

# Christian Meivah



May - June, 2018

Lhani seh thuso

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## Minu mantam dan

2018 kuma May 13 nikho hi 'Minu Nikho' (Mother's Day) ahin, vannoi houbung atamjon anit ui. Upapu khat in, gollhang khang thahpa henga, "Masanga napi Lois le nanu Eunice sunga cheng tahsan na kicheh tah nasunga cheng chu, ka geldoh in, hichu nasunga achen jing ding kaging chai ... Nang vang det tah-a natahsan, nakihilsa cheng sea chun ding det jingin, nahila pang ho chu koi ahiu nahenai. Christa Jesu sunga tahsanna jala huhhing naa napuilut thei, chihna nape thei, Pathen lekhabu chu nachapan lai-a pat nahetsa ahitai" tia Timothy heng a anaseipa hi upapu Paul ahi (2 Tim. 1: 5, 3:14-15).

Timothy din Paul hi ahetsa hibeh seh lou, ahiala Paul in Timothy Pathen tahsanna dettah hi aheth a, "Ken napupa jong napa jong kanahen, tun nang toh ikimuton, na bonun Pathen tahsanna kicheh tah nei nahiuvin, ajeh chu na-insungu hi Pathen tahsan insung khat ahi. Ma sanga ikikhen nia nalhi nakitheh pum a ikikhen lhon kahe jingin, nang toh kimuto kit ding kalha ngai jing ahi. Nanu Eunice tahsanna leh napi Lois

tahsanna kamudoh bangin, nanging jong Pathen natahsan kahei. Aitih in jong natahsanna dailha ponate ti kahei" tia hikoma hi Paul in Timothy aseipeh ahi. Timothy Pathen tahsanna hi anu le api'a kon ahi, tia aseipeh ahi. Minu khat in, acha atu ho Pathena ahatsah dan, Timothy hin khoa konin iheuve.

Timothy nu hi Jew christian ahi. Amanu nuhi Jew christian khat ahi kit-e. Timothy hi achapan lai-a kona Pathen thu ana sim jing khat ahi. Nupi khat in Dr. Francis Wayland Parker henga, "Kacha chu kum ija ahia kona Pathen thu kahil pat ding ham" tin ana dongin ahile Dr. Parkar in, "Nachu chu ite phatam" tia aledoh leh amanun, "Kum nga alhing tai" ana tin, chu in Parkar in, "Achutile kakoma hia dingin lang thu sei-sei tahih in, ina cheloi in lang Pathen thu gasei peh loi in, kum nga nageisang ahitai" tin alesol loichel in anahi.

Minu khat in chanu khat seh anei in, alungset behseh in, akingol sah jongle phohlou hillou anahi. Ni khat amanu hi aloi ho toh car khat in, akitol un, ju adonun, ahinla lam pia agarin thingphung khat atat in, thi dia hospital-a alup pet in anun,

ahung vilin ahileh athita ding nungah nu hin anu chu aven, a-o soh duhdah lou pumin, "Henu, iti kivon ding, iti laam ding, iti ju don ding, tiho neina hil in, ahinla iti thidi ham tivang neina hil tapon, tun Pathen bei-a thi ding kagel leh kakicha lleh-e" tin ana seipeh in ahi. Minu ten acha dia mit lhi longa taona aman peh leh moh in amangpoi. Minu khat chapa hi ju kham jing, ahiala kongtola pang ahi in, anu in lhilonga ataopeh ataopeh jinga ahile ajudon ahung hai in, kong a touho henga, kong tol pumin Jesu thu ahin sei phongin, ama labol khat chu eihon isa jingun, hichu, "Iti ngei tam, lungset kidang, chonse kei ei lhat tai" kiti hi ahi.

Insunga gollhang khat hi, anu sei ngailou athoh thoh-a vah, ki ngol sah anahin, nikhat anutoh aki na'n ina kona jammang din akigo tai. Ama jong hi anun mitlhi puma atao peh jing khangdong khat ahi. In adalhah konin anun aven, "Kachapa, nahinkhoa nakisuh dongna aum tengle nanu Pathen hin geldoh tei in" tin ana lhadoh tai. Genthei tah-a avale lenaa, nilhah khat in ama hin, lei-a ahin jong panna bei ahin, kithat tange, tin agelin pistol a alu adoipettah in, anun, "Nakisuh dong tengle nanu Pathen hin geldoh in" tia ana vailhana chu ahin geldoh in, anu Pathen henga taona ana mangin ahi leh achung gihna jouse ahung bei tan, kisih pumin in lama ahung tan ahile anun amu mun akoi in, achop in, "Ken nang kamu hin kidang kasa

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deh poi, nachunga ipi soh tam, ti kahenai. Ajeh chu nang dia katao jing ahi" tin anun ahenga ana sei-e. Amapa hi vannoi-a Pathen thusei phonga them tah R.A. Torrey kitipa chu ahung hin, D.L. Moody din mi mantam ahung hin, Moody Bible Institute a President ahung hi.

