

# Christian Meivah

May - June, 2016

Lhani seh thuso

Private Circulation

## Lhagao Thenga dimna

Tukum 2016 in Pentecost nikho May 15 ni ahi. Easter Sunday a kona ni 50 lhinna ahi. Jesun aseijui ho koma, kei cheta jong leng nangho umpi dia lhamonsah Lhagao Theng kahin solpeh ding ahi, tia ana sei seijui ho chungga Lhagao Theng ahung chuh-a, Lhagao a adim ni khou chu ahi (John 14, Acts 2). Hi che Lhagao Theng hi tun christian jouse achang thei-e.

Gari tol hon, gari thao agari uva umnam tin ave jiuve. Thao abei teng gari chu lhaithei talou ahi. Eiho mihemte jong hin, kasunga thao um hinam, tia kikhol ji ngai ahi. Nangma Lhagao Thenga nadim hitam? Ahi loule Lhagao Theng bei christian na hi ham, kikhol in! Ahomkeo christian chu pannabei christian ahi. Lhagao Theng (thao) a dim ngai ahi.

1. *Chonset le Satan toh kiset jou na dia Lhagao Thenga dim ngai ahi*: Gamthip a Jesu satan in alhep chun, Jesu'n satan chu ana jouve (Luke 4). Ajeh chu Jesu chu, Pathen thun ana dime. Hiche sima sopi, nangman chonset nabol jinga na ngah joulou ahiloule vannoi leiset hin

neile gou, sumle pai hoa nalung lutna dia najol jing himai thei ahi. Nangma mihem hina natha chun lhepna ajou thei poi. Lhagao Thenga nadim leh lhepna jouse najo ding ahi. "Eiho thi san le tahsaphe toh kibon ihi pouvin, lhagao gilou engse ho, hiche vannoi muthim vaipo ho, thunei ho, vaihom ho to kidou ihibouvui" (Eph. 6:12).

2. *Lhagao Thenga akidim leh Lhagao ga akichange*: Kichang ngai lutna hi akinuse tengleh Jesua akihi thei-e (Gal.5:24). Thing phung khat in ga nei inge atileh phatea hinghoi ding ahi. Mihem in jong gapha nei ding itileh phatea hin ngai ahi (Mat. 12:33). Lhagao Thenga dim ho bou aga jie.

3. *Taona thahat inei nomle Lhagao Thenga dim masat angai-e*: Taona hi Pathen dei-a tao ding ahi. Pathen tahsanna dettah neiho atao teng, Lhagao in akithopi jiuve (Rom. 8:26-27). Itao tenga thucheng dih iholmo phatle Lhagao in, eiho eiki thopiuvim, ima jouse he Pathen chun ilunga um chu ahe thei jin, taona ei sanpeh jiuve. Solchah Paul in, "Lhagao mangchan ijakai in phat jousen tao jingun" tin eihilui (Eph.6:18). Hi chen aseina hi lunglut tah in tao in,

atina ahijoi. Lhagao Theng nei ho hi lunglut tah in atao thei jiuve. Taona naman pet-a, nalung mit in thilchom amua, nalunggel in thilchom khat a gel leh Lhagao Thenga dim loulai na hi, kihet in.

4. *Pathen dihtah a hou theina dia Lhagao Thenga dim angai-e*: Tum ging to thon, Lhagao la'n, na lunggil in sauvin, tin Paul in eihilui (Eph. 5:18-19). John 4:24 in, "Pathen chu Lhagao ahin, ama houten ama hina Lhagao a ahou mong diu ahi" ati. Hichen aseina chu adih achanga hou ding ahi, ati ahi. Tumging ho khong ho toh thothei chu ahinan, hiho hi thanopna dia manchah ding vang ahipoi (emotion). Hou kiti chu eima hina leh Pathen hina jop toh chet-a Pathen lunglhaina dia Pathen hou chu ahi.

5. *Pathen thu hettosah na dia Lhagao Thenga dim ngai ahi*: "Ataovu leh aumnau mun chu ahung kilingin, amaho abon chauvin, Lhagao Theng achangun, lung ngam tah in Pathen thu aseijui" (Acts 4:31). Tulai a hou natongho ahatomona pen hi Lhagao Theng achanna diuva akihabol lou pau hi ahi. Lhagao Theng changho chun ngamna leh haanna anei ui. Bible jilna mun, Pathen lekhabu, seminar ho alhing set in inei nauvin, Lhagao Thenga dimna a hin akilhasam jie. Christian jousen Lhagao Thenga dimna ingai chauve. Lhagao a dimna dia ibol diu chu :- 1) Lungheina, kile heina, lung khela Jesu lam ngat ding, 2) Pathen Lhagao deichat ding, 3) Lhagao

2 Theng ngaichat a, aman ithunun na dia kiphah doh ding, chule 4) Tah sanna Pathena ngapdet a, Lhagao Theng eipehna dia thum ding hi ahi. Pentecost nikhoa Jesu seijui ho hi che Lhagao Theng achun jou-u chun kicha louhel in vannoi gamtinna Pathen thu alhangsam ngam tauve.

