

Christian Meivah

March - April, 2015

Lhani seh thuso

Private Circulation

2015 Palm Sunday

Tukum Palm Sunday hi March 29 ni ahi. Hiche ni hin Jesu lengpa khat bengin, loupitah in Jerusalem a ana lut-e. Thinaa kona athodoh masang ni sagi ni ahi (Mt. 21:1-11). Hiche nikho masang kum 450 vel chun, Zechariah themgao in, "Ven, nalengpa nahenga ahunge. Gal jouva minthang tah-a hunga chu amabou ahi. Lung nem tah in sangnang chung khat-a ahung touvin ..." tin akisune.

Hitia ana kimasut hi, khonungin Mt. 21:7-9 in aguilhun dan ahin sundoh tai. Pakai Jesu loupitah-a Jerusalem khopia alut chu thu pi mong ahi. Jesu tahsan jouse dia melchih jing ding chu, leiset-a ahung lona atoh achai-a, Pathen ahijeh-a chu kile kit ding ahi, toh chainaa thia athodoh chu melchih ding ahi.

Pathen Chapa Jesu, mihem a apen ding gonsa anahi. Mi masa Adam le Eve chonset nikhoa Pathen in aphondoh numei sungpeng pasal khat in, satan atha dia ase chu Rev. 13:8 "Leiset bul kiphudoh tila pat kithatsa kelngoi nou" kiti hi ahi ding tahsan lomtah ahi. Pathenin ahinsol lona kin atoh pat-a pan, Jerusalem

khopia loupitah-a alut nikho gei-a, abol atoh ding jouse chu atoh chai ahitan, "Leiset chung toh ding nei peh chengse, kachai soh in, nangma kachoi-an tai" (John. 17:4), tia Pakai Jesun Pathen koma ase hitoh kitoh ahitai. Leiset a atoh ding dol ho achai a, akhum khana, thia athodoh chu bou bat ahitan, hijeh-a chu ama koi ahi phong tah-a atahsante asap doh sah a Jerusalem khopia lut ahi.

Jerusalem khopia alut dan chu, ase juite toh Kalchuh Kut an anehna diu mun agontoh masah-a, Egypt a Israelte jalenna ding kalchuh kut ankong anasem doh-u chu, Pakai Jesu le aseijuite kalchuh kut an kong umdoh ding vetsahna ahi, ti thei ahi. Ankong asem tupna diuva, asol seijui teni aseipeh ho abang banga ana um jonghi Jesu Pathen chapa ahina hetdohna thei ahi. Asol masah seijuite nin ijakai agontup jouva, Jesu leh aseijui dang toh atahsan mipi kijot uva, leng loupitah khopia ahung lut banga, bol dia lom jou se ana boltoh-u ahi.

Pakai Jesu leng jouse leng ahinaa Jerusalem a alut hi, sangan chung tou-a, sangan chungle lampidunga pon aphauva, theoboh gei-a

aphauva mipi chu, anung le amaa kijot uva, Jesu alai lunga sangan chung touva, kijot ahiuve. Mipin asap-u chu, "Huhhing hen, Pakai mina hung pa anun nome. I-pau David leng gam hung lhung chu nunnom hen ! Chungnung penin huhhing hen !" tia mipin asap-u ahi.

Hiche nikho chun Jesu chu Jerusalema alut in, thil ijakai avegol soh kei in, ahung kile lamin, thei phung khat agaosap in, agoptai. Jerusalem hou-in jong ana sutheng in, adou hon ama thana ding pansat nan aneilo tauve. Leng loupitah-a Jerusalem a alut, mipin Israelte huhhing thei dia anganseuva asap-u, chu le theichang phung gabei banga Israelte Pathen dia gabei ahiu, akhoh pen hou-in asuh thenga kon chun, thempu ho, Sadducee ho le Pharisee hon ama chu amatsah uva Rome gam vaipo Pilate athasah-u chu, Pakai Jesun anatoh khumkhana ane ahitai. Ahung lona achaina ahitai.

- Dr. T. Lunkim -

Idia Jesu athau hia ?

Jesu thulem ase ho leh thil kidang abol ho chun hiche lai a Pharisee ho leh Judah lamkai ho henga engsetna le vetdana lung thim ana sosah-e. Jesu abang tengle amaho chu ana seisen, chule mipi atama tamin, Jesu nung ahinjui un, hou lamkai ho kichatna asosah-e. Mipi ho lah-a abangin Jesu chu a hung ding Missiah ahi ahin tiuve.