Minu le mipa ten achate dia taona aman le Pathen thu ahil ho hi moh in amangpoi. Chapang hi lekha pheng, akang, achunga imacha kisun loulai toh tekah ahin, anu apan ajih lut lut chu umden ahin, minu mipaten ichateu Pathen thu mop jing angai in, taopeh jing jong angai-e. Eunice in achapa Timothy Pathen thu ahil jing chu geldoh jingute.

## Pathen toh hinkhom

Pathenin Israel alhen doh a, amaho hindan khankhoa, achonse koi hileh Jesu tahsan chan Pathen toh hinkhom kit dinga, kihilna abol lah-a Pentecost Kut hi gelkhom in aphai (Acts 2:1-13, Exod.15:1-18).

1. Pentecost Kut hi lholhun Kut a jong aman jiu ahi. Hijeh a chu Kalchuh Kut a pat ni 50 chu itobang lho lhunga lho lhun Kut abol diu aseitoh nau Israelte ajalen (Egypt adalhah nau) jouva amanchah dia Pathenin Thusom apeh-u chu akipa piuva, aseiu hithei ahi. Atah beh-a khonunga Pentecost Kut chu lho lhuna anaman ji mongu ahi (Numbers 28:26).

Pentecost nikho hi natong louva noplen na anei-u, Jerusalem sung dimsoh banga mitin kikhopna Kut a amanu ahi (Acts 2:9-10).

2. Chonset in akhensa Pathen le mihem Pentecost nikhoa kigom thei kit ahitai. Adam le Eve chonset, hi-chu Pathen thupéh palkeh jeh-a Pathenin mihem sunga anakoi Lhagao alah doh-a Pathen le mihem kikhen vang in, Pathenin mihem a lungset nalai in, mihemin Pathen angaicha nalai-e.

Chonse mihem angailut jeh a, Pathenin chonsete huhhing dinga achapa Jesu Christa ahinsola, chonse louhel Pakai Jesun mi chonsete dia ahinkho theng tah athipeh jeh chun, Jesu tahsan jouse din Pathen toh hinkhomna thei kot akihong doh tai (John 3:16). Mi chonse koi hileh Jesu chu ama chonset jeh-a athipeh tahsan jouse Pathenin Lhagao chu apeh kit-a ahinkhom pina hi mitmu thei-a Pentecost Kutpi laitah-a, japi het le muthei-a Lhagao atahsante chung a chua umden ahitai (Acts 2:3).

3. Pentecost ni chun Pathen Lhagao in atahsante chung a na atongin ahi. Chonset jeh-a Pathen Lhagao dalahsa koi hileh Pakai Jesu tahsan jouse sunga Pathen Lhagao hung cheng a amasa penna Pentecost nikhoa pat a, Lhagao chun atasan te henga :-

i) Pakai Nikho ahung lhun nileh Pakai Jesu hi Messiah leng ahina aseiphong diu,

ii) Pathen thusei ho Kitepna Lui lekhabua kisun jouse guilhung soh a, hiche thudol chu seijui hon ahilnau phatah-a jui dia asi diu,

iii) Pakai Jesu tahsanna ase, athu hil, jui ho pui dinga Pakai Jesu hung kit ding ase-u ahi.

Jesu in ama tahsante ahung puitou nadia ahung teng atahsana athuhil jui chengse apui-a tonsot kum sim louva achen khompi ding ahitai, ti asap phong diu ahi. Jesu tahsan lou, athuhil jong juilou ho chu damun meidil sunga phat teplouva meidila kaple peng peng a um diuva aseipeh diu ahi.

Jesu atahsana Lhagao in achenpi ho chun, akisei chengse chu anit uva tonsot kemlouva Pa Pathen, Chapa Pathen, chule Lhagao Theng Pathen toh hinkhomna anei diu ahi. Ahinla, Jesu tahsan louva, athuhil nitlou chengse chu Tonsot Damun Meidila kaple peng a um ding ahitai. Hijeh a chu Jesu tahsan jouse dia Pathen toh ahin khomna thei Jesun asem doh jeh a, tulai-a Jesu tahsan ding thu kisei ahi (2 Cor. 5:19-20).

