

A Monthly Christian Magazine
An Organ of the Zou Presbyterian Church Synod



Khristian Tangkou

Vol. 37 || No. 07

(011-26384113)

JULY, 2011



Editor: REV. STEPHEN CHINZATHANG

Khristian Tangkou

Vol. No. 37 || Issue No. 07 || July, 2011

Editorial Board

Editor : Rev. Stephen Chinzathang
- 9863042789
ct_stephen@yahoo.com

Joint Editor : Rev. P.C. Manga - 9856130542

Cir. Manager : Mr. Jamsianmung - 9862086615
sianmung@rediffmail.com

Bus. Manager : Rev. Kamkhosoi - 9436665591
pastorkamsoi@gmail.com

Cont. Editors : Upa S.K. Khama - 9856406454
Rev. Awnkhankhup - 9862828921
Rev. Lamsuanthang - 9862072683
elasty@rediffmail.com
Rev. Thangboi Khuongsai
- 9402735675

ZOU SYNOD ULIENTE

- **Moderator:**
Rev. Lamsuanthang
- **Moderator Elect:**
Rev. Tualzachin
- **Secretary Sr.:**
Upa Tualkhanpau
- **Secretary Jr.:**
Upa Nengchinkap
- **Treasurer:**
Upa M. Kamzaduo
- **Statistician:**
Upa T. Lamkothawng
- **Exe. Secretaries:**
Rev. Stephen Chinzathang
Rev. P.C. Manga

Copies - 1000

AMAN

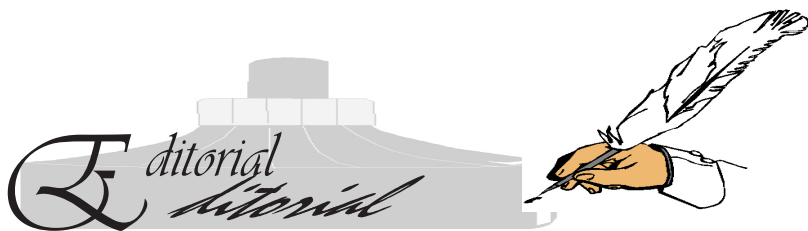
Kumkhat ah	- ₹	40/-
Post ah	- ₹	50/-
Copy khat ah	- ₹	3/-
Life Member Fee	- ₹	600/-
Patron Member Fee	- ₹	1000/-
Memorial gift	- ₹	1500/-

A sung thu

- Editorial 01
- Thu Tuomtuom 02
- Atuom in um un 04
- Damtheina 07
- 2011 Ephesa Suggestion..... 11
- Dohna leh Dawnna 14
- Hagau siengthou leh
Hagau gilou a kidou zing hi ... 16
- Thu a houlimna 21
- Innkuon..... 22

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.



Khristian Tangkou simtu zousie Mangpa Jesu min in chibai hoitah ka hing buh hi. Tu in Mangpa Jesun leitung hattuumte ave na Pentecost hun te a hing ding tou jel ta uhi. Tua ahilai in tuni ei Pasian hing bie Pawlpi in jong Pasian i biehnah ah bang ahei, a kul le poimaw pen chi thei chieng lei a dei huoi hi. Pawlpi (Denomination) khat pouppou pei dan leh kipui huoi dan nei a tu ban nah pawlpi in zong kumkai khat leh kumkai khat ki etkol siemna dingin Session vaihawmna te leh Committee tuomtuom te i nei uhi. Tua ahi lai in ei Presbyterian form of Worship zui ten zong peidan tuom leh constitution dettah inei uh chi i thei zing ding uhi. Abihtah in, membership sum leh pai leh nei tahte kepna pen Synod thaneina ah. Tua khu Synod khat nuoi a umte ding a tup ahi. Tuazieh a i jatad ding uh leh i zui ding uh zong ahi. Tua ahi na a Local khat in khat le ni ngaidan toh hattuum leh pawlpi i pheikai kai ding uh zong ahi non sih. Abih tah in Committee a thu a tun chieng leh member teng lung kituo tah in pei thei ta lei a dei huoi ta hi. Tua lou in zong ei te pen local khat chiet a member hina nei i hi uh ahi. Member hisa khat pouppou a member hina hattuum a amin kum khat gel lut lou a aum uh pem khiet a ahile, apemna mun ah, hattuum mi hisa ahina uh zong a pemping ding uhi. Tuaziehin pawlpi mi hisa ten tami thu jom chiet lei adei huoi ahi.

Tualeh Pasian kung a i thumnate uh Mangpa kung ah kipah thugenna ah ponthawtah in pang jom zel va ui. Tunin i dou te uh si leh sa thu hilou in thuneinate leh lalna dihluo te ahi zieh in ponthawtah in Pentecost ha te hina toh ei zong Synod pen thum hattuum thum pawlpi (Praying Church) hithei ding in Mangpa'n i ma uh hing puizing taken. Khristian Tangkou simtu zousie Mangpa'n hing guolzawl taken.

Thu Tuomtuom leh thumna a theiding te

Singngat District Presbyterian Youth Fellowship Tour Report

- Mr. Pumkhankhau
Leader Singngat District P.Y.F

Singngat District PYF Unit kivetuona vaiguon dated 13 June to 24 June 2011, Pasian mapuina toh lawchingtah a jaw ahia, hun hoi leh damna hing pie Pasian kung ah lungdam thu i tut masa hi.

Tutung kivetuona ah, khuo sawm leh ni (12) tot ahia, kizah dan tangpi te

- Rev. Thangboi Bieltu Pastor, District PYF lamkaite, Unit lamkaite, apat thugenna ngaikhiet ahi.

- Zingkal teng in devotion nei ahia, tuazou chiengin - Unit te apat Veipung, Target, Industry, Poster leh a dangdang khop khawmna nei ahi.

- Dated 16 June 2011 (Thursday) nitah in Hiangtam (K) Unit phukhiet ahia, lamkai te:-

- | | |
|--------------|---------------------|
| 1. Leader | : Pa Langneikhai |
| 2. Secretary | : Sye Goukhenmung |
| 3. F/Secy. | : Tv. Lianchinjam |
| 4. Treasurer | : Nh. Chiinhoiniang |

- Dated 22/06/2011 (Nilaini) nitah in Suohzahau ah PYF Unit phukhiet ahia, Lamkai te:-

- | | |
|--------------|-------------------|
| 1. Leader | : Pa Suan Jacob |
| 2. Secretary | : Sye Khamkhandou |
| 3. F/Secy. | : Nh. Hohoi |
| 4. Treasurer | : Nh. Chiinngai |

Tualeh Suoh zah Unit, aki form zou in - Tour peite phattuum ngaitah in zui ngal uhi.

- Dated 24 June 2011 (Ziltawpni) in nitahlam ann nekhkawmna - Tour peiteng in - kinei hi. Nitah kikhop zou in, Singngat kiim a teng, inn lam chiet ah pei in, azing ni in, agam la teng (agieh teng) amauh innlam chiet kizot ta uhi.

- Kikhop teng in - Special No. Sye Mangbawi, Muvanlai leh Nh. Kikim Muvanlai apat phatna la ngaikhiet zing ahi. Mangpan amauh guoljawl taken.

- Tualeh Unit ki form thei nailou -

- | |
|-----------------------------------|
| 1. Suongkuong Presbyterian Church |
| 2. Zoukhonuum Presbyterian Church |
| 3. Munpi Presbyterian Church |

Amah te a ding in, i thumna ua manghil sih vai.

Awleh, tam Programme awlmaw tah leh ngaipoimaw a - Pasian zatatna nei kawm a, hing kalsuon atawptan, Pa Chinlianhang Muvanlai Unit Leader leh a loite, amau te ziehin, tour peite anuom a, Pasian in guoljawl chiet ta uhen.

Tualeh Unit tuomtuom apat sep leh bawl ding poimaw tampi nuasie a, hing kalsuon zousie Mangpa'n hing guoljawl chiet taken, genchingla a um kha leh Pasian min in kingaidam vai.

Mangpa'n thupina tang taken.

* **Dated 26-06-2011 (Pasian ni in) in buoina bangma umlou in T. Khuongkhai khuo ah Zou Synod Hattuum Rev. Mangmuanthang in Honna ava neita hi.** Avahong a kuon Rev. Mangmuanthang, Suohlam Dist. & Gunpang District Pastor leh Upa Ginzamung, MEP Moderator, Saiboh a um ahi uhi. Inn 11 vel ahi ua mi 70 vel ahi. Atam zawte Thangkhal a um ahi ua, Voh khat that in limtah in annkuong imna zong ava nei thei uhi. Khuongkhai hattuum toh sim in **Zou Synod hattuum 68 na** ahita hi. T. Khuangkhai khuo pen Singheu apat Kilometer 10 vel a gamla ahi. Pasian in i Pawlpi ahing belap piehzel zieh in ama kung ah kipah thu igen uhi. Pasian in thupina tang taken. A hing din tou thei zeln a ding un i thumna uah thei zom zel vai.

