

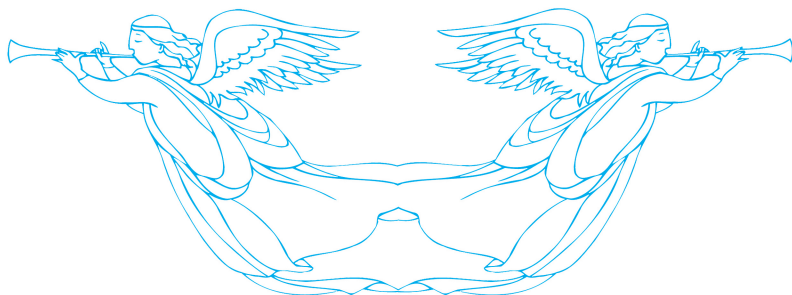
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Thukhenna dih leh dihtatna khu tui bang in luong hen (Amos 5:24)

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Thusuo zosie Editor leh Zou Synod ngaidan ahi kimsih a, a suotute'n maw a kipuoh chiet ding uhi.

Thusuo dingte Editor kung a pieh ding ahi.



A MASAPEN IN, i Khristian Tangkou uh simtu Hatuom Amisiengthoute zousie ang pei kia ding i Mangpa Jesu Khrist min toh chibai.

Kum 2020 kipah tah a i lamdot nua un March ha tawp kuon apat in Conora Virus (Covid-19) natpi Leitung pumpi zelsuoh in i tenna mun leh muol tanpha hing zel in i kineplou bangtah un hun a hing danglam a sang tampiten shina hanmuol hing zotsan in sang tampiten shi leh hin suol a beidong tah a um in mun chinteng ah Lock Down (Curfew) puon in a um hi. Tami tan i pei tou zelna ua ngaituona hing um ahileh Leitung a sil tung zousie Pasian in a theilou a umsih a, tuaziehin Ama muong a tam natpi lah a Ama toh kalsuon khawm ding in i kihanthawn uhi. I tenna uh Leitung foundation a kiplou zieh leh a kiloh zing ahi chi ahing geldohsah kia a, hinanleh ei gingtute i dinna uh suongpi tung ahi chi thei a kiphamaw hi.

Sawltah Paul in “I hin in zong Mangpa a ihia, i shi in zong Mangpa a ihi” ana chi bang in Mangpa a mawngmawng ihi uhi. A khen in Second Coming warning hiva chiin a gen ua, ei a ding in bang hun laipou warning ahi zing hi.

Tu August Last Sunday August 30, 2020 khu **Khanglai Ni** ahia, thupi: **Khrist a kilamdanna** (Rome 12:2) ahi bang in tam hun hamsatna kawmkal ah Khrist a, a kilamdang mite ihi uh miten ahing mu leh theina ding un lam chinteng ah Mangpa toh kalsuon in Ama muong va ui.

Mangpan simtute zousie hing guolzawl chietta hen, Amen.

Thü tuomtuom leh Thumpi dingte



- * Nungah Dr. Naomi Chingngailian d/o Upa Chinsuanthang of Presbyterian Church of India, Lailamveng in a halaw masapen (first pay) Rs. 20, 000/- (Twenty thousand) khu Missionary fund ding in ahing pie hi. Tuin, aman RIMS, Imphal ah intensive in sem lel a, tambang, nungah Doctor Mangpa a ding a mi kiphal leh etton tah inei uh khu ipatat un i lungdampi thu i Tangkou tungtawn in i puong ua, a maban ah ahing lawchin tou zel ding deisahna toh i thumna uah thei zing va ui.
- * Tv. Hangkhanlian Phiamphu, LDCC Hiangzou in a halaw masapen Rs. 12,000/- (dangka sing khat leh sang ni) Mission fund a ding in ahing pie hi. Ama khu tu-le-tu a Office Peon a i zah uh Shie Laangkhanlal tapa ahia, tu in Assam Regiment (Sepoy) Training lai ahi hi. Tambang tangval Mangpa a dia kiphal i nei uh i pahtat ua, tam i Tangkou tungtawn ua lungdam thu puong kawm in i thumna uah thei zing va ui.
- * Apeisa June 23 & 24, 2020 sungin nu-le-pa neilou “Tunnu Limbel” a i naupangte uh kung ah hundamna/ chiehpina (Crusade) - Evan. Lianding toh kineipi a, tahsa-le-hagau ah a phattuompi thu uh zah leh thei ahi uhi. Tam vaiguon ah Rev. Khamchinkhai, Senior Executive Secretary, i/c ZPWF in vaiguon honna nei hi. Tuabanah, kum dang a, a bawl bangun PYF, Lailam vengten zong follow up ministry vaneipi uhi.
- * Apeisa dated 19th July 2020 (Pasianni) ni un Emmanuel Khopi a i hattuumte un a biehin lamtha uh honna biel pastor Rev. P.C. Manga in nei a, Senior Executive Secretary Rev. Khamchinkhai in thugenna nei in, Office ten zong va uop thei uhi.
- * Kum dang a i na man zel bangun ahing tung ding August 30, 2020 (Pasianni kal tawpna) khu **KHANGLAI DAY** ahita a, kum dang bang a zang thei ding hisih nanlei tam ni khu Pasion buon a thumkhawm ni in innsung chin in zang thei chiet ding in i kichiel uhi.

- * I thei chiet sa bang un tulai leitung in a buoipi Pul Natna (Covid-19) in kiem lam nawt thei nailou in pun lam nawt deudeu ahina ah ei Gingtute in bangkim bawl thei Pasian kung ah thum in tam natna a kiven ding dan Government in dan a bawlte zui a kiveng chiet ding in i kichiel uhi.
- * Leitung buoina kawmkal ah August ha i tung touta ua, i maban ah September khu Sepguol ha ahi tah toh kituoh in nidang i bawl bang un bawl theisih nanlei zong eima inn chiet ah Pasian buon in thum chiet va ui.

KHRIST PALAI

(Ambassador for Christ).

(II Kor. 5:18-21).

Rev. Dr. Hangpi Manlun

1). Thumapui:

Awle, amasa in tami i thupi khu ei Pasian tate Khrist Palai i hina uh suhlatna ding in, leitung gam Ambassadorte hina leh umdan toh i tekah sawm ding uhi. Tualeh, gam khat leh gam khat kikal a Palai nna (Ambassador)- hithei ding in i gam government in kum chin khanglai laisiemna sangtah nei/laisiem a lakh/acre asimte lah “Indian Foreign Service” (IFS) a la un gamdang ah palai ding in ana sawl zelzel uhi. A langkhat lam ah diect a, IFS mute maiban ah Promotion tungton IFS mu zong aum hi. Ahin, tamna khovel laisiem IFS-te tanchin gennuom pen uh a hisih a, leitung Ambassorte leh ei Pasian Ambassorte ihidan uh i gen nuom pen uh ahizaw hi.

2). Hagau mi khen khatten zong tam leitung a Ambassador hisangin Khrist Pa lai hiding anatel zawte gen va-ui.

Hagau mi leh Pasian nnasep a manphat dan theite in zong tam leitung a IFS amaw, IAS-ahinate uh anuasie ngam uhi. Etsahna ding, Pu. John Mott khu a hunlaiin agam ua a President pa un gam dang a, Ambassador hi ding in achiel hi. Aman, “ E hilou e, Pasian in tam leitung a Ama Ambassador hiding

a ang hat kazah a ka zui nia kipat in kabil ah bang chi bang hatna leh thupi khu za nan leng zong ka ngaituo thei nawn sih” achi san hi. A ut dan khu agam min ua Ambassador akuon sang in Jesu min a genthei hamsatnate thuoh kawm a, pan ding atel zing zaw thu agenna uh ahi.

