

Goa, Tamilnadu te ah zong kikkham hi. Tunaiin All Manipur Christian Organisation (AMCO) ten zong Dt. 25/6/06 niin Manipur Baptist Convention (MBC) huang ah CD leh tam laibute demna anei ban uah, ahaltum ua, tamkhu setan vanzah ahijeh in zong alawching hi chiin nahpitah a dem uhi. Tuachin, amauhten Chief Minister kungah Memorandum pie in, alaibu leh film

kham ding in ngetna asiem ngal uhi. Tuabangma in Mizoram Film Producer Guild te in zong tam laibu leh film (CD) khu adeilou dan uh etsahna in Dt. 8 June 06 laibu geltupa Dan Brown lim leh The Da Vince Code laibu leh film khu ahal uhi. Tuajiehin tam laibu leh film khu eiten zong dou a, i sim/ i et khah leh zong adihlounate theia asim leh et ding ahi.

KCHRISTIAN NI POIMAWTE			
Kum	Good Friday	Easter Sunday	Penticost Day
2011	April 22	April 24	May 12
2012	April 6	April 8	May 27
2013	March 29	March 31	May 19
2014	April 18	April 20	June 8
2015	April 14	April 16	June 4
2016	March 25	March 27	May 15
2017	April 14	April 16	June 4
2018	March 30	April 1	May 20
2019	April 19	April 21	June 9
2020	April 10	April 12	May 31
2021	April 2	April 4	May 23
2022	April 15	April 17	June 5
2023	April 7	April 9	May 28
2024	March 29	March 31	May 19
2025	April 18	April 20	June 8



Tukumtha apat i Synod Khawmpi ha ahing tung February mitphiel kal in ahing tung tou man a, tutan hing puipa i Pasian min i phat masa hi. Huntha, kumtha toh kisai ibawl khiel umkhate tukum tha in kibawltha sawmvai in, Zunete, Laithai kapte, Khamthei tang nehte, tawpsan sawm va ui.

January 2011 in Tangpijawl ah ZPYF khawmpi um in, kumdangteng sangin khochin apat mi ahoizaw abang a, mikhuol 1800 vel pha in, akhotuol, akhokim teng toh mihing phelum pul bangvawt sam hi. Tualeh i Zou Synod Khawmpi zong February hakim lai vel in Tuibuong ah lawching tah in kimang zou tahi. Kum danga i nei ngailou, i mimal kiphalte zieh in Lakh 100 (1crore) bang inei thei ban ah Balance Lakh 17,72,933:00 bang kinei thei tahi. Tuate haw zousie zieh in Pasian min iphat hi.

Tuaban ah tukum Mission Policy in Missionary 10 teitei sawlkhieh sawmtah ding in aki passed thei a, zou teitei ding in alien aneu in pan lachiet va ui. Hagau mangthai, Missionary nasep ichi khu Khristiante ding in nasep ding poimaw pen ahia, tamsem nasa pipi bawl theilou laisie in i nasep ding uh kitem khathe lou ding ahi.

Unau Pawl khenkhat ten zong Mautam kiel panpina ka hawm uh, achi ua, Anntang kielpa pina mu ding a kigen ten Sum 800:00 (Zagiat) atuoh uh akichia, Antang man zat atuoh veve uleh bang ma phatuom lou ding asuoh hi.

Ei pawl pen ei leh ei kitoudel ding chi ban ah, mi panpi lam a pan teitei ding, chi ahi. America, South Korea, Mizoram hoi mun ah zong ei Presbyterian sung mai a sep sang in pawl dang lah ah na a sem zaw tangpi uhi. Atekhinnan, kei vazilna Presbyterian College and Theological Seminary, Seoul, Korea ah azil dia alahbe uh Presbyterian kei maimai ka hi. A Missionary nasepna mun uh zong khovel gamteng teng ban a, India gam ah zong ei pawl hilou kolte lah ngen ahi. American Presbyterian ten zong tua achi ma bang in asem uhi. Tua zieh in ihina uh theichien in koi nasepna ten enda kawivai

Thu Tuomtuom

* Independent gam kibelap:

Africa gam khomuolpi a um Egypt gam nuoi laitah a um Sudan gam ah kum tamtah tuolgal ana um zou in African Union in angaituo a, gam khat a um khawm thei mama nahi uleh Rekerundum vote khieh theina a phal sah ban uah Vote akhe zou ta uhi. A vote khiehna uah Independent dei ngen ahi zieh un South Sudan, agam sethum a khen sekhat vel hi in, Thautui tam pienna gam tah a huom kha hi. Tami gam khu Khristian gam ang hiding a, a dangte ahileh Muslimte ahing hita ding hi. Khristian gamtha dingte i thumna uah thei vai.

* Egypt President kum 30 valbang puo Hosni Mubarak deilouna a kiphin mipi sing tamtah a khopi uh Cairo lailung vel a um Revolution Square luodim den nalai uhi. Nitam sim akiphin nua un Mubarak kitawp khong in tu in agam ningkhat ah umden hi. Kum 82 a Upa Mubarak in gamdang lunggul lou in a shi in zong ahin inzong Egypt gam ma a um den atel zaw hi. Saudi Arabia gamten zong agam ua umdin adei ua, hinanleh ama aut sih hi. Agam ua

news paper khenkhat in nasatah a President ahi nua a tenna inn Sharm al-sheikh ah um hi, chin Al-Mary Al-youm News paper in tahlang hi. Khuo zong phawhlou man ahidan zong tahlang hi. Ahivang in ama gumtuten ahileh Mubarak in bang ma damlouna neilou, chi in gen leuleu uhi. Britain a News paper khat 'Daily Telegrahp' in agendan in Mubarak Cancer vei hiding in amuong maw hi. Egypt gam a kihenna a um nua in agam ziet leh vei Muslim gamte ah kiphinna pieng khie in agam chiet uh Government Palaite tung a kiphin in a um uhi. Tuabang gamte khu Tunisia, Lybia, Yemen, Bahrain, Iran etc, etc te ahi uhi. Adieh in Colnel Gadaffi vaihomna gam Lybia a sepaiten date 22-02-2011 tan in 300 val bang a kaplum tahi (*Manipur Express Feb. 2011 Issue*).

* Date 2-02-2011 in ZPCS Last Executive Committee na a um a, 2011-2013 sung paw ding Executive Secretaries ni (2) telna Executive Committee member ten telna akinei hi. Tam hun a telching a umte tam anuoi a bang ahi.

in, tam leitung a mihingte khawsah dan zousie hing zui in asui moh hi. Tualeh tam laibu/film khu Jesu tanchin dihloutah a thezahna ahi ban ah, Jesu Pasian hina nualna leh Sahkhua thugin gensietna ahi chi i thei siemding uh ahi. Ajieh ahileh Jesu khu Mari Magdalin toh kiteng a suan leh pah nei in agen hi. Tam zong i Bible uh leh i thugin uh toh akikal hi.

- c) Dan Brown in tam laibu khu Gospel of Philip pansan in ahing bawl dan in agen hi. Ahin tam Gospel khu zilsahna dihlou ahiban ah Gwostic tegel ahijieh in i Bible lah uah zong apang sih a, Pasian huha khum ahisih chi i thei ding uh ahi.
- d) Tualeh i Bible uh adieh in Thuhuntha khu Kum AD zali 4 na lai vel a Roman Emperor Constantine in laibu tuom tuom a dei a atel tuomte lah ah Bible zong apang in agen hi. Tam khu ei Khristiante Bible pom dan toh zong a kikal ma ma hi.
- e) Thuhuntha Hattuam khu Mari Magdaline puihuaina nuai a hing kiphut bang in agen hi. Aman Matthai 16:18 a Jesu Peter kung a hattuom

phu ding leh thuneina apieh thu khu Peter kung hilou in Mari Magdalin kung ah ahi achi hi.

Tuabanah aman Jesu khu numei toisangtu (feminist) ahi achi hi. Tualeh Mari Magdalin toh zong nupa hina thanguhai tah in amang ua, ta zong anei ua, ata uh khu Sarah ahi chite in a gen hi. Tam thute khu i Khristian thugin leh i Bible uh toh a kikal ma ma hi.

