), homosexuality (pasal le pasal, nuhmei le nuhmei in-dit), bestiality (ran le inpawl), sex toys (nuhmei pasalna thil hmangruohai), sex robot (robot mihriem anga siem le inpawl) etc hai hin Sodom le Gom-morrah suolna chu a khûm chieng ta hle.

Chuleiin hieng suolnahai hi Noa hun lai le Lota hun laia Pathien lungsenna ko thlatu anni chun tulaia nuhmei pasalna kawnga khawvel



PATHIEN ROPUIZIE NGAITUO

~(L) Pu Hrangkaplien Sinate

1 Vanhai khin Pathien ropuizie,
Puongin an inhriettir hlak a,
Boruok zâu tak khin a kutsuok,
A tlàng insampui hlak a nih.
2 Sûnni tinin an puong suok a,
Zăn tin a thiemzie an suklang.



Ei khawvêl hmang mêka hin Pathien ropui zie ngaituo nêkin a thilsiem a'n thawka mihriemin thil a hmu suok hâi ngâi ropui na'n ei sip lem taa. Abikin thalâi khawvêl a hin internet hmanga an thil hmu hâiin an lungril a sipliem lemin Siemtu ropuina lê a thu hâi chu nghawkum an chang tah. Genesis a thilsiem chanchin nêkin Evolutionary theory an ngâinuomin an bengkhawn lem baw k. A thupêk a'nthawka hung um, Vânvêl (universe) a celestial body po po ngaituo chun evolotion theory dâm hi chu ngâiropui khawp chu a ni nâw hlê. Thang thar tam tak lem chun Genesis a thilsiem thu hi khawvêl inkhina lê inmila an hriet nâw leiin ringhlâ chau ni lovin ringhle-na'n an sip baw k. Hung um raw se, ti a thu petû ropui ding zie, a thilsiem hâi a'nthaw k hang ngaituo ringawt khawm hin ringhlel ruol chu a ni nâw hlê.

Leihnuoia hringna (life sys-tem) a siem dân, solar system-in a control dân, sik le sâ (climate), tem-perature lê pressure system, ruo sûr dân, leihnuoi sûnga hausakna (minerals) po po, heat & pressure leia auto-matic a in siem, tectonic movement etc ei bîchieng khawma a siemtu thiem zie ngaituo suok ruol a ni nawh.

Mihriem kutsuok boruok lawng hieng, Rokets lê Satelites hâi hmang a hmasâwnna hâi hi ei chapo pui a, hieng hâi leia ei dawngsâwng internet mei mei hin ei nun a hluosi-pa, Siemtu kutsuok leia hieng thil ei hmu thei a ni ti khawm dâwnchang

lovin sun khuo zânkhuiin ei buoi ta sup sup el chu a ni ta. Mihriem siem vânlawng, Satellites chi dang dang, communication satellites, GPS, re-mote sensing satellites etc. hâi hi kum ngâ vêl bâk dei lo, a thlengna ding a thar kâpsuokpei ngâi vawng an nih. A makteduoi a tiem sêng lo, Vânvêla Pathien thilsiem ropui tak tak hâi hi chu chatuon dai vawng an nia, mihriem siem leh chu hrilkhî chi khawm an ni nawh. Sienkhawm Pa-thien thilsiem scientific dân lê ama ngêi khawm a scientist ropui zie ngâi-tuo nêkin mihriem thilsiem tlâwm tak hâi hi khawvêlin ei pathien lem a ni

tak tah. Siemtû chawimâwi nêkin a thilsiem a'nthawka malsâwmna ei dâwng hâi ei ngâihlu lem a, t̃hang thar tam tak lem chun Siemtu chanchin chu thu nghawk um(boring) an ti pei tah.

A chung a Sam 19-na lê Joba bung 38 & 39 hâi bi chiengin vaw-isûna Pathien hrefu lo rak khawpa khawvêl hmasâwmna ei invêthil el ngâituo t̃hat chî ning a tih. Pathien ropui ding ziet, a thilsiem hâi a'nt-

hawk ngâituo vang vang inla chu a hmabula bawkkhup hi ei rin ring a um nawh.

