

Christian Meivah

May - June, 2017

Lhani seh thuso

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Thupeh lenpen ni

Jesun, “Thupeh masapen chu, ‘Ngaiyuv in vo Israel, Pakai i-Pathenu chu Pakai khateh bou ahi, hijeh a chu Pakai na-Pathen chu na lungthim pumpia, nahinkho pumpia, nalunggel jouse leh nathanei na jou sea nangailut ding ahi’ kiti ahin, anina chu, ‘Nangma nakingaiut bang a na heng nakom nangailut ding ahi’ akiti. Hiche teni sanga thupijo thupeh dang aumpoi” ati (Mark 12:28-31).

Hiche hi Jesun, lei-a alenlai phat kichai kona Jerusalem a ana sei thu ahi. Mark 14, Mat. 26, leh Luke 22 a khun Jesu mat-a aumle thingpela akikhai thusim imuve. Chu le aphot hi Mose danthu ana chelai chu ahi. Hikoma hi Pharisee ho, Herodia ho leh Sadducee hon Jesu suhminsetna dia thudoh tampi ana dohpet-u ahi. Hia hi Jesu henga Pharisee, Mose danthu lekha them tah khat in, thupeh masapen ahiloule alenpen ipi ham, tia ana doh Jesun adonbutna chu ahi. Mose danthua chu jui ding 600 vel anaum ahin, hi ho lah a chu alenpen ipi ham, ti ana doh-u ahi. Jesun hichu agomlam tah a ana donbut ahi. Amahon adohbe louna diuva Jesun adonbut ahitai.

Jesun adobutnaa hi, Judah te dia kipe Mose danthu chu uma ahi (Deut.6:4-5). Jana neitah leh thunei tah-a adonbutna ahi. Hitia adonbut hin, Kitepna Thah a christian ho jong ahilna ahitai (Mat. 6:33, Rom.6:28, Jude 21, 2 Thess.3:5). Pathen hi khatbou ahin, ama ngailut ding ahi ati (1 Cor. 8:4, 1 Tim. 2:5). Ngailut kiti hin, jatah-a, theng tah a, dihtah-a langnei sihneina bei a, ngailut ding chu asehi ahi.

Thupeh anina chu, Pathen semsa mihem ngailut ding hi ahikit in, ajeh chu Pathen hi ngailut ahileh mihem le mihem jong kingailut ngai ahi, tihi ahi (Leviti. 19:18). Pathen lim le mela kistem hon Pathen thil ngailutna anei-u angai-e, tina ahi. Hengle kom hi koiham, tijong Jesun thulema ana hilchen ahitai (Lk. 10: 25-37). Ngailut dingle ngailut lou ding tia mi khenlou ding ahi. Jesun mitin angailut a, alhatdohna diuva ahinkho alha chu suhmil lou ding ahi. Thupeh ma sabou kanit ding tia din lou ding ahi. Ani nia Pathenin akhoh sah ahi (Rom. 8:5-6, 1 Jn.4:20-21). Hou dihtah chu ipi ham? Khat seh hia Pathen hou ding leh mihemte jen ding hi ahi (Jacob 1:27).

Kithep sahtah a Jesu thudoh ana dongpa hin, Jesun adonbutna chu di anasa lneh jenge, hijeh chun Jesun ahenga, Pathen lenggama kon in nagamla poi, tin ana seipeh tai. Jesu hi Pathen chapa, chule Pathen jong ahi jeh in Mose danthu chujatpi chu ni-seh-a agopsoh hel jeng thei ahi. Pathen khatbou ahi tihi koiman anel thei lou ahi (Ps.90:2, Isa. 40:28, Mal. 3:6). Christian dihtah hon jong Pathen dihtah mi ngailutna hi neina dia kihabol angai-e.

Them-channa hinkho

Jesu tahsan jeh in, michonse khat them achang thei-e (justification). Ukil paovin kisei le ‘acquit’ tiding ahi. Ahiloule, ‘not guilty of a crime’ tiding ahi (Rom.8:33). Thia thoukit Jesu tahsan ho chu kisei ahi (Rom.4:25). Christian khat hinkho hi Jesu tahsanna chung kingam ahi. Them-channa kiti hi, michonse khat in Jesu atahsan jeh a achonset kingai dam hel chu ahi. Mihem khat in Jesu atahsanna, amitmona jousea kona akilehei (anungsun) a, chule Baptise achan tengleh ama chu them-chang ding ahitai. Mona neilou hiding ahi tai (Mark 16:16, Acts 2:38).

Ama hi Jesu thisan longlha chun (ama dia Jesu thi chun) asoptheng ahitai. Jesu thisanin achonsetna jouse asoptheng ahitan, chonse lou va kisim ding ahitai. Them changa ahitai. Akisop thengsa achonsetna ho chu kinung seikau kit lou ding ahi.