- f) Tualeh tam laibu/film khu minthan utna jieh leh sum-le-pai deina jieh a hing kibawl lel ahi. Tualeh Khristiante Pasian suh minsietna ding leh khantanhoi dalna ding a Setan vanzah poimaw tah ahijieh in, i dou un, adihlou dan khu hangsan tah in i tangkoupi ngam ding uhi.
 - g) Leitung pumpi in a doudal dan: Tam film khu release ahimasang apat in doudalna a kipan hi. Tuachiin leitung mun tuomtuom adiehin Samoa, Solomon Islands, Sri Lanka, India leh mun tuomtuom ah kham in a um hi. Ei khristian gamte mai banah Mosolman gam Pakistan, Fiji, Papua, New Guinea, Kenya te ah zong nahpitahin a kikhah hi.
- Tualeh India gam a State tuomtuomte Punjab, Nagaland,

ahi. Tam laibu khu kum 2003 April ha in England a Bantam Press ah asua khie ua, kum 2004 in aman tom zaw in Gorgi Edition sua khieh ahi kia hi. Ang sua khie apat in mite ngaisah leh soisel alaw pai a, ahin New York Times gen dan in tam laibu khu Best Seller ahi pai hi. Kum ni a chin masang in leitung pumpi gam 150 sunga laibu kizuah tampen ahiban ah, million 30 a kizuahta hi.

4. The Da Vinci Code Film bawl thu. A laibu a miten asim thei uh huntah sa lou in Hollywood a Director minthang tah mai Ron Howard lamkaina in film ang bawl ua, a tangval (hero) ding in Tom Hanks apang hi. Tam film khu Minutes 149 asau ahi a, tam khu May 19,2006 in Columbia Pictures ten ang hakhieta uhi. Tuachiin, ei India gamah zong doudalna tam tah kalah May 26 in sua in ang umta hi. Gam chin a nualna leh deilouna kom kal ah kal khat sung in sumtang in \$ 224 million amungal ua, leitung a film lah a sum mu tamna pawl ahi.

5. A tangvalpa Tom Hanks hinkhuo: Ama khu actor lawching leh sum tam mu pawl ahi. September 7,1956 in Comcord, California ah a pieng hi. Azi khu Rita Wilson (actress) toh kiteng in tapa thum leh tanu khat a nei uhi.

Aman film alah ban ah Producer - Director - screen writer - song writer nate a sem khawm hi. Ama khu multi-talented akichi hi. A siem jie in Oscar Patoina nivei amu hi. Tualeh Patatna a hatan a, Show Bussiness sung leh pua lam ah zong ‘Compliments’ amu tam hi. “The nicest guy in show bussiness’ chite leh “The New Jimmy Steward” chite in a kihan hi. Tualeh a film lah minthang deuhte - Philadelphia (1993), Forest Gump (1994), That thing you do (1996), You’ve got mails (1998), Saving Private Ryans (1998), Cast away (2000), Band of Brothers (2001), Catch me if you can (2002), The Da Vinci Code (2006) te ahi uhi.

6. **The Da Vinci Code laibu leh Film Bible thu toh akituah louna khen khatte:**

- a) Tam laibu/film sunga thute khu zuau thu phuah tom ahi chi thei masah ding ahi. Ajieh ahileh a laibu komah zong “Fiction” (Tangthu phuah tom ahi) chin agel hi. Tam khu “title page” ah agel hi. Tam tangthu bu art work, architecture documents leh sel-le-sang kagen zousie thudih sieng ahi achi hi.
- b) A tangthu ah khun Jesu khu mihing ahina lam bou sui

(a) Senior Executive Secretary : Rev. Stephen Chinzathang
(b) Executive Secretary : Rev.P.C.Manga
Alui leh telching a umte date 01-03-2011 chieng in incharge akipeta ding uhi. Athate in mipi lung tunna a ahing puohzom theina ding un i thumna uah theichiet vai.

* Date 11-03-2011 to 13-03-2011 sung Lamka Dist. Hq. Church, Lailamveng ah ZPWF Khawmpilien um ding ahia, koipou in Mang somchiet vai. Tam khawmpi pen kum 2(ni) achin chieng a um valeh ahi man in mangsawm chiet lei hoi va.

* **Khawmpi Report**

1. Apeisa February 10-13, 2011 sung in Zou Presbyterian Church Synod 7th Session Tuibuang Presbyterian Church ah nei ahia, vaihawmna lawchingtah a zaw ahi. Tuanah Session thuphasah bang in Pro. Pasto ni siemkhiet ahia, amaute Mr. Kaimuanlal S/o (L) Thangkhohen of Zomi Colony leh Mr. Khamminlian S/o Chinkap of Muallum ahi uhi.
2. Khawmpi thuphasah bang in Pastor te a umna uh suonkuol ahia, tam anei a bang ahi

Pastor Biel hawmdan (Proposal)

1. Rev. Kapsuanthang
- Tuivai Dist. to Zotang District
2. Rev. Zamlianpau
- Singngat Dist. to Imphal Dist.
3. Rev. Tualzachin
-Office to Tuiningkuol District

4. Rev. Khupkhansuan
- Lamka Dist. to Central District
5. Rev. Awnkhankhup
- Central Dist. to Lamka District
6. Rev. Khamchinkhai
- Imphal District to Shillong
7. Rev. Lamsuanthang
- Suohlam Dist. to Lentang Dist.
8. Rev. M.G. Nehlian
- Maukot to Gunpang District
9. Rev. Mangsuanthang
- Shillong to Tuivai District
10. Rev. Thangbawi Khuongsai
- Bangalore to Singngat District
11. Rev. Mangmuanthang
- Tuiningkuol Dist. to Suohlam Dist.
12. Rev. Ginzalal
- Gunpang District to Bangalore
13. Rev. Kamkhosoi - Office to Office
14. Pro.Pastor Kaimuanlal
Central District (Central Church).
15. Pro.Pastor Khamminlian
Zotang District, Muallum.
3. **Kum kia Khawmpi ding tam anei a bang a guonggal ahi.**
Amun: Central Church
Ahun: February 9-12, 2012
Thupi: Mangpa lampi siel un (Isai 40:3)

4. Kum kia Budget Estimate ding in Rs. 1, 10,00,000 (One Crore ten lakhs) only bawl ahi.
5. Kum 2011 apat in Mission School Admission siemtha ahi.
- | | |
|---------------|-----------|
| Class A-II | Rs. 100/- |
| Class III -IV | Rs. 150/- |
| Class V | Rs. 200/- |

Sienthoua leh damtheina

- Upa S.K. Khama

Tukum 2011 a idin toh kiton in “Sienthoua leh Damtheina” i Bible leh misiemte gelna laibu tuomtuomte apat in enkhawm ulei uthuoi isa uhi.

Sienthoua: Sienthoua khu idamtheina ding a poimaw mama ahia, tahsalam leh hagaulam a damtah a i um theina ding in itahsa pumpi, iziet ivei ilungsim leh hagaulam siengthou taha ikepbid ding poimaw hi. I Bible in, “Noute Pasion temple nahi uhi. Noute sungah Pasion hagau ateeng chi na thei sih uh ahei? (I Kor. 3:16-17) achi hi. I hagau mai hilou in itahsapumpi zong Pasion siem ahia, Pasion a ahi chi tam Bible taang in ang hil hi. Siengthou taha um khu i damtheina ding mai hilou in, Pasion deidan leh Pasion toh kithuohtheina zong ahi. I Thess. 5:23 ah “Na pumpi un na sienthou kilkel ding uh ahi”, achi hi.

Sienthoua gen chetna: Sienthoua kichi chi thum a khen in tahsapumpi sienthoua lungsim sienthoua leh Hagaulam sienthoua chi’n tom nounou in tam anuoi a bangin gen vai:

1. Tahsapumpi sienthoua: I tahsapumpi Siengthou taha kep khu i damtheina ding a poimaw mama ahi ziehin, tam anuoi a bang in tahlang vai:

i) Nichin a kisilsieng ding: Nichin a tui leh

sabon a kisilsieng zing ding

ii) Khut silsieng ding: Anneh masang leh pusuh zou chin a tui leh sabun a khut sopsieng gige ding ahi.

iii) Chin tam ding: Khutchin leh kengchinte a huntah a tantom a kepsiengthou ding ahi.

iv) Haanawt ding: Haa lungvei lou leh hoi i neitheina dingin nichin in jingkaal leh nitah lungkuon chienga haa nawt gige ding ahi.

v) Puonsil leh teente: I puonnuoi sil leh teente (underwears) nichin a hun a sopsiengthou zing ding ahi.