## Lungheina dihtah

Jesun, "Lung nahei louvu leh amaho banga chu namathah cheh diu ahi" ati (Luke 13:5). Peter in Jerusalem mite henga, "Nachonset lung khelun" anati (Acts 2:38). Hiti hin jong anasei-e, "Chonset lung hei un lang, nachonset chengseu suh manga aumna din hung kile kit un" (Acts 3:19). Judas Iscariot in lung heina dihtah aneipon, Jesu anajoh doh tan ahi (Mt.27:3). Christian masa ho chun lung heina dihtah anei un, achonset nau hinkho adalha hel un, Pathen lungdei toh kitoh in hin kho anamangui. Tulai christian ten jong lungheina dihtah inei uva, sochatna dia kinepna nei puma, van tonsot in igaldot-u angai-e.

Old Testament a lungheina dihtah neiho aume. David lengpan Bathsheba adei jeh-a chonset ana bol ho chu, themgao Nathan in aseijui doh peh phat in, David in lung heina nasatah ana neitan, ahinla atohga chu ana thoh thou thouve (2 Sam. 12:1-15, Ps.51). New Testament a Philemon lekhabua, Paul in kisihna nei-a alung hei khat ngaidama lahlut

ding ham ti hetsahna in, Philemon henga lekha khat anathot in, aman Onesimus chu angaidama akisan kitna din anasei-e (Philemon 1-21). Onesimus hi Philemon sohpa ahin, apupa Philemon thil aguh-a jam mang hiding ahin, Paul in Philemon henga ahin lesol kit ahi. Paul in Onesimus hi Pathen thu phatea aseipeh phat in Onesimus in alung ahei-in, kinungle ding ana nome. Hiche lai a chu soh khat ajammang tengle apu pan ahol doh jia, ajep a, thih kigou saa adea, ahiloule athadoh ji ahi.

Hiche lai Rome gam danthu dung jui-a, Philemon in Onesimus hi amu teng athajeng thei anahi. Ahin la Paul in Philemon henga, christian khat hinaa angaidama akisan din le kha anathot in, hichu Philemon jong anome. Onesimus in lekha thot chu akichoi a, Rome a kona Philemon chenna Ephesia gei-a, kilometer 1500 vel chu, ngaidam achan loule Philemon in atha ding kichatna puma lam anajot ahitai. Ahinla Onesimus chu mipeng thah ahi phat chun, thina ato jongle tonsot van gama achen tah ding chu kinepna puma lam ana jot ahitai. Eihon jong lung heina dih tah inei ule ichonsetna hou ijat hita jongle Pathenin abona asuthenga nen behlou mi eisouva, ama kom van gama ichen sah diu ahitai. Lungthah kenna limchom put a Pathen lungdei hol hi chonset ngaidam channa lampi ahi. Pathen mitmua athenga kisimho chu achonsetna ngaidam changho ahiuve. Kisih un, lung hei-un.

### Baptist John

John Baptist hi Messiah thu dol Israelte henga phongdoh dia Pathen in ahin masol ahi. “Naosen nang jong chungnung penpa them gao nakitia, Pakai masanga chea a lampi nasem peh ding” ahi (Luke 1:76). John in Jesu hi, ‘Pathen kelngoi nou’ ahi anati. Jerusalem hou-ina thempu lui Zechariah leh ajinu Mary sopinu Elizabeth chapa chu John hi anahi. John Baptist hi Jerusalem noi lama kho Ain-Karim kitia chu peng ahin, A.D. 27 gei-a chu, Judea neldi gamthip a achanga chenga Pathen ahou-a chule akum 30 ahung lhina kona Jordan vadung pama vahlea mihem ho henga, alungu ahei uva, Baptise achanuva chule achonset hou aki ngaidam ding thu ana hillei.