Tam bangma in eimi Pu Rothanglien IAS, Assam asep lain a piengtha a, Pasian nna sem ding in a, atop

(ki-resign) hi. Tambang ang um chiengin miten lamdang leh pamai a sahpi ua, bangdia na IAS-postpi nuasia a, genthei tah a na um mai? a chi uhi. Aman, adawnna ah, “Nikhat ni chiengin shiding a, kalupna tung a kalaita chieng leh ka hundampa ka maituo chieng a, ka kisia louna dingin” chi’n adawng hi a kichi hi. Tam bangma in, Pu. Billy Graham zong ni dang lai in, agam ua a President khatun agam ua Governor khat hiding in a chiel a, ama aut sih hi.

3). Nang-le-kei Pasion in a Palai ding a, ang telmai khu thupi in lamdang hina maizen e maw?

U-leh-naute aw, Pasion in leitung mi pilte, mihaute, mi thu pi mai tellou a, nang-le-kei a palai nna sem ding a, ang dei a, ang tel mai khu ngaitua thatha lechin kipah um in hamphat huoi hita lou maw. Na hinkhuo luite en inlen, tu-masang kum sawmni amaw kum sawmthum a, na hinkhuo zahdan leh duhdah lou dante kivel chien lechin, laa phuohuin, “Mangpa kei koi ka hi a, ka innsung mite zong bang ahi uoi, tam tantan a, nang pui chi a phuoh khu” nang-le-kei din mun hilou amah?. Tualeh, tam leitung guolzawlina i tante sang a thupi leh loupai zaw ahileh, Van gam luoding a, hinna Laibu a i min kigel khu i kipahpi ding uh leh i lungdamna ding uh ahi pen mai hi.

I gensa bangun, leitung/khawvel

gam a palai (Ambassador)-te leh ei Jesu Khrist in apalai (Ambassador)-te hiding a angtelte hina i tehkah ut pen uh ahi.

4). Ambassadorte khu bang chi lai pou a khautah a venbit leh kep ahi uhi:

Gam dang a Ambassador a vakuonte khu abittheina dingin khau tah leh hoitah venbit ahi hi. Tuaban ah, agam midihtah hiloute zong akisawlngai sih uhi. Tam bangin eite zong hagau a pienthana tangte khu Van mi leitung a teng leh khawsate i hi uh chi imanghil sih ding uhi. Late (Sam)- ah, “Ami dihtatte veng ding leh umpi dingin Van tung miten giehphuol asat khum uh” a chi hi. Tam khu adihna tamtah aum hi. Tualeh, Ambassador-te khu a sawltu a gam in aneh ding uh leh sildangdangte kining ching tah in apie leng uhi. Eite Mangpa suoh (Ambassador)-te ihi ua, tuaziehin, Mangpan tahsa-le-hagau a itahsap zousie hingpe ding ahi chi i muong ngam ding uhi.

Tham lou in, Sam 23:4 ah “Ahi shina liim guom zawt nan leng zong ka zau sih ding na chiengkhut leh khetbuh in hing hamuon zel” hi achi hi. Eite zong Pasion palaite ihiziehun hamsatna leh buoina kal ah zong Mangpan hing vengbit zing ding hi.

5). Ambassadorte tuppen leh ahina ding uh ahileh A gam/

sawltute uh kipahsah ding leh theitawp a ginum tah a hinding ahi: Tam bangin ei Mangpa palai (Ambassador)-ten zong hing hanpa (Jesu) lung tang leh deidante sui zing a, bangchi leh katung ah alungdam in suoh gin um na pu kipahna ah lutin ang chithei diei chi'n theitop in pan i lading uhi.

6). Ambassadors khu gal aumna gam ua gal kidou ding ahileh tua masangin a Government un ahan in apuikhie uhi. I Laisiengthou i et chieng un, Pasian in leitung mihingte gitlouna amu chiengin alungthah a, Nova te hunlai in mihing kasiem ka kisia achi hi. Tuachin, Nova khu tembo sui/ bawl dingin thu apia a, kum 100-sung vingveng abawl nua in, Nova te innkuon toh ganhing chinteng kopkhat zel toh bittah in atuong ua, leitung a mihing zousie tuisang ah ashi sieng uhi.

Tuaban ah, Sodom leh Gomorahte zong khelna chinteng a, athanghuoi seng ziehun, mei- le-kaat in ahaltum a, Lot leh a Ji leh atanu nite toh asuohta ua, anua lam a et ziehun, Lot Ji khu chikhuom asuohta hi. Lot leh atanu gel asuohta hamham giep uhi. Tam bangma in, i biech Pasian in eite zong khawvel mite thuoh leh genthei ding in ang phalsih ding, tuachin tuami masang in, mi siengthoute lahtouna (rapture)- ang tung masa ding hi.

Pasian in nikhat ni chiengin tami leitung asuise in ahaltum ding a, leitung tha leh Van tha ah gingtute iteng ding uhi. Tuaziehin, ei gingtute khu tambang hamsatna lah ah izau un ibasam sih ding uhi. Eite khu Pasian ta, a sisan a, aleisate, Pasian tate leh gouluo dingte zong ihi uhi.

Van Angelten zong eite dinmun aluopha sih ding uhi. Eite khu Khrist mou ding a, telte ihi ua, Mangpan ei ami siengthoute leh Hattuom a sisan a, atatsate/aleite i hiziehun leitung a hamsatna leh buoina topkhawh i tuoh/tan dinguh a phal sih ding hi. Rapture chiengin Mangpa khu Van laijawl ah Angel tungnung pen Pengkul toh eite la ding in ang pei ding hi. Tuachin, Vanlaijawl ah i Mangpa Jesu toh i kiten zou chiengun, Jerusalem sana chi sawm-le-ni (12) a kizep sung ah i lut ding uhi. Ute, naute aw, i hamphatnate uh leh hinate khu thei chien in Mangpa a dingin theitop in annsem in i kikoi siengthou ding uhi.

7). Suoh ginum (Ambassador)-te tan dingte: Tunin, Mangpa suoh (Ambassador)-te ihi ziehun, tami leitung a i um petun i talentte, supung in theitop in Mangpa a ding in nna i sem ding uhi. Talent gente thu Mat. 25:14-30- tan ah i mu uhi. Apu in azin ding kuon in asuohte kung ah talent tuomtuom apia hi. Amasapen kung a talent

nga (5) apie a, tuakhu ei sum in Rs. 15,000/- (Sangsawm-le-nga)-vel apha hi. Anina pa kung ah, talent ni ei sum in Rs. 6000/- (Sangguh)-vel apia hi. Athumnapa kung ah talent khat ei sum in Rs. 3000/- (Sangthum) apha ding hi. Apu zin kal a, ana suhpun ding uh ahi. Anite gel in asupung ua, akhat mu pan asuhpun lou ziehin lahsah ahi a, tam supungpa kung ah piehin aum hi. Eite zong leitung i dam sung ua i talent-te, i hinnate uh Pasian a ding a zang leh supung dingin Mangpan ang dei hi. Tuaziehin, shitan a gin um a pang a, Manglu tang dingin zong pan i la ding uhi. Tualeh Manglukhu chingate khat beh tang

ding in panla va-ui. Tuate khu:

- (1).Guolzoutute Mang lukhu (II Kor. 9:25-27).
- (2). Dihna (felna) Manglukhu (2 Tim. 4:8).
- (3) Kipahna Manglukhu, Hagau mangthai/suite/mantute tan ding Manglukhu (I Thess. 2:19-20).
- (4) Thupina Manglukhu (I Peter 5:1-4) leh
- (5). Hinna Manglukhu (Marter)-te tanding Manglukhu (Jak. 1:12; Kihilna 2:10)-te ah i mu uhi. Tamte khat beh na tangpha diei le? Awle, khut guoh mai a hingtanpa Mangpa Jesu tuoh ding na hiei chi nang-le-nang kien chien in. Mangpan simtu zousie hing guolzawlta hen aw !!!!

GIN UMNA

(Kihilna 2:10 “Shi tandong in Ginum un, tuachin hinna Manglukhu kahing pe ding hi”).

*Upa Khupsuankham
LDCC Hiangzou*

0). Thumapui: Bible a imu uh bang in shitandong a ginum khu Hinna Manglukhu santheina ahi thu saulou in en vai .