2. Lungsim sienthoua: Hangsanna, lametna, ginna, itna leh hepina nei a lungsim a selam ngaisutlou a ahoi ding lam ngaituo a lungsim tawldam tah a um siemmite a damsawt deu se uhi. I tunga khielte ngaidam khu lungsim sienthoua leh lungsim damdawi, lungsim damtheina bul ahi hi.

3. Hagaulam sienthoua: Mihingte’n pumpi leh

Men to Avoid; A survival guide for the Romantically, Frustrated Women chite zong best Seller ngen ahi uhi. Agel nu khia pen khu tu a ibuaipi uh The Da Vinci Code ahi. Tualeh ama tanchin theichieng utte ading in www.danbrowm.com a et thei zing ahi.

3. Ahileh Da Vinci Code khubang e ? I gensa bangun Jesu leh Mari Magdalin te kiten thu leh ahah-le-suante uh peitou zel in French leng inkuonte toh kiteng in tuni chieng tan in ahah-le-suonte uh umthu “Theory” khat “Bloodline theory” tanchin tumasang in zong TV channel ah mu thei in ang kisua hi. Ahin sil gintat huai loutah ahi a, ahin sil gintat thu a kigen, “William Shakespeare khu kaw/ vai (India) ana hi khien khien ve le, amin dihtah zong Sheshap Iyer ahi” chi leh “Jesu khu Kross a ashi ding (maban) pumpel in, Siberia kan tan in a taimang a, gam ning lam khaw neu tah khat Shingo-ah ateng den a, tuni chieng in ahah-le-suonte leh asulnua zong mu ding aum” chi toh zuau thu leh bu-le-bal neilou ahithu i thei uhi.

Tambang a thu dihluu leh bul bal nei lou theory tungton in ‘Ten men in one’ chi khop a agen uh Leonardo Da Vinci khun lim gel minthang tah mai ni a nei a, tuate khu “The Last Supper” leh “Mona

Les’a’ te ahi uhi. Tualeh tam na ‘The Last Supper’ (Mangpa vumkhawl an) aim lai uah lim a, Jesu ziet lang a tou, Johan lim kichi khu aman pasal lim hilou in numei lim ahi zaw achi hi. Tua numei khu koima dang hilou in Mari Magdalin ahi achi hi. Tuami apat in sil tam tah ang belap tou zel zel hi.

Aman agenna ah Jesu in Peter Kung hilou in Mari Magdalin kungah Matthai 16:18, 9. Hattuum phu a sawm thu a gen a, tua khu Peter in aza da ma ma a, Mari zong amuda law hi achi hi. Aman Jesu khu numei toisangtu (feminist) ahi a, Mari Magdalin toh zong nule-pa hina ah zong thanguhai tahin aum uhi achi hi. Tualeh Jesu Kross a kikhai lup lai tahin zong Mari khu agai a, anaupai kilepna ding in Jesu sanggam pa, Aruimathai khua a mi Joseph panpi na in Holy Land khu taisan in Franch gam ah apemta hi. Tuachiin, France gamah khun nau nei in amin ding in Sarah ahi sah hi. Tuachiin, khum ahah-le-suonte uh hing peitou zel in, a tangthu gelna a pangtu khat Sophei Neveu zong Jesu leh Mari Magdalin suante apat hiin agen moh hi.

Tambang a thu dihluu leh bulbal neilou theory tungtonin Dan Brown in ang phuah tom khu khu “The Da Vinci Code” ichi uh

khie hi. tuabang ma in Langdon, seppitu Na Sophie Neveu zong khu Jesu hah-le-suan ahi thu agen uhi.

Tualeh tam thuguh a suichien na lamah hamsatna dangin ang tuom tou zel hi. Ajieh ahileh Vatican panpina a kiphut Catholic pawl khat ten leitung mite thei a puan khieh ahilou na dingin Preory thuguh (Jesu leh Mari kitenna) thuguh) khu ana sui uh chiin a gen hi. Tuabang a theitop a silni (thuguh) tualthana leh Jesu thu abuaipi laiin Robert Lengdon (a tangvalpa) khu Captian Bezu Fache (Reno) lamkaina FBI te khun Souniere thatu ah alegen ta uhi....chite in agen tou peh uhi.

Tualeh amasang in zong Jesu zinei a, hah-le-suan nei a, ahah a suante zong tuni tanin a um uh chi thudihlou gingta pawl Priory of Sion a phut ua, tuate lah ah leitung a mi minthang tam tah a pang ua, etsahna ding in Isaac Newton, Leonardo Da Vinci te ahi uhi. Tualeh French mi, Judate haw zing mai leh mi a sol hat jie a suangkul a zong na lut ngai Pierra Plantard (1920-2000) in, document a bawl tom a, Les Dossiers Secrets di Herre Lobineau (The Secret records of Herri Lobineau) khu a kingahna uh ahi. Ahin tam

document khu Plantard in kum 1993 a ana bawltom mai mai ahi chi zong French Court ah apuang khinta uhi.

2. Koi e le Dan Brown khu? US a Jewste laigel siem thriller writer ahi. Tualeh Novelist minthang tah zong ahi. Best Seller laibu tam tah zong agel ta hi. Tualeh amale-ama a kigen dan in ama khu Painter, Architech, Philosopher, Poet, Composer, Sculptor, Athlete, Mathematician, Inventor and Anatomist te in a kigen va ia hi.

Ama khu English leh Creative writing a zilsahna uh Amherst College and Phillips Exeter Academy apat a graduate ahi. Baptist University, East Texas apat in Religious Degree a la kia hi. Azi zong khu Art Historian, Painter, Front-in-line Editor chite in a kihan hi. Tam tangthu bu zong khu azi Blythe min a agel ahi a, peh 605 hiin bung 105 aum hi. Tualeh i gensa bangun ama khu tangthu phuah siem leh gelsiem minthang tah ahi. Tuaban ah angaituanate ahoi a, a simtu zousie lungsim ding zong lah mangdan a siem hi. Alaibu gelte khatvei min a phen a asim leh sim suohlou in a koingai sih uh a kichi hi. Alaibu gel dangte: Digital Fortress, Angels and demons, Deception Points, 187

lungsim sienthounate nei nanulei hagau lam sienthouna i neisih uleh Pasian toh kituohtheilou, itung ua Pasian lungkimlou ding hi. Laibu giel minthang Norman Vincent Peale in tambang in ana gen hi “ Ataangpi in, mi Biehinn a kikhawm gigate leh sakhuo na ngaituo a Pasian limsahte a damsawt uhi” achi hi.

Tampen atahsa uleh lungsim lam ngaisutnate uh Pasian khuta akikepsah zieh uh khu lungdamtah a aumthei zieh uh ahi, achi hi.

Damtheina: Damtheina khu itahsa pumpi tung a natna (disease) neilou a, lungsim damtheina, khotaang hinkhuo a midang toh kaal a damna leh hagaulam (Pasian toh kaal) damna i nei chiengin damthei akichi hi.

I tahsa pumpi (khawl) (engine) ahi chi i thei angai a, i etkoldan zil in ahoi in ahoilou thei hi. Mawtaw zong a (khawl) (Engine) zieh a taithei ahibou a, a khawlthau (oil) te thun a, a votsahtu ding tuite thun ahilou chiengin a kaangsethei hi. A tuite, Oilte thun mananlei zong a thun ding bang tah a i thun sih leh a kaangse thei veve hi.

I tahsa pumi in i damtheina ding in poimaw chituomtuom a nei a, tamte khu i neh leh dawnte tel in i nichin hindan, khosah dan ah zong a telkim hi. Tuaziehin, i nichinumdan, khosahdan eima ki enchien in, itahsa a ding a hoiloute khu bawllou mai di ahi.

