

rum in an hril dānin hienga kristienhai chunga tharum thawna hluor pei hih kum 2024 khawmin a la fe zawm zinga, March 2024 chen a khan ringtuhai chunga tharum insuona 161 zet a tlung hman dēr tah.

May-June, 2024 sūng khan India ram hmun dang danga ringtuhai chungah tharum insuona chi dang dang, inthrithreina le thawluina, thukhēla intumna le indiklotaka thubuoi siemkhumna a tlung rawn tah. May 22, 2024, khan Bastar, Chhattisgarh-a kristien pakhat chu a thia, a ruong kristien ser-le-sang dungzuia sawngbâwl le vûi an phal pek nawh. May 26, 2024 khan Dhamtari, Chhattisgarh-a kristienhai chuh ringnawtu threnkhatin nasataka dodâlin, an lirtheihai suksiet pêk le kut thlâk khum an nih.

May 27, 2024 khan Karnal, Haryana a kristien sūngkuo palihai chuh an ringna leia khawlāng ensanin an um. May 27, 2024 nî bawk khan Kushinagar, Uttar Pradesh-a Pastor Ramashish chuh inkhâwmna a huoihawtlai ringnawtu threnkhatin an chawkboui. Pastor Surjeet chuh May 27, 2024 khan Jammu & Kashmir-a Samba-a police station ah sakhuo inletna thil le inzawma inhnamhnawi tia indiklo taka hêka a um leiin police-in an man. Hieng a chunga târlanga umnaw khawm kristienhai chunga suknavmnatna/sukdudana tamtak India rama hin a tlung mêt zing. Trawngtrai nasa'ng ei tiu khai!

July 2024 sūnga usher dinghai

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VENGBUK:**



An Organ of the Hmar Christian Fellowship Delhi

HREPITU

HREPITU | VOLUME: XIX| ISSUE: 13 (JUNE, 2024)



Rest of DelhiVengbuk, DoMYA OB, Worship Team

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HREPITU
Hmar Christian Fellowship Delhi
Chanchinbu Thlakip Suok
(Regd.No.: S/ND/599/2015)
Vol. XIX/No.13 (June, 2024)

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- Editor

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KRISTIENHAI SUKNAMNATNA LE INZAWMA CHANCHIN LAWRKHAWM THRENKHAT

India rama hin ringtu hai suknawmnatna a ni têlin a hluor zuol pei niin a'n lang. India Dânpu (Constitution, Article 25-28)-in mitin, India khuo le tui taphawt, sakhuo zalenna a mi pêk. Universal Declaration of Human Rights (UDHR) le International Covenant on Civil and Political Rights (ICCPR) haiah sakhuo zalenna chungchâng hih ziekin a um bawk. UDHR-a Article 18-ah chun mitinin ei ringna (religious beliefs) zalentaka ei sepui le inchûktir le chawibiekna ei nei thei thu chiengtaka ziekin a um. ICCPR-a Article 18(1)-ah a lo inziek bawk. India khawm UDHR le ICCPR pawmtu rambunghai (signature countries) lai a thrang ve nih. Sienkhawm, ûol-au taka sakhuo zalenna khuokhir tumna le sukchingpêñ tuma hmalâkna India ram kiltin-kiltang ah a tlung inzing ut.

February 2023 chen a khan India rama states 28-hai laia states 12-haiah sakhuona inlet khuokhir/khap tumna dân (Anti-conversion laws tia ei hriet lâr) hmangin a um dêr tah. Chuong states 12-hai chu Arunachal Pradesh, Chhattisgarh, Gujarat, Haryana, Himachal Pradesh, Jharkhand, Karnataka, Madhya Pradesh, Odisha, Rajasthan, Uttarakhand le Uttar Pradesh an nih. February 26, 2024 khan Assam State Assembly khawmin Assam Healing (Prevention of Evil) Practices Bill, 2024 a lo pawmfel ve tah. Hi bill hih dâna hmang a hung ni hunah chu Assam rama Chanchinthra hril rawngbawlna khawm nghawng a nei nasa hle ring a um.

Hieng anti-conversion laws hmang mêka umhai hih India Dânpu hnuoia sakhuo zalenna pêka ei um leh a'n kalna tamtak a um chau niloin a têlpua khawvelin a pawm Universal Declaration of Human Rights (UDHR) le International Covenant on Civil and Political Rights (ICCPR) hail eh a'n kalna tamtak a um.

India rama Chanchinthra hrilna kawnga rawngbawltu pastor le misawnari hai chunga tharum insuona states tamtak ah hril le hriet dingin a um zeu zeu zing. Chun, kristienhai chungah thawluina, inthrithreina le vântlâng ensenna/tuitlârna a tlung thu chatlak loa hriet ding a um bawk.

Religious Liberty Commission, Evangelical Fellowship of India (EFI), ha'n an târlang dânin kum 2023 sûng khan India rama kristienhai chungah tharum insuona chi dang dang 601 zet a tlunga, chu chu 2022-a a tlung zât nêkin za peiah 45-in a tam lem tina nih (45% increase). United Christian Fo-

hun dam an nei hlak bok. Nuhmei pawl inkawm hi Pi Grace Khawbungin a keihruoi deu tak hlak.

Thralai pawl

Thralai pawlhai khom inrinni zatin thralai inkawm an nei ve hlak a. A chang leh, Sunday chawibiek inkawma worship an thruoi ding thu le hlaa inbuotsai lawkna hun damin an hmang hlak. Sunday worship service zatin Thralaiha'n thu le hla'n worship an mi thruoi hlak.

HCFD MISSION FIELDS THUTHAR

Shikohabad, UP Mission Field-ah June 29, 2024 khan baptismal hunser hmang a nih: Pastor Lalsiesang Zote le Tv. Thangliensang Zote hai pafa chu Shikohabad, UP Mission Field a baptismal rawngbawlna hunser hmang dingin June 28, 2024 khan Delhi a'nthawk Mission Field panin an inzin. Mi 37-in baptismal June 29, 2024 khan an lâk a nih. Baptisma lahai lai hin hun danga nêkin tuta trum chu thralai an tam a nih. June 30, 2024 khan chawibiek inkawm hlim le inhawi takin an hmang. Lalpa Zânbu semna hun hmang a ni bawk. Chawibiek hunah ringthar threnkhathai anthawk testimony ropui tak tak hril le ngaitlâk a nih.

