

Jesuna Kouri

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Manipur da ihaan haanba

Ingsok 1894 gi February thada England dagi William Pettigrew kouba nupa ama laktuna Cachar gi Silchar jilada thunglare. Matam adu India da, Manipur phaobada saheb singna sason paiba matamni. Silchar dagi Manipur gi sason pairiba mioidagi hukum phangladuna, Pettigrew Imphal da thunglakhi.

Imphal hek youba matamda ingraji londa Jesugi aphaba wari kan na sandokle. Adubu sana leibakta pal liba mi-oi amatanasu mana ingraji lon da sandok lamba wapao adu bhap taba ngam khide. Maram aduna ma na meitei lon kanna tamba heure. Meitei lon khara khara ngangba hei rakpada, Jesugi aphaba wapao asi sandokpa heure. Chahi ani pao san dokpa matungda, sok 1896 January thada, Imphal gi meitei ama, shri Angom Prom Singh na Jesu lousin jakhi. Asumna Prom Singh na meitei singgi marakta ihan hanba christian ama oikhi. Singjamei dasu Pettigrew na school ama ling khat lammi. Madu houjik phaoba leiri.

Prom Singh na Christian oi re tabada, sana leibakki Maharaj na yamna saorami. Pettigrew amasung Prom Singh bu ningthougi sanggaida kousinduna maharajna sathina chei re. Matam aduda Gouriya dharma nattana, atoppa dharma chatpa suk ya yakhidaba dagi makhoi anibu thi na cheirabagi tungda, sarkargi men jor Maxwell kouduna makhoi anibu tanthok-hankhi.

Makhoi anina Imphal dagi, chat-thok khiduna Ukhrul da Christian gi mapham ama lingkhat-lami. Matam aduda chingmi christian ama tasu leiramde. Matam kharagi tungda Ukhrul gi chingmi khara Christian oi rakle. Matam asiwaida, Mizoram gi mi kharasu laklaga Jesugi pao san dokpada, Churachandpur dasu chingmi christian leirakkhi. Ukhrul gi christian kangbu asina Baptist group ni, aduga Churachandpur gi group asi na Presbytery ni. Asumna Baptist Missionary singdagi christian oiba sing adu Baptist koure. William Pettigrew su Baptist ni.

(Ref. tract from : Manipur Presbyterian Mission, Imphal)

Huranbana Lakpagum

“Prabhugi numitsi ahingda khanghoudana huranba lakpa gum gani” (2 Pet.3:10). 1974 chahida editor na Churachandpur da christian isei record touruba-da, leisabi macha amana, “Eigi punsi asina, Jesu amuk ukhini, mana amuk lakpada, eina unani soidana” haiba isei asi sakpirami. Numit asidagi editor na chatpham chatpham khudingda isei asi magi team bu sakhanduna, ngasi mi kayana isei asi sakpa ngamle, adugisu mathakta lol kangbu kharana makhoigi lonna handoklaga sakle. Iswar thagatpa isei oibana mapham kaya isei asina youre.

2 Pet.3:1-10 parabadi, Jesu amuk lakkani (2nd. coming of Jesus) aduga swarga, prithibi, atiyagi numit tha thawan-michak loina meina chaklaga loiragani, hai. Peter na masi soidrabani, hai. 2 Pet.3:3-4 da, Jesu khangdaba singna, “Jesu amuk lakkhini haina wa sakpadu kadaida leire. Ipa ipu kaya sikhre. Jug kaya loisinkhre. Prithibi mahousa gigum oiri” haina nakhoi christian singbu themba leigani, madu thajaruganu, haina Peter na eikhoida hairi. Jesuna magi sebok singga kainadri ngeida, “Karisu waba touganu, puk ning ollang ganu, eina isamak swargada chattuna nakhoigi leinaba mapham semuge, semba loira kanda isamak amuk laklaga nakhoibu mapham aduda leihannaba pukhat-pigani” haikhi (John 14:1-3). Miyambu thanamduna Jesuna hingna swarga kakhiba kanda miyam na atiyarom yengkhat- tuna leikhi.