I tahsa ang hoi a, i damtheina ding a silhoi i bawl dingte bang atadie? I tahsa hoina ding a i bawl ding tampi a um a, tuate lah ah tamlou itahlang ding uhi:

1. Ann hoipente (Basic Foods). Nichin a neh leh taha tel ding a poimawte:

2. Anteh - louhing leh theiga (fruit) nehtam:

i) **Annteh - louching:** Ankam jihlum, Pakbawh, mai, maite, belowiga, belowite, mehnal, begul, tangkha, bohbul, anjaang, carrot, tomato, maipuon maruai leh adangdangte. Theiga (Fruits): Nahtang, haai, kawlsing, lengthei, sapthei, singtangmai, tangmai, dawnkhaw, mazel, kawmla, champara/ nimbu (lemons), apple leh adangdangte:

ii) **Protein Foods:** Sa, Sasin, ngasa, ahtui, bawngnawi, belampeng, dal, bekan, bee, bean leh a dangdangte.

iii) **Carbohydrates:** Bu, baal, vaimin, wheat, allu, kaw kai, hakai leh adangdangte

iv) **Fats and Oils:** Milk and dairy Products - bawngnawi, butter, cheese, sathau - ankamthau, badamthau, bekanthau, nipipathau (Sun-flower oil) leh a dangdangte

Tam atung a Basic food groups hing kitahlangte, Group zousie a kipan in chini chiet beh nichin ineh bolna ah telthei zing leh i tahsa damtheina ding in apoimaw hi.

2. **Ahunbih nei:** A hunbiyh neitah

a anneh, chi-al, ahun , athuo leh athah (malta) te khu ahungiep nou a neh di.

3. **Tuivot dawn tam:** Nichin in a tawmpen in tuisiengthou glass nou 8-10 beh dawn gige ding ahi.

4. **Exercise:** Gim senglou a jingkaal teng a exercise lah zel ding ahi.

5. **Sienthoua:** Ahithei liei leh nichin a kisilsieng zel ding ahi. I puonsil leh tente, adiehin nihnuoi sungteen, tawkanuoi sungtente nichin a hena sawpsieng zel ding ahi.

6. **Khawl/tawldam (Rest):** I tahsa in exercise akiphatnuo bangin, khawla, tawldam hun nei zong akiphamaw a, i huah leh thazam (nerves) ten a poimaw dieh ua, khawldamna khu i mutseng mai a kimu thei ahi ziehin, i tahsa in damtheina hoi a neitheina dingin, i tahsa i mut a poimaw hi.

Nikhat a itahsa in kimut hun ding a a poimaw za itahlang ding uhi:

- a) Piching : Naikal 8
- b) Naungheh kum 1 nuoilamte : Naikal 16-20
- c) Naungeh kum 2 apat : Naikal 14
- d) Ang letdeu chiengin : Naikal 10

7. **Huisieng (fresh air):** I damtheina ding in itahsa in huisieng a kiphamaw a, innsung a huisieng ang lut theina ding in kotta leh ventilation hoitah a nei akuul hi.

8. **Ziet - leh - vei sienthoua:** Innkim khu siengthou taha kephoi zing ding ahi a zieh ahileh, innkim a

siengthou lou chiengin natna puo thou leh thoukang/thousi thouvai/Zusa leh adangte pengsah thei in hiipthei hi. Thou, a diehin entalei, thou kichi ganhing neunou hinanleh mihingte melma lienpen ahia, mikhenkhatte'n a chilieng ua dih zong a dih hi. Thou kichi ganhing lah a akidahhuoi pen leh siengthou lou pen, ani'n lah a hing pawtkhie ahia, adamsung khu tom nou hinanleh anaseppi pen ahileh mihingte lah a natna thezahtu ahi uhi.

Thou kichi aneuseng ziehin ganhing mulkinhuoi ahilam i phohngai kholsih ua, hinanleh akengmul leh a kengnuoite ehlah, zun lah khahsaw leh sil kidahhuoi teng atosna ehneng zunneng lah tuate ah santen hih, TB, Tuphoce hih leh natna chi tuomtuom hih in dim uhi. Tuaziehin, thou in i neh dingangbawlchiengin ehneng, khasaw neng leh natna hih chituomtuom ineh ding ah ang thezah china ahi.

Tuaziehin, thou khu i melma lienpen ahi chi thei in, melma lienpen in en vai in, i melma lienpen ahi chi thei in thagapsieng tum chiet vai. I thagapsiengna ding un thou in bang e ahuotpenichi leh sienthoua ahia, iziet ivei leh i innsungte uh siengthoutah in kem ulei tuakhu thoute hagamsiengna damdawi ahi hi.

Simtute zousie Mangpa'n hing guoljawl ta hen.

TheDaVinciCodeSuichienna

*Rev. Hangpi Manlun
Simveng, Churachandpur*

Tulai a leitung buppi in a buaipei leh nasatah a kidou dal khu The Da Vinci Code thu ahi. Ajieh ahileh tam thu khu Khristiante Pasiengensietnaleh tanchinpha nangawn dalthei ding khop ahijieh in eiten zong i sui chien ua, i thei chien uh kul-in-apawimaw hi.

1) Background: Harvard University a Professor of Religious Symbolology Dr. Robert Langdon in Paris khuopi a Louvre Museum lamkaipa Jacques Sauniere (Sa shina) shina tungtang a suina lam ah Jesu tanchin lamdang tah, hunsot tah sahkhua sil jieh a na kigen khielou thu a mukhieh thu a gen hi. Jacques Sauniere luong khu Louvre tung ah guahtang (sa guah) mu ahi. A tahsa ah ama sisan ngei in thuguh lamdang tah tah (Cryptic message) a kigel hi. Ama lah milim gel siem leh minthang Leonardo Da Vinci milim gel khat 'Vitruvian Man' bangin alim agel hi.

Tuachiin, Sauniere that tu mukhie ding in a tahsa a thuguh kigelte khu thei chien a kul hi chiin ang sui chien ta hi. Tua

thuguh kigelte thei chien som a ang sui chientah in, Jesu khun zi in Mari Magdalini a nei ngei hi chiin Sauniere a mukhieh thu a gen hi. Tamthu guh khu leitung buppi thei a puan khieh mai ding chi a jau jieh in a that uh hi. Asil mukhieh khu Da Vinci suloupi ding a milim gel siem leh minthang The Last Supper (Jesu leh anuajui 12 ten Mangpa vumkhawl An aiim lai lim) toh kizopna aneisah ta zel hi. Tam lim a gelna ah khun Leonardo Da Vinci khun siem tah mai in Mari Magdalin khu Jesu nuajui 12 lah a tah lam a tou in agel hi.

Tuachiin, tualthana huaisie tah suikhieh somtu Robert Langdong (Tom Hanks) leh thuguh suisiem (Cryptologist) Sophie Neveu (Audrey Tautou) te kitheituahna khun ma ahing son tah tah hi. Sauniere khu Jesu leh Mari kitenna theipitu, ahin miten a theilou na dinga pawl bang a kipunkhawm Preory of Sion um ahi uh chi a thei

Ei Zou gam sung ah Khristian te'n Pasion thu awi chi pen i tam ta , hinanleh Pasion thu zui siem, Pasion zau tah a, a thu zui i tam naisih uh a Hagau lam leh tahsa lam ah Pasion guolzawlna i tan lam uh i thei tahtah naisih uhi. Pasion Bible apan in i mu chiet ua, a lim kikheng bang bep in i mu uh a, kolte Pasien milim Pasien kengte bawl in i bawl uh ahi bou hi. Amel chauh i mu ua, Pasion bang chibang e chi thei a kul zet ta hi. Pasion in lungsim anei a, mit anei a, khut anei a, kam anei a, kengzong anei hi chipen i mu thei samta ua, hinanleh a lunggel bang e, a etnuom bang e a tham nuom bang e, a zotnuom pen bang, tualeh a silbawltheina bang e chi i thei theina pen i gintat zoulou

zieh uh ahibou hi. A lungthah thei a, a lungdam thei hi chi theitha va ui. A lungthah leh meikuong bang a hing katum thei ahia, a lungdam leh khanton nopsa tah a, hausatna chikim nopsahna chikim hing pethei pa khu ahi. Na hinna khu aman a khut in ang bawl sah sih a, ama hinna mama ang guonlut ahi zaw hi. A lungthah leh lah bei chi umlou a mei a hing hal hal thei Pa khu ahi.

