

GOSPEL TANGKOU

(GOSPEL HERALD)

Issue No. 8

Volume: XXXIX

AUGUST: 2025



Bishop in Khupgou Khuo Biehnin honna nei



Bishop in Khupgou Khuo Biehnin honna nei



LWD Sai Nan Seminar Nei

KUM THUPI

“Na Gam ‘Hing Tung ‘Hen”

— (Mathiu 6:10) —



LCF/ Singngat in Khawmpi mang



Syre Dongzakam Pension Thumsahna

EDITOR:
RT. REV. KHUP DO KHEN,
BISHOP

EDITORIAL BOARD:

Editor

Rt. Rev. Khup Do Khen Bishop

Mobile: +919612388924

E-mail: khupdokhen@gmail.com

Join Editor:

Rev Suanboi Tungdim, Director of Ministries

Mob: +918837008618

Email: suanboi@gmail.com

Managing Editor:

Pastor Dr. M. Kamneithang Zou

Mobile No: +918974609177

E-mail: pastormthangboizou@gmail.com

Contributing Editor:

1. Rev Dr. Hangminthang
Mob: +919612997858
2. Rev. Thangliankham
Mob: +919862830905
3. Rev T. Chinlunmang
Mob: +917630854610
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(Mission Promotor)
6. Nh. Nuamboi
(Women Promotor)
7. Divisional Superintendent teng

Design & Setting:

Upa Khuplajem Guite

Circulation Manager:

Pa Dongzakam

Mob: +919612198903

Upa Tutzamung

Mob: +918731830436

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- i) Khut ah ₹ 200/-
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MEITHAITE

ILaisiangthou ah Meithaite thu akigen khah pou pou Ichiengin, a kepding dan toh getkhawm in a um zing zing hi. I Laisiangthou in Meithai chia agen te khu, ei lah a Meithai chia iminvaw te toh akibang thei khawl sih hi. Pasal neilai Numei khat, apasal ashisan tahchienga, amanu zong peinading leh suhna ding theiloua genthei tah leh lungkham mangbangtaha hinkho mangte genna ana hi deu hi.

Tuabanah, nidanglai in Numei ta pasal neiloute khu sim maw in ana um uhi. Apasal in ashisan dieh dieh leh, simmawna atungah alien sem sem hi. Khumi numei don leh kem ding a pasal lah shita, tapa lah neilou ahitah chiengin, Khotang hinkhua ah mite simmawna lienseng ahidan Pasianin ana thei ziehin, Meithai tagate Pasian ka hi ana chi hi.

“...tualeh na huongsung ua um gamdangmi paneiloute leh MEITHAITEN ane ding ua, ahing khosa thei ding uhi, tuachin Mangpa na Pasian un na khut nasep leh silbawl zousie uah ahing guo zawl thei ding hi” (Danp. 14: 29). “Tualeh Mangpa na Pasian un Amin umna dinga a guotna mun dingah, na suohpate uh, na suohnute uh, na khopi huongsung ua um Levimite, na lah ua um gamdang mite, pa neiloute leh MEITHAITE toh Mangpa na Pasian uh masangah nuomsa tahin na

“Leitung pumpi guolzawl na piehna dinga Pasian lemgelna ahi” - John Hagee.

um ding uh ahi" (16: 11).

"Na olive singte uh na sat chiengun, abate na sat ding uh ahi sih hi, tuate khu gamdang mite, Pa neiloute leh MEITHAITE ading ahi ding hi." **24:20; 26:12.** I Laisiangthou in Meithaite khu zatatna leh lungsietna tawh kep leh etkol ding ana chi hi. A hatlouna te uh leh a theilouna te uh zieha, eite'n, isolthop leh etneu ding hi mawng mawng lou ahi hi.

"Pasian a umna siengthou a um khu Pa neiloute pa leh meithaite kembitpa ahi" (Late 68: 5). Tuabanah, Pa neiloute leh meithaite khu ilungsiet ua, atung ua ginum tah leh thudih a vai ihawm pieh ding uh ahi.

"Gamdang mite, Pa neiloute leh meithaite dihrou taha vaihawmpieh mi, hamsiet in um heh achi ding ua, Mipi zousien Amen achi ding uhi" (Danp. 27:19).

"Na lou ua bu na at chiengun, loulai a buphai na manghilte uh, na nua lah kia nawnlou ding uh ahi; tuate khu gamdang mite, pa neiloute, leh meithaite ading ahi ding hi, Mangpa na Pasian un na khut nasep zousie uh ahing guolzawl theina dingin" (Danp. 24:19).

Thuhuntha hun ah Pasian in meithai te khu Hattuum in ngaisahna leh itna tuombih anei ua, aet kawlding un adei hi. **1Tim. 5: 4.** A enkoltu ding umlou meithai khu Hattuumten apum etkol mai dingin Sawltak Paul in agen hi. **1Tim. 5: 9-10.** Pasian in meithaite khu hepina leh itna sangtah toh aetkol zing lai in, ei gingtute'n jong meithai taga enkolding neilou leh migentheite khu ihepi ua, antang jong ipiehzal ua, meding jong ipieh zel ding uh ahi hi. ■

"Mission nasep pen ut zie a sep a, utlou hun chieng a seplou ding ahi sih a, sep suoh teitei ding a thupieh ahi" - **Hudson Tailor.**

"NA LEENGAM HING TUNG HEN"

(Thy Kingdom Come") Matthew 6:10.

Pa Tual T. Tualzathang.

"Na Leengam Hing Tung Hen," kichi thumal, MANGPA thumna, Matthai bung 6: 10 na a, thumna thupitah mei (powerful prayer) ahileh, JESU KHRIST in anuazuite ana zil-sahna, milepchiah (Pharisees) te thum bangbang a thumlou diing, huleh, thum diing dan ana hilna ahi. Tuni'n, nang leh kei kunga ang hilna ahita hi.

"Na Leengam" (Thy Kingdom), PASIAN JEHOVAH Leengam china ahi. (Kingdom of GOD or Kingdom of HEAVEN akibang ahi). PASIAN Leengam or Kingdom of GOD/Kingdom of HEAVEN (Van Leengam).

PASIAN Leengam or Kingdom of GOD or Kingdom of HEAVEN, thumal ahileh, Thuhun Tha (New Testament) Laisiengthou (Bible) sungah, 162 veibang kigel hi.

Adia in Matthew, Mark, Luke leh John sungah 126 vei kigel hi. Huleh, 34 vei Gospel li (4) teng chilou ah kigel kia hi. MANGPA JESU KHRIST in Matthew gospel sung chau

ah, PASIAN Leengam (Kingdom of GOD or HEAVEN) chi thumal 33 val ana gen hi.

Thuhun Lui (Old Testament) sungah ahileh, GOD's Kingdom 85 vei val bang kigel hi. Na Leengam Hing Tung Hen kichi thumal, thumna poimaw pet mah ahi.

Luke 17:20-21, "Huleh, Pharisees teen PASIAN Leengam hing tun hun diing adoh uleh, AMAN adawnga a kung uah, PASIAN Leengam pen mutheiin ahing tung sih hi. En un, hitahah, ahilouleh en un, hutahah, zong achi sih diing uhi. Aziahpen ngaiun, PASIAN Leengam khu na lah uah a um hi," achi hi.

"Sil mansuo lahlah a a zauhuoi pen khu Pasian mansuo ahi"-
F.W. Norwood.

PASIAN JEHOVAH in AMA meel pua a ang siam mih-ingte, AMA Leenggam a i tun chiat thei nadiing a, eima mimal chiata, a Leenggam atung diing adei mama hi. Tua i tun chiat thei nadiing un, A TAPA tangkhat nei sun JESU KHRIST ahing pieh ahi.

JESU KHRIST nanei tahtah leh, nang ah, PASIAN JEHOVAH Leenggam tung ahi, Hagau Siengthou silbawltheina tungtawn in. Huchiin, thawkia khatna ah, PASIAN JEHOVAH Leenggam ah na tung tahtah diing hi. Kumtawn, Kumtawn in AMA toh na um khawm ta diing hi. Amen. Hallelujah.

Matthew 6:10, ahileh MANGPA thumna ahi, PASIAN JEHOVAH Leenggam, hi leitang tunga ahing tung thei nadiinga, AMAH, PASIAN JEHOVAH deilam VANGAM a akibawl bang bang a, leitung khovel a zong akibawl thei nadiing a thumna ahi. (Sap haam a gen diing hitalei, this is part of

the LORD's Prayer, asks for GOD JEHOVAH's Kingdom to come and for HIS will to be done on Earth as it is in HEAVEN).

Vangam a lemna leh bitna kivaihawmna a um bangbang a, PASIAN JEHOVAH silbawltheina tungtawna, leitung khovel a zong asip sip a, hun khat chienga a, limlang a sil akilat bangbang a, ahing kilat dawh thei nadiing a thumna ahi (It's a prayer for a time when GOD JEHOVAH's rule and divine plan will fully manifest in the world, mirroring the harmony and order of HEAVEN).

"Na Leenggam Hing Tung Hen": kichi ngetna ahileh, PASIAN JEHOVAH vaihawmna leitung a ahing kisiam dawh thei nadiing, ahing kiphudawh thei nadiing dei ngut ngutna thumna ahi.

"Na Leenggam Hing Tung Hen" kichiin, agen ut pentah ahileh, hun khat chienga, hi leitung khovel bukimlou- kihauna, kisualna leh kidouna

“Setan in innsung ang douna izawleh i zalen ding uhi, chi ka thei hi. Tam hagau gilou leh khelnate douzou thei dingin innsung ah nasatah in pan ila ding uhi”- **Susana Wesley.**

umte, PASIAN JEHOVAH silbawltheina tungtawna dihtahna leh siengthouna in gualzou a vaihawmna a hing tung thei nadiing a thumna ahi.