-Dr. T. Lunkim -

### **Khuchepa thusei tobang**

Kut kichaini chun, Jesun asamin, “Koi hileh adangchah a chu kahenga hung hen lang, don hen” (John 7:37) ati. Ajapha ho jouse lah a, lungboina asoh tai. Mi abang

thu seiho hi, Lhagao le hinna ahi” tin ana sei-e (Jn.6:63). Thunei tah a thu anasei ho chu, mihem to tekah thei ahipoi. Athusei a akikal aum pon, Old Testament khanga ama thu kisei chule tua ama kama thu kija ho jong akikal aumpoi, ti mihon ana heuve. Aman tekahna le thulem ase ho chu mihon ahét thei lamtah-u ahi kit in ahi. Hijeh chun, thempu pipui hole Pharisee hon Jesu man dia alamkai hou phabep ana sol vang un, amahon aman ngam pouvin, “Khuchepa thusei tobangin koiman thu ase khapoi” tia asol ho koma ana sei-u ahi.

### **Jesu Second Coming**

Jesu hung kit ding thu hi mi dang dangin aseina chung a tah in jong ana seisa ahi. Vailhahna thu ase pet chun, “Nang ho ding mun kagon jou teng, hung kit ing ting kei ma umna naum theina dinguva, ka henga dinga kahung pui ding nahi uve” tin ana sei-e (John 14:3). Asa tah-a hung a atah sante ahung pui ding thu ase hin, amite alungset beh seh dan avetsah ahi. Chubanga ei lungset louvu hitale, ‘Vantil ten na hung pui nauvinte’ pou ati ding dol ahi. Ahung kit tengle hin, chonset thu a boi talou ding, sochatna thua boi jo ding ahitai (Heb.9:28).

Thuphon lekhabun mit jou sen Second Coming tengle amit uva Jesu amu diu ahi ati (Rev. 1:7). Hi che nikho chu leiset kichai ni chule

in, “Themgao” ahi atiuvin (Deut. 18:15-19), abangin “Messiah” ahi atin, abangin anichun khatcha ahi poi, atin ahile mipi akinel nohphah gam tauve (John 7:40-44). Ahinla Jesu mandia thempu pipu ho le Pharisee hon asol ho chu akileuvin, “Khuchepa thusei tobangin koiman thu ase khapoi” atiuve (Jn 7:46). Jesu banga ngamtah-a thusei aum poi, atiu chun mihem sanga chung nung jo ahina aphonu ahin, Jesu chu Pathen masap ahi, atinau ahitai (Jn. 1:1,14).

Ama bangin koiman thu ase khapoi, tia seiho hi lungtheng ho ahiuve. Jesu pen masangle apen nungin jong, mi koiman ama tobang in thu aseipoi. Jesun thu ase jaho chun atahsan uva alungu ahei jeng pau chu kidang ahi. Athusei mihem ho thusei sanga athupi dan chu mi aman dia chehon jong amat ngam tah louvu anahi. John Baptist in, “Chung a hungkon chu mi jouse sanga chungnung ahin, ... vana hungkon vang chu achungnung pen ahi” ati (Jn. 3:31).

Kut laitah chun, Jesun hou ina thu ase in ahile Jew hon, hou thudola school anakai lou pa hin, iti dana hibang giltah-a thu aseidoh ahidem, tin anasei ui. Chule Jesun amaho henga, “Kathuhil hi kei-a ahipoi, eihin solpaa ahibouve” ati (Jn. 7:15-16). Hou-ina thu ase ni chun, hou-ina thunei ho chun, athu sei-ah Pathena kon thu apange, tin ana sei uve. Jesun, “Najah uva ka

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tulai khang kichaini hiding ahi, tin aseie (Mt.25:31-34). Hiche teng chule tulai a Pathen ngailutna khang hi bei ding ahitai. Lhatdam chang lou te dia, alung heina diu phat jong kikhah ding ahi. Lhatdam loute chu tonsot thina mun jon ding ahiuve (Mark 9:43-48, Mt. 25:41-46).

Hiche nikho tengle chun, huhhingsa chengse chu Tonsot Kipana muna chedi ahi (Mt.25:31-34). Hiche mun chu eihon Van Gam tin iheuve (1 Peter 5). Hia chu Pathen toh chengkhom diu, kinepna hinkho a dimset diu ahi (1 John 3:1-3). Hoi joh chu eima eima dia ikilhen diu ham ? Eiho khut a aume. Leiset a ihinkhou hi chomcha ahi bouve ti nanop em ? Twi mei tobang bep ahin chomkhat abei jitai (Jacon 4: 13-15). Leiset a ihinkhou hi ito bang ding ham, akihe poi ti nannop em ? (Jacob 4: 13-16). Hiche leiset a ihinkhou hi thina ahiloule Jesu Second Coming a kichai ding ahi, ti nanop nah em ? (Heb. 9:27-28).

