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Private Circulation

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Mapadagi chenthokpa

Lk. 15:11-24 asi parabadi mapa amagi macha nupa ani leirami. Macha ahal adu yamna phei, adubu naha adudi khara lou thi. Naha asina magi phangpham thokpa lanthum adu mapadagi niraga, nungaina cha thokningle.

1. *Naha asina mapadagi kari ni* : Yehudi singgi niyom matung inna, ma pa amagi macha nupa ani leirabadi, mapa siba tungda lanthum yennei. Mapa hingli-ngeida, “Ipa eigi lanthum saruk pibiro” haina niba macha leiragana, mahakna mapa siba ngai ngamdre, haina mina tathi.

Naha oiriba machanupa asi na, “Ipa nangna siba numit eina ngai ngamdre. Siba matungda eina phangpham thokpadu houjik hingli ngeida, haanna pirabasu kari kaide, pibiro” haibagi wa oina leire. Hinglingeida mapana magi saruk pithokpa oiragana, mapadagi macha nupadu chat thoklaga, mapa hingli ngeida amuk hallak tanabagi artha oire. Karigum ba mapana mabu piba yaba lanthum

leiriba oiragana, mapa siba tungda louba lakkadabagi wani. Magi saruk mapa hingli-ngeida nibasina mapagi pukning yamna soklamgani.

2. *Mapana hinglingeida pibasi kari oigadra ?* Masida pibasi sen oigani. Greek Bible da “bios” haina iri. Bios asidagi Biology hai ba wahei lakpani. “Ipa nanggi ji bon tangkhai eibu piyu” hainaba gumbani. Lamtu leiribadu eikhoi anida yenbiro, haibagi wani. Mapa gi lam asi saruk ahum thokna khai gani aduga saruk anina ahalgi oigani, aduga saruk amana nahagi oigani (Deut. 21:17).

Maramdi, ahalna mapa yengsinba yok thaakpa, asi Jew singgi niyomni. Wari asida, mapa na nahagi saruk oiba lam machet adu macha nupa naha aduda pire, naha aduna magi saruktu yonthokle. Sen oina puraga yumdagi chat khre. Lam yollibasi mapana oidre, macha nahana masagi lam yonba oire. Yolliba lam asigi mathakta mapagi, karisu mathou leitrebani. Ma sigi warisi Jew singna paraga yam

Jesuna tambiba prathana

Punsida awaba thengnaba kanda Bible asi thaomei oi. Ngasi pri thibida khatna cheinaba, hatna sunaba, nupida maram oktaba, nongmei paiba, asina chingba yam leire. Eikhoi gi school singda Bible gi wa tambiba oirabadi, masi kharadi khaamba yagani. Lamchat bebahar tambinaba ma pham achaba leitire. Chahi 2000 gi tung asida school da nongmeina satra sing kaappa asi, 31 rak thokle. Adu bu, Jesuna tambiba prathana, Lord’s Prayer, asi church phaobanasu toina tambidre.

Mumbai da leiba pakhang amasi, awaba yam nangbagi damak pukning ware, suicide touningle. Ma na Hindu gi doctor amada chattuna, awaba koknaba hidak thirubada, doctor aduna mangonda, “Nahaksi christian la ? Lord’s Prayer, tattana sollibra ?” hangbada, pakhang aduna “Eihak catholic amani. aduga nong mada toina toina Lord’s Prayer asi solla sollaga leibani” haina khumle. Madu tabada doctor aduna, “Nang na Lord’s Prayer haiba kanda chin pha oina panghai haidokpra, natraga wahei singdugi arthadu pukning lup na khallaga haidokpra ? Nangna hai dokpa wahei sing aduna, nanggi yum gi *ceiling* hendokpa ngambra ?” haina amuk hangkhi. Eikhoi gi prathana sing Iswargi naakong younaba hotnasi. Daniel na nongmada ahumlak prathana tou-i, bor phangi (Dan.6:11).

pukning nungairoi. Mapana piriba lam adu machana yonthoklaga, khundu thanamba asi Jehudi (Jew) singna Jesu gi chindagi taaba kanda, yamna pukning sok-lamgani.