* **June issue a isuo:** Kum 10 dan

zel a um Indian Census ah Manipur Population 27,21,796 ahi. Tuateng lah ah a district wise in anuoi a bang in tahlang vai:

1. Imphal West District Population - 5,14,683 ahi.
2. Imphal East District Population - 4,52,661 ahi.
3. Thoubal District Population - 4,20,517 ahi.
4. Senapati District Population - 3,54,972 ahi.
5. Churachandpur District Population - 2,71,274 ahi.
6. Bishnupur District Population - 2,40,363 ahi.
7. Ukhrul District Population - 1,83,125 ahi.
8. Chandel District Population - 1,44,028 ahi.
9. Tamenglong District Population - 1,40,143 ahi.

* **Date 29-06-2011 in Afghanistan gam ah International Hotel ah** Taliban Helpawlte valut in Helpawl 9 tel in mi 21 ashi uhi, chi in BBC news in agen hi. Tam Taliban helpawl ten nichin phiel in mi athat that mai uhi.

* **Lybia gal:** Tuni date 29-06-2011 in Col Muammar Gadatfi in agam uh kum 41 apuoh ning gawp a helna bawlten hakhat val a kidoupi nua un akhopi uh Tripoli anai ta va huoi ta

uhi. Akhopi ua
pat Km50 umna
mun ah Gadaffi
in leinuoi a
akoi khawm
galvan hoitah
tah tampi
kiphin pawl
in a mukhia
ua, galvan lam
ah akiphin
pawl a ding in
phatuom mama
ding in agintat
huoi hi. Tu azop
zel uleh kum 41,
avaihawmna na
pen hing beithe
khong ding
abang hi.

Rev. Nehlian,
Delhi hattuom
enkol ding
in Delhi tung
in, Khaukual
ah P/p
Kaimuantung.

01-07-2011
ni in Workers
thumkhawmna
zong ZPCS
office ah aum
hi.

Atuom in um un

-Upa Khupsuankham

*Contributing Editor, Khristian Tangkou
Central Church*

II Kor. 6:17 “Tuaziehin alah ua kipat in hing pawtkhie unlen, atuom in um un, tualeh silsienglou malmal khoi sih un, Tuachi’n keiman hing napom vang”

Thumapui: Atunglam isim leh Paul in lawkey te leh Khristian te’n hahkol pokhawm lou ding, dihtatna leh dihtatlouna in kikopna aneilou dan, Vaah leh miel in kituohna aneilou dan, Khrist leh Belialin kituohna aneilou dan, tualeh gingtu leh ginglou min bangma tankhawm aneilou dan a getnua in, alah ua kipat pawtdoh a atuom a um (kikhen) dingin thupieh ahing bawlta hi. Pasion thu Pasion siengthou ahi ziehin anin bua, ahoilou leh a dihlou zousie apat kikhen (tuom um) dingin atate adei hi. Tam thu khu Genesis apat kihilna tanah avelvel in imu hi (Gen. 1:4). Pasion in vaah leh miel asukhen hi!! achi leh Kihilna. 21: 27 a (Jerusalem tha a) bangchih ma in silbolte leh kidahhuoi bawl.... alut sih ding ashitan dongin Pasion in atate siengthou dinga adei zieh a tuom umding thu avelvel in agen hi.

Thuhun Lui lam genlou in Thuhun Tha ah gingtute khu silthum akipat a atuom a (kikhen) um ding in Pasion in thu ahing pieh, tuate khu:-

1. Thuhiltu tahlou (False Teachers) apat in: II Kor. 11:13,15 isim leh Paul in thuhiltu tahlou “Khrist sawltah a kiboltawm, nasemtu sawltah tahloute” tam thu ah gingtute pilvang dingin ahil hi. Tualeh tam khu aman Setan in Eden a Adam leh Evi asol toh kizawitawn ahidan zong atahlang hi. (ITim. 6:5) sung ah “Thuhilna hoi” Pomlou a “Kithuhilna dang” hilte apat kihemkhie dingin Paul in Pastor Timothi ahil hi. Tualeh II Kor. 4:3 in “Kithuhilna dih a ngaikhieh peilou hun uh hing tung ding ahi” achi hi. I Pet. 1:3 in gingtute lah a “houtu tahlou” ahingumdingthu ahinghillohna ang pie hi. Chillai guolneite lah ah zong guolnei tahlou ana um thu Peter in akohmu hi. Tam thuhiltu dihloute thugen ziehin Pasian thutah gente khu gensiet ahi ding uh chi’n Peter in agenbelap hi.

Tualeh (II John 9:11) sungah Apostol John “Khrist thuhilna” dungzui a umloute inn a zong tungsahlou ding leh kampha a zong houpi lou ding khop in ahil hi. Kampha a vaihahtu khu ama gitlouna akitaanpi achimai hi. Tuaziehin thuhiltu dihloute apat i tuom um ding uhi.

2. Unau thumangloute apat: Tulai mitampite ngaituo dan in “Koima” kimudalou ding, kingaisiem ding,” chi ahimai hi. Ahivang in, Bible in Unau thumanglou a, Suol kisia nuomlou leh tawpsan nuomloute khu kithuopi lou dingin kichientah in ang hil hi. IKor. 5:1-12 sung ah Paul in a pa Ji lahpiehpa khu kikhenpi lou a aumpi zing zieh ua khoh asah dan thu agen nua in atawpna ah “nalah uah pat in tua migiloupa khu kaidoh un” achi hi (I Kor. 5:13). Tulai hattuumte hatlouna leh hoilouna zieh khat khu unau thumangloute toh i kikhen utlou zieh uh ahi (II Thes. 3:6-16)). Sung in zong thuginalou tah a gamta unaute khu Paul in “tuomi khu chiemte unlen, kithuopi sih unlen a zumtheina dingin”, achi hi. Tualeh (Ephe. 5:11 leh Math. 18:15-17) in zong unau suol kisia nuomloute toh kigoplou ding thu ang hil hi.

3. Khovel umdante apat in: I John 2:5-17 sung ah Pasian thu in “Khovel lungsiet sih unlen, asung a sil umte zong lungsiet dieh sih un”, achi hi. Tamna khovel kichi khu “khovel kituohlou thute zousie china ahi. Jacob 4:4 in”, nou

angkawm pate leh angkawm nute aw, khovel lawm hina khu Pasian toh kimelmatna ahi, chi thei khalou uh i? a chi hi.

Tulai gingu tampite Mangpa Jesu thumna isim leh piengtha gingu dihtahte khu khovel a hinawnlou achi hi. John 17:14 leh 16 ah Mangpa'n kei khovel a kahlou mabangin ama uh zong khovel a ahi sih uh", achi hi. Tualeh khovel in (Jesu) ahuot bang a ei gingu zong khovel in ang hua ahi chi zong 17:14 ah imu uhi.

Khovel in eite ahing muda ta sengseng a, eite'n lah khovel lungsiet taseng chi khu sildahuoi ahi. Numei khat a Pasal mikhat in thasah henlen tua numei nu in a Pasal thatpa lungsiet henlen, kiteenpi taleh tua tobang lel ihi uhi. Pasian in a hattuumte khu siengthou ding in ang dei hi", tualeh siengthou theina ding in atung a kigen silthumte kihilna dihluu, unau thumanglou leh khovel umdan hoilou zousie apat i kikhen a, atuom a i um ding ahi.

Hospital khat in natna douna leh daalna ding in siengthouna dan lampi zui ding anei hi, tuate lah a khat khu a

vanzahte uh tuisou a huon a, natna hih umthei dingte apat suhsiengna (Sterilization) abawl uh poimaw hi. Hospital khat in tambang a bawl gige ding zong a chimtahhuoi hi, chi'n bawllou taleh tua Hospital khu damna inn hilou in shina inn ahing suohta ding hi.

Pasian khu lungsiet siem Pasian hinanleh a dihluu leh a sienglou khu a ngaisiem tuom sih hi. Tuaziehin a thupieh khu alah ua kipat in hing pawtkhie unlen, a tuom in um un, chi ahi.

