

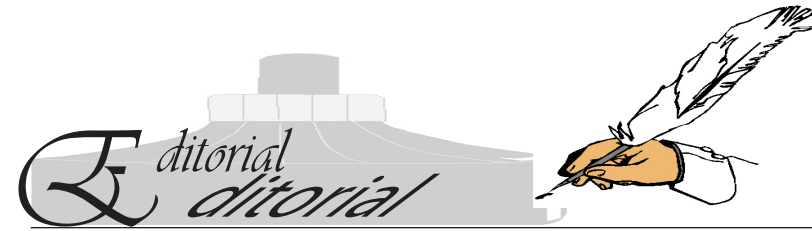
Mangjing ah Nitah dah 3:30pm in ka tung ua, Biehiin sung a lut pei in, Chairperson/ Secretary LDPWF in puitu hina la in thumpina te pat ahia, lasahna, pantu Nu Ngaidei leh thugenna Rev. P.C. Manga, topna thumna, Rev. Awnkhankhup ahi. Mangjing Mission Field inn 5, Head Master Ginsuanthang te toh inn 6 ahia, ama ua ding in, solar lamp 1 with plate, electric lamp 1 nih leh puon bag 2, meitei holy bible 20, track leh student te ding theitui bom 80 piehna akinei hi.

Tualeh top zou in, Lamnu Innpinu - Pishak damlou vehna leh thumsahna Rev. P.C. Mang in anei sah hi. Lamka District nupawl in a vena in Rs. 500/- kipie a, mimal in zong akive chiet hi.

Tuanah, Indrajit pu
- Chaoba, Ukhrul gam a

nasem, aloipa toh gamsung a gammang, gilkiel a shi zong, galna Nupawl in Rs. 500/- apie ua, thuhil a, hasotna nei ahia, Upa Henkhup District Chairman thumsahna anei hi. Mimal mal in zong galna akinei a, akipah mama uhi. Vahtu ding, Kemtu ding neilou ahiman in i thumna uah koipou in thumpi chiet ding in i kingen uhi.

Tam i Mission Field te gel uh i mit mama mu a, tahsa mama, ava kiphah leh Pasian in i thumnate uh, ithei khamkham a, i silpiehte athawn sih chi mu thei a a um n in lungdam huoi leh kipah huoi isa ua, tua sanga hatzaw, gingtu tam zaw sem, ang ki belap theina ding in asung a umte, asemte, i thumna uah phoththah thah ding in simtu zousie ki chiel in i kingen uhi.



Ahun bang zel in

Mangpa grape huon a seppi u leh nau nu leh pa te Pasian min in chibai hoitah ka hing buh hi.

Aw le tu in hun leh kumte hing peitou zel in Pasian gam nasepna i sepna ua zong lamkai kiheng lamdang kum a i um uhi

Ahi tua ahina toh eite pen maw um maimai thei ding te i hinawnsih uhi. Tuaziehin tam i thupi uh ahunbang zel in chi zang in kikum lei ka chi hi.

Lamkai a kihen chieng leh peidan leh kivaipuoh dan tampi zong a kiheng zel hi. Tammi thu a abih tahin eimite pen Pasian nasepna ahi in leh khawvel Politics a ahi ta in zong (change) sil tha pom siem paipai lou te ihina uah, ahun bang jel a ngaidan i siem ding uh kang ngen ut hi. Azieh pen nangma ngaidan mai toh change (sil hing ki hei lam dang) ding pen kintah a hing tung ahisih chi pom phot in.

Pasian pawlpi ten sil khat a hing ki heilam dang chiang in sil ka tuomtuom a suh hoi leh a deimaw huoi te jong a hi tel ding ahin gingtu khat na hina na ah Pasian zatatna in Bible thugen bangin mihingten Pasian kung a i bawl thei pen ahileh ama a tontung a zatatna i pieh uh khu ahi ding ahi. Tua Pasian a hun bang tah a zatatna na hing pieh chiang in leh ahun bang zel a sil hing tung te pen mihing a hilou in Pasian a ahina na hung pomkip ngam chieng in Mangpan nang a hing guoljawl in ahing toisang ding hi. Tua jiehin Lai siengthou in na tung a vaihawm te zatat in ana chi bang in nang zong ahun bang jel a sil hing ki heilam dang te pen nang pomsiem ding hi.

Tualeh ahun bang zel a sil umdan pomsiem mi pen Pasian mi ahi Mathiu a "Dihtat na zieh a dangtah te a hampah uh hi" achi bang in ahun bang zel a na hinkhuo Pasian kung a pekhia a ahun bang jel a na umdan ding Pasian na hing doh chieng leh gingtu hinkhuo ah nopna, kipahna leh lungkipahna nang nei ding hi. Tuazieh in Tangkou simtute zousie Mangpa Jesu min in ahun bang jel in gamtat dan Pasian zaudan leh Pasian aw nga in um va ui.

Mangpa'n Simtute zousie hing guolzawl in hing mapui in ama theisiemna lampi a hing umpi zing ta hen

Thu Tuomtuom

* **Ha masa a i suo North Africa** khomuolpi a um, Egypt toh kigangi, Medeteranean tuipi pang a um Lybia (Muslim) gam tuni date 30-03-2011 tan in abuoi buoi nalai hi. Ni 10 vel peita apat united Nations Security Council in Lybia gam lamkai Col. Muammar Gadaffi in ama vaihawmna kum 41 hita deilou leh ninggawp a kiphin a mipite tank leh vanleng zang a abomb khum zing zieh in Human Rights susia chi zieh in UNO in ngaituo in Lybia tung ah ‘No fly zone’ aphuong hi. Nibang za ama khat a dou zou un, NATO khut ah mawpuohna apekhie hi. North Atlantic Treaty Organisation (NATO) in a dou apat in ani ni in khopi a banban in ala zom zing ta uhi. Zanni 29-03-2011 in g am tuomtuomte in London a kikhom in ‘Future of Lybia’ a ngaituo vazauu ta uhi.

* **Col. Gadaffi pienna khuo Sirte** akitu lai tah uh ahi. Thautui khuh munpi teng helte khut a umta in, a zuoh ding dan Qatar gam tung tawn a zuoh pat tah ding in zanni International London a kikhom gam 40 vaiten thupass anei ta uhi (Manipur Express 30-03-2011 Issue).