Sap haam a gen diing hitalei "Thy kingdom come": This petition expresses a longing for the establishment of GOD JEHOVAH's reign on earth. It implies a yearning for a time when GOD JEHOVAH's Authority and Justice will prevail, overcoming the current state of imperfection and conflict.

JESU'N agen hi, "Na Leenggam Hing Tung Hen, Na deilam Van a miin a bawl bangin." (Matthew 6:10), achih ahileh: Hih, MANGPA thumna, ei gingtute (JESU KHRIST a piangtha dihtahte), PASIAN JEHOVAH thuneina bukim a ikingah dan uleh, AMA Leenggam vaihawmna ei mani mimal leitung khovel hinkhuo chiet a niteng a, athupipen diing deina a thumna ahi.

I thum a, "Na Leenggam

Hing Tung Hen," chia, PASIAN JEHOVAH kunga i nget chiengin, ei gingtuten, mimal hitaven, i unpi un hitaven, AMA, PASIAN JEHOVAH in, i lungtang/i lungsimte uah, i innsungte uah, i nam sungte uah, tualeh, leitung khovel ah, avaihawmna a hing tungdiing, ding a ngetna ahi.

AMA, PASIAN JEHOVAH dei bang tah a, leitung khovel a, ki itna, thudih leh thutang a kivaihawmna, leh dihtahna leh siengthou nadiing a thuumna ahi.

Leitung khovel a, gilkiel leh dangta ten, neh a muthei nadiing uh/a kiva thei nadiing uh, guatang (naked) a um ten, sil leh ten, ni-le-puon anei-thei nadiing uleh, damlouten damna amuthei nadiing ua thumna ahi.

Psam bung 103: 19 na ah, hichiin gen hi, "MANGPA'N Vantung ah a Leeng touna asudet a, A Leenggam in zong bangkim tungah vai a hawm hi."

PASIAN JEHOVAH Leeng-

"Mangpa Jesu tanchin sanga theiding poimaw zaw ka nei sih hi" - Andrew Munray.

gam i chi chiengin, muan-na leh bitna kivaihawmna Leenggam, kipahna Leenggam, ki itna leh dihtatna leh siengthouna Leenggam vaihawmna ahi. Hih ah, sualna leh gitlouna, siengthou louna, mawngmawng a um nawn sih hi. (Rev. 21:27, 22:1-5).

Hih, ei mani mimal gingtute, JESU KHRIST a piengthate tunga niteng a um diing ahi. "Aziahpen, PASIAN Leenggam khuh neh leh dawn thu ahi sih a, hinanleh, dihtatnate, kilemnate leh Hagau Siengthou a lungnawpna thu ahi zaw hi" (Rom 14:17).

I thum a, "Na Leenggam Hing Tung Hen" ichi chiengin, ei gingtuten, PASIAN JEHOVAH Leenggam, hi leitung khovel a ahingtung thei nadiing a, i chielna (invitation) uh ahi. Leitung khovel ichi chiengin, ei mihingte, AMA mel (image) pua a ang siamte china ahi. Aziahpen, AMA PASIAN JEHOVAH umpina, ei mani mimal hinkhuo chiet leh leitung khovel ah aum hi

chi i thei chiet theina diing un ahi zaw hi.

Hinanleh zong, "Na Leenggam Hing Tung Hen," chia i nget va ngut chieng un, hi, i leitung khovel tasa poimaw khellam/pellam sil ahita bou hi. (Sap haam in It is beyond our physical needs). Hagaulam a khanletna diing leh hinna diinga, Hagaulam Ann a kivahna, PASIAN JEHOVAH in, ei mani mimal niteng hinkhuo ang umpi nadiing, thuumna ahi zaw hi.

"JESU'N, mihing hi tanghou chauh in ahing sih diinga, PASIAN kam (mouth) a pawtkhia thuphot mah in a hing zaw diing chia gel ahi", achi hi (Matthew 4:4).

Huzia in, "Na Leenggam Hing Tung Hen," chia i thum chieng un, Ama kam a pawtkhie thuphot mah, i zui diing uh china ahi. Ama thu, Lai-siengthou (Bible) zui lou pia, nang leh ken, "Na Leenggam Hing Tung Hen," chia i thum thum pen umzia bang mah umlou ahi. Sap haam a gen di-

"Jesu pienna, a hinkhuo, a nasep, a shina leh a thawkiana khu mihingte dia theidia poimaw tanchin khu ahi"- **Kenneth Scott Latourette**.

ing hitalei (It is meaningless. It is useless. It is worthless).

Ei mani mimal lungtang chiet ah, PASIAN JEHOVAH Leenggam a hing tung thei nadiing, ngai ngut ngutna leh lunggul ngut ngutna a i dim chiet in PASIAN JEHOVAH Hagau Siengthou in hing khoi chiet taken.

Ama deilam ei mani mimal, i niteng hinkhuo uah, i Inn-sung chiet uah, i hattuom sung chiet uah, huleh, leitung khovel ah, hing um taken/hing tung taken. Amen.

Hih, kinepna toh, huleh PASIAN JEHOVAH in, ei ngaituana pellam leh i ngetna khellam peh ah, sil abawl hi chi,

thei siemna nei in, i thum chiet diing uhi, Unaute. "Huchi-in, ei mah sunga semzel silbawl theina dungzui a inget leh i ngaitua sanga thupizaw a bawl theipa kungah; Ama kungah, KHRIST JESUS zieh in hattuom ah kumtawn in a khang a khangin, tawpni neilou in thupina umden taken. Amen" (Eph. 3:30-21). Amen.

"Na Leenggam Hing Tung Hen" chia i thum chieng un, PASIAN JEHOVAH Leenggam in hing suhdanglam chiet taken, huleh Ama deilam, ei mani mimal niteng hinkhuo chiet ah hing taken, tu leh tangtawn in. Amen. Hallelujah. ■

KILAWMTATNA NI (*FREINDSHIP DAY*)

1st Sunday, August

K. Milun Zou

Thumapui: Mangpa Jesu Khrist Sisan vanga U-le-Nau, Lawm-le-guol zousie te, tuni Friendship Day tungtawn in chibai kang bawl hi. Leitung pumpi'n tuni pen "*Friendship Day*" chie azat na tungah, a Tangthu umzie (History) thei nailou mi aum kha leh amaute khuolna toh, tunin tam Article tungtawn in

"Vannuoi a mihing ten Mangpa Jesu adei sih ua, hinanleh a poimaw uh"- **Dr. Earles Steven**

mawlta in ka hing giel dinga, bukim louna gam a khosa ihi nalai zieh un, achingla akivat aum leh Pasian leh simtu zousie kunga na hing theisiem ding un ka hing ngen hi.

Ahing kipat dan (*Origin*): Tam Friendship Day ahileh kum tengin August Nipi Ni masapen (*first Sunday of August*) in akimang hi. Tambang Tawndan (tradition) khu apeisa kum 1935 in United State of America gam in ahing pankhie hi. Tuami hunchieng in Alawmte uh Jana (honour of friends) ni in nikhat (one day) sung pumpi alawite dia ahun uh pekhie/azang uhi. Hun hing peitou zel in tambang hunzat danpen ahing minthang deudeu (popularity) a, tuni chiengdong in tam “*Friendship Day*” pen Gam dang tam-pi’n zong ahing zang/ anit (observe) panta uhi. Tuni chieng in miten alawm ngaipen u’toh ahunte u azang tangpideu ua, khuchia lawmta aki-itdan thute uh kigen tuo (express) uhi. Mi atam zawten tamni chiengin alawmte uh toh silpieh kipietuoh nan (*exchange of gift*) azang ua, tua sil kipi-etuo tangpite uh ahileh Pape

(flower), Card, leh khutbu / khut akibut thei sil khat pou-pou (wrist band) akipieh tuona hun in azang uhi.

Atangthu (*History*): Friendship Day tangthu (*History*) pen hunpeisa lai in mu ding/ sut ding ana um senglou hi. Hinallezong Guolluilai (*folktales*) leh nidanglai a kigen (*mythological legends*) tangthute akipan in tam Lawi leh Lawmta (*friend & friendship*) hinapen Leitung hing khangtou chil-lai (*civilised world*) hunlai in ana thupi ngaita uhi. Mi khatpen ama tang a um dinga siem ahilou toh kitawn in Lawite siem ding (*make friendship*) pen kilunggul mama in, khat leh khat kithuo khawmna/ kipawlkhawmna pen ahing pi-eng khie hi.