1). Pasian a ginumte hinkhuo, saulou in entalei. I Mangpa Jesu’n ginum ding in ang han hi. Math. 10:16, i. et leh “Ngai un ngiete lah a belum bang in ka hing sawl a, tuaziehin gul bang a pil in vakhu bang a nunnem a poi khoilou in um un” achi hi. Gul alahna san khu ganhing lah a pil pen khat leh siengthou pen khat ahia, buonnoi leh eh lah leh aniin lah ah pei nanleh asiengthou a, bangma zong banglou a umziehin gulbang in pil unlen sienghtou un achi ahi.

Tualeh, eite bangte lah a siengthou ding ihi uai ma ichi leh khamthei, guithei, milim bete lah a kipatin. Tualeh ganhingte lah a siengthou lou zousie te lah a kibuollou ding in i Pasian in ang han hi. Tualeh, vakhu pen ginhingte lah a nunnem peh ahi zieh leh poikhoilou pen ahi ziehin vakhu bangin achi hi. Tuabanah, shitan dong chi in agennuom pen khu suhgentheina tawp chieng, khawvel tawp chieng leh mimal damsung tawp chieng in achina ahi. Ninevi khawpi a mite a gitlou seng ziehin vakhu banga guolneite lah a nunnem pen Jonah kisiana thugen ding in ani veina tan ah Pasian in asawl a mipite kungah kisia thu avatang koupi ziehin mite kisia in Mangpa khu apomta uhi.

Jesu leh anuazui ten laa asah zou un Olive muol lam a apei lai un, Jesun tuzan chiengin kei ziehin lungke va uchin, tuachiin belampu khu ka zep ding a, belam honte lah ah a belamte akithezah ding hi. Jesun agen utpen khu, Upate, Pastorte leh hattuum lamkai ten i mipite uh (belam)-te uh kepsiem ding ahi thu ang theisah hi.

Hinanleh, ka thawkia chiengin Galili gam ah na masang uah ka pei ding achi hi. Peter in

Mangpa mizousie lungke nan u'leh kei vang lungke vot sih vang achi zou in Jesun tuzaan Aahkhuon masang in thumvei nang kitheimaw bawl ding achi a, Peter in Mangpa nang toh shi khawm ding hinanleng zong hing kitheimaw bawl vot sih vang achia, anuazui dang ten zong achi chiet uhi.

2). Ginum zoulouna sante uh:

Peter hinkhuo ah entalei, Peter in kei vangin chin Pasian muonglou a ama-le-ama akimuon ziehin amuolphou a, mani kimuonna khu guollelna ahi. Peter in amihing hina manghil in (Johan 15:5) a Mangpa masang ah ginum din akichiem a, hinanleh keivang achi zouzou in akilepsan ngal hi. Khrist vang a bangkim bawlthei kahi chiin Pasian a ding a shitandong a pan la ding in ginum vai (Phil. 4:13).

3). Mi toh kitehkah: Peter in Jesu kung ah adang ten hing taisan nanleh kei vang in chi'n midang toh akitekah hi (Math. 26:33). Peter khu, anuazui dante sang a ahangsan pen leh a iit pen leh azui sawt pen ahi. Tambang satante Pasian akipan ahi lam leh midang sanga hoizaw a akingai khah ziehin Mangpa Jesu a iit pen pa khu mite masang ah theikha vot sing chin akilepsan tahi.

Tuaziehin, tahsa thu hi'n Hagau lam thu ah ei sanga mawlwawlte toh kitekah lou in, Mangpa leh Missionary hangsante- etsahna ding in, Joshua, Paul, Sadhu Sundar Singh-te leh Pasian ahatte toh ikitekah zaw ding uhi.

4). Amun in zillou: Peter in Jesu a it pen siempulien pen 'Kaiapha' innhuong tan ava zuitung a, tuonah, Jesu gal/melma honte lah ah vatou in, ama tang a dingkip zou nawnlou in Mangpa a ding ginumna amansuo tahi. Eite zong Peter bangin, khamthei nete, kimawl na dihloa a kimawlte, milim bete lah leh a dangdangte toh ikigop u'leh sawtlou nuasang chiengin i umna mun in a zillou ziehin Mangpa Jesu ing kilepsan ngal ding uhi. Laphuohte khat in, 'Aw i pienna gam in azillou...' chia laa ana phuoh bangin, ikingaisut tha ding uhi. Tuabang, ahisih leh i ginumna imansuo kha ding uhi.

5). Peter in thumvei akilep sanna: Nungah khat in Peter kung ah nang zong Galili mi Jesu toh umkhawm ngelteh achi leh na thugen thei khasing chin kelkot lam azotsan hi. Siempulien pen inn-mai (varanda)- ah avahkawi lai in nungah dangkhat in pasal umte kungah, ama zong Nazareth mi Jesu toh umkhawm ngelve aw, achi u'leh Peter in na thugen thei

kha mama sing kichiem ngam vang in, Aitui zong dawngam lieng vang achi hi. Akung ah pasal hon ding ten Peter umna lam zuon pheii in nang zong Jesu toh umkhawmte lah a mi na khula na kamsuo leh na umdan in zong akithei giagua khula achi u'leh na genpa uh theikha hilhel sing achia, achi zouzou in Aah thumvei akhuong lien hi (Matt. 26:69-75).

6). I ginumna dingte, i khotaang hinkhuo a i ginumna dingte u'khu: I theisiem theina ding un, naupang khat kunga dawr khat ah kuva haikhat bat a la dingin sawl talei dawr neitu in a ginum leh aginumloute khu bat in apephal sih hi. Tua mabang in, sum leitawi ding zong miginum angai a, aginumte mahazawnte in ape phal ua, aginum loute apephal sih hi. Tua mabangin, kumpite kungah Loan ngen talei iginum sih uleh ang pe ut sih ding uhi. Tuaziehin, Pasian leh eima kikaal a sawm-a-khat ipieh dih masangsie un khotaang hinkhuo ah i ginum thei ngai sih ding uhi.

I umna gam, India gam khu mipi thunei (democracy) ahia, gamdang ten ang en mama lai un mipi thuneina toh MDC/MLA leh MP i vote ding uh, hinapin dihtat louna in vai ahawm a, eima vote

kisan khetheilou in i um ua, akhen Candidate te kunga sum-le-pai a kikhong bang zong i um zieh un telding a umten sum a kaleisa chin igam ah mipi deina bangin na semlou in tutan dong igam amiel nalai a, kingaisut vai, unau, Pasian deilam bang e, adeilou lam bang e, chih kingaisut pha vai.

7). **Pasian thugenna lam ah:**

Tulai in Pasian thugen itam ta ua, akipahhuoi ichi ding ua, hinanleh i lungsim a ing kipah deu chiengin Pasian thugen ikilawp a, ikilawpding ma uh ahi. Scofield in, "Puon gantu in apuon gat among dettah a akhi bawh sih leh akhau zang te akitol mangsieng a, apuon asiet thei mabang in" i thugen eima a aumsih a mite a ding mai a igen leh midangte neh ding umlou in annkhing ne a isung apuoh bang mai ahia, tuaziehin ka kilawpna khu atah e! atah lou e chi kivel chien vai. Pasal khat revival khat ah apiengtha a, zanlai amangin muoltung a ding in khawsung mipite hingpei un, hingpei un achia ahat leh koima peilou in pasal khat ava pei a, tuachin ama leh pasarpa mai khu piengtha in akingai ua mipi dangte ang simmaw lieng uhi. Tuachin hakhat zong chinglou in anuatol pai a, zukham annkham in sum-le-pai ah abuoi ta hi (Heb. 13:5). I et leh na hinkhuo uh

sum deigawna apat kem unlen, na neisa tung uah lungkim un, Pasian in, kahing nuasie sih ding a kang taisan ngai sih ding hi, achi hi.