* Protected Area permit ngai nonlou: India malsuo biel a um State tuomtuom Manipur, Mizoram, Nagaland, Assam, Meghalaya, Tripura, Arunachal Pradesh, Sikkim gamte hing lutna ding in pap leh Restricted Area permit (RAP) ngaizing khu gamdang mite a hing ding chiang a ilah masah ngai zing khu lah ngainon lou chi ta uhi. Tam permit lah zing pen a mipiten hamsa aki sah tontung ziehin in central Goverment kungah Sstate Government t en ngetna akibawl a, akinget dungzui in ahing peta uhi. Tam pen Foreignerte ahung ding ching a a permit muna ding a mi khat ah Rs. 2000/- (Sangni) asenlaw zel na uh ahi.

* **Japan gam** ah zilling hattah Richter Scale 8.9 um in tuisang (Tsunami) hattah um in mihing sang 28,000 val a mang thang hi. Tuisang pen thakhat leh a hat seng zieh in koima kiging man na a umlou ban ah Nuclear plan project zong zauhuoi din mun a sepha in garite zong intung vel a um zou in tami 31-03-2011 tan in a buoi buoi nalai uhi. (Aljazeera English news).

MissionFieldVena

*Nu Chongzakim,
Secretary, Lamka District PWF*

Lamka District Nupawl in kum paisa apat a ana ngaituo uh, tha leh zung, sum leh pai, thumna leh lam chi tuomtuom a, a ngaituo uh Mission field vena ding a na guot uh, Pasian lemsahna toh 29th March, 2011 sepkiani in Lamka District PWF lamkaite mapuina in, Dist. Lamkaite, Biel pastorpa, Synod Executive Secretary Rev. P.C. Mang leh Nupawl mi 60 vel in Lamka Dist. Hq. Church apat 6:00am in Bus 1 leh Synod Gari toh guochiin daikai nuoi ah ki thaloptah in a, kikuon a gari sung a lengkhawm suhmai in a kipei a, sekmai ah dah 9 am in ann nesuh masa in dah 10 am in Paspati a kitungsuh hi.

I Mission field Paspati te kipahmama in nuimai sieng seng in singpi tawh ang na vaidawn ua, biehin mai a singpi dawn khawm masa in Evan. Bhim Prasad in kipahthu genna nei in thumna aneizou in kikhopna

pat ahi. Chairperson/ Secretary in puituhina la in, thumkhawmna nei ahia, thugenna Rev. P.C. Manga, Mr. Hemlal baptisma a tangsah hi. I Mission field ten la tampi asa ua, ang suthathou mama uhi. Topna ding in Rev. Awnkhankhup Biel Pastor in thumna anei hi.

Tualeh Paspati a I Hattuum 6 (guh) ten ana zah ding un Syntex Litre 500 1, Nih leh puon bag 2, anntang half bag 1, Nepali Holy Bible 10 leh tack tuomtuom tampi a kipie hi. Nupawl in theitui puoh uh dawnkhawmna leh lim kilahna akinei a, kikhelah tah mai in dah 12:30pm in Mangjing zuon in kang peikia ta uhi.

Vanney a it sengseng a chi khu thu maimai ahisih hi/thu naran a hisih hi. Tam thu khu lungtang kihong tah in ngaisut tha lei tam thu theichiengtuten itna/lungsietna zieh a Kross a khailup a um Jesu Khrist a muchiang uhi. Thoukia I Mangpa Jesu Khrist a ding in a hinkhuo pumpi a pengam in a pethei uhi. Laphuoh tu H. Gabriel in “Aw nei itna piendang seng sang chi khu ka zaila hi hen” (Labupi No.68) lungsietna ginna mit toh entha lei, i zawlou khovel khu Kross ah i zou ngei ding hi. I peisan ngamlou leitung khu i Mangpa Jesu kung a um nuomsazaw ding ihi zieh in i peisan thei ta ding uhi.

Itna/Lungsietna sang a hatzaw leitung leh vantung ah zong a umsih hi. Itna zieh a Kross a i Mangpa thuohna khu itna ma a thuhkia ding ahi. Phutthaw hilou in force hilou in, alouthei te hilou in, Pasian itna i lungsim a ang dim chieng in I Mangpa zuilou thei lou a ama ding a ipumpi a kipieh lou thei lou, a hing hita ding hi. Tuachin Jesu Khrist sieng a um i tha hing nuom ding a, tuachin

zawna tumna tawi in phatna la isa tading uhi.

I Mangpa Jesu Khrist zawna kitanpi ding in leh neitu ihi theina ding in, thumanna, itna/ lungsietna, kingiemkhietna puonte i sil angai hi. Tamte lou in eite ki letsahna, bawl thei i ki sahna, eilou koi ma eisang a felzaw chinzaw a koi theilouna ten Mangpa Khrist a zawna ei a hing hisah theilou ding ahi. Tua hilou in ei mihingte pen Office Bearer, Executive Committee member adang adang te a i pan khalou chieng in kei lou koi e chi i lungsim ah hing um in i ki bawlthei sahna hing pusuoh in, Pawlpi pei lai suhsiet utna lungtang setan lungtang hing lut in tam khu Jesu Khrist a hilou in ama lou lal ding deilou Herod lungtang susie ut gige Doimangpa lungtang ahibou hi. Tuazieh in tutung Good Friday i manna ah I Mangpa Jesu Khrist zawna khu entha vai ui ama zawna khu nang leh kei zawna zong ahi.

Mangpa’n simtute hing umpi taken.

Gammiahasepetthangai

- Rev. M.G. Nehlian

Mangpa Jesu’n sil neunou a muonhuoi khu lienpi tunga zong a muonhuoi diinga amabousilneunoutungamuontheilou khu sil lian tung a zong muontaahlou hi ana chi bangin (Lk. 16:10) tu a ‘Field’ i neisunte i etkol danin gam lienzaw i nei thei leh theilou diing tamna pat in bangtan ahiei chieng theithe ihi kichileh kigen khiellou mai thei hi. Polynesia gam a hinkhuo phal a na kuondoh John Williams in Khantanhoi chi tu ana ut ziehin in misasiel nehte (Cannibals) lah ah ana lut in a hinna ana pedoh hi. Tuabang mite’n mitvahna ang neinuo un John Williams in a khotuo d an uhte theisiem pan ua, manghil guol mipa in ngaisut theinawnlou uhi.