Shiv Vihar le Mahipalpur rawngbawlna: Mahipalpura Hindi service nei trana um khawm a fetluong pei. Ei rawngbawltuhai fethlengin Rangpuri-ah Lalpa'n mi (contact thar) a mi pêk sap zing pei. Shiv Vihara khawm mithar an um peia, chuonghai chuh ringtu det tak an hung ni theina dingin kohranhaiin ei trongtrai-pui zing a pawimaw êm êma nih. Chun, Shiv Vihara ei rawngbawltu Evan. Vanlaltlan Amaw a nuhmei Pi Esther Amaw chu hun iemanichen a'nthawk khan a kala lung um leia dâktawr pana inenkawl zing le operation hmabâka um a nih a. Operation ngai lova lung hih a bo theina dingin kohranhaiin trongtraipui ei tiu.

Editorial

Ahmasa takin Hrepuitu magazine tiemtuai popo ei Lalpa Isu Krista hmingin chibai ka buk cheu. Pathien lunginsietna zar chauin ei magazine khom suksuok theiin ei la um peia ei lawm takzet a nih. Hun iemani chena inthok khan mimal threnkhat tlawnmgaina le inphalna zarin ei magazine khawm a tlawn tawpin ei semsuok thei a ei lawm takzet a, Lalpa'n an inpekzona malsawm rawsen.

Ei magazine hih a zau lem le mi tam lem tiem theia a hung um theina ding le hi neka fumfe lema hma tieng a pan pei thei dan ding magazine Editorial Board chun dilsut taka a ngaituo hnungin kum khat sung peia subscribe theia siem ni ta sien ti le a subscription fee chu Rs.200/- nisien tiin a lo rel a. Chu dungzui chun subscription form siemin a sem suok a, vawisun chena hin mi 70 neka tam metin an subscribe tah. A tlawn tawpa ei sem khoma copy 70 lai cho khawm ei sem dawk zo ngai naw chang a um hlaka, sienkhawm mi thrahnem takin an hung subscribe tha hih ei lawm takzet a nih.

Ei Magazine hih hi neka a tiemu ei tam theina ding le a kohran ang khawma ei sawr trangkai theina dingin thurawn thra dam, article dam, sermon tawi dam, testimony dam le news item chen khom ienglaikhomin ei lawmlut zing ani ti ei hang hriet thar ei nuom a. Ei theina ki in ang vawng nawng a ta, chulein ei theina zawnghai hung suokhawm dingin ei infiel bawk a nih.

Chun ni dang ang ni ta loin ei magazine hih a subscribe hai cho ei sem ta ding ani leiin la subscribe lo hai chun ieng lai khomin subscribe thei zing a nih. Subscription fee hih pu Rohminglien Songate (Gpay no. 9560826347) kuoma peka subscribe el thei zing a nih. Onine a pek a remchang naw khomin Pathienni inkawm huna hai cash khomin pek thei zing a nih.

Lalpa'n ei m'agazine hih mal mi sawm pek sienla, a ram a lien nawkuolna ding le chanchin thra hih einiah zung a kei nghet zuol theina dingin hmangruo pakhata mi hmang pek pei sien, hi neka thra lem le ditum lema siemsuok a ni pei theina ding le hlutsak a ni pei theina dingin Lalpan malsawm pei rawsen.

KA TA DINGIN PATHIEN HNAI A THA

~Upa Dr. Lalsiemlien Pulamte

Pathien thu ei inngatna ding, Sâm 73:23-28 hi hei tiem hmasa phawt ei tiu.



Ei naupang lai khan ei ruolhai mi vuok ding am-aninh thil titum ei tuok phâ ei pâ hai bulah ei um tlat chun ei him hlak. Sâm 73 ziekta, Asaf khawm hin Pathien bula um a'n chu tlat a. Pathien kutin a kut chang tieng a chel a. Baibul châng danga chun Pathien chun, "Ka kutin vân ka kei phar a" (Is 45:12), "Ka kutin sukhrat zing ka tih" (Sam 89:21), "Ka kutin ka hum zing che" (Is 51:16) tihai ei hmuh. Pathien ropuina'n Mosie a suknat nawna dingin 'Ka fe khêl hma khat che chu ka kutin hup ka ti che' a tih. Khi thuziekhaia inthawkin Pathien kut hi a mi sukhrattu, titna le buoina lakah ei inhumhimna le chuhai zâra ei hratna a nih ti a suklang. Mawl deuin hei indawn ei tih. Pathien mi chel phâk dingin ama bulah um ei inchu hlak am? Annawleh, ei suksuolnahai le suong ding dang ei neihai leiin a bula um loin amaa inthawk hla takah um ei tum tlat lem am?

Sâm ziekta chun, "Mi'n fuiin i mi keihruoi a" a ti nawk a. Lalpa chu ei kalchawi dân ding mi'n chûktirtu le rem mi ruotpektu a ni el bâkah a mi enkai zing hlaktu a nih. Ama chu ei Remruottu Mak (Is. 9:6) – ei sandamna mak taka remruottu a ni khah. Thaw ding bik hre lo raka ei buoi huna khawm Lalpa chun lampui a mi kawkhuu hlak. A châng chun Pathien ei var khal hlak a, ei mihiem varna hmangin thil thaw zung zung ei tum hlak. Lalpa zâi la hei ngai phawt khawm a tha hlak awm ie, ama chu thurawn mipetu (counselor) a ni si a.