Thuzawna: Gingu khu "Lungsietna a thutah gen ding a thupieh ihi ua; kihilna leh gindan dihtah (doctrine) izui ding a, tualeh hinkhuo hoitah (lungsietna) inei ding uh ahi. Hinanleh doctrine dihtah ngaisahlou in kilungsietna leh kipumkhatna ding theitawp suo in thum nan lei bangma a phatuom sih ding hi. Doctrine chi khu umdan hoi in azui ding ma ahia; hinanleh WCC te bang a utdan dan gintat a, kipumkhat ngotmai ding khu dihthei lou hi. Doctrine dihluu apat hing pawt unlen atuom in um un, chi'n Mangpa'n a gen hi.

sutzopna.....

Damtheina

-Dr. Chingmunsiam Vualnam, BDS(Ghty)
EBCC Bethlehem New Lamka G

Ha leh damtheina chi thupi a nei in February ha in Ha toh kisai a natna umthei tuomtuomte i gen zouta ua, tutung in kamsung a natna zauhuoi leh damtheilou a kigen minthang mama Cancer hing kipatdan, anatan leh akikep ding dan tamlou in gen vai.

Tulai a mi t ampite houlimna khu “AIDS, Cancer leh Hepatitis” ahita hi. Tami natna chithumte ei dei dandan a telthei hileh khenkhatte’n a khatna a aids koi mawh di uhi. Bangzieh a tam natna gensiet bang penpen tel mawh ding uh adiei i chih HIV Positive te a ding in hinna suhsau deu theina damdawi a kibawlkhieh tahzieh ahi. Hepatitis zong a damdawi umnanleh, sum leh pai hasat ziehin mitampi a shi zou ta uhi.

Tam natna nite sang in Cancer kichi khu zau huoi mama ahiban ah, adam na ding damdawi zong um nailou a thei ahi. Cancer natna ahi leh zankhat thu a hing

um phut ahisih a ani, aha leh akum akum a hing khang/kebelap toutou ahizaw hi. Tuni chieng in innkuonpi te leh mel thei tampi ten tam natna ana thuohtha uhi. Azieh di dang suisui nanleizong akipatna bulpi mi tampi’n i thei hi.

Kam sung a Cancer hing pien thei na te; Ha apan, Lei apan, Hani apan, I dangtawng apan leh chil tui kipatna(salivary gland) apan a pieng thei chiet ahi. Kamsung kep siengthouna in i damtheina nahpitah a suhhat ahi chi i suo masah in igen zou ta a, i thei uh gintat ahuoi hi. Hinanleh mihing te lamdan mama na khu ahoi lam zui sang in ahoilou lam zui bailam isazaw chiet un ka thei hi. Laisiengthou a kigen “...mite’n angai khiekhie ding ua, hinanleh a theisiem sih ding, a en en ding ua hinanleh amutuom sih ding uh.....Mathai 13:13” gen bang genchieng mama hileh kilawm maw! Damtheina hoi sem nahsang in, asusethei sil tuomtuom - tepthaw, muomthaw, dawnthaw leh hipthei te i lunggul zaw khazel uhi.

Ipi pu te apan tuni tan a ina chiin uh tuibuh, laiziel, dummuom leh zute, tulai khangthate'n i zui na lailai ding uh mah? Ahisih leh ei a dia hoi leh itahsa damna ding nangawn tel lou a, tamte a kibuol na lailai ding ihi uh amah?

World Healds Organisation (WHO) 2004 Report - Khovel a shina tun thei natna te lah ah anina khu Cancer ma ahi. Gam khangtou tuom Denmark, France, Scotland, South Africa leh Germany te'n zong asil chin te zieh un tam natna abuoipi mama uhi. Za lah a Sawmli leh thum (43% out of 100) te'n dummuom, neh hoilou leh natna dang te zieh in shina tuoh za lah a sawmkuo (90% out of 100) te'n kuva leh zu zieh in shina atuoh uhi.

TATA Memorial Hospital a sem Dr. Surendra Shastri (Head of Preventive Oncoly) in hichin ana gen hi "India a Cancer natna nei mi 7,00,000 a um a, tuate lah a Kamsung Cancer nei mi 3,00,000 numeilam Cancer nei mi 1,00,000 leh Nawli Cancer nei mi 80,000 ahi achi hi. Cancer ki etkawlna a atawmpen in Rs. 3.5lakhs bei hi. Tam natna zauhuoi tah mai hinanleh mani kithununna hoitah nei a ki check-up zelzel te a ding in kivenna bailam ahi. Niteng India ah dum/laiziel ziehin mi 2000 in

shina tuoh uhi.

Tam thudih hing kitahlang ten i lungsim a gen anei ei? i sil chiin hoilou te uh tawpsan utna lungtang a hing neisah jou ei? Keipe'n tam natna a pan kiveng thei ka hi chi i um thei diei? Laiziel tawn khat na tep, Raja/Khaini huollum khat, Talab bawmkhat na neh a Kuva/Zarda na hai laitah in na Hankuong ding sui na hi maima de aw! kingaituo chiet vai.

Dum/Za nasepdan tangpi: I kamsung a dumte i koi chieng in, Cancer piengsah thei (Carcinogen) khat hing pawt a, ani-akum ahing kivei chieng in khumten i kamsung hing nehse ding a, bawl hoi theilou in hing kiheng lamdang thei. Dum a pang damdawi zauhuoi khenkhatte: Nicotine (zongsat theina), carinogen 19 leh hemical 400 val ahi hi. Tam bang a damdawi guhat mama khu naziell teepthei leh ding ngiel in tahsa a suse kin sem ahi.

India pumpi ah Kuva, Raja, Khaini, Tuibuh, Gutkha, Talab nethei, Cigarette, Beri teepthei leh zu dawn thei tampi umte lah ah adiehin North East ate (Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland, Sikkim, Tripura) ten i uong bawl mama ua, i maban ding uh mulawh

sasieng in a kilang hi.

Tulai a Khanglai te'n Talab kichi Kuva tang damdawi khamthei toh kimeh khawm a uongbawl mama uhi. I Biehinn huongsung te uah, Skul te ah leh mipi peikhawmna mun teng ah, tam neh siengthoulou a kitunna Plastic a lomlom in muthei ta maw hi!! Khamthei kikap zudawn leh thanguoi tah a gamtangte hing kipatna uh pen nehthei maimai ahing kipan ahi chi kia niel uh ka gingta sih hi.

Nu-le-Pa tamzaw te'n innsung a i duhduh ne in, tep ban ah dawn nalai set leng tua i innkuon hing siengthou kei ding in a gintat huoi hetsih hi. Naupangte a hing khantou kawmkawm ua, tam khamthei te toh hing khangtou ahi chi niel sih vai. Tuniin innkuon siengthou leh Pasian pomtah hiding a kisinna a kal khat i suon behna hileh chi ka thumna ahi.

Dum chi tuomtuom: Tulel a kithei natan in Dum a kineh dan a tuomtuom um a, akinehdan tangpi te Gutkha (talab), Raja/Khaini leh Cirarette/Biri ahi.

Gutkha kichi hi Kol ham ahi a, eimite'n talab chi'n i theisiem zaw maithei ua, Talab chilou zong mindang tampi a um a tuate Rajnigandha, Shikhar, Parag, apat masala leh adang dang, Kuva

nanah leh dum a muomthawte kigawmkhawm "Gutkha" akichi hi. Zongsang (addict) theiham ahiban ah naupang lamte toh khanglaite ngim deu a bawlkhiat ahi nalai hi. Khamthei bawl, no.4 kikap leh zu ngawlvei ichih te zong zankhat thu a hing zongsang ahi sih ua, innkuon a kikep zawlou ban ah, lawm-le-gualte lah a atuitum thei na ding ua hing kibuol pan uh hi khathei ahi.

Quid(Raja/Khaini) kichi hi dum toh chuna(lime) kihalkhawm ai. Zongsat bailam mama khat ahi kia a, khamthei bawlte na gensiet a na simmawh mama lai in, nangzong tamte zongsang nahi leh nang zong mi lungsiethuoi mama na hiding hi. Melhoina leh pilna hing pethei ahilou ziehin tawpsan bai poimaw hi.

Tamte i kamsung ningkhat a iva zehlut chiengin, jauhuoi a bullam a i gen Carcinogen te hing luongkhie in i kamte hing nekeh a, hing naisie in a hing sawt tah chieng in Cancer hing suoh thei hi. Nang zong na kamsung a meima ahiei, aduoh bang dam theilou a umleh akinthei lam a doctor ki-et sah poimaw hi. A kikkel ma a kicheck-up sah pei ding ahi.