I Pawlpi sung ah mimal hi in hattuom hileizong gammial vei mama kibeilou hi. Ahin bangzieh a tambangte hoitahapaahdoh zoulou i chi chieng in a lampi diing uh bawlsah a ‘Missionary’ a kuon diing nungah/ tangvalte challenge i bawllou zieh hi in ka mu hi. Mite i et kiimvel cheing in India sung

genlou leitung muon tuomtuom ah kithedal uhi. Tambangte’n hattuom sung ah report a hingbawl chieng un mi tampi thathousah thei uhi. Tuamai hilou in Khanglai t amtah lungsim khoi zouin tami’n hattuom hingsah in khangsah tuon mama hi. Tualeh gammiel veiloupi panmun (Portfolio) pupa sasem bang deu in i baan semthaw ua, tuat’nm a hing sai taah chieng un asepe diing dan thilou ahi chieng un diedie (Pending) in koikoi mai ua, tua hun sung in melmapa’n lemtang ana lain nasepna nawngkai sah thei jel in alang hi.

S a w m - a - k h a t asangsang leh alakh alakhinipiaua, hinanleh Mission Field a diing in seki zong ipe ngam sih uhi. Singnuoimite’n

thau toh bang toh demand anget chieng un i ut louna gamtan a zong i tuoh thei thep thup ua, gammial a diing i chiil thei mama ua, tami zong i ettha uh angai diing hi. Sawm-a-khat te khu gammial a lut pawngsanlou i china zong ahituom sih a, hinanleh gammial himhim loulimna leh athuo genmai a zong kigen tam deuta henla, ami mawngmawng zong kikuon doh tam sawm taleh uthuoi i china lam ahizaw hi. Pawlpi in sum-le-pai in taahsapna anei lezong mimalte in gammial a diinga bang e bawl thei um? gentenan: School umna munte a bang Oja khat chawm vang or Evangelist/ Missionary khat chawm vang chi thute vaang mama hi in ka thei a, tambang deu a pan ilahsih uleh hattuum adaai deudeu ding a, vaihawm chin in Office ah koi tou diing chi ngentang i buoipi khop diing a i pawlpi a diing a hapan ikisah laisia i gawta deudeu diing a kiehlam i manaw zing diing hi.

Gammial etkol dan ah zong i pil vang zounailou un ka mu hi. Aziehpén eilam bang a Field a um

mite i ngaituo uh hun bang tam mama hi. Amaute'n i ngaisah leh ngaisahlou, i hepi leh hepilou, Khrist a i umleh i umlou thei taluo dan uh ahiman in, mit-ha, khohei dan, haamdan, umdan, neh-le-dawn dan pilvanga amaute puosah thei diing dinmun a i umlou haam uh deihuoi mama hi. Bawl diing ichite bawl paipai a, tangtun sah pai diing ahi. Aziehpén gingtu'ng pan ahizieh un naupang bang ahi nalai uh chi theisiem poimaw hi.

Mangpa Jesu mangthai te suidoh diinga hing pei ahima bang in nang leh kei zong hagau mangte lainatna neia tuaten hinna bukim a nei theina diing uh lampi hil a van khuo-le-tui ahitheina diing uh khu i mawpuohna uh ahi chi theikawm in hun i nei laisung in septhei tan sem paipai a Mangpa'n ahing deina banga gammiel a diing a vanzah manpha ihitheina dingin Mangpa'n atha in hing lungmuongsah taken.

(Khristian Tangkou March -April 2008 Issue a suokia ah).

in saguoh phielin Kross ah a khailum uhi. Ahin Kross a ashi zou nithum zou a athokia zou in guolzawu tu ahina nasa tah in ahing kilang ta ahi hi. Tam Kross zawna toh kisai Lightfoot in tambang in agen hi. "Mualphouna leh thuohna chiemtena (Symbol) khu zawna leh loupina chiemtena (emblem) a hing tang ta. Migiloute a khailup zelna uh Kross khu guolzoutu tuonna Motor Car ahing hi" a chi hi.

Hallelui a, Mangpa phat in umta hen! Pasion mihing ahing pieng kingiemkhietna leh thuman na zieh in eiten hundam na inga uhi. Light foot ma in "Amailam a sil hing tung ding te musoh in" "Khovel ka zouta" a chia, khovel in muolphouna achi khu a loupina ahing hita hi. Khovel in ama a jawna (defeated) khu aman khovel a zawna loupitah ahing hi zaw ta" achi hi.

Tunin Khristian te khu tambang a khovel leh i mihinpi te zou ding in I Mangpa Jesu Khrist in hing dei hi. Min ang chou a nasatah a ama ivuoh,

khu a zoutu hilou in guollet ihi mai thei hi. I mi hinpi khat utut dan a i bawlthei khu joutu hilou guollet ihi hi. Judawn ngam No.4 nehngam, Nu leh Pa musit ngam, Pasianna semte bang ma a simlou ngam khu guolzou hilou in Khristian dan in nasa tah a guollet ahi hi.

ITNA/LUNGSJETNA IN KHOVEL A ZOU:-

I Mangpankingiemkhietna leh thumanna a khovel a zaw thu i gen ua, ahin itna/ lungsietna tellou in thuman na tah tah a um theisih hi. Ahin zau zieh a thuman khu mihing hinkhuo ah a um hi. Hizongleh I Mangpa Jesu thumanna khu lungsietna zieh lieulieu ahi. Lungsietna leh itna tellou in thuoh leh Kross lampi zui zou ding ahisih hi. Lungsietna/ itna tahtah umlou in gam leh nam Hattuum, innsung, a ding a thuohzou a guolzawu hithei ding hilou hi.