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Them chan hi tahsan jeh a Pathenin ahin hepina ahin, hiche hepina hi mihem moh chan thei ahipon, Jesu atahsanna chun ahin chansah ding bou ahi. Hijeh chun christian hinkho leh tahsan hi aki khen thei thil ahipoi. Mi khat in ama boltheinaa themchanna akilamdoh thei ahipon, suma achoh doh thei jong ahipoi. Pathenin apeh ding ahijoi (Isa.64:6). “Mihem jouse chonse, Pathen loupina changlel ahitauve. Jesu Christa lhatdamna jal a, lungset (hepina, *grace*) vanga manbei-a them changkha (justification) ahibouvui” (Rom.3:23-24).

Achonset khat them channa dia, manchah phatah chu Jesu atahsan ding chu ahin, hichun danthu jouse achopkhel ahitai. Jesu tahsan hi them channa (chonset ngaidam channa) dia lhingset ahi (Heb.5:8-9). Dettah a Pathen Chapa tahsan chan chu them chang ding ahi. Hichu Tonsot Hinna (Tonsot Hinkemlou) chu ahitai. Sopi, kigel temin, nang ma them nachan hitam? Nachonset soptheng hia hitam? Chonset puma van gam koima lut lou ding ahi. Jesu tahsanin, them changin, van gama cheng din kigong jing tan. Hiche jouse hi ahitheina dia, nabol ding khat seh chu, Pakai Jesu natahsan ding chu ahi mai-e. Adang nakisahlelna ding aumpoi. Sum naleuna ding jong aum poi. Jesu tahsan van gam lutna ahin, ahahpoi, abaiye. Tillai banga danthu tampi nachinphaa, nanit soh hela nahi ding angai tapoi.

Pentecost nikho

Tukum 2017 a Pentecost nikho hi June 4 ni ahi. Hiche nikho hi Jesua kona atahsan te chung a Lhagao Theng ahung chuh nikho melchihna chu ahin, eihon Pentecost nikho tin iheuve. Tulai a jong Jesu tahsan ten angaichat penu hi Lhagao Theng hi ahi. Mi meidoi ho hansan na leh ngamna apen, sei them lou ho seithemna apen, bol theina nei loute, mi damsahna tha apen, chule thilha nodoh theina jong ape (Sol. 2:1-3). Hatmo kisate, olmo louva pan lahna apen, meidoi Peter jong chu, kichat neilou mi hangsan ahi sah thei-e (Mat. 26:69-74).

Pentecost nikhoa Lhagao Theng achanuva, a-eo leiloi-u japha mi phabep in, amaho khu lengpi twi kham ahiuve, ana tiuvin, ahinla Peter leh aloi ho ading doh un, Peter in aw sangtah in, sopite nangho gel banga jukham kahi pouve, Joel themgao in aseini nunung lamteng nachanu teu na chapa teu chung ka Lhagao kabuh lhah ding ahi, ati chu tunia namu nahet-u hi ahitai, tin ana sei in ahile mipin kidang ana sauvin, hiche ni chun mi 3000 vel in Jesu ana kisan uve (Acts 2:14-42). Ngam tah a kicha louhela thu seisah thei chu Lhagao Theng thahatna chu ahi. Peter le John henga, hou vaipo loi in agihsal uva, Jesu mina thu nasei lhon lou ding, mi jong nahil lhon lou ding ahi, ati phat un, Peter adingin, keihon Pathen thu kapai lhah uva

nangho thu kangai diu chu dih nan tem, keihon kamu kahet-u chu sei lou thei kahi pouve, atitai (Acts 4:9-20). Jesu minin thu sei hih un tia seijui ho chu hakhama akham phat un, Peter in, keiho mihem thu sanga Pathen thua kanun joh diu ahi, ati phat in havoh in avovin, seijui ho chu kipah tah in hikoma kon chun apot tauve (Acts 5:28-41).

1 Cor. 12 akisim leh Lhagao a kona thahatna thilpeh 16 aki mudoh in ahi. Khat chu chihna, hichu Pathen a kon chihna dihtah eikipe diu ahi. Anina, hettheina, Pathena kon thuguh, thu ki-im, Pathen lung dei het theina hi ahi. Athumna, tahsan ahin, tahsan hing eikipe diu ahi. Mihema kona leh satana kona tahsanna vang tahsan thi ahin, hichu ngaichat ding ahipoi. Alina, ana damsah theina ahi. Angana, thil kidang bol theina ahi. Agupna, gaothu sei theina ahi. Themgao ho banga thilmu thil hetna (vision) kimangchaa Pathen na kitong thei chule thilsoh ding het masat theina jong ahi.

