

# Christian Meivah

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Lhani seh thuso

Private Circulation

## Kum athahleh 2017

Kum Thah sunga ilut tah jeh un, ilungu hi kinepna tampin alo-in ahi. Isaiah 43:1-4 in, “Kicha hih in, ajeh chu keiman nangma kalhatdam tan, keiman naminin kakouvin, nang ma kei-a nahitai .... Ijeh inem itile, keima mitmun manlu tah, jathei tah nahin, ken nangma kangailui” tin asune.

Pathen dia manlu tah mihem ihiuve. Pathen thu seipa khat in, sum dangka janga lekha (note) khat ala in, “Koi koi in hiche sum hi nadei um” tin ana dongin ahile mi tampin akhut anadom sangui. “Hiche hi nangho khat penpen kape nomin, ahinla amasan hitibol tadinge” atin, chu in sum lekha chu akhut in ameh lum lelen, anoi lumin, chu in, “Koi koi in nadei nahlai um?” tin ana dongkit in ahile mi tampin akhut-u adomsang thou nalai un ahi.

Chuin “Hia kona nang hon nahet doh-u chu ipi ham akitleh, ken iti noi in noi jong leng, sum hi 500 ahi thou thouve, hijeh chun nadei ui” anati. Hiti bangma chun, mihem eiho jong, lhahsamna ijat kinei hen, lung donna ijat kinei hen, kimimo hen, kigenthei hen, imalam jing lhet lhot

jongle Christaa ihi tengu leh iman`u alhomchom poi. Jingleh ichunga ipi ahung soh dem ti akihet lou vangin, jing nikho neipa Pathena ihi tah jeh un, olmona ding, lungling laona ding akinei poi. Jing thai-a ipi aso ding kimahet hih jongle akhoh tapoi.

Nikho ho aban abana hung kitol ding ahinan, nalunggel luhna (decision) chu adih poule na-olmona ding aum hih hele. Ajeh chu nikho neipa Pathen ahin, nangma Pathena nahitan, na-Pathenin naumpi jinga Lhagao Thengin navop jinga, aman kum 2017 sunga nalamkai ding hetsa ahi. Lunggel luhna dihtah kiti hi tahsan hi ahi (Heb. 11:6). Pathen hi lunglhai inge, natile natahsan ngai ahi. Tahsan dihtah chu natoh in ajui tei tei-e. Jacob in, “Tahsan jong anatoh bei-a athisa (panna bei) ahi” tin ana sei-e (Jacob 2:17). Pathen tahsan jousen, Pathen lungdei na atoh cheh diu angai-e.

Pakai Jesu vannoi a analen lai chun, ama tahsan ho anasang lel lleh jengin, “Mihem chapa ahung teng, lei-a hin tahsan kiti hi amudoh nadem?” anati (Lk. 18:8). Pathen hi amachal chal jingle natong hat jing

tahsanna neiho chu kipaman apah ding ahi. Noah in kum jakhat kong anasui jing chu atahsan jeh ahi (Heb. 11:7). Pathenin achate chu hinkhoa losam din akoupon, lolhing ding joh in akouve. Tukuma ilolhin nomule Pathen dettah in tahsan ute. “Nang man hinna hi kilhen jeng in, chuti hen lang hile nang jong nason nachilhah jong nahin thei diu ahi” (Deut. 30:19). Eima jong chule ison ichilhah jong Pathen malsomna achanna din tahsan lama gunchu tah in pangute.

## Christian khat hinkho

Christian hinkho kiti hi ipi ham? Koi koi chun hiche hinkho anei em? Iti hin ngai ham? Itih chan kihing ding ham? Ipi pi nungsun ngai ham? Ipi apahat chomna um ham? Achomlana seidin christian khat hinkho hi, Christa tahsana chule ase ngai ding hi ahipene. Ama nung juina dia ihinkho Christa pehdohpa hi ahi. Christa umchan thoa, alung lhaina dia hinkho man ding chule ihinkhoa Christa hi panmun ama sapen peh ding chu ahi. Hichena ding hin thil nga melchih ute:

1. *Tahsanna*: Pathen khat aume ti tahsana, ima jouse eipe thei ahin, hol jing ding ahi tih suhmil lou ding ahi. Jesun, “Pathen tahsanun, keima jong neitahsanun” ati (John 14:1). “Tahsan bei-a vang Pathen lung tohoi ahipoi” (Heb. 11:6). Jesu nei louva hing jouse chu, achonsetna puma thi ding ahi, tin jong Jesun ana sei tai.

2

Chonset kisuh lheng louva thi ho chu tonsot Damuna lut ding ahitai (John 8:24). Hijeh a hi, athi nung teng van gama nom tah a cheng nom jousen, Jesu tahsana, ase ngai-a, anung jui-a, chule ama lunglhaina dia hin ding hi angai tai.