Tuachiin mihingte a itna lieulieu in i Mangpa Jesu Christ Krossakhailuphinghiatamtan a hing thuoh a na hi hi. Pasion

JesuKhrisZawna

- Rev. Lamsuanthang

Mangpa Jesu Khris in khovel a zaw dan khu ei mihingte zaw dan toh a kibang kha vot sih hi. Laisiengthou in "... zaw ahita a chi a, alukun suh a, hagau a hata hi" John 19:39 ah i mu uhi. Leitung ngaidan in vang tam khu guolzou hilou in guollet a shi ahi hi. Ahin tam khu Khrisian zaw ding dan ana hi hi. Tam bang a melmate zou ding in Mangpan nang leh kei ang dei ahi.

1. Jesu Khris zawna: Thuhuntha in ang kawh mu sawm poimaw mama khat khu Jesu Khris zawna ahi. Hebrai 4:15 a i mu bang in I Mangpa Jesu Khris in lam tuomtuom ah khemna a tuoh hi. Ahi tua khemna a tuoh zousie zaw lou a nei si hi. Kolosa 2:13-15 "Danthu i zui ding ua um, eite hing dou leh dou leh eitoh kikal lam a khut a kigiel khu a nawt mang in Cross dawn a kilbeh in a la mang tahi. Aman vaihawmna leh

thuneina te susie in Kross ah tuate zou in tangpi mu in a langсах ta hi" chi i mu uhi.

Tam Bible changte leh mun dang a te (Phil 2:5ff) ah zong I Mangpa Jesu Khris zawna tam bang in i mu hi.

2. Thumanna leh kingiemkhietna khovel a zou hi: I Mangpan kingiemkhietna bukim toh Kross lampi a zui a, Kross a puo a, Kalvari muol tan ah a zui a tuachin Kross a khailup tan in kingiemkhietna toh a pang hi. Tanchinhoi John i et leh i Mangpan "Khovel zaw ahi ta" chi i Mangpa khu a zaw khovel miten aman ua bawlsie in chilphit ua, bawlsietna lengpuon a silsah ua, linglukhu a khu sah uhi. Tuachin khovel miten muolphou tah

KaPauhVanaum

- Upa Khamkhanhang Dip. Th.

Tangkou simzousie chibai.

Tangkou pansan a thugen houlim i bawl theizieh un Pasian kung ah nuomthu tut zing vai, kipah ing (Phil. 4:4). Kimaituo a Khantan Hoi gen khawmna i neina uh Tangkou Pasian vang buoh in um hen.

Tunin i Pa koi pen e? hei a um e chi ngaituo a thulu (Subject) a ka tel ahileh "Kapa uh van a um" chi ahi. Tam bangin na Pa hei a um e? Ana nasep pen khu na pa ahi.

1. Pa dihtah Pasian ah0i, na nei: Leitung mihing ipien apat muthei PA leh mutheilou PA i nei hi. I pu i pa ten, Tohtol, Pheisam, Hangnel (Gulpivom) Langbel leh sum tong ana bieh uh, tuo te zousie a PA uh Dawimangpa ana hi hi. Dawi be nawnlou Pienthana lah neilou ten, muthei APA Pienna pa maimai a nei uhi. Piangtha a Hundam kithei chiente PASIAN TA ahi. Nang koita na hi ei (I Samuel 17:58). Ki theichien in (II Korn. 13:5) ki enpha in chi a hi.

2. Na pa umna theichien in: Chil lai in khokhat tapou ah siakheng 2 a um leh Hausapan koi kung a toukai na hiei? chi in inntehpa a dong a, a toukaina penpen kum khat siakhenman Ann tin ni amo, tin 3 pum hai in pesah zel hi. Na pa van a um khalou nahileh thawlawm pieh kiningtel in thawlawm mielmuol chi in phun ve chin tuami

khu Adam phunsietna, Adam in azi siemmaw a tansahna nang a hingpieng doh ahi zieh in Pasian Pa aneilou, Setan ta nahi a na Pa um na phawhnailou na hi ve. Nangman lah na dei nalam a sumsen pammai sasih chin Pasian nasemte gilva nang a pammai nasah khu azangpa Pasian na asephangsie hi bou teh.

3. Vanaumipathupidan: Van a um i pa liengkou a vaihawmna atuong a, ama khu thumopsiem, (II Tim. 3:16). Kumtawn Pa (Isai 9:6) bangkim bawlthei, lemna mang ahi. Hina piin eiten daihou in i thusim sih uh khel ham in Pastor, tilkouta gawlvahna ding lel tah mikhielte phoh ding tumlou, law pun ding maimai gen uh chi in ina kam tam zing uhi. Ape nuomloute tanchi(force) a kingen loupi na phalna bang pieh in (II Kor. 9:6). Mi lungkesah giap a na engham pen ahileh, napa setan ahia, gul tui opkhum gotmun puipa Lusfer min lou a thum na nei na bou khu lei a zong vangpha sih ve chi.

Thukigemgaituokhamchingte

By:- Gena, Aina

1. Vannuoi a hindan hoipen khu, Van nuoitung lam a hin ahi.
2. Na pienken a gotmun tang ding a kilawm mawng ka hi chia na thei masang sie van gam natang sih ding hi.
3. Hunhing tung ding a Jesu mun bawl a tena uh leh lei a Pasian ta te zintun in.
4. Hundamna hi amawl beh zieh in, miten amu paillet zel hin, man bei a mu ahi ziehin, miten agingta sih hi.
5. Hoitah in ki up in, Pasian in ang mu zing
6. Kaisang na ut leh kumsuh inla, mite thei thei ding na ut leh atuom in um in.
8. Hintam dieh a ahin na ut leh keima, chi thu teng shisan in.
9. Thuman na lampi izui masang sien sil kisel gute dohthei sih hi.
10. Sietna na bawl laitah in Pasian in na ban tanga hing kaidoh dingin, gingta sin.
11. Na ki lawsiet zing zing leh Pasian aw ngat nou za theisih vachin ahing panpi

na zong geldoh theisih vateh.

12. Pasian aw ngat nou zahna ding in, akung a um zing angai hi.
13. Hun peisa zousie tawh, Pasian ah kipahtu gen inla hun hing tung ding ah muongngam in
14. Pasian houdan hoipen khu atondan zui ahi.
15. Pasian khu eiman thupha i tawi masang in ahing ngaidam dingin mansan a um zing hi.
16. Gintat lana meipi zing nuoi ah zong Jesun ang taisan sih hi.
17. Kisiemphatna leh hal thahna lampi um sun khu kisiena ahi.
18. Vannuoi nunglam a nuasia na ut masang sien Jesu nungzui thei tahtah sih va teh.
19. Mihing toh bang ichi diei? chi thei theina dingin Pasian in tomnou nou in ang en khezel hi.

nou bangbang vanney buppiah koi ahei a um ding? Na deidan bang ua ka um lou hun ah leh na mit mu ua ka chitlanate nanghousie sih ua, kamnem tah in na deidan uh nang kohmu zel ua, chingkam leh thupi kangsa hi.