A hmaa ei hril tah hai – Pathien chu ei inhumhimna le a mi'n fuitu a ni leiin vâna le hnuoiah Pathien naw chu

tu dang thlakhla ding hrim ei nei ding an nawh. Ei thlakhla hai kawlah um zing ei inhawk hlak an naw? Nung-hak-tlangval hai lem chun an inthlakhla leiin kum tluonga dingin innei chen an nuom hlak a nih. Lawmna le himna mi petuhai chu ei thlakhla hlak. Vawisun hin ei rothil hai, ei varna hai le ei nina insâng hai hin ei Pathien ei thlakhla ding hi an dâl el ta'm a ni? Nunghak chun, "Ka hmangai chu ngaw kâra epul kùng ieng a nih; A hlima inthung ka thlakhla ie, a ra khawm a thlum bik a nih (Hla 2:3) a lo tih a. Lalpa ei hmangaina chun ama a mi'n thlakhlatir ding a nih. Khawvel thilhai ei hmangai si chun Lalpa thlakhla dân a um naw ding hrim a lo nih.

le Thursday zat hin hi lai hmun le a se vel hi visit a ni bik deu hlak. Tu khom hin hi lai hmuna hin mi 17 vel contact mek an nih. Chuonghai chun Pathien sandamna changa ringtu thra tak an hung ni ngei theina dingin ei trawngtraina ma nawng ei tiu. Chun, a remchang ang peiin hieng Vikas kun, Najafgarh, Chandar Vihar, Nangloi, Nilotri, JJ Colony, Vikas Nagar, Mohan Garden, Chanchal Park, Badalli, Ranholi, Shiv Vihar, Hari Vihar hmuna hai khom hin rawngbawlna nei hlak a nih. Hieng lai hmuna mi hi mi 70 lai vel contact zing an ni a, hieng ei mi contact-hai hi a thren chu ringthar hai hin, thrahnem ngai takin an kawl le kienga ringnawtuhai an ko khawm ve hlak a, a hun le hmun remchang ang peiin inkhawm na va neipui in, isu krista chanchinthra , sandam na thu kan va hrilpui hlak.

Chun, zoom hmangin online-in tuk tin zing dar 6:15 A.M-in zing trongtrai nei a ni hlak a. Nilaini zan dar 7:00 P.M-hin ei pastor Lalsiesang Zote thruoina hnuoia Baibul study nei a ni hlak bok. Chun, Zirtawpni zat hin bunghei trongtrai nei hlak a ni a, zing dar 9:30 A.M hin staff hai po trongtrai khawmna le bible study kan nei hlak bok. Chun, chawhnung dar 2:00 P.M hin kohran mipui kan rengin trongtraina kan nei hlak bok.

Naupang Sunday school

Sunday zat hin naupanghai khomin Sunday school regular takin an kai hlak a, anni hriet thiem thei zawngin Bible-a story hai hril an ni hlak. Sunday school hi Department Pathuma thre a ni a, subject khawm a hran sengin an nei. Bilbe chang an by-hearthai sunday zatin an hril hlak bok. Naupang hming ziek po hi 74 vel an ni a, hi baka hin Sunday zatin mi a hung thar an umzie hlak. Naupang Sunday School hotuhai chu:

1. Pi Remthangmawi - Superintendent
2. Pi Esther Laltlansuok
3. Pi Parminder
4. Tv Thangliensang
5. Nk Neetu
6. Nk Rebeka
7. Nk Amisha
8. Tv Sumit

Nuhmei pawl

Nuhmei pawlhai chu Thawlenni zantieng zatin inkhawmna an nei hlak a, chu huna chun Baibul study le trongtrai ruolna hai neiin, testimony sharing dam an nei hlak. Kohran sunga damnawhai ta ding bik trongtraina

MISSION RIPAWT

~Evan Vanlaltlan Amaw

A hmasan vawisun chena a chanchin thra hriltheina kawt lien tak mi la hawng pektu ei pa Pathien kuoma lawmthu um raw se. Hmar Christian Fellowship Delhi (HCFD) fe thlenga a rong bawl thei dinga a lunginsietna mi la'n dongtirtu le hriselna mi petu ei pa Pathien kuoma ka lawmthu ka hril a. HCFD-in Chanchin Thra la hre ngai naw ringnawtuhai laia rong ei bawlna Mission tieng pang khom Lalpan hmu theiin mal a mi sawm zui zing a, voisun chena rongbawlna sunzom pei thei dinga a mi la thruoi pei lei khomin ei Pa Pathien kuoma lawmthu um bok raw se!

Ringnawtuhai kuoma tlawm taka chanchin thra ei tlanginsampui chu Lalpan nasa takin mal a sawm hlak a, ringthar pek belsain ei um zing a. Shiv Viharah ei inkhom hlak khawm kha Pathien lunginsietna zar chau-in ei la sunzom thei pei a. Inkhawm Lalpan mal a sawm hlak a, inkhawm lai mi thrankhat tlarausuolin a sawisak dam, damnaw dam an hung thruoi hlak a. Pathienin a sie hlawai kut tlawm takhai hmangin chuonghai chun tlarausuola inthoka zalenna le natnaa inthoka damna an chang hlak. Chun, inkhawm zat hin ringtharhaia inthokin testimony ngaithlak a ni hlak a, Isu Krista ringtu an ni leia an sung le kuohai laka dam, ringnawtuhai laka dam harsatna an tuokhai an hril hlak a. Chuong ang harsatnahaia inthoka annia Pathien hung inpuongna thu dam an hril hlak a, ngai nuom a um a, tlarausun chen khom an mi sukhrat pha hlak.

Tarik 16 February, 2024 khan Shiv Vihar Church-a ei Pastor Lalsiesang Zote kuta inthokin mi pahni'n Baptista a'n chang a, Lalpa ropui raw se! Chun tu khom hin baptisma chang nuom ringthar Lalpan a mi pek zing a, hun remchang hmasa taka baptisama rongbawlna nei dingin kan inbuotsei zing a nih.