3. *Ngasigi christian* : Houjik matamgi christian sing asi, Iswarna eikhoigi damak sembiba lamdamda hingduna lei. Adubu eikhoi kharana Iswar bu tha namlaga ngaosin-naduna leire. Atiya dasu Iswarna kari karino yamna thamduna lei. Job 38:4-9 da, Iswarna, eina nungsi mayam peina mapham semba kanda mi kanabusu hangde, haina iri. Taibang mina Iswar kaobasi, Iswargi thamo yam sokpani. Isa.1:3 da, san na mapu khang, lola-na magi mapuna chak pijariba maphamdu khang, Israel na eibu khangdre, haina iri.

Mapa amagi macha nupa naha asina mapagi lanthum yonthoklaga, sen adu nungaina chathokliba asi, mapana urabadi, masagi hakchang tangkhai lei tabagum khallamgani. Mapana panggal thokna taanba lam, humang tana phangba lam adu macha nupana irai laina yonthokpa asi urabadi, pukningda yam na kapninglam-gani.

Mapadagi yam laapna naha asi chellabani. Mapana cheiba ngamdana ba aduga mapana udaba maphamda magi touning touningba toubayana chellabani. Adubu mapanadi mabu kaode. Mapadagi yam laapthok-liba ma khei naha asigi awaba hen-jilli. Iswargi eikhoina laappa kanda eikhoi yam na awaba mathang mathang thengnei.

Araan Khubam

Mi kharana angang naha oi ribasing pap chende, hai. Kharana angang machadasu pap lei, hai. Nang di kari khalli ? Mi kharana angang machana hanna hanna pap touraba su, maduna makhoigi thawai punsida karisu akaiba pide, hai. Mi kanagum bana, amuktang nouna pokkhraba midi, pap suktou touraroi, hai. Masi chumhanba oina mana, 1 John 3:9 asi pathok-i. Apikpa angangda pap yaode, haiba singna, 1 John 1:8-10, 2:1 pasanu. Eikhoi pap chelli, pap touban ngami, khanghoudana pap touban matam lei, khangbiyu.

Iswargi wahei thamoida thamba misingdi, pap yamna ki. Ps. 119:11 da David na, Iswar nangi mayokta eina pap toudanaba, eigi thamoida nahakki wahei eina lotlaga thamili, haikhi. Mi kharana, nouna poklaba misinggi thawai pap chenba ngamdre, nouna pokpa tungda ma khoina pap tourabasu makhoigi thawaina pap touban nate, makhoigi hak changna toubani, thawaidi pap chende, maram asina makhoi swarga kagani, haina tamba. Masi chumde.

Maramdi eikhoigi nungda leiba wakhaina pap touhanbani, masida mapan thangba hakchang asi khutlai oihallaga, manunggi pukning na pap toubani (1 Cor.9:27, Rom. 6:13). Pap asi pukningdagi natraga thamoi dagi houraklaga, hakchangda

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mitna uba yaba masak utpani. Jesu na thamoidagi pap hourakpani, hai (Mat. 15:19-20). Paul na christian singda, nakhoi tudanaba cheksilu hai (1 Cor.10:12). Peter na, na khoina aphaba thabak touragana nakhoi suktu turoi, hai (2 Pet. 1:9). Christian kharadi, Jesugi tung inbagum hingduna, athemba theng naba kanda athembana hek ngam basu lei (Lk.8:13). Nakhoigi thamoida phattaba wakhala laktanaba cheksillu, haina Hebrew 3:12 na eikhoibu warak-i. Ahingba Iswar dagi laapthok tanaba tambiba, wa heini.

Mi oibagi thamoi asida phattabana changnaba hek hek hot nei. Israel gi mi 23,000 nongmada pap tou-i, haina Paul na haidokkhi (1 Cor.10:8). Bible nadi, pap touban mi, Iswargi leibakta sukchang changba yaroi, haina tasengna hai. "Dharma chendaba singna Iswargi leibak phangloi, haiba nakhoina khang-dabra ? Lai murti laatpa, akhatpa thabak touban, huranba, karaamba, yu ngaoba, wahei thiba amasung namja namtheknaba, ma khoi asina Iswargi leibak phangloi" (1 Cor. 6:9-10).

Eikhoi christian oiribasing taibanggi athembada sukchang changloisi. Mibusu athembada tahan ganusi. Isabu ngak senba, adu ga imunggi mi khudingsu ngak senduna, loina Araan Khubam phang naba tousi. Iswar thiba oisi.