Asagina, lhagao ho hetkhen theina ahi. Lhagao mi aumin, ki lhagao misah jong aume. Lhagao boh leh lhagao dih hetkhen theina tha jong atahsante kipe ji ahi. Agetna, paotin paotang tho theina ahi. Pentecost nikhoa, seijui ten paochom paochom atho uva, Pathen thu ana lhangsamu ahi. Pao hetlou kitho ajapha hon ama ama paova akijahu jong aum jie. Akona, pao chom chom ledoh thei ahi. Daniel in baang

Jesu tahsan ho vangpha

Isa.53:1-12, Acts 8:26-40. Leiset a Pathen insung houbung ki patdoh tila, Pakai Jesu tahsan dol lamchom chom um mong ahi. Tahsanna dihtah a kihilna thei khat chu, Candace lengnu semangpa nukiso Ethiopia pasalpa tahsanna hi ahi.

1. *Ethiopia a nukiso pan*, Pathen thu ana kholchile. Nukisopa hi Ethiopia a kona Jerusalem a Israel Pathen houva hung ahin, Pathen mi ngailut ahetchen nom anahi. Lampia Isa. 53:1-12 sung anasimin ahileh Pakai Jesun chonse mihemte dia athohna leh athilona amudoh in, koi hi Jesu ahidem, tin analung donge. Jesu hi koi hi-a chonse te dia thi ham, tia ahol ahin, tahsan dih nei-a ahol ahi. Ama jong chonse khat ahi chu akihet doh-a, ama dia jong thi ahi tihi atahsana, hiche tahsan dih keng puma 'Jesu koi ham' tichu ahol ahi.

2. *Philip in nukiso akimupi* : Sol chah lekhabu 8:26-40 hi akisim le, Philip in Pathenin mihem chonsete huhhingna dia agon ho nukisopa hi aseipeh in ahi, ti imuve. Chonset jeh a thi ho huhhingna dinga Pakai Jesu thilo dan chu aseipeh tan ahi. Philip thusei chu vantil in nukisopa lung thima atulut peh-a, nukiso pan Pakai Jesu ama dia thi ahi ahin hetdoh sah a, hijeh a chu nukiso pan Jesu ahin tahsan ahitai.

3. *Nukiso pa tahsan* : banga Jesu tahsan ngai ahi. Nukisopa hin Israel

a kisun anasimdoh thei chu hithei ahi. Paul in jong ana sei-e (1 Cor. 14:2). Chule paochom tho ho pho lou ding, tina aume (1 Cor. 14:39, Acts 19:6). Somna, houbunga Lhagao thil peh ho ahi. Solchah hina kipe, themgao hina kipe, bolmo kidang bol theina kipe, vaipoh themna, thusei themna kipe pao chom thona kipe tiho tampi aume (1 Cor. 12:31, Eph. 4:11). Somle khatna, Lhagao Thilpeh pha chung nung deh ho chan theina ahi. Hi chena dia vang kihabol ngai ahi (1 Cor. 12:31).

Lhagao thilpeh hi khat beh nachan nahet em? Kachange tia nasei thei um am? Pathen Lhagao chang louho vang lhagao thilpeh achang poi. Alhagao bon achan lou le athilpeh iti chan ding ham? Paul in Christa lhagao neilou chu Christa a ahipoi ati. Hijeh hin, Christa a hi lou vang chu, thilpeh chang ponte. Pathen Lhagao nachan teng Pathen in naman chah theipen khat napeh ding ahi. Thilpeh hi ajat jat aumin, khat beh chan lou ding chu, iti ham set uma hitam!

Aphalou khat chu ahileh, pengthah lou hon penthah thu aseini nom, Lhagao changlou hon Lhagao thu aseini nom, chule pao chom tho kha lou hon, pachom tho aseini nom ui. Amaho hi hamse diu ahi. Thu chih khat in, 'Dongma neilou mao vin ahate' akiti. Good Friday leh Pentecost hi anikho nit mai bou hisang in, lhagao a haldoh na in mangu te. (Rev. Seikholen).

Pathen atahsan jeh a Ethiopia kona Jerusalem a Israel Pathen chu ahung hou anahi. Israel Pathen thilgon huhhingna chu Pakai Jesua kona aki mudoh ahitai. Atahsan Israel Pathen huhhingna thilgon aheddoh phat a nukisopa chu Pakai Jesu thupeh banga twi lut jeng ahitai. Nukiso pan tahsan thudol ahol gilna banga hi, ei hon jong itahsanu thusim hi abancha ikihol touva, imugil laitah-u tuhchah a, hia chu hinding igot diu angai-e. Aholgil hon Jesu akimu tei un, hichu asochatnau ahi. *-Dr. T. Lunkim -*

Pathen ngaicha nahi

Jingkal ikithoa kona Pathen geldoh hin, nilhum kei-a lung olna eipe thei ui. Ama tahsante Pathenin vang aboh jinge. Sunday School a kai chapang ho henga, o japun mi haopa leh khutdo Lazarus thusim ana sei in, achainan, “Nangho koi koi hi mihaopa nahi nomuva, chule koi koi chu Lazarus nahi nom um hinsei temun” anati (Lk.16:19-31).