Nu aw, umdan/tatdan hoi, ham kilawm, mite houpi dan leh ka bawlding, zui dinga na deite leh hoi nasahte nang hilte'n ka maban lampite ah nang panpi mama a, thupi leh muonhuoi kangsa a, ka lawmhoi pen nahi.

Pa aw, nadihtatna, ginumna, nunnemna, kukalnate leh a dangdang nei ding ahi chia nang thuhilnate'n midangte lah a mothuoitaha uumlou ding nang thunun a, bangkim ah lungmuonnate ang pie a, ka kipah taluo hi.

Nu aw, lungsim leh tahsalam sienthoua nang zilsahnate jiehin mi-enna leh hazatnate'n ka tung ah thu aneilou ziehin na tung ah kakipah hi. Ka hinna a lungkimtah a um thei man in, vangpha kakisa hi.

Pa aw, thum zing mi nahi zieh ua, ka nu toh thungetdan ding nang zilsah ua, Pasian muongngamnaangpiea, mailam ding toh kisai in hangsanna ang pie a, kaha a muong mama hi.

Nu aw, siengthou leh feltah a na umdante ka mu chiengin kangsuong mama a, kalungdam hi.

Pa aw, Jesu tanchin, ahinkhuo leh akizilsahnate, Bible a mithupite leh ginna mi minthangte tanchinte innsung a itoukhawm laite bang, ilupkuon a nang thuhil te'n kalungsim ah zilding tampi ang pie a, sil hoilou leh khelna/gitlouna apat a ahing hemkhezel, mite itna/hepina lungsim ang neisah hi.

Ka nu leh ka ittah, gen senglou kipahna na tung uah ka nei a, nu leh pa hoitah kang neikhah vangpha ka kisa hi. Ka tunga na hoinate uh manghil ngaisih vang in, ka damsungin na hoinate uh mangngil lou in, ka damsung in na hoinate uh kang thuh ding hi, nu aw, pa aw.

Keima na ta iit uh.

Nu leh Pate kung a laihah

- Upa Khup Suan Kham

Ang hingtu it umtah nu-le-pate aw - natung uah lungdam thu gen ding nempi kaneite kipahtah a hing nasimsah ding in kang ngen hi.

Nu aw, mimbang kapien chil zuu banga ka umlai a kipat in lungzuonna, daana khannate meltheilou dia hing kem a nang khanletsah ziehin natung ah ka kipahna asang hi.

Pa aw, katahsa a dia poimaw neh leh tah, sil-leh-teen, lai kazilna ding leh a poimaw bangkim nang ngaituohsah a nang pieh ban ah ka bawl ut lamte semthei ding a hun nang pieh zelnate ziehin thupi leh pilvang kangsa a, Ka kipah sengseng hi.

Nu aw, ka tahsa damloun a nang kepdante, hasatna leh gentheina ka tuoh chienga na aanglum a nangpom a nang henepna leh hamuonnate jiehin ka lungkim hi.

Pa aw, ka exam chiengin zan sawtpipi

nang toupi a, ka neh leh ka dawn dingte nang ngaituosahte ban ah ka nu toh theitawp suo a na pan ban uah Pasian kung a guoljawlna nang ngetpiehnate jiehin tunitan a ka lochin ka manghil ngai sih dinga, kang it tawntung ding a, kang it semsem ding hi.

Nu aw, sil hamsa ka tuohte, ka theisiem loute leh ka buoina lien in neu taleh, nuizathuoi pipite na ngawn chientah in nei ngaikhiehsah zing a, na tung ah ka lungdam hi.

Pa aw, ka talent te semkhethei ding a ka nu toh neipanpinate leh neihanthawna jiehin ka kipah hi. Sil neu nounou ka bawl thei sunsunte nei kipahpi zieh un,

21. Minthanna sang in tahsan um na ahoi zaw hi.
 22. Zau zieh maimai a Pasian houten Setan hung kilang leh zong Hou thou ding uhi.
 23. Na bawl ding a ka gen bawl loupi bangdinga Mangpa nei chi uh ahiei Mangpan a chi hi.
 24. Hahsatna i tuoh zel te pen eima kitat hiem na ding a Pasian in suong tah ang pieh te ahi hi.
 25. I Mangpa'n i hundamna ding lampi a nasat lai a apei na leh a thuoh nate ingaituo phah lou ziehin. Hi kisahna, tungnun kituhna, siem kitanna dihzaw kisahate ziehin, Kross lampi in a mangsah jel a manthaina lampia i pet mang jel uhi.
- Mangpa'n a thu guoljawl taken, aban hakia chieng en vai.

Gilpipaat(Pepticulcer)

(Ahing kipat dan, kikep/kizen ding dan, kiven ding dan leh a sietsuo dan)

- Upa Dr. M. Lachinkhai (MBBS.,MS)

Thupatna (Introduction):

Eimi lah ah Gilpi paat (Peptic Ulcer) kichi pen piching sa (adult) numei pasal atamzawten i buoipipen uh natna khat hi in ka thei hi. Keima ngaidan/tuotdan in eimi lah a gilpi natna lah ah 80% pen gilpi paat (peptic ulcer) hi dingin ka gingta hi.

Ahing kipat dan: (Actiology):

Tam natna hing kipat dan pen ahileh i annehte sumin (digest) dingin i gilpi sungah acid tui thuo (Hydrochrobic acid leh pepsinetui) ang pulkhe jel hi. Hinanleh bangjeh ahiei khat in i anneht te sumintu ding sanga tamzaw ahilou leh gilkiel (empty stomach) a i um pettah in tampi na pul t aleh tuami tui in i gilpi sunglam a ne paat/nese thei hi. Chipen hima(ulcer) a suohsah thei hi. Tuaziehin tami natna ahileh tulai in Acid Peptic Disease (ADP) zong aki chi hi. Tami gilpi tui pen i poimaw sanga tamzaw apul/aput ngitngat leh i gilpi sunglam a nesie a hima ulcer ang suohsah hi.