Judea gama leng Herod in vai apoh lai-a, Aaron chilhah Jerusalem hou-ina thempu Zechariah le ajinu Elizabeth jong anaum ahi. Ama ni hi ateh lleh lhonin, cha khatbeh kineile tia kum tampi ahin nga nga lhon ahi. Hinkho theng amang lhonin ahinla cha neina dia ataona lhon chu ana kisan peh lou ahi. Nikhat hi Zechariah in thempu kin tong dingin, Jerusalem hou-in ana jone. Ajeh chu vang asannuva ahileh hiche ni them pu kin bol ding chu Zechariah chung a anachua ahi (Luke 1:9-10). Hiche lai-a Judahte chonna dung jui in, asunga gimnam tui kilhut nam laisen mipi hou-in polama adingun ataovui. Zechariah in hou-in sunga gimnam

tui ahal pet in, a-anga vantil Gabriel ahung kilah in, chapa khat nahinna amin John nasah ding ahi, ahinti (Lk. 1:1-20). Vantil thusei chu ana tahsan lou jeh in, John pen lhah gei in paomon aume. Nao anei jou ni get nia, nao chu minsah ding anahi. Mihon amaho chonna dung jui-a, apa min aput ding ana tiuvin ahinla Elizabeth in amin John hiding ahi, anatin, amahon Zechariah adoh ule apao theilou jeh chun songpheng chung, “Amin John ahi” tin ajih in ahileh mihon adatmo soh helun, hi che pet tah chun Zechariah jong ahung paodoh thei tan, Pathen ana vahchoi in ahi (Luke 1:63-64).

John Baptist hi eihon them gao nukhah pen ahi tia ilahthei-u ahi. Gamthip gam sunga vahlea khaokho le khoijua hingah, hougut tah changlhat hinkho mang ahi. Jesu hungna ding lampi semtoh ma sapa John ahi (Acts 13:25). Malachi 3:1 a kisei hi jong John kiseina ahi atiuve. Galilee a kona Jesu hi John henga Baptise chang dia ahung chun, John ana kithu phat in, “Keijoh nang khut a Baptise kachan ding sih-a, kei henga nang nahung tan-e” anati (Mat. 3:14). John hi Pathen tahsan mi ahin, thu adih dih-a sei ahi. Jerusalem a Judah hon Levite ho leh thempu ho John henga anasolu chun John in, “Keima Christa chu kahipoi” anati (John 1:19-27). John hi alol kitan a kihat ahin, Samaria a Sebaste a ana kivui-e (Mark 6:14-29).

### Si twi hi damna

“Vo Pathen, si-twi long hui heu lhangai-a um sakhigol bangin, ka-lhagao in nang jeng bou nalha ngai-e” (Ps.42:1). Gamthip a si-um chule sitwi hi lhakhat lhani sunga ni ni nithum sunga bou twi hungphul doh jia ahin, hiche twi hi sakhi ho tina nei, kengbong ho chun si-twi chu aga-chip teng dam jiuva ahi. Ipu ipateuvin jong si hi ajabol un, abangin ahou un ahi.

Bethsaida (Bethzada) twi kul jonghi vantil in, ahin choling teng achomlut masasa damjia ahin, twikul vela dam ding dei-a, twi kicholing ngah ngah jing mi ana ume (John 5:1-4). David in bolkhel anei tengle Pakai Lhagaovin adalhah-a, hiteng chule David hi lengvai-a genthei-a, Pakai Lhagao alhangai tuntun jihi, si-twi ngaicha sakhi bang a kitekah jia ahitai (1 Sam.16:13). Dangchah thoh hi ahah-e. Hiche thoh hitoh Pakai Lhagao lhangai tun tun dan ahinte kah ahi. Twi duchat pet bang a, Pakai angaichat hi akidange.

David dangchah banga, ei ho jong Lhagao ngaicha ipen pen danu Jesun ana seidohe. (1) Kut kichaini in Jesun hasap in asamin, koi hileh adangchah a chu kahenga hung hen, keima eitahsan chu Pathen lekhabun ase bang banga, asunga twi-hing put-a lui-a long ding ahi ati (John 7:37). Hiche hi atahsan hon Lhagao anei dingu aseina ahi.

(2) Cross chung a ana pengin, ka dang achah-e, tin anasame (John 19:28). Amavang twi ngai-a dang chah anahi pon, Lhagao ngai-a dang chah a anahi joi. Tulai hin, Lhagaova hinna twi ngaicha thei loulai mi atam tai. Houbung loikhat peng thah lou, Lhagao ngaicha lou, danthu le chih naa kipova, alhingset dana kigel ho aume.

Ahileh, Pathen thu chule Lhagao thu tia isei-u, hoijoh ngai chat umintem? 1 Cor. 12 sunga ki sei Lhagao thilpeh (gift) neihon abol doh ho chu kitil khounan imangjo tapouvin, abol ho akidemjo jitai. Ma sanga Pharisee hole Saducee hon Mose lekhabu ana manchah uva, Jesu ana dungte vaite bangin, tulai hin eiho lah a adih-a kigela mi dih louna khol gunset-a pang ho aki tame. Amaho sunga kiltsahna aum chu dihluo ahi. Ahile hetna kiti hi ipi hia ham?