2. *Sei ngaina*: Christian khat chun Jesu sei ho angai ding ahi. Christian hinom jousen Jesu thu angai diu akule. Jesun ase juite henga, vannoi mun tina vahleuvin lang, keithu hi sei phong un, tin anahilui (Mk. 16:15). Chule, ama tahsante chu sohchaa, atahsan loute chu Pathena kona themmo chang ahi, tin jong ase in ahi (Mark 16:16). Pathen sei ngaiho chu christian kitiuva chule Pathen sei ho chu natoh lama jong avetsah diu ahi (Jacob 1:22).

3. *Thenna*: Christian khat hinkho mangnom jousen thenna hinkho anei angai-e. Christian chu lei-a hinkho mang jong leh ama hi lei-a ding ahi tapoi (John 17:14). Achen khompi mi dang ho sanga ama hi chombeh ding, alunggel le ahindan mia toh tichu christian louhoa toh, kibang lou ding ahi. Aphalou, atheng lou kiti ho jouse donda mi hiding ahi (Titus 2:14, 1 Pet. 2:9, 1 Thess. 5:25). Ching tah a, theng tah-a, dihtah-a hinkho aman ding ahi (Titus 2:11-12).

4. *Potthona*: Atahsa Pathen dia ahinga kiphah doh hihen (Rom. 12:1), niseh in Jesu nung juihen, Jesu na tong hen (Luke 9:23, Jacob 1:27). Paul in, “Suhlong hoi hilou helin pang un, gunchu tah in Pakai na tong jing

un, natoh gimnau chu Pakai-a moh ahipoi” ati (1 Cor.15:58). Ipi na tong mi nahia, tohmun itobang lo hijongle chun, nanatoh puma Pakai najen ding ahi, atina ahi (Mat. 28: 19-20).

5. *Malsom channa* : Christian dih tah ihile Pathenin phatthei eiboh jia ahi. Phatea Pathen hou ding (Jn.4: 24), Pathenin eipanpi jinge ti tahsan ding (Mt.28:20), chule lhagao hin khoa Pathenin phatthei aboh ding ahidan jong tahsan lel lou ding ahi (Eph. 1:3). Tonsot hinna mu dia ki neplel lou ding, ajeh chu Jesun, “Na thi gei-in tahsanin, chule keiman nangma Hinna Lallukhuh kapeh ding nahi” anati (Rev. 2:10). Hinna Lal lukhuh kiti hi Tonsot Hinkemlou ki seina ahi. Hichu thina umloua ahi.

Hiche jeh hin, hindan adang ho sanga christian hinkho mang ho dia phat chomna atamin ahi. Apha lou nungsuna, aphalam kolchah ngai ahin, hiteng chule Pathenin kipaman eipeh ding ahi. Natahsan louleh patep in, vetemin !

### Jesu hungkit loi ding

“Nang ho phasa demin um un, ijeh inem itile nagel lou pettah-ule, Mihem Chapa chu hung ding ahi” tin Jesun anasei tai (Mt. 24:44). Ahung kit ding thudol hi Bible in ahasei kei in ahi. Jesu hung kit ding tahsan jousen hinkho dihtah iman uva, ahung kit teng Thupi atan tengle ichunga alung lhaina dia hin ngai ahi.

1. *Limgehcha um ding* : Seijuite toh Olive mol chungu atou pet un, amahon Jesu henga ahung kitna ding phat itih ahi ding anadongui (Mt.24: 1-3). Hitia adoh uva chun, thudoh thum ana pange. Amasa chu, “Itih le hiding ham ?” tihi ahi (Mt. 24:3). Jesun adonbutna hi Lk. 21:20-24 sunga aume. Thudoh anina, “Melchihna ipi hiding ham ?” (Mt.24:3) tihi ahi. Pakai in adonbutna hi Mt. 24: 27-31 a aume. Thudoh athumna chu, “Vannoi leiset kichaina ding melchihna ipi hiding ham ?” tihi ahi (Mt. 24:3). Adonbutna hi, Mt. 24: 4-26 sunga aume.