Mimal list leh Mission Box suhdihna

- | | |
|---------------------------|---------|
| 1. M/Box | - 5517 |
| 2. Upa Selchinkhup | - 330 |
| 3. Nu Zouching | - 450 |
| 4. Awnchinkapkhuo-Tangkou | - 360 |
| 5. Letsei | - 35660 |

T. Singtam khotah ding mun latna

- By Rev. M.G. Nehlian

Apeisa date 21/02/2011(Thawtanni)1:00pm in T. Singtam khotah saatna ding mun Rev. Nehlian (Singngat District Bieltu Pastor) in Pasion kungah latna ava nei hi. Tam T. Singtam khotah latna khu Hausapa Pu T. Lianchinlam in a chielna banga ava bawl ahi. Tam khotah ding mun ahileh Maukot apat Km. 20 vel a gamla dinga gintat ahia, chiengpi apat Sielbuh lam Tanggeng dung kizui in tuonah zietlam ah Sialbuh phahma'n kipiel a, Tanggeng lui Tuivai tan kizui suh hi. Tuivai tunsuhna Tuivaipang ahia, Maulei mun jaang nuom mama khat ahi hi. Tulaitah in tenglei (suspension bridge neu) abawl saan laitah uh ahia, tualeh Programme tomkim kijang in suongphumna leh Khross phuna zong kinei ngal in tawpna guoljawlna toh kizou hi.

Tam T. Singtam khuo a Hattuum ang din chiengin Zou Synod sungah Local Church a 63 na bang ahing pha tading hi. A pichin theina dingin Pasion kungah thumna in theizing vai.

REPORT:

The 30th PCI General Assembly Gospel Campaign

Thupi: Jesu Hinna Tuinah

- Rev. Nehlien

Amasan report bawlthei dinga damna hing pie kumtha, hatha leh nitha hing petu I Mangpa Pasion kungah kipathu igen toh kiton in simtu jousie kumtha chibai ka hing bawl hi. Tam atunga thupi kitahlang pansan in PCI General Assembly Gospel Campaign 30 na apaisa December 16-19, 2010 sungin Guwahati khopi leh akimvel ah Bible tract 15,000 vel miela um Pasion theinailoute kungah hawmna kinei hi. Nitah chiengin ka biehinn kaina mun uh Mizoram Synodte Assam Mission Field mun Satribari Presbyterian Mission Compound ah ka nei jel ua tuanah ka nasep daante uleh ka siltuo(experience)te uh report pekhawmin thuumna ka nei khawmjel uhi. Kum paisa te in zong PCI in mun tuom tuom ah ana bawljel in I pawlpi in zong Synod apat in mi ana sawl jel a, tuachin tutungin zong Rev. Kapsuanthang(Leader),Pa Stephen Khupsianlal,Nh Lawmnu,Nh. Amanda Ngaibawi leh kei toh mi 5 pawlpi vaihawmten a hing na sawl uhi. Tuachin PCI nuoia Synod tuomtuom apat mi 73 kipeikhawm thei hi. Amaute ahileh Mizo Synod-31, KJP Synod(Sepngi)-11,AMFW(Assam Mission Field Workers)-9,Ribhoi Synod-7,Cachar Hill Tribe Synod-6,ZPCS-5,Manipur Synod-3,KAGAA-1 ahi. Reportna a chiengzaw deuin ngai khe vai:-

December 14, 2010
Thawleni Program khat pouah vaigei sangin vaimat ahoi hi china toh bandh thawm leh huipi laangten ang jaap phah louna ding leh Jiinmang Henkol bul a umte tankhe dinga kuonte, miel aumte vaahsah tu ding a genthei leh bawlsiet tuo ahile zong tuoh ngam dinga Zou Synod apat Gospel gaal-haang (gospel warriors) mi 5 kuonkhete nasepna adaal phah lou na ding in ka lamkaipa uh Rev Kapsuanthang in ticket ana ma booking zouta ahiman in tuni jingkal in royal rajdhani parking ccpur ah kisutuoin dah 7.45am in Nu Chingbawi(pa khupsianlal zi) in Pasion kunga thuumna neiin ang hakhie ua ka lung uh adam mama hi. Tuachin ka khuolzin uh kipan ta hi. Phaiah sawtsim khawl in tuachin Sekmai ah jing ann ne in tuachin Manipur gam nuasiein Nagaland gam sunga ka tum mang vingveng ua jankhuoin bus tungah ki tou-ihmu den hi.

December 15, 2010
Nilaini tujingkalin ahileh

ISBT (inter state bus service jousie khawlina mun) katungua tuana pat in Paltan bajar a network travels counter ka tung ua tuana pat in I Upa hawmthaw leh iid huoi mama Upa Ginkhanlun in a umna mun Downtown hospital lam apat hing del phei pai in tuanah a inn uah thuumna toh kivaidawn in ka khawldam ua ki silsiangin jing ann ka ne ua suun lam in “Eden huon” ah kava luud ua Pasian siemsa gamsa juleva tuom tuomte etna kanei ua khenkhat jumsim khenkhat jausim leh khenkhat kipahtahin aum ua Pasian silsiem saleh ganhing julevate leh guulpite bang kamu un Pasian silsiem thupina leh melhoidante ka lung sim ang kilang hi. Nitahin ka zin uah kile in thuumna te bang neikhawmin hunte ka zang uhi. Tambanga hing na khotuo Upapa, azi Nu Kimnu(amaitai leh nuimel zing) leh atapa Lialian (koute mit a pang) tualeh ainneipa uh Dr Nenglian leh azi Nu Lulun(kamu pat in saapnumeite kahisah hi)amaute tungah ki lungkim seng ahimanin akung ua kipathu igen a Mangpan kumleha te athah bangin amau zong lawchinna tha leh guolzawlina thate toh guolzawl in umpi jing ta hen chi ka thuumna uh ahi.

December 16, 2010 Ningani TunitahinSatribarimissioncompound munah common mess ah ann ka ne ua tuachin biehinn kaina ka nei ua palai hing peikhawmte kimutuona

kipulahna nei in thuumkhawmna ka nei ua ka giena lam chiet ka juan ta uhi. Giena mun dinga ahing pieh uh ahileh Mizoram leh Khasite biehinn gei a CASA te compound ah agiehsah ua kou CHT leh Zou Synodte ahileh CHT Guest House ah ang tungsah uhi (ka biehinn kaina mun ua pat in minute 20vel kipai jel hi).

December 17, 2010 Ziltawpni Tuni jingkal in biehinn ah devotion ka nei ua Rev Thanglienmang Hangshing(CHT) in devotion ala hi. Tuazaw in participants mi 73 te khu group 5 in ka kihawmkhen ua Rev David T Lhouvum Administrative Secretary PCI in orientation(ahawm ding dan leh akisaipi sil bangkim) a hing neipi a, “at this kind of gospel campaign I was twice chased with a dao... so even if you know Karate(kungfu) you should not retaliate this time all you should do is LOVE....”(tambang gospel campaign ah kei zong kana pang ngei ta a, nivei temsau toh ang kidel ahi tambang huna Karate ahisihleh Kungfu ithei zenzen le zong ikithuhlou phot ding ahi iidna khu I van zah thupipen hi ding ahi) chi in hanthawinna thu gen in Joshua zong Pasian in Jericho Kulpi mihing thahatna tel hetloua alahzou sah bangin nanglekei inzong Setan kulpi ilah na ding ah thuumna a poimaw chi thei in tam Pasian thu (Bibl tract) I hawm laiin I lungsim a thuum kawmkawm in ma sawn jel

Lei leh Van a Gualzawlina natan nop leh silthum nazau angai

- James

Sam 24:1 Van nuoi a sil um zousie Mangpa a ahia, a sung a teng mihing zousie ama a ahi.