Mi khat in, Genesis a kon in Revelation gei chinpha'n pohen lang, ahilchetna jouse hesoh jongle achunga Jesu kipah lleh ponte. Ajeh chu Jesun, nangho kaihoi bei-in ken dalha pouvinge. Nakai hoi, napui hoi diuva, Lhagao Theng kahin peh diu ahi, atin hichu Pentecost nikhon ana molsoi (Jn. 14:15-17). Pathen hi Lhagao ahin, ahou tahbeh hon lhagao le thutah-a ahou diu ahi (John 4:24). Pa lunglhaisah ho chu Pentecost nia Lhagao changho chu ahin, amahon Pa lunglam abol jeh-u ahi (Mat. 7:21). Pentecost nikho aloupi

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na hi nia seithei ahi. (1) Pathen in Lhagao Theng mihemte afeh ni ahin, hiche Lhagao changho chu Christian akiti. Hiche Christian ho chu Houbung ahivue.

(2) Pentecost nia Lhagao changa pengthah chu, mi 3000 ahin, abanin mi 5000 ahin, apung tultule, hiche nia kona chu Houbung hung kiphut a ahi. Jesun, nang Peter song kati ding nahi. Hiche songpi chung a Houbung kasah doh ding, ati chu guilhung ahi. Mithi kho kulpin aneh joulou ding ati bangin, Judah mipin aneh jou tapoi. Hiho hi Pakai in ka Houbung atiho chu ahivue. Exod. 17:3, gamthip-a Israel mipi dang chah bangin, tulai houbung mipi jong Lhagao-a dangchah-a golha gam ahitai.

Dangchah phatna ding, hin na twinah chu Jesu bou ahi. Jer. 2: 13, amahon hinna twinah keima eida lhauvin, amaho ding tumtah in twikul twi veithei lou ding chu akilai tauve. Vo Jesu, hinna twikhuh nang nahi, nanga konin twi neipen, kalung sung a lonsah in, neipen hin kemlou twi chu, tia tao apha. Jesun, keiman kapeh twi chu adon jouse dangchah kit talou ding ahi, ati (John 4:14). Dangchah athoh hah dan hi, mihao pan Abraham hengah, Lazarus in akhut jung muh twi ah dekot hen lang, kalei hungde dap hen, tin ana thume (Luke 16:24). Khut jung mai mai-a twi aduchah hi iti lungset uma hitam! David jonghi sakhi twi du chat toh kitekah anahi. Hintwi naki hol hi nam!

(Rev. Seikholen)

## Mother's Day

2016 kuma 'Minute Nikho' hi 8-5-2016 ni ahi. Hiche nile hin nute geldoh-a taopeh cheh ding ahi. Minu khat in ama ding gellouva, ama hinkho phalngama a-insung alungset ahi. Hijeh chun numei hi noise louhel ding ahi. Numei kiti pouvou chu inu banga gela jabol ngai ahi. Pathenin insung khat vetup din, minu ana ngai to hih tale koima insung khangtou lou ding ahi. Minu ho hi insunga chat jing jeng, atoh doh la kilang lou ahi jin, ajipa ten natong lou danin agel jiuve. Hichu adihpoi. Thil neo cha cha abol jing, kichai theilou ahi. Bukong khat ahiloule chakhon khat chu nikhat le thumvei beh asop jia ahi. Aboi-a boinu, lungset le hepi lom ahi.

Solchah 16:13-15 isim leh ponsandup a kivei numei Lydia kiti khat thusim imuve. Solchah Paul hi a-missionary kholche anivei naa, Silas, Luke, Timothy toh Philippi a Jesu thu phongjala anacheu ahin, hia chu Sabbath nikhoa amaho vadung pama tao dia acheu le Lydia le numei dang phabep tao din ana kikhom ui. Lydia hi Thiatira a cheng, Philippi muna ponsandup joh-a hunga ahi. Amahi Pathen housa ahin amahon Paul houlimna chu ana ngai un ahi. Lydia hin sochatna thu Paul a kona anajah chun ama ahin ainsung mite ahin Baptise anachang tauve. Paul le aloite jong chu aina lhung din ana kouve. Hitia hi numei a kona insunga Christa sunglha thei ahi.

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Pasal chapang khat hi anu seh seh toh anachengin, anu chu amit langkhat umlou ahi jeh in, achapa chun akidah in akoma anacheng ta poi. Mun choma achangin akivah in, ajinei in chule cha jong anei tai. Nikhat anu tehsepi chun ain chu ahin holdoh in, kot benga adin leh achanu chun amun, amit langkhat neilou ahi jeh chun, ana vetdan kot ahonpeh tapoi. Achapa ahungin aven aneo lai-a mitkhat thopnu chu ahijeh in, 'Koi nahim, hoi-a kon nahim' atin asoldoh tai.