2. *Aphat hetnomna* : Jesun “He soh genthei joutah chule” Jesu van laijola hung kilang ding ahi, ati (Mt. 24:29). Aman Rapture thudol aseina ahipoi (1 Thess. 4:13-18). David lenggam tung doh dia ahungna ding thu aseina ahi. Ahungna ding phat alhin teng hung jeng ding ahi (John 14:1-6). Apat hi Pathenin bou ahet ahi. Jesu Second Coming thudol het chetna thei hi Mt.24:37-39 a aume. Jesu ahung maheo leh Noah phatlai tobang um ding ahi. Mihem ten Pathen dona aselou diu, mi ama dei dei-a kisa ding, anop nop-a chon ding ahi. Noah jong chun twisang let ding aseina sei vang in min donin anasep poi. Twisang let masang kum 120 vela konin, mihon Pathen asu mil pan tauvin, Pathen thutan ding jong anagel pha pouve. Aneovin, adonun, akichengun, akichen sah un ahi (Mt.24:38). Leiset thil lama aki

sahlel jeh un, Pathen umna lam ana gelpha pouve.

3. *Kisekhenna phat* : Rapture nikhoa Jesu ahung teng leh midih ho chu leiset-a achom khena, chule midihlou sese vang chu thoh genthei na thoh dia achom koi ding ahi (1 Cor.15:51-58). Thoh gentheina athoh vanga hingdoh thou thou ho chu, Tonsot Damuna genthei thoh dia akoi ding ahi (Rev.20:15). Chu teng midih ho chu Jesu toh kum sangkhat lenggama nom tah-a um khom dia achom koi ding ahi.

Insung miten gucha itih-a ahung ding ahepoi (Mt. 24:43). In neipa chu, limgehcha aumlou jeh in, gucha ahung in, athil aguh peh thei-e. Ngah jinga umlou ten, Jesu ahunglam hepouvinte (Mt.24:44). Lhacha akitah le akitah lou thudol Mt. 24:45-51 tekahnan akisune. Lhachapa hin apakaipa itih-a ahung ding ahepon, ahinla kitah tah-a aum leh achunga apakaipa kipah ding kipaman asan ding ahi (Mt. 24:46).

4. *Gotna chang ding ho* : Jesu thuhil tahsana, Messiah ahidan pom a, ahung kitna ding phat ngah jing ho chu, kum sangkhat lenggama cheng ding ahivu. Mt. 24:48-49 a kisei, soh gilou vang hin, “Ka pakai ahung gei-e” tia aphot amankhel jeh chun apakai in gotna apetai. Alungthim aphotlou jeh chun, thil phalou aboltan ahi (Mt. 24:49). Tu lai a mi kimkhat in, olin Jesu tahsan nange, ati tobang ahi. Jesun aseijui

Judah mite anahilna hi, eiho dia mel chih dia phatah ahin, ikigin jingna diuva eihilu hi, sumil poute. Mt. 24: 51 a aseina ngailou ho kibolna ding aseidan hi, hiche lai-a Chaldea mite leh Judah miho chule Egypt mite leh Rome mite talen kipehdan chu ahi (Dan. 2:5, 3:29; 2 Sam. 12:31, 1 Kgs. 3:25). Hitia Jesun aseina ajeh pipen hi, ama tahsan loute chu ha tah-a gotna kipe ding ahi, atina ahi. Hijeh hin, Jesu hung kit teng, ama santhei dol ihina diuvin, kiging jing in umu hite.

### Hinkho lui le athah

Hinkho lui pai-a hinkho thah-a hin ding ahi (Ps.51:1-9. Rom.6:1-23). Rome mite henga Paul lekha thot hi, chupet a vannoi khopi minthang, mitin kikhopna ahi jeh-a alekha thot hi vannoi namtin hetsahna tobanga agel jing hithei ahi. Asei nom pen hi, Rom.6:1-23 sunga hiti hin imuve :

1. Christian te hi chonsetna lama thisa, Christa jala hingsa (Rom.6:1-11) ahitai. Chonset bol dinga athisa ahi tauvin, chonset bolnom nan aphah tengle chonsetna bol thei ta lou athisaa kigel diuva aseina doh ahi. Chonsetna thei lung gel talouva chon set’a thisa ahina photchetnaa mithi kivui banga twi-a kilut lhuma tahsa pumpi thisa leinai-a kivuilut banga twi noi-a kilut lhum ahitai (Baptise chan to tekahna). Pakai Jesu athau va, lhana avui uva, chu jouva ahung

hindoh banga twi-a kona aki hung doh tengle chonsetna kidalha a, hin kho theng Lhagao-a hin ding ahitai.

2. Hinkho lui dalhah a, hinkho thah a hindan hi Rom.6:12-14 leh Ps. 51:1-19 a akisune. Solchah Paul in chonset bol dia thisa hina aseidoh hi lunggila hetdan aseidoh ahin, atong doh mong, hinkho lui chonsetna pai a hinkho thah athenga hindol David in Ps.51:1-19 sunga aseidoh hi toh gel beh thei tah ahi.