Pasian i bieh lungkim thei na ding in sil thum zau a ngai ding hi. Khat na ah, Pasian zau a kul masa a, Nina ah khelna na zau kia angai a, a thumna ah, meidil zau na a kul in a poimaw hi. Sil zousie a hing kipatna Pasian a ahi a, sil zousie a kam a thu pot a siem ahi bang in sil zousie Pasian in a kam ma in a su bei zel thei hi. Pasian mah pawng zau ding hilou in gawtna lam ah sapsiet na lam ah i zau ding ahi hi. Aman a siemsa na hinna pen sil zousie umna ahia na hinna mama a suh bei chieng in sil zousie a bel zel zel hi chi thei in na hinna a siempa khut a um ahilam phoh zing in. Aman a gawt nuom leh a gawt thei a agawt nuomsih leh a gawtlou thei hi chi phoh gige in. Gentena in na damsung bangma sem theilou in zeng tan chitaleh a zeng mai ding nahita a, hausa in ang chi leh ahau mai ding nahi. Tuaziehin na dei na ngai te na mu theina ding in Pasian zau dan kisin in.

Tualeh na hinna siempa na zau theina ding in khelna zau kia in khelna zaal a sih ding i bat uh ahitah a khelna ma zau kia in khelna ma zaal a Pasian guolzawlina i tan law uh ahita a, khelna ma zaal a i thu ngetna uh Pasian toh kizop theilou ahita a, i khelna zaal in numeite'n nau neina lam a gentheina atan law ua, khelna mama zaal in Pasal

ten neh hawlina lam ah gimthuohna khosa ul kai a neh thalaw atanna uh khelna zaulouna a hing kipan ahi chi phoh zel zel in aw. Khelna khu Pasian suh lungthah na van lienpen ahi hi. Khelna khu ahuot luot zieh in Pasian in a tapa Jesu eite khelna sopsiengna ding in ang sawlta hi. Khelna pen guoh ahaw sih a a umna, a tennanu, atennapa toh a haw tha va ia hi. Tuazieh in mihing in Pasian zau dan i theita a ahileh khelna zong i zau a i huot ding dan ahi a, hinanleh Pasian pen i zau a i it tuntun ding leh i lungsim zousie i hatna zousie leh i hitheina zousie toh i it ding ahi banah i zau ding uh ahi hi.

Tualeh khelna i zau na in meilipi zau a i taisan theina lampi umsun khu Pasian zautah a it a, Ama huot pen khelna i huot a, i zau leh meilipi zongzau in i tansanthei giap ding a, khelna i zau a, Pasian i zau leh lei khu leh van a Pasian guolzawlina sil thupite i tang thei ding hi.

in, thamlou in Lamkai a hing kiguot ding ahi chi a thei te'n zong Mangpa Synod sung a semtuten Galati 5:22-26 hagau gahte anei uh a, keima'n tuahte neilou ka hi man in, tuah bang hagau gah neite guot mei in, chi'n anngawl thumna tawh panla vevaw in" Ahin ut leh utlou thu hilou in, panmunte/telkai a umte, Pasian lemguat ahiman in, pan nasahtah in la in, na ahing sem uhi.

Tua mabang in Local chin ah zong, LCC ding kitelna hing um in, deisah tuom nei kingkenglou/umkei lou in, Innsuon a "Pa" som-a-khat pehte, mihing leh Pasian ngai a kilawm tahin tel in a um zel hi. Tuah tel a umte lah ah, Chairman ding leh Secretary ding khu, Sum leh Pai, Numei, Pasal a gen bangloute akitel zel hi. Tam atung abang a kitelna um khu asiengthou a, Mangpa'n a guolzawl ding hi.

Lamkai: Lamkai kichi khu, Lungsim siengthou neite a ding ahigiap ahi. Mite'n mi lungsim sieng chia agen gua hilou a, Pasian in, (a) Noah-mihoi umsun, (b) Joab- Ka mi ginum, (c) David ka lungsim puah, (d) Abraham - Pasian lawm etc tuah bang mite khu Hattuum lamkai dingte ahi uhi. Thamlou a Hagau Education, Class XXIV Examna I Timothi 3:1-

4,6,7 & 11 a 1st Division a passed te khu Lamkai dingte ahiban ah, Atopna lai Hagau Education, Nasepte 7:55-60, Lk. 23:34) . Mi'n atung a shina ding abawl leh zong "Mangpa atheisiem lou zieh ahi uhi. Ngaidam in" chia thum thei mite khu Lamkai ding ahi giap uhi. Tam atung a lamkai ding ichi khu mihing hihna a zawh thei hi kilkellou sil ahia, Pasian akipat kizou thei giap ahi. Tasah a lamkai khu "Milian" ahia, Hagau a lamkai khu "Mineu" ahia, Hagau lamkai mite anasep ah aki lang ahi. Mite'n Hundamna amuh thei na ding a, ahun zousie zang bei ngap, Sum leh Pai a poimaw leh leigou leltah chia apoimaw dungzui a, a Inn alou Barnaba bang a zua ngap. Building inn ah kimu tamlou, Liengvaite, Khamtheibawl te, Jukhamte, Gutate, Damloute a dia kipumpieh ngam tuah bangte khu Lamkai kichi ahi. Tua bang hilou mi khu "Nungkai" kichi ahi.

Tam atung a, hattuum min ding leh mimal min a zong pilvang thei ding, Pasian kipahpi mama min nei thei ding leh kitelna siengthou tah nei thei ding leh, Lamkai dia Pasian thu tawh kituohte lamkai a i nei theina ding un, kisie thei dingin, simtute zousie Pasian in guol hingjawl in vang hing buoh taken. Amen.

lei achia, ka bawn ua thuumna ka nei uleh 9:55am a ging touta a, ka mun chiet uh juon in ka kipan khe ta uhi. Ka area ding uh tambang ahi:-

Group 1- Adabari(right area)
Group 2-Jalukbari (Maligaon area)
Group 3-maligaon 1(railway colony sunglam)
Group 4-Maligaon 2 (railway colony polam)
Group 5-Adabari (left area) ka paina ding mun uh pen Guwahati khopi nawl ahijiehin kenga paiphahna dinga gamla ahichiengin
Group 1&5-Bus "A" in akuon ua, Group 3&4 Bus "B" ah kuon in tualeh Group 2 te ahileh PCI Bolero & Assam Mission Field (Mizo synodte) Bolero in ka kuon doh uhi. Tamna ka Bible tract hawmte uh Assamese,English leh Hindi ham a kisun ahi. Tuate ahileh
1. Love (Iidna)
2. Where is your way? (Na lampi zui in heisung ang tun diei?)
3. Do you have life? (Hinna na nei tai?)
4. New Testament (Thuhuntha) bu leh adang zong ahi. Tami hun ah group tuom tuom a kihawmkhenta ka hi chiengun experience daan akibang non sih dinga hinanleh ataangpi in amun ka tun chiengun ka kihawm khen jel ua tuachin kouma son chiet ah ka Bible tract tawite uh hawm in ka buoi chiet ta uhi.Tamnah alatute umdan akibang kimsih hi. Khenkhat in ala ut sih ua,adangten la in tomkhat enjual in hing pekia bang, la in sim,la in lamdangtah a en, la in sakhaa a guong,ipieh masanga hing saang

bang, tanlou khah ding jau awmtah a ana ngahla bang, bang dinga tami na hawm uh e? chi bang, Bible tract ka piehte atam senga hinanleh mi 3 amin uh kang tahlang ding thuumna a ithei ding un
1. Dipul Barman, Jalukbari aum,Assam Police Gauhati University maia duty ahi.(NT 1 & Bible tract 3 ka pie a)
2. Bahadur ,Maligaon
3. Chirajul Islam, P.O.Meruattary via Mukalmua,Nalbari Dist.Assam.(Kum 50+ vel mi,NT 2 leh tract 3) tampan ang hanthawn kawia 1pm velin ka zou ua ,Hotel Nilam,Jalukbari,Gwhty-14,Rajiv Chowk Traffic Circle ah singpi dawn in Pan Bajar(flyover heng tan) City bus tuongin AT Rd juiin Satribari Lampi juiin Mission compound ka tung ta uhi. Tunizaan ahileh biehinn ah kikhopna umlouin Maligaon North Frontier Railway hengah lud in tuami sunglam traffic Circle mun khat ah Street Open Air Preaching ka nei ua amasan late sakhawmin tuachin lasasiemtuomtuomtenlasaineisynod apat in zong Stephen Khupsianlal in "Mere Dil Me ..." chi la awi heuh heuh in ngaikhetu(audience) te zong ngei kisain jusip vasip kibang mai hi). Mrs. Lalduhawmi Kolita (a pasal Mizo tua umnonlou) in Pasian thu tangkouna Assamese ham in anei hi. Thupi Jesu tui hing lui pan san in " I hinkhuo uah dangtahna tampi auma, hamsatna, leitung silmanpha neilegouten kipana ang pethei sih a, "pooja" bawl nan lei zong sildang bangma in tam I

dangtahna uh aphasah thei sih ding – Jesu Khrist Hinna tuinah chi loungal a pethei dang umlou ahi chi in Assamese ham in agen a jan 8.04 in ka kikhon ta uhi. Satribari munah kimu khawm in tuanah report ka bawl ua 9.15 in ka giena mun chiet khawl dam dingin ka juan ta uhi.