Nikho phabep jouvin, achapa golpa khat jinei naa achapa hi ahung in, aneo lai-a ain chu vedia ahung leh tehsepi longdamsa chu atohkhan, akoma lekha kisun khat chu asimleh, 'Kachapa, tehsepi mit langkhat bei namu leh kidah nan nate. Naneo laichun, gari accident a namit khat athop in, nahinkho lhumkei-a mit khat neipa nahi ding chu kagelleh kathoh joupon hijeh chun kei mit khat chu nangma kana pen, namit alangnia kho namu chu kakipapi lleh jenge' tin ana sune.

Achapan lekha chu asim chai in, kish jongle geivalta, ngaidam thum nom jongle angaipeh tah lou ding jeh in, haka'n anakap tai. Tah beh-a seidin, nuten amaho nopsahna ding jouse adon dauvin, achate leh insung nopsahna dingle kipana din akiphah doh jiuve. Hijeh hin, Nute Nikho nia nu geldoh-a, akipana diu bolpeh ngaitah ahi. Ahing nalai nu dia taona jong manpeh ding ahi.

## Huhhingna thupha seiphong

Hangtah-a Jesu huhhingna thupha seiphong ding ahi. Acts 14: 1-23, Ps. 146:1-10. Pakai Jesu huhhingna thupha seiphong dia atahsan jousen pan alah ngai ahi. Paul le Barnabas in hangsan tah-a Kipana Thupha ana seiphong lhon ahi.

1. *Iconium khoa houbung aphu doh lhon* : Iconium khoa jong Antioch khoa abol lhon bangun, Jesu huhhingna thupha aseilhonin, ni sotpi nichonga houbung aphudoh kit lhon ahi. Antioch khoa adou hon abolset bangun, Paul le Barnabas chu aheh seuvin, songa selih din ago tauve. Hijeh chun Paul le Barnabas jong Lystra le Derbe chule akimvela kho hoa ajamlut lhontai. Paul le Barnabas chun alutna chan lhona thile hin ding gelkhoh louvin Jesu huhhingna thupha aseipeh lhonin, chule thil kidang jong abol lhone.

2. *Lystra khoa Paul le Barnabas thohna* : Lystra khoa apena kona kengbai khat, itih a jong lam jot kha lou khat hin, Paul thusei angai-in chu le Paul in atahsan dan ahet jeh chun ‘Nakeng tenin ding jangin’ atile aki chomin avahle thei tai. Paul thupheh jeh-a kengbai pa adin janga lam ajot jeng thil kidang muhon, “Eiho lah-a pathen ho chu mihem lima hung kum lha ahitauve” tin asam tauve. Paul le Barnabas chu pathen teho ahisah un, ahovu “Zeus” thempupa lamkai-a, amani houna dia bongchal ho akai

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uva dongkot phunga, thaa amani chu houding ati tauve.

3. *Paul le Barnabas in mipi ahil chen* : Chuphat in Paul le Barnabas chu mipi lah-a alhailut lhonin, a-eojah jeng lhonin, “Miho, idia hiti ho hi nabolu ham, keini jong nangho bang a mihem kahi lhone, keini pathen kahipoi. Kipana thupha nangho sei peh-a hunga kahilhon bouve” tin aphoh tang lhonin, Pathen thutah joh aseipeh lhon tai (Acts 14: 15-18).

Antioch le Iconium khote nia amani doulhon miho, Lystra kho gei-a hinjui hon mipi chu akaleh beh a atilset a Paul chu songa asesah uva khopi pam lama akaidoh uva chule athi ahitai tia ageluva adalah nung uva Paul hung hing doh kit ahi. Ahin doh jou in, khopi sunga alut kittan, Kipana Thupha aseilphon lhona, chule sei jui tampi asemdoh lhona, Lystra, Iconium le Antioch kho ho ajotpa kit lhona, angapdet nau Syria gama Antioch houbunga hung lhona, Kipana Thupha seiphong dia ana sol doh lhon ahi jeh a thulhut anabol lhon ahi.

Agom lama seidin, solchah Paul le Barnabas hin, imacha dang gellou hela Pakai Jesu huhhingna thupha aseilhon, thipi ding hijongle thipi jeng dinga aseilhon ahidan aki lang doh tai. Hangtah-a kichatna nei louva Thupha lhangsap hi tulai hou natong ho kitilna ding khat ahi. Ama ni houbung natoh banga hi houbung natong jousen pan lah cheh ding ngai tou hite.