Matam asida, swargagi mi-oi phingou setpa anina miyamda haikhi, “Galilee gi misa, nakhoina karigi atiya romda yengduna lepli. Swargada lou khatliba Jesu asi, swargada lengkhat liba nakhoina uriba asigum, nongma amuk lengbirakkani” haikhi (Acts 1:11). Ngasi, christian kayana Jesu amuk lakkani haiba asi khangi. Khang na khangna Jesu thousadaba gum su tou-i. Masi lalle. Swarga karo i daba christian oibagi mahutta, swarga da Jesuga leiminna gadaba christian oibana phei. Hotnasi, matam phangli ngeida ! Norokta tagadaba christian oiganusi.

Peter ga Matthew na haikhi ba swarga, prithibi, numit, tha, thawan michak loina meina tumna chak kani, haibasi thunglakpa kanda, Iswar eibu kanbiyu hairabasu thenglagani (2 Pet. 3, Mt. 24-25). Jesuna amuk lak kadabasi areppani. Matamdi Iswar na ta khangi. Numit asida Jesuna loukhat pidaba, Jesuga leiminnadaba mi khuding, kaplabasu kanaroi. Norok lom pangba tare.

Iswarna Norok asi satan gi damak semlambani. Magi macha ma na pok-hanba sing Norokta tahan-ningde, loina maga swargada leihan ningi. Taibang mi pap thadok ningda ba, pap chenba khudingsu Norok ta hoijinba tarabani. Maramdi papki atouman sibani (Rom.6:23). Masigi laman si pinaba Jesuna sibikhiba khuding swarga kagani, Iswarga leimin nagani. Jesu tha jaba khuding swarga karaga, Iswarga da leimin-nagani.

Mi-oi amagi mathou

Taibanggi pot singna, mi ama bu mana khourang jariba aphaba, haraoba, apenba sukpi piba ngamde. Inak khunba, senjao paiba, lanthum leiba mi khara nungaibagum urabasu madu kuide. Masi gi waramda ning thou Solomon na magi lairik Ecclesiastes haina kouba asida iramle. Mi amana kaya hei singja-rabasu Iswar hende. Mabu sembiba Iswana heli. Asengba kuina chatpa harao nungai ba asi taibanggi pottagi phangde. Tai bangna pibiba ngamba harao nungai ba asi matam kharagi tani, kuide.

Kuidaba, khangdaba pot asi taibang mina phangnaba kanna hotnaduna, chin thiba, mi hatpa, huranba nachingba tou-i. Masi loina arembani haina ningthou Solomonna irami. Ecclesiastes 1:2-3 parabadi, nu mitki makhada leiba potchei mayam asigi kanaba karisu leite, hai. Harao ba nungaiba asengbasi phangge, hairabadi numitki mathak lomda lei riba singdagi phangi, hai. Thawaigi oiba lambida pukning luppu, haibani. Adu oirabadi, achumba asengba harao-nungaibadu phangani, hairi.

Ahanbada, taibang migi lou sing, gyanna eikhoida asengba harao ba pibiba ngamde (Eccles. 1: 16-18). Solomon asi magi matamda mi atei dagi henna singba mini (1 Kgs. 3: 9-12). Iswargi bor yaodaba taibang gi gyan karisu oide (1 Cor. 1:20-21).

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Anisubada, sen pairaga, lan thum marang kairaga, maduna ei khoibu harao hanba ngamde haina Ecclesiastes lairikta hairi. Ningthou Solomon na chahi amada Talent 666 phangi. Talent amasi houjik kan lupa lakh 15 rom oigani. Inak khunba hai ba asi karimakno haiba ningthou Solomon na khang. Adum oinamak, lanthumna mi amada apenba pide, haina mana iri (Eccl. 4:7-8, 1 Tim. 6:10).