Leisa pakhang aphaba thiba

Yum panningba kanda eigi nupi, natraga eigi nupa oigadaba aphaba ama thibasi araiba nate. Thai na mi pharingei, pukchen sengna ringei da mi thiba lairami, houjik matamdadi laidre. Nangga chana-gadaba mi ama thibasi yamna lui. Adubu yum panba tabanina, thidabasu yade.

1. Mi aduga tinnaraga, wari sanaraga khara kuina khangnaraba tungda, lu hongbagi wari houba yare. Chahi ama ani loinaraga, wari sanaduna, wakhala manna-gadra yengba pheii.

2. Lamchat bebahar yengu. Mathakki mibu ikai khumnaba heiba mi oiba darkar ni. Ahei asing saa-manba misu phate. Minungsi heiba, nollukpa, mibu taraam taraam touban, pukchen sengba mi khallu. Sengna leiba, aphaba touningba mi oibana pheii.

3. Wa petpa, saoganba, migi maral pangthi thiba, masagi maral leitabagum hingba, phijet leitengda dharma leiba, satan na pamba phi settaba mi oiba pheii. Houjik kanda nupi chak thongningdaba kharasu lei, makhoiga leiminnage khallabadi chak thongnaba mi thamba darkar oi. Tunggi yengna sen khorcha touban misu yam darkar oire.

4. Nakhoi amaga amaga sengna chumna nungsinaba yaba mi thiyu. Sen pai bagi damak pamba, masak phajabagi

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damak nungsiba oiragana madu kui ba ngamloi. Mi aduga leiminnaba, phamminnaba matamda nangonda nungaiba pokpa oigadabani. Matam khudingda eibu taaknaba hotnaba, eigi oja oiningba midu pamganu. Nanggi marup amagum leiba mi thiyu. Na hakki imunggi misingga wari sanaba heiba, tinnaba heiba mi thiyu.

5. Chatnabi mannaba, lol mannaba, imungnasu yaba mi thiyu. Nangbu koiriba miduna pukchen sengna nangbu koiriba, hanna hanna chang yengu. Mi adu masakta yengganu, lamchatta, thabak inkhang nombakanbada yengu.

6. Nakhoi ani lounaraga kari chara ga hinggadra masisu yengba yam mathou tai. Nupanasu nupinasu sentaanba heitrabadi, imung yamna waganii. Houjik kanda pot mamal pangtang tangle. Sen-gi lambi leitra-badi yum pandabana pheii. Inak khunba mi oiragana, kemandaba, lemna hai badi phajana hingba mi yengu. Inak khunba mi kharasi tinnaba yam wai.

6. Laina chendaba mi thiyu. Leisa pakhang nungsinaba kanda, midu asengba (haibadi houjik kan-gi laina, Hepatitis-C, HIV, AIDS) laina chenba mi thiruganu. Mi adu chingnaraga doctor da check tou hanba pheii. Chahi kaya leimin-nagadaba mi adu sengna khangba pheii. Wakhala sengna, nungsi-nana lounou.

Ising phajana thakpa

* *Ising* : Ising (water) asi mi amagi damak yam darkar oi. Mi amagi hak changda isinggi saruk yamna yao-i. Ising marang kaina thaktrabadi hak chang yam sok-i. Maram asina khourang drabasu, marak marakta ising thakpa hakchanggi damak yamna kanei.

Mi amagi hakchang mapal thangba isingna sengdokpa asita maru oide. Ising thakkanba migi hakchang manungsu isingna sengdok-i. Hakchanggi damak vitamin D sem bada mateng piduna, maduna sarusayang kankhat-hali. Kidney stone semhande, junggi mari sengdok-i, mi amagi unsasu phajahalli. Saba kanda hakchanggi humang thok-handuna hakchang ingthabada, isingna mateng pang-i.

Hakchangda ising watlaga, kok-naba, wakhal mangba, sontha ba, panggal hanthaba, thuna thuna waba, kidney sokpa, khong haamba thingba, shor honbada manam nam thiba asina-chingba oi. Ising asi aseng ba thakka-dabani. Sengdaba thaklaga laina phangi (diarrhoea, jaundice, singli laina, asinachingba). Hotel gi isingsu senggande, cheksin biyu. Mi amana nongmada ising cup nipal thakpa tai. Ising watna phangba maphamda hei mahi, chu mahi, na chingba thakpa yai. Chini yam yaoba dukanda yonba hei mahi, thaklaga hakchang sok-halli.