Chunga thu kidong thum ho hi nanop a ahile thijou hinkho aume tijong nanop ding ahi (2 Cor. 5:1). Thudoh thuma konin van gam a lhuntei gole chun apha. Paul in chunglam thillah kisalel in ati (Col. 3:1). Leiset a hing jousen ipi ham khat akihol cheh-e. Haona hol aum in, Van Gam hol aume (Col.3:5-11). Jesun, nagou umnaa nalung jong um ding ahi, ati (Mt.6:21). Alung mit-a Van Gam galdot jingte

chu anunnom ahiuve. Amaho chu tonsot kipana mun chang ding ahiuve. New Testament a Jesu Second Coming thu hi 318 vei akiphah poh in ahi. Ahung kitna ding thua hi khat le khat kilungmon to ngai ahi. Kihonphat jinga limgeh cha hinkho mang din eikitem uve (Mark 13:33).

### Ken vision a kanamu

Nikhat (16.12.2017) sun changlai tah in ka-imut ahung soh beh seh jengin, kana imut leh mang tobang in mukhat kahin nei in ahi. Kei chu athi kahi kanatin, kalong chu pon bangleh in atomun, ka lha gao puitou din vantil atama tam pon bang jenga kivon ahung un, keijong chu pon bangleh eiki ahsah un, keivon chu ahoi chom deh in ahile mi kadoh lou vangin, mi khat chun, nang navon chu kelngoi nou thisana kisop theng ahi jeh in, keiho ah sanga hoijo ahi, ahintin chule ka chena diu lampi kavet leh avah seh in anop-a nom ahin, chekaal kana ngalel laitah in kahung khah le ka mang anahi tan ahi.

Kamang banjoma kamu chu, michonse khat thilong chu avoma kitom kamun, avela satan lhagao avoma kitem bah tobang atama tam hin ana umpiuvn, Damun lama pui ding satan chu lentah avom a vom chun ama athipa lhagao chu ada acham louvin akaitan ahi. Mi thengte thini leh akang thengsela, ki tom ding, thivui ding minister pa chu

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jong akang thengsela kivon ding chule thi-op ho jousen akang akivon diu, ponlap jouse akang sem ding, vana vantil te le van mitheng te bang banga um dinga eikimu sah danin kahei. Mi theng chu athi leh, kelngoi nou thisana kisop theng houbung theng hita dia kamu in kagele.

Kaseibe nom chu, Catholic houbung ten thini le akang akivon un ahi. Hindu ho thini le akang amang un, Muslim ten jong akang amanu ahi. Christian Christa Houbung mitheng thini leh, ibola avoma kitom a avoma ki-kilha ding ham, tia kagel kom aume. Michonse thini hi lungdon, lungjin, muthim nikho, kaani, lhi lonni ahi. Christa houbung theng christian thini hi Christa mou puini, nopni, loupni ni, kipani, galjo ni ahin, van gama vang moupui na von akanga ikivon diu ken kagele.

- Rev. Seikholen -

### Thilsem ho sanga thupi

Kipana Thupha kijihna Bible lekhabu liho, Matthew, Mark, Luke, John ho lah-a John jih dan hi giltah a igel leh Jesu thusei ho le ana toh hohi asung gila kihil bena thugil akimube thei in ahi. John 21:1-19 sunga hin, (i) Jesu hindoh kichen tah ahina, (ii) midang ija gellou Peter ki sihna, chule (iii) thilsem sanga asem pa ngailutje akimu chen thei-e.

1. Geltoh louva ama bou kisong Pathen Lhagao bei Peter hinkho hi

gel khamset thei ahi. Pakai Jesun aseijui dia akou masah pen, John chapa Simon le anaopa Andrew ahi. Nga amat lhon banga mihem man dia Jesun anakou lhon ahi. Amanin geltoh louvin Jesu amoh jui jeng lhon tai. Len jong itlou, nga mat ding don louva Jesu ajui lhon anahi.