Ahumsubada, taibangna pi biba harao nungaiba asina mi ama pumpen pel-hanba ngamde (Eccles. 2:1-11). Charo, thak-lo, nungai thok lo, haibada punsi len-ge khanba mi adu apangbani (Lk.12:19-21). Mina, sembiba Iswar kaoba touroidabani. Iswar na dandi piba numitta, miduna khangba ngammoi. Iswar saohal loidabani.

Marisubada, Solomon ning thouna magi pautak asi asumna loi silli. Madudi, achumba aduga aseng ba harao nungaiba asi Iswargi wa illaga phangi, hai. Ningthou ama oira basu, Iswarbu mana yamna ki. Iswar gi bor yaodrabadi ningthou amanasu kari aphaba thabak pang-thokpa ngam-de, haiba mana khang. Ma ram asina Iswana mabu, taibangda khwaidagi lousing leiba mi ama oina bor pibi. Iswargi wa illaga, Iswana mateng pibi, panggal lousing pibi haiba mana khang. Thai nagi ning thou khara Iswar kanano khangde, maram asina makhoi Iswar gi dandi makhali makha phanglami.

Iswar lei haiba yaningbra

Pot khuding gi asemba ama lei. Lousing singba mi kharana Iswar na pot khuding semde, haina yetli. Pot sing asi masana adum leirakpani hai. Nangdi karam khalli. Mapu leitaba pot lejbra ? Haanna leiraba pot khara tinsin naraga atop pa pot ama puthokpadi taibang mi nasu ngami. Mi-oiba asi Iswar kouba amana semi, haibasi Bible na ire. Bible thajaba khudingna masi thajei. Migi mapu Iswar ni. Maram asina mina Iswar magi bor phang naba hotnaba phe. Masibu thajaba khuding Iswana nungsi, makhoi bu ahing nungthil senbi, aduga ngak senbi.

Kanagumba amana Iswar leite, khallamba yai. Bible na adu gumba midu apangbani hai. Thaja rabasu thajadrabasu Iswar di lei. Itihas-na lei hai. Mi amana Iswar leite, haina khallabasu midubu Iswana sembani. Asemba ama leitana, pot ama leite. Eikhoi lol tongan tonganba oiduna, Iswar gi mingsu tongan tongan lejjei. Ising asi English ta ‘water’ hai, Hindi da ‘pani’ Bengali lolda ‘jol’ hainei. Maming karibu kourabasu pot adudi ama-hani, potsak amatani. Iswar gi mingsu isa isagi lolna to ngan tongan thol-lam gani, adubu Iswar amatani. Iswar ani sude. Tai bangbu sembiba Iswar na mi-oiba bu magi makhut makna sembikhi. Aduga atei jiba singna magi chin-gi

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waheina semi. Taibang migi thawaina madu kaode. Maram asina eikhoina yamna awa anang phangba kanda, ‘he Iswar’ haina koukali. Asumna taibang mina Iswar bu kaoba ngam de.

Nupa amana sam kakpham da masam kaklami. Sam kakpiba mi aduna mangonda Iswar leite, hai. Adubu manadi, Iswar lei, haina tha jei. Sam kakpiba aduna, ‘Iswar lei rabadi karamna taibangda lairaba mi, anaba mi, awabada taba mi, karigi leiribano ? Iswana asigumba awaba sing asi adum yengloi’ haine. Sam kak halliba aduna khumpham khangde.

Sam kakpa loibada mana hek thorakpada, masam sangba yam motpa nupa ama ure. Mana hallak tuna, sam kakpa aduda, ‘Eina sam kakpa mi lei haiba thajade’ hai. Ma du tabada, sam kakpiba aduna, ‘lei lei’ hairak-i. Matam asida, masam kak-han-khiba nupana, ‘Yengu adu gi nupadu masam sangi, masamsu mot li, sam kakpa mi leirabadi, asum na sam sangba mi leipham thokte’ hai. Sam kakpa aduna, ‘Makhoi adu eikhoida lakte, maram aduna masam sangi’ haine.