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Pharisee khat le Kaidongpa khat taona thudol Jesu ana sei in, kai dongpa joh chu ana seiphai (Lk. 18:9-14). Hiche hi Pharisee ten janom ponte. Meithainu sum nongsi to jeh a aseiphai chu sum tamto jep mihao hon janom ponte (Mk. 12:41-44). Chule Samaria miphapa thulem aseinaa chun, thempu khat le Levi mi khat in akitong khapa adonlou thu ase chu Levi le thempu hon janom ponte (Lk. 10:25-37).

Sabbath nikho chu Judah miten kicholdo nikhoa anaman ahi. Jesu hiche nikho hoa chu thil kidang sagi jen anabol ahin, hichun hou lamkai ho alunghan sah gamin ahi. Thil kidang sagi ho chu :-

1. Mt.12:9-13 : Akhut ngoipa abol dam.
2. Mk.1:21-26 : Thilha voppa abol dam.
3. Mk.1:29-31 : Peter pinu adam sah.
4. Lk.13:10-13 : Kum 18 dammo nu adamsah.
5. Lk.14:1-4 : Buhthipa adamsah.
6. Jn.5:2-9 : Kum 38 damloupada abol dam.
7. Jn.9:1-14 : Mitcho pa adamsah.

Bethany khoa Lazarus ana hinkit sah chu thempu chungnung le Pharisee hon ajah uvin, Rome ten eiho einoise uvin tin, eisuh gep diu ahitai, i-iti diu hitam, akitiuvin ana kicha tauve (Jn. 11:47-53). Hiche nia kon chun Jesu thana ding bou hou lamkai hon ana gong tauve.

Mahatma Gandhi in, “Nangho Christa chu ken kadei in, ahinla na christian ho vang kadei poi” tin ana seikhai. Thilpha bol Jesu chu hou natong hon, mipi atildoh uva Pilate henga *Jesu that un*, ana tisah ahitai. Jesun kum 30 Pathen hounaa ana mana chule achaina kum thuma chu mipi anga Pathen na anatoh ahin, mipi angailutna chun cross ana lhut lon ahitai. Ahinla Pathen hinsol ahijeh chun apa Pathenin thinaa kon in ana kaithouve.

Tunia christian hon Pathen agin uva, ase angai ule, phat kichai nileh Jesun, “Hungun kapa phatthei boh chang ho, ... nangho dia gotsa kikoi gamsung hunglo tauvin” ati ding ahi (Mt.25:34). Van lenggam a chen theina din, kisem tup masa tau hite. Ajole Jesun damuna asol ho lah-a kipang khante !

Mi thum ho thusim

Tup le doi chom cheh nei mi thum ho geldoh ute. Pakai Jesun Eden hona pat cross kiput in thina mun jonin ahungin, chule Peter in chemjam kiko in Judah lenggam thaneina ahin del dele. Chukitle, Judas Iscariot in sumbom kipoh in haona puma inchen ding ahin del dele.

1. *Jesun avetsah* : Jesun Eden hona a kiput in cross kiput in, akitina chu Pathenin Adam chonset melse tah selna dingin kelngoi atah in, avun achenpeh-e. Hiche kelngoi hi Jesu

vetsahna ahi (Gen. 3:21). Pathenin vannoi leiset um masanga agot ma sah thu chu kasei-u ahi, tin Paul in ana sei-e (1 Cor.2:7). Lei kisem tila kithatsa Pathen kelngoi nou, akiti (Rev. 13:8). Atilin thun aumin, thu chu Pathen toh uma ahi, chule thu chu tahsaphen ahung peng tai (Jn. 1:1). Abel chun nolna bei kelngoi chal golin, maicham ana semin ahi leh Pathen alunglhai tangei-e (Gen. 4:4). Jesu lima kibol ahi. Abraham in achapa maichama ato hi Pathen in achapa ato ding vetsahna ahin chule kelngoi chala kithoina mai cham asem chun, eiho kithoi damna avetsah-e (Gen.22:23). Gam thip a Mose in gul adop sang bang banga, Pakai Jesu kidomsang ding ahi, ati (Jn.3:14).

Lei kisem tila Pathen tohgong hi, satanin suhmo tei ding tin thumvei ana lheme. Ahinla Pakai Jesun apa tohgong sa chu atuhchah jeh in satan in alhemlha jou poi (Mt.4:1-11). Jesu chu asopi ten jong chule aseijui ten jong, leng chan sah-a, Rome vai pote khut noi-a kona ondoh-a cham lhat ding deinaa bou Jesu ajui-u ahi. Pakai Jesun Eden hona kona ahin kiput, cross lam jonin ache jingin, Calvary lhang thingpel chungga amol sotai. Tila chu thu-a ahinput ahin, Judahte angung tah-a atahbeh in mi jouse mitmun, cross akiput tahtah tai. Gamthip-a Mose in gul adop sang bangin, thingpel chungga akikhai sang tan ahi. Vannoi mite chonset, satan thaneina thina chu ajou tai. Ni thum nin athoudoh kit in, phat khat

tengle hung kit-a amithengte a hung kipui ding ahi. Christian ten hiche hi ingalel-u leh ikinep nau ahi.