Jesu jui dia kipan sah Simon in Jesu joh kijui sah anagoi. Jesun seijui te jah-a, 'Koiba neihi sah uvam' (Mt.16: 15), ati chun Simon in, 'Pathen hing jing chapa Messiah chu nahi' tin baitah in aseie (Mt. 16:16). Jesu chu adih tah-a aseie doh jeh chun, Jesun ama chu apah chan, ama banga Jesu dihtah a tahsan ho jala leiset jenga jong Houbung Pathen Insung atun doh din ana seitai (Mt. 16:17-18). Vana lenggam kot-heh gei in Simon chu apen chule amin jong song banga suhling hoi hilou din atahsan dihna jeh in, 'Peter' (songpi) hita din amin asah jeng tai.

Peter tahsan dih jeh chun, Jesun thi dia ahung lonathu jong Peter chu aseipeh tan ahi. Ahin, kilet sah tah in Simon Peter ama joh in, Jesu huhhing agoi (Mt.16:22). Apa chatna toh kikal helin Pakai Jesun, Simon Peter chu, 'Kinung che jengin Satan' atilo tai (Mt. 16:23). Simon Peter chu kisong tah in, Jesu dalha lou in aseie jouse abolin, athina gei ah thi-khompni din akitem tai (Mt. 26:33). Ahinkho muchen Jesun vang Peter thusei chu alapoi.

2. Peter in Jesu ahethkhela, akitepna jouse athondel ahin geldoh-e. Thum vei jen Jesu aseil lep jouvin, akisih behseh jengin, lhase tah in akap doh tai (Mt.26:75). Jachat chule lhaset athon, Jesu mungam louva dalha din ahung kigon, 'Keima ngaman in ki che tange' ahinti (John 21:3). Asei jui chanpi hon jong, Jesu mungam louva jamsan go Peter nung juinom in, 'Keiho jong nang toh kilhon cheh tah tau hen' ahin tiuvin (John 21:3), chule jan khovah gei-a len aseu vang in, nga aman tapouve (Jn.21:3).

Jachat le lhaset thoa, Jesu dalhaa dongmana jan khovah gei-a lensep, nga manlou seijui ho henga, khovah lhah lhah chun, seijui ho koma aheth louvu mi khat, ahungin, "Gollhang, nga matsa nanei louvu ham?" atileh (Jn.21:5) amaho chun "Aumpoi" ahin tiuve (Jn. 21:5).

3. Seijui hon Jesu aheth lou lai-u anahi. Chuin Jesu, "Kong sih lama len chu sepleu chun, namat diu ahi" ati banga len aseu leh nga atam mat behseh phat un, len chu akai jou tapouve (Jn.21:6). Chutah chun jachat le lhaset thoa Jesu jamsan a kigel seijui ho lah-a Jesu angailut seijui chun Peter koma nga matsah pa chu Jesu ahi, tia aseipeh phat chun, dalhaa thei lou aumpi jingu a-Pakai-u ahi ahedoh tauve.

Amat-u nga asimule 153 ngatin ngatang akim soh-e. Alenu jong a-ehpon, Houbung kikhen thei

lou toh tekah thei ahi. Ngatin ngatang akimsoh chu, chitin namtin mi ho hidana seithei ahina chu abon chauva, len khat seh-a umkhom chu Houbung khat seh-a um pumkhat ahinauva lah thei ahi (Jn.21:11). Ama hon jachat le lhaset apai lhahna diu vin, Jesu seijuite chu ana kouvin, "Hung un, jing an hung neuvn" ahin tin ahi (Jn.21:12). Jing an aneh jou vun, Jesu Simon Peter jah-a, "John chapa Simon, hiche ho sanga hi nei ngailut joh hinam?" ahinti in Peter in ahinkho lui-a aum bang in baitah in, "Henge, Pakai, kalungset nang man nahenai" ati bai khene. Pakai Jesu ahenga, "Ka kelngoite vah in" ati (Jn.21:15). Nang kalungset-e atia 'Hiche ho' ati hi, len le nga ho aseina hithei ahi.

Anivei nan Jesu, "John chapa Simon, nei ngailut em?" ahin tikit tai. Peter in lung navah selin, "Henge, Pakai, kalungset nangman nahenai" ati chun, Pakai Jesu, "Ka kelngoi te ching phan" ati khume (Jn. 27:16). Chuin athum veina in, Jesu Peter henga, "John Chapa Simon, neilungset em?" tin athum veinaa adoh phat chun, Peter lung kot ahung kihong in, "Pakai, nang man ijakai nahenai. Nang kalungset nahe jinge" ahin ti hin, aseisei bol tange, tina banga lah thei ahi (Jn. 21:17).