(Dr. T. Lunkim)

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## Mipate Nikho

2016 kuma hin Mipate Nikho hi 19-6-2016 ni ahi. Pasal peng jouse ahung gollhang jin, ajinei in chule mipa asoh jie. America a William Smart David jinu acha gup channa anei jouvin athin, ahile acha gup chu, loubola kivah Washington a cheng William in hahsa tah in ahin vah doh in ahi. Agup channa numei Sonora in apan achang seh-a amaho gup hahsa tah-a ahin vahkhang chu nasa asan ahi. Sonora in apa penni toh kijui June lha a Sunday masani hi Mipa Nikho a man ding anati.

Hiti chun Washington a Spokane khoa Mipa Nikho amasa pen, June 19, 1910 nin ana mangun, President Lyndon Johnson in June 3rd. Sunday hi ahin lhenge. Chuin President Richard Nixon in Mipa Nikho (Father’s Day) hi ‘National Holiday’ hidin ana phongdoh tai. Hichu Minute Nikho national holiday akihisah jou kum 60 lam chu anahi. Chate, apa hing nalai hon apau taopeh uhen, thilpeh nei uhen, kipasah uhen. Apa neita louho sen, Pathen henga pa aneisah jeh un, ki pana le vahchoina phongdoh uhen. Houbung jousen Mipa Nikho, June 3rd. Sunday ni nit cheh uhen. Chate hon tehse ho lungset hen, jabol uhen, chate hon anu ule apau ateh tengle phaten kijeh uhen, ‘old age home’ hoa koi dauhen, chule ‘senior citizen’ ho kijabol hen. Amaho jeh-a leiset akhang akhanga chal-ah ahi.

## Kichin phat ding

\* *Mit* - Mihem khat din kho mu hi kipana ahi. Ina ngong hen imit in kho muleh hichu mit thop-a kho jah sang in dei aumjoi. Hijeh a hi mit hi pha tea kidep phat-a, mit akisuh hih-a adammo teng ahiloule khomu dan akisuh lou tengle mit doctor kivet sah loi apha. Mit lhouna dia kichih theina ding phabep sei ute.

- Lekha isim teng, meivah phatea detvah ding ahi.  
- Ima khat itoh a, ahiloule lekha isim tengle kahvah vah-a polam vetji ji aphan, ivet teng thingna eng (green) ho vet-a, chule mun gamla ho jong vetji ding ahi. Mit achol tengle chom khat imit sinjia kicholdo sah apha.

- TV leh computer screen vah hat (veltah-a vah) ahiloule lim ho phe behseh vetlou apha. Mit in aphejap jap, akichon jap jap avet teng alel lseh jin ahi. TV hi naicha vetlou ding, tahsa a kona foot 5 gamlat sah mit dia leh tahsa dia damna ahi joi.

- Mit a thaohu, vutvai, meikhu alut louna dia kihon phat angai-e.

- Nisa vah noi-a hava hon, *UV-blocking sun-glass* (mitbeh) kibehji mit dia olna leh cataract daldohna ahi.

- Mi amit goji (dry eye) hon mit kotna mitlou mit a, nikhat le thumvei beh kisunji apha.

- Diabetes nat nei, leh akhomu ki suh lou mihon mit phatea aki vetsah lou jeh un, amit-u athop lo jie.

### Kichin phat ding (*banjom*)

\* *Damna thei* - Sappaova *Carrot* kiti kolkai tobang nehthei asan hi ahinga ahiloule melah a akineh jia ahile mit din thisan apeben, mit tha ahat sah-e ... Sappaova *walnut* ei hon 'makhaga' tia jong ihet-u, gam thingga hi amu sunglam mihem lhoh lim tobang ahin, akineh jia ahile tha jung ahat sah in, lhoh jong ahatsah jep-e ... Be, bechang (beans) nehji hin mihem kal (kidney) natoh aki thopi jie.

\* *Meikah phatna* - *Baking Soda* leh twi akihala meikahna muna aki nua, minit 20 jou-a akisoptheng le aole. Ahiloule khoiju theng meikah na muna akinua pon thenga aki chuna, pung nivel jou-a akilah doh le anat aol sah in chule adam loina din akithopi. Ahiloule, meikahna muna chu ahlu (potato) ki-atkeh akibeh a ahile jong aphadome.

### Melchih ding thil som

Van gama nabol louhel ding thil 10 leiset a nabol ho, sei ute :

1. Lhan mola nahe jie, ahinla van a thina aumpoi, Rev. 21:4.
2. Insunga kho athim teng electric switch nameh vah jin ahi. Pathen chu van gama vah ahi, Rev. 21:23.
3. Lei-a lhepna natoh jie. Van gam a satan alut joupoi, Rev. 20:10.
4. Midam lou navil jie. Vana dam mona aumpoi, Rev. 21:4.
5. Napot doh teng, na-inkot chaabi nakhah jie. Van gama ase, gucha,

tolthat aumpoi, Rev. 21:27.