Chapang khat ahung ding doh in, “Ojapu, keivang lei-a kahin lai in mihaopa hing leng, chule kathi teng khutdo Lazarus hileng kati” tin ahin sei-e. Hiche pa hinomna hi ei ho hinomna jong ahi. Lei-a jong vana jong anom loi in ipang nom cheh ui. Ahinla, hichu ahitheu lou lah a khat ahibouve. John in, “Vannoi leiset le leiset sunga um thil ho ngailu hih helun” tin aseie (1 Jn.2:15). Hia aseidan hi lei-a thilpha Pathen sem

ho aseina ahipon, amavang muthim gam thil ho, satan thuneina thil ho ngai lu hih un atina ahijoi. Pathenin eiho kihinsona din thilpha tampi lei a eisem peh ui. Pathen deilou thil jong lei-a aumda poi. Pathen lung lam hilou thil ho chu, nuseuvin tia eihilu ahi. Lei-a hinlai a kinopsah tah a hinna, ithi tengleh Pathen koma nom tah-a um chu, hithei lou ahi. Lei a hin pet-a Pathen kom lhunna thei dia kigon tup ngai ahi.

Mihaopa leh khutdopa thu sima hin, khat chun ahinpet in ima jouse anei in, athi phat in imacha anei tapoi. Ahinla khutdopa vang chun, ahin pet in imacha aneipon, athijou chun haona tampi anei-e. Mihaopa chun ahinlai in, golle pai, gou thillu, jolle gol tamtah anei in athi phat in, achangseh, akeoseh ahi. Khutdopa vang chun lei-a golle pai aneipon, agol phatah chu uicha bou ahin, atina ho alengim peh jin, mihaopa do khanga kona hung khelha ho aki neppin, neh ding jong oivan aneiji pon, kana le lhilonna in hinkho ana mangin ahi. Ahinla athi jouvin hinkho nom, avat umlou, kipana lhingset ananei in ahi. Hiche teni lah-a hoijoh chu nanga nahisah nom em ?

Mihao in anei le agou atah san sangin, Pathen joh tahsan hen ! Hichu athi teng asochatna ding ahi. Meikah thei, ajun thei, amon thei, guchan aguh thei ho kisonpi louva pha ahi. 1847 kumin, Edinburgh a um Sir James Simpson in, lou apha

tah ‘Chloroform‘ kiti, mi operation kibol ding kipe anaesthetic hi ana semdoh in ahi. Mi tampin hichu thil kidang in ahei. Ahung teh lamin, ni khat Edinburgh University a thu aseie pet in, student khat in, “Hepu, na hinkhoa namudoh ho lah-a hoiche pen chu thil mantam pena nahet em” tia anadoh leh Simpson in, “Kahin khoa kaholdoh thil manlu pen chu, keima michonse khat kahin, chule Jesu hi eihuhhing pu ahi, ti kaholdoh chu mantam pen kasai” tin ana don but in ahi.

Rom.3:23 in, “Mihem te jouse chonse a Pathen loupina changlel ahitauve” ati. Chule Rom.6:23 in, “Chonset man thina ahin, Pathenin manbei-a apeh vang chu tonsot a i-Pakai-u Jesu Christa toh hinkhomna ahi” tin akisune. Hi che hi Simpson in ahetchet ahi. Tu nin, chonsete jouse huhhing din Jesu Christan angah jinge, ti iheuve. Mi chonse ahi kihetdoh jousen Jesu belu hen, thengdoh ding ahivue. Lam pi dang aumpoi. Ilhagao un angai chat pen hi Pathen ahi. Pathen amu doh phat leh alung oljitan, chamna hinkhoa ahing jitai. Hihhingpu Jesu mantam dan Simpson a konin kihil cheh uhite.

Mother’s Day 2017

Tukum a din Minute Nikho hi May 14, 2017 ni ahi. Hiche hi America a 1858 kuma Mrs. Anna Maria Reeves Jarvis in “Mother’s Work Day” kiti khat ana phudoh-a

minute tahsa damtheina ding ho ki hilna nikho anahisah ahin, amanuhi May 9, 1905 nikho chun ana thitan, athilgon banjom anaum tapoi. Acha nu Anna Marie Jarvis in, anu hi ahin lai in phaten ana kithopi jou tapon, hijeh chun anu geldohna nikho nei din ahin ngaitoi. Anun ahinlai in acha nu hi Sunday School simmun khat ana pekhan, hia chun ‘Mipa ho geldohna nikho kimang aumnah vangin minu geldohna aumkha pon, itih ham khat leh minu geldohna jong umleh kati’ tih ana kisune. Hitiho jeh in anu geldohna nikho nit din thil gon ahin nei-e.