2. *Peter chemjam* : Peter in Jesu hi Pathen chapa ahinai tia atahsan ahi. Nangma Pathen hingjing chapa Messiah nahi, tin ase ngame (Mt. 16:16). Ahivangin ama tahsan danle akineppi dan hi lamchom beh ahi. Aman Israel lenggam tungdoh ding le kiledoh sah ding deinaa ajui ahi akihei. Ajeh chu mithi akaithou thei-a, twi kinong aphotoip thei-a, thil kidang tamtah abol thei leh Israel lenggam jong tungdoh thei tei inte, tia kinem tah-a ajui ahikhai.

Pathen thilgon sa cheding dan leh Jesu lampi ana hepoi. Ajeh chu Jesun, michonsete khut-a aki peh doh ding thu aseipet in, Peter in Jesu atumbek in apuidoh in, Pakai nathusei chu Pathen lungset in chutobang chu nachunga chulou hel ding ahi, tin ase in ahile Jesun ajah a, Satan kanung lama chetan, kipal lhuh sah ding neigot ham, kapa tohgong hepha lou-a, mihem thulam jeng nagel ham, tin ana phoh-e (Mt. 16:17).

Peter chun Rome te khut a kona ondoh ding bou deinaa ana jui ahi, ti akilange. Israel lenggam deina jeh-a ajui ahi. Gethsemane hona Jesu ahung mat uchun, thahat vetsahna chemjam ana manchah-a Jesu huldoh ding anati ahi. Ahinla Jesun, Peter na chemjam chu apai a koitan, chemjam pana chu chem

jama lou ding ahi, atipeh-a konin Peter chun ajui thase pantai. Judah te thasah lou ding tia pang ahin, a chemjam la apanthei tapon, Jesu amat uva thutanna muna min thu adohho adonbut louhel jeh chun, Peter alung dongin kotphunga aki ngaise tai. Numei khat in, nang jong Jesu seijui nahim, atileh keiman khuchepa kahepoi, ati pantai. Lung don manin tolmei a-oi leh numei khat in, nang jong Nazareth Jesu seijui nahim, ahinti leh kei man kahepoi, atin, chuin pasal hon, nang jong Jesu mi nahi, atikit uleh kahepoi, atikit in, thumvei akiseilep jou chun ah akhong tan, ajammang in polama akap tai (Mt.26:69-75). La khat in, “Alampi chu vetem uvin, Calvary lhang gei in, Pakai kajui ngam ta pouve, aloiten atiuve” ati.

3. *Judas Iscariot* : Amahi koulou seijui jong akitin, ibola Jesu ajui hitam ? Kum thum Jesu nung kijui taa ima khatbeh kiphat chompi lou ding ham, tichu ama bidoi anahi. In chendohna dingle phat dohna ding bou anatup ahi. Ana damsah-a, athi kaithouva, twi kinong phoththip jou pa, mi sang nga vahvapa chun ijakai eibol peh thei ahi, tia kinem tah-a ajui ahi. Iscariot Judah hin haodoh na dingle inchen kisuh tupna dia ajui ahi. Chule Rome vaipote thunoi-a Judahte chamlhat ding kinepnaa ana jui ahi. Khangdong mihaopa henga Jesun, nanei nagou joh in lang mi vaichate hoppeh in, chuin kanung hinjui in, tia ase hi Judah Iscariot in

ana datmo tei inte. Khangdongpan Jesu adalah chu Judas in ahen chu le Pakai in, mihao van gama alut sang in, heobil homa sangong sao alut abaijoi, ati ajah chun Judah lung chu ahi tapoi (Mt. 19). Hiche Jesu nung ka jui a inbei loubei kahia, jile cha donlouva um chu ngolna ahin, ama hin manthah sah ding eigot-u ahijoi, tia agel lungjin pettah chun, satan alung sunga ahung luttai (Lk. 22:3).

Thempu hon Jesu thadoh ding tia agelu chu ahen, Jesu hi moh dalhah sangin sumin kijoh doh hen kidalha leh kum thum kajuina kathaman kakimu hinte, tin lunggel luhna anei in, thempu chungnung ho koma somthumin Jesu ana kijoh doh tai. Jesun, eipedoh a pang pa chu apenin penda leh aphajoi, tia ase chu guilhunga ahi (Mt. 26:24).