Matam asida, sam kak-khi ba aduna, ‘Chumi, lairaba atonba singsu Iswargi nakta lakte, maram aduna makhoibu Iswana pangbida bani, Iswardi lei’ haiduna, mana ngamkhi. Asigumna, ngasi eikhoina Iswar leite, haina leppa ngamloi. Ma ramdi sembiba mapu leibani.

Chana thaknaba pot

* Mairen mana asi chanaba napi singbi singgi manungda hongna phangi. Mairen manada Calories yam leite. Vitamin, mineral, antioxidant, Calcium yao-i. Vitamin A yam leiba maramna mit amadi unsa phahali. Vitamin C yaoba maramna, ya, saru, unsa phahali aduga unsagi asok pa sing thuna phahanba ngami. Masi da 'high fibre' ga 'low calories' leiba maramna anoiba singgi hakchang arumbasu hanthahali (lose weight).

* Chini (sugar) asi chahi 40 surabadi henbana phei, haina doctor na hai. Chini mak chadrabasu, eikhoigi chana naba pot ateidasu chinigi saruk khara khara leibagi haibani. Hei, napi singbi, sanggom, insang nachingba singda su chinigi saruk yao-i. Chini yam cha raga noikhatli, ya-su sok-i.

Chini yam charaga, mit maigi lambi yamhali (wrinkles) thuna mi amabu ahal oihali. Athum ahao chana ba pot singsu chini yam yaoba chadabana phei. Chini hellaga cancer gi laina kharasu thingba ngami (pancreatic cancer). Chini hellaga ayukta chin manung namthibasuhanthei. Yari (gum) naba amasung ya-da ahoba leiba asi maru oina chini yam chaba mida oigali. Athumbana yabu cha thatpa ngami. Athumbana chin manunggi Bacteria chinjak pibi. Maduna ya son-hanba aduga namthi hanba, ya hohanba oirak-i.

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* Pumdon (Guava) asi puk kidamak yam phei. Masigi hei pambi asi, South America da ihan hanna phangi. India da pumdon asi, Portuguese singna pu sillakpa oigani khalli. Pumdon jat amadi chahi chuppa mahei yalli. Uhei asida, Carbohydrates, protein, fibre, vitamin A, C, E, K lei. Aduga sodium, potassium, calcium, iron, zinc, asina chingbasu lei. 'High fibre', 'low fat' leiba maramna pukta leiba pot tum hanbada mateng pi. Masa lumba singsu masa yangkhat hali (weight loss).

Pumdon toina charaga diabetes phahanbada mateng pi. Masina Thyroid gland busu phahanba ngami. Pumdon mana gi cha thaklabadi, cholestrol nemthahali (guava tea leaves).

* *Tuganba* : angang chahi ahumgi makha oibasing tugalli. Mi amana chahi 70 suraklabadi tugalli. Ahan-di singli ga saru sayang sollakpana maram oiduna tuba kandasu yamna sikkalli. Hakchang lummanba, mit sollakpa, blood pressure leiba, singli chingba, kok ngaoba, nam ponba, balance problem, heart block, leg length discrepancy, hakchang sonba, nutrition problem, asina chingba singna makhoibu laina tuhanba ngami. Numit khuding 'walking' matam khara, minit 20 gumba touraga kanaba phangi. Hakchang sajel asina mi amagi singli kal-hali, ee-chenbasu phahali, chaba thakpasu tumhali, hakchang su kankhat-halli. Numit khuding exercise khara khara toubaphei.