8). **Silpieh a ginumlouna:**

Nasepte 5:11-na i etleh, Ananiate nupa gam zua thu imu a, zilding tampi inei uhi. Ama un a gam leitang uh azua ua, akimkhat immang a akimkhat sawлтаhte kengbul ah atoi/koi ua, anupa un Pasian asol ziehun adin shi uh chi imu uhi. Ka gintat dan in numeite khu apasal kung a thuguh genhat deu ahizieh un aji in apasal kung ah eima zah dingin akimkhat phuoldap vai chi va ka chia, apasal in zong OK achi hi dingin ka ummaw hi. Tuaziehin ginumlouna leh Pasian sol khu shina leh taanna asuoh hi.

Meithainu'n aneisunsun anih sakhou a avom vevaw paisa san khat zong khenlou a apieh sieng ziehin Jesun anuazuite kung ah tam Meithai nun akhetam pen hi, achia khetam pen in a record hi (Mk 12:41-44). Thugentu khenkhat ten Meithainu tholawm khiet in VAN athawn achi hiel uhi. Tualeh sawm-a-khat pieh ding ka nei sih a, ka kiching sih a, ka pe zou sih ichi laisie un Pasian ah bangchih lai tan in satan inei ngailou ding ziehin kivelpha vai.

Nidanglaiin, Pa khat in ngau khat akap a, ashi zoulou ziehin alawl amehsah a, a ngau in zong a kappa lawl amehsah a, azou zawsang umlou in akibang ua, tuoma bangin Pasian lungsim leh i lungsim kibang a silpieh ipieh sih uleh i lawching thei sih ding uhi. Tualeh, Abraham in atapa Isak' maitam a alat in Pasian in bang e adei ichi leh 'Abramham lungtang bou' adei hi. Tua a ginum ziehin Pasian in guoljawlna don senglou in aguoljawl chi imu uhi (Gen. 22). Tualeh, Pastor Thangngur in laa aphuoah a "Ka Mangpa hing hatna bang a! Isak maitam a ka kilan in guoljawlna luipi nuom na'n ahing luong" achi hi.

Tv. Joseph ginumna, itheisa mabang un khanglai sisan hat laitah in api nu/Leengnu melhoi tah duong kikhai zitzet in luppi dingin ajawl a, tangval sisan hatlai tah a dingin am huoitah leh thanop huoitah ahidinga, hinanleh apu thuchiem uh athupieh palsan utlou in a ginumna atudet ziehin, ama leh asanggamte leh Aigupta mipite a dingin guoljawlna naah ang hita hi. Unau deitah nang zong kei zong mite a dingin guoljawlna naah ihi tai! I Pasian in ginum dingin ang chiel hi (Gen. 39).

9). Talent kemte report: Bible in Vangam khu mihausa khat a khuolz in kuon in mikhat kung ah talent 5 apie a, mikhat kung ma ah talent 2 apie a, mikhat kung ah talent 1 pie in khuol azinsan a, ang tun in talent 5-nang kemsah a 5-ma in kana veiphung hi achi leh nabawl hoi hi, suohhoi leh ginmun tawmnou tunga na ginum zie in tampi tung ah kang koi ding hi, na pu kipahna ah lutta in achi hi. Talent 2-kempan pu aw talent 2-nang kepsah pen-2 ma in kana veipung hi achi leh nabawl hi suohhoi leh ginum tawmnou tung a na ginum ziehin tampi tung ah vaihawm in kang koi ding hi napu kipahna ah lutta in achi hi. Hinanleh talent 1-kem pan pu aw migenhapi nahi chi kang thei a, na tulouna ah zong na aatkuom a, na theilouna ah zong na khopzel ziehin nang phawh ding ka zau a, leinuoi ah kana phum ta a, nangma hingpieh mama na mukia hi achi hi. Tuachin apu in nang suoh gilou leh thasie guhkuolpa aw, ka tulouna a ka aat a, ka thelouna a ka lahkawm zel hi chi nabang chi thei e? Khuchi sapsap ding sum kemte kung ah na koimai le chin amettoh kamu ding hia, tuaziehin talent kep khu lahpieh unlen talent-10 kempa kungah pie un, "Koi pou anei khu pieh belap hiva'n aneilou pouma khu aneison zong lahpieh hiva"

achi hi (Math. 25:14-30). Tua suoh phatuomlou khu domdoh unlen pulam miel ah pai unlen, tuonah kaa leh hagawtna a um ding achi hi.

10). I gin um theina ding ipanlah dingdante:

10.i). Pasion zatat a ginum a, athupiehte zui ding ahi. 10.ii). Hangsantah a panlah ding, zaulou ding ahi. 10.iii). Solna leh hasatna ithuoh ding silte ginglou a manaw zel ding ahi. 10.iv). I melma pa Setan khu Kross tung a Jesun azawsa ahi chi thei ding ahi. 10.). Bible sim a thu nget zing ding. 10.v). Gingtute toh kipawl zing ding ahi. 10.vi). Mangpa galsatna ding a ‘agalvan’ a ipan ding uh ahi.

.....

11). Kingiem khieh dan, Paul in, Korinth mite kung ah atam zawsem ka lahlut theina dingin mi zousie suoh in ka kibawl hi:

11.i). Judate ka lahlut theina ding un Judami bang in ka um a, 11.ii). Dan nuoi a umte ka lahlut theina dingin dan nuoi a um bang in ka um a, 11.iii). Dan neiloute ka lahlut theina dingin dan neiloute lah ah dan neiloute bangin ka um a, 11.iv). Hatlou te ka lahlut theina dingin mihatloute lah ah ahatlou bang in ka um a achi hi. 11.v). Tam atung a thuguolte bang a i umzou theina dingin, Vakhu bang a nunnem a, gul banga pil dingin ginumtah in pang bembom vai. Simtute zousie Mangpa’n guoljawlta hen!!!.

KHOVEL DANGLAM ZING LAI A DANGLAM NGAILOU PASIAN THU

Rev. H.P. Runremthang

***“Lei leh van amang dinga, hinanleh ka thu amangsih ding hi”
(Mathiu 24:35).***

1). Thumapui: I thupi - “Khovel danglam zing lai a danglam ngailou Pasion Thu,” ingaituo detdet lou leh - khawvel khu nasatah in a masawn a, akidanglam zing a, hinanleh Pasion thu vang ahileh a ngaingai ahi zing nalai a, danglam ngailou in masawn lou chi a zong lahthei ahi. Hinanleh, tambang a chi thei ahisih a, khovel silkhu kumtawn dai a umsih a, a mangthai zungzung mai hi. Pasion thu khu a bei ngaisih ding a, kumtawn dai ding ahi. Tualeh, khovel a sil hoi leh “lul” ichite, i kinepnate khu sawtlou kal a beimang ding ahia Pasion thu khu tangtawn in atul ngaisih ding ahi chi khu i kizilsah na uh ahi.

Tualeh, zingkal khat devotion
nei a biehin a ka tou lai in, Rev
(L) Thangngur laphuo khat in ka
lungsim a khoikha mama a, tua
mi la khu:-

Mi tul nempin tamlei nopna sui in,
Melmoulou in Phamna hanmuol liem uh;
Thupina liim adel uh meyliim bang;
Mu a tangte'n zong a neiden sih uh.

Jesu nangbou neitah nahi,
Kumtawn dong a loupil leh hoi
deudeu;
Lei leh van a vang piehna lul...chi
la khu.