HCFD-in tlawm taka Pathien rong ei bawlna ei puonin chu inzauin a um pei a. Delhi le a se vel hmun hrang hranga Chanchin Thra thei ang anga hril a ni zing a. Ni kum hmasak laia Kishangarh-a Hindi Service inkhawm ei lo nei kha, a tam lem ringthar hung inkhawmhai kha Rangpuri le Mahipalpur tienga inthoka hung an ni a. Anni ta dinga inkhawm hnaina lem inkhawmna ding hmun remchang Pathien kuoma ei hni chu Lalpan ei trawngtraina a mi dawn a. Tu hin chu Kishangarha ei inkhawmna hlak hmun kha ni ta loin, 5th May, 2024-a inthok khan Rangpuri, Mahipalpura ei lo inkhawm lem an ta. Mahipalpur inkhawm hi Saturday zat zing 9:30 A.M-in nei a ni hlak. Monday



Khawvel thil suong ding lâk a, an hung hluo pei khan an khawsakna ding ram le ramri hai khangpek an ni a, an chanpuol ding seng ram t hepekin an um a ni khah. An chanpuol ramhai chu hnam tin ta dinga an khawsakna ding, an 'lifeline' ding a lo ni tah. Vawisun, taksa le lungrila ei chau theina hmun, ei khawvel inzinna rama hin Pathien chu ei chanpuol, ei lifeline-a nei a va tha awm de! Jeremiah chun a tuorna le vakvâinahai kârah, 'Ka neisun chu Lalpa a na, ama chu nghak zing ka tih' (Lusun 3:24-25) tiin a'n hnem hlak thu a hril a. Habakuk ngêi khawma taksa rama a'n nghatna po po tlawl vawng ta sien khawm Lalpaah a hlim pei ding thu a hril a nih. Ieng lei am? Asan chu Lalpa PATHIEN chu a hratna a ni leiin.

Pathien chu ei inhumhimna le mi keihruoitu a ni leiin ei himin ei dingchang thei a nih. Chu chu hresia ama hlattuhai chu bohmang ngêi an tih. Ei ram buoinaa khawm hin ei inhumhimna dingin sipai ei bêl a, sipai camp hlattu ta ding chun thina tuok a awlsam a nih. Chuong a ni si chun iem thaw tâng ei ta? Ei ta dingin Pathien hnai a tha. Krista thisen hlu zârin Pathien hnai theina ding lampui siempekin ei um tah. Pathien hnai ro, ama khawmin hnai a ti cheu a mi tih. Chunghnungtak Pathien (Sovereign God) chu ei kulpui le kulbing, ei bêlbul tak ding a nih. Asaf-in Lalpa Pathien chu bêlbula hmang dingin ka lo thlang tah tia thutlûkna a siem angin

eini khawmin Pathien hi hnai ei tiu khawm tlâksam an nei si nawh, amain a, ama chu ei bêlbulah hmang ei tiu. Lalpa zawngtu ruok chu thil tha, ieng a ngaituo pek ding a ni sih a. Lalpa'n a thu malsawm raw se. Amen.

S E K I B U S U O K

~Dr. Dony Tuolte



Tu khawm kei mi ring chu a sunga inthawkin hringna tui hung luongsuok a tih (Johan 7:38).

(Sura le Nahai lo inthleung chanchina inthawk Sekibusuok nming nung suok a nih.Hi neitu hmasa chu Phungnu(Khawhri) nisienkhawm Pu Sura kuoma a pek a nih. Tienami a ni a leiin thil um thei ngai lo hi a um thei hlak a nih. Ka thu ziek leh anhme leiin SEKIBUSUOK thupuiin ka hmang ta lem a. Sekibusuok neitu hi Sura le Phungna ni loin Isu hi a lo ni lem. Iengtin am a ni thei thlir ei tih.)

Tooth paste, ha nawtna hlo bath-rooma kan hmang lai chu a bo tep a. Pei el dîm ka ti le ka la hmet dawk nawk pei a. Kar khat hnung khawm chun a bo el naw lei chun ka hmang zing a. A hmel en chun thep deu hleka um an tah. Sienkhawm ka ring nekin a dai sawt bak el. Nikhat chu tooth paste ka hmet dawk pei chu ka lungirla a cham zing a.

Chuongalungrilakangaituo laiin Isu'n mipui sangnga a vai chanchin lungri-la an lang el a. Tooth paste, ha nawtna hlo le mipui sangnga vai chanchin hi anzawm naw hle. Sienkhawm ka lungirla Pathien thu hung inlang le ruok chu an zuol ve thung tlat. Isu khawve-la a leng lai mipui tam takin an zui. Thil mak thawin damnaw a sukdam. Kebai, mittel, zeng le phar, naset le natna dang dang a sukdam.

Tumkhat thlalera a thu hril ngai thla nuom mipuiin an zui. Khuo an hnu ding an tah. Mipui an phing a tam. Fak ding hlak um lo. A zirtirhai kuomah nangnin fak ding pe ro a tih.

Tangka an nei tam naw khawm ning a tih. An naw leh duli zahni chu an nei ni mei a tih. An hei hisap chun mipui chu zat fak ding duli zahni khawma dai lo ding a nih. Mihriem varna le hrietna chun a hisap zung zung hman. Chu khawm ni sien mipui chuong zo zai fak ding a dai thei nawh. Isu hlakin nangni'n fak ding pe ro a tih. An bei dawngin an lungril chu sahal vieu a tih.

Mihriem ram ei thlir a, ei dak suok pha ei bei a dawng hlak. Fak ding ei tlasam, pek ding le sawm dawl ding an tam. Ei mansa a ruok, ei nun a kawruok bawk. Isun nangnin fak ding

var hmu theia hlaâ i la hei um bîk el dâm hi Lalpa'n hmang nuomna a la nei che ni'ng a tih. Chu leiin Lalpa dit dân angin hringnun hmang tum ta rawh. Nakie tangkâina nei loa hmunhnawk ang ela i um chun Lalpa'n raw hmang hun a la nei ngei ding che a nih.

Lalpa'n a thû mâwl tea ei suklanghai chu tûl le tha a tî ang takin mal mi sâwmpêk raw se.