May 12, 1907 nikho hin anu athikal kummi alhinna geldohna nikho Minute Nikho kikhopna khat Anna in ahin kibol tan ahi. Hichu May lha Second Sunday nikho ana hi. Akhovei a anit uchun, Anna golnu khat ahung pangin, ahung kikhom ho chun minu mingailutna, kiphalna, thohhatna ho ahin seikhomun anahi. Chuin Anna in sumkol veiho, politician ho, chule America President gei in ahin kimupin, minute jabolna ding nikho khat nitna ding vai ahin home.

Chuin chate 407 leh anute ho kikhopna khat, Grafton, New Virginia a St. Andrews Methodist Church a, May 10, 1908 nin ana kikhomui. Hiche nikho hin anun adei pahcha kaang (white carnation flower) chu minu ahung kikhom jouse ana hoppeh in ahi. 1912 chun America a officer jousen, Minute Nikho leh hiche pahcha kaang ahin

kibeh soh keina diuvin, USA House of Representative in kilolna anei tai. Chule 1914 kumin, America President Woodrow Wilson in Minute Nikho ni suti kilha din soi anakai tai. Hiche nia kon chun America pumpia houbung hon Minute Nikho hi May Second Sunday nin ahin nit peh tan, gamdang phabep hon jong India in jong ahin nit tai.

India a hou jatchom chom ho lekhabua jong minu suhmil thei ahilouna akisune. Exodus 20:12 a jong, nahinkho asotna din nanu le napa jabolin tin akisune. Ahinla tu lai leiset chihna leh thepna ahung khan dung jui-in, nu jabolna amang cheh-cheh in, jinu, nu, tehpi, chanu kitiho akigel daovin, jida jong ahung tamtan ahi. Numei chule penna nu jabol hi Pathen dei ahi. Amaho jeh a vannoi-a pasal uma ahi, tihi sumil poute. Hijeh hin inu ipa leh numei kiti pou pou jabol ding sumil poute.

Father's Day geldohna

2017 kuma din Mipate Ni kho hi June 18 ni ahi. Pa khat ana umkhah jeh-a chate uma ahin, pa jabolna nikho leh taopehna in mang ute. Houbung jousen Pate Nikho manchah ding ahi. Mipa hi insung polama akiha manchah jeh in, thina jong ahato dehset jiuve. Pa neita lou insung apung cheh cheh tan ahi. Pathenin napa chu damsotna leh hinsotna apehna din taopeh jingun. Insung mipa abei teng, a-ong khat aume ti akihedoh jie.

Pathenin nu mopohna leh pa mopohna achom chomin akhene. Hijeh hin pa akinei lou tengle a-ong lai khat aumtei jie. Mipa hi Pathena ahat leh aphapene. Pathen helou mi pate insung chu achavai tei-e. Acha vai kiti chu insung kipolel, chate mi soh jou lou tina ahijenge. Chule jinei kiti hi insem tina ahi hi mipa ten geldoh jingle aphai. Ateh lam teng ahinvah ding, athi teng avui ding, achate ahi jeh chun, achate kisem tup a, chapang pha, lhagao mi, chu le Pathen ging asemдох angai-e.

Anu apan ataopeh achate hinkho apha tei in, Pathen phatthei boh ahang tei-e. Pathen he mipate cha amoh manpoi, amidoh tei jie. Anu apan lhagao lama atilkhon acha chu mohset theilou ahi. Mipate hon, "Pakai na-Pathen chu nalungthim pumpi, nalhagao pumpi chule natha neina pumpin ngailuvin" kiti hi sumil hih uhen (Deut. 6:5). Hiche hi Pathen thupeh ahin, anahsah lou, apalkeh aumleh Pathen achunga lunghang ding ahitai.

Pathen sanga neile gou, sum le pai, thaneina, kihoithona, kiletsah na deite ho chu achaten ahe jeng un, apau ajabol thei pouve. Pathen adonda jeh-u chun atohna lamuva chomkhat lolhing jongleu, guilhung joulou ahiuvin, vangsetna, nat le sat, mathina kiti hon avop jiuve. Minu mipaten achateu ilo leu pham ti jong Bible in ajih-e. "Nachate hil jingun, ina umkhom pet hihen, choldo pet hihen, kholche pet hihen, natoh pet

hijongle avel velin hiluvin" tin Pathen in mipate ahilui (Deut. 6:7). Chate hi ajinei nunga jong anu apan ahil jing ding dei ahi. Amaho hil theina dia amaho toh umkhom jia, kivop khom ngai jia ahi. Achate toupi jilou minu mipa chu khonungle hung kishih ji ahi. Pathen ging mipaten achate chu Pathen agin sah thei-e. Chate toh Bible simkhom, taokhom, mipa chu Pathen phattheiboh chang ding, chate jong Pathenin phatthei aboh ding ahi. Asempa Pathen geldoh ji lou, ahinsah jing Pathen hedoh lou, phat tinna hai jingna hu pea haisah jing Pathen geldoh lou chu, Pathen gaosapna chang tei ahi, sumil poute.