US Gam a a Tangthu (*History of Friendship in US*): United State (US) Gam a tam Lawmta Ni (*Friendship Day*) chia azat thupi deute uh silte

“A hepina zieh a kipahna theichien ngai sih vai, i bangkim maituo a ipiekhiet masie’n” - **La phuotu khat in**

ahileh Card, Thupil (Quote) leh La tamteng in azang deu tangpi uhi. Tamte azat dan uh ahileh **CARD**: Tam Card zang in alawihopen ua ding in a it dan thute uh gielin akithot tuo uhi. **Thupil** (Quote): Thupilte kaikhawm in amau toh kituoh alawmta uh ki-itna thu amute uh khu Card agiel khie in akithottuoh uhi, akhenten alawm dangte apat amu uh thupilte khu alawm dangte toh asimkhawm uhi. **La** (Song) ahileh alawite a it dan thute ukhu La in giel khie un, tuachin akithot tuo uhi. Tuami la thute ahileh atangpi'n alawite uh ahinkhuo ua apawimaw dan uleh amanphat dan thulam ahideu pen hi, tuabang a alawmte uh angai tua chieng un, alawmte ua dia ahun manphatah uh nikhat sung piekhiet pamai asa sih ua, poimaw asa zaw uhi. Tam banga akizat theina pen ahileh apeisa kum 1935 in US Congress in, "Sunday Nipi Ni masapen khu National Friendship Day" chia zatdia ana phuonkhiet zieh uh ahi. Tua hun aki-pan tuni chiengdong in tam

Friendship Day pen kum teng in (*every year*) akizang/nit (observe) denta hi. Tambang a lawmta ki-itna khu kizatat-tuohna (*honouring*) a hun zat pen mi tampi'n zong zatdin hoi ahing sa ua, tuachin Friendship Day pen Pawi (festival) minthang khat ahing suohta hi.

US Gam in tam Friendship Day azat dan uh athupidan leh alawchingdan (*success*) uh gamdangten amu/azah chieng un thupisa in, tuabang hun zat pen amau Tawndan (*tradition*) a lasawn (*adopted*) uhi. Leitung a Gam tampin tam Friendship Day azangta ua, thamlou in i tenna India in zong i zang panta uhi. Apeisa kum 1997 in United State in "Leitung pumpia kilawmtatna (*Friendship*) phoungzatu in "Winnie-the Pooh" chin amin vaw ta uhi.

Laisiengthou a Lawmta Ni poimaw dan (*Importance of Friendship Day in the Bible*):

Tumlam gamte (*western*

"Khrist sisan bou in ang hundam a, a thumanna bou in ang kipahsah hi"- **D.L. Moody**

country) akhantouna ding ua akibulphuna ukhu Bible ahi, Bible sunga Mihingte adinga Ginna, Muonna leh Kipawl-na (*faith, trust & companionship*), akibulphuna uleh akaikhawmtu Kilawmtatna (*Friendship Day*) pen ahidan Bible ah envai:

i) Mt.7: 7 nan, “Ngen un pieh in na umding u, sui un na muding uhi....”

ii) John 15:13-15 nan, “Mi’n alawmte a dinga ahinna apieh sanga lienzaw itna a um sih hi.... ka Pa kunga ka zah zou-sie na kung uah ka hing thei-sah ta hi...”

Thamlou in Thuhun lui (OT) leh Thuhun tha (NT) sunga zong lawmta manphat dan leh Lawmhoi (*true friends*) pen Goumanpha (*treasure*) ahidan mun tampi ah zong akimu hi. Theidia poimaw khat ahileh OT & NT tegel a Kilawmtatna (*friendship*) agendan u atuom tuoh (*different meaning*) in agen uhi. Kilawmtatna umzie (*meaning*) agen dante

uh ahileh (1) **Kitheituohna/kimel theina** (*acquaintance*), leh (2) **Kingainatna** (*affectionate relation*) chin akhen uhi.

Thuhun Lui (OT) laibu sung i et chiengin, “Abraham pen Pasian lawm (*friend*) ana kichi hi, khuleh Pasian in Mosi alawmpa ahoup i bang in kimaituohpi’n ahoup i hi” (Gen. 18: 1ff, Exo.33:11). Tualeh itna tahtah toh, “Ruth leh Naumi” akilawm ta ua, Khuleh, “Hushi khu David adia akipieh zawhna leh David leh Jonathan” tamte kilawmtatna (*friendship*) pen Bible in agen chieng mama hi.

Tualeh Thuhun tha (NT) laibu i et kia chiengin tambang in akimu hi, “I Mangpa Jesu Krist leh Nuazuite kiguizopna in Mihingte Lawmtatna (*friendship*) hing khangtou semsem ding ahidan ahing mukhe sah hi”. Tualeh “Sangsyete leh nuazuite, Aneipa leh suohpa, (Lord & servant) kiguizawpna (*relationship*) khu Lawmta hi ding in ahing khangtou hi”.

“Mite’n limmna leh kipahna sui in a innsung uh nuasie in munchin ah suisui nan u’lezong atawp ah, a innsung angton tahtah chiengin kipahna tahtah amu giep ding uhi”- **George Moore**.

Mahabharata a Kilawmtatna poimaw dan: Hindu sakhuo (*religious*) zuite gindan in Mahabharata a pasien uh Lord Khristna khu kilawmtatna (*friendship*) chi tuomtuom in etsahna nei chin agingta uhi. Tuate ahileh Lainatna, Kilungsietna, Kisanggamna, Vengbittu, Lamhiltu, Kiguizawpna, chiemnuihat (*affection, romance, brotherhood, protection, guidance, intimacy & even testing*) kilawmtatna pen tamteng ban ah adangdang zong ahi chin nagiel uhi.

India gam ah: Hunleh nite hingpei touzel in i tenna gam uh India ah zong tam Ni pen (*friendship day*) thupitahin zatin ahing um tahi. Tambang hun kizatna pen atangpin khanglaite lunglutna toh akituoh mama a, tam hunchiengin khanglaite thanuom/kilawp/kipahtahin (*enthusiastically*) azang uhi, tualeh tam hun zang atangpite khu sangnau-pangte (*students*) ahideu uhi. India gamsung a tambang akizat chieng in US te bawldan

bangin Card, Thupil (Quote) leh La zangin alawmte kungah alainatna thute leh aki-itna thute uh lai a giel in akithot tuain, tuami tungtawmin akigampi zel uhi.

Lawmte dia hun piehna Ni (*Day Dedicated to Friends*): Tam hun akizat chiengin miten alawm hoipente (*best friends*) ua dingin ahun hoipen uh apia uhi. Mitam zawten ahun uh Ni khat sung (*one day*) pum-pi alawmte utoh azangkhawm uhi. Tua chieng in ahun peisate ua lawmta hoi dan ahi uleh tuhun tanchieng (*present*) ua ahinkhuo zatkhawm dante uh genkhawm/sutkhawm nan hun azang ua, khule nekhawm/dawnkhawm na in ahunte uh azang khawm uhi. Tualeh akhente bang alawite uh muntuom a umte bang melmulou tongsaan (Mobile) tungtawn in akilawmtatna thute uh akinousiet (*wish for friendship day*) in chibai buhna thute uh akilelkhawm uhi. Mi khenkhaten vang Internet tungtawn in alawite utoh kihounan azang

“Na innsung ah kipah in, mundang a limna leh kipahna khu abukim sih a, innsung a limna leh kipahna bou khu sil loupe ahi” - **Samuel Johnson**

ua, thamlou in internet tung-ton in Card zong in lai akithot tua uhi.

Sanginn leh College a kizat dan: India gamsung a tam Lawmta Ni (*friendship Day*) pen atangpi'n Sanginn leh College ah akizang tangpi hi. Tam ni chiengin a lawmte uh (*friends*) a nousietna (*wish*) ding leh hun azatkhawm ding uh ngaitua in tam hun khu kipahta leh thanuom tahin angala mama uhi. Naupangten tamni chieng adin chin Card, Silpieh (gift) bawlin, alawm hoipente (*best friends*) zieh a akipahna uh etsahna din tuate apie uhi. Khuleh akhenten khut abuthei khutbute (*band*) kibuhtuoh sahna zong zang uhi. Tualeh tamni chiengin koiin silpieh (*gift*) atam mupen ei chin akidong tua chiet uhi. College mun khenkhat a tam ni hun zatna din hun tuom deu a vaiguon (*special programme*) asiem ua, tua vaiguon pen khanglaite adi'n alawite utoh Lamna (*dance*) leh Lasa nan (*singing*) anuom theipen a ki-

pawlina ding hun azattheina dingua vaiguon siempieh ahi.

Friendship Day Parties: Tumlam gam (*western country*) khanglaite zatbang in, i tenna India gamsung a khanglaiten zong tam ni chiengin vaiguon siemin alawmte utoh nopbawlina (*parties*) hun in azang uhi. Tuahun chiengin Lamna munte (*discotheques*) leh Ju juohna munte (*pubs*) ah apeikhawm in, tuanah Tumging (*music*) kihahna munte ah alam ua, ahinkhuo ua amanghil thei nawnlou ding khop in alawite utoh anuomthei pen in ahunte uh azangkhawm uhi.

Punna dia zangpawl (*Commercialisation of Friendship Day*): US gam leh gamdangte bawl bangbawl in tamni chiengin itenna India azong punna dia sui/gel a (*commercialised*) ana hazat mama mi pawl khat aum uhi. Vanzuoh miten, tamni/ tam hun ahing tun masangin avante uh miten alawite adia aleipi theina nadingun atangkoupi (*cam-*

“Lampi zotlou a nualam en pumpum a lamzawt mi khu khat-vei chie kipalpuo teitei ding ahi”- **Thupil khat**

paigh) uhi. Khuleh Restaurant neiten zong mi atam theipen in aleitheina ding un, avante uh kimandeu in (*discount*) azua uhi. Khuleh guolnop (*parties*) zong abawl uhi. Mi khenkhat-ten tami tangkouna pen (*campaign*) adei sih uhi. Tambang a punna/metna a Lawmta Ni aki-zatna pen in dausah (*marred*) chin a gen uh hi. Hinanlezong akhenkhat kiaten lah tam bang tangkouna (*campaign*), advertised ziehin, mite lungsim a tam ni pen geldohsa in, alawmte adia hunpe ding ahidan theisah / geldohsah uhi, chia genpawl zong um veve hi.