Christian hinkho thah-a hi chonset bolna ding lung thim bei-a ahipon, bolnomna le bol theina umta jongle mithisan ima abol thei tah lou banga, chonset bolna lama athisaa kigel jinga um ding tihi Paul in eihilu ahi (Rom.6:13). Hinkho lui-a chonset chun soh-a eivuluva, chonset dei-a hing danthua kikan chah ihuvin, tua hi Jesu Christa lungset jala Jesu idiuva athi phat a ama soh-a pang, chonsetna toh kikhensa, chu le ichung uva chonset nan thu neita lou, Jesu lungsetnan ichung uva thu anei joh a, Jesu thua nunga ihin diu ahi.

3. Chonset soh-a kona Jesu soh-a lut angai tai (Rom.6:15-23). Chonsetnan eiho soh-a eivul nauva kona Jesu lungset tah-a eihung chohdoh uva lhatdam changa, Pathenin them eichan sah uva, ahinna Lhagao ei peh-u ahitan, eilhatdoh pau soh ihi tauvin, athua inunu angai-e (Rom. 16-18). Christian tahsa pumpi, lung gel, thusei, natoh aboncha eilhatdoh

pau, Jesu soh natoh chu ilungthim pumpi, ithaneina jouse leh hinkho pumpia i-Pakai pau natohnaa ineidoh ahi (Rom.6:19). Chonset soh na tohga chu jumna, thina ahin, Christa lhatdohsa hijala ama soh hia natoh na hi atheng ahin, achaina chu Ton sot Hinna ahi (Rom. 6:22-23).

Solchah Paul thuhil lhongpi hetchetna dinga Rom.6:1-23 sung hi giltah-a gela hetchet aphaidoh. Aseidoh pipen chu, chonset thina le sohchan na kona Pakai Jesu eilhatdoh uva, ama soh ihitah jeh uva ama sohna itoh jingu leh tohga Tonsot Hinna ahidan, aseidoh jinga ahi.

(Dr. T. Lunkim)

### Amaho tobang hiding

Paul bangin, nunglam thil ho sumilin, malam joh non (Phil.3:13). David bangin, khodah in lang, napan pi ding hungna ding lam kat jingin (Ps.21:1). Abraham bangin, Pathen chu phaten kitahsanin (Jacob 2:23). Enoch bangin, niseh in Pathen toh kilhon jingin (Gen.5:22). Jehoshaphat bangin, Pathen holnan nalung pumpi mangchan (2 Chron.19:2-3). Daniel bangin, phat jousen Pathen to kihoumat jingin (Dan.6:10). Job bangin, nachunga ipi soh jongle lung mongin Pathen tahsanin (Job 13:15-16, Jacob 5:11). Aaron le Hur bangin, houbung lamkaite kithopin (Ex. 17:12). Caleb le Joshua bangin, na galte tam jongle lunglha hih in (Num. 13:30, 14:6-9). Andrew bangin,

Christa koma lhagao puilut in (John 1:40-42). Stephen bangin, nabol gentheihodoh din taopeh in (Acts 7:60).

### Hinna bukim Ps. 23

Psalm 23 hin, hinna bukim khat neina din kitepna anei in ahi. Pathen itobang ham ti alhingset in aseidoh. Labolpa hin, “Pakai chu kelngoi kiching banga eichingpa ahi” tin atahsanna aphongdoh in ahi. Kelngoi chingpha’n eipeh thei hou hiti hin asun doh-e :

- *Nehle chah* - “Aman hamhing dum lah lah-a, kelngoi kol in eikol sah jin” ahi.

- *Twi* - “Kiling louhel’a twi veina pang dunga eipui lei.”

- *Thahatna* - “Pakai in kahinkho akiledoh sah kit jin” ahi.

- *Lamkaina* - “Lampi dih jenga eipuiye.”

- *Kisonna* - “Keiman thina phai cham lim jotpa jong leng ...”

- *Kichat ding bei* - “Thilse kaging tapoi.”

- *Kiloikhom* - “Ajeh chu nang man nei lhonpin ...”

- *Gahchahna* - “Na tonggol ...”

- *Huhdohna* - “Namoljol ...”

- *Lhamonna* - “Nei lhamon nai.”

- *Machalna* - “Kamel mate ma sanga jong, nangman kaneh ding ankong dokhanga neiluipeh in” ahi.

- *Damna* - “Kalua thao neinu jol peh soh kei in” ahi.

- *Kipana* - “Kadon ding ka khon aletlha jeng-e.” Malsomna eipeh jing nomu aseidoh ahi.

- *Tahsan det* - “Thonlou hela phatna le hepinan, kahinkho lhum kei-a ...”

- *Kisonna* - “Eijui jing ding ahi.”