Pakai Jesu seijui ho, ahi deh-a Peter le Pakai Jesu kah thua hi, Jesu hindoh kit tahbeh ahina, chule mihem kisonna panna bei ahina, chu

kitle, Pathen panpi louva imacha ahitheilou leh Pathen jamsan thei ahilouna hohi, akilang doh in, hi jeh chun, Pathen Lhagaova hin tei tei angaina kichen tah in eihetsah un ahi. Suhmil louhel dinga Jesu Simon Peter aseipeh chu upat teng min kong gahpeh-a miho kin bolpeh dia aseiahi behseh pon, Lhagaova hing hon midang kithopi lomho joh aki thopi dinga aseijoh-a lah thei ahina geltha jong apha. *-Dr. T. Lunkim -*

### Father's Day - Mipa Nikho

Paten achate milung lhing hi sah ding ago jingui. Leiset hinkho ahin manna uva chaten thil hahsa tampi atohkha jingun, Mipa ten ki son, midih hina, hinkho pha, Pathen hetna kitiho achate hinkhoa akhum nom jingui.

Tukum 2018 Mipa Nikho hi June 17 nikho ahi. Insunga Mipa thupina leh mipa hinsotna dia nikho hi man ding ahi. Pa kiti khat ana um hihleh cha kiti jong umponte, tih cha ten ageldoh uva, apate ataopeh uva chule apa kipana ding khat abol peh diu apha. Von achoh peh ham, an tuitah aneh sah ham khat agela pha ahi. Chate apa nei talou ten, anute pa taopeh uhen, kipa sah uhen. Van Pathen hi mi jouse pa ahin, Pathen jana jong peh ngai ahi.

Mipa ten achate hi jou aseisah lou heluva pha ahi. Achuti loule khonung sangin insung aboi jie. Cha ten apa chu thudoh khat tou anei-a

ahitengle phate cha adonbut-a, aseichet peh ngai ahi. Moh phothip bollou ding ahi. Tulai a din, mipa le minu hin kampha achate angaisah diu akule. Alunghan khum, apho khum, abolkel jeh a thoh sah kiti ho bollou in apha. Khang akikkel tai. Tulai chapang hi kanu kapan eilungset tapoi, tia kigel jengthei ahin, depjep hilchen jepji ngai ahi. Insunga nupa akinah jing leh chate alhamong jou poi. Kinah, kinel baotam, kipun kitiho jong tulai khanga ahi tapoi. Ajeh chu tulai chapang ho hi thil neo chakhat in alungu asuhboi, jengji ahin, hetpeh angai-e. Sapkang te vangin achate chu kichat, lungneo, kisonlel kiti ho hi ahil pouvin, athanopna lama atil khouvun, adom tou uvin, ahile sapkangte hi kichatje jong ahe pouvin, hansanna le potthona anei un ahi.

### Lolhinna lampi dihtah

Mihem lolhinna kiti hi losamna tampi anoh galkai jou ahi tei jie. Ahahsa tampi noh noh jouva lolhinna pachanna hi kinei ji ahin, losamna khat le nia lunglhah jeng ngailou ahi. Tekahnaa vet thei chu ahile sangong sang (Giraffe) naopen thu hi kihilnaa neithe ahi.

Sangong sang cha hi aso teng leh gentheina tampi atoh in ahi. Api oi-a kona acha ahung pen tengle tolla achu pohkhu jinh ahi. Hichu foot get vela hung kileh lha ahi. Foot get a kona hung lenglha ahi jeh chun, acha chun na asa behseh in akonden

jengin chat louvin aumtai. Api chu tollama ahung kunin, anou chu aleh ngimin, chuin akengin athai len chu jouvin hapeh in ahin peh in ahile acha chu van lama aleng touvin, chu in tolla achu pohkhuh kit tai. Tolla pohkhuh a achuh jeh chun, akijel kon jengin, aumthim beh tai. Chuin api chun athaile kit in, apeh kit kit a ahile acha chu ahung chat in, akeng ahin lhon jangin, chuin ahung ding doh tai. Anun aven, ahin nai in, chu le apeh kit in ahileh acha chu alhun ahin kintah in ahung ding doh jeng tai.

Anu chu akipah in, kacha ading tai atin, aleh lele tan ahi. Idia api chun hitia abol hintem ? Ajeh chu, humpi, keipi hon sangong sang sa hi adua adu ahin, amahon neh doh dia adel teng alhuh jongle adin doh loichala aloiho lah-a alhai lutna dia ahilna hinte, atiuve. Sangong sang naonei thusima kona eiho jong lolhinna inei lou tengule dindoh kit kit kithem chuh angai-e.