Bible Tang sim dingte:

1. Sol in um sih un, Lawm gilou in umdan hoi asuhsie hi (1Kor. 15: 33).
2. Theipitu gin um in zuou agen ngai sih hi (Prov. 14: 5).
3. Mi aval a genphapa sangin hoina dinga mi phopa atawpna ah lungkimna amuzaw ding hi (Prov. 28: 2).
4. Mi lungthabei pouma lawm

in nei sinlen, mi lungpheng pouma kigawppi vawt sin (Prov. 22: 22).

5. I lawm hoitah in ahing liemsahnate khu deisahna ahi (Prov. 27: 6).
6. Nang leh Kei kikal ah kumtawn in Mangpa aum ngitngat hi (1Sam. 20: 17).
7. Lawm khatin bang chilai pouin a it ngitngat a... (Prov. 17: 17).
8. Pienpi sanggam sanga munhuai zaw lawm khat aum hi (Prov. 18: 24).
9. Lawm ahiziehin angeite apieh ding hi (Lk. 11:8).
10. Tam mipa na hah leh Kaisar lawm na hi sih ding hi (Jn. 19: 12).
11. Abraham khu Pasion lawm akichi hi (Jak. 2:23).
12. Min alawmte ading ah ahinna apieh sanga lienaw itna aum sih hi (Jn. 15: 15).

Akhupsitna: Tam Lawmta Ni (*Friendship Day*) tungtawn in hattuom leh innsung ah ki- itna, ka-lainatna, ki-hepituohna Mangpan hingtun tah hen chi ka thumna lienpe ahi hi. ■

“A innsung mite na-ngawn in zong tasanna (gintatna) aneilou uh, Khrist sepia ginum banga Hattuom nasepna pang i tam taluo ua gal i zaw thei sih uhi” - **John Mc**

THEILOU KAL A LAWCHINNA THUGUUH

Pa M Paunei, Moreh

Nikhat Office a houlim na tangpi ka lomte toh kanei ua, tulai siatna hatdan leh khovel in hoilou lam manaw deudeu ahilam houlim kom leh chiammui thuvantang tampite kagen lai un, Igam a Zu leh sa khamthei guithei teleh khamthei hing kipatna Talab Shikhar nete leh khute sal ataang teleh a pawtdoh joulou teleh lamdang tah a hing potdoh jou a ahinkhua kiheng lamdang te thusim kakikum ua, tuanah ka seppi ka Nurse te khat un, masanglai a Moreh a inabawl ji uh, All Moreh Christian Joint Conference a thusei, Main Speaker pachun Pathen thu ahinsei in, athu sei chai in, Taona ahungmang kigo tan, mipi heng ah Taoding kahitan, damlouna neihon nanatna mun uh ana tham uvinlang lunggil tah in nangho zong ana tao uvin, khutileh Pathen lhagao in na ahintoh ding ahin, nahung damding uh ahi tin ahinsei tan ahileh, kanu zong ahung dingdoh in, ama natna vang umlou, hinlah inn a um kapa adia hung dingdoh ahi.

Kapa ahileh jingkah sun nilhah ti umlou a Zu/Ju don don mi ahin, “*keiho achate jeng inzong ka thei thada ahi. Keihonbon ki thei thada a, kanu ading in iti hahsan ahahsa tadem, hinlah hichi nilhah chun kapa Zudon ngahthei nading in ahung dingdoh in Taona akimang chaitan, kanu zong innlang ah ahung kiletan nil-*

hah zan imut in Pathen natozna kapa kom ah ahung lhungtan ahileh zan amang in Bible chang mun 2 tobang akipe in, akipeh jou in ahung khangdoh paitan, kanu akou in thoudoh inlang pen khat leh notebook khat hinla inlang jitdoh in Pathen a kon in Bible chang ahung kipe e, tin ase in ajitdoh taove, Bible chang

“Innsung i kepsiem lou leh khotang sil zousie khu nusiet umlou in chimse ding ahi” - **John MacArthur**

kipheho ahung vetaovin ahileh kitaihilna, kiphohna tobang ngen ahung hitan ahileh kapa ahung kichapan tan, hichi-ni a kon in kapa HINKHO ahung KIKHEL tan tunigei in Pathen lang ah akipeh lotai, masang a kana vetda kapachu, tua Pathen ahungbel apat in kangailu in kalungset mong mong tai. Hichi Pastor pakhu Nouho Lutheran Pastor lenkhat ahin, Bishop kitikhat ahi. Ama Pathen in amangcha in ataona akon in keiho innsung ah Pathen natohna ahung lhun lotan kikipahna asang mama zieng

e”, chi'n kasepkhom pinu un amau innsung a silhoi hingtun danthu anggen hi. Tuami Lutheran Bishop achipa koi adiai chia kakan leh koidang hilou in Former Bishop Rev Dr Ginkhanmung Zou ana hi a, keijong kalungsim in aw... Bishop pu in Pasian leenggam na aseplai a atheipha lou a alawchinna ana um ahimaw chi'n koima jahlou kal in keileh kei ka kihou hi. Tuazieh in Khrist lenggam na nasepna na uah lawsam nakisa maithei ding ua, hinanleh nathei lou ua Pasian in ana gasuosah umthei ahi. ■

MIHING CHINI

Pastor Hausawmlal, Local Pastor SLC

Tam leitung a umden ding silkhat zong a umsih hi ana kichi dihna sah nauai lawmte aw?

Gaalphual/battlefield ah Mihing chini a umhi.

- i) Akhatna mite koi ahiei ichileh, gaaldou ah buai chitah in abuai in panlazing uhi, tuahleh bang chileh ka galte apat in kaki hundam theidie, ahilouleh ka galte bang chi'n ka zouthei die chite'n a buai un hun ajang uhi.
- ii) Anina te ahikie leh, Bangchi tuh'n mibuai naleh, min galdou in

“A kingai-ngiem tahtah na hileh nangma na kithei chet ding, patatna leh patawina mu na hi helen, angbawlina, musitna hilezong bangma'n a hing suhbuoilou ding ahi”- **Mother Teresa**

panla naleh buaipei vetnonlou in nopta in aki itmuh huiheu leh uhi. Koima donlou in a umum najang uah nopta in aki om uhi.

Oleh! Bang die akhatna te hi chie a buoilai lai a anina te hi chinopsah ahi uai?

Akhat nate a dam nalai te ahi zieh uh ahi, anina tepen ashi ahita zie ana hileh hi.

Tuazieh in tam leitung a mihing khat ihi chie iki theinalai uhleh buoina kichi pen ilamtuah ding mong ahi. Buoina pen mani buoina chiet a tuomtuom in a um ding mong ahi.

Tuazieh I Mangpa Pasion amakung ah ki nga a a matoh tamleitung a hun ijat ding ang dei ahi.

THUPILTE 3:5-6, Na lungtang zousie in Mangpa muong inlen, nangma theina ah kinga sin. Na lampi zousie ama theisah in, tuachi'n Aman na lampite atangsah ding hi.

Simtuh zousie Mangpa'n thupha hing pieh chietta hen ■

INTERNATIONAL YOUTH DAY

2nd Sunday of August

Managing Editor

Thumapui: Leitung a sil khat photphot ahing um chiengin ahing kipatdan (history & origin) aum leng hi. Tuama bangin, “*International Youth Day*” in zong kipat hun ana nei a, tuate mawltah in sutkhawm vai chin ka hing kisah hi. Tualeh akipat kum 2000 apat 2025 Thupi kizangte zong talang khawm vai ei.

Ahing kipatdan (Origin): kum in Portugal khopi Lisbon Apeisa 18-20 August 1998, ah, leitung a gam tuomtuom

“Leitung miten bang chin angmu ding uai ka thei sih, Kei-ma kimu danin, pasal naupang tuipi kam ah kihel maimai ka bang hi” - **Sir Isaac Newton**

apat Pastor khanglai lam mopuohna nei deu teng peikhawm in “*World Conference of Ministries Responsible for Youth*” thupi zang in khawmpi ana zang ua, tuan a 12th August nitah pen “*International Youth Day*” chia man din ki thukimna ahing ua, tuania kipat anuom theipen a zat din kilungtua tahn ahing siem khie uhi. Tamna akithukim naua thupuohsah (resolution) pen 17th December 1999, kum in General Assembly dungzui in Kum teng in **Date 12th August** ni khu “*International Youth Day*” a zatdin ahing nei ta uhi. Tamna Date 12th August nipen itenna India in ahoizaw ding geldan “*August Ha Pasian-ni Ni veina*” (*Second Sunday of August*) ni in akizang zaw tahi. Tam International Youth Day pem simlei vai a gam tuomtuom a Lamkai (leaders) te’n ahing bawl khiet ahi sih a, Khanglaite’n Pasian ahing mu na ding uleh khanglaite kithuhilna hoitah a hinkhuo ua ahingzat theina

ding uh tupna toh Pasian mizat Pastor kipawl khawm ten (Pastoral fellowship) ahing patkhiet uh ahizaw bou hi.

Leitung a Khristian pawlpi (denomination) tuomtuom ten Ni Thupi (Importance Day) a nit poimawte (important Day to be observed) teng khu Europe gam a hing kipan masa a, tuazou in North America ahing zel suo a, tuazou chiengin Asia gambup sung ahing zelsuo pan giep hi. Tualeh World Conference of Ministries Responsible for youth ten 1995 kum a General Assembly anei lai ua, Thupuohna Nos 50/81 na dungzui in, leitung pum-pi’n tam Ni khu athu tangkoupi (campaign) ahing umta a, malam sonna leh khangtou-na loupi zosem Khanglaite lah a ahing tun ding deinan tam Ni (*International Youth Day*) khu apeisa kum 2000 apat zat pat in ahing um tahi.