Mihem hungpun dan

Pathenin vannoi leiset asem in, sa le nga, hampa, thing phung ho asem in, ni gup lhin nin mihem ana sem in ahi. "Mihempa ahang seh-a aum hi anom poi, akithopi ding, aki-angtopi thei khat sempeh inge" tin Pathenin ana sei-e (Gen.2:18-22). Mihemin ama kithopi thei ding angai chai, tihi thilsem kipat lai-a Pathenin ana hetдох ahitai.

Pasal kithopi dia numei kiti hi ahinsem anahi. Hijeh hin numei khat hi akipasal sah theiji poi. Pasal um chan tho ding, pasal hinna hin ding gelji jongle hithe jilou ahi. Ajeh chu Pathenin athisana pasal hilouna lungthim anakhumsa ahitai. Mihem in asempa Pathen thu anit angai-e. Pathen thu le ase ni nit angai ahi. Ama

dei dei-a kisa, Pathen dei-a kisa lou chun, gapha aneipoi. Pasal le pasal kicheng, numei le numei kichenga cha nei kihe khalou lai ahi. Kichen kiti hi cha neina ding jong ahi. Ama sa penin, jinu chu jipa thunoi-a aum angai-e. Ajipa nei geh guh-a, jinun insung vai ahop leh khang tou lou, chule lolhing lou ahi. Ajeh chu pasal hi Pathenin asem masan chule numei hi lhez in alha masai, achonse masai (1 Tim.2:11-14, Gen. 3:16). Chule jipa ten ajinuu chu abol genthei lou diu, it-tah leh ngailu tah-a anei ding ahi (Eph. 5:22-23). Christa in a-hou bung angailut banga jipan jong ajinu angailut ding ahi, tin Bible in ase-e. Christa chu a-houbung dia thingam ahi banga jipa jong ajinu dia thingam ding ahi. Pathen oile oilou kikhehna hia hin aume. Kolle vai ho kimkhat in ajinu athei chim teng atahat jie. "Mi ama akingailut bangin, ajinu ngailu cheh hen, chule numei in jong ajipa jabol cheh hen" (Eph.5:33) tia kisei hi nupa ten het jing angai-e.

Jinu khat in ainsung hi anop nathe chana asem nop angai-e. Paul in Timothy henga, "Khangdong nalai ho chun ji anei uva cha ahin diu, in sung akipoh uva, melma chu thilse bolna phat adei banga apeh louhel diu kadei joi" anati (1 Tim.5:14). Mel ma chu thilse bolna phat adei banga pehlou hel ding kitina hin, ikidoupi satan hi numei ho suh minset sah lou ding ahi, atina ahi. Jinu chu jindot them, insung sutheng, vetup semtup, chate sutheng tihoa ahapan angai-e.

Jinuten ajipa teu hathoa akithopi tengleh jipate chu houbung lamkai in apang theiji tauve (1 Tim. 3:2). Ajipa christian hilou lai ho, ahi loule ajipa christian hidan helou lai ho aumleh ajinun, Jesu umchan in sunga atho ngai ahi. Christian phatah nunnem, lunghan bollou, seingai pontho kitiho ahi tengle ajipa Jesu lama alung ahei theisah ding ahi (1 Pet. 3:1). Nun le khan, chonphatna hoa jipa jotheina aume, kiti ahi. Hi che hi tulai khang din, thilbai vang ahipoi.

Damtheina phabep

- *Thing-changmai* : hi nehji ji dia damna tah ahi. Numei naovop in atamneh lou ding ahi. Vitamin A, B6, E ho aume. Diabetes din apha. Potassium, Calcium, Iron, Magnesium aumin, ha-nat na leh hani tha apen ahi.

- *Kolbu-thei* : lhoh phatna, gon domna, neh oi-a minsahna, natpi ho kisatpina tha anei-e.

- *Lengpiga* (Grapes) : lungchang nat, cancer, paralytic attack ho din aphan, Iron, Manganese, oidamna ho anei-e. Apha tivanga neh jing lou ding ahi.