Judas lung gela chu Pathen lunglhaina mite chu genthei louva, hao ding incheng ding ahi. Avaicha genthei ho chu Pathen lunglhai louna miho ahi ajeh chun apen nia, vantil ten, chungnung pena Pathen loup hen, leichunga alung lhaina miho lah a cham leng hen, atisao ahi tia alah ahi (Lk. 2:14). Pathen lunglhaina mite chu nunnoma kipah pah jeng dia agel ahi. Job agenthei laitah in, agol thum hon, naki chonphat sah vangin keiho het in, michonpha a mahthah lam kahepouve, midih ho akisuhmang lam kahe pove, anati peh tauve. Tulai christian kimkhat lunggel tobang ahi.

Jesu nung jui dingte umchan hiti jo ding dol ahi. Jesun, na thingpel kiput in lang neihin jui in, ati. Inle lou jile cha sopite sangin, keima nei ngailu jouvin, ati. Na hinkho jong itcha louvin, neihin jui in ati. Nangap chat hinam ? Solchah Paul in, ima lam jousea limgeh chan umin, thoh hahsa chu thoh in, evangelist na chu tongin, na lhacha natoh chu bullhit molson, ati (2 Tim. 4:5). Mitlhi pum puma tuten aga kilouhen. Kap pum puma muchi poa vaikon ten chang phal kipoh in inlam jon hen, ati (Ps. 126:5-6). “Van kotpi hoi chu keiman mulou ding, kaman sah le cross lam pi chu van in jotna cross ahi” tin lan eihilui. *(Rev. Seikholen)*

Thoudoh kit Jesu

Jesu itahsanu akingap detna hi, athisa Jesu lhankuh-a kivui-a athodoh kit chu ahi. Thia lhana kivui sa, mihem koima ahing doh kit um kha lou ahi. Pathen chapa mihemte chonset thinaa kona chohing dia hung peng Jesu, thil kidang tampi aboldoh kisei jouse hi adihnai tina dinga thinaa kona ahindoh hin anamdet ahi. Hijeh chun tua isei khom diuvin, Bible Kitepna Lui le Kitepna Thah a kisimdoh a konin geltoh-u hite.

1. *Kitepna Lui* (Old Testament) a hin mithiho lhagao aume, ti akith sane. Israel ten mihem thisa ho lhagao aume ti atahsanun chule Kuki ten mithi ho lhagao hing jing ahina

akitahsane. Pakai Jesu lhansunga kona atho doh hi mithi ho lhagao hing jing kitahsan chutoh akibang pon, achom chom ahi. Ps. 16:10 ah, “Thina thahatna konin neichu doh tan, na ngailut mi chu noimi gama nadalha poi” atih mithi lhagao uma tahsana mai-mai ahipon, ‘thina tha hatna kona’ hindohna kisei joh ahi.

2. *Kitepna Thah* Bible a Pakai Jesu thinaa kona ahindoh hi, mithi ho lhagao hinga, kisei tobang ahi poi. Athi masanga ahin bang banga ahin chu ahijoi (Lk. 24:39). Thina kona ahindoh kit ding, Pakai Jesun ana seisa ahijeh chun, thempu hon gam vaipo Pilate thupeh in, Jesu ki vuina lhan ngah sepai akoi-ui (Mt. 27:66). Hiche sepai hohi Jesu hin doh mu masapen ahiuve.

Lhankot songa asin khumu, lhankot song chu mohor anam khu mu, ling kiho, vantil hung kum, lhan kot songpi kihon, chule lhan ngah ho kicha behseh-u, ajeh chu Jesu hingdoh ta, hiti ho hi imthei ahipoi. Lhan ngah hon Jesu hindoh ase un, ahinla thempu hon aseilep uva gam vaipon ajah jongle seilep sah dinga ahiluva, hiche dia chu lhankot ngah ho sum apah-u ahi (Mt. 28:15).

Pakai Jesu hindoh kit chu selmang thei ahi tapoi. Sejui hon, ahindoh chu hangtah in ase tauve. Pentecost nikhoa mitmu thei-a, Lha gao Theng atahsante chung a chua ahitai (Acts 2:1-21). Sejui ten japi

6 mitmua thil kidang tamtah boldoh, thempu ho gei in datmo soh uva ahi tai (Acts 4:13-22). Pakai Jesu tah san kiti hin abula chonsete huhhingna dinga Pathen thil gonsa ahina bang banga hung guilhung, chule tubana jong guilhung jing ding, leiset khang bei gei-a chejom jing ding ahina chu kitahsana kisei ahi. Chule Pathen thilgon abancha hettheina chu, tah san vanga lungset jala Pathenin Lha gao apah christian jousen ahet jinga, hahsat thini hihen, kipa golnop pet hijongle ahung soh jouse chu lhagao hinkhoa thoh-a kipapi joh ding hi christiante kin ahitai. *(Dr. T. Lunkim)*