- *Gou lona* - “Kei jong tonsot ton sot gei-a, Pakai insunga kachen jing ding ahi.” Kiholna thu ahi.

### Umchan khanchan hoiho

Nanun nakhan nakhosah dan kipana thupha toh kitoh pou pou hen (Phil. 1:27). Na kikounau toh kitoh in chonun (Eph.4:1). Nang ho Pathen umchan jom hiuvun (Eph. 5:1). Nangho hi Pathen intheng nahiuve (1 Cor. 3:16). Namit ha hoi keichan vakhu mit ha bangin hah in (Mt.10:16). Jukham ho mit ha bangin hah hih in, kahah theinai tin simbupi mit bangin dekel kulin mi vehih in.

Nanui teng hoikei in nui in, mingol ho nui gin chu thih hema belto kihet poh bangin pohlah lah in nui hih in (Eccl. 7:6). Mi toh nakihou teng, nemheo chan thu sei in, vompi noukai kisudoh bangin pohthe thun thu seidan (Prov.15:1-4). Lam najot teng, jukham ho bangin choh the-thu hih in, miding jong gelin lang, lam jot in. Mi abang khat kihoi sah tah in, haamjot jot in achen, chule mi abang khat vang kiletsah tah in dah veng vung in ache jie. Abang khat kit chu, khopho louvin apohthe thun, mi-ah pou akipalin ahi jie. Na nah ajat a, nachit doh teng, hohtho hih in, olin chi’n na-insahte naocha sukhang get in nate. Mitoh bu naneh

leh haam dah dah in, pohthe thun neh in, nanepi hon nakidah inte, vohpi anneh tho khan nate. Twi-lung me nachop teng, olin ging beh seh louvin chop jin, ajoleh na-nap ham khat hung chomdoh khante. Gari chung a nakal teng, olin hoikei chan kalin, kimai thethu le chun, mi oipoh ham khat maikha'n nate. Bazar na kai teng mi thiljoh hadeh hih in, mi thil joh leh-thangle hih in.

Mi khat chibai naboh teng, mi mai velouvin, nakhut jong ngoi deh duh in ai-kengpi thi bahsah hih in, mi phatea velouvin chibai hih in, ahilou lai tongkhan nate. Mi thil na peh teng, nakhut veilamin peh in chujongle lemu kit ding in mi khat thil peji hih in. Mi khat ina nachea natou teng, ehlo m thikam bangin ki kalang langin, kel karah sesun tou hih in. Numei ho atou tengule mi um na lama akeng angat uva, keng khat chung a khat akoi tengule avet-hoi jipoi. Nalujanga nasam ho chu sim le maal, sah le lhang kosah hih beh in, phaten kipojol jingin. Nanun chan in thu sei-in, nachon chanin mi hilin, thusei hoipen chonna ahi.

(Rev. Seikholen)

### Mia sanga naboi joh em ?

Govt. office khat a Lamsei hi clerk ahi. Alosan jong lhomcha ahi. Sum amankham amulou jeh in ahahsa lbeh jin, chate vahna ding le dammo kijen angai teng a-olcha boi jipoi. Abang teng ajinu koma akiphin

jin, 'kei hi mivangse kahi, vannoi-a kei banga lung boina nei umponte' atijin ahi. Khatve chu ajinun akoma, 'vannoi a hin eini sanga vaicha jo aum thouve, amaho lungboina len cheh mai ding ahi. Pathenin eipeh kham khama kipah utin, Pathen hi thangvah joute' ati. Hitia ajinun adon but vang chun, Lamsei alunglhai deh poi. Jan khat mang kidang tah khat anei-e. Pathenin amanga akimusah in ahile, Lamsei in 'Ka Pathen, nang in kahinkho lhumkei-a thoh dia nei sem hitam ?' anati.

Pathenin Lamsei chu aven. 'Ka chapa, vannoi-a hin boina bei mi koima mudoh pon nate. Mitin in midang boina sanga amaa sangjep in agele. Mi jouse boinate chu abon chan koikhom ing ting, kibang in homto h ing ting, hia kon chun nang chan ding napenge, nanop em ?' ahin ti. Lamsei jong chun kanom nai anati. Lamsei angunga Pathenin mitin boina chu asekhom in, hichu mihem te ahin hoptoh peh in, Lamsei chan ding dol chu sakhao len khat-a ahin pe tai.