Hei chaba phei

1. *Tarmuja* : Tarmuja (watermelon) asi hakchang phanabagi saruk yam yao-i. Masi charaga Calorie hanthahali. Mahi gi saruk yam yaobagi damak hakchanggi damak kanei.

2. *Drakha* : Drakha (grapes) asi da mahigi saruk yam lei, hakchang phanabagi pot khara yao-i. Toina chabadi phate.

3. *Komla* : Komla (orange) da isinggi saruk yam yao-i, maram asina hakchanggi damak phei. Toina chaba kanei.

4. *Heinou* : Heinou (mango) da athumba saruk yao-i. Mahigi saruk su phana yao-i. Hakchang phanabada mateng pi.

5. *Pungdon*, awathabi, aduga atei hei sing nongmagi khara khara chaba hakchangda kanei. Hakchang da asinba saruk nuti khara khara darkar oi. Angangsing nutigi hei khara khara chahanba yam kanei.

6. Nongmada cha-ngang cup ani gumba thaklaga hakchang phanabada mateng pi. Chini, sanggom yaodaba changang thakpiyu. Adu bu changang asi thakmallaga amuk hakchang sok-i. Masida caffeine yaoba maramna, yam thakchillaga side-effect leigani.

Nok-khisi, Haraosi

* *Mapana macha nupada* : Tomba, tumo, tumo, natrabadi nanakta Bhut lakkani.

Tomba : Paba, nahak Bhut urabra ?

Mapa : Ure, ure, eina chahi 5 subada ukhre.

Tomba : Adu oirabadi, eingonda lak sanu, mahak yam ahal oiragani, panggal su leiraroi, eina henna kallagani.

* *Nanggi hakchangda* :-

- *Brain* ... Prime minister

- *Lungs* ... Home minister

- *Heart* ... Finance minister

- *Skin* ... Defence minister

- *Legs* ... Transport minister

- *Stomach* ... Food & Agri. minister

- *Mouth* ... Trade & Commerce min.

- *Eyes* ... Law minister

- *Ears* ... Communication minister

- *Teeth* ... Industrial minister

- *Tongue* ... Broadcasting minister.

* *Satra gi mapana ojada* : Ngarang karigi ichanupa phubibra ?

Oja : Mana angka toubada lupa ma nga watlam-bagini.

Mapa : Lupa manga gi damak ichabu phubibra ? Se se, lupa manga asi lou, aduga amuk hanna ichadu phubira-ganu, oja.

* *Radio dukanda, Sardar na hai* : Dukandar, nang eibu minamle. Radio mathakta "Made in Japan" haina iduna lei. Adubu eina radio asi taba kanda "This is All India Radio" hairak-i.

* *Nupi (Cowboy) amana Rickshaw thoubanupada* : Bazar phaoba kayalougadra ? hangbada, rickshaw wala na, lupa 20 lougani, hai. Nupi aduna, "Ei bazar youdaba yade, lupa tara asi louraga pubiyu, sen atei leijade" hai ba kanda Rickshaw wala aduna, "Ka nana nangbu lupa tarana pubigadra, yade" hai. Matam aduda nupi aduna, "Adu oirabadi lupa tarasi lou, aduga nangna seat ta phamu, eina thouge, ei thuna youdaba yade" haikhi.

* *Pakhang Computer kaya heitaba amasi, office amada thabak haple*. Ahaanba kaba numit aduda, nung dang yam thengba phaoba office ta thabak sui. Magi *Boss* adusu yam haraore. Office tagi mapal thoklam daida *Boss* na, "Nang ngasidi yam thengba phaoba thabak sui, nang yam phei. Kari kari ngasi sukhi ? hai na hangbada, nupa aduna : "Sir, Computer gi keyboard haanna pairamba mi aduna, ABC...Z phao badu mathang manao naina thamlam de, eina siktok siktok-laga, A dagi Z phaoba pareng oina amuk thamba gi ei thengbani" haina khumi.

* *Army chang-naba Medical check up* touringeida, doctor aduna masa phaba pakhang adugi mamit mana kong yengba tungda, mathun ahobadu yengduna, "Churup thakpra ?" hai na hanglakpada, pakhang aduna khudakta, "Eigi thun ahoba adudagi meikhu thorakpra ?" haina hangkhi.