Christian Insung semding

Christian khat insung hi hou bung neocha hisah ding ahi. Pathen peh doh a, Pathen vai hopsah ding ahi. Pathen jahda ding pou pou in sunga umseh lou ding ahi. Hichu Bible thu ngai insung kiti ding ahitai. Insunga chu nehluo dingle neh ding het ngai, Pathen jahda ding ho bol lou ding chule seijong sei lou ding ahi. Lunghan lou ding, kinah lou ding, kiseiset lou ding, milim phalou koi lou ding, don lou ding le neh lou ding thet ding ahi. Chutile houbung neocha hitante.

Ima jouse hekim Pathen in atil abula insung hi ana patdoh ahi. Semtila Pathenin ana phudoh insung chu numei khat le pasal khat chen na insung anahi. Hichu Jesun jong ana jabole. Pathen dei-a inchen, ji

7 nei kiti hi Pathen vangboh channa ahi. Min anu apa adalhah-a ajia beh a chule amani chu khat hiding tihi Pathen thilgon ahi (Mk.10:7). Hiche hi Pathen lungdei insung chu ahin, Adam le Eve in jong hitobang insung hi ana nei masat ahi. Eph. 5:22-26 a hitobang Pathen dei insung hi iti kipoh ding ham, ti phaten akihile.

Jipa kin khohpen chu ajinu alungset ding, Jesun houbung alung set tobang hiding, a-houbung dia Jesu thingam ahi banga ajinu dia jipa chu thingam ding, tina ahi. Jinu in ajipa ajabol ding, noise lou ding, ama chu insung lamkai hisah-a, athu ngai ding hi Pathen dei ahi. Numei hi jipa kithopi dia Pathenin ana ngaitosa ahina suhmil louvin aphai (Gen. 2: 18-20). Tulai numei lekha them phabep hon, ajipau akitetpi nomu leh apasal sanga chingjo akisah jiu hin, ainsungu achobo jia ahi. Pathen gonsa chu thipbeh-a lung lhaisela juije kihil angai joi.

Jesu houbunga lamkai ahi banga insung khat jipan alamkai teng anop-a nom ding ahi. Pathenin numei le pasal hi amatah lim le mela anasem ahin, kibang ahilhona. Kinoin sena ding aumpoi. Kibang kiti hin numei tohding le pasal toh ding kibang tina vang ahipoi. Numei hin in sunga hepi thei ho aheta, ajena, chu le pasal in ngai chat ho apeh ding ahi. Atoh lhon ding kibang lou, mi hem ahina kibang ahi (1 Tim.5:8). Insung khat in angaichat ho peh ding

7 ngaito lou pasal chu christian ahipoi. Jipan akin akihet lou teng jinun a onglai ahuh angaijin ahi (Prov.31). Nupa kichen kiti hi mini kinoptona seh ahipon, mithum kinop tona ahi. Athumna chu Pathen ahi. Pathen janggopsa chu mihemin sukhen hih hen, kitia hin Pathen apan kicheh tah in akihe doh-e (Mt. 19:6).

Mipa ten achate chu Pathen deilama avah doh angai-e (Eph.6: 4). Chaten Pathen aheta doh masat penna hi insung hiding, apan achate chu Jesu kelngoi chingpa ahibanga achin tup ding, ngailut le hepina kho tona insunga kona kihil dingu ahi. Mi pa loi khat in achate hillou pholou in akoi in, Pathen achung uva alung lhai poi. Chate phatna le setna mipa chunga aume, ajeh chu chaten anu sanga apau aginu ahi (2 Tim.3:15). Deut. 6 akisim le akhang akhanga chate hi Pathen a kison leh Pathen gin ding dan hilte angaidan aume.

Insung khat a chate hi thil ni chung a mopo ahiuve. Anule apa ajabol ding khat ahin, chule anina chu anule apa sei angai diu ngai kit ahi (Eph.6:1-3). Chapang hon ahung khalhit tokah-a anu le apa thu angai angai-e. Chule ahinkho lhum kei-a anule apa ajabol ding ahi. Hitia ahin ule Pathen phatthei boh chang diu ahi. Insung khat a chengkhom ho chun amachang akingailut sanga insung midang joh angailut joh le insunga kilungsetna le chamna aum thei-e. Pathenin hichu adei-e.

Chittagong a Kuki mi

Chittagong thinghang gam sung Kukite lah-a, Pakai Jesu mi huhhingna thupha hi analut hih lai in, tu masang chun denomination ho phabep a konin evangelist ho alut un, houbung phabep aumdoh tauve. Hiche ho lah-a chun, Bangla Desh Christian Church kiti khat jong abol doh un, ahivangin akivai hom dolu hi, denomination ho toh kibang thima cheu ahi, ti ginchat aume.