- *Sweet Melon* (sappao) : Hindi a Mosambi ahi. Hiche thei hi bazar a kijoh ahi. Vitamin C, Potassium, tha kibena, anti-oxidant ho anei-e. Thin kha (gall bladder), Kal (Kidney), thin (liver) jong asutheng jie.

- Changnam kang (Garlic) - neh jia pha, melah a lhah jinga pha ahi.

tahsa damna ding atam nei-e. Natpi ho akisat pin, mi athao sahpon, vitamin C, B6, Manganese, aumin, Diabetes ho chini nei asulhomin, gule chang asudamin, oisung jong adam sah thei-e.

- Twi tampi pi nikhat sunga don hi tahsa damtheina tah ahi. Idang chah hih jongle kahvah vah a twi donji ngai ahi. Nikhat a khon gup bang don hi damna tah ahi. Japan gama jing kal kitholhah seh leh twi khonni adon jiuve. Jingkal oikeo pet-a don hi damtheina tah ahi atiuve.

Luchang nat, tahsa nat chet chut, arthritis, epilepsi, bronchitis, asthma, T.B., meningitis, kidney, urine diseases, piles, constipation, gastritis, diabetes nat ho din apha atiuve. Bu neh jou pung keh khat joule twi khon khat akidon le apha, atiuve. An nehjou lima twi akitam don le oi-a neh aminvah joupoi, atiuve. Neh pet a athuh to me, thei twi don jong neh min lel jepna sosah ahi atiuve.

- *Neh ding ho* phatea kholtoh ding ahi. Tulai hin bazar a nehthei kijoh ho moh neh neh jong apha tapoi. Chate dia jong nehthei nachoh peh tengule atheng, lou ima toh kichoh hal lou ho nehsah un, asungu suseding pehih un. Plastic a chunsa kijoh ho jong phaten vetoh un, apha ki chaisa, ipi piham toh kichoh hal ho, ineh le atui vanga tahsa dia phalou atam tai. Acha lungset hon bazar a neh thei choh sangin, insung a neh thei sempeh aphajo tai. Mit, thajung, thisan, lhoh tongkha thei atam tai.

Nuitem in, nadamna din

* Chanun anu henga, "Henu, thilha toh kakilom?" Anun, "Nakiloupoi." Chanu, "Kamit jong uphoh a banga chomdoh deh deh am" atile anun, "Namit ahoi sele" ati. Chanun, "Ka nahhom hi pheng am" atile anun, "Apheng poi" ati. Chanun, "Ahile vohpi toh kakilom?" atile anun, "Nakilou poi, nahoisel bouve" tin adonbut tai. Achainan achanu in, "Achutileh iti dana kaloi hon, nalim namel jong nanutoh nakilouve" atiu hitan tem!" tin ana sei-e.

* Indan khat-a mi dimset, ahia la atou ho jouse thip beh-a achanga tou banga touji, hoilai ham? - Exam. Hall ahi.

* Nupa kicheng thah khat hin, in khat bhara'n akilah lhone. Jingkal a jingtho an aneh pet lhonin ajinun, "Inkeng nu pi khu vetemin, thil aphouvin ahinla athilsop ho khu anen deh duh in, apol chep chup-e" atin, aji pan jong aven ima aseipoi. Jingkal seh-a inheng nun thil asop ho aphou chu ave jin, thil sop theng je ahethlou dan chu aseikei jin ahi. Ahinla, jingkal khat chu, hiche nu thilphou chu aven, atheng sel in amun, "kon jong thil soptheng je ahil hitan tem, tumi athil phou ho atheng sel gam tai" tin ahin sei-e. Ajipan jong, "Tujinga nang nakitho ma sanga kakithoa, ikotcha hai jouse chu phatea katheh ngimsel jeh ahi" tin anadonbut tai. *Eima kikhola ma sa louva mi joh khol, ngailou ahi.*

* Tongpao in agolpa Mangmin jaha, "Phat khat a vitamin C leh D mu na thei lampi hinsei temo" atileh Mangmin in, "Abai a bei ahi. Jing kal in nilum oi inlang, chule komla pumkhat nele chun vitamin teni chu namukop jeng ding ahi" atipeh-e.

* Golcha ni kihounaa, "Golpa na naonu hi akum ijat hitam" atileh "Gol akum 25 ahitai" tin ahin donbut-e. Chuin agolpan, "Iti dana, nanao nun la ama kum 20 ahi, ati bouvin" atile chuin agolpan, "Kanaonu hin kum nga alhina kona, khat, ni, thum ho ahin simthei bep jeh ahi" tin adonbut in ahi.

* Tehsepu in atupa henga, "Iti dan a song chungu natouva ahtui naneh hia ham?" tia adoh leh atupa kichih sahpa chun, "Hepu, ahileh ahtui chungu katouva song joh chu kaneh dia nadei joh ham" tin ana donbut in ahi.