Nokpasu kanei (Prov. 17:22)

* Sunday ayuk church ta Pastor na wa ngangba matamda, "Ngasigi eigi sermon asi nakhoigi sen gi mathakta lei. Sen khaiba kanda lupa 800 suraga, eigi sermon minit 15 oigani, lupa 500 suraga, sermon minit 30, aduga lupa 300 wai oiraga, eigi sermon asi minit 40 oigani. Houjik eikhoi Sunday sigi oiba *Offering* khairaga yengsi" haikhi.

* Nupa macha amana mapada, "Eidi Bible na eikhoida kari haibage, haiba khangle" haikhi. Mapana haiyu karino, haibada, mana, "Prithibi thanamdri ngeida karam hinggadra haiba tambii" haikhi.

* Nongma nupa amana, Torch-light lambida taramba khun-gat tuna ma khutna sengdokpa kanda, mamangda yam chaoba nupa ama lep-i. Nupaduna mangonda, "Nangna eingondagi kari niningbage, niyu pigani" hai. Mana, "He Prabhu, eina thabak ama pami, imunggi mapa amana toubasukngam ngamdaba oihallu, aduga imunggi mapa amana suk tou tou ningdaba ama oisanu" haikhi. Madu tabada lai aduna, "Nungairo, houjik tagi nahak imunggi mama ama oiro" hairam-laga, mangthok khre.

* Minai amana yumbuda, "Eigi mitna pot sengna uba ngamdre, doctor da khara pubiyu" haibada, yumbuduna ma bu mapalda kouthok tuna, atiyagi numit adu yengu, ubra hai. Angang aduna ui, haina khumi. Matam asida yumbuna mangonda, "Adudagi henna thap pa kari

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uningbra?" haikhi.

* Nupa amana hotel da chak cha bagi maman lupa 30 pibagi tungda sorok ta asum chatli ngeida, thuna mak mabuk bera leiraktuna lambi matai naapi marakta thi phaire. Thorakpada Police amana mabu phaduna, lupa yangkhei piraga thadokpire. Yum youbada magi marup singda, "Hotel da chak chabagi maman lupa kunthrani, madu phai dokpagi marmanna lupa 50 ni. Iyum da chabana henna phei" haikhi.

* Pakhang amana leisabi amabu yam pamle. Mana jadu-mantra tou raba kuwa ama leisabi aduna chana ba pire. Nupi macha aduna madu khangduna, pakhanggi manakta lep liba sanbi amada pijabada, sanbi du na pakhang adu koi-in innaduna, koi tan tannakhi.

* Nupi amana angang chelli ngeida, magi nupa masa nai. Doctor na magi jung test tounaba purak-u haikhi. Mathanggi numitta nupa asina magi jungdu gilasa macha amada thami. Phi setlingeida magi nupina makhongna kaosinduna heidokle. Mapuroibana khanglaga saogani khanduna lotna nupi aduna masagi jung thamle. Nupa aduna Doctor da pirubada test toure, aduga asumna nupa aduda, "Nanggi jung test toubagi matung inna nahak angang chelle" haibikhi.

* *When you were born, you cried and people rejoice. When you die, people will cry and you rejoice.*

Khangbada Kanaba

* Numit asi kari makno, haiba thidok naba America gi NASA na Parker Solar Probe haina kouba satellite ama atiyada thadokle. Masina chahi 7 ki matungda numit youraga, nakna thi jin khotchinbagi thabak tougani.

* Houjik kansi, mi kharana Mobile aduga Whatsapp ta pao phattaba thai. Maduna khatna cheinaba yam thok-halle. Maram asina Mobile ga Whatsapp ta mina e-pao phattaba pirabadi, madu hekta thajabi ganu. Assam gi Karbi Anglong, Dokmoka area da June 8, 2018 numitta pa khang macha amana magi marupta, angang phaba mi ni lakli, haibibada mi anidu makhoina kanna phubiduna hat-khre. Phubada yaokhiba sing loi na jailda leiri. Pakhang anidu lam koiba lakpa student oirami. Ichil inao kana gumbana lamtu yengba chatpa kandasu lamdam adugi mi loinabiyu, natrabadi lamdam dugi mina sak-khangdaba mi adu pangching chingna ba yai.