August 19, 2012 ni chun Mn. Rohminglen, M.Div. gachaisa khat toh kimutona akinei in, amaho loi hin, 'Obadiah Outreach Ministry' kiti khat asem doh un, Kipana Thupha ase khomui. Hiche ho Pathen thupha sei-a kon hin tun houbung 13 tobang atung doh tauve, tin ahin sei ui. Houbung 13 tungdoh loi hi, 'Bawm' akitiuvin, record lui-a amaho jong hi, Bom Kuki ahiuve. Kapaeng (Kaipeng) kiti ho jong Kuki ahiuve. Chule Chakma ho gei a Kuki ahiuve. Akihedoh ho bou, kisei-ah ahin, adang dang tu gei-a Lusei kiti jing nalai ho le Kuki kiti ho jong tampi chengkhom ahiuve. Tulai tah a hi, Kukite nodohna dinga ilou thema angoh uva, avoh voh jeng u le akhou ahalpeh-u jong umda ahipoi.

Amaho kiboldna le eiho kiboldna, Chin ho kiboldna jong, Mizo ho le Tripura ho kiboldna jong aki suhto soh keile thakhat ahi. Chittagong Kuki hisa ho chu athah beh

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a, Chakma ho jah-a jong, Bom hole Lusei ho gei-a Kuki min aman lou diuva, tu masang jep 1974 kuma UN a recognise anahi Bangla Desh gov't thah chun, Kuki atilou diuva aseipeh-u hidanin akijai. Hiche ho jouse gomkhom leu hen, hiche gam hi Kukite tilou koima chan vai ana poh khah louvin akilang doh in ahi. Kuki akiman nahlai leh khatvei agam hi ahinchu diu agin jeh u himai thei ahi. Hiche gama houbung akibe jing hi, kipapi umtah ahin, taopeh ute.

(Houbung Lekha thot, Sept/2012)

Najipa nakipasah nomleh

Nupi khat din achunga ajipa akipa leh nom asai. Numei ten aheta diu chu, jipa kipana hi thillen ahipoi. Jipa ajinu chung akipa leh amanu kipana ding lunglhaina ding angaito jing jin, inchen anome.

1. Miho lah-a najipa seipha jin, aki pa pi ding ahi. Apatna ho amelchih angai-e. Asetna ho seipoh dahan. Ajinun akithopi chu jipa kipana hijia ahi.
2. Insunga lungmon sah in. Ajahda thei khat nasei peh nom tengle akipa pet-a nasei angai-e. Insunga pasal aumnom lou tengle agilou nome. In ahung lhun teng phunkhum, pho pho, hil-hil, ajah nomlou dingho sei peh sanga, insunga alungmonna ding ngaito aphai.
3. Thil ima nachohpeh ding le ama dei ding bou choh peh in, thil neocha hijongle akhoh poi. Chutile mivang

pha hidanin kigel intin lunglhai inte.
4. Ama duding honpeh jin. Pasal lung la-inge, itile adu du nehsah ding ahi. Nahon ho chung a phunse jongle khoh sah in, kiphalam jin. Nang toh ana kichen khah chu, ama vang phatnaa akilahna ding gelin. Ama dia mipha tah nahina din kiha bolin.

5. Ama mitmua, chapang lung nanei jia pha ahi. Tehse khat, minu khat dana nakigel a insung pumpi nakhut noi-a nakoi got leh engset, thangset insunga kispeng ding ahi. Najipa aki chapang sah tengle lunghan sangin, nang jong kichapang sah jin, hichu insung damna ahi.

6. Najipa bei-in nang nahing thei poi ti mudoh sah jin. Kachunga kaji nu akingai jinge, tia agel teng insung akhoh sah jitai. Achunga nakingai dan ahethdoh tengle nahin ngailu cheh inte.

7. Pasal le numei akibangpoi. Numei hi midang lah-a lhatle athanom in, pasal vang abang tengle achang seh-a thip beh-a phat man anom jin ahi. Hichu ajinun aheth peh a, achang a aum nom tengle umsa ji ding ahi. Hiche phat chu alunggel phat ahijie. Alungjin tengle lhamonin, 'kasei peh sa nahi' tihoa hilla pho ding ahipoi. Themmo nachan sangin, ama langa pang jinlang, lhamon sah in, alung agim behseh tengle angollo thei ahi. Bible in jinun jipa akithopi ding ahi, ati. Jinu bei insung anom pon, jipa bei insung jong chate din anom poi. Pathen he insunga vang alhasam tin cheng Pathenin ahin ngaito jinai.