### Chaangman damna ahi

Chaangman (Black rice) avom ho hi tahsa din aphai atiuve. Hia Iron, vitamin E, anti-oxidants, calcium, magnesium, zinc ho aume atiuve. Malai chun mun tin a ana umpon, hijeh chun sum neiho, lengte bouvin ananeuve. Anchang dang ho sanga damna ahin, muhah ahijeh chun, aman jong ana tamin ahi. Eiho lama Manipur a bou ana kitun, tun vang Assam a jong akitu tai.

Atil abulin Asia a mun khatle nia bou ana kitun, tun vang America, Australia, Europe hoa jong akitu tai. Tahsa dia damna tah ahi jeh hin, kah vah vah leh nehte din dei ahi. Hia vitamin E apan jeh hin, mit phatna, tiphe hoina, natpi dang toh kisasna thei tha jong anei-e. Chaangman vom hi thin (liver) dia phatah ahin, chule fibre atam nei in, cholestrol din jong aphan, oi-a neh le chah minsah in jong apange (digestion).

### Aithaanglou neh-a pha

Aithaanglou (*Houttuynia cordata*) ana engdum (dark green) twi nenna a hing thei, Asia gam miten aneh dehset-u, anam jong hat hi tahsa din aphai atiuve. Anti-mutagenic, anti-cancer, anti-obesity, hepatoprotective, anti-viral, anti-bacterial, anti-inflammatory, anti-microbial, anti-allergic, anti-leukemic tiho anei ahi. Anam datthei hon neh ji jia pha ahi.

Diabetes hon aneh leh atah sauva alhum alhom sah in, mi athao ho jong athaomo sah in, jun thah jong anop sah in, bronchitis, asthma, buhse ho din jong aphai. Chule white blood cells jong apunsah-e. Ana hi twi toh honthaa cha banga don thei jong ahin, hichun tha eipeuvin, chule isulip ui, atiuve. Hiche aithaanglou hi Assamese pao-in *Mosunduri*, chule Meitei pao-in *Touningkok* chule English in *Houttuynia cordata* akitin ahi.

### Nuitem in, damna ahi

\* Twi kiti hi ipu teuvin vadunga ana muvin, ipa teuvin pukhri (twikul) ah amuvin, eiho khanghin insunga pipe in ikilah lut un, chule ichate khanghin hai (bottle) sunga amu tauvin, ituteuvin Capsule a hinmu tauvinte. Khang nunung tengle twi ahung hahvala ahi teng mihem mitlhia bou hung kimu mai tante.

\* Tukum Palm Sunday nikho chu, thinghang kho khat-a lamkai ten ana heimil un, ajing nikho (Monday) joh in amaho khon ahin mangun, kho sung mi kimkhat in, “Hosanna” tia ahin sap ule, amaho loikhat chun, “Janhia hungpa anunnom ahi” tin ana lesap un, nom tah in anamang chai uve, akiti.

\* Kho khat-a Pastor pun hou-ina thu ahin sei tan ahile “Hichun Peter chu theiba chung a kalin” ahinti doh in, Chairman pan, “Peter ahipoi Zacchaeus joh theiba phunga kal ahi” ati leh, Pastor pu chun hiti hin ahin jomin, “Chuin Jesun Peter hung kum in, Zacchaeus joh theiba chung a chu kal ding ahi, anati. Tunia hou ina hung kikhom jouse hi kikhol phaute, ikal nalou ding beh-a inakal khah-u bailam ahi” tin pulpit chu achum pohlah lah-e.

\* Ipen nikhon, mi ahung jousen ki pa thu leh thilpeh nao neinu anapei. Ijinei nikhon, mihon ijinu chu aseiphauvin, pahcha ima ana peuvin ahi. Ithi nikhon, eima Life Insurance iji nun akilah in ahi. Hijeh hin numei hi

pasal sangin avangpha joi, kitile ki seival ponte.

\* Office a natongpa office a ahung lhun lhunin, a-Boss pa chun ahenga, “Lalboi, nangin thi jouvin hinkho aum nalai-e, tihi natahsan em ?” tia adoh leh Lalboi in, “Pu, hichu katahsan poi” anati. Chuphat in a-Boss pan, “Ken vang katahsane. Janhia nagol pa Kakai thi jeh-a suti nana kilah-ina nahe jou chun, Kakai Office a hin ahungin nang chu nahung hole” tin ana seipeh tai.

\* Chapangin anu henga, idia Gandhi luchang a asam umlou ham, atile anu in, “Aman thudih jeng aseidalam ahi” ahinti. Chuin changpang chun, “Ahileh kahetai. kahetai, numei hon sam tamtah tah aneina jeh kahetai” anati loichele.