Tam International Youth Day kum teng in Thupi (Theme) tuomtuom zang in, tam anuoi a bang in leitung in ana zang

“Dihlou tah a sum-le-pai, nei-le-lam khawlkham sangin dihtatna toh tangtawn dai ding gou ka khawlkhawm nuomzaw hi”- **Alphin John**

hi, tua Thupite ahileh:

- a) Kum 2000 Theme: “*Youth: The Next Generation*”.
- b) Kum 2001 Theme: “*Addressing Health and Un-Employment*”.
- c) Kum 2002 Theme: “*Now and for the Future: Youth Action for Sustainable Development*”.
- d) Kum 2003 Theme: “*Finding Decent and Productive Work for Young People Everywhere*”.
- e) Kum 2004 Theme: “*Youth in the International Society*”.
- f) Kum 2005 Theme: “*Making Commitment Matters*”.
- g) Kum 2006 Theme: “*Taking Poverty Together*”.
- h) Kum 2007 Theme: “*Be Seen, Be Hard: Youth Participation for Development*”.
- i) Kum 2008 Theme: “*Youth and Climate Change: Time for Action*”.
- j) Kum 2009 Theme: “*Sustainable: Our Challenge, Our Future*”.
- k) Kum 2010 & 11 Theme: “*Dialogue and Mutual Understanding*”.
- l) Kum 2012 Theme: “*Building a Better World: Partnering with Youth*”.
- m) Kum 2013 Theme: “*Youth Migration: Moving Development Forward*”.
- n) Kum 2014 Theme: “*Youth and Mental Health*”.
- o) Kum 2015 Theme: “*Youth Civic Engagement*”.
- p) Kum 2016 Theme: “*Eradicating Poverty and Achieving Sustainable Consumption and Production*”.
- q) Kum 2017 Theme: “*Youth Building Peace*”.
- r) Kum 2018 Theme: “*Safe Spaces for Youth*”.
- s) Kum 2019 Theme: “*Transforming Education*”.
- t) Kum 2020 Theme: “*Youth Engagement for Global Action*”.
- u) Kum 2021 Theme: “*Transforming Food Systems: Youth Innovation for Human and Planetary*”.

“Leitung ah nasem dih tahte ziehin guolzawlina akimu (kitang) a, a genthawte zieh hilou hi”- **James Oliver**

Health”.

- v) Kum 2022 Theme: “*Intergenerational Solidarity: Creating a World for All Ages*”.
- w) Kum 2023 Theme: “*Green Skills for Youth: Towards a Sustainable World*”.
- x) Kum 2024 Theme: “*Youth Digital Pathways for Sustainable Development*”.
- y) Kum 2025 Theme: “*Youth Empowerment for a Sustainable Future*” (**Source:** Internet).

Akhupsitna leh Nget-na: Tu Kum 2025 in leitung in International Youth Day

Thupi dingin, “*Youth Empowerment for a Sustainable Future*” zang in Khanglaite adin akizang hi. Mailam hun a khanglaite dopsang ding dan chi ahilai in, ei Khristian Khanglaiten bang chin Thupi apat khanglaite adin sep isawm uai? Awleh leitung in aman zieh mai a International Youth Day zang dia kising sah maimai ihi uh amah? Ka ngaidan ahileh, i manta ngal uleh “*Khanglaite khantou theina ding, pichin theina ding nasep khiet khatbe kinei sawm thei leh chi ahi*” nouten bang chin na ngai uoi? ■

YOGA LEH KHRISTIAN HINKHUO

Pastor Dr M. Thangboi Zou

Laisiengthou tangtel:

- i) *Hinanleh Kenvang Pasion giinna ziehin tuabangin ka bawl sih hi (Neh. 5:15).*
- ii) *Mihinga dinga dih hileh kilawm lampi a um a, atawpna khu shina lampi ahi (Thup. 14:12).*

THUMAPUI: Apple khu i-et chiengin asietna, amuotna bangma akimu sih a, nanleh i neh chiengin Lung vei bang ana um thei hi. Khum bangma in Yoga in mihing a dingin damtheina pia

“Pasion guolzawl na tan ding dol in lungkham sinlen, guolzawl na na tante a simdan siemzaw sawm in” - **Henry Jacobsen**

chin gingta nanlei ei gingtute ading in hoina sangin sietna hing tunzaw ahilam thei lei ka nuom ziehin, laibu tuomtuom leh internet tungtawn in ka hing kaikhawm hi.

Laisiengthou in Ka hun-le-nite ahing nai chiengin sil lamdang tampi ahing tung ding ana chi sah ma bangin, tunin Setan in zong kumtawn Gawtmun Meidil a atenpi ding mihingte suiin, Pasian zadah ding siltampi ahing bawlte lah a Yoga kichi khu tunia Khristian tampi'n sietna gellou in, tahsa damtheina ding chi lungsim nei in abawl mi tampi aum tahi. Tua ahileh Yoga khu eite chindin ahoi tahtah hina ama? chi en suh vai leh:

YOGA THUBUL SUTNA:

Yoga ichipen Sanskrit thumal “yogah” akipan ahia, akhi-etna ahileh kihawmbawlina/ kigawm/ kipumkhat chite apat Yoga hing piengkha ahi hi. Tami khu “*hagaulam kihambawlina*” genna in akizang hi. Yoga ichipen Hinduten Hundamna lampi 6 ahileh, (i) Nyaya- suinenna (anlysis), (ii) Vaisesika- Nizia sutna (school of charac-

ter), (iii) Sankhya- sil simna (the count), (iv) Yoga- Kihambawlina (to yoke), (v) Mimamsa- kanchetna (enquiry), leh (vi) Vedanta- Vedas tawpna, chite ahi hi. BC Kum zabi 2na (2 century) hunlai in Hindute zilsahtu (teacher) Patanjali in YOGA ana pankhie hi. AD 1983 in “mihing pasien” kichi Sri Ramkrishna nuazui Swami Vivekananda in pilvang tah in khovel pumpi ah thezana dingin chi ana tu hi. AD1920 in Tumlam gam ah Self Realisation Fellowship chin patkhie in tuami tungtawn in mun tampi ah ahing theza hi. Tuin kumteng in **June 21st** ni khu “*International Yoga Day*” chi in North East India State teng ah zat in ahing umta hi.

AHING KIPAT KHIET-DAN: Sankrit ham a “Yogah”

kichipen “*Kisuhgetheina/ kigawm/ kipumkhat*” chi thumal apat in YOGA hing piengkha ahi, tua khu “*hagaulam*

“Khutdoh pum a zalenna muthei ding ahi sih, thagum a lawdoh angai hi Zalenna man khu sisan ahi”- **Subhash Chandra Bose**

kisuhgentheina genna in aki zang hi." India ah sakhua vai a mimal kisuhgentheina leh kithuzawna genna in kizang hi. Yoga bawl mite khu Yogi aki chi hi. Yoga ichi Hinduten hundamna lampi 6 a neite ua lah a khat ahi. Tami hundamna lampi 6 te khu ahileh **(i) Nyaya-** sui chienna (analysis) akichi a **(ii) Vaisesika-** mizia sutna (school of character) akichi a, **(iii) Sankhya-** silsiemna (the count) akichi a; **(iv) Yoga- kisuhgentheina** (yoke) akichi a, Mimansakanchetna (enquiry) genna ahia; leh **(vi) Vanta Vedas** chiteng ahi hi. **RS Tripa-thi** in, "*Upanishad in thugin poimaw tah Chandogya leh Brihadaramyaka in Hindu thugin Darshanas- Sankhya, Yona Nyaya, Vaiseseka, Purva and Uttash-Memaisa te tunkha ahi*" chin agen hi.

YOGA TUP-LE-NGIM: Yoga in atup khu muthei khovel (material world) a Hindu pasien Brahman toh tahsa khat a um ding chi ahi. Yogi

ten hun sawtpipi nalou in um thei ua, a lungput uh thuzaw thei ua, vot leh lum (cold & hot) bangma a simlou in, annngawl leh gilkiel thuohat ua, upat leh the (old) nung in zong navah leh chiim in sawtpi hat uh chi gingta uhi. Yogi (yoga bawl mite genna) ten mihing leh pasien tahsa khat a um thei din gingta uhi. Tuami ziehin midangte sanga hagaulam ah tungnungzaw a kikoi in amau-le-amau thupi kisa uhi.

YOGA KIBAWLNA SAN (Purpose): Yogi te tup, Yoga Sutras a kigiel bangbang zui a theina, pilna leh zalenna nei dia pasien toh kibang (one with god) chi khu ahi hi (Yoga Sutras 1.1-4.34).