Kikep/kizen ding dan (Treatment):

Kikep ding dan ahileh anei a lam

thum a ngaituo thei ahi:-

- 1) *Acid pepsine tui suh dau ding (Neutralisation of acid/peptic juice).*
 - 2) *Acid-pepsine tui pul tawm sah ding (Prevention of excess production of acid-pepsine juice)*
 - 3) *Ann nem lam neh ding. (Consuming of easily digestible food)*
- 1) Acid/pepsine tui suh dauna dingin Antacid tuomtuom eg. Mucaine gel, Polycain gel, Disogel, Digenegel, Stomagel leh a dangdang te nikhat sung a 3-4 vei vel hakhat (one month) sung bang dawn ding ahi. Khatvei dawn a tawkeu liente (table spoon) dim nini a dawn ding ahi.
 - 2) Acid-pepsine tui pul suh tawmna dingin anei a lou tangte neh dingin ahoi hi. Ranetidine eg. Tab. Aciloc 300mg/Zinetac 300mg/Histac 300mg tang khat nitah lup kuon chieng a neh ding ahi. Hakhat sung bang neh zom ding ahi. Or Omeprazole e.g. Ocid/Omez 20mg/Omepraz 20mg ni khat a khatvei zingmawng ann neh kuon chienga neh ding ahi. Tami zong hakhat (one month) sung bang neh ding ahi.
 - 3) Ann nemlam deu leh i sung in azaw bailam ding (easily

digestable food) ann neh a hoi hi. Adiehin kizen/kikep sungin ann nem deu, malta thah senglou, sathau tam senglou, ai-eng/masala tam senglou neh ding ahi. Ahitheileh, sathau a kan (fry) sangin tui a huon (boiled food) a hoizaw nalai ding hi.

Kiven ding dan:

A bullam a i gensa ma bangin acid-pepsine tui pen in i anneh te sumin (digest) tuding hinanleh, aval (excess) ahilouleh apul hunloutah a apul chiengin gilpi paat (peptic ulcer) apiengsah thei hi. Tuaziehin anei ate thei dingin ahoi hi:

- (a) **Zu (alcoholic drink):** Zudawn mite'n peptic ulcer aneiuom mama uhi. Aziehpun zu dawn in gilpi tui (acid-peptic juice) a pulhoisah mama hi.
- (b) **Malta thah (Chilly):** Malta thah seng zong ahoi sih hi. Malta thah in gilpi tui apul hatsah ban ah gilpi inzong a thuoh zou sih hi. Malta gum thah deu bang i neh khah chieng leh i diip ang na suh pai vevaw hi.
- (c) **Gil kiel:** Gil kiel a sawtpi (empty stomach) um zong ahoi sih hi. Gil kiel (empty stomach) a sawtpi i um

11:00-12:30am (Class)
 12:30-1:45pm (Lunch)
 1:45-3:15pm (Class)
 3:15-3:45pm (Tea Break)
 3:45-5:30pm (Class)
 7:30-8:00pm (Dinner)
 8:00-9:30pm (Class)

Topics of the Training:
 Thupi tuomtuom pansan in Class akila hi. Tuate: North-East Scenasio/Malsuoh sil tungdan, Human Rights/Mihing satan, Militarism/Hiemngamna, Social Analysis/Khotang sil etkaina, Conflict resolution/lemna siemdan, Role of Education/Lemna sinsahna leh Lemna um theina ding lampite-Road Map for Peace.

Fruitful Leisure: Lamkaite vaihawm siemnatoh training a pang teng dt. 19th-March (Sat) in Shillong khopi sung a mun ettham ching tuomtuom: Wards Lake, Ecological Park leh Elephant Falls te etna (Outing) ahing neipi uhi.

Visitto ZPC Shillong: Pasian

mapuina leh Shillong Bieltu Pastor, Rev. Khamchinkhai ban ah hattuum te deisahna tang in dt. 20th March (Sunday) ni in Happy-Valley a um in hattuompi te utoh Pasian biehpiena limle nuom in kava zang khawm ua, tuonah, Evan. Bhim Prasad in hagau annkuong luina nei in Pasian phatna Solo lasahna te zong ka nei uhi.

Back to Zodawn: Nuom le tai a Shillong hattuumpi te toh hunzah khawm ahizou in Rev. Khamchinkhai in Tazi parking tan ahing buoipi a, tuachin Pollo-Ground Bus station apat nai 3:00pm tuom in Zodawn manaw in khovel a poimaw pen lemna leh muonna ahi chi lungsim a gelkawmin Rajdhani Express a kahing tai ta uhi.

Conclusion: Peace Training a vapang teng ban ah simtu deitah te zousie in igam, inam sung a lemna poimaw ngaithei pen chiet ding in, lemna Mangpan guol hing zawl chiet taken.

PeaceBuilding TrainingReport

- Stephen Khupsianlal

Amasapen in simtu deitah zousie hun hoi hing pia i bieh Pasian min in chibai.

Introduction: Pasian hoina vang leh pawlpi vaihawm lamkai adieh in Rev. Stephen Chinzathang, Sr. Executive Secretary deisahna toh apeisa dt. 14-19, March 2011 sung in Rympei ki paidbah, Pynthorbah, Shillong khopi ah KJP (Sepngi) pawlpi saina leh North East Dialogue Forum (NEDF) te sponsore "Building Communities of Peace" thupi zang in Lemna palai siemkhetna training ah keima leh Evan. Bhim Prasad, Nh. NiangneikimTv . Donglamthang toh kava tel uhi.

Ojectives of NEDF: Tam pawlpi pen India gam sung a Malsuo (North East) gamkai sung a lemna leh muonna tunding ding tuppipen in anei ua, pawl dangdang toh lemna lampi sui in houlimpina leh training tuomtuom asai zel uhi. Tutung Shillong mun a training akineina ah abihtah in

Manipur a niteng buoina, siltung deihuoi lou te genkhawmna kinei hi.