* Pharmacy gi mahei (course) asi ei khoi romgi misingna kaya tam ningde. Adubu masisu yam phaba, hingnaba lambi amani. XII class science loira ba amana Diploma in Pharmacy chahi ani tamba yai. Chahi mari tamlaga Bachelor Degree, mathangda Master Degree, Doctorate Degree, adu ga Ph. D. su tamba yai. Makhoi asi na hidak semba, hidak yonba, aduga Pharmacy amagi mapu oiba yai.

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* Sanbi amabu isei aphaba tahallaga magi makhom sumlabadi, sanggom henna thok-i, hai ... Khajing (shrimp) amasi pokpa kanda laaba oina pok-i. Mana mapung pharakpa (mature) kanda amom olli ... Nga Starfish gi maatha (brain) leite ... Australia da mi 17 million lei, aduga makhoigi yao (sheep) na 150 million ni ... Octopus ki thammoi (heart) ahum ahum lei.

* Cha-ngang (Red tea, Black tea) thaklaga hakchang henna phe. Ya hoba, ya kenba hanthei, chin ma nunggi Bacteria su hanthei aduga stroke su khara thingba ngami. Cha ngangda anti-oxidant lei, masina sa ru kankhat halli. Gastric, ka pukki lainasu hantha-hali.

* Christian yengthiba khun amada matei manao ama missionary oina leirui. Imung amana makhoi anibu nongma cha thaknaba makhoigi yum da kourami. Makhoi anisu yam harao-i. Yumbuna cha purakke, haina chaphu da lolliiba cha adu pu raklaga, makhoi anigi cupta heinaba touba kanda chaphudu pok-khaire, ising asabadu yumbugi nupa adugi hakchangda chong sille. Ma pum chot chotle, manamsu namthi. Ma tam asida imunggi nupa aduna ma khoi anida hai, "Nakhoi anigi Iswar na nakhoibu kanbire, nakhoigi Iswar asi yam panggala thouna lei" hairaga magi pap haidokchakhi. Ma ramdi, cha lolliiba ising adu yumbudu gi yung lonbani, Iswana yadabagi pok-khai hanba jatni.

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Jesuna Kouri haiba chephong asi tha ani khuding phongjei. Thawaigi punsi lamjing-bi, aduga hakchang phanabagi waram tamba. Sen-thaang chahigi Rs. 50/- oirabasu, chahi anigi Rs. 100/- pibi-u, maramdi chephong taruk phang bada chahi oire. Thuna mak surak-i. M.O. thabiragana Form gi Editor na phang-gadaba che machet tuda, nasagi ming, address suna ibiyu, **or** Editor mobile No. 94355 -51080 da phone toubi-u. Senthang masida pibibasu ya gani :-

1. Miss Lhingjanem Haokip, Kuki Baptist Convention, Opp. D.M.College, Imphal, Manipur.
2. Mr. J. Manchong, Trulock Theological Seminary, Opp. D.M. College, Imphal.

Ee-Pau Khara

* Giraffe na kaorabadi (kick) nongsa phaoba si ... Tharoi (snail) ama chahi ahum phaoba tumba ngami ... Churup thakpa midi chahi 10 henna ahal oibagum makhoina khanjei, aduga thaktaba sing dagi chahi 10 naha oina sigali.

* Alexander the Great na lingkhat lam ba sohor gi ming, Alexandria ni ... Cha hi khuding gi March 21 asi "World Forest Day" haina kouraga palon pri thibi apumbada tou-i ... Taj Mahal asi 1630 A.D. da sarami ... Indus Valley Civilisation chaokhat lamba matam asi, 2500-1750 B.C. dani. ... Zimbabwe kouba lam asi, haannadi Rhodesia haina kourami ... 'Study of Rivers' asi Potamology kou-i.

Jesuna Kouri

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