6. Nakum atam dung jui-in nasam akang in, nateh in, nalhasam jin ahi. Van gama teh samkan, tha lhahsam ho aumpoi, Rev. 21:4.

7. Lei-a hinkho namannaa, nalhi so phat aumkha jie. Vana kale lhilon na aumpoi, Rev. 21:4.

8. Dammo jeh-a nat thohlel nanei teng, anat oldomna lou nane jie. Van a natle sat abeihele, Rev. 21:4.

9. Lei-a sum le pai holnan na natong jie. Van gam vang chol ngahna mun ahijoi, Rev. 14:13.

10. Leiset a konin Pathen koma lhung din taona namang jie. Vana chu Pathen le Jesu toh naum khoma nakihou thei ding ahi, Rev. 21:4.

Van gama nachen nom lou ham ? Vana cheng dia nalung kinem tam ? Nakigot chai loulai ham ?

.....  
*Nahet ding chu* - Gojuh louna asot behseh jeh in, nikhat khomite akikou khomun, Pathen henga go ahin juh sahna dia tao ding ana tiuve. Amaho lah-a chapang gollhang khat bouvin vaipho (umbrella) ahin kichoi-e. Hichu *tahsan* kiti hi ahi.

Nilhah seh in ihmud konin, jing nikho a natoh ding ho gel pum le gon pum in nalum jie. Jing nikho thah namu mong ding hinam bon helouva ! Hichu *kinep* kiti hi ahi.

Kum seh in vannoi leiset-a boina hahsatna apunge. Ahinla gol-lhang, nungahte jinei din akigo jing un, agen thei diu agelpha pove. Hichu *tahsan machal* kiti chu ahi.

### *Nui hi damna* (Prov.17:22)

\* Chapate eiho ipen nikhovin, mihon inuu akipa piuvin, pahcha apeuvin, thil ima apeuve. Ijinei niuvin ijinu chu mihon thilpeh apeuvin, akipa piuvin ahi. Ithiniu leh ahing nalai ijinuu chun eima pension leh Life Insurance amu jitai. Numei hi avang pha monge.

\* Tulai pasal ho hinkho hi ... apena pat kum 25 ahin sungin, anun "Hoi a nahe ding ham ?" tin adong jingin, chuvin ajinei a kona kum 40 sungin, ajinun hiche thudoh mama adong jom peh kit in ahi. Chuvin athini in, mi akikhom hon lungdong pumin, "Hoi-a che ding nahi hitam" tin adong un, akapi kit ui.

\* Christian nungah khat Pastor pan agop ding konin, apan akhut atuh in, hou-in sunga aji dingpa touna koma tousah din ahin pui-e. Atou sah phat in achanun apa chu chibai abolin akhut a thil khat anapei.

Amu jousen kidang asauvin chule ipi ahi ahenom un, apa chun mipi henga ahin phondoh ding ana ngah tauvin ahi. Apan jong mipi ling lao chu ahen, "Tuni hi kei dia kakipa mong mongna nikho ahi. Ajeh chu kachanun ajikom ajot tah ding jeh in, sum akikhoh doh jouse kei eipe tai" ahintia ahile mipi ho chu akipah un, ahinla aji dingpa vang chu amai amol theh-e.

\* School chapang khat atounaa akaiku ku jeng tan ahile akoma aloi pan, "Ipi lunggimna nanei-a ham ?"

tin ana donge. Aman jong, "Tunia Bus a kahung tounaa tola dangka somni *note* khat kamun, katoupi pa toh akeh keh in kakihom lhonin, ahin la hichu keima sum joh khelha anahi bouve, ti kahe doh-e" anati.

\* Jineisa nupi khat in 'Life Insurance' thudol ajohpa koma hitin ana donge. "Tunin ken, kajipa minin Life Insurance dangka lakh som man ka chotan, ahinla ama jingle thitaleh ken asum chu kamu jeng ding hinam' ati leh ajohpa chun agingmon. "Achuti le, Life Insurance sangin, 'Life Sentence' joh mun nate" ati.

\* "Bongsa neh ding katile 'Mad cow' nat aume, ahsa neh ding katile, 'Bird flu' aume, ahtui neh ding katile 'Bird flu' umthei, vohsa neh ding ka tile, 'Swine flu' aume, ngame neh ding katile twi lah a thih (metal) leh plastic aumtai, theile anche neh ding katile, 'insecticide leh herbicide' atame natiuvin, ahile ipiba kaneh-a kahin ding hitam ?" tia dukanpa adoh le dukandar pan, 'Achutile kei chocolate' nen ahinti.

\* *Janglal* - Mihem lhoh hi thil kidang tah khat ahi.