Ka lunggil tah a ka dei mama na
laitah khu Jesu”Nang bou neitah
na hi, kumtawn dong a loupil
leh hoi deudeu; Lei leh Van a
vangpiehna lul” chi laitah khu
ahi. Khovel ah nei ding leh leiding
silhoi tamtah a um a, hinanleh nei
a suontah khat zong a umsih hi.
I dei leh i ngai tamtahte zong i
nei chieng in ikipah mama ua,
hinanlehinei sawt deudeu leh i
lungsim nasahtu ahing hileng hi.
Gari (Car)-te zong inei chieng
un ikipah mama ua, ikep sawt
deudeu chieng in lunggimna atam
hi. Inn hoi, sil-le-ten hoi leh van
hoite zong technology a suoh tha
a hoi deudeu nei nanlei sawtlou
kal in i lungtang nasahtu ahing
hileng hi. Ta pasal neite'n zong
i nei chil/a pien un ikipah mama
ua, nanleh ahing sawt a, ahing

let deudeu ua, ahing tangval
chieng un lungtang sunatu asuoh
ua, a neulai uh i ngai mama uhi.
Tuazieh in neiding zousie lah a
neitah khu Jesu bou khu ana hi. A
zieh khu Jesu inei chil un ikipah
mama ua, inei sawt deudeu uleh
a hoi deudeu hi. Uoin hoi khu i
koi sawt deudeu uleh a hoi in a
tui deudeu akichi a, tuabang ma
in khantan hoi zong inei sawt
deudeu leh a hoi deudeu hi.

I khosahna hing hoi in i damthei
nalai ua, i ut bangbang ua i um
thei lai un Pasian thu hoidan i
theisih ua, i ngaituo ngaisih uhi.
Hinanleh, i damtheina uh hing
hoilou/tawm in i khosahdan
hing danglam in ilam et zousie
bangmalou ahing hi chieng in
Pasian hoidan ahing kilang giap
hi. Natna bang ahiei nei in doctor
i zuon ua, “E khai... nahing vaigei
ta vele, Biopsy lah ngai ahi ahing
chi ua, Biopsy result ahing suoh
a, Cancer na kai a, nahing vaigei
deu ta hi “ ahing chi chieng un
“Khantan Hoi” sang a hoi zaw
dang khovel ah na mu nawn sih
ding a, Biehin dah sang a dah gin
kilawm dang na thei tasih ding hi.
Khawvel a silhoi zousie khu hing
danglam in hing kise sieng tavan,
Pasian thu vang ahileh kumtawn
in a um zing ding hi. Tuaziehin,
i hinna ua hamsatna tawpkhawh
ahingtun masang a Pasian thu

hoidan imu khiet chiet ding un ikingen vangut hi.

Pasian thu khu a danglam ngailou mai hilou in, a loup deudeu hi. Leitung kisiem chil a numei hah in Gul lu a satguoi ding thu Mosi in ana giel khu a sawt deudeu leh ahing kichien deudeu a, aloupi deudeu a, numei hoi Mary sung a kipat Jesu Khrist ngei in kross a setan a zaw ding thu ana hi zing a, Gulpi teh khu zaw in a umta a, zaw ahizing a, Gulpi teh khu zaw in a umta a, zaw ahizing ding hi. Tuabang ma in, 1400-BC laivel a kizuanu bang a khiel eite khelna ana hizing hi. Moria tang a belamtal akisawlbawh kawm a awh khu Isak thatanga biehpiehna hiding in Pasian in ana koi a, tuabangma in Van Belamnou Jesu Khrist, Kalvari tang a sing kross a tatna nna hing sem ahidan etsahna ana hizing hi. Pasian thu khu a chil a kichien senglou a kilangte zong i etchien deudeu leh a kichien deudeu hi. Peter zong suongkul atan lai in vansawltah ham khu a mang hiva achi a, hinanleh a zui mai a, Pasian thu khu itheite zong kichienlou bang nanleh i zui photleh a kichien deudeu a, a hoi deudeu hi.

Danglam ngailou Pasian thu kemtu khu a sunggil tah a a hinna a danglam teitei hi. Masang lai in,

USA Politics ah Barak Obama hing kilang in ‘danglamna’ (change) chi khu thupi in a hing nei a, khanglai tamtah in a zui dupdup ua, President ding in ahing telching ngal uhi. Tuabangma in, India gam Politics ah BJP te khun “Modi in India ahing danglam sah ding” ahing chi ua, ‘Danglamna’ chi thu ma zang in Narendra Modi in Campaign ahing bawl a, mipi tamtah te’n a zui dupdup uhi. Huipi hat bang in BJP ahing hat ua, Modi khu Prime Minister ahing kai hi. Mangpa Jesu khovel a hing kumsuh in ‘Danglamna’ chi thupi zang in Campaign ahing bawl a, hinanleh a vote tute tawmnou khat ahi uhi. Bangjieh atadie achileh - I Mangpa Jesu’n danglamna’ ahing tangkoup a, tuakhu pulam mel latdan a suh danglam mai ahisih a, sunggil tah a hindan kikhel danglamna ahi hi. Tuajiehin, “Na lungsim uh a tha a um in hin danglam hilou in ‘Lungsim tha nei a, hindan kikhel danglam ‘ding in ahing dei hi. (Rome 12:2).

Michin in isil neite uh suhdanglam i ut ua, siltha neizong i ut ua, hinanleh mihing lui paikhie a, lungsim tha nei a, hindan kikhel danglamna khu vang hamsa isa uhi. Hinanleh, i sil neite suhdanglam mai in nopsahna (pleasure) bangma ahing pesih

a, lungsim gimna mai ahing tun hi. Tualemah in, lunggil ah dang lam in, i hindan danglam phot leh i um dan a nuom a, Sawltah Paul bang in a kim mama hi. Tuajiehin lungsim tha puo a, i hindan heh danglam theina ding in danglam ngailou Pasian i tuhkip uh a poimaw hi.

Pasian thu dihtah a tute khu'n a hinna uh a heh danglam teitei uhi. Belsazar zong kiliensah tah in uoin dawn in kithupisah nanleh bang a khuttawng in lai agel a mu tahchieng in a hinna hing danglamin a khup kisuhtuonate liing in zauna in a dim hi. Paul ngeizong hattuumte sugentheitu hinanleh Pasian thu in a thamkhah in a hinna ahing danglamta hi. Hattuumte sugentheitu hilai khu sawltah (nasemtu) loupitah ahing hita hi. Lazar zong nili tah hansung a lum hitananleh Pasian aw a zah chieng ahing thoukia a, Eliza ngei zong Baal guolnei Zezebel zau in kibu nanleh Pasian aw a zah in ahing potdoh kia hi. Tambang ma in Rome leengpa (emperor) Constantine ngei zong Pasian thu a hing muchiang in hing danglam in ginglou gam

khu Khrist leenggam in a hehta hi, Mangpa'n loupina tang hen.

Tuaziehin, Unau deitahte, tulai khovel a silhoi hi a i thei zousie danglam ding mawng ahia, a kise sieng ding ahi chi thei in Pasian thu mai tudet va ui. Inn hoi, mobile hoi, TV hoi, Computer hoi leh modern technology suoh tha zousie nei nanleizong a se sieng in a mangthai sieng ding ahi. Tuazie in Jesu mai khu nei tah ahi chi thei in Pasian thu tudet va ui. Tualeh, "Pasian thu awi" kichi ngal a i hinkhuo danglam lou ahi leh i Pasian thu tahpen tudih zoulou china ihi ding uhi. Hoitah in kingaituo va ui. Pasian thu dettah a tudettute khu a hinkhuo uh danglam a, kipah zing uhi. Lei leh van mang van in Pasian thu vang tangtawn in a um zing ding hi. Mangpa'n athu guolzawl ta hen, Amen.

(Note: Tami article khu Zou Presbyterian Youth Fellowship, Diamond Jubilee Souvenir apat a i lahsawn uh ahi. Tualeh, August 30 khu Khanglai Ni ahiziehin khanglai te toh kisai thute i focus uh ahideu hi).

HATTUOM A KHANG KIPHASAM BANG LAW DING...?