TUOLSUNG CHANCHIN

Vengbuk Kanna Nei

Hmar Christien Fellowship Delhi (HCFD), Department of Music and Youth Affairs Committee le Worship Team haiin March thla a inthoka vengbuk kanna an lo nei tran ta chu an la sunzawm pei a, liemtah June ni 1, 2024 khan Rest of Delhi Vengbuk kanna program an nei. Program hih Pu Herbert Lalsanglur hai quarter hluo mek Central Government Residential Complex, Deen Dayal Upadhyaya Marg hmuna nei a nih. Rest of Delhi hai hih vengbuk pakhata um an ni naw a, Delhi le a se vel kar hla tak taka um tawl an nih. Hieng anga vengbuk pakhat anga fe khawma Pathien hminga program an buotsei thei hih inpak an um takzet. Thralai Committee le Worship team hai khom inpak an um takzet. Ruoi inhnik takel in neitu le vengbuk haiin an buotsei chu kil tlangin taksa le thlaraua an tlei hle niin ei hriet.

West Delhi Vengbukin R.K.Puram-Moti Bagh Vengbk an Kan

Liemtah June ni 15, 2024 zan khan West Delhi vengbukhai chun R.K Puram le Moti Bagh vengbukhai kanna program an nei a, an tam leiin mimal ina program nei el a remchang naw leiin Fellowship center, Munirka nei a nih. Chanchin ei hriet danin ei center khawm an bit deu thaw a nih. Pu Immanuel Khawbung in Pathien thucha a hrilna anei a, Pathien thuah in pawlhlimna an nei el chau niloin taksa ruoi khawm hnienghnar taka buotseiin an kil tlang bawk. Hieng ang program hih taksa le thlaraua fellowship inthuk lem ei nei theina dingin thaw rawp chi niin an lang.

I VÂNGNEIZIE I'N HRIET HLAK AM?

~ John L. Pulamte

Khawvêla hin nî tin elin mihriem an pieng thlâk zing ang bawkin, inchat lovin a thî khawm an um zing bawk. Chuonghai lâia chun kum tling lo dâm, nâupangte dâm, nunghâk tlangvâl dâm, nûpui pâpui dâm, pitar putar dâm an um.

Tiemtu dit tak, kum ieng za'm i tling ta a? Kum tling loa thî mihriem hieng zozâi an um lâiin hieng chen chen dama i la hei um bîk el kha vângnei i'n tiin Pathien kuomah lâwm thu i hril hlak am? Nuhmei/Pasal i nei ta am? Nâu i nei ta am? Nang i nêka fel le tha, suolna nei dêr lo tam tak chu vawisûn hun hi hmu phâk ta lovin muol an liem tah tî hi i ngaituo hlak am? Pathienin hieng chen chen pasal/nuhmei neiin nâu rîla râ malsâwmna a pêk che hi lâwm nachâng i hriet am? Nâu dit êm êm, sien khawm nâu nei thei lo, mî nâuhai inhnar ngâwi ngâwia um hi khawvêla hin a sâng tam an um a nih.

Inkhâwmah i fe hlak am? Mi tam tak chu kea lâwn thei lo, wheelchair-a inthung inkhâwm châk ngâwi ngâwi dâm an um tî hi ngaituo hlak rawh. Mîhai anga vun ngo, mîhai anga dung insâng le pumduong tha i ni naw lei el khan i nîna i'n sit hlak am? Kut bo, ke boa pieng, accident leia mihriem suok zo ta lo hi Hmar hnam nêka tam hi an um tî hi i ngaituo hlak am? Pathien kuomah lâwm thu hrilna ding ruok a nih ei kepâra inthawka ei lu sîp chen ku hi a mal malin ei hei bî chieng a.

I pasal amani annâwleh i nuhmei kha mîhai angin a lo fel zo naw a ni khawmin lâwm tho rawh; kawppui nei ta lo hai anga khawsâwt inrieng le mal ngâwi ngâwia um loa buoi rawk rawka i la um thei kha vângneina chi khat a nih. Inhlawna ding zawngin amani annâwleh buoipui neiin i suok a, sienkhawm kut ruoka in i'n lâwi lei el khan hlawsamah inngai naw rawh. Mi tam tak chu ram danga inchûkna tienga hlawtingna chang, sûng le kuo hai leh lâwmna hunser buotsai kâr nghâkhla êm êm, sienkhawm inhma hman ta loa a khang zâwnga in inlâwi lût dêr ta dâm an um a, a then chu mo lâwm dinga inbuotsai lâi zing, a hun tlung hman ta loa thîna dârin a lo inrîk khal dâm an um bawk.

Lâwm thu hrilna ding tam tak ei nei a, ieng po khawm ni sien, hieng chen chen hring le dama Lalpa'n a mi la hla bîk el hi ieng di'm a mi la tî ni'ng a t'a? tî hi insût nawn ei va tul ngei. Ran chun tar raka a neitu'n a vâi ta chun hmang nuomna a nei lei a ni naw ding? Chu ang bawk chun mi tam takin i kum zât khawm tling hman lovin muol an liem lâiin, nang ruok chu khawvêl



pe ro a ti si. Fak ding pe ro titu chun pek ding le phawrsuok ding a um ti a hriet ning a tih. Sienkhawm ei man-sa, pocket a ruok sih a. Fak ding le sil ding an dai thei nawh. Iem thaw tang ei ta ? Hang indap tha nawk ei tiu. Iemani bek chu um a tih. Lalpa'n a thaw dan ding a hriet. Sienkhawm ei ni tieng phût a nei ve hlak. Nang le kei thang loin Pathienin thil mak a thaw nuom nawh. Ka thaw thei nawh tîn thung muong el nawng ei tiu. Ei thei tawk ami phut ve a nih.

A zirtirhaihai an bei a dawng. An hei dap vel, chu lai chun naupang pakhat beiper panga le ngate pahni nei an hmu fuk. A va tizie lawm lawm. Isu kuomah an hung chawi. Isun mal a lo sawm a. Chu phingleh mipui phingt am lai an sem tah. An sem an sem el tah. An sem tawp thei nawh. A bo el thei ta tawh. Hi lai thu hin ka lungril a tawk thar chu tie. Inchuktir hai khan an sem am sem el tah.

Kesibusuok ei hril vet anga bo thei naw khawm ning a tih. Tienamia ei hriet danin Sekibusuok hi ei ben pei chen chen bu le sa ei ben suok thei a nih.