\* Thina hi nikhat pasal khat henga ahungin, “Tunia nang kapui ding nahitai” ahinti. Pasalpa chun, “Kei thidin kakigong hih lai-e” atileh thina chun lekhajol chu aladoh in, athi ding ho min aban bana kisun chu ana vetsah tai. Pasalpa min chu ahinphah ahitan, pasalpa dia chu upai um talou anahi.

Hichun pasal pan, “Ahileh iche masangin, cha don khom tadi te” atin, thina pa don ding cha lah-a chun imutna ding lou alhah in adon sah tai. Thina chu aimut lhuh kah in, min kisuna ama min chu asumangin, a list a achaina lama ana sunjo tai. Chomkhat jouvin a-imupa chu ahung thouvin, “Tunia neibol phatna kaki pah lleh-e. Hijeh chun min list hohi, atolang joh in pan tange” ahinti.

### *Het-a phachom ho*

\* Mihem tahsaa kona electric mei sosah theina scientist hon aboldoh tauve. Hiche pung (watch) tobang chu ikhut a ikibu tengle electric aso sah jin, hichun Mobile, Battery neo ho *charge* abol thei tai.

\* Manipur a Jongchah phung ho akum kumin, acham chamin agop lha gamun ahitai. Hiche hi 2010 kuma hung kipan ahin, 2014 kuma konin ahung khoh dehset-e. Jongchah phung khat in, phung neipa hi kum khat in dangka 20,000 beh aki lamdoh sahji ahin, asum munau ahi ti thi thi phat hin, Jongchah phung neiho alung gim tauve.

Horticulture hethem hon akholuva ahileh, aphung hi lungin aneh, twi amukim lou, ni asat cheh cheh ho angoh uve. Jongchah (Jong lha) hi English in, *Parkia Javanica* akiti. Tulai hin Assam gama jonglha ahagan, bazar a akitam joh lleh tai.

\* Mihem tahsaa cholestrol atam leh thilong (nerve) hoa thilon dan alhom sah in, ajeh chu thilong sung apanga abeh un, thilong sunglam ahom aneosah jin, thi phaten alhai sah thei poi. Hichu Bad Cholestrol jeh ahi. Hijeh a hi cholestrol hi tahsaa lhom sah ngai ahi. Alhomna dia neh le chah ho chingthei tah-a neh angai-e.

Alhum haneh lou ding, ahlu (potato) lhom neh ding, chocolate neh matchet lou ding, popcorn neh da ding, chi lhom neh ding ahi.

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\* Kaikong (shrimp) hi apen tengle achal ahin, ahung khanlhit tengle anu ahi jie ... Starfish kiti nga hin lhoh (brain) aneipoi ... Octopus in lung chang thum thum anei-e.

\* Mi akhut jet lam haman ho, akhut veilam haman ho sangin kum sagi beh in ahingsot joi (right-handed & left-handed) ... van chung lampeh (space) a leiset thil jopna (gravity) aumlou jeh in, astronaut ho apeng ging jou pouve ... Khoiju hi sottah akikoi jogle aneng (ase) poi ... Sai (Saipi) achom theipoi ... Bruce Lee chu cinema athosah uleh agang valin akhut chaloh akimu theiji pon, hijeh chun film lahon min athil tho amu jouna din, a film chu aganmo sah heo jiuve ... Ostrich kiti vacha hi alhai tengle sakol sangin ahat joi.

\* Maharastra a Wardha koma gam noi-a Sevagram (village of service) tia kihe kho neo khat ana umin, gam mang noi-a kho ahi jeh in, ganhing mi pet thei atamin atame. Hikoma hin Mahatma Gandhi le ajinu 1936 a kipat athi gei 1948 in ana chengin ahi. Amani ahung chentil lai chun mi 1,000 tobang bep ahiuve. Lampi jong umlou, post office jong umlou anahi. In ho chu neocha cha bon leh bi chule go hoa kisem buh neocha cha anahi. India chamlhat gal bollai ahijeh chun, hikoma hin chamlhat gal (freedom struggle) bolna chung changa kikhopna ananei matchet un ahi. Gandhi in jong chu abang pheh achung bi-a kikhu anahi.

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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 Naga land a sumto peh na thei ho :-

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### \* 2018 a nikho loup ho :

- Mother's Day ... May 13
- Pentecost Sunday ... May 20
- Father's Day ... June 17

\* Tulai hin Rail, Bus a tou ho lou pha lou kinhsah-a anei jouse ki chompeh atame. Kichih thei un.

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