- Rev Dr H. Mansang Songate

1). Thumapui. Khang kiphasam (Generation gap) chia mite'n a gen uh ka zatam hi. Hattuum sung leh pu a khang kiphasam khu kum bangzat ahiei peisa apat aki ha gen mama a, adieh in tumlam gamte ah ahi deu uhi. Thugel tuomtuom tampi tah leh vaiguon tampi tam khang kiphasam toh kisai in ana kineita hi. I tenna gam India ah zong tuabang a um a, tam ' kiphasam' toh kisai a damna ding tami/khumi ahi chi pen sang in kingawtuona/ki awimaw tuona; a khang masa te awimaw chi pen ahisim mai hi. 'Khang kiphasam' ichi uh bang genna e? Kum 10-vel a kikhie a kiphasam ahiei.. aw leh ngaidan leh lungsim kigamla ama? Tulai igam khu lampi tuomtuom a' kiphasam dan in kamu hi. Tua 'kiphasam' tuom tuom te lah a zauhuoipen ahileh theina kiphasam' (Knowledge gap) ahi. Theina in gamgi anei sih a, mihing sunggil a theina khu ahi. Khang kibahlou zieh a 'Khang kiphasam' khu in hun peisa leh tuhun a silte pansan in a tekah hi. Hinahleh 'theina kiphasam in "Kiphasam" dang zousie sang in mi a khenzah a, a kiphasam sah jaw hi. Kum kibang leh khang kibang te lah a zong tam 'theina kiphasam' a um veve hi.

2). Kiphasam nina khu ahileh 'Digital Gap' ahi. Tulai a naupang piengte'n Computer theina bang ahing neipai ua, hinahleh 1940s, 1950s vel mite khu Mobile handset tham maimai buoipi laite ahi uhi. Tu in i hattuum piching tah a akhanlet na ding hing daltu 'Khang kiphasam' en vai. Beverly kaye, Devon Scheef leh Diane Thiel foldt ten a laigel uh, "Engaging the Generation" ah hichiin ana gel uhi. "Insung te mai buoina hitalou in, tam khang kiphasam khu mihingte silpuon bang a hing um in na ahing sem ta hi." Amaute'n pawlpi khat pou in khang kibanglou mite a sepkhom sah theilou leh dingsuoh zou lou achi uhi.

Rev. Adrian Van Giessen, Eastern Canada for Christian Reformed Home Missions a team leader in hattuum khu'n kipawl khomna dangte bang a khang tuomtuom kepkhawm dan a ngaisah ding ahi chi hi. Sawltah Paul in Rome 12-sung a gentena agen bang in hattuum khu sapum khat ahia, hattuum hing khu'n hagau silpieh tuomtuom te a poimaw dan athei in tam khang tuomtuom te a poimaw dan athei bang in tu khang tuomtuom te'n (hattuum) a ding a silpieh tuomtuom ahing piekhawm/thokhom te uh thei in akipahpi hi. Tam khang a kiphahsapna mai hilou in chi-le kuong, tawndan leh pawl (biehna min) kiphahsapna khu adieh in

mal -suo biel (North East India) a hattuomte lah ah a um hi. Pawl min tuomtuom a kikhenzah na khu eite hing khentu lienpen khat ahi.

Hattuom mite khu Pasian a gin-um tah a hin ding sang in Pawlpi (Eg. ZPCS, MELC, ZBC, EBC, KCC etc.) a gin um ding in iki hil jaw uhi. Jesu Christ a ding a shi sang a i hattuom/pawlpi min a shi bang kingap jaw thei mawh hi. Hinanleh, ginna a hangsan tahtah khangtha te khu tambang thute a hempuo thei ahisih uhi. Tambang pawl zieh a ‘kiphasam’ te khu kihouna tungtawn a ha bangza ahiei nua a suhveng thei ahi. Hattuomte lah a ibuoina pen khat uh ahihleh, “Mangpa bangchi lungkim sah ding “ chi ngaidan tuomtuom inei uhi. Khenkhat te’n tami khu hattuom te hing kankhawm/gawmkhawm poimaw pen ahi achi uhi. Mangpa a pichingsa te in tam khu i gingta hi.

Mangpa a piching nailou leh gingtha kiliensah (Koima a bukim i um naisih) te lah ah khun Mangpa bangchi lungkim sah ding chi mai khu thulienpi leh khanmawbawh asuoh hi. Tamkhu khang tuomtuom te lah ah a um deu hi (hinanleh tua pawl tuom tuom zousie khu dan-le-dun khang masate ma bawlsa a kivaipuoh vive ahi). Simleivai a kikhel leh kikhellou di chite leh tulai khovel a kizah dan tanpha ah ngaidan kibanglou hi. Dan zui bukim na khu Mangpa

adia Sienthoua ama? Sienthoua dihtah khu bangzieh a dan zui bukim na dan a kitheikhiel jel e...? Mangpa’n a huot pen bang ahiei....? Mangpa’n a it/dei pen bang ahiei...? Tam dohna te dawnna bukim pen khu khang tuomtuom dawzou tah a kikumkhomte ah akimu ding hi. Mangpa’n i hattuom sung ah lemna siemtu ahing pie hi. Eite zousie’n tamte lah a pang ding in chitna inei ua, tuami ding in ina ginumna lui te khu i nuasie ngai ahi. I tawndan luite bang i gen ua, Jesu Khrist in ei a mun anei na ding in tuate i mansuo ngam ei...?

Eite’n Jesu Khrist khu a ‘hun giap’ a nei a, i hin dan lui zong i neithez zaza nei i sawm uhi. Jesu Khrist ei a bukim tah a aum thei na ding in i hinna lui khu i shisah ngai ahi. Van Giessen in “Khang zousie te’n amauh khang bou a ding a hattuom um bang in angaisut uhi” a chi hi. Khanglaite, Numeite, Sunday School leh adang dang ah a kum toh kituoh in vaiguon ibawl uhi. Tambang vaiguonte gingtute chawmtu leh ginna kalsuonna panpitu ahia, hinanleh tulai in hattuom tampi te’n khang tuomtuomte bangchi gawmkhawm ding ahiei chi abuoipi uhi.

3). Khang tuomtuom te bieh khawmna. “Hattuom mi khang tuomtuom leh kum- le-ha a kibang lou ginna a kalsuon te’n khat-le-khat apat kiziltuo ding ahi” chiiin

Bakker in agen hi. I tenna mal-suo (North-East) biel ah hattuum sung ah “Khang kiphassam chia i buoipi dieh te uh :-

3. i). Phatna leh biehna. 3.ii). Biehna i nei dan leh zahdan uh. 3.iii). Thugen/Sermon leh 3.iv). Biehna hunsung a tom-leh-sot chite ahi uhi.

4). Hattuum lamkaite’n tam li (4)-teng toh kisai a hattuum mizousie kihongtah a kikupkhomna hun ibawl uh poimaw hi.

4. i). Amasapen in, biehna leh phatna ah hattuum member khang li, khang nga vel biehin khat a bie-leh-phatkawm ihi jieh un, hattuum khangtou zel sung ah chouna lientah ahing hita hi. ‘Biehna’ khu i ginna toh kizop, gingu hinkhuo a mun poimawtah luotu ahi. Khang tuomtuom te’n i ham chiet a ibiekhawm khun Jesu a khat ihina leh Ama khat hizing nabi a chibah tuomtuom aneite a ensah hi. Biehna leh phatna khu hattuum a ding in abul patna ahi. Vaidonna kamteng, thumna, tumging te leh phatna la isahkhom te’n hattuumte hing phawnggal mai hilou in biehna dihtah lungsim ah ahing pulut hi. Hattuum Ama bie-le-phat a kikhomte Hagau Siengthou umpina leh thopna tangthei ding a mansa in ahing umseh hi. Hinanleh, vangsiet huoi tah in tami ngei ah khun khanglaite

leh nu-le-pa tahsa kum upate kal ah ‘Khang kiphassam’ buoina ahing tun hi. I hattuum sung ah naupang pen apat piching pe’n tan um ihi chieng un tumging ideidan zong akibang sih a, a buoihuoi mama khu phatna la aneupen-le-lienpen ten zong a dei leh a sahthei telkhiet ahi. Khenkhat te’n khuong tum a ilasah ngai sah i ut lai in, adang khenkhat te’n tumging chituomtuom toh latha tha leh sahdan chituom te ikipahpi uhi. Tamna ka gen ut khu, “I biehdan khu gawmkhawm biehdan ahi ding ahi. “Ka gen ut dan khu khuong-le-tumging te zahkhom a, tumgingte zong ngai taluo lou a bawl a, i phatna late zong ana kisa zingte leh atha te sah khom khu ahi.