Inhma khan thawk-le-khata Isu'n beiphek panga le ngate pahni hai tam deu a sukpong ka lo sawn hlak. Sienkhawm chu chu ni loin, Isu'n mal a sawm hnungan a zirtirha'n an sem pung, an pek pung pei a ang.

Tumkhata tam tak Isu'n a suk punga, sie khawm hnura an lak pei, HREPUITU

sem dinga an luok dawk pei an nawh. An sem pei. A tawp thei ta dal. A va mak de aw! Sekibusuok ei ti ang deu an ta awm! Mipui dit tawkin an fak. An fak bâng bawm râng sawm pahni, an la rut khawm nawk nghal. Isu'n a suk punga an sem bâng ni loin, an sem suok hnung an fak mahla, an rût khawm ni sien a hawi.

Ava ropui de aw! Isu thupek zawm, a thupek anga thaw, an sema an pek dawk zet chun aw! A bo ta nawh. A kiem thei ta nawh. An sem an sem el tah. Mitinin an dit tawk le khawpna tawk an fak seng. An sem ding po an sem zova a tawp chau niin an lang.

An fak bang, fak seng lo bawm sawm le pahni an la rut sip nawk. Isu Krsita neitu chu an sunga inthawk chatuon tuhnar suok kang nawk ta lo ding ang an chang. Lal Isu hi hringna tui chatuona kang lo, Tui hring chu a nih. Nang le kei, ei hringnuna pek suok ding sem suok ding nei ve ngei ei tih. Thlarau dang char le phingtam kuomah pe suoka sem dawk ding ei nih. Ei thil nei, ei dawng le kawl hai inang tawl naw nih. Sienkhawm ei nei sun Isu kuomah chawi ei tiu. Ama'n a sukpong ding a nih. Ei thei tawk a mi phut ve tlat. A nuom chun thawk-le-khatin thil mak thawin mipui a hrai thei taluo. Sienkhawm nang le kei, ei thei tawk, ei thil nei a hmang nuom ve tlat.

Eini tieng ei en pha, ei theina a tlawm. Ei inzapui nawk hlak. Chu

pha pha ei zamsie nawk hlak. Kei khawm ka ni ie! Pathien thu ka dawng ve ka tih. Thiem lei ni loin, nuom le nuom naw thu ni bawk lo, inhman le hman naw kara ka ziek ve hlak. Mi anga ziek thiem khawm kan nawh. Mipui phingtam chawmna din a chin tham taluo. A tlawm tham taluo bek bek. Mani kan sit ngawi ngawi hlak. Sienkhawm ka thei tawkin ka thaw ve. Ka thaw thei naw leiin, a thaw thei, malsawm thei Isu kuomah ka tlulut a, kan hlan tawp. Ka theina a tlawm Lalpa! Ka theina a tlawm ngei maw Lalpa! ka ti vawng vawng hlak.

Nang le keiin ei neisun Pathien hmang dingin peng ei tiu. Inhlan ei tiu. Pe phal ei tiu. Ama'n a nuom dana a hmang dinga ei peka, ei inhlan pha a nuom angin a hmang el ding a nih. Chu chu nang le keia ta dinga malsawmna hnar a ni hlak si.

Mipui sangnga vaina dinga hmangruo kha ngate pahni le beiphek panga chau a nih. Naupangte khan phal naw sien, mipui hraina dingin hmang tangkai naw ni hai. Ama khatin fang a ta, inzo el a tih. Sienkhawm malsawm theitu, supung theitu Isu kuomah an hung chawi zet chun thil hmusitum, tlawm hle sien khawm mipui tam takin an tlan a, khawp takin an fak thei. Chuleiin mani tieng in en loin, a thaw thei Isu kuomah inhlan ei tiu. Ei nin ei thaw thei naw lei Isu bel ding ei nih.

Khawvelah mi var le mi

thiem, a hausa le a neizo han Isu an mamaw nawh. Tulin an inhriet nawh. Vawisun nang le kei, Isu bel theia a kuom pan theia ei um hi lawm a va um lawm lawm ngei. Khawvel varna le thiemna, hrieta mi angin nei ve lang chu Isu ka mamaw hmel hre kher naw ning. Ka thiemna le theina sawn mei ka tih. Sienkhawm ka tlin naw zie, ka fel naw zie, ka tlak naw zie ka hriet leiin Isu ka bel lawm lawm hlak. Ama chu kan humna lungpui le ka kulbing insang a nih. Inhning ngai naw ning.

Khawvel tukver ei dak pha pha lungngai le beidawngna sūm a zing hlak. An kieng dim ei ti leh a dang a hung nawk. Pakhat a bo leh, a hnung thuoltu an lang nawk hlak. In kieng zai a rel thei tak tak nawh. Zirtirhai khawm anni an in en. Ieng khawm an nei nawh. An bei a dawng. Sienkhawm a thaw thei Isu a um. An muolpho le beidawng Isu'n a phuhruk pek vawng. An thaw fuk de aw! Isu beltu an muolpho ngai nawh. Muolpho loa mi siemtu, muolpha laka mi humtu, ieng huna khawm thangpui dinga inpei zing Isu ei nei hi ei va vangnei lawm lawm ngei.

Chuleiin, nang le keiin Pathien thu ei kawl tlawmte khawm ni raw seh, annawleh Pathien ram sina ei pek thei tawk, tangka sum tlawmte khawm ni sien zam sie el nawng ei tiu. A supung thei, sem pung thei Isu kuoma inhlan ei tiu. Phaltaka ei pek

a hung chuooin, ka kal ka pān buoi a, Ka khawvel an chinbuoi, fe ngaina ka hriet nawh; Sienkhawm sām dum karah var a hung inlang a, A mi kawkhmu nawk hlak ka van lampui tieng chu" a ti lem hin chu umzie le hril tamtak a nei a nih. Mihriemhai hi ei hlim lai nanā na chun inhawi ei ti a, thuzawm khawm a awlsam hlak. Harsatna le buoina dang dangin ringtu a'n tuokpui pha, mi puitling tak tak dinga ngaihai khawmin harsa tiin an tlu nawk hlak. Sām dum k^ra var hmu thei hi ringtu nuna pawimaw ve tak a nih. Harsatna le tuornahai hi thlarau rama dingin malsawmna a nih ti lo palsuoktuhai chun, "Aw harsatna Lal hmel hmuna, lungchimte in lo pawm ka che, duot takin lo enkawl ka ti che, harsatna a dang a la um am?" ti'n huosen takin harsatna an huom zie hla-in an lo khêksuokpui thei ve tlat!