* Idia mihem hi thil li chungu lung nachim joulou ham? Thil li chu ahi leh, 1) Mobile, 2) Car, 3) T V, 4) Ajinu.

Donbutna : Ajeh chu hicheng liho hi akimusa sangin athah thah ahoi cheh cheh asoh jin ahi.

* Pasal khat hi "Hoi-a nache ham" kiti thudoh toh ahing khomin ahi. Atoile theia kon akum 25 sungin anun, "Hoi-a nache ham" ati matchet in ahi. Ajinei jouva kon akum 70 gei sungin, ajinun, "Hoi-a nache ham?" ati kit jin ahi. Chuin athin, athinia mi akap hon, "Hoi-a nache ham" tin adongun, akapiuvin ahi.

Het-a phachom ho

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* Japan a Robot Hotel khat aumin asunga lhacha ho chu, robot ngen ahiuve. Nalut teng Robot khat in sappao in na 'welcome' intin, chule robot khat hung intin, nathil ho adop a nalhun sahna diu room a napui lut ding ahi.

* America a private rocket company khat in, khovei leh lha (lhathah) gave dia mi ni (tourist) sol ding ati. Amani rocket hi driver umlou ding, lha koma naichaa lha chu avel vel a chule lei-a hung kile ding ahin, mi ni alhen doh ho chu tulai hin, training hapeh in apeuve, ti akijai.

* Canada gama mi khat in mengcha akivah chu aholmoi. Aneite hin USA leh Canada gamsung kum 3 anahol vangun, amujou pouve. Mengcha sunga kikoi 'microchip' a konin mi dang hon apupa chu ahin hedoh un, California a phone abolun, anei ten ahung kilah tauve. Mengcha hi 2013 kuma vahmang anahi tai, Km. 3,000 vel anajot manchai-e, ti chu microchip a konin amu thei uve.

* Roman Catholic te thempu alhom leh tan, hijeh chun jineisa jong them pua pansah theina ding angaito lai tah-u ahi. Gollhang thempu (Father) ho chu ajinei diu kiphah pontin, aji neisa ordained kibolsa thempu chu ajinu to akinopto leh thempu (Father) hithei ding ahi, atiuve. Protestant ajineisa ordain kibolsa chu Catholic tahsanna ahung lut le ajinu

jong chun ajipa thempu (Father) a pansah ding anoppeh-a ahile them pua pang thei ding ahitai, tihi ahi.

* Tulai khangthah abang hin tahsa tiphe chung jihpol (Tattoo) athanop pi uvin ahi. Hiche hi New Zealand leh Arunachal Pradesh a hung kipan ahi, akiti. Vun chung a min kisun, milim kijih tiho hi aphanatna sangin asetna atam joi. Nat jat chom chom hung kipatna jong ahi. Hijeh chun bol louvin aphajoi.

Hichea konin, allergy, thisan nat jatchom chom hepatitis, tetanus, HIV, bacterial infection, apom, meikah banga hungsa doh, tihon mi ahin natdoh sah thei in ahi. Akijihisaho suhmang jong bailou, sum hehna jong ahi.

* Kerala Christian Reformation Movement tehon a Bishop pau ina kiphinna khat ana nei un, amahon angeh uchu, aphanatna alim kimu lou Father khat henga 'Confession' abol jiu khu numei din ahahsai ati tauve. Pasal khat koma chonset thu akisei-a aman aning akah ahin dohbe be tengle jachat aumin, hijeh chun numei in chonset kiphonna abol ding tengle Catholic numei (Nun) koma chonset phonna neigon peh uvin, tihi angeh-u ahi.

* Blood Pressure leh chi (salt) hi akima kei-e. Mihem chi nelou beh loi ho lah a, Blood Pressure nat aki sei khapoi. Eiho din vang neh le chah a chi them khat beh apan loule aki pum duthei poi. Blood Pressure vei ponge natile chi lhomcha nen.

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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 Nagaland a sumto peh na thei ho :-

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Het-a phachom ho

- * 2017 kuma hi :
- Mother's Day ... May 14
 - Pentecost ... June 4
 - Father's Day ... June 18

* Kuki Worship Service, Guwahati, March, 2017 a kona Sunday jingkah 11 a.m. kaikhom phat ahi tai.

* Kolle vai gollhang hon kichenpi dia nungah, nupi thah ho akipui uva migam aphah tengle akijoh doh ji, chule khangdong numei ho sum tampi sanna natoh amuna diuva jola, migama akijoh doh akija tam leh tai. Kichih thei uvin, hitiho dia min najol tengule phate chan khol toh dep masauvin, tulai hin mi lhem a sum muna thei kihol atam tai.

Christian Meivah
May - June, 2017

PRINTED MATTER

To :

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