Jesuna Kouri haiba chephong asi tha ani khuding phongjei. Thawaigi punsi lamjing-bi, aduga hakchang phanabagi waram tamba. Chahigi sen thaang Rs.50/- oirabasu, chahi anigi Rs. 100/- pibi-u, maramdi chephong taruk phangbada chahi oire. Thuna mak surak-i. M.O. thabiragana Form gi Editor na phang-gadaba che ma chet tuda, nasagi ming, address suna iyu, **or** Editor mobile No. 94355 - 51080 da phone toubi-u.

Anouba E-Pau

* Christian leisabina, christian nat taba nupa ga lounaba masing hen-gat le. Masina christian gi mi masing han thahalle. Christian na christian oidaba sing louna-danaba leisasing, amasung mama mapasing da bhap tahansi hai ba houre.

* Nail polish ki hidak asi irai laina chasinba yai. Khujindagi polish asi kellaga, chinjakta changba kanda madu chasinba laina thok-i. Hidak asi na migi singli nahanba, aduga cancer laina piba yabagi praman phangle.

* Mi-oibagi hakchang si tumba ma tamda amambada tumnaba eikhoigi hakchang semkhibani. Mamna tum laga hak chang phagatpa helli. Meinganda tumlaga penna tumba yade, maduna cancer gi laina piba ngami.

* Hidak leitriba laina *Ebola* koubasi Africa dagi India youba yana leire. Arum laihou naaraga, unsa pok thok pa lainani. Cheksinna, sengna leibiyu.

Khangbada Kanaba

* Atiyada leichin mamsinba, nong khakpa, leichin gi makhhol, nong thaang kuppagi makhhol (Lightning, thunderstorm, cloudburst, heavy rain) leiba kanda braja (lightning) taba yabagi wapham lei. Matam asi da, imungda leiba singna, TV, handset, computer, mobile mut-that-kada bani, natrabadi brajana yeirakpa yai. Imungda leiba yotki potka naknana leiroi-dabani.

Mapalda leiba mina, awang ba pottagi laapna lei-u. U, yum awangba, electric makhong ga nak naganu. Nasadu leibakka samnou, leibakki current nangonda leinaba. Mi amaga amaga nakna roidabani. Foot 15 rom mi amaga amaga laap nana leiba phei, mi ama dagi atoppa mida current chongsin danaba. Yotki pot, ising, samban na chingbadagi laappu. Asum tourabadi nangonda braja (lightning) tarakloi.

* 2014 chahi loiramdaida, India da plastic *Note* semba houragani. Ahan bada lupa taragi note oigani. India gi sohor mari, Bhubaneswar, Kochi, Mysore, Jaipur da ihaan haanna note asi sijinnagani. Plastic ki note asi cha hi 5 chatli, hai. Masidagi asemba note mina semba ngamde, hai. Ihan haanna Australia na semkhi.

* America gi Florida da chahi 16 suba nupi macha ama, Bachelor of

7 Law pass oire. Nupi macha asina USA gi chief justice oiraknaba asha tou-i.

* Kerala gi Health Dept. na makhoi gi doctor 8 aduga psychologist 10 matam khudingda, thami. Makhoi asida lainagi waram natra ga pukning langtaknabagi (stress) ki waram khudak khudakta toll-free number da hangba yai.

* Microsoft Windows 8.1 asigi update Windows 8.2 leiragani, adugi mathangda Windows 9 lak kani, hairi.

* Diabetes laina leiba singna cha ninglabasu, chadabana phaba hei asi - water melon, pineapple, raisin, papaya, apricot, dates, banana sing asini. Makhoi asi chaba kanda Blood Sugar khangka kai. Maram di makhoi asida athum bagi saruk yam yao-i.

* India gi oina Cancer laina yam henna leiba mapham Mizoram ni, mathangda Assam gi Kamrup (metro) ni. Mizoram gi cancer asi ayambadi chak-khaogi oi. Assam ga Meghalaya gina, chin manunggi oi. Arunachal gi cancer asi ayam bana liver, stomach ki oi. Manipur ga Nagaland gi cancer ayambadi chin ga naton gi oi.

* ATM da sen louthokpa kanda, receipt loudabana phei. Receipt ki che asida cancer laina phangba yaraknaba pot yao-i, hairi.