Lamsei chun, sakhao lentah agih-a gih chu aven angapcha tapon, Pathen henga, 'Pathen, hiche sakhao lentah le gih tah hi ka-ngapcha poi, keimaa kaboina mama chu neipe kit tan, hiche hi kangap poi' anati tan ahi. Jankhang lai-a 'kangap cha poi, kangap chapoi' othonga akhang manga apen pen chu ajinun kidang asan asuhkhah-a ajeh chu ana dohle, Lamsei in, 'kamangin Pathen toh ka

kimuton, ama koma kaboina alen behseh-e, katile mihemte boina tin cheng alakhomin, ahop toh peh in, khat chu keima eipen ahile tua ka boina sangin agihjon alenjon ahi. Nangin ichan kham khama Pathen vahchoi ding ahi, nati chu adih-e' tin anasei tai.

### Nupa hinkho susethei ho

Nupa hohi anupa hina sumil khop a, anatohna lama apot tho val leh, akihekhel lhon jin ahi. Jinu in apasal hi insunga lungmong in umthei jile atin, pasal ho chun anatoh asum lo chu boikhante tin, atohna lama aboi jiuvin, amani kikhah-a khat chun khat chu aheththem loule kihet khel akipan jitan ahi. Japante khu mi pontho tah ahuiuin, hijeh hin boi lbeh jenga ahuiuin, chaten anule apa hi phat atamjon amuman jipouve, atiuvin ahi. Nilhah le geitah in ina ahung lhung un, jingkah le chapang ho ki tho masangin anatohna lama ache ji tauvin, chate le nule pa aumkhom man ji poi, atiuve.

Nupa teni jong leltah-a ina ahung jileh amani jong nomin akihou manji poi, atiuve. Nupa anigela pola ma natong ho chingthei le kihe them tah a akihou ji angai in, lel cheh cheh ahiji lhon jeh in thil neo cha chaa kinelna le kinahna akon jin kichih thei angai-e. Jipa sumhol ahi leh jinun hethem hen, jinu sumhol ahileh jipan hethem hen, dem hen, hichu insung damna pen ahi.

Mihem koima achamkim aumpoi, tihi het ding, chamkim lou khat leh chamkim lou khat kichengji ahin, alung lhon kitoh chet jilou ahi. Ngaichat le ngaichat kibang lou, dule dumo jong kitoh lou, umdan hindan jong lungdei achom chom hijia ahin, hiho chu khat in khat aheththem loule inchen akitup joupoi. Kingaidam jou teng thilsoh chu suhmil ding angai-e. Nupa kikhah a kingaidamna aum jou va, alhohpha khat touvin thil soh a khat ahin seikaova ahile kinah patna asohjin ahi. Ngaidam jouva suhmil hi Pathenin eihilu ahi. Pathenin angai dams a mi chu, ngaidam kithum kit in atipoi.

Jinu le jipan ajinei jouva ama ama insung mite chu aji insung sanga angailut johle apha poi. Chule nupa kikhah-a akiselguh aumle aphapon, lheng sit set-a inचना, kivop ding ahi. Ama seh kichom ngailut jong aphapoi. Eima sanga midang khoh sah kiti hi thil hahtah hijongle, midang khohsahna nei mi chun golle pai anei thei in, min angailui. Tulai khanga chate khoh sah kiti hi thil phachom tah ahi. Insunga cha nei jousen, acha ngailutna le khohsahna anei loule acha amang jin, hillou pholou, hou lama pui lou nupa chun, acha ahung let teng kishna anei teiji ahi. Aphat chaa hila phoa, lekha simsa a, hou lama pui ngai ahi.

Aneo lai-a Sunday School a ana kihil chapang chu ahung gol lhan, nungah teng dan thenga jinei nomna lung aneitei jin ahi. Insunga

kihousaalouteanunnomahi. Cham na anei diu ahi. Malai khang chun cha ji mola jep anachen, tulai hin hichu ache tapoi. Chate hi ama ama mi hina het-a hiche dung jui-a kaang cha hila pho ding angai tai. Hunam khang ahi tapoi. Lekha sim thase ho chu olchaahil ding, exam a lo lhing lou ho jong oimo lou ding apot thona dia tilkhoh joh ding phat ahi tai. Mipa minu kimkhat in hiche hi ahethem pon, achate khattou ha phoa apho leh chapang chun, kanu kapan eilungset poi, thi tange, tin akigellha jin, akithat jitai.

Kichenna hinkho leh insung hinkhoa Christa mun ot ngai ahi. Insung hinkhoa Christa hi akhompia ipansah tengle ima jouse aphanatna ding lamin akihei jin apha. Jesu nei insunga chamna jong aume. Jesu nei ding itileh Taona, Bible simna, khat le khat lhagao lama kitil khouna nei ji angai-e. Ingaichat jouse eisuh bu lhit peh thei Jesu Christa ahipene.

### Damtheina thil ho

\* *Broccoli* - Gobi pah tobang apah eng (green) sappaova Broccoli akitin, bazar a anche joh hon ajoh jiuvin, aman jong atamjep in ahi. Tahsa dia phatah anche ahin, me-a pang dia kitua ahiloule kichoh ji ding apha.