Thusuo phuongtu thupi mama B.B.C News in "India a mi sawm lah a mi li zel kamsung Cancer zieh in shi uhi" chiiin phuongkhie hi. Azieh ding foreign ahiai ava zinkhiat sese

Kristian Tangkou |

ding hilou in, ei mama kivenbitna in a kiven thei ahi.

Kamsung Cancer kipatdan:

(Ref:1)

1. A textbook of Oral Pathology by Shafer, Hine and Levy
2. Textbook of Pathology by Harsh Mohan
3. Davidson's Principles & Practices of Medicine)

Kamsung a Raja/Khaini/Tuibuh muom zieh ahiai, nahziel teep nasat zieh ahiai leh zu hadawn seng zieh in meima, kampil (Ulcer), kamgo leh kam ui ban hing pieng thei hi. Cancer hing kipattung a mukhiet pai ahileh damsiengethi ahi maleh a hing sawt seng chieng in etkawl thei nonlou in mi tamtah te'n shilaw ta uhi. A kipattung a umdan chi thumte tam anuoi ah tom nounou in i en ding:

1. Oral Leucoplakia (vun kang)- Oral Leucoplakia kichi ahileh kamsung a vun kang dan deuh, a behbeh a hing kang ahi. Lei, hani, leh bieng sunglam a um ut mama ahi. Tui a khuosieng thei ahi sih dia, khut a khuot khiet thei zong ahi sih. Ahing kipatnate pen dummuom muom, nahziel tep, zudawn ban ah alim (denture) zangte'n kamsung susieng lou a koiden, ha heng leh vitamin tahsap sieh zong ahithehi hi.

Tambang a kamsung a beh a kangte Cancer suoh ngeingei ahi. Kum 50 apan kum 70 kikal te'n nei ut deu a suikhie ahi.

Etkoldan tangpi: 1. Vitamin hoitah neh ding, 2. Surgery bawl (atkhiet thawh), 3. Radiotherapy leh Chemotherapy (bawlpi a poimawh leh).

II. Erythroplakia (Kamsung ke ut mama)- Kamsung san phengphung dan a kilang a, abebhe a um thei ahi. Tam pen a dangte tawh akilamdanna khu anat lou ban a dongkhawl loutah a um thei ahi man in ngeingai lou bailam mama hi. Ahuntah a etkawllou a um chieng in Cancer hing suohthei ahi chi chientah in kimu hi. Tam natna nei tamzaw te ahileh kamsung siengthoulou pipi a ann neh chite bang. Tuaban ah case tamzaw akipan a kimudan in numei-pasal kal a siengthou loutah a kipawlte apan musuoh ahi.

A etkoldan tangpi khu- A meima ma atkhie zou chieng a, radiotherapy leh chemotherapy ngai hi. Khenkhat pen a nuthaw in dam thei hi.

III. Oral Submucous Fibrosis (Kamsung sa hethut): Tam natna pen Asia pumpi ah kithang mama a, tuate lah a India ah case tampi kimu a, North East India ah tam

penpen hi. Azieh hiding a kingawh tampen khu Malta ahi. Tam natna ahileh kamsung a pawl bang in hing kipan a, tuate damtheikeilou in aban sawn zel a, bang ahiei khat nehchieng in kam sa huhut hi. Malta tha lampang toh bang a kihuo dieh a, tuabang te neh chieng in thahseng ahiman in kam sungvel pawl pan in huchin cil bang hing nang thei hi. Nehdawn hasat zieh in aveite'n bangma lunggul theilou uhi. Ahunle-ni hing pei dungzui in kam bang ka hasa a, atawp chiengin bangma guonlut theilou in um a, tahsa lam tanpha chau law hiel thei hi.

A etkoldan tangpi- Mouth wash

(kam khuo na damdoi tui) zah bang phatuom mama thei hi. Tuateban ah, tam case tamzawte ahileh peisuo in za lah a 40 te'n tam natna anei uleh a maban ukhu Cancer himai hi.

Professsor Newell Johnson, Oral surgeon minthang mama khat in "Tam natna zauhuoitah mai thei chien hi. Kamsung a meima neu nounou ahing kipattung ua suhdam ahilou chieng un, Cancer asuoh teitei ding chi i theichien ding uh. Zauthawng huoi dinmun a um ahi". Tuaziehin simtute pilvang thei chiet dingin Pasian in hing guoljawl chiet hen.

2011

Ephesa Suggestion

Thumapui:

1. Ephesa hattuumte'n bang achi leh "Van Bank Account" ahon thei uh e?
= Khiel ngaidamna, pilna, gouluona,

hagau siengthou a chiemtena hagau lam vangphatnate anei zieh un.

2. Masanglai apat a abumin Grik ham in Pros Ephesious akichi a, tua khu bangchina e?
= Ephesate kung ah china.
3. Paul in Ephesa khuo atotchila Ephesa khuo anuasiedan nupate koi e?
= Pricilla leh Aguila te nupa
4. Ephesate Pasienu koi e? Tualeh Grik ham in bang kichi e?

Kristian Tangkou |

- = Diana ahia, Grik ham in Arterius akichi hi.
5. Ephesa laithot A.D bngza vel a gel e? Tualeh heisung mun pan a athot e?
- = A.D. 60-62, Rom apat in
6. Ephesa minthannate nathei dan in gen in.
- = Milim gelsiemte umna, kuongkhawlna mun, Guolnop bawlna mun leh kidemna tuomtuom leh mihing leh gamsate kihauna mun ahizie in
7. Sillamandang sagi(7) te lah a Lelpha khuo khuo koi khuo e?
- = Ephesa
8. Diana Biehin kilamdan tomkim in gel in
- = 1) Kum 220 sung lut a lam ahi.
2) Tuikepsuong a kizem
3) Asaulam fit 342
4) Availam fit 164
5) Alaikim ah puonzal liempi kikhai alai ah Diana lim (Photo) asuong uhi.
6) Mi 5000 vel tatna ding a bawl
7) A tungbei a kilam
9. Ephesa leh Kolosa a kibang hiva na chidan gen in.
- = Kolosa a Paul thugen Ephesa tan a zah uh hiva chi leh Ephesa a Paul thugen Kolosaten a zah uh hiva chi leh a gelna hun akinaisieng zieh hiva chi ka ngaidan ahi.
10. Ephesa leh Kolosa laihah kibahnate point 4 in gen in:
- = 1) Khrist hattuumte lutang
2) Khrist Vansawlsingte tung a um
3) Hattuumte Khrist lahsa ahidan
4) Tahsa kizop dan
11. Paul in hattuum tampi lai athotte lah ah munpi a aneideu pen heisung e?
- = Nas. 20:18.
12. Ephesa laihah khu Paul gel china nachi nate bang bang e?
- = 1) St. Ironia in Ephesa 5:30 na thu agen in Paul gel ahi chin a phuong hi.
2) Terlullian in Paul gel ahi achi hi.
3) Tukika in Paul gel ahi achi

- 4) Khulai mite'n zong Paul gelm ahi, achi uhi. = Na nidang hindan ua, mihinglui misolutna zieh a kiségop ngii-ngei te khu hawkhie unlen mihingtha dihtatna leh sienthoua hinkhuo nei in umzaw un (4:2,24)
13. I hundamna ding ua Pasian a amithumte koikoi e?
= Pa, Tapa leh Hagau Siengthou
14. Thuteng chabi leh abung chabi abung leh ataang toh gen inlen thu zong gen in.
= Eph. 4:1 "Van hatna Jesu Khrist atengten imopuohna isutbukim ding uhi", chi ahia, abung Chabi ahileh Eph. 6na pumpi "Atawppen in ka unaute aw, Mangpa leh ahatna thagui a silbawltheina nei in um in", chi ahi.
15. Laphuohsiem na melthei 3 gen in
= Lukante, Stoik thuhilna zuite leh Epictetas.
16. Abungsung velchienna (Surveng of Ephesians) chi athu in gel in.
= Tuaziehin, "Kei Mangpa a suongkul taang in hat a na umna utoh kituoh a gamta dingin kahing ngen hi".
17. Paul in tami laithot simtute kung ah bang e, agen?
= Asia gam a Khristiante sim ding leh khochin in abanban a asim ding ua kihah achi uhi.
18. Mangpa Jesu singlamte ah, ashi sih chipa koi e? Tualeh Ephesa khawmpi a Bishop mintha a pieh uh, bang mintha e?
= Bishop Nestorius ahi a, amintha apieh uh khu "Asia a Bishop lienpen" ahi.
19. Ephesa laithot Grik ham a akigelmahna Copy te ah Ephesa a tuonkhah lou ziehin koite kihah hi ding in a gingta uai?
= Asia gam a Khristiante sim ding leh khochin in abanban a asim ding ua kihah achi uhi.
20. Pasian pildan koiten koi kung ah asulang uai?
= Valsawlsiengte kung, Misiengthoute kungah leh lei leh van, ni leh ha leh Ahsite'n asulang uhi.
21. Paul Pasian thugen zieh a Tapidaw suohlaw Kumpi koi e?
= Kumpi Nehro

Dohna leh Dawnna

Dohna zousie dawngtu:
- Upa Khupsuankham
Contributing Editor
Khristian Tangkou ZPCS.