YOGA ICHI KHU BANG ADIEI?: Tukhang a gingtute hiin lawkite hita leh tahsa damtheina dia kizang Yoga khu **Sanskrit** ham in "*Yuj*" ahia, **Mang** ham in "*Unity*" chin akilet khethei a, tua khu ei **Zoukam** in "*Kipum khatna ahilou leh Ei-le-ei kinuoisia, kithunun*" chia zong lekhiat

"Jesu Khrist kunga kitulutna bukim in zau ding bangma anei sih a, tan ding zong anei sih a, kisiana ding zong anei sih hi"-
William Borden

thei hi. “Yuj” kichi thumal aki-pat in “Yajna” chi ahing umkhia a, tuakhu “*Kilatna, kipum piehna*” chi zong ahi kia hi. Azangtute toh genkop in Yaga khu Hindu sakhuo leh gindan a kipat a hagau zalenna bukim mu a pasien toh kipum khat dinga tahsa leh lungsim thunun a sawizoina ahi, chilei khiel loupén ding ihi. **Bhagavat Gita** laibu in a sutdan in, “*Yoga ichipen Indian khangsim dandin Veda hunlaiin Kristna in zong a mite lunglutna din ana zangta hi, tua hun khu BC 6-3 laivel ding ahi*” chin agen hi. Buddhist, Jainism sakhuo zuit-en zong Yoga khu a pasien u’toh lunggil tah a kizawptuo nadin ana zang ngaita uhi. **Dr. Ishwar Basavaraddi** in, “*Yoga ichi khu India Mallam ah Kum 500 BC lai velin ahing kithei khia ahi. Yoga kichina laibu masapen ‘Reg-Veda’ ahia, Reg-Veda khu bang chibang laibu adiei ichileh, Hindu Kulmut Brahman siempute laibu ahi. Tuachin hun-le-nite hing liemtou zelin Hinduten Yoga ichipen amau sakhuo lam ah*

hing peipi in, tutan in azang denta uhi” chin agen hi. **Yogasanas & Nature Cure for Total Fitness** laibu in, “*Yoga ibawl chiengin Gu-le-tang natna zousie abei sah hi*” chin agen a, tualeh agenkia na khat ah, “*Yoga khu Nisa pasien biehnah, aziehpén Yoga zingmawng leh nita lam chiengin Nisa lam ngat a kibawl ahiman in*” chin zong agen hi. **Kristna** gendan in, “*Yoga apat lungmuonna (Moksha) kim hindute gindan toh kituo a muthei/ tanthei ahi*” chin agen hi. UK gam a **Father John Chandter** in, “*Yoga khu Hall sung leh Biehinna sunga bawldin akham (bandh) hi. Aziehpén ei gingtute i tahsa khu Khantanhoi phuonzahna/ thezalna a zat ding ahi. Yoga khu Hall sung leh Biehinna sunga bawldin ana phal non sih hi*” akichi hi. **Charles Elliott** in, Hindu khu siem ahi sia, inn bawl bang ahi siha, gam nuoi bang ahizaw hi, anachi ma bangin, Yoga zong khu bang hun a hing piengkha/ kipankhia adiei chi theichet ahi sih hi. Hing khangtou zel ahina ah gen

“Ka mit in leitung khovah leh a thupinate muthei non sih zong leh, ahing ittu leh ka Pasien toh umkhawm leh akung a up khel a lungmuonhoui leh kipahna lienaw bang ma ka nei sih hi”- *Richard Matheson*.

tawpni zong a um ngai sih ding hi. Hunkhat laiin Shamanism achi uh hagau damna mu leh tanna ding khu tahsa kisawizoi-na apan a hing kipan khie a ngai pawl zong a um uhi. Hinan-leh Shamanism khu sakhuo a thanopna, limna nasep ahizaw hi. Yoga pen tuabang hilou in sakhuona leh niteng hindan kepbitna chi ahizaw hi.

Yoga ichi nin umtah mihing hing mukhiet ahi ziehin Indus (Indo-Aryan) luipang a teng Hindu (Persian ham Hinduism hing pienna) te in masawinna leh khantouna ama nawlai hun (2500-1500 BCE) vel a kipan hita dinga gintat ahi ta, Reg-Veda 10:136 leh 15 te a imu bangun tua hunlai-in tahsa thunun leh nasep ah kithunun na ana chingta uhi. Yoga kichi amin dihtah khu Kum 800-200 BCE hun lai velin Uphanishads ah Prota Yoga chi in mu khiet masa ana hita hi. Hindu mipil Patanjali kichipa khu Yoga tungtang giel ding a koi masa pen ahia, Kum Zabi ni na lai velin Yoga

Sutra agiel a, tuamin ma hing sawn zelin Patanjali Yoga, Yoga Vertika (Medieval Yoga) chite leh Modern Yoga chite tanpha in ahing um tahi. Leitung pumpi huopin International Yoga Dai chin 21 June zangin Hinduism, Jainism leh Buddhism sakhuo te ah atha in ahing zang tha na'h mama uhi.

YOGA IN ATUN KHATE:

Yoga in tun kha apoimaw mama thu (3) a um hi, tuate ahileh:

a) Tahsa *kisuzawina*
(physical exercise): Tahsa leh pumpi bahiengte soizawi ah, hu lah na dan kizil ding.

b) Lungsim *ngaituona*
(mental Meditation): Ngaituona hoi leh hoilou apan lungsim awngsah a tawldam tah a um ding,

c) *Thumal Gentuam* (Verbal Chanting): OM chi thumal gengen (repeat) zing ding ahi. OM- Hinduism ah hagau in a houpi theina die lungsim kihonna die thumal siengthou a ngai ahi.

“Thasietna zieh a ka sepding ka khawlsan leh, zatthei ka hisih ding hi”- **Martin Luther**

YOGA ZILSAHNA: Bhagavad Gita thutun poimaw mama khat khu Yoga ahi.

- a) Bung 2 tang 48, Krishna in thukia lou die Arjuna a thuhilna ahi, “Na mopuona ah ginum inla, lawching leh lawsap ding kisubuoisah sin, O Arjuna.” Tami lunggelna Yoga akichi hi.
- b) Bung 2 tang 50, “Koizong lungsim soizawi khu silhoi bawl ahia silsie tung a guolzou ahi. Tuami ziehin Yoga bawl in O Arjuna, tami khu thuhil ding dan ahi.”
- c) Pasien bat thei ding dan Arjuna in adohna ah Krishna in, “Yogi-te dugawna apat a kihepkhiet ding ahi. Tuami ziehin dugawna umсах thei kotkhate kha (close) sieng in. Mani kimanghil a thumal siengthou OM chikawm in Yoga bawl a pasien ngaituote khovel tunglam peh a hagaumi ahi” chin adawng hi.
- d) Bung 3 na ah Karma Yoga
- e) Bung 5 na ah Karma Yoga-

action in Krishna consciousness leh

- f) Bung 6 na ah Sankhya-Yoga te kigiel hi.

Kum 2000 vel peita in Yoga Sutra ah Yogi zilsahna point 5 in ana khen hi. Tuate ahi leh:

- a) Pasien (god): Yoga pasien ‘Ishvara’ ahi a, OM chi in kihan hi. Ishvara pasien khu theina zousie kiapatna ahi (Yoga Sutras 1.25). Ishvara pasien OM chi a hat leh thei in a um hi (YS 1.27).
- b) Thumna (prayer): Phui-sam na toh kizawpmatna thupi tah nei ding (chanting repeated mantras). OM chi thumal gen in athuh zawsem a pasien toh kizawp ding ahi (YS 1.28-28).
- c) Biehna (worship): Hagau (spirit) zatatna pekawm aging a dawi (demon spirit) hat a thahatna nei ding. Etsahnan, Nisa mai a kun ten nisa pasien abieh bang un, Yogic ten zong a umdan (posture) te ua

“Thasietna sangin, laisim ahiei, laigel ahiai, thumna ahiai, mipi ading silhoi bawl ding ka nuom zaw hi”- **Thomas Kempis**

- tha petu ganhing leh solte (solar bodies) pasien lim ching ahi uhi. A phuisam zilsahte uzong pasien leh tha petu hatna leh biehna ahi hi. “Hu” ladan leh saupi ngaituodan kizil kawm in Yoga bawl in hing thulutsah ding hi (YS 2. 46-55).
- d) Hagau toh kihouna (Communication with spirit): Yoga Sutra ah dawit thudot dan (divination) leh bum ngawl dan (sorcery) a kigiel hi. Tami tungtawn in hagaulam gam leh dawite toh kithuza theina in sil bawltheina, sil theitheina leh siltuo lamdang pipi umsa thei hi.
- e) Yogi ten lungsim thuzawna zang in hun peisa leh hun hingtung ding gen khawl thei uhi (YS 3. 16, 3. 22).
- f) Lungsim thuzawna tungtawn in hagau muthei in kihoupi thei uhi (YS 3. 25, 3. 32).
- g) Lungsim thuzawna tungtawn in mitphiel dawit (sorcery) silbawl theina tuomtuomte nei thei uhi (YS. 3. 17-3.38).
- h) Lungsim thuzawna tungtawn in theitheina sangpi neithehi hi (YS 3.5).
- i) Damdawi, dawit bieh leh Yoga tungtawn in sil bawltheina lamdang nei thei hi (YS 4.1).

Aban sutzawm ding...

KERELA LEH CHENNAI ZIINNA REPORT

- Bishop

Apeisa Date 1-11th July 2025: Tumasang lam a NMSI General Body Meeting a kava haw lai un, Church of South India a Director of Mission and Evangelism sem Rev. Justin toh, ama Office room sungah kava kihou uhi. Khumun ah, CSI Mission and

“Puonsil hoi sangin lungsim hoi amantam zaw a, polam kilatdan in puonse kidah huoi bangin kilang nanleh sunggil lam a sienthou-na khu Pasian toh kihoumat theina thupitah ahi hi”- **John Lee**

Evangelism Department in Missionary thum na hing chomsah ding uh chi leh Biehinn khat na hing lamsah ding uh ahi. Tamipen ka poimaw leh tahsap uh ahi chiin k ava gen uhi.