Vânvêla a thilsiem hâi ei ngâituo châng chu, a ropui ding ziet hi mihriem suisuok ruol chi a ni nawh. Chuong anga ropui lê thil thâwthei Pathien meu, ei suol ngâidamna dinga mihriem a hung pienga kalvary kraws-ah a hung thi el hi mak deu el a nih, hmangaina mak ti nâw thei a ni nawh.

Sawmapakhat le Good Samaritan Fund

Online a Sawmapakhat le thilpek dang dang: Sawmapakhat le thilpek dang dang pe nuom hai chun hi a hnuoi a Hmar Christian Fellowship, Delhi account detail a hin pek thei zing a nih:

Account Number : 91462010038313

IFSC Code : CNRB0019146

Bank Address : Syndicate Bank/Canara Bank, Akbar Bhawan, Ministry of External Affairs Branch, Delhi-110021.

Online baka hin ei chawibiek naa thilpek ei lakkawm huna khawm thilpek dang danghai hih ei pek thei zing a nih. Sawmapakhat le Missionary Fund hi Finance Secretary (Mission), Pu Immanuel Khawbung kuoma lut/pek ding a nih.

Good Samaritan Fund: Chawibiek naah thilpek lak khawm huna pek thei a ni a, chu khela chun Finance Secretary (General), Pu Thanglalmuon Hrangchal kuoma khawm pek thei ani baw.

INTHURUOLNA LE INREMNA CHU HRÂTNA A NIH

~ John L. Pulamte



Manipur buoina leiin Zo hnathlâk tawng chi tum tum hmanghai chu hnam khat angin ei insui khâwm pha a, ei lâwm hle lâi zingin; mani hnam chi bing châwi sâng nuomna lungrilin ei insui matna tha hrui a mi sukdul t̃an nâwk ta niin a'n lang a, lungril a sukna êm êm el.

Râlthuom po po lâia t̃bauium le suongum tak 'inthuruolna' ei tlasam t̃an tum ta tlat niin a'n lang a, chu chu ei ta dinga sietna r̃apthlâk intluntu a nî ruolin ei hmêlmahai ta dinga hrâtna tha hrui ropui tak petu a ni ve thung a nih. Ei hmêlmahai hi ei lêt thum lêt lî deuthawa tam an ni a, hienga ei inthuruol naw deu deu pei a ni chun an suokah ei la um ding a nih. Ieng anga huosen le râlthuom t̃ha nei khawm ni la, inthuruolna ei nei si naw chun hmêlmahai kuta tlûk lût el kha ei hmabâk a hung ni ding a nih.

Tu hi mani mi mal, hnam bing le pâwl bing bîk châwi lâi le ngai pawimaw hun a la ni nawh. Mi nuoi chim-it tumtu ei hmêlmahai hne dân le an laka ei him dân ding chau hi ngaituo hun a la nih. A ieng a ieng hmaa separate administration zuk hmu zo hlawl anga mani hnam bing chan t̃hatna ding lo zawng inhmau philî ngâi hi a t̃luna a um nawh. Ârtui kêu hma hmaa a âr nei zât ding lo buoipui tum ang chau hi a nih. Ei inchâwm kân sei tum talaw chun kân zo lovin khur inthûk takah ei la tla mâ ding a nih. Step khat khata a hmatiem a chêngkaw l hniek bi

tiema ei phâk ang tawk peia ringum taka ei sin hi ei thaw pei a t̃l a nih. Wawile khata phâk hlat tum talaw ngâi el khawm hi tlûk thut theina awlsam tak a ni t̃i hi hrie'ng ei t̃i.

Ei Pathien thuin unâu inngei diel diela um khâwm hi malsâwmna a n̄zie thu a mi hril a, inngei loa mani hma ei siel seng a ni chun chû letling char chu ei hmabâk ding a nih.

Râlthuom lâia pawimaw zuol pahnihai chu tawngtâina le inthuruolna hi a nih. Hienghai pahni hi râlthuomah ei hmang si naw chun, khawvêl râlthuomin mi t̃hangpui hne chuong naw nih. Chu mawl chu râlthuoma hmang tum tlat ei t̃i. Hmêlma laka mi san him theitu um sun a ni si a.

Lalpa'n a thû ei suklanghai chu t̃l le t̃ha a t̃i ang takin mal mi sâwmpêk raw se.