1. Dohna: I Timothy 2:11-12 ah “Numei te’n thu agen ding uh hilou in, angaikhetu a apan lel ding uh ahi chi ahia”, tulai numeite thugen a izah dan utoh kikal hilou i? - Upa Goukhanthang Moreh Ward No.2.

Dawnna: Numei pen asaipen a apan uleh thugen a apan uh pen kilawm sahlouna vang a um hi. Pasain in numeite khu panpitu ding giep a asiem ahia, asaipipen leh thugen a apan ding uh hilou hi. Hinanleh ginna leh Pasian hepina toh kisai in numei leh pasal khentuom umlou a satan kibang ihi uhi. Numei thugending leh asaipen leh hattuum vaisaina amau hing kipethuo hilou in hattuum vaihawmna a iphal leh iguot zieh ua hing pang ahi zieh un a dihsih leh pasal vaihawmte bawlkhiel hizaw ding hi. Na Bible tang pen Pasaian thugenna hilou in hattuum

kikhopna a athuneipen leh agentupen a vapan lou ding china ahi.

2. Dohna: I Timothy 3:3 ah, “Zukham lou” chi a um a, 5:23 na ah, na sung hatlou ziehin “Zu tawm nounou dawn zel di” ahi, chi imu zel a, Zudawn phal adiei? - Upa Thawngsuon, Tribal, Imphal

Dawnna: Pan in, “kei ding in bangkim bawl khu asieng a, hinanleh bangkim bawl pen ahoi khol sih”, ka unau sietna ding ahileh ka damsung teng in sa ka nesih ding achia, Zu gentahlou zatep khaini leh khamthei dangdang upate leh hattuum lamkaite bawl dia kilawm sahlou atamta hi. Tuaziehin zudawn leh zukham khu bawllou mawng ding ahia, koima ei a dia hing hilou in, midangte a ding a hing ihita ua, Upate leh hattuum nasemte a ding dieh ahi. Tuaziehin, mimu leh thei a akilawm loute

malmal bawl ahoi sih hi.

3. Dohna: Phillipi 2:14 a, “Phunphun lou leh dawngdawng lou” achi khu bang china e? - Upa Siandeithang, Kamdouveng

Dawnna: I tung a hing tung khat phot pomdan siem a, phunhat selhat leh koukang geigui a umlou ding china ahi. Tapidaw dihtah, Pasian muong mite’n bangkim puohdan siem in, thuman kisin ding a; phunhat leh selkhami ahisih ding, chi genna ahi. I Pasian thuzuina uh khu thumanna toh zui ding ahi.

4. Dohna: Thuhun Tha ah “Khelna khu khelna ma in thuh sih un” chi ahia, Thuhun Lui ah lah min a innsah a innhang in abawlsiet leh ama bawl bangbang a ama tunga bawl ding chi zel a, kikal hitalou i? - Upa Lianmang, Behiangjang

Dawnna: Thuhun Lui khu Daan hun ahia, Thuhun Tha pen ‘Hepina’ hun ahi. Dan in mite siemt angсах zoulou a, mopai nalai ahi zieh a, Mangpa Jesu hing pei law ahi. Tammi thuni (2) te khu a kilamdang a, akikal dingma ahi.

5. Dohna: Nas. 22:2ah, Pawl Judami chi ahia, tang 25 ah

Rommi chi ahi zel a, Zentelmi china zong a um nalai a, bangchi dan e? - Upa Kaisoi, Tuining

Dawnna: Paul khu Judami Benjamin nam ahia, Zentel akichi lam ka thei khangai sih a, Rommi ahi chi pen, Rom Citizenship nei china ahi. Tua khu dangka a zong leithei ahia, Paul in apienna Tarsus Rom khuo leh tui hina nei khopi ahi zieh a, anei ahi. Tam pen a phattuomna khat um hiding hi.

6. Dohna: Math 3:4na, “Baptispa John ann Khaukhup leh Khuoiju” ahi, chi pen ataha lah thei e, ahisihleh gentehna dan a kigen e? - Upa Ginenthang, Saiboh

Dawnna: Baptispa Johan khu eite bang a mi toh kigoplou, Zogam mang lah ah amatang a khosa zing ahia, ahinkhuo leh anasep dan te’n etsah leh zilsahna ang petham hi. Tamna ann “Khuaiju leh Khaukhup” zong etsah nei a genthei ahia, ahivang in atah a genna ahi, chia lah thei ahi. Khaukhupkhu tua ei khaukhup chite hilou in bee zatkhath zong nana um hileh akilawm a, khenkhatten tuate genna hiva achi uhi. Hinanleh tua eite thei bang a ganhing chikhat hijawva chi khu akipom zaw hi.

Hagau siengthou leh Hagau gilou a kidou zing hi.

Ephesa 6:10

- James

Awnchinkaphuo

*Dawimangpa bolsiem dan na zaw theina ding
un Pasian Galvan kim in kithuom un.*

Laisiengthou in ang zilsah nuom in Tam leitung ah kidoun umzing hi china ahia, tua ki douna ah sepai chini-Gam ni kidouna a koh deu a, tua Gamni- Pasian gam leh Setan gam kinoh tuona thu ahi, amasa in Ani un silbolthei ahi ua, a silboltheina ukhu ani in tu din mun a i kinga na uh Pasian lei leh van a na umsahtu tu mihing hinna ana mop pa ahi a, anina Gam khat pen ahileh Pasian siem thupi pawl, aman a thatang a ding a ana siem setan gam neitu ahi- Aman Pasian pieh dungzui in silboltheina zousie

ane i a, mihing hinna chilou abawl thei phiel hi. Pasian siltup susie ding in vai a hom a, mihing lungsim a thunun thei a gentenan - Mikhat silsia bawl a athunun leh tua a thunun pan shingap khop in sil suhsiet ngapna a pethei a, Gentena in, I pu uh Rajiv Gandhi. Thattu numeinu in - Pakhi remode control bomb tawi in, ama nu hinna lah bei ding, Kumpipa hinna lah bei ding chia hansanna tawi in a kuon ngam mawh hi. Tua khu Setan power hatna ahi. Gentena nina ding ahi. Setan khu Osmabinladen lungsim gilou paidingin a thunun a, World trade Centre susia ding in mihing bangza ahiai lungsim a thunun a, ama uh la shi ding a inn lah se ding chi hangsanna pethei thei moh hi. Sil a bawlthei a suhsietlah anei sih hi. Tua ahi, i laisiengthou in ana gen Doimangpa boldan siemna, mihing pilna hatna galbawl siemna in a douzou guol ahisih hi. Thahatna nei leitung pumpi a thahat a na minthang vawt Israel mi -

Nasir nam a ana um Samson ana hat mama a khovel pumpi a ana gang a kintat thei mitphet kal a ut nana a gam teng tham man sapi hum ham tuol abeh leh a umna kim teng lingsah zou Humpi nelkai te tol a meh in a meh lum a zou pa Samson, Naspatei phung boh a a don lam a suonpa, (Gate) kelkot tua bang a det tua bang a ghipi puo in Muoldon a koipa, Sial som thum tha khat a man a amei dawn a mei voh a, Felistia te lou chingkhathaltumpa thahat na, ganna bang ma lou suoh sah a som lai in-Nungah Dilailah lungsim a lut in Samson suhsiet a sawm a, a zou mai hi. Tuachi ahi taleh Unau eigel hatna pilna, siemna toh douguol hilou hi. Tua ahi ziehin Hagau gilou nasem theikhat in khovel ah Vaihawmtu um ahi hi. Tua hagau gilou gitlou pilna in lei a luohsuoh a, mizousie aluo zoudeh tah hi. Sil gilou bol ding in mun chinteng ah pan a la ua tua pan a lah na uah Galvan hoipi pi Zu, No.4 Kani leh Khamthei (Drugs) chi tuomtuom toh mi a man uh a, ahon hon in, ala ua, Honkhat Tangval leh Nungahte, Papila, Nupilate, a zol zou ua ana se mama hi. Atangpi in Manipur ah Khamthei Kani hi amuna a nop mama a, achi lou ah a tu ua, milip in lou zau in aneita ua, ang pung mama ding a tua ahina ah-Khristian Gingtute a ding in pan lah hun ta hi. I thei lou kal in hagau gilou in igam ala ua, zawhna Diallap akhai zou ta uh hilou maw?