4. ii). Anina ah, khang nga bang kikhawm-khom ihijieh un, tumging ideidan uh kibanglou hi. Hattuum khenkhat a upa lam deute’n Electric Guitter, bass leh lead chite gingleute vanzat leh setan a dan in ikoi khamoh hi. Tam kikhenna khu adeiloute’n zong ahing theisiem ua ahing deina ding ua thumna toh awl awl a bawlding ahi. Tumging te zong khu mawh pawng gin ngai ding ahisih hi. Hagau Siengthou in ahing thuum leh gingu zousie, naupang leh upa te’n zong nuom sa in hoi asa chiet ding uhi.

4. iii). Athumna ah, I Bible uh khang zousie leh hun chinteng

toh akituoh zing lai in tulai i thugen (Sermon) te uh a hun toh kituoh lou a um leng hi. I thugen (Sermon) te Bible pansan in eima mimal duhtuina ahi nuom mama hi. Ajiehpen Mangpa'n "Na ngaituona te uh ka ngaituona toh kibang sih.... " achi hi. Belam chingpa in a belamte khu ama (Belampu) deidan ann apieh ding hilou a, a belamte dudan ann apieh ding hizaw hi. Tulai khang a sil um leh hing tungzel te khu hattuum lamkaite'n Bible toh kituoh a i suichien ua lamhiltu a ipan ding ahi. Tulai hun a siltung te- nei kibang kitenna (Gay marriage), nau sukhiet (abortion), khamtheiguithei, nehguhna, dansieng lou a kitenna, nungah-tangval tengkhom (Living together), hundamna-vangam leh gawtmun chite pulpit sermon a Bible toh kituoh a gen ding ahi.

Biehinn a i kikhop hun zong etphat a ngai hi. Biehinn sung umdan kilawm leh pulpit sienthoua khu bangchih laipou a i kepbid ding ahi. Hattuum sung a neupen-apat-alienpen tan in silpieh tuomtuom i neite ihing kipahpi tuo chiet chieng un, hattuum hing masawn in kibahlouna tengteng ahing beisieng ding hi. Rev Karen Wilk, Community life and Discipleship a Pastor pa'n hichiin gen hi. "Mangpa leenggam ah khu'n, mi zousie, aneu-alian atel hi"

Laisiengthou in, Khang khat apat khang dang tan khat-le-khat kisuh hat tuo a guoljawlna nah ihi ding uh chin agen hi.

4. iv). Atawpna pen ah, hattuum sung a bajam tuomtuomte a kithuzahtuo zing ding ahi. Tami khu hattuum sung siemhoina ding a kalbi poimawtah ahi. Hattuum sung ah akhang-akhang a kikhenna chia mit a muthei a dai kikai ahisih hi. Hattuum sung a akumtam (Upa lamte)-te zousie in khuong dei a music dangte deilou uh hituonlou hi. Tua khangtha zawdeu lamte'n Pasian anai dan uh leh aphot ut dan te uh anu-le-pate u'leh pi-le-pute nathei khahlou leh mukhahlou ahijieh ua gen-le-sah hing um ahizaw hi. Ahun tah a hattuum bazamte kithujah tuo a silhoi bawlding a siem a um hidan te tungtawn a ihattuum damsah ding ahi. Pasian hattuum khu khang zousie ading a dinkhiet ahi. Mihingte pientuom chiet ihi bang in silpieh i don leh i siemna zong tuomchiet hi. Tam silpieh leh i siemna te khu Pasian loupina ding leh Agam kehletna ding in zang lei tana " khangkiphasam" zomkhomtu in ipang thei ding hi.

(Note: Tami article zong Zou Presbyterian Youth Fellowship, Diamond Jubilee Souvinir apat a i lahsawn uh ahi).

COMMUNITY TRANSMISSION I KOT BUL A DING AHI TA

~Dr. Robert G. Zou

U le nau, Nu le Pa, Pi le Pute aw COVID-19 natna i inn kotbul hingtung ta chi theilou nahiei mah ?? I innsung miten tam COVID-19 natna anei khah/thei nading uh masang sangin nahpitah in naizawta hi. Masang in Manipur polam apat hingpei te bou in tam natna a vei ua, tu'n vang amaute enkou a um frontline workers i chi uh Medical Team leh Police personnels hunkhop in zong aveita uhi. Amaute enkou a um frontline worker's leh a innsung mite tan in avei chiang in local transmission umta kichi hi. Tua ahi jiah in local transmission a umta chi thei chiat vai .

Community transmission ichi chiang in COVID-19 natna vei, ahivanga a lahna/amatna/aveina, koiin a law ahiai chi kitheilou china ahi. Tuni tan in Manipur ah Community Transmission mukhiat um nailou hi. Hinanleh, Community Screening zong kibawl kha tuanlou ahi. A umlou tahtah adiai ? ahiloule screening kibawllou ziah ahizaw diai ? Severe Acute Respiratory illness (SARI) neilou te pen screening kibawl sawm khollou ahia, koi tobang SARI nei khat screening kibawl a ang positive khahta leh, i Community uah mibang zat in aveiman tadiai chi lungdong huai mama khat ahi. Tuaziah in koipou in pan napitah in lachiatlei chi ut kahi. Ngaidau I bangta ua, ngaidau mai ding hilou in ngai kho/ngai poimo chiat sem ding in kahing ngen nuam hi.

Community transmission um teitei ding lah ahia, mimal hi in

khotang hi in innsung hieh pan latha chiatvai. I panlah dingdan tamlou hing kum vang:

- 1). Nangma COVID-19 veiin kikoi in len, midang koima lawsawn lou ding in panla in.
- 2). Midang teng COVID-19 veidan in koi in len, amau uapat kikem/kiveng in.
- 3). Maituam leh Physical distancing zui ngitngat in. Midang khat apat kal nih beh a gamla in um in (2 steps away)
- 4). Namit, na naah, nakam te thamkhah louh hamham sawm in tuale kholai hi in, mi inn hitaleh sil/van te vatham khasin. A diah in damdoi inn ah bang, railing, touna, table leh adang dang silte tham khahlou ahoi ding hi.
- 5). Sil/van te natham khah zaw chiang in nakhut silsiang in.
- 6). Kholai apat inn natun' kia chiangin nakhut hoitah

in sawpsiang in, tualeh
napuan sil tengteng surf ah
minute 20 diah inlen sawp
siang in, tuazou chiang in
nangma tuilum in kipum sil
in. Tamteng nazaw chiang
in na innsung mite toh na

umkhawm thei/panta ding
hi.

7). Niteng in tuilum/tuisa 4/5
vei dawn in, theithua tamlou
zong ne in.

Simtute, Mangpan hing veng in ,
hing kemta hen

TAHSA DAMTHEINA DING A NUMEITE KIKEP DING DAN/ MAWPUOHNA

*Mrs. Mankhanngai@ Maman
Chairperson, ZPWF*

1). Thupatna. Amasapen in tami article khu apeisa dated October, 28-29, 2015 sung a PWF seminar Fiangpui, Haflong a seminar kavapanna a thute tungton in ahi. Tualeh, tulaitah khawel pumpi jel suoh Covid-19, lah a kipat a kivenna ding leh i dou zawna ding un, i damtheina leh i tahsa suhhat thei ding neh-le-tah leh damdawite zong hoitah a neh ding chi khu kivenna chi khat ahi.