Thlarau rama chau lo khawm, ni tina ei khawsakna a khawm hin Pathien chun ei ngirhmun pangngai neka tha le hmang tlâk lem ni dingin a changin a mi recycle ve hlak. Natna, retheina, mangangna, khawsâwt/lusûnna le a dang dang ei tuok mekhai hi, tuta neka tha lema mi siemsuok a nuom leia Pathienin Recycle Bin-ah a mi khum khawm a lo ni thei. Ieng Recycle Bin tak a'm I um leh? Rangkachak khawm meia rawtuiin a tha khat ngawt an laksuok hlak angin, Pathienin hmang tlak le mi tha lem ei hung ni theina dingin, a chang po leh siemthar n^wk dingin Recycle Bin a hin a mi khum hlak a lo nih. Pathien remruotna hrechieng thei dingin ei lungril le theina po poa thangin Ama dawr ei tiu. Ruoltha le l^ina, ei inthlawppui thanghai chu an lungril ngaituona khawm ei hriet thei hlak. Chu ang bawkin, Pathien le inpâwlna nun nei thanghai chu Ama leh inzawmna tha tak an nei a, Pathien lungril ditzawng khawm an hriet thei hlak.

Ringtuhaiin thil ei suksuol lei khawmin Pathienin Recycle Bin-ah a mi khum chang a um hlak bawk. Pathienin a theida tak chu, mi titak lo, kawp le inkâi dûta um, lum si loa dei chuong bawk lo, Laodikei Kohran anga lum p>lpuol hi a nih. A hun laia Pathien ditzawng ngaituoa ei insiemtha naw chun, Computer Recycle Bin a file ei sukbo sawng thei angin, Pathien chun danglam takin a mi recycle thei zing. Pathienin Recycle Bin-ah a mi khum hlakna san tak chu, a nêka tha lema mi siemthar a nuom hlak lei a nih ti ruok chu ei hriechieng a pawimaw thung.

RECYCLE BIN

~ Ramditum Ralsun

“Sometimes all you can do is smile. Move on with your day, hold back the tears and pretend you’re okay.” ~Anonymous



Recycle Bin hi tawite in hang hriflie phawt inla. Recycle ei ti chun thil siem danglam annawleh siem thar nawk, thil thanaw le hmang tlâk ta lo hai khâwl hmanga hmang tlâk le tha taka an hung siem suok nawk hi a nih. Hi thil thawna a hin thil thenkhat chu a pangngai char an siem suok nawk dam, thenkhat a neka tha lema an siem suok nawk khawm a um hlak. Vai ruol le mi taima thenkhatin thir sie le plastic bottle tha lo an zawng khawm hlakhai hi recycle ding an nih. Plastic bottle hai hi khâwl hmangin plastic bottle bawka an siem nawk a um a, thenkhat plastic bottle pangngai neka changkang le tha lema an siem suok a um ve bawk. Recycle chu ei hrieffie ta ring a um a. Recycle Bin ei ti chun thil tha nawhai recycle dinga an sie khawmna bâwm ti inla a hrieffie a awlsam tak ring a um. Computer a chun Recycle Bin a hin file ei delete tah hai a um hlak a, ei dit nâwk a um chun file kha ei nuom chun ei restore thei a, ei dit ta der nawhai chu chatuonin ei computer-ah um nawk ta lo dingin ei sukbo (delete) sawng thei bawk.

Ringtu nuna dingin Recycle Bin hi ei hrietchieng a pawimaw hle. A hmasataka ding chun, chatuon hringna (sandamna) tluontling ei chang theina dingin Pathienin mihriemhai hi a mi recycle a nih. Eden bawsietna leia Pathien le inthe, chatuon hremna tuok ding le mi bohmanghai kha, Pathienin a naupa neisun hmangin Kalvari Kraws-ah a mi hung recycle a, Krista thina chu ei thina-ah mi puong pêkin, Ama le inzawmna nei ta lohai kha nau nina ngirhmun mi'n changtirin, vanram inhwiah Ama le kumkuhoa châng hmunkhat thei dingin Kalvari Recycle Bin hmangin a mi hung siemtar nawk a nih. Kalvari Recycle Bin a hin I lo um ve am leh? Hi Recycle Bin a um le siemtar nawkhai ta dingin thiernaw chang tina hrim a um ta nawk (Rom 8:1).

Kalvari Recycle Bin a siemtarhai khawm hin, ringtu nun ei khalna kawngah vawi tamtok chu Pathienin mi recycle dingin Recycle Bin-ah a mi sie nawk hlak. Ei hlapu Pu Solomon V Hmar chun, “Van sang a mi vuongpui, van hmun a mi fangpui, Chu hmuna inthawk chun a mi thlâk tla nawk hlak; Thlipui, ruopui umna hmuna a mi thuoi a, A ram le a felna a mi'n chuktir nawk hlak” ti'n indik le mawi takin hla a lo phuok a. Hi hlaa chang 2-na “Hlimna

chun malsawmin mi ta dinga khawpna ding, thlarau dangchar le phingtam hnemna din hmangruo ropuiin an chang thei. Lalpa ta din ei thil nei ei pek phal ve ding am ?

Lalpa'n mal misawm pek raw seh. Amen.

“FOLLOW YOUR HEART”?

(LUNGRIL)

~Khamrosang Buhril

Delhi, 30th May 2024.