*Letcha* - Ipi jeh-a kidang hia ?  
*Janglal* - Ajeh chu jingkal ikitho thoa pat in aboi boi jengin, school a ojapun ima khat eihin doh teng leh akicholdo chot jenge.

\* *Anu* - Na exam ques. iti nam ?  
*Chapa* - Henu, abai a bai ahi.  
*Anu* - Ahile, idia lunggim nahim ?  
*Chapa* - Kalunggimna hi ques. chu ahipon, ka Answer joh chu ahi.

## Het-a Phachom

\* Jinkah-a Breakfast neh hi tahsa din damna tah ahi. Minuten nachateu jinkal seh in, aphot chan breakfast neh sah tei le chun damun tin chule alhoh-u jong pha ding ahi.

\* Twikhanglen twi-a Plastic atam pan tah jeh in, chi (salt) a jong aumtan, nga hoa jong aumtan, kichih thei angai tai.

\* David bangin jinkal matah in Pathena taovin, Daniel bangin sun leh taovin, Paul le Silas bangin jan khangkimin taovin, Peter bangin na kisuh dong teng jongle taojin, Job bangin nadamlou tengle hatao cheh in, Hannah bangin chapha naneina din taovin, Stephen bangin nathikon in taovin, Eleazar bangin natoh na pat konin taovin, Solomon bangin toh khat nachai teng taovin, Pakai Jesu bangin tantih nei louvin, mitlhi longin, chol lleh jongle chun taovin.

\* 'Internet banking facility' nanei leh ching thei in. Ajeh chu 'hacker' hon na Face Book a konin namin le napen nikho ho holdoh intin, hia kon chun na Pan Card kisem intin, chuvin Police henga nang minin na Mobile amang tai tin lekha sunin tin, nang Duplicate Pan Card a konin Sim Card kichoh intin, hia kon chun na Account 'internet banking' a lut in tin, 'Password' thah kouvin tin, ama sim-card a 'internet banking pin' koi sah intin, nasum jouse akilah doh ding ahitai. Khonung in hin hedoh jongle chun phachom talou ahi.

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\* A-houbung in chapang Baptise abolji adihpoi, tin upapu khat in hademin ana deme. Amahi athi phat in houbung cemetery a vui ding ama houbung lamkaite anom tapon, hijeh chun ain leitola anavui taove. Hitia kivui chu christian chondan vang ahipoi.

Hijeh chun ajinun Court a ahoubung chu aheh-a ahile court in ama houbung chu dangka lakh som in ana gaamtai.

\* Chennai a 'Adyar Cancer Institute, Gandhi Nagar' a Blood Cancer damna lou aume, ti akijai. Lou min hi 'Imitinef Mercilet' ahi. Phone : 044-24910754

\* Numei khat in 'emergency contraception' louchang nivei anen, chu leh 'abortion pill' louchang khat vei anei. Hiche jou kalse chun alha thi chedan (periods) akisuh tapon, doctor akimupi leh hitin anahile ....

"Emergency contraceptive pills, ah 'hormone' ajaove, chule 'abortion pills' a prostagladin tobang jong aume. Ani nin mihem tahsa din apha poi. Akhoh behseh tilouva manlou ding ahi. Hiche louho hi naovop lou na ding ahi, tia tahsan louvin aphajoi. Hiche louho man sanga manchah thei adang dangho manjoh aphai. Hiche ho naman jeh a nalha thiche akisuh louva ahile kin tah in, ajeh hetna din, Gynaecologist kimupin" ati peh ui.

Hijeh a hi, holchil bei-a min aphai, ati vanga lou ho moh tahsan san hi, ola *side-effect* veina ahijie.

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*Christian Meivah* - sim ho taona akiman peh jinge. Kum sumto Rs. 100/- ahin, asim nom jousen hin peuvun, 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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- 9) Mr. Kapcha Singsit, Dimapur.

### Hetsah nom ho

- \* 2016 a *nikho loupi ho* :-
- Mother's Day ... May 8
  - Pentecost Sunday ... May 15
  - Father's Day ... June 19
  - Chavang Kut ... Nov. 1
  - Christmas (Sunday) ... Dec. 25

\* Tukul kum 10 le Bangaluru a twi hah jeh-a, mi chou doh gam thei ahi. Go ju alhomin, twi veina ho agocheh cheh in, lei noi-a kona twi kilah hon alai thuh cheh cheh un, akilai thuh louho a twi abei tai.

\* Chandigarh a Army ten, mi pou pou hon Army von akivon louna ding le dukan hon jong ajoh louna din thu ape tauve.

\* AIDS le Malaria in atha ho sang in, natna, pollution, climate change in atha atamjo tai akiti.

*Christian Meivah*  
May - June, 2016

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