Het-a phachom ho

* *Cha-san don* : Cha-san don hi China gama hung kipan ahi. Jingkal a amasa pena chasan (green tea) akidon le tahsa le lungthim anom chome. Chasan donin cholestrol asu lhomin, mi jong atehvah sahji poi. Chasan don jingho athao behseh jipoi. Nikhat le chasan khon li noi don apha. Akitam donle caffeine ajao jehin tahsa atongkhai. Ahinla numei naovop ten donda ham tam donlou bolle apha. Chasan hi chini le bongnoi pang lou a akidonle apha cheh-e. A-oi nomlou hon chasan adonle aphajie. Chana tampi killah chasan tahsa din aphapoi.

* *Ai-eng* (Sutjou, *turmeric*) : Neh jing tahsa dia aphaatna atame. Me lah-a lhah jing un. India miten ana neh masat penun akisei-e. China a 700 A.D. in anepan ui. Africa a 800 A.D. in anepan ui. Tahsaa sugar um asulhomin, Diabetes nat veiho din jong apha. Thisan asuthengin, oi adamsah in, cancer akisat pin, mi hem vun jong asuhoi in, cholestrol alhomsah in, thin dia damna ahi. Hi tobang damna thei tampi anei jeh hin mimasa ten, pathen danin ana hou uve, tijong akijai.

* *Baal* (Colocasia) : Vitamin tampi anei in, ana jong, abal jong neh dia damna ahicheh-e. Lungchang din jong aphan, blood pressure jong asu lhome. Ahinla hon min mong louva akineh le kidney song akineilo jie.

Nui tem ute

* Nupa khat Jerusalem ven ana chei. Ajinu hikoma chun athin, lam kai hon, "Amanu hi na-in lama aki thot leh sum dangka sang somnga, chule Jerusalem a navui den leh sum dangka sangni hinte" atipeh tauve.

Chomkhat akingaiton, in lam joh-a kivui tante, ahinti. Lamkai ho chun, sum chujat leuva ina napoh khoh got ham, tin adongun ahile aman, "Masang lai chun pasal khat hikom Jerusalem a ana thin, hia avui un ahile nithum jouvin, ahung thoudoh kit-e. Tun jong kajinu hi ni thum jouvin hung hing doh tale, kei la anaum tapong ting, ama genthei bep inte. Hijeh chun inlama kivuijo tante" anati.

* Ojapun Boipu henga, "Idia kei class a nataoji ham?" tia adoh leh Boipun, "Ajeh chu kanun, nalup ma sanga natao teiji ding ahi" ati, anati.

* Monday hi Tuesday te ina Wednesday holin ana chen, ajeh chu Thursday henga chu Friday in Saturday koma, Sunday hi suti ahi tia aseih tah em, ti anadoh nom ahi.

* Nupi khat in ganhing dukandar pa koma phone anabolin, "Khao lao 10,000 neihin thot in, aman ijat hijongle akhohpoi" anati. Dukanpa chun, idia khaolao nachoh nom ham tia adoh leh "Tua kachenna in nei pan, inhi nadalhah ding phat le tila aumchan bang banga nadalhah ding ahi, tia eina seipeh jeh ahi" ati.

* Nilhah khojin jouvin, Police khat hin in khat kom ahinphan, mini ogin anajan, khatpa chun, "Angong nang in aat-in, ken akhut aat inge" atin ahi. Police pa jong chun in chu anai jep in angai leh, pasal aninapa chun "Ahipoi, nangin akhut aat thei pon nate. Kei abolsa san, akhut aat inge, nangjoh in angong aat in" atin aki nel nel lhone.

Police pan kot chu atum hongin, "Khongai lhonin, koi chu aat ding nati ham?" anati. Pasal khatpa chun, "Ima hilou chu, sangkhol pon khat aat ding dan, chetoh ding dan, kinel kahi lhonhi" anatin ahile Police pa chu ajah-chan, alhaimang del tan ahi.

* Nungah chingtah khat ajinei in, ajipate ina ahung lut leh ajipa inko ten kipah tah in ana lemui. Amaho koma atouvin, "Kakipah-e, nangho insunga kahung lut hi, ima olmo hih un, koima kasuhboi lou diu ahi. Koi manatoh jong ka *disturb* lou ding ahi. Bu hon in bu kihon thimun, intheh hon in theh jingun, pon sop ten pon nasop jing diu, nabol bol nabol jing diu, koima kasuhboi lou diu ahi. Kei chu itileh, kajipa kipana le lungdam sah dia bou hunga kahi" anati.