2). Damtheina hinkhuo neina ding leh cancer natna apan a kiven ding dante: Damtheina hinkhuo hoitah inei na ding leh natna tuomtuomte covid-19, cancer, heart attack, diabetes, stroke, high BP leh adangdangte khu eima panlahna jieh un ikham un i control theina tan chieng inei thei uhi. Tualeh, tahsa hoina ding a annte ahun tah a ann aneh sih leh na tahsaa a ding in sietna ang tung ding hi. Tuazieh in tahsa hoina ding ann ahun tah a neh jing a ihmutte zong ahun neiding ahi. Tulai ann neh hun kituplou, ann sang a singpi, puri pou ne a hinkhuo jahna in gilpi natna leh natna dangdang

hing neisah in damtheina asusie mama hi.

2. i). Tahsa hoina ding annte: Tahsa hoina ding in theiga leh annte louhing chi tuomtuom te nichin a neh ding ahi. Tualeh, ahitheitan a thau (oil) tom leh vitamins tamtheite neh jing ding ahi. Tualeh, betang chi tuomtuom athau tamloute neh ding ahi. Sathau mekan chieng a zong sathau atawm theilam zah ding ahi. Sathau zahsa avel a zah kia lou hamding ahi. Sathau zol deldulten cholesterol atamsah zieh a neh lou ding ahi. Tuate, ahileh cocunut oil, Palm oil leh vanaspati ghee te ahi uhideo

uhi.. Tualeh, Cholesterol tamna atangpite khu isa nehte apat ahi nuom deu hi. Tuaziehin, sasin salung leh asungte, aahtui laigol leh kaikuong neute (shrimp) apat leh bawngnoi apat a kisiem butter cream leh cheese te apat ahi ut deu hi. Tualeh, chi (salt) khu nikhat a 5-gm neh in BP sang, lungtang natnate leh stroke atun thei hi. Nikhat a chi ineh zah lah apat 5-gm (siakeu khat) ikiemsah leh kumkhat a mishi 2.5 million in akiem zou hi.

2. ii). Chi tawm neh thei na ding dan. Neh ding silte ilei chieng in a tung a lai kitah (lebel)-te en a, chi kihal tawm nate lei ding ahi. Ann nehna dawkan (dining table) tung a chi koina bawmte leh me alsahna (sauce) bawmte koilou ding ahi. Me na huon chieng chi a huntah saw ding ahi. Atam theipen a chi thatang a althei leh me tuisah thei masala leh gimnamtui tuomtuomte saw zoh ding ahi. Tua bangma a naupangte zong aneulai ua pat a chi tawm neh dan ding zilsah ding ahi.

2. iii). Neh-le-dawn a kikepbit ding dante (Dietary Guidelines). Bekery a kibawl nethei leh cakes te tam nelou ding ahi. Chini apat kibawl nehthei te zong tam nehluou ding ahi. -Pickle (Achal) nehtamlou ding ahi. Emtho silte jong

nehtamlou ding ahi. Kuva tang leh adangdangte jong nelou ding ahi

3). Tahsa kisawizoina (exercise). Nichina kisawizoina in. Ithau hoiloute beisah in thauseng ding adal hi. Cholesterol ngiemsah hi. Zunhum leh (hypertension) lunggelsangna ngiem zou hi. Lungtang, gu-le-tangte khausah hi. Cancer zong tawmsah hi.

3.i). Atangpi in mifel (active)-te kipah in nuamsa deu uhi. Amaute khun ih muttuina leh tha-le-jung neizaw in mani kimuonna leh ngaituona chim neithe zaw uhi. Tuazie in, kisoizoina (exercise), vahding (walking)- chite zong nei gige ding ahi. Atangpi in nikhatin minute 30-45 kikal keng beh a lamzot ding ahi.

4). Thauseng kekaw lou ding ahi. Thauseng na in ihinkhuo ang sukha dan tam anuoi a bangte ahi. Cholesterol sang, heart attack, BP sang, Zunhum, gu-le-tang na, nah hasa, kingaisie, tuabang ah mite chiemnui nopna kihi nuom mama hi.

5). Tep-le-muom kisum ding ahi. Tam leh muon ziehin natna tampi khat pneumonia, Asthma, BP, Zunhum, Cancer, Stroke, leh Heart attack chite piengsah thei hi. Zatep a um carbon monoxide in i sisan a oxygen khu vasuon

in tuami in blood pressure sukhang in ilungtang a oxygen kidai dingte namphu in apiekhie hi. Tunia tep-le-muom na topsan leh tu mama in heart attack zauhuoi um theina nangma apat akiem pai ngal china ahita hi. Kumkhat itan zou chieng in akum nina mama in abawlloute bang in i tahsa tung asieng thei hi.

6). Numeite lah a cancer piengsahthei tangpite leh kiven ding dante.

6.i). Bang ding a naubu cancer ipoimo ngai uh e?. Numeite natna ahizieh ahi. Suhdamthei ahizieh in jong ahi. Ahuntah a itheikhiet leh awlsamtah a suhdamthei jong ahi. Numeiten a shipi tampen uh natna ahi.

6.2). Ang kilat dante. Si kan nua ah si mawh luonluon chite: leh nupa kipawl zo chieng a siluong chite, si neng zunthana apat hing pot zel leh tuikang tampi pot, elna, taina chite ahi ut uhi.

6.3). Naubu cancer apat kiven ding dante. Tahsa hatnalai zousiete PAP smear test kum chin a nei ding ahi. Kum 50-ching zou numei zousie kum chin a PAP smear test nei ding ahi. Pasal toh kichimat bai senglou ding ahi. Kum 20- masang a nau pailou ding ahi. Kisang zing seng lou ding ahi. -Nu-le-pa kal a thangtat lou ding ahi. Eima kikep sienthou ding ahi. Tep-le-muom a kiven ding ahi leh a hun chin a

kicheck up gige ding ahi.

6.4). Nawi cancer vei ailamna diehte.

6.4.1). Nawi cancer ang kilah dan. Nawi ah a khal um, nawi alawm a um bang a theina, nasa, zapbanuoi a akhal um, nawimu a tui pot, a sung a tui akikhol zieh a nawi vunte san a hing umchite ahi uhi.

6.4.2). Mani/Eiman i nawi cancer umtheina a kipat kivelchien ding dan.

1). Thal lupsa a nawi kimlah khoi jeljel ding. 2). Dinsa a nawi kimlah khoiding. 3). Limlang mai a ding kom a kivel chien zing ding chite ahi uhi.

7). Eima-le-eima kivel chieng a bang e i sui dingte.

7.i). Na nawi size leh shape aphah ngai chie apha ei ahilouleh apiendan akikhel a um kha ei ?. 7.ii). Na nawimuh atumsuh deu ei ahilouleh apa ngai banglou deu a um kha ei ?. 7.iii). Na nawimu a sandang sim ei?. 7.iv). Na nawmuh apat tui jawngrawng bang sim asansim ahilouleh aman deldul ang pawt kha ei?, chite thei chet zing ding ahi.

8). Thei zing dingte:

8.1). Mani/eima nawi ivel chien hun ding:

8.1.i). Hachin a ishi nei ni masapen

apat kal khat zou chieng in. 8.1.ii). Shi nei nonlou te ding in hachin a ni masapen bang hithei leh ahoi ding hi. 8.1.iii). Naubu kipaite dingin nawi umdan apangai abah laitah chieng in. 8.1.iv). Na nawi umdan bang e lamdang tuom leh ginmaw huoi nasah leh doctorte dawng pai in.

8.2). A hunchin a eima kivel chien ban ah numei kum sawmli (40)-pha zousaten kum khat a khatvei i nawi doctorte etsah zel ding ahi..

9). A khumsinna

I Laisiengthou in I Korinth 10:31 ah “Tuajieh in na ne un hileh na dawn un hileh na bawl pouma uh Pasian thupina ding in bawl un” achi hi. Tualeh, I Korinth 6:20 main - “Aziehpén man a leisa na hi ta uhi, tuaziehin na tahsapum u leh na hagau un Pasian pahtawi un” achi hi. Tamten, itahsa pumpi kepbit dingdan ang kohmu uhi. Mangpan simtu zousie hingguolzawlta hen aw!!!!

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***Petu zousie Mangpa'n ale tampi in hing guolzawl taken!
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