Tua zieh in eijong tua hagau, gilou silboltheina pen i dou a, i suhsiet thu thu lou leh i Pasian gingtute gam Khristian te gam neu luota hilou maw?

Tuachiin Unau gingtute aw, Khang tah un ih musawtseng ta uhi. Dou ding atam a, i dou ding lah sietna lam a doutu silboltheina khu ahat a, sil abawlthei tah ahi tahi. Bang chi dou ding bang chi zo ding chi a i gel leh mihing pilna sang pen hatna sang pen, siemna sangpen, bol theina sangpen in a jawh zou ding guol umlou a, a zouzou ding pen khu - Pasian hatna thagui a pat a hing jam doh Hagau siengthou silboltheina a um Hagau nam sau toh dou angai tahi. Mihing hat theina um sun chieng kang, gotna, phohna, hilna te in ma kai zou lou khelna susie ding in Pasian in mihingte dan Sinai tang ah, Mosi tungtawn in ana bawl a, zou zoulou in khelna a pung sem a, tua leh khelna suhbei ding in Tuichim Noah tungtawn in ana bawl a naisai lou in, Sodom Gomora, hunlai in Lot tungtawn in Meitoh khelna ana suhsiet a sawm a, a kizou dieh sih a, gotna, thana soisahna chi tuomtuom in khelna a suhsiet sawm a, kisubei zoulou in a pung semsem a hinanleh Pasian in a jung tah Hagau gilou, silbawldan siem Setan pen that leh subei leh abeimai de aw chi ingai sutna ahia, hinanleh

Kristian Tangkou |

Pasian in athuchiem melma thalou din chi pen zui jaw a hiding a tua pa sangin a bawlsa sietna khelna pen suhsiet a, asiempa setan pen hun nukhia a gotmun meilipi a kumtawn a gawt ding thu ama ngaidan ahi ta jaw hi chiin ngaituo i nei hi. Tua chi hita leh Pasian in tuami a huot pen setan silbol siempa siem doh khelna pen Pasian in a suhsietna ding pan tha la in tuami tawnkhielna dou lum ding in Van ah Committee han in Van tung mite lah a ama tapa Jesu Khrist in suhsietsah ding thu a pawmta hi.

Tua chiin Jesu Khrist khu khelna susie dingin lei ah genthei tah leh silbolthei tah in lei ah kum 30 val gal a sat jaw in amelmapa setan a zou a, apa touna lam ah a tou ta a, tuachiin Aman gal a jawmai hun sah lou in dou kia ding leh dOUNgaina lai a akul zieh leh a gal jawhna a gamlahte henem a, hamuon a, gal a zawtou pehna ding un, amisiengthoute, Sawltah, Pastor, Evangelish, Upate, Semtute, Nutangte, Gingtute chi in lei ah a nusiet umlaite leh khelna in a net chip setan henkolbu laite khelna ban susiet ahi theina ding in a galdou tou zel ding in Ama bang a silbol thei Hagau siengthou, Hagau nunnem ang solkia tahi. Ama khu Hagau gilou silboldan siempa sang in a hat zaw a, sil abawlthei zawtham a, tua a thahat mama Hagau siengthou

namsau in khelna a vatlum zou a, a that thei hi chi i theizieh in tua hagau gilou silbawltheina susie a douzou dingin i pa Pasian in ama hagau siengthou thahattah, silbawltheina sang pen neitu khu pentecost ni in ang sawl a, tu in tua Hagau siengthou khu ilah uah nasem nuom in akitahla den kei a, hinanleh eiman ama i nahsah lou zieh leh ingai lou ziehin na a sem sih hi. Poimawh vawt in ngai va ui, tua hagau nei thei na ding in a juou ngaivotlou Pasian tapa Jesu Khrist in pieh ang chiem tahtah hi. Tupna kichien nei in Hagau hompa kungah mu thei ahi bou hi.

Tua hagau siengthou na nei nuom leh Jesu thupieh thupipen khu zui in a thumang pou lei tua Hagau Siengthou i sung uah hing teng ding a, galzawna, gamlahna, gamkhanna, gamhalna i gam guolzawlina i tahsa leh Hagau a guolzawlina hing tung van gam khangtou tou tava ui - Tua hagau neiloupi a Khristian, gingtu ihina uh a sawtta mai thei a, tua hagau siengthou neilou a kum 50 val ina hing hi maithei a khanglou ihmiai thei hi.

Tualeheipawllepawltuomtuom lah ah Vannuoi a pei a tangthupha puon i zou a, Baptisma bawl i zawta ua hinanleh a Dan thupieh zui ding a hilna khu i manghil leng ua inahsah lou ahia, zong i mangmat lou uh ahi kha ding hi. Hinanleh na khat phawt

buchinglou in ma atal thei sih a zong suhbuching ahasa hi.

Tuazieh in i dou ding khelna Hagau gilou silbawltthei pa khu dou lupphot a asilbawltheina a analah khelna a ana saltang te vapui dingin kisa va ui chi deisan uh ahi. Tua chi ahina ah Hagau gilou leh Hagau siengthou kidouna a galsat ding khu imawpuohna ahi chi phawhtha va ui, en un i gam ZPCS huongsung a um Khanglaite a khenkhat No.4 Addict, Kani Addict, Zu Addict, Drugs Addict, Khamthei Addict tuate dou a thatlum ding in Hagau siengthou in thahatna anei a, silbawltheina anei hi. Tua silbawltheina khu ahat a mihing hatna thagui leh pilna siemna thagui hal tum thei a susie thei Pasian hatna silbawltheina thagui zang in dou sawm va ui i gam in atahsap pen khu sietna dou a hoina in angop khum ding ahi itahsap uh tua leh i tahsap kia khat ahileh Pasian thuzui ahi. I Mangpa Jesun agen a “Ka thute zuiloupi a bang ding a Mangpa nei chi uh ahiai, ka Dan thute na zui ua, ka thu naman uleh mipil suongpi tung a inn lam bang ahia, a ding det ding uhi. Hagau siengthou pevang in, kasilbawltheina thuomvang in shitan ginum a kana um na sil kana bawl theina, mishi ka na kaithou thei na, guol ka na jawna Hagau Siengthou

kang pe ding a, guolzou in gam nalah ding uhi ana chisa ahi. Tua ziehin i gam en va ui. I gam a gaw a, Biehinn kai, Lasah, thumna, thungai, thugen, ann-ngawl a thum chite bangma lou a koi in a um tahi. Thungai utlouna, phatnalasah peilouna, Crusade, Revival, Camp Seminar, Crusade, chite bangma lou a koina in adim tahi. Hagau Siengthou thuse louna Hagau Siengthou ngaisahlouna in a dimta i gam bang chi ding hita? Gam chin a pei a, Tanchin Hoi gen i zou ta a, Baptisma bawl i bawl zelzel ta ua, ahoi hi, hinanleh, athupi pen, apoimaw pen alupen, sil zousie khaikhawm a aum den ding a Paul in ana gen thu thumte Ginna, Lametna, Itna, tam teng lah a athupipen Itna ana chia, itna in silzousie a zou zou a sil zousie ahip zou a, sil zousie a umsah thei zieh in I Mangpa Jesu in thupieh a anei itna hinkhuo nei lei, Jesu nei isuoh a, tua Jesu khu sil zousia kipatna ahia, amavang a kisiem ahi chi chientha va ui. I thupi in Hagau gilou leh Hagau Siengthou kidou khu eite hing kitu uh ahia, ei gingtute pen Hagau Siengthou lam a mi ihi ua idoupi ding uh ahi tuami douna ah Galvan hatpen khu itna ahia, itna in tua i galdou uh izawh ding uh ahi.

Pasian in athu guolzawl taken, Amen.