“Follow your heart” (I lungrilin a thuoina tieng che chun fe rawh) ti le “The heart wants what the heart wants” (Lungril chun lungril ditzawng bawk a dit hlak) tihai hi thuvar anga ei inhrilsâwng zing zing hlak an nih. Hieng khawvel thuvarhai hi khawvel mi'n chuktir dan a nih a, hun le hmun (context) thenkhata chu ei hmang tangkaina a lo um hlak el thei. Amiruokchu nang le kei, Krista lungril ang puttu dinghai ta ding chun, hi hi ei zui chun ei thawsuol châng a tam lem el di'm. Hi tisa lungril (heart) hi zui tlâk a ni chie am? Pathien Thu (Bible)-in iengtinam a mi'n chuktira ti chu Sâm 7:1-11 hmangin hei bêlchieng ei tih.

SÂM 7:1-11

Context:

Hi Psalm hi Lal David-in a ziek a nih a. Benjamin hnama mi Kusa an tipa hin David chu a lo hrilsiet a, David chu nêksâwrin a um a, hi Sâm hi David-in a beidawngna thu Pathien kuoma an zâwtua le a tawngtâina hla a nih. Ei thupui le inzawma châng ei ditbîkhai chu châng (v) 1, 3-4 le 9 hi a nih.

Inchûk ding pawimaw:

HRilsiet le neksawra a um huna David dawnlêt dân hi entawn dingin a tha em em a nih. Hmalâkna (step) pawimaw deu deu pahni hmu theiin a um:

I.v.1: Pathien angsungah a tlânltû (Running to God): Hi hi step 1 a nih. Ama hrâtua hei suong el a tum nawk; Ama ditzâwnga phuba hang lak el a tum nawk; Khawvela inhnêmna tamtakhaiah inhnêmna a zawng el nawk.

II. v.3-4: Tawngtai pum zingin ama le ama a lungril an enfie a nih (Examining his own heart): Ama kha a fel lemah a hei insie el nawk; Fel intâna hrim hrim pei hmangin, suol thupha chawina a nei hmasa phawt.

Lungril (Heart)

Ei hringnun a hin thutlûkna (decision) ei siem Ȳul hun tam tak um hlak a tih— suongkuo thilah, career le inzawm, sinthawnah, ngaizâwng thuah, thlemla hmunah, hmelma hmaah, harsatna hmunah, naa lût ri tamtak ei dawnlêt nuom hunah, etc. Chuong hunah hai chun “Follow your heart” ti hi Pathien Thu mi’n chûktir dân, Pathien mihai lo thaw dân le Pathien ditzâwng a lo ni kher nawk. Hi tisa lungril hi zui tlâk a ni nawna san thenkhathai chu:

1. Hi tisa lungril hi suola sip a nih; zaidawna (patience) a nei nawk, suol chu suol bawkin a dawnlêt nuom hlak, mani suolna a hmu Ȳhel hlak;
2. Hmelma Satanin sinthawnah hmun (workshop)-a a hmang nguntak a nih;
3. Mihriem lungril hin a Ȳthatak a hriet nawk;
4. Tisa lungril hin Pathien ditzawng a thlîr kher kher ngai nawk.

Jeremia 17:9 chun hieng hin a lo ziek: “Lungril hi iengpo nêka mi hlêmhmang chungchuong a na, siem thrat thei ruol lo a na, tu’n am hre thiem thei a ta?”(DV); “Lungril chu thil popo nekin a khelhlip a, a se rieuva; tu’n am hre thei a ta?”(BFW).

Chulein David hmalâk dân hi a Ȳha em em a nih. Châng 3-4naa ei hmu angin mani lungril enfie hmasak hi a pawimaw takzet. “Ka kutin thil suol a tawk a....Suola ka thungrul a ni chun, San boa hmêlma ka rok chun..” (ESV—“O Lord my God, if I have done this, if there is wrong in my hands, if I have repaid my friend without cause...”) tiin David chu a Ȳawngtai. Hi taka “if” tia a’n zawt hin ama le ama a lungril an enfie (examine) ti a sukchieng a nih. Châng 9-naa “felnâ Pathien, lungril hretu...” (ESV- “You who tests the minds & hearts, O righteous God”) a ti hin ‘ka lungril hi hung fie la, I ditnaw zâwng a um chun peihmang la, I ditzawng/I lungril ang mi’n puttir rawh’ a tina ang a nih.

Lal David bawkin Sâm 51 le Sâm 139 a khan hieng hin a lo hril: Sâm 51:10-12— “Lungril intieng mi siempêk la, Thlarau nghet tak ka sungrilah intuoi thartir nawk rawh, Pathien. I lakah mi hnawl hmang naw la, I Thlarau Thienghlim ka lakah mi la hmang pek ngai bawk naw rawh” (“create in me a clean heart & renew a right spirit within me”); Sâm 139:23-24— “Aw Pathien, nguntakin mi en suok la, ka lungril hi hre rawh” (“search me and know my heart”).

Hi hi mihiem hrâtnain ei nuom nuoma ei thaw el thei a ni nawk a,

Sâm 51-a a ziek ang hin, hi hi Thlarau Thienghlim sinthaw pawimaw tak a nih. Hieng huna mi Ȳhangpuitu ding le mi Ȳhuoitu ding hin a nih Thlarau Thienghlim ei kuoma a um zing. Thlarau Thienghlim Ȳhangpuina ei ngên rawp hi a pawimaw takzet.

“Ka Lungril Ang Put Mi”

Lal David kha sawisêl bo a ni nawk; tlûk châng a nei ve a, thawsuol châng a nei ve hlak. Amiruokchu a chunga ei hei tarlang ang hin, ‘Pathien lungril chu iem a n’â?’ ti a dap zing hlak lei khan a nih Pathienin “ka lungril ang put mi David” (“a man after my own heart”— Thilthawhai 13:22) a tina san chu. Nang le kei khawm damlainia thutlûkna ei siem (decision-making) Ȳul hun le khawvel ei dawnlêtna kawngahai ei tisa lungril ditzawng ang ni loa, Pathien lungril dtizawng ei zui lem theina dingin ‘Pathien lungril chu zui rawh, I lungril ni lovin’ (‘Follow God’s heart, not your heart’) ti hi ei thupui ni rawp raw seh.

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 ac count 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 bawk.