December 18, 2010 Kiginni Tujungin ka leaderpa uh Rev. Kapsuanthang in John 7:37-39sim in devotion ala a “...as water is a source of living if we are to be a blessing to others we are to abide in Jesus... Psalms 8 we are created by God to glorify and magnify His name...” tahsa a tui amanphat a mijousie a dinga hinna ahi ma bangin midangte a dinga guoljawlna ihi theina dingin Jesu tui hing lui a ium zing poimaw ahi dan gen in I hagau hinna dingin Jesu manpha ahi dan tomkim in agen a Stephen Khupsianlal in “higher than the mountain”chi laa sain thuumkhawmna akineia Mangpa thuumnan hun kizouin Rev David in hun ala a 8.30am hing gin toh kiton in devotion hun kizou hi.Jing ann nehaw dah 10.00am in Bible tract hawm dingin ka kipan doh kia ua tuni ahileh area kibang nonlou in tam anuoia munte ah kava hawm uhi:- Group1-Rehabari,Paltan bajar, Nepali mandir. Group 2- Shantipur, AT Road. Group 3- Mayur Gate No 4, Fancy market. Group 4- Notunagar,GMC area,Bangagar area. Group 5-

Satigaga (neighbouring area). Nitah in Street open air preaching zanhia ka neina mun uah kava nei kia ua Mrs Lalduhawmi Kolita in thugen in 5.55-7.55 sung kikhopna leh Pasian biehna kanei ua Satribari mun 8:56 in ka tung kia uhi. Tunia athugen lahtom: Mt.11:28 a semgim leh puohgih po jousiete aw ka kungah hing pei un keiman khawdamna hing pe vang chi pansan in Zakai in Jesu kimutuona thu agenna ah Zakai banga eiten zong I lungsim ihon ua Jesu i ludsah ding ahi. Tuachiengin Mangpa I lungtang ah ang teng ding ahi. “Mandir” tuom zong ngai sih va. Na lungsim uh suong banga taah ka nem sah ding ... keima lampi, thutah leh hinna ka hi keia peilou koima pa kung tungsiah va John 14.5 . dah 8.00pm aging phialta a Maligaon circle apat hing kipan doh in 8.40 in mission compound ka hing tung kiata uhi.

December 19, 2010 Pasianni Tujungkal Rajkumar Manipur Synod in devotion ala a Jer 17.5-10 sim in mihing lungtang khu gilou tawpkhawh ahi a, miten I lungtang aed uh ahijiehin khantan hoi puonjahna ah amasa a I lungtang leh ngaituona a gilou/khelna umte khu ithalia masangsie Pasian imu thei sih ding uhi. Tualeh luigeia singkungpou ibah zing ding zong kiphawm chi hi. Thuumkhawmna bawl in Mangbiehna in ka zou uhi. Devotion zaw in zanhia ka Bible tract hawmna uh report

MinElection/Lamkai

By - K.C. Mang

T am atung a, mihingte min, panmun & kitelna siengthou ban ah Lamkaite misiengthou ahih ding genthei nalai leh zui theina lai ding a hinna damna hing pieh i bieh Pasian min phat in umta hen.

Min(Name):- Leitung kisiem chil a kipat in Pasian in, mihing leh sil zousie min nei dingin a siem hi. (Gen. 1:2-31, 2:25) min in umzia anei mama a, min in mi ahinkhuo atamzaw apuihuoi hi. Abram khu innsuangpa min ahia, Pasian in amin kehlian in, Abraham ahi sah hi. Amin umzia “Nam zousie Pa” (Gen. 17:5) Thuhuntha ah Jesu Pasian tapa neisun ahia, amin umzia “Khovel a mikhielte hundampa” (Math. 1:21, Johan 3:16). Tuamabang in eite’n zong Pasian guolzawl na tang in, Presbyterian, hattuum Upa Vaihawmna” I Timothi 3:12 sung a thei dingte hilou a, zui zoute vaihawm ahiman in ibieh Pasian min i phat kia uhi. Pasian in huapzou min ana guolzawl hi chi, Pa Abraham leh I Mangpa Jesu min a kipat theikhia ahi man in, tuah bang hing theikhe sahtu Pasian te Pasian, Lengte

leng, Bangkim bawlthei Pasian min i phat sawnsawn uhi. Tuahzieh in Hattuum min ding khu, Chi leh Nam min, Beh leh phung min pou zah mei ding hilou ahi chi i theichien theina ding un, I bieh Pasian kung ah ngen va ui. Azieh pen, Eite khang aki chaina ding hileh zong adan umdeu van, Khang hing peitou zel dingte ngaituoh in. Synod min etphat hoi ding in panla thei dingin, aneipa kung ah ngen va ui.

Election:- Synodakipat District tan ah “Nomination” Committee te’n Lamkai ding leh member ding in, Nasep 6:3na a hihna zoute giltah a enchien in, Anngawl thumna tawh Pasian dong in, deisahtuum nei kingkenglou in, ahing guot zel uhi. Thamlou in semtute bangzong a umna ding mun uh ahing kiguot na ding anai chieng in, “Mangpa ahasatna chia miten agenna mun ah hing koi in aw” chi’n anngawl thumna tawh panla

2) Naupang toka	- Pice 10	3) Phin	- 2
3) Dialvat	- Pice 3	14. Tv. Tungzamuon Lamka District	
9. Lamka District H/Q Church:-		H/Q Church - Rs. 100	
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12. Phailian PWF:		1. ZPWF Khawmpi Lamka District H/	
1) Puonna	- 5	Q Church ah Date 11-13 March 2011	
2) Toka	- 2	ah um ding	
3) Anntang	- Kg. 2	2. Tailoring Centre Dt. Feb. 2011	apat
4) Asum	- Rs. 400	ding	
13. Missionary Rev. Thangzalun:		3. Tunnu limbel Zomi Colony	
1) Satem	- 1	4. Pa Limsei Tuibuang tu leh ta Delhi	
2) Kholkhau	- 2	Hospital a Diabetes et kawl aum	

Muolsuong Honna tung a kipah thugenna

Date 22nd January, 2011 Kiginni in, Buhsau Hausa Pu. Ginchin Tapa tah pen (Late) Khamchinthang milmauna suong honna aki nei ah, tuomi ni a ahing uappi zousiate tunga Pasian min in kipah thu ka hing tut hi.

Khumi ni a koipou U-le-nau, Nu-le-Pa, Lawm-le-Guol, Pastor, Upa leh UZO lamkaite in Lampi hahsa pi hinanleh, na hun neisun te uh nuosie a, Ngaina tah a muolsuong honna a ang tel jieh un, mimal a kipah thu gensenglou ka hi man un, tami i Khristian Tangkou Magazine tungtuon in kipah thu kang gen uhi.

Mangpa’n ale tampi in hing guolzawl tachen.

-Upa Gouchinthang,
Buhsau

tujingkalin ka bawl uhi ajiehpén zannitah pen asawttah banah ka gim/ tawl seng man un. Tualeh tam gospel campaign lawching leh hoizaw sema akibawl theina dinga ngaidan sharing na ka bawl uhi. Tuachin 9.10am in Rev David in hun ala a theitawp isuo uh ahia, tutung I thuum tawm seng un kathei hi akia chiengin vang I dam uleh jankhovah thumna bang bawllel hoiva achia 9.22 ang gin toh kiton in ka kikhen ta uhi.