Master of Arts in Christian Leadership jou in lukhu neelkai ana khuna

Dated May 06, 2011 ni in unaupa Khai Minthang in Louisiana Baptist University, Shreveport, Louisiana, USA apat in Master of Arts in Christian Leadership jou in lukhu neelkai ana khuta hi. Unaupa Khai Minthang khu Pu Hausuanthang leh Pi Chiinkhanniang tapa ni leh tanumei khat lah upapen ahia, a innkuonpite khu Tangpijol apat Lamka, Lamka apat Shillong ah tulaitah aum uhi. 1996 in BSEM nuoi ah Matric a passed a, 1997-1999 sung MGP nuoi ah Mission sangsie in ana sem hi. 2000-2003 tan Trulock Theological Seminary ah MGP Sponsor-na tawh Bachelor's course ana jil a, tuasung ma in Starlite Foundation ah Diploma in Computer Application ana jou a, NIIT ah Bhavishya Jyoti Scholarships exam ah 75% scholarship mu in NIIT, Imphal Centre ah ana jil hi. A sangsie sep sung in Tuivai District YCA ah leader in ana pang a, a Laisiengthou jil sung in TTS Student Fellowship ah General Secretary cum accountant leh Lamphel YCA Asst. Leader in ana pang a, 2001 kum in "Servants of the Cross" kichi Zou Kam in ana letkhie a, Victor Sittther, IEM Gen. Secy. angvanna jieh in a laibu IEM in ana sutpieh uhi. USA ah a BA III exam mam nawnlou leh NIIT a computer course nuasie in United States ah laisimna sangzaw nei diing in ana peita hi. Laibu Zou Grammar, Zou History leh Zou Folklore chite bawlsawm a abuoi laitah ahia, Zou Workshop Forum Moderator, Zolengthe admins, Zou Vontawi blog neitu, Zogam Thusuo contributing editors, leh a article agelte mun tuomtuom ah muthei ahi hi.

Aug. 22, 2003 in MGP phalsahna tawh USA ah laisim diing in ana kuon a, hilezong lemtaanlou zieh in kum bangza amakhat laisimtheilou a aum nua in 2007 Fall Semester apat nasem kawm leh laisim thuo in Louisiana Baptist University ah MA in Christian Leadership ana jil a, Pasian hepina tawh May 06, 2011 ni in a laisim jouta in lukhu neelkaai khuhna (Graduation) ana neita hi. Maban ah Ph.D. in Christian Leadership bawljom asawm nalai a, tulaitah application process a bawl laitah ahi hi.

Thu a houlimna

Mathew 8:12

- Pu Chinsuanthang

LCC, Secretary

Lamka Dist. Hq. Church, ZPCS

thudihloup i in na
gum ding ahisih hi
achi hi.

Mounu:

I innsung ah zong
entha kia vai, nang Mou
in na in a na nuasiat na
uzi ahiai na nauzi ahiai
in a um didan na deibang
in nang zong Mou a na
panna mun ah um in

Innpinu:

Nata nu Mou hahsate
kibawl didan na deihsang
in na Mounu tung
ah um in bawl in khuchi
hileh Pasion deihsang
ahi ding hi. Innveng toh
kikal ah khuchi ma bang
in, eiten eilam ki en
ngailou in mi imawsah
zing uhi. Mitung a silhoi
bawl somlou in ei mu
ding silhoi ngen i kilam
en zing uhi. Tami ahi
ibawl khel thupikhat
uh, bangteng hileh alien
pen apat aneu pen tan
kingaisut tha chiet vai,
isep ibawl kimuloupi a
hattuom it chileh Nam,
Gam it chiente zuau thu
ahi. Sakhuo hi in Politics
hitaleh nasep um lou
ginna pen ashi ahi.

Min na tung a abawl na deilam mitung
ah bawl sawm in Khristian ihinua kum
tampipi phata nanleh tami Bible chang
khu igel kha ngaisih uhi. I pawlpi sung hi in i
hattuom sung hitaleh midangte lungsim ding
ingaituo ngai sih uhi. I innsung ah zong gelpha
kia vai.

1. I tuhlouna ah aga atsawm teitei ihi uh.
2. Haichi tuhloupi a buh at sawm ngen ihi uh
3. Psalm gel sung ah na sem mi lawh mutah ahi
achi
4. Hattuom vaihin politics hitaleh na kipiena
isep ipawl enphot vai khuchiin kalsuon vai
5. Pawlpi it loupi kipang chihte bawl sihvai
bang teng hileh Lamkai hina ding in amasa
in qualification sangin itna leh kiphalna
apawimawh zaw hi. Bangteng hileh Bohbuol
kung ah Anjang gah sah sihvai Anjang kung ah
Anjang agah ding a Bohbuol kung ah Bohbuol
agah ding hi tami khu Pasion deihsang ahi Mosi
kung a Dan thu pie, na sanggam pa hinanleh

“Innkuon”

- Pu Khupchinthang
Central Church, Zomi Colony

Mihing te tanchin a Innkuon imu masa pen Adam te innkuon ahi. Pasian in mihing a siem in innkuon atung ding ngal hi, hah leh suon tampi nei in leitung pumpi aluodim ding chi in achiem hi. (Gen. 1:27). Pasian in ami siemte innkuon lah ah apangsah ta hi (Sam 67:6). Hun hing pei jel in Pasian in Nova kung ah leitung pumpi tuisang letsah ding ka hi, miten aki humbitna ding un kuong kisui un chiin thu apie a, khuchin Novan zong Pasian thu sang in kuong abol a tuisang ahing let in a innkuon un tuisang let in abitsieng sipsip uhi. Nova akipat in innkuon din khiet dan mu ahia, Nova toh kitekhin talei Nova pen mihing khat ahia, kuong pen Mangpa Jesu ahia, tuisang apat in Nova te innkuon asuohtat ma bang un ei jong i innkuon un Mangpa Jesu igintat a ahileh i innkuon un Vamgam ilut ding a i innkuon isiemtup lou leh akhen got mun ah ipei ding uhi. Gingtu

Khristian khat ihi leh Sawltah Paul in nang leh nang kivel chien in Ginna a hing nahinai mah chia agen ma bang in pa khat nukhatmawpuohnalienpi innsung leh Hattuum a lutang khat ihina ah i innsung ita inau te leh eima zong kivel chien thalei hoi kasa hi. Good Friday apat in Pentecost ding anai hulhul tah ziehin Hagau siengthou ilah lut theina ding in i lungsim kotte hong va ui.

Innsung a pa mawpuohna: Innsung ah pa mawpuohna alien mama a, Bible a zong Numei lutang Pasa ahia tate a ding a chi hatu uh Pa ahi hi. Innkuon tungding tu zong ahi hi. Pa pen chi hatu ahia, singtang miten pasal in nau anei ngai sih ichi uhi. Numei ahibou hi nau nei jel Mathai 1:2-16 i et chiengin “Abraham in Isaak ahing a, Isaak in Jacob ahing hi chi i mu uhi. Tuaziehin in innsung a papen chihatu pawimaw

penpen ahi hi. Numeite pen pasal aneina uah apasal phung asuoh ngal a, ta anei un zong atate zong apasal phung ahima bangin numei lutang apasal ahia tate a ding chi hatu khu apa ahi hi. Sam 112:1-3. Mangpa jatat a athupieh te kipahpi mikhu mi hampaha ahi! Mihoi ta te khum mite gam sung ah sil boltheina hing nei va un ahah leh suon ten zong guoljawlna tang ta va uhi. Sam lekha bu in chi hatu in Pasian azau apoimawh dan ahing hil chien vawt hi. Hinanleh zong pasal tapou lutang khu Khrist ahia, Numei lutang khu pasal ahi, (I Korinth 11:30) achi hi, Pa pen in Khrist lutang anei lou leh innkuon nu leh tate a ding in innkuon in sietna atung gel hi. Tuaziehin Josuo in kei leh ka innkuon ten vang Mangpa na bou sem va ung (Joshuo 24:15) agen khu Khristian innkuon tungding kiana dingin kisingsa chiet va ui khai.

Innsung ah nute dinmun: Sap ten thumal thum(3) mite lungtang luotheia tel dohuhi: 1. Nu (Mother). 2. Inn (Home) 3. Van (Heaven) Hi thumte lah a nu chi pen mi lungsim aluo pen hi. Pienna gam 'Mother-land ipienpi ham Mother-tongue, Mother Church sapte lungtang ah.