About Trainees: Manipur gam sung a district tuomtuom apat nam tuomtuom peikhawm in mi 30 vel in training a pan kila hi. Tuate, Meitei, Zou, Kabui, Mao, Muslim, Nepali, Zaliangrong leh Khasi ten eima umna gam, nam leh pawlpi te a lemna umna ding panla ding poimawdan nasatah in aki genkhawm hi.

Daily Activities: Training hun sung i.e 14th-19th March sung teng adieh in hun zahthaang umlou in amanpha thei pen in akizang a, tambang a manphatah a zah ahina ah training a pang teng in hun zahsiem poimaw dan zong hing zilsah tha hi.

TABLE

7:45-8:30am	(Break Fast)
8:30-9:30am	(Bible Study)
9:30-10:30am	(ecap/zilsate etkiana)
10:30-11:00am	(coffee Brk)

chiengin i gilpi sung a bangma umlou ahimanin acid leh pepsine tui in i gilpi a nepaat in atawp a hima (ulcer) a suoh hi.

(d) Thuopeh/theithuo (savour fruits): Theithuo zong adiehin i gil kiel pet a nehlou ding ahi. A ziehpen gilpi tui pul hatsah ahiban ah acid tui pen a belap in gilpi a paatsah hi.

(e) Adang dang: Tamteng ban ah lunggim, lunggel, kimut theilou, diipkuot/zauthawng chite inzong acid-pepsine tui pul a hatsah tuom mama hi. Tuaziehin lunggim lou tah leh kimut tuitah leh annkam tuitah a um a damdawi khat ahi hi.

(f) Sesuoh (Complication): Gilpi paatpen hun sawtpi damsienloulou a ang um chiengleh anei a bangin a sesuoh thei hi.

i) Gilpi vang (peptic ulcer perforation): Gilpi sunga hima (Ulcer) umpen dam zoulou a hun sawtpi ang um chieng leh ne kuoh deudeu in atawpna ah ahing vang khong hi. Tuachibang te pen emergency operation akibawl

sih leh adam zou atam sih hi. Mi tampi i thei khah uh a um ding hi.

ii) Sisan lokhie (Bleeding): Pawl khat a gilpi a himapen in ne kuoh deudeu in sisan gui (blood vessel) khat a va nehsiet chiengin leh a gilpi sunga sisan tampi ang put doh chiengleh sisan hing lokhie in sidangin a shi thei uhi. Sisan gui lien deu bang asiet khah leh a dam zoulou a tam hi. Hospital tung thei pai loute dingin a zauhuoi dieh hi.

iii) Gilpi dong (Pyloric stenosis or Gastric outlet obstruction): Pawl khat ahileh ahima (ulcer) pen gilpi leh giljang ngat kisuhtuona bul vel ah a um a, dam jel kipan tha jelte atawp ah ahima pawn (scar) pen in avang neu sah deudeu in ann leh tui lut sieng theilou in, lokhe jel in operation bawl angai uhi.

iv) Natna hoilou (Cancer): Pawl khat in kum tampi gilpi paat ang thuoh chieng uleh atawp ah natna hoilou (cancer) hing suoh in a shilaw atam uhi.

Tuaziehin gilpi paat pen theisiem a, kikep siem a, kiven siem a ngai hi.

(LWCA Silver Jubilee Souvenir 2000 ah Upa Dr. M. Lachinkhai in agel apat a hing kisuo kia ahi).



Pasian hatna leh mapuina zal in tukum 2011 ahalina tan i thun thei ta zieh un, ahing mapuipa Pasian kung ah nuomthu i tut masa uhi. Tuaban ah sil thupi gen seng guollou ahing mapui sahte leh ahing mapui nalai lam-et na thupi zawte ziehin zong a min i patawi uhi.

Tua leh Bienniel a i na pei zel dungzui in tukum 2011 khu i kitel tha kum uh ahina toh kijaw in a peisa 11-13 March 2011 sung ZPWF 4th Session Bienniel khawmpi Lamka District H/q Church ah lawching tah in a kimang zou hi. Tuanah ZPWF 2011-2013 sung lamkai ding telthana a kinei a, tam anei a min hing kiguolte ahi.

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Tamteng khu mipite in lung kituohtah a telching ahia, a lungguot hoi te uleh a tupna manpha tahtah te uh muolsuo dingin Mangpan umpi taken, thumpi chiet vai ui, tualeh i Tailoring Central uh, Zomi Colony ah puonkhuina zong 1st March 2011 in pankia ahita (Trainees) a ki zil mi 6 Instructor khat Nu Ngailalven lah a ahia, kumtop tan a zil zau theina ding un thumpi chiet vai.

Tunnu liimbel ZPWF Orphanage Home zong na thumna te na silpie te zal in Pasian in mapui in a peihoi mama hi. Pasian kung a nuom thu tut vai.

tang koupi hi. Mi zousie in Messiah a lam et alien mama a, lungkham leh mangbang a a um lai tah ua Jesu ang kilah tah mai khu amau a dingin a manpha dieh hi.

Jerusalem a ang lut in mipite kikou in Hossana Mangpa min a hing pei khu a hampaha hi achi uleh mi zousie a zataphot a gingta ua apuonte uh pha in Mangpa min a hing pei vaidawn in tuochin Jerusalem ah alutpi ta uhi.

Juda mipite zousie kipah in, Pasian lenggam ang tung ta Hossana chiin a kikou va uai uhi.

Hossana - Hing hundam in - Gentheina apat in, tahsa lungkhamna apat in, mite nuoisie leh simmo a aumna ua pan in, mite hing hundam in chi in akikou uhi.

Tumna: Galzawna, Rom Sorkar thuneina apat in gal zawna, Setan nasep theina apat a galzona opbet a aumna

ua pat a Khrista zal a galzawna china ahi.

Sabiltung: Juda gam ah lemna leh muonna a um ta chi etsahna ahi.

Tam atung a thute apat Mangpa Jesu sil tup tahsa leh hagau liengvai te kung a Khantan Hoi puon zahna khu suhlat ahi ta a, tami Khantan hoi khu mi zousie ding ahia, gentheina, hasatna, lunglelna, zousie i Mangpa Jesu Khrist in Cross ah ang suhmangsah tahi.