Pasianni suun 10.00 service ah KJP(SEPNGI) apat P/P Balawan in Pasian thu genna aneia aman Jauna(fear) jiehin I bawl ding a lawm sil tampi I bawllou aum hi. Jauna leh ginlelna(doubt) te khu Pasian toh I kaal a daaltute ahi. Bang dinga na ginla ahiei? Chi in Mangpan Peter ana gen hi (mt.14.22-33) Peter in zong Jesu mai aet zing lai in tui tungah apaithei a hinanleh jesu en nonloua akiim apaam a huipi leh tui fawnte aet tah chiengin tui sungah atum suh ta hi. Tuama bangin nang lekei zong jesu enloua khovel thupina te iet chiengin khovel khelna tuipi ah itum suh leng jel hi. Isai 41.10 ah Jausih un keiman kang umpi hi achia, ginlelna khu lawsapna umsahtu ahia ginna hinkhuo ah tambangte atahtah ahidan theisiema ginlelna chiteinei chiengin pilvan ding ahi. Dawimangpan tam ginlelna vanjah in anei ud leng a Pasian silbawlltheinate I ginlellou haam ding ahi. Pasian zie pen a vaigei

hun aum thei hi. Hinanleh muongla louin gingta himhim va ui. Jausih va ui. Pasian khu hattungnung pen Pasian ahia. I hinkhuo ama vaihawmna khut a um ahi. Vanney buppi ama bawl ahi. Bible ah jau sin chi 366 a tam aum hi tuajiehin eiten nitenga ijau lou ding ahidan angtheisah nuom ahi. Thupiah Loupi (the great commission) supiching dinga ngansie ihi uhi. Eite panpi dingin Hatpen Pasian aum zing hi.” Khovel tawp tan in ka hing umpi ding hi” achia I jau chiengin Pasian umpina phawh lei I jau sih ding hi.. Pasian umpina iphawh lou chiengin I jau jel uh hi in ka thei hi. Bang dinga I jau e? Bang dinga I ginlel e? Pasian eite kunga aum jing jiehin ijau lou ding uh ahi. Bang tobanga dinmun hahsa ah um lei zong I jau lou ding uh ahi. Immanuel- Pasian eite kungah aum hi chi thei leng vai.

Pasianni Nitahlam 01.30 Service Puituin Upa Thienkhomang (Manipur Synod) apanga Stephen Khupsianlal in “ mere Dil me Naya Gana” chi sa kia in Thugentu in KJP (SEPNGI) apat Rev Nongrup in thugenna anei hi. Text in Revelation 1:17,18 asima “Jesu Pasian hing zing” chi thupi a nei iin point 3 vel agen hi:- 1.Jesu Pasian hing zing ahi ajiehpén aman I thugente ajatheia angaikhie hi. 2.Jesu Pasian hing zing ahi ajiehpén aman I thuumnate adawng thei nalai hi.” Ka pa hospital a damloua aum laiin adamna dingin ka thuum a tuachin

ka thuumna Pasion in a dawng hi”
3.Jesu Pasion hing zing ahi ajiehpén
aman eite ahing musuoh key hi.Eiten
imutheilou vangin aman sil jousie
asie I bawl apha I bawl amu suoh key
a I lungsim leh I ngaituona a umte
zong amu suoh hi. 2.40pm in sermon
azou a tuachin 2.52pm in ka tawp ta
uhi Pasianni Zaan Closing Function
in ka zang uhi. Kipathugenna Rev
David in aneia Nu Lalduhawmi Kolita
in Daniel 6.6-14;Lk 4:18,19 leh Matt
5.6 sim in – Mangpa ah hinna tuinah
kangtheilou muthei ahi chi athei chien
jiehin Daniel in ni khat in thumvei
Jerusalem lam nga in thuumna anei
ahi.Bang chibangin suhjaui sawmin
solkal thuneitute kungah heh in um
in pan la nan ule zong Daniel ajau sih.
– Van gam bus pen jinglam dah 3 vel
a pai jel ahi a, tuami hun laitah a khun
Mangpan mi a pawl jel hi. Mangpa
ibie in I pawl jl na uoi mah? Setan in
Pasion tate biehinn kai ding ahuot
pen ahi a, kiginni jan chienga biehinn
kaite suhbuoi tumin Setan in anoute a
sawl jel ahi chi Mangpan a hing musah
ngei ta hi! Tualeh numeite ngial in
zong i sulte asienthoua dinga Pasion
kunga I lat ngai ahi, chi in hagau gilkiel
dangtah zing dingin chouna a bawl
a, solkal thunei vaihawmte kunga
hehsiet a aum in Daniel athuum jom
jel a, Pasion kunga athuum jom ding
khu bangma akikaiawh sah sih hi.
Daniel in hagaua thuumna hinkhuo
anei jing jiehin ajau sih hi. Hagau

gilkiel leh dangtaahna I nei jing na
dingin Pasion kungah thuumna nei vai
chi in Hindi in agen a tua jouin English
in agen jom a sermon a zou hi.

December 20, 2010 Thawtanni
Ka kikhenni un vante thah in Rev
Thangpu ka leaderpa utoh keima
Downtown hospital lam kava phah
kia un Upa Ginkhanlunte kungah
thuumna leh kipathu genna toh
mangpha kihahna kava nei uhi. Upapa
umna inneipa Dr Nengliante nupa
in kava pai un singpi dawnna ding
chi in Rs. 100/- bang ahing penalai
ua ka lungdam seng uhi. Abaanah
pawlpi lamkaiten kouteng haw
dinga ang telkhietna tung ua zong
amaute deisahna jiehin Assamese
Pasion theinailoute kunga Pasion thu
va kihawmkha leh kigen kha khat
kisuoh ahimanin amaute tunga zong
kipathu ka gen uhi. Mangpan hagau
mangthaite nuomman ang hawmni
chiengin I bawn un I sang chiet ding
uh chi lametna thupitah ka nei hi.

Atawppenin tam sil jousie
guongtuoh a hing lemsah leh
atangtunna dinga a Hagau siengthou
puihuoina toh hing lamkai zing
I Mangpa Pasion in tam I gospel
campaign hing lawchingsah a
damtah a innmun hing tung sah
tu ama thupina leh loupina tang
taangtawn in tang den ta hen!
Amen

ZPWF Column

Pasion mapui na jal in 2010 kum nuom leh khietla huoitah mai a galkai
in 2011 kumtha chidamna hoi pen leh a guoljawlna bukim lametna
thupizawtah hing pui galkai I Pa uh Pasion kung ah nuom thu tut kawm in
thupina i pie masa uhi.

Amasapen in Tangkou simtute
zousie Mangpa Jesu min in kumtha
chibai kang buh masa hi. Tualeh
kumtha ahidung zui in ngaituona tha
atupdan hoizaw leh lam-etna thupi
zaw te toh nana um uh gintathuoi kasa
a, tuobang ding in kahing deisahna
thu kang giel hi.

Tualeh kum bei sa Oct. 2010
sung in District chin in lamkai ding
telthana i na zawh ta mabang un
ahing tung ding March 11-13, 2011
chieng in Lamka District H/Q Church
Lailamveng ah ZPWF vaipoh ding
tel thana Khawmpi lien 4th Biennial
Khawmpi um ding ahi, tuomun ah
Pasion dei bang zel a hing hithei na
ding in i lungsung a Pasion dongzel
kawm in tami ni leh hun te ngaikhaw
chiet ding in Pasion min in Numeite
zousie chiel ihi. Na ngaituona khu
ahing pe pa Pasion a ding in hing
mangin nang tel lou in Pasion itte
kimlou a nang thumna chau na gam in
poimaw hi. Lunglut taha na thum na
in sil loupitah bawl thei ahi. Neupen
lou na hi na Pasion khu na meithaina,

natagahna navangsietna mama te
laha ang kitawisang ut ahi.

Tunnu Liimbel ZPWF Orphanage
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