Nute'n mun alua sang mama hi. Pasian in ahing piehte lah ah nute hi athupi pen hi chilei genkhiel sih vai maw. Nuten a sisan pate sangin pate a sisan nute vang in innsung aenkol zawzaw uh chi mitampi ngaidan leh upate thupil ahi. Augustin anaupan khangdawng ahi lai in khovel sil ah akibuol a, Anu Monica lungsim asuna mama a Anu in nasatah in mittui, naptui toh Pasian kung ah athumsah zing a, Anu damlaii in Pasian kung ah piengtha man sih nanleh anu shi nung in Rome 13:13-14 thu Sun lai vah um mipite bangin i nundan kitup sah va ui in guolnop, Zukham, Thanghuoi, Huasan, Kihau ahei ki engsiet chite malmal bol sih va ui, tua bang in Mangpa Jesu Khrist galvan te la in na gitlou gamtat dan ngaina in a deite nahsah lou in topsan zaw un chi thu apat in apiengtha ta a, anu mittui in atapa apiengtha chi mu in a um hi. Azi i tate i pasal te dingin mittui luong zen in thum lei atop ah Pasian thumna sang pand ahing dawng ngei ding chi manghil sin aw.

George Washington nu in atapa khu Bible pansan in Politics hileh mipi Leader hi dingin nichin in innsung kikhop ni(2) vai aneipi zel

a Bible sim in Pasian kungah athum zel uhi. George Washington hi U.S.A President masapen ahi hi (1789-1797). Ama hi U.S.A Father of the Country chi hiel a mi minthangkhat ahi hi. Nute pan lahna ziehin atate mi minthang mi thupi ahisah zou uhi. Nute Pasian kung a thumna ga hi a thupi isa hi.

D.L. Moody- anu Betsey Holton atate 7 aneulai un apan a shisan a, atate atam zieh un miten na tate homzah in achi ua ama nu Pasian in kakhut nite Pasian hing pieh ahoi laiteng kavah zou na ding hi chin a phal mawngmawng sih hi. Zan alup chiengin a tate khatkhat in atung ah khut ngam a thumsah zaw zing hi. Hichituh a tate tung a hinna pengam nu ahi ziehin atapa D.L. Moody in zong khovel a nu tengteng kanu hileh mo suongkul zong um lou ding hiven achi hi. Khovel bei ma teng miten a mang hil ngai sih ding hi.

- 1) Mi koizong Pasian thei mi Nu a nei leh agen theisih ding hi. - Abraham Lincoln
- 2) Kana Lawchinna thuguh khu nuhoi ka nei zieh ahi bou hi. - D.L. Moody
- 3) Ka bat hi dit ding hita leng kanu

a kipat a kabat hi ka huphul pen hi. - Abraham Lincoln

- 4) Innkuon khosah kipahna chabi kemtu khu nu ahi. - William Cavey

Awle Nutedinmunahoi apoidan genseng sih vai, Ruth te Naumi tangthu te zong sim in Sermon ah tampi ingai chim gop ta ding in ka gingta hi. Pa leh Nu te Pasian thei mi khu atate uh atuatu sawm te uh uh zong leitung beima teng Pasian in aguolzawl zing ding hi. Aw Nu te zong iphat phat chiengin pasal te asimmaw khah dingzau ahuoi phiel a, India President Numei ahia, Lok Sabha Speaker Numei ahia, State 4 ah C.M. Numei ahia, amaute Pasian guolzawl na atang uh pasal pawl neh guh tahguh mi pa ching pipi kum 80 tunglam ngen Parliament Session chieng a naupang bang a kikoh tua vapum ahi chieng un Pasian in Numei vaihawm adeita hiding in kangai sut hi. Nute aw i innsung te uh siempha va ui, igam tatte i ah khoi te akim akim lou zingkal nitah a imit ngei a i et ma bangin ita inau te ahoina uh avah na uh enzui in i innsung keh zate khu siempha in nuten pan la chiet va ui

Mangpan thupina tang taken.

PATRON MEMBER-TE

- | | | | |
|--------------------------|-----------------------------|-------------------------|---------------------------|
| 1. Upa Gouzamang | 2. Pu Hav. Khamchinkhup | 3. Pu Khamzalam | 4. (L) Pu Chinzasuan |
| 5. Upa Liansuanpau | 6. Pu Khamchinthang | 7. Pu S.Dalthang | 8. Upa Kapkhanthang |
| 9. Upa Langginmang | 10. Pu S. Nangkhanlal | 11. Pu S. Lamkothang | 12. Upa Dr. M. Lachinkhai |
| 13. Upa Khamchinjam | 14. Upa (L) D.K.Manlun | 15. Upa Suankhanmang | 16. (L) Upa Khupgou |
| 17. Upa Chinkham | 18. Upa Ngulchinkham | 19. Rev. V.Vungzalian | 20. Rev. Kamkhosoi |
| 21. Rev. Tualzachin | 22. Rev.(Rtd.) H. Nengzatun | 23. Rev. Awnkhankhup | 24. Rev. Hangpi Manlun |
| 25. Pu Tuanzapau | 26. (L) Rev. Ginchinjam | 27. (L) Rev. Khamzasuan | 28. Upa T. Lamkothawng |
| 29. Pu Khaichinmang | 30. Rev. Chinzathang | 31. Pu Khupkhanmang | 32. Pu Khaidohlian |
| 33. Hav. Khamzahang | 34. Pi Vungzanuam | 35. Pu T. Gouzadou | 36. Pu Liensuonkap |
| 37. Pi Zelkhochiin | 38. Pi Hatkhanvung | 39. (L) Pi Ngaihoiching | 40. Pi Mankhannieng |
| 41. Pu Goukhanmang | 42. Pi Chingzalam | 43. Pu S. Thianzakhai | 44. Pi Kamkhanching |
| 45. Pu Haukhanpau | 46. Pu Tuallianmang | 47. (L) Pu Dongkap | 48. (L) Pi Chingkhanmang |
| 49. Pi Donkhonian | 50. Upa Henzakhup | 51. (L) Pu Saichinpau | 52. Pu Goumang |
| 53. Upa Khamkhanhang | 54. Shie Laangkhanlal | 55. Pu Khamkhanlun | 56. Upa L. Tualkhanpau |
| 57. Pu Jamsianmung | 58. Upa Ginzadong | 59. Pu Kaizathang | 60. Pi Goizanuom |
| 61. Pi Thangneivah | 62. Shie Khamzathang | 63. Pi Donchin | 64. Upa Liankhanmang |
| 65. Pu Hauchinlun | 66. Pu T.S. Lal | 67. Pi Goichiin | 68. Pu T. Khupchinthang |
| 69. Pu T. Kaizalam | 70. Pu Paul Henkholal | 71. (L) Pu Soikham | 72. Rev. P.C. Manga |
| 73. Rev. T. Khamchinkhai | 74. Rev. Jamlianpau | 75. Rev. Chinzapau | 76. Rev. Kamkhozam |
| 77. (L) Upa Chinpu | 78. Pu Zamkhanthang | 79. Pu Chinglen | 80. Miss Chinhaunieng |
| 81. Upa P.K. Soia | 82. Pu Goukhai | 83. Pi Niangkhanmang | 84. Evan. G.L. Joshya |
| 85. Pi S. Chingkhanmang | 86. Pu Vumchinkhup | 87. Pu Lamchinhou | 88. Rev. Mangsuanthang |
| 89. Pu Kamgenpau | 90. Nh. Deborah Zou | 91. Mrs. Vahkhohling | 92. Pu Hauliankap |
| 93. Nu Chinnu | 94. Pu T. Kuppa | 95. Upa T. Gugin | 96. Pu Ginsuanhou |
| 97. Pu L. Langminthang | 98. Rev. David K.Samte | 99. Upa T.S.K. Samte | 100. Upa S.K. Khama |
| 101. Pu Jamkhopao | 102. Pu Thathang Taithul | 103. Pu Kamkhankap | 104. Bhim Prasad |
| 105. Rev. M.Kapsuanthang | 106. Rev. Khupkhansuan | 107. Nu Chingneikim | |

LIFE MEMBER-TE

- | | | |
|----------------------------|--------------------------|-----------------------|
| 01. (L) Upa T. Khupkhenpau | 02. (L) Pu M. Ginzahau | 03. Pu Selzapau |
| 04. Pu L.C. Pautungnung | 05. (L) Pi Khamkhannieng | 06. Pi Ngaiuom |
| 07. Pu Chinsuanthang | 08. Pu Shanti Kumar | 09. Pu Kamkhohau |
| 10. (L) Pu Khamkhohau | 11. Upa Khamzathang | 12. Upa Chinkhanthang |
| 13. Pu Tongzathang | 14. Pi Chiinneilam | 15. Pu Kulthang |

Undelivered

Please return to:

The Editor

Khristian Tangkou

ZPCS Office, Zomi Colony

Churachandpur - 795 128

P.O. Box - 48, Manipur, India

e-mail: zpcs@rediffmail.com

To

--	--	--	--	--	--

Edited and Published by the Editor on behalf of the Zou Presbyterian Church Synod