* Agolpa henga, "Min thu aseih teng ken abonin katahsan poi, akeh bou katahsane" atin ahile aloipan ajeh adoh leh, keima *Lawyer* (ukil) kahi jeh ahi, anati. Aloipa chun, "Ken vang mi thusei a-*double* lamin ka tahsane, ajeh chu keih Income Tax mi kahi" anati.

Het dia Phachom

* *Nikho loupi ho :*

- Good Friday ... April 3
- Mother's Day ... May 10
- Pentecost Sunday ... May 24
- Father's Day ... June 21
- World sunday school day .. Nov.1 & Kut.

* Phillippine gama 2014 chun, mi 20 hi ama kipeh dohna jeh in, thing pela cross in akhai un, akhut akenga thingkil ana khenbeh un, Jesu thoh hahsatna ana thoh khompiuve.

* Guwahati khopia *Kuki Worship Service, Sunday* nikho kaikhomna phat akikhel tai. Jinkah pung 11 a ana kikai chu, March, 2015 a konin sun pung khat (1 p.m.) a kaikhom ding ahitai.

* Fridge sunga slice Bread thah akichun lou khat khat kahvah vah-a akikoi jile Fridge anamse poi.

* Chemchaa theithuh i-at jou lim lim twi-a chem chu akisoptheng loile aha asepon ahi. Achuti loule chem ahemji tapoi.

* *Taj Mahal :* hi vetdia lomtah ahi. Kilungsetna chungnung hetna ahi. Leng Shah Jahan in jinu 7 ananei lah-a alina Mumtaz hi ana ngailu lleh jenge. Shah Jahan chun ajipa athaa Mumtaz hi ana kichenpi ahi. Mumtaz hi acha 14 lhinna aso nin athitai, chuin lengpan Mumtaz naonu ana kichenpi. Mumtaz angailut behseh het naa Taj Mahal hi ama geldohna dia ana sah doh ahi.

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* HIV nat hi thisan themkhat vet a hetdoh theina Sultan Khefani kiti pan apodoh tai. Khutjung heova sut-a athisan themkhat chu vetna thei manchah apohdoh ahi, sum lhom chaa HIV eima ki-check theina hi ding ahitai.

* Smart TV kitia 'speech command' hin internet a, TV neite ina ki sei jouse midang ajah sah thei in, hi jeh-a chu smart TV neiho kichih thei ngai ahitai. TV kitha nunga jong mi kihouna ho soldoh theina tha anei ahi.

* Oceanographer khat seidan ahile Pakistan khopi Karachi hi kum 2060 lamleh twikhanglen noi geita din ase-in ahi. Ajeh chu vannoi leiset akum kuma, alum cheh cheh hi ahi sah-e.

* Tulai hin MBA (Master of Business Administration) khela PGPM (Post Graduate Programme in Management) simthei danin akisei-e. Ahethem hon vang PGPM hi aban simtheina neilou ahi. Hiche hi Award ahin, Degree ahipoi atiuve.

* Japan gama Hotel khat ahongun mijen lea Robot apansah diu, robot chun Japan, China, Korea, English pao lihi atho thei ding, ahung ho chu akihoupia adei dei-u apeh uva, aneh sah diu ahi.

* U.K. a Robot car mini touna asem pan un, driver panglou car hin atou ho chu apohle le diu ahi.

* Jesu seijui Thomas chu 52 A.D. in India a, Kerala a Kodungallur a Jesu seiphong din ana lhunge.

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Christian Meivah - sim ho taona akiman peh jinge. Kum sumto Rs. 100/- ahin, asim nom jousen hin peuvin, sum napeh lhaa kona kum nakisim peh ding ahi. M.O. hin thot hon Editor kipe ding lekha beh a namin le address suntei un. Editor pu Mobile No. 94355-51080. Manipur le Nagaland a sumto peh na thei ho :-

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- 8) Mr. Seikholon Singisit, Kohima.

Hetsah nom ho

* Akum 60 hia Britist upapu khat in 1987 a konin vannoi gam hoa Gospel thu lhangsapna in, thing cross foot 12 sao khat alengkouva apun atoile len Pathen thu ahinsei in tuhin gam (country) 19 aphanan tai. Abang gama aman sappaova thu ase chu ahepouvin, akikhom ho lah-a sappao hehon aledoh peh jiuve.

* Nang hinkho chu vele chun sum to tekah thei ahi. Sum hi namanna noma naman thei, naman jou teng nanung mu theilou ahi. Hitobang chun, hinkho jong hi imanna nom noma manthei, khatvei bou man ding ahin, vadung banga long a che mang ding ahitai. Nahinkho chu na henga hung kile kit lou ding ahi. Hinkho hi kichepna thei ahipoi.

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