Khumi ka thunuasia uh pen Rev. Justin in CSI Diocese of Madhya Kerela te kungah ana tutson ta hi. Tua dungzuiin, CSI Diocese of Madhya Kerela, a Bishop Rt. Rev. Dr. Malayil Sabu Koshy Cherian in, MELC Bishop leh Dir. of Mission khu amaute vaki mupi dinga chielna ahing bawl dungzuiin, kava ziin ta uhi. July 1, 2025 ni in ka kipan khie ua Lengpui Airport ah ka gieh uhi. A zingni July 2, 2025 in Lengpui Airport nuasia in Kochin International Airport ka tung uhi. Tuana kipat in Car in ahing na dawn ua, naikal 3 vel ka tai zou un, Madhya Kerela Diocese te Guest House ka tung ta uhi.

Azingni in, July 3, 2025 in Madhya Kerala Diocese, Bishop in ama Office Quarter ah zing ann ahing nehpi hi. Sun tungtawn phiel in ama room ah, Madhya Kerela Diocese a Mission Director Rev. Jacob toh, Rev. Justin leh lawm leh

gual dang dang toh kithukupna huoisetah Manipur a tualgal dinmun, hattuomte dinmun leh Mission field a Missionaryte nasepdan leh thu tuam tuamte kikupkhawmna ka nei uhi. Missionary 3 ahing sponsor sah ding uh leh Motha Biehinn ahing lamsah ding thu uh leh igam dinmun leh i hattuom sum le paai a ihahsatnate genna kanei uhi. Tuabanah Missionary 3 ahing sponsor sah na dingua Petition leh Biehinn ahing lamsahna dingua Petitionte khu a blue print toh ka pekhawm ta uhi. Tuachia, kithukupna piching taha kanei nua un, Kerela Bishop in, kou zong Mission and Evangelism Department ka nei ua, khumte'n, a committee na ua hing gen va un in, khumi thupuosahna khu hing theisah ta vang chiin thutawp ahing gen ta hi. Ka kikupna hun sung uah, ei gama ahing zin utdan uleh, I Mission Field amu utdan uh zong

A siltup khat manghil ding khop a solzaw thei mi khu mi ngawl ahi. A tupna khu bang chituh in hoiin thupi zong leh tung ngailou ding ahi”- **Carson L**

anah gen mama uhi.

Tuachiin, azingni July 4, 2025 nitahlam in Bengaluru zuan in ka leng kia ta uhi. Ka zan tun ua, Evangelical Lutheran Church, Bengaluru Pastor Quarter ah ann ka ne uhi. Azingni July 5, 2025 Kiginni ahing hita a, Bazar kava kai uhi. Nitah ann Pa Ginthagte'n ahing nehpi uhi. Azingni khu July 6, 2025 Pasianni ahing hita a, Biehinn Kikhopna nuamtahin ka nei uhi. Nitah ann khu Nu Muanching in ahing neh pi hi.

Tuachiin, July 7, 2025 ahing hita a, Chennai a NMSI Personnel Committee a vapang dingin ka kuan ta uhi. Chennai khopi a, CSI Guest House ah ka tung uhi. Azingni July 8, 2025 in NMS HOUSE, Whites Road, Royapettah – 14 ah committee kanei ua, zing ann ka neden ta uhi. Committee zou in, Chennai a eimite umna veng Besant Nagar lam zuan in ka peita uhi. Tami ni khu, Tuesday ahi ziehin, eimi atamzawte adinga, anasepnate uapatsa Off Day ahi hi. Off

Day ahitoh kizuiin, nau Zou Synod Hattuumten kikhop ni (Biehinn kai Ni) in ana jang ua, Bishop pu in Pulpit Sermon na hun ajang hi.

Khumi nitah kikhop zouin, Zou Synod Pastor Gouginsang Quarter ah ann ka nekhawm chiet uhi. Ann neh zouin, ka flight uh ki cancel ahidan ka mobile ah msg ahing lut a, ka buoi sim mama uhi. Tuachin, July 9, 2025 a Chennai apatsa lengkhe ding Vanleng zousie cancelled ahitah ziehin kou zong ka tam ta uhi. Khumi nitah khu Upa Ginminthang in nitah ann ahing neh pi hi. Tuachiin, Ka Vanleng uh IndiGo te msg dungzuiin, July 10, 2025 in ka hing lengkhe thei ta uhi. Zingmawng Nai 5 a lengkhe ding ka hi tahziehun, ka lenkhieh masang uh naikal 2 vel advance a lenna phual ka tun uh angai ta hi. Tua ban ah, ka umna mun ua patsa lenna phual zotna khu naikal khat vel lut ding ahi banah, Security Check na ding toh kuan bai ngai ahi ziehin, zingmawng

“Ka hin laisie Khantanhoi gen in, Pasian nna kasepthei laisie kasem ding hi, aziehpén tam mun ah sawt umlou maithei kahi” - **John Bowing**

lam nai khat in kaki pan khe ta uhi. Tuachin, Lengpui Airport peiding zousie Calcutta apatsa Connecting flight ngen ahiziehin, Calcutta ah nai-kal 5 phiel ka khawlnua un, Lengpui Lenna Phual zuan in ka hing lengkhe kia ta ua, Nitahtlam nai 4:35 vel in Lengpui lenna phual ka hing tung ta uhi. Ka tun tah un, Driver Pau in ahing na dawn pai a, inn

lam zuan in ka hing tai suoh ta vingveng mai uhi. Azing-ni July 11, 2025 zingmawng nai 5 vel in Lamka chidam in ka hing tung ta uhi. Mangpa min phat in umta hen. (Tam ka khualziinna uh toh kisai, theichien loupia houlimna nei lamkai khat le ni aup nonlou na dingin, bangchihlai pou in, Bishop Office ah thuchien kan thei tawn tung ahi). ■

SERIAL-6

LEITUNG SIETNA DINGIN SETAN IN INNSUNG AZAT DAN

Igensa ma bangin Leitung kisiemchil akipan Setan in bang chileh Pasian lungtang ka suhna thei diei chia pan ala zing lai in Pasian lungtang natna din Eden huon a um Adam leh Evi khu ahing sol tah chiengin Pasian lungtang sutbang in ahing nata hi.

Pasian in innkuon abawlna san ahileh, *“innkuon pen itna toh kidim ding, bangma in asuhbuoh lou ding, lunggimna leh patauna umlou ding, lungmuongtah a um ding a Pasian in anabawl khiet ahilai in, melmapa Setan in tuami thei in ahing suh se tahi”* (1Pet. 5:2). Laisiengthou Late 127:1 nan, *“Mangpa’n inn alam sih leh alam mite agimthawn uhi”* chin ana gen hi. Tua ahi man in, Innkuon lutang pen Jesu Khrist ahi chin agen hi.

Tulai innkuon sung ichipen Nu khenkhatte adia *“Phun na mun, Hangsan namun leh Pa khen khatte adia Zu khawmna mun”*

“Mangpa Jesu’n i nasep chou a vai hing hawmpia sihvan, semthei (bawlthei) ding hingal a i bawlloute tungah zong vai hing hawm ding hi” - **George Otis**

asuosah tampi aum hi. Luk 11:17 na sungah Tapa taimang thu akimu a, tulai in Innsung tampi ah Nu taimang, Pa taimang tampi aum tahi. Innkuon sung khat poupou ah innsung mite akidou ua akihau zing uleh, tua innsung khu kithezana mun, kitualouna mun leh kihuo tna mun ahi suo a, tuami khu melmapa Setan nasep ahilam theilou innkuon atam mama hi. Tu ate zieh in, Taten innsung sangin kholai atelzaw ua, kholai ah ahinkhuo uh atamzaw ahingzat chiengun Khamthei zongsan in ahinkhuo uah sietna tampi ahing tun hi, tami khu melmapa Setan nasep ahilam thei chiet lei ahoi ding hi.

Innsung khen khat a nupa hinapi, ki itnon lou, nanleh tate zieh a kikhien theilou a shi ding nga bang mitampi um hileh akilawm a, tua bang innsung ah Pasian sangin Setan in na semzaw mama hi. Tua ahiman in, Na innsung khu koi phukhiet ahiei chi na thei khiet angai a, aphutkhetun bang tupna toh aphukhiet adiei chi zong na ngaisut thatha ngaidin ka hing ngen hi. Pasian in innsung aphutkhia a, nanleh melmapa Setan in tua innsung khu suhsiet tum in hunchin teng in pan ala zing chi zong thei in. Na innkuon sung uah Mangpa Jesu Khrist khu a lutang a napansah lou hunhun un na innsung uh (hausa in, mipil ngen tengkhawm hina ulechin zong) hoina sangin sietna kipatna ahizaw ding hi. Nei-el-lam ten Tate hinkhuo asiemphe thei sih a, pilna siemna in zong innsung nuom siemkhe theilou hi, innsung nuom siemkhiet na din Jesu Khrist khu Innsunga a Lutang a ipansah hun hun in innsung nuom ahing hipan ding hi.

Tua himan in, leitunga silhoi hi in, silsie hitaleh Innsung akipan khe ngen ahiman in, Pasian in nou innkuon tungtawn in leitung siemphe nuom ahi ma bangin, Setan in zong nou innkuong zangin leitung suhse nuom ahilam thei zing in. Joshua in, “Kei leh ka innkuon piten vang Mangpa nna kasem zaw ding uhi” (Josh. 24: 14-15) achi bangin, Nu leh Paten zong tami thu hangsan tahirin chi ngam chiet lei bang dinga melmapa Setan in ei innsung tungtawn a leitung suhse jou ding la? Ichi ngamlou man ahizaw hi.