\* *Cauliflower* - Gobi pah, cancer jat chom chom ho akisatpin, gu ahatsah in, lungchang nat jong akisatpin atiuve. Ti jolna jong ahi.

\* *Cocoanut water* - Jubi ga adong sunga um atui khu akidon leh tahsa dia aphanatna atame. Sugar, protein, organic acid, potassium, copper, magnesium kitiho aume. Diabetes nat veihon don-dale apha.

\* *Banana* - Mot hi tahsa dia phatah ahin, niseh a khat khat nehji apha. Blood pressure, diarrhoea, gu, lung chang, thajung ho dia phachom ahi. Diabetes ho din aphapoi.

\* *Beans* - Bechang ho pou pou hi damna ahin, me lah-a lhahji apha. Cholesterol alhomsah in, blood sugar alhomsah in, cancer jong akisatpin. Apha akiti vanga haneh neh-a neh ding ahiji poi. Phabep bep neh ding ahi.

\* *Orange* - Komla hi oikeo pet a neh apha. Tahsaa natpi ho akisatpin, lungchang din aphan, cancer phabep jong akisatpin, haidan jong akisuh sah-e.

\* *Grape* - Lengpiga, mihem agon sah in, lungchang damna ahin, prostate cancer adou in, cholesterol asu lhomin, stroke jong akisatpin, mit damna ahin, thisan chedan asemhoi in, kal-a song um jong ajunsah-e.

\* *Fish* - Nga nehat ho alhoh-u aphan, immunity akalsah in, cancer din jong apha.

\* *Mushroom* - Pa, papah hi tahsa din apha. Blood Pressure anem sah in, anti-oxident anei in, bacteria phalou ho athat in, cholesterol asulhom in, cancer akisatpin, gu jong ahatsah cheh jie.

\* *Mango* - Hai, haithei in thyroid, cancer, chin theina (memory) ahat

sah in, lhothababen, neh le chah oia aminsah-e.

### Nuitem un, nadamna din

\* Nupa khat bazar akai in, ajinun thil alhen kah in, ajipa chu pamlama apot-e. Numei nun thil achojou tan ajipa chu aholmoi. Amanun *Mobile phone* abol in, "Hoi-a um nahim?" tin ana donge.

"Khatvei khimu dukan a khimu khat nadei penpa sum kana poh lou pet chu nagel dohem" atin ahile ajinu lhi anasoh in ahi. Amanun alhi kithem pumin, olchan, "Hi chu kahenai" ahinti leh ajipan, "Hiche dukan koma nehthei kijohna dukana chun kadinge" ahintile ama nu lhi chu akang loi chel tai.

\* Tongpu'n agolpa Lamthang heng a, "Nakol jet lam idia san ham?" atile "Doctor pan iron a kasang khol kanot laitah-a eihin kouva, Mobile joh kakola suto louva, iron (istri) joh chu kanakol toh kasuhto leh eikah peh ahi" ati. Chuin Tongpu in, "Ahile nakol vei lam chula, idia san ham?" ati kitle Lamthang in, "Aman eihin kou kit-a kaveilam kakol toh iron chu kana suhto kit jeh ahi" ati.

\* Police khat in gucha khat amanin, "Tunia vang kamah khah nahitai. Tu pet in Handcuff kachoi pon, ana um peh peh in gala tadinge" atile gucha pan, "Sap keijoh lhajjel ingting police station a handcuff nagalah peh nange" atile police pan, "Nakichih

sah nah-e, ana ding thim thimin, kei joh cheng ting hinchoi loi nange, atin aladin anachei."

\* Lampama tou khutdopan, akom hinphapa henga, "Kei neihet lou hitam, 'Haona dia lampi jakhat' kiti lekhabu chu keisut ahi" atile hichepa chun, "Hiche ho chu nahet mong ahi le lampama nisa noi-a idia nakhut nadolele haimo" atile khutdopan, "Nasei khai, hiche lekhabua lampi khat chu lampama khutdo hita" tin ana donbut in, sum akilah-e.

\* Chapan apa henga, "Hepa hepalekha a 'an apple a day keeps the doctor away' kiti chu natahsan am" atile apan "Hichu thudih ahi" anatin, chu in achapan "Achutile apple khat neihin peloi in, doctor bangkot a hai khat kasep keh in, kei-a kona agam latna din, apple khat kadei loichale" tin ana sei-e.

\* Ojapun, "Idia 'Statue of Liberty' a milim khun, akhut langkhat-a lekhabu achoi-a chule akhut lang khat maa Torch Light khat akichoi ham?" tia chapang ho anadoh leh chapang khat in "Ojapu, hiche hin, janlai in lekha sim hih in, atina ahi" anati loichal-e.