Sabiltung ganta lah a sienglouchietheiahia, hinnanleh atung a Jesu atuonzal in pahtoi in a um hi. Tuobangma in eite zong bangma lou in kingai in, siemmaw huoipen te bangin ikingai chang um zong leh i tung a tuong pa Jesu Khrist zal in dihtatna Manglukhu sang dingin pahtoi in i um ding uhi.

Mangpa'n simtute hing guolzawl taken.

la in Juda Macthabian (B.C. 164) movement ang pan doh hi (Tulai ham in underground movement. Tua khu Judate ding a zalenna delna masa pen asuoh hi. Biehnate ang siemtha ua, Jerulalem Biehinn pi te siensuo thah in mipi alakh tel a sim te kipah tah a kikou in Mangpa aphot uhi. Tuni tan dong in November (khenuka) ni chiengin Tumnate toi in Mangpa khu aloupi hi chin gawl dung ah akikou zel uhi. Tuobang ni thupi ni khu amau a dingin chiemte tham ching ahi.

Tuachia tambang a Judate ang khan khieh tah chieng in Greek mite lah a Nicanor kichi Galkap General in i galzona uh chiemte na ding leh theizing na dingin Purim Kutte (khenuka) chite ang pieng khia hi.

Tuachin Judate lah a Kumpi tha khat hing pieng khe kia in Juda gam Procurator in Caesaria ang hi tahi. Aman dan leh thupiehte hing siemtha in Judate zong zalenna pekawmin enkol siemtahin vai anghawm

tahi.

Sum leh pai din mun ah hausatna in agam a zel a, ki itna leh kituhona in agam anop sah mama hin zalenna in muonna leh bitna um in a zong ahau kidai dan na zousie a sat chim ta a, sah khuo zalenna in mi zousie a kipahsah tahi.

Tuachin Pontia pilat in vaihing hom kia in Judate kung ah Tax (sia) Tampipi la in Jerusalem a biehinn sung a sumte zong la in Water Scheme bawl a sawm a, Juda mite a ding in puohgih lien tah asuoh tahi. Tuachauh hilou in pilat in Caesar (Kaisar) lim Flag a siem in atah a, tuo khu mi zousie bieh ding in ang tahdoh tahi. Tam thute ziehin Juda mite hing kipunkhom kia in alah ua mipil deute pansan in zielot movement ang pan kia uhi. Tuami thutup pen Roman vaihomna deilou pol ahi uhi.

Tam bang a Judate ding a hun sasatah a tun laitahin Mangpa Jesu hing kilang in aman Pasian leng gam thu a

Tuunnu Liimbel ZPWF Orphanage Home

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Jan- March 2011

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35.	Bangalore	Rs. 3000
36.	4th ZPYF Bienniel Conference panpina	Rs. 4263
37.	ZPWF Conference tholom	Rs.4052
38.	Donneithiem	Rs. 100

Text: Zacharia 9:9; Mathew 21:1-11

Palm Sunday

- Rev. P.C. Manga
Executive Secretary, ZPCS

Palm Sunday chi khu atangpi a i koidan in Jesu Jerusalem ah pahtawi a aumna thu ahia, tam khu Naupangte nasep bangin i ngaituo khajel uhi. Tam banga guntah a naupangte leh mipiten a bolpen eima mimal hinkhuo ah tahsa leh hagaulam a dingin umzie neitah asuoh a, eima hinkhuo ah sil khat hing tut in i thei khezel uhi.

Pasian Nam tel Israel tate Pasian ah hel abawl zieh un atang thu sung uh kidouna, kimattuona, gam dang mite toh ki dounan ana mang tontung uhi. Pasian a kisia tah sangin a zolneite uh athat ua, asiempute uh a musit ua, a sisan uh asuo ua, Tuachin Mangpa thangpai in Israel te Juda te Pasian in mite khut nuoi ah genthei tahin a khosa ta hi.

B.C. 400-333 lai in Elexander the Great ki chi pan Palestine gam

ah Greek vaihawmna anapan khia hi. Ama pa shi nuo in atate lah a khat Plolemi kichi pan apa zaluo in 323-198 sung Greek Leng gam ah vai ana hawm in tuonah Egypt gam dong in vai ana hom pha hi. Tuachia plolemi ashinuo in Elexander galkapte lah a lienpen hah leh suon apat in Seleukia (198-166) Seleukia miten Palestine gam vai ana hom kia ua, amau ten Suria gam dong in ang la ta ua, vai ahom khum ta uhi.

Tuami zou 165 BC in Antioch Epiphany in vai ang hom kia a, amau Judamite tondanzousiesuhbeiaasakhuo poi/kut zousie uh suhbeisah a sawm hi. Jerusalem a Judate Pasian biehna mun uh zong lahsah a sawm tinten hi. Juda miten zong Greek (Culture leh religion) tondan leh sahkhuo khu azui ding uh chiin thu apia a, leitung ah Greek mite tondan leh sakhuona azui ding uh chi thusuo a bawl tahi.

Tambanglengpangaituona pen Judamiten angaithei sih ua, a kal ua kitheisiem louna

ang lien ta mama hi. Epiphaney in Judamite a huot leh mudana suhlatna dingin Jerusalem Temple abulu a mihing 80,000 Singgiet a that a, sang tam tah suoh leh sal in a man a, Biehinn pi sung a Pasian bawm asat keh a, asung ah dangka Talent 1800 ban ah Sana leh Suong mantam tamtah ana lahsah hi. Asum a talent 1800 khu eima Indiasum in 1,20,00000 (Lakhs 1 leh sang 20) Judate sakhuo biehna suhbei na dingin a tate uh Teptan ding a kham nalai asuoh a, Juda mite genthei tahin a koi hi.

Tuami hilou in, belam siengthoute, vapal siengthoute leh Pasian a ding a siengthou te kizahna mun ah Judate huot mama voh sisan te in a kithoi ua, vohsa te bang biehinn sung ah, lan in ne in a don ua, Jerusalem Biehinn pen buohtah in a zang ua, kizuo te kizuo na mun in a mang ta mai uhi. Tuabang a nuoinet leh simmaw a aumlai un Judate lah a Pasal pha Mathai kichi pan atapa thumte toh lamkaina

(ဝါဂျနာနာသနာသနာ)

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