“Khristian khat mi dangte hepina neilou mi khu, Setan henka-wl a tang zing china ahi” - **John Milton**

Nou innkuon zieh a khosung, hattuom sung leh Nam sung akisiet ding na phal amah? Awleh nou innkuon tungtawn a Kho sung, Hattuom sung leh Nam sung Pasion guolzawlina tuntu hizaw ding, tunin tel in, na tel bang bangin nou innkuon tungtawn in leitunga Pasion leh Setan in innsung siempha/ suhse ding hi. Leitung kisietna kipatna din I innsung phal mai ding maw Unau!!! Innkuon a Kani at ding a kuon khawm sangin Innkuon a Innsung maitam bawltheite hizaw chiet din simtu zousie Mangpa Pasion in thupha nang pe chiet taken. ■

HA CHIN A KUM THUPI HILCHETNA

Retd. Rev Dr. Hangminthang, Former Bishop.

JUNE HA:

Thupi: Pasion gam khu Pasion thuneina mun ahi.

Luk 17: 21 “Aziehpén ngai un, Pasion gam khu na lah uah aum hi.”

- “Pasion gam khu na lah uah....” chi khu na sung uah, chi zawh diing ahi.
- Pasion gam khu tam leitunga gam leh muolte banga muthei a hing tung diing hisih hi.
- Luk 17: 20 ah; Mangpa Jesu’n Pharisaite kungah, “*Pasion gam pen muthei in ahing tung sih hi*” chin ana gen hi.
- Pasion gam khu gingtute sunga (within) muthei loua tung ahia, amabou, Pasion gam tunna mite akimu thei hi.

JULY HA:

Thupi: Pasion gam bangah aum ei?

1 Kor. 4: 20 “*Pasion gam khu thu mai ah aum sih a, silbawltheina ah aum zaw hi*”.

“Hepina panglou in na pe thei a, hinanleh na pieh lou leh hepina tahtah thei sihvate”- **Amy Carmichael**

- a) Pasiangam khu kam agensiemna ah akinga siha, silbawltheina ah akinga zaw hi.
- b) Pasiangam ah Pasiang thuneina aum a, Ama vaihawmna gam ahi.
- c) Pasiangam tunna mite khu Pasiang thunuo ah akitulut uhi.
- d) Pasiangam khu Pasiang Leenggam ahia, Ama'n thuneina atu hi.
- e) Pasiangam ah Pasiang silbawltheina aum hi.
- f) Pasiangam ah Pasiang thutah a vaihawmna aum a, tam leitung thuneina apangkha sih hi.

AUGUST HA:

Thupi: Pasiangam ah koite teeng diing e?

Sam 51: 17 Pasiang deilam a hagau kisia leh lungtang lungtang keh gawp a, lungheite ateeng diing uhi.

- a) Isai 1: 18, A lungkham leh mangbatnate Pasiang toh ngaituo khawmte ateeng diing uhi.
- b) Jak. 4: 8, Lungtang siengthou toh Pasiang nai mite ateeng diing uhi.

Rom 12: 2, Tam leitung dan toh kituoh loua, Pasiang deilam a umte ateeng diing uhi. ■

THUMNA AH THEICHLET VAI:

MELC in Term chin a "Pastoral Tour" akinei zing pen Pasiang in lem ahingsahpi ngei ding kinem in ahing tungding July & August Sung teng PASTORAL TOUR 2025 nei ahi ding a, tam Tour ahileh Group 4 i.e. Group 1: Thanlon Division, Group 2: Lamka West & Behieng Division, Group 3: Singngat & Sangaikot Division, Group 4: Moreh & Lamka East Division, akikhen hi. Lawchingtah a Vaiguon zaw ahing hi a MELC Hattuom chin adia Halthana atunna din i thumna ua theichlet din ka hing ngen hi.

"Shi ding zau a umna khu Jesu tungtawn in ladoh ahi tahi"-
T.M Olson.

MELC INNSUNG THU:

1. BISHOP IN KHUPGOU KHUO BIEHINN HONNA NEI: Apeisa Date 29/06/2025 (Pasianni) ni in P Khupgou khuo ah MELC Biehinna tha honna vaiguon akinei hi. Tami Vaiguon a Rt. Rev Khup Do Khen Bishop, MELC in biehinna tha honna leh latna nei a, tualeh Rev. Kamminthang, Director of Missions & Evangelism, MELC in Pasion thugenna anei hi. Rev Suanboi Tungdim, Director of Ministries, MELC in kipah thugenna leh kipa silpieh piana anei hi.

Tami vaiguan a mimal hita leh MELC local tuomtuom apat sa in Biehinna tha honna kipahpi na in silpieh tuomtuom zong apia uhi. Vaiguon zoh in Biehinna tha honna kipahna in annkuang lui khom na zong aki nei hi.

2. LCF/LED TEN KHAWMPI ZANG UH: Apeisa Date 27-29/6/2025 sungteng LED nuoi a um LCF ten Kumkai Khawmpi, Division Headquarter Simveng MELC mun ah azang ua, tuana **Thupi** in “*Isak maitam a latna*” (Siem. 22: 7-8) pansan in Rev Nengkhanlal Milun DS/LED in Pasion thugenna anei a, Pastor Dr M. Thangboi Zou in Khawmpi Honna leh a Khahna hun azang ahi.

Tam khawmpi hun sung in Division sunga Kho 9 teng ahawkim thei chiet ua, Thu-le-la kidemna nei in, Pasianni sun kikhawp tawpin khotuol LCC ten khawmpi manga kalsuon zousie “*Theitui leh Nethet*” toh ava uhi. Pasion zal in khawmpi khela tah leh lawching tah in vaiguon zang jou uhi.

3. LCF/ SINGNAGT TEN KHAWMPI ZANG UHI: Apeisa Date 27-29/6/2025 sung teng Singngat Division nuoi a um LCF ten Kumkai Khawmpi M. Lunmual MELC mun ah azang ua, Rev Dr Ginkhanmung DS in khawmpi honna nei in, Rev. T. Chinlunmang, Biel Pastor in khawmpi khahna anei hi. **Thupi:** “*Naupangte ka kungah hing peisah un*” (Mt. 19: 14) pansan in Rev Dr Ginkhanmung DS, Pro Pastor Mangliansang, Local Pastor Singngat, Evan. Dongzalam ten **Pasion thugenna** nei ua, tualeh **Resource person** in Rev T. Chinlunmang, Biel Pastor, Pro Pastor Mangliansang, Local Pastor Singngat leh Evan. Bethel ZouMinlun

“Shina khu mi zousia’n bat i dit (sang) kia ding uh ahi” - **Mark Taiwan**

tea pang uhi. Khawmpi hun sungin **Recitation Skit show leh Thu-le-La kidemna** hun in azang ua, nuom leh khelatah leh lawchingtah in vaiguon zang zou uhi.

4. SYE DONGZAKAM PENSION VAIHAHNA HUN KIZANG: Apeisa date 30/06/2025(Monday)ni in MELC Office ten Martin Luther Hall ah Pawlpi a nasem Sye Dongzakam Pension piana vaiguan kinei hi.

Tami vaiguan a Bishop, MELC in Silpieh piehna leh thumsahna nei a, Director of Ministries in Sye Kam Sepna Record te sim khietna zong nei hi. Tualeh Moderator pu in thugenna leh hanthawn na nei ah Deputy Moderator pu in Hunzaw na leh ann kuang latna nei hi.

Sye Dongzamkam ahi leh MELC ading in Kum 31, Ha 2 leh Ni 28 nna sem hi. 1993 in Mawngon Mission field a asem pan a, 2006 in Evangelist Teacher in Chairel Mission field a zong asem kha hi. Tualeh 2007 apat in MELC Office a peon leh dak runner in a pension tan in sem hi.

5. ELWA/ LWD SAI NAN SEMINAR NEI: Apeisa Nisim 12th July 2025, Nai 10: 30AM in ELWA/LWD saina in Seminar Headquarters Church, Zomi Colony mun ah nei uhi. Tam Vaiguon khu Hun Ni a khen ahi. Tam hun Resources Person in (i) Nh. Nuamboi Women, Promotor leh (ii) Evan. Ginminlun, Youth Promotor te pang uhi.

Hun Khatna: Nh. Nuamboi in **Thupi:** “*Tehpi leh Mou kikal*”

Hun Nina: Evan. Ginminlun in **Thupi:** “*Khotang leh Hattuum a Nute mawpuohna*” ala uhi.

Vaiguon Tangpi ahileh: Nu Siandeiniang Secretary L/W in **Conduct** hina la in, **Seminar Honna** Rev Dr S.K. Manlun DS/ LWD in anei a, **Vaidawn thugenna** Nu Chingngainiang V/Chairperson in anei a, **Kipah thugenna** Nu Niangnuam Chairperson in anei hi, Tualeh **Seminar Khahna** ahileh Pastor Thangkhongam L/Pastor Hq. church in nei a, nuomtah leh lawchingtah in vaiguon zang zou uhi. ■

“Shina khu i mutna nukhia pen hilou in, thawkiana nukhia pen ahizaw”- **Leon Jaworski**

If undelivered, please return to
The Editor, Gospel Tangkou
MELC Office, Hqtr. Zomi Colony
Post Box – 10, Churachandpur 795128
Manipur, India,
e-mail: melcqrts@mail.com

Gospel Tangkou (Gospel Herald)
RNI Regd. No : 62170/95 MNP 76
(Hachin a kisuo, hattuom khanletna ding)

Printed at



Convention Book House
Dorcas Hall Campus, New Lamka

BOOK POST

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