\* Mi khat chu a gari parking abol na mun adih lou jeh in, leo din police in anaman tai. Police pan, "Ipi kihonna thei nasei nom um em?" tin ana dong in ahile amapan, "Sap, koi ba hiya hikoma khu signboard mi ngolna thei khat atah baham, hiche jeh-a khu kagari kakoi ahi, ajeh chu "Fine for parking here" akiti anati.

### *Het-a phachom ho*

\* Vanlai jola rocket, satellite tampi ana kikapdoh ho, aphant-u kichai phat-a thia ahalsi sia vanlai jola leng lele ho asang sang vanthamjola kilap lelehon van asuhnen gamu ahitai. Vangphat umtah in Japan ten hiche ahalsi lengle leho joplutna thei man chah asemun, hichun phabeppi vang achomkhom in, hichu eiho leiset lam a ahin kailut in, chule lei-a achuh masangin leiset vela hui in (atmosphere) amaho chu lei-a achuhma'n ahalvam jitai. Chutilou hileh leiset a hi amaho helisi chu-dimset ding, van chungana kona hungkumilha dammona thei guhon, mihem adammo sah ding anahi.

\* China ten lekha jatchom khat apodoh un, hia kisunho chu suh mang jiji thei, lekha chu vei 40 jen gei-a lekha jihna mankit thei ding ahi. Ahinjoh pan tengule tulai lekha hi ahinkhel ding ginchat ahi.

\* Oscar Wilde in hitin aseie : Mi theng ten hinkho masa anei un, michonse ten khonung hinkho anei un ahi.

Abigail Van Buren in hitin aseie : Houbung hi michonse ho din hospital ahin, mithengte kikholna mun vang ahipoi.

\* Jesu cross a kona akilah lhah jou va akivuina lhaan chu akihol doh in, Jesu thilong ana lupsahnau songpeh chu jong mudoh ahitai.

\* Roman Catholic houbung te din khopi len hoa lhanmun hol ahah tan, hijeh chun akisudong hon thilong hi

govam theina din akilol un, chule avut chu donle vaite thot nom hon akikoi tahdi nomle, houbung in akoi na thei mun angaitona din jong aki nopto tauve.

\* Nikhat vacha khat in khoiwa khat henga, "Nangin thachol tah in, khoi lhah nakisem in, ahinlah aju ho chu mihem khat ahung in akichoi mang jitai. Nommo nasahji lou ham?" ati leh khoi chun, "Nommo kasa poi, ajeh chu mihem in abolthei pen chu khoiju ahung kilahdoh chu ahin, khoi ju semna ding lungthim vang ala mang deh poi" tin ana donbut in ahi. Ima khat boltheina lungthim (talent) hi mi jousea akibang poi.

\* Tulai hin lekhaa kona kisem chao jang, khut theh, khimu, bilba ho aki semdoh tai. Thih-a kisem ho toh kilou chet ahin, jaangvang ajang jep in, aman jong alhome. Lhouvang alhou sotpoi. Hiche hohin mihem ho thih-a kisem ho bangin allergic vang apepoi.

\* Assam a kum 2015 chun mi 12,090 hi HIV natpo akiholdoh in, Mizoram a mi 9258 HIV positive akimudoh in ahi. Mizoram a 1990 kum chun HIV nat akimandoh masa penin anahi.

\* Babylon khopi hi malai chun kho pi minthang khat anahi. Euphrates vadung panga um ahin, Babylonia te khopi anahi. Tulai a Iraq gam sunga Al Hillah khopi kom vel ahi. Babylon hi Babylonia mite houthu lama amunpiu anahi. Babylon hin 'Pathen Kelkot' ati ahi. 2200 B.C. chun Babylon aumtai, ti akihei.

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

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### *Het-a phachom ho*

\* India sunga Assam a chana (tea) atamso penin ahi .... India sunga Rail lampi asaopen hi, Dibrugarh - Kanyakumari Vivek Express hi ahin, Kms. 4273 asaove ... India sunga cinema tho ho lah a Padma Shri Award mu masapen hi, Mrs. Nargis Dutt ahin, 1958 kum chu ahi.

\* 2017 kuma hi :

- Palm Sunday ... April 9
- Good Friday ... April 14
- Pentecost ... June 4

\* Vanlai jola Space Station a khu dahdul thuh, changnam, sunflower ho atu uleh phatechan akeh nai, atiuve.

\* Tulai thusoh baotamna ho jeh in, hiche thuso hi ahung geiheo tai.